Planning, sales will help make food economical

If you plan ahead, watch for sales on meats and processed vegetables and fruits, your trip to the market will be more economical. There will be good buys in staple winter produce says, Mrs. Virginia McLuckie, food economist, University of Maryland.

The best buys at this time of the year are what might be called staple items such as white and sweet potatoes, carrots, cabbage and onions. The U.S. fall potato crop is seven percent smaller than the heavy production of 1971. With smaller supplies for the storage season, prices are expected to be substantially higher.

Even with higher potato prices there is economy in the vegetable because of its food value, the filling quality it provides with meals and the very many ways potatoes can and are prepared for eating.

LARGE CROPS

This year's sweet potato crop was eight per cent above last year. These potatoes now being marketed are stored after being cured therefore the skins are thicker and are less bruised or scared by handling. They also keep longer.

Onions are higher in price this year because stocks are the lowest they have been in five years. When you buy onions select those that are firm, and dry with skins that are crisp and crackle when you handle them.

Buy a variety of sizes so there is no waste when you wish to use just a small amount for seasoning or flavoring.

The December to April new crop of cabbage is reported to be five per cent above last year. This year around vegetable is usually a best buy even at higher than usual price per pound. The supply of carrots is reported to be nine per cent larger than 1972.

Local turnips and Canadian rutabagas offer variety for pot roasts and New England type boiled dinners. The parsnips on the market are moderate in price and a vegetable very sweet and tasty for a menu change.

The best buys in green leafy vegetables are Kale and collard greens.

As you shop for fruit you will notice the supply of citrus is abundant. There is a choice of tangerines, tangelos, Florida juice oranges, navel oranges and pink or white grapefruit.

Bananas are a good buy if you select the stage of ripeness to suit your needs. Slightly green bananas are best for baking or making fritters. The ripe bananas are used best on cereals, in lunch boxes and just all purpose consumption.

For variety in salads you may wish to purchase an avocado sometimes called a prickley pear. The production of avocados is twice that of last year.

Family income

TAIPEI, Taiwan (UPI) — An average family in Taipei earned about $178 (US) a month in the first half of 1972, an increase of about $40 over 1969, according to city government statistics reported by the Central News Agency of China. The average Taipei family has 5.34 members, of whom 1.49 are earners.

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GARDEN FRESH EGGPLANT 2 lbs. 49¢ NONE PRICED HIGHER!!
CRISP RED RADISHES 2 6-oz. bags 29¢
FANCY A&P BRAND POPCORN 2 -lb. bag 35¢

DOWNYFLAKE HOMEMADE WAFFLES 12-oz. pkg. of 10 39¢

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A&P GRADE 'A' Cut Corn 2 -lb. bag 59¢
AUNT JEMIMA CINNAMON SWIRL French Toast 10-oz. pkg. 49¢
GREEN GIANT Rice Dishes 3 12-oz. pkgs. 1

A&P GRADE "A" 12-OZ. CAN 35c Orange Juice 6-OZ. CAN 18¢
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Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., Jan. 27, 1973 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Bel Air, Joppatowne, Havre de Grace and the Delmarva Peninsula!!

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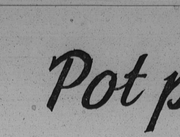

MARIE MURPHY PHILLIPS COOKE
AFRO WOMEN'S EDITOR

When Sunday rolls around, enjoy a more leisurely and more glamorous berakfast or brunch to make up for the quick first meal of the day we often snatch every weekday morning. It's wise to give extra time and thought to breakfast any day, so it gives us that important one-third of the daily diet; but if that's impractical at least have a good breakfast on the weekend. On Sunday morning, its fun to sip a tall glass of fruit juice over the funnies, while the tantalizing fragrance of Cheese Spoon Bread wafts its way in from the kitchen. This recipe gives a new twist to a favorite Southern recipe by adding Cheddar cheese to traditional spoon bread.

Spoon it onto warm plates with plenty of butter, and a choice of warmed honey or maple syrup. Add eggs scrembled in butter, pan-browned slices of Canadian bacon, apricot halves centered with a spoonful of curran; jelly heated under the broiler and a hot beverage.

It's a delightful menu that really satisfies Sunday morning appetites, especially if on this day you cut down to two good sized meals.

Like Souffle

While Cheese Spoon Bread is a sort of souffle, it's not at all difficult to make. It's temperamental only if you fail to follow directions, or if you let it sit too long after coming out of the oven.

This bread should be eaten as soon as it comes from the oven. Allowed to stand, it collapses with each passing minute. It's worth the extra care, however, not only at breakfast but any time.

Try Cheese Spoon Bread with ham or fried chicken or team it with a salad for a memorable meal.

You'll Need

Buttered casserole, 2-quart, 2 cups milk, 1 cup cornmeal, 1 teaspoon salt, ¼ cup (½ stick) butter, melted; 4 egg yolks, well beaten; 1½ cups shredded Cheddar cheese, 4 egg whites and melted butter.

Preheat oven to 375 degrees. In saucepan scald milk. Remove from heat, slowly blend in cornmeal. Cook over low heat, stirring constantly, until thick. Remove from heat; blend in salt, butter, egg yolks and cheese. Mix well. Beat egg whites until stiff; fold cornmeal mixture into egg whites. Spoon into casserole bake 35-40 minutes. Serve with butter. This makes six to eight servings.

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A&P BISCUITS REG. OR BUTTERMILK 4 10 ct. ctns. 35¢
LIGHT N' LIVELY Yogurt 3 8-oz. ctns. 89¢
SUNNYFIELD GRADE 'AA' BUTTER 1-lb. pkg. in ¼-lb. prints 79¢
NUTLEY OLEO Margarine 1-lb. pkg. in ¼-lb. prints 20¢
CHED-O-BIT COLORED SLICES American Cheese 12-oz. pkg. 73¢

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QUAKER Quick Grits 1½-lb. box 28¢
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GRADE 'A' A&P APPLE SAUCE 5 16-oz. cans 89¢
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TEMTEE Kosher Spears 32-oz. jar 59¢
MAJESTIC FRESH PACK Kosher Dills 32-oz. jar 65¢
ANN PAGE Tomato Soup 10½-oz. can 11¢
ANN PAGE SOUP Cream of Mushroom 10½-oz. can 14¢
CHUNK LIGHT MEAT Starkist Tuna 6½-oz. can 42¢

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