

## Ladies Have You Heard?

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### "PINEAPPLE FROM ZUCCHINI" RECIPE INCOMPLETE

Zucchini squash is famous for forcing home gardeners into culinary extremes. This year a recipe called "pineapple from zucchini" is making the rounds, and while it is basically sound, food scientists at Penn State have a concern.

They tested the recipe in their labs and found that its high acidity makes it a safe product for boiling water canning. The problem is that the recipe simply calls for packing the cooked mixture into jars and sealing.

This should be followed by 15 minutes processing in a boiling water canner. This final step is needed to destroy any airborne or empty container contaminants that can grow on the surface of the product. If you have already put up a stock of pineapple from zucchini, which is used as a substitute for crushed pineapple, they advise you to check each jar. Discard any that show evidence of swelling or mold growth. For those jars that look all right, remove the lids, put on new

lids and process in boiling water for 15 minutes.

The complete — and correct — recipe for "pineapple from zucchini" follows: Peel and shred 2 quarts of zucchini squash, add one-half can (23 ounces) unsweetened pineapple juice, three-fourths cup lemon juice and one and one-half cups sugar. Bring to a boil and simmer for 20 minutes. Pour into jars, seal and process for 15 minutes in a boiling water canner. Use as a substitute for crushed pineapple in cooking.

#### THE ESSENTIAL INGREDIENT

Eggs are a staple food indispensable in planning and preparing family meals. They can be served in so many ways and are the basic ingredient in so many kinds of foods that they are likely to appear in some form at nearly every meal.

High in protein, they are economical and can be the basis of light, easy to prepare meals.

Now is an excellent time to try eggs in old and new ways because they are in plentiful supply.

To be sure of getting quality eggs, buy graded eggs at a market

that keeps them refrigerated. The USDA grade mark assures you that the eggs were of a specific quality at the time of grading. Assuming proper handling after the time of grading, there should be little loss in quality. Grades range from B to AA; these are marks of quality, not safety, since all of these eggs pass inspection for wholesomeness before reaching your store.

When boiling eggs, lower them gently into boiling water; simmer until done. Cooking time depends on how you want to eat them — soft, medium or hard yolk. Have a ready bowl of ice-cold water and plunge the cooked eggs into it for a few minutes after cooking; this stops the cooking process and assures you that the eggs will be exactly at the degree of doneness that you prefer.

Hard cooked eggs are perfect additions to many main-dish meals. For example, when making a spinach salad, add chopped hard boiled eggs to spinach, raw mushrooms and bacon bits. Or, try that favorite from the south of France, salade Nicoise. Combine hard boiled eggs, sliced lengthwise, with tuna fish, anchovies, black olives, sliced tomatoes, onion rings, and your favorite salad greens. A simple oil and vinegar dressing, perhaps perked up with chopped capers, completes the meal. Serve with hot, crusty French bread, butter and fresh fruit for dessert.



## Foreign investors buy U. S. food, restaurant chains

WASHINGTON D.C. — Foreign investors are buying into the American food system, not by purchasing vast farm acreage, but by obtaining control of certain U.S. grocery, hotel and restaurant chains as well as food processing plants, a recent survey shows.

A & P, Grand Union, Howard Johnson, Stouffers and the International House of Pancakes are among grocery and restaurant chains now foreign controlled, the study by the U.S. Department of Agriculture's Economic Research Service disclosed.

Foreign companies own 14 U.S. foodstore chains outright and hold a partial share in nine others as of April 1980, according to the study by USDA economists Naaman Seigle and Charles Handy. These firms in 1979 rang up combined sales of about \$19 billion, nearly 11 percent of total U.S. grocery store sales.

The Great Atlantic and Pacific Tea Co. (A & P), had revenues of nearly \$6.7 billion in 1979. A West German firm owns a 50 percent share of A & P. A British concern owns Grand Union Co., another food retail giant, with \$3.9 billion in sales.

Other American firms under foreign ownership include Keebler's crackers, Libby's, Peter Paul, Wishbone, Seagram, Good Humor and Tetley. The firms provide cookies, candy, sauces, tea, coffee and alcoholic beverages.

Foreign investment in U.S. food manufacturing firms reached \$2.6 billion in 1979, the USDA survey showed.

The survey, published in the summer edition of the National Food Review and the September

issue of Farmland, both USDA publications, found that the first significant foreign investment in the U.S. commercial food sector began with Benihana of Tokyo, a Japanese-style steakhouse in 1964. In 1975, 11 foreign-owned firms or franchises operated in the industry but by December, 1980, 44 foreign firms had franchisor or proprietary interest in 48 U.S. operations.

However, there are two sides to the foreign ownership question, according to USDA analysts. U.S. affiliates of foreign firms use American farm products, employ U.S. workers, invest in U.S. materials and technology and put a large share of their profits back into the U.S. economy. In the food manufacturing industry, for example, they have reinvested about 80 percent of their earnings in the U.S. in recent years. The remaining 20 percent was transferred abroad as dividends to their overseas owners.

Outside investors also provide a source of much-needed funds to finance growth, technology to modernize, and marketing skills to increase sales.

Although total direct foreign investment in the U.S. has doubled in the last five years, the stock of U.S. investment in foreign food firms is still over three times as great, USDA economists say.

U.S. food processors own affiliates and franchises in more than 140 countries. In Canada and Mexico, U.S. food firms account for more than half of all sales of processed foods. In Western European nations, U.S. firms hold 5 to 25 percent of the market. American restaurant and fast food franchisors have established nearly 4,000 outlets abroad.

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