



## Ladies Have You Heard?

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Lancaster  
Home Economist

### ABOUT BUYING MAJOR APPLIANCES

When you decide to buy a new washer, dryer, refrigerator, or any major home appliance, choose the appliance that best fits your needs. Consideration such as features, capacity and styling should be important in making your selection. Construction and cleanability must also be part of your total requirements. These vital product areas should be well thought through before making an appliance buy.

But consider too, the manufacturer. Does the manufacturer have a reputation for quality? Is that reputation justified? Compare different brands. Talk to sales people about the care and concern that the manufacturer puts into its line of appliances. Quality products usually have a quality reputation. Use your own judgement to determine if the product meets your standards of quality.

Does the manufacturer back its guarantees with a solid warranty that is easy to understand? Getting through the fine print on some warranties can be confusing, so look for one that is comprehensive, understandable, and states the warranty limitations clearly.

Does the manufacturer offer reliable after-the-sale service by trained technicians who are factory authorized? Factory authorization is important because the service com-

pames must live up to the quality standards set forth by the manufacturer. And, you will be assured that your service technician is thoroughly knowledgeable about your appliance.

Remember, your main concern when shopping for the right appliance should be you. Your appliances should provide you with a happier, more convenient lifestyle now, and in the years to come.

### POULTRY AND EGGS ARE ECONOMICAL PROTEIN SOURCES

Poultry and eggs continue to be two of the most effective weapons against the high price of protein sources. They are excellent choices for use in nutritious, yet cost conscious meals.

You can take better advantage of these bargains when you know which quality factors to look for in these products. Just by checking label information, you can predict the tenderness, meatiness and appearance of poultry and the interior quality of eggs.

Lean poultry is an im-

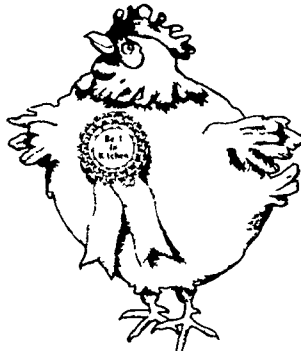
portant part of a healthy diet. There are two U.S. Department of Agriculture insignias you may see on poultry. One is the inspection mark, which means that the bird is safe and wholesome to eat. The inspection mark does not tell you anything about the tenderness or meatiness of the bird. For information about these factors, look for the USDA grade and class of the bird.

All poultry sold in supermarkets has been inspected for wholesomeness, and the inspection mark is displayed on many consumer packages. But not all poultry is graded for quality. Look for the grade mark for information about the meatiness of the bird. U.S. Grade A chickens, turkeys, duck and capons are the meatest and have the fewest tears in their skins.

You can predict the tenderness of a bird by looking for the class or age. Young birds, usually labeled as broilers, fryers, and roasters, are the most tender. Older birds, which are good for stewing, baking and soups, are often labeled as stewing hens.

The three grades for eggs,

U.S. Grade AA, A and B, describe the interior quality of the egg and the appearance and condition of the shell. The higher the grade, the higher the yolk and white of the egg will stand when broken out of the shell. U.S. Grade AA is the most attractive, but the lower grades are equally nutritious and less expensive. The labeled size of eggs actually describes the weight of one dozen eggs. Large eggs weigh 24 ounces per dozen; Extra Large, 27 ounces and Medium eggs weigh 21 ounces per dozen. By calculating the cost per ounce you can determine which is the best buy for the money.



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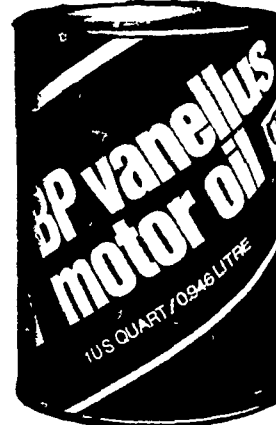
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