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SPECIALS FOR OCTOBER 31, NOVEMBER 1, 2, 1963

## Planning Cuts Meal Work

Poor work habits waste food, time, and energy in meal preparation, especially when cooking large quantities of food. You shorten the time it takes when you find the best way to do the job, says Louise W. Hamilton, extension nutrition specialist at the Pennsylvania State University.

When you plan and prepare meals for the family or

a community function, think about each step. Is it necessary? If it is, what are you trying to do? Who should do the job? Where and when shall it be done? What's the best way to do it?

As you plan the menu, think about who's going to do the work and when she will do it. What can you do skillfully? What are the talents of others who might be helping you? If you're a skillful roll baker, you could make rolls — they may cost less than ones you'd buy.

Some foods, such as frozen

desserts, may be made in advance and kept in the freezer. Preparation of fresh vegetable and fruit salads may have to wait until the last few hours before mealtime, Miss Hamilton points out.

A change in the raw materials can make work easier. Boneless turkey roll may be simpler to prepare and serve than if you cooked the whole bird. Instead of making cakes from the beginning, you might use cake mixes. The materials you choose affect the work you do for the rest of the meal and also

cost of the meal.

If preparation time is limited, you can use preprocessed, ready-to-cook products, suggests Miss Hamilton. If your budget is limited, you might make more dishes at home instead of buying them.

It cost the early Virginia colonists 150 lbs. of tobacco for an imported wife.

Most countries, except the United States have changed the value of their currencies one or more times since the end of World War II.

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## — SPECIALS FOR OCT. 31, NOV. 1-2 —

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