

# Feb. Food Shopping Brightens Outlook

**EBENSBURG** — February is a good month for food shopping. The fact that there are only 29 days in the month helps your budget, even though you have to make up for it in March.

February is a month of festive occasions that provide retailers with opportunities to promote feature foods. The second month features Groundhog Day, two presidents' birthdays and Valentine's Day.

February marks the arrival of foods that signal the coming of spring. Soon to be appearing on fresh produce counters are strawberries, new round red potatoes, asparagus and hothouse rhubarb.

Even though February can be a long, dreary month for those of us who live in the North, food shopping in February can brighten the outlook for better days ahead.

## Take Advantage of Meat Specials

Though things still look fairly bright at the meat counter, darker days - probably late this summer - are ahead. By then retail prices will start to advance as supplies become tighter. Right now livestock producers are still reducing herds by sending more animals than usual to market. These increased marketings result from last summer's drought, reduced feed supplies and higher prices. There should be some attractive beef and pork specials through the end of March. Retail meat prices will likely remain fairly steady through spring and then start to move up by summer. Now through March would be the best time to stock the freezer whenever you see specials on your favorite cuts, according to Mary Schreyer, Extension home economist.

## Buy Large Roast For "Planned Overs"

The expression "cold shoulder" originated as a result of a change in the menu. In days gone by, roasts of meat were served to welcome guests, but for those who overstayed their welcome cold shoulder and other leftovers began to appear on the table.

Today, the smart shopper counts on "planned overs." Large chuck roasts are often a smart choice. You can cook the whole roast for planned overs. One idea might be to use part of the cooked roast to make sandwich filling. With today's new food processors it's very easy to incorporate your favorite ingredients to make a

tasty sandwich filling that's less expensive than lunch meat.

Or before cooking you could cut the roast into three different meals, particularly a round bone or an arm chuck roast. One-third of the roast could be cut and sliced as steaks for swissing; the middle third could be used for a pot roast; the other third could be cubed for stews or cut into strips for stroganoff. With some planning, you won't get the "cold shoulder" from the family.

## Large Eggs A Better Buy

Whenever egg prices reach a relatively high level, many shoppers assume it is cheaper to buy the smaller sizes because they

are a few cents lower in price. It's often false economy. At present prices it would take more than a 17-cent spread for the next smaller size to be a better buy, assuming large eggs are costing between \$1.33 and \$1.39 a dozen.

Just remember that a dozen large eggs weighs 24 ounces and that only three ounces separate the sizes. If you divide 24 ounces into the price of large eggs, let's say \$1.35 a dozen, then they cost a little more than 5½ cents an ounce. A dozen medium-size eggs weighs 21 ounces; to be an equal value or better buy they would have to cost less than \$1.18 a dozen, or 17 cents less. In many stores price spreads are ranging from 2 to 6 cents.

## Maple sugar fete on March 10

**WEST CHESTER** - Chester County's Hibernia Park will host the fourth annual Maple Sugar Festival on Saturday, March 10, from 9 AM to 4 PM.

The event is geared toward the backyard maple sugar cooker, those who are interested in the sugaring process and want to try it at home. The park staff will demonstrate how to identify and select maple trees. Other demonstrations will show onlookers how to tap the trees and

collect the sap. A homemade evaporator will enable visitors to witness the boiling, pouring, and cooling processes.

Interpretive exhibits will show the types of collection devices, tools, and implements needed, while take home brochures will outline the maple sugaring procedures step by step. Equipment catalogs will be available free of charge. Collections of recipes substituting maple syrup for sugar will be distributed free also.

## Woodland workshops planned

**WEST CHESTER** - Three woodland management seminars will be sponsored by the Pennsylvania Bureau of Forestry in cooperation with the Chester County Parks and Recreation Department and the Tyler Arboretum. These 2 1/2-hour programs will cover such topics as tree growth, forest development, forest management concepts, commercial harvesting techniques, timber sale contracts, wildlife and insect and disease problems.

The seminars will be held in Chester County on Thursday, March 15, at the Hatfield House, Hibernia County Park and on Thursday, March 22, at the Nottingham County Park Office, Nottingham.

On Monday, March 19 the seminar will be given at the Tyler Arboretum, Lima, Delaware County. All programs will begin at 7 PM.

Seating is limited, therefore, reservations are required. They may be made by calling the Bureau of Forestry at (717) 469-6217.

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