Vegetables, fruits lighten food bills

By VIRGINIA McLUCKIE

Food Economist

If you are trying to eliminate the heat of cooking and a hot kitchen then your solution may be to use more salads in your menus.

Plan as you shop to buy foods that will serve well in salads, also, include plenty of succulent vegetables and fruits in your market basket says Virginia McLuckie Food Economist, Baltimore Office, Department of Markets, University of Maryland.

* * *

AS YOU SHOP for vegetables select salad greens from offerings of eastern iceberg lettuce, Boston lettuce, escarole and endive.

These are the bases for crisp salads and the part of a salad that should be eaten and not left on the plate. In tossed green salads you may also include tender young spinach leaves. To separate the leaves of a head of iceberg lettuce to make cups, cut the core with the point of a knife and remove the core.

Run cold water in the core opening until the leaves are forced apart. Drain the leaves well, pat them as dry as possible with a paper towel or cloth before storing in the refrigerator. Moisture in excess causes wilting and browning of lettuce.

* * *

MEATS that are best buys will be those cuts that yield lower cost per serving prices in beef. Specials on chuck roast and steaks are usually featured at one store or another each week. Some stores periodically have special sales on lamb which makes a very nice change in the menu. Fryer chickens and Grade A Medium eggs are the best poutry industry offerings.

A main dish salad is a meal itself, hearty and nutritious. The salads are usually built around meat, fish, eggs or cheese in combination with vegetables, macaroni, fruits and often gelatin based.

* * *

A GENERAL pattern for a main dish salad menu goes like this: hot soup or a hot vegetable, the salad of your choice, a bread accompaniment, dessert and beverage. Because canned meats or fish are often used in salads remember that for easy slicing or cutting into cubes, well chilled meats work better.

If you are making a mayonnaise dressing salad it should be kept in the refrigerator until it is served and any left over portion returned directly to refrigeration.

* * *

ACCOMPANIMENT salads eaten with the main course, are probably the most popular and most often served of all salads. Key these salads in flavor, color and texture to the rest of the menu. Vary the dressing, topping or garnish and they may be adapted to any meal.

Dessert salads usually tend toward the sweet side and frequently use fruit and often are gelatin molds or a frozen salad. Sweet breads, crackers or rolls make a dessert salad an ideal luncheon or supper salad.

MACARONI SALAD is made with one eight ounce package elbow macaroni, cooked and drained well cup shopped celery, one-half cup chopped sweet pickles, two tablespoons grated onion one-half cup cubed ham, luncheon meat, one-half cup cubed cheddar cheese, one-fourth cup grated raw carrot, one cup mayonnaise with two tablespoons juice from pickle, and salt and pepper to taste.

Combine all ingredients except dressing in large bowl. Add mayonnaise mixture.

Chill well. Serves six.

Economy meals for good eating

Plan an economy menu sensibly, if the family is to enjoy and benefit by it. It should include foods that are nutritious and tempting, a combination more readily achieved at this season of greater abundance and therefore more reasonable prices.

While individual preferences in the family may vary, it's best to minimize catering to individual appetites when budgets are tight. With exceptions for medical diets, try to make one menu the unwritten law. Here are some pointers to help make your food dollar go further suggested by the U.S. Department of Agriculture's Consumer and Marketing Service.

* * *

STUDY the newspaper food ads to learn what are the best buys and then plan your meals accordingly, preferably several days in advance. Include at least two inexpensive meals a week — like chicken wings, fish, meatless meals and hamburger dishes.

Buy only what you need and according to your needs — by the pound, can or package. When you get home, store perishable foods properly and promptly in the refrigerator of freezer.

* * *

HERE'S A MENU for a day's good eating using foods that are in plentiful supply and reasonably priced.

BREAKFAST
Sliced Orange
Scrambled Eggs
Toast with Jam or Margarine
Milk
Coffee or Tea

LUNCH
Chopped Chicken Liver Sandwich
Apple Sauce
Milk

DINNER
Brunswick Stew
Cucumber Salad
Peach Pie
Coffee or Tea
Milk

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LEG O'LAMB — GENUINE SPRING WHOLE lb. 67¢
U.S. GOVT. INSPECTED YOUNG TURKEY 10 to 14-lb. AVG. lb. 39¢
BALL PARK FRANKS lb. pkg. 69¢
FRESH GROUND CHUCK lb. 69¢
GENUINE SPRING SHL'D LAMB ROAST lb. 43¢
GENUINE SPRING (BLADE-IN) SHL'D LAMB CHOPS lb. 59¢
GENUINE SPRING (ROUND BONE) SHL'D LAMB CHOPS lb. 69¢
GENUINE SPRING RIB LAMB CHOPS lb. $1.05
GENUINE SPRING LOIN LAMB CHOPS lb. $1.25
GENUINE SPRING BREAST O' LAMB FOR STEWING lb. 10¢
GENUINE SPRING STEWING LAMB NECK OR SHANK lb. 39¢
GENUINE SPRING LAMB LOAF OR PATTIES lb. 39¢
GENUINE SPRING LEG O' LAMB SHORT CUT lb. 77¢
GENUINE SPRING COMB. LAMB PKG. 2 MEALS IN 1 lb. 49¢
FRESH GROUND BEEF 3-lb. pkg. $1.47
ALL MEAT BOLOGNA IN THE PIECE lb. 49¢
EASY-TO-SPREAD LIVERWURST IN THE PIECE lb. 49¢
FOOD FAIR BRAND PORK ROLL 1½-lb. roll $1.19
Semi-Boneless HAM MASH'S FULLY COOKED lb. 73¢
SKINLESS (GENUINE HAKE) STEAKFISH FRESH lb. 29¢
FARMER GRAY BRAND TENDER DUCK 4-lb. AVG. lb. 39¢
FRESH SKINLESS FLOUNDER FILLET lb. 59¢
CRAB MEAT FRESH MARYLAND CLAW 1-lb. can 89¢ REG. 1-lb. can $1.09
FRESH RED SALMON STEAK lb. 89¢
FRESHLY STEAMED CRABS 3 for 59¢ doz. $2.25

MARYLAND WEEK - featuring Items of MARYLAND

TOMATOES MARYLAND CHIEF 6 1-lb. cans $1.00
SHOE PEG CORN MITCHELL 5 1-lb. cans $1.00
SWEET PEAS FYNE-TASTE 4 1-lb. cans 49¢
GREEN BEANS FYNE TASTE CUT 4 1-lb. cans 49¢
CRAB SOUP CROSSE & BLACKWELL 2 13-oz. cans 49¢
OLIVE OIL POMPEIAN 8-oz. bot. 39¢
BLACK PEPPER McCORMICK 2-oz. can 25¢
TEA BAGS CORMICK pkg. of 48 7¢ OFF 55¢
MAYONNAISE MRS. FILBERT'S 7¢ OFF quart jar 59¢
KING BLEACH gal. jug 33¢
SUNSHINE RINSO 10¢ OFF 3-lb. 2-oz. pkg. 69¢
KING FLUFF quart bot. 39¢
KENNETT'S CHILI SAUCE 8-oz. jar 23¢
CROSSE AND BLACKWELL RELISHES INDIA, HOT DOG HAMBURGER 2 10-oz. jars 39¢
McCORMICK VANILLA EXTRACT 4-oz. bot. 79¢
McCORMICK SEASON ALL can 29¢
MAXWELL HOUSE INST. COFFEE 6-oz. jar 95¢ REG. 3-lb. COFFEE can $2.49
FRUIT DRINK FOOD FAIR BRAND PINEAPPLE-GRAPEFRUIT 4 1-qt. 14-oz. 99¢
APPLE SAUCE SHADY LANE 8-oz. can 5¢
INSTANT COFFEE FOOD FAIR BRAND 6-oz. jar 69¢

FYNE-SPRED MARGARINE 3 1-lb. qtrs. 55¢
BORDEN'S DUTCH CHOC. DRINK 6 8½-oz. cans 79¢
FOOD FAIR SLICED AMERICAN CHEESE 12-oz. pkg. 49¢
BALLARD OR PILLSBURY BISCUITS 3 cans 25¢
FLAVA (ORANGE OR GRAPE) SUMMER DRINK ½-gal. ctn. 29¢

Fresh BAKED GOODS
ICED JELLY BUNS FOOD FAIR BRAND pkg. of 8 33¢
FOOD FAIR BRAND LAYER CAKE JELLY COCOANUT 1-lb. 4-oz. 39¢
FOOD FAIR BRAND LAYER CAKE MILK FUDGE CHOC. 1-lb. 4-oz. 59¢
FOOD FAIR BRAND POUND CAKE WALNUT HALF 1-lb. 4-oz. 59¢
FOOD FAIR BRAND BLUNT ROLLS pkg. of 12 23¢

Crisp... Fresh... Produce
HONEYDEWS CALIF. SWEET ea. 49¢
CANTALOUPES CALIF. SWEET ea. 33¢
BOSTON LETTUCE CRISP 2 heads 29¢
SEEDLESS GRAPES CALIF. SWEET 29¢
FLORIDA THINSKIN FRESH LIMES 6 for 19¢
CRISP FRESH NEARBY CUCUMBERS 3 for 29¢
CRISP FRESH NEARBY PEPPERS 3 for 29¢
FRESH RIPE PINEAPPLES ea. 29¢
EASY LEMON JUICER ea. 19¢
MARINATED HEARTS OF ARTICHOKES jar 39¢
IDAHO RUSSET POTATOES 5-lb. bag 53¢
PURE FLORIDA (THE REAL THING) ORANGE JUICE 6-qt. jar 39¢

FROZEN FOODS
FRENCH FRIES HANDI-PAK FROZEN 2-lb. pkg. 25¢
POTIO BEEF TACOS 12-oz. pkg. 59¢
TASTE O' SEA FROZEN COD FILLETS SKIN LESS 1-lb. pkg. 55¢
REALEMON FROZEN LEMONADE 6 6-oz. cans 57¢
FOOD FAIR BRAND FROZEN GOLDEN CORN WHOLE KERNEL 6 10-oz. pkgs. 79¢
FOOD FAIR BRAND FROZEN SPINACH CHOPPED OR LEAF 10-oz. pkg. 10¢
SPECIAL OCCASION FROZEN ONION RINGS FRENCH FRIED 4 4-oz. pkgs. 49¢
SARA LEE FROZEN CINNAMON ROLLS 8½-oz. pkg. 59¢

HIDDEN MAGIC HAIR SPRAY 10¢ OFF 7-oz. can $1.19

SCOTT GOLD CUPS PLASTIC 40 7-oz. cups 45¢
LIPTON TEA 1½-lb. pkg. 45¢
LIPTON TEA BAGS pkg. of 24 65¢
LUX SOAP 4¢ OFF 2 bath bars 27¢
LIFEBUOY SOAP 10¢ OFF 2 bath bars 29¢
LAYER CAKE MIXES DUNCAN HINES 3 pkgs. 1.00
DOVE SOAP 2 bath bars 49¢
WOODBURY SHAMPOO 21¢ OFF 10-oz. bot. 89¢
PALMOLIVE SHAVE BOMB 10¢ OFF 6½-oz. can 63¢
GLEEM TOOTHPASTE FAMILY SIZE 6¢ OFF 6¾-oz. tube 63¢

MARINARA SAUCE SPATINI 2½-oz. pkg. 33¢
INST. POTATOES FRENCH'S 15-oz. pkg 63¢ 7-oz. pkg 33¢
SWIFT'S PREM 12-oz. can 53¢
PEANUT BUTTER PETER PAN 18-oz. jar 41¢ 1-lb. 2-oz. 61¢ 1-lb. 12-oz. 87¢
CAT or DOG FOOD CALO 6 15½-oz. cans 77¢
BREEZE Detergent 2-lb. 6-oz. 83¢
McCORMICK PAPRIKA 1½-oz. pkg. 27¢
BLACK PEPPER McCORMICK GROUND 2-oz. can 29¢
CELERY SEED McCORMICK 1½-oz. pkg. 19¢
ONION SALT McCORMICK 2½-oz. jar 25¢
PARSLEY FLAKES McCORMICK ¼-oz. pkg. 12¢
SALAD SUPREME McCORMICK 2½-oz. pkg. 49¢
POTATO CHIPS HY GRADE TWIN PACK 9-oz. pkg. 49¢
CHEESE PRETZELS HY GRADE 5¢ OFF 8½-oz. pkg. 24¢
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SUNSWEET PRUNE JUICE 46-oz. can 49¢
CHUNK LIGHT TUNA STAR KIST 3 6½-oz. cans 1.00
ROAST BEEF WITH GRAVY LIBBY'S 10-oz. can 57¢
MACARONI MUELLER'S REDDI CUT 2¢ OFF 2 1-lb. pkgs. 43¢
ANGEL FOOD CAKE MIX DUNCAN HINES 15-oz. pkg. 57¢
FYNE-TASTE COFFEE 1-lb. bag 59¢
LADY FAIR COFFEE 1-lb. bag 63¢
HEINZ KETCHUP 2-lb. 9-oz. 35¢
HEINZ CHILI SAUCE 12-oz. bot. 35¢
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Bill would forbid SNCC pickets at Luci's wedding

Special Legislation to prevent members of SNCC from picketing the wedding of President Johnson's daughter, Luci, on August 6, was introduced in Congress Wednesday by Congressman Wayne Hays, (D-Ohio).

The action was taken after Stokely Carmichael, new chairman of SNCC, had announced plans to picket the Catholic Shrine of the Immaculate Conception during the ceremony.

Carmichael, a militant civil rights proponent, is credited with popularizing the controversial phrase "Black Power" during the Meredith Protest March through Mississippi.

Upon introducing the proposed legislation, Rep. Hays said such issues as civil rights have nothing to do with weddings and, therefore, in effect, it would ban pickets at Luci Johnson's wedding.

THE BILL, Hays told the House, would prohibit picketing within 500 feet of any church here. He urged swift action before the wedding.

Carmichael announced that a peace group would picket the Shrine of the Immaculate Conception when the President's daughter marries Patrick Nugent there.

Hays charged that Carmichael is acting like a Communist. In fact, Hays said, he thinks Carmichael is being "influenced by the Communists and probably is one of the Communist leaders of the United States."

Prior to introduction of bill, Catholic and Protestant ministers approved a joint resolution requesting Carmichael and the cooperating groups to refrain from picketing. Carmichael's announcement has aroused resentment among several leaders here.

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Social Worker III, $6,430 - $8,276
Soc. Work Assist. II, $5,070 - $7,464
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22	Virginia State College Alumni	8:00 p.m.
24	Baltimore Postal Union	5:00 p.m.
29	Golden Eagle Club	8:00 p.m.
27	Maryland Driving Schools	8:30 p.m.
28	Baltimore Tennis Club	8:00 p.m.
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