BALTIMORE RETAIL FOOD PRICE REPORT

What goes up, doesn't come down

The old cliche', "What goes up, must come down", could not have possibly been referring to grocery prices because in the past few weeks everything seems to have gone up, but nothing has come down.

The price of cabbage, potatoes, eggs, fruits and of course, meats have made a steady increase. So shoppers BEWARE!

Take out a little time from your busy schedules to prepare a grocery list and plan your menus day by day. You're sure to save.

(*) Prices have increased; (-) decreased.

VEGETABLES	UNIT	PRICE
-Cabbage	lb.	10-20
Carrots	lb.	29-35
Collards	lb.	39-41
Celery	bunch	39-59
Corn	ear	13-21
-Cucumbers	each	15-21
Eggplant	lb.	45-49
Lettuce, Iceberg	head	34-50
Mushrooms	lb.	99-1.19
*Squash	lb.	39-49
Spinach	10 oz.	59-69
-Onions, Green	bunch	15-25
*Onions, Yellow	lb.	33-39
Onions, White	lb.	49-59
*Onions, Spanish	lb.	39-59
-Peppers, Green	each	25-35
*Potatoes, White	5 lbs.	1.09-1.39
*Potatoes, White	10 lbs.	2.19-2.59
Potatoes, Baking	lb.	25-35
-Radishes, 6 oz.	bag	15-25
Tomatoes, Loose	lb.	79-1.09
Tomatoes, Carton	12 oz.	69-79
Broccoli	bunch	69-79
*Cauliflower	head	89-99
Beans, Green	lb.	49-59
Turnips	lb.	29-39
Kale	10 oz.	59-69

EGGS	UNIT	PRICE
*Extra Large Grade A	doz.	71-77
Large Grade A	doz.	65-71
Medium Grade A	doz.	55-61
Small Grade A	doz.	45-51

MEATS	PRICE PER POUND
Rib Roast, 7-inch Cut	1.69-2.29
*Chuck Roast, Bone-in	1.09-1.29
-Chuck Roast, Boneless	1.19-1.59
*Rolled Roast, Cross Cut	1.49-1.89
*Steak, Round	1.89-2.19
Steak, Porterhouse	2.49-3.19
*Steak, Sirloin, Bone-in	1.99-2.39
Beef, Ground Regular	89-1.05
-Beef, Ground Chuck	99-1.29
-Stew Beef	1.59-1.89
Pork, Center Chops	1.89-2.19
*Pork, End Chops	1.19-1.59
Pork, Shoulder Smoked	89-99
Pork, Shoulder Fresh	79-99
*Pork, Roast Loin End	1.15-1.69
*Pork, Roast Rib End	1.09-1.59
*Spare Ribs	1.29-1.79
Ham, Fully Cooked, Whole	1.39-1.69
*Ham, Smoked Shank Half	99-1.19
-Frankfurters	89-1.49
Sausage, Fresh "Rope"	1.59-2.05
Bacon, Sliced	1.49-2.09
Lamb, Leg	1.59-1.89
Lamb, Rib Chops	2.39-2.99
*Lamb, Loin Chops	2.79-3.39
*Lamb, Shoulder Chops Rd. Bone	1.99-2.19
Lamb, Breast	59-99
Veal, Rump Roast	1.69-1.99
Veal Cutlet	3.49-4.59
Liver, Beef	65-1.09
-Liver, Calves	1.29-1.89
Liver, Pork	49-59

POULTRY	PRICE PER POUND
*Chicken, Fryers Whole	63-69
Chicken, Cut-up Breasts	1.09-1.25
Chicken, Cut-up Legs	99-1.15
Chicken, Roaster Frozen	85-89
Chicken, Stewers Frozen	69-79
Capons, Frozen	1.09-1.39
Ducks, Frozen	99-1.09
Turkeys, Frozen under 16#	65-89
*Turkeys, Frozen over 16#	59-75

FRUIT	UNIT	PRICE
Apples, Delicious	lb.	55-65
Apples, Bag	3 lbs.	1.29-1.49
Bananas	lb.	20-28
*Lemons	doz.	1.00-1.38
Pears	lb.	59-69
*Pineapples	each	79-99
*Cherries	lb.	89-99
Grapefruit, 40's	each	30-36
*Oranges, Fla 100's	doz.	89-1.09
Coconuts	each	50-70
Oranges, Calif 88's	doz.	1.08-1.58
*Strawberries	pint	69-79
-Cantaloupes	each	69-99
Watermelons	lb.	10-14
-Peaches	lb.	45-69
Blueberries	pint	79-89

DAIRY	UNIT	PRICE
Butter, Quarters	lb.	83-93
Butter, Packages	lb.	81-83
-Oleomargarine	lb.	40-85
Cheddar, Mild	lb.	1.35-1.69
Cheddar, Sharp	lb.	1.59-1.79
American Process	lb. box	95-1.09
Milk, P.H., Vit. D	1/2 gal.	74-84
-Sugar, Granulated	5 lbs.	1.09-1.29
-Flour, White	5 lbs.	65-95
Bread, White	lb.	34-40

FROZEN FOODS	UNIT	PRICE
Orange Juice	6 oz.	20-36
Strawberries	10 oz.	39-49
Beans, Fordhook	10 oz.	39-45
Beans, Cut Green	9 oz.	34-38
Sweet Corn	10 oz.	31-35
Broccoli Spears	10 oz.	32-46
Peas	10 oz.	31-41
Spinach	10 oz.	20-30

FISH	PRICE PER POUND
Sea Bass	89-1.19
*Bluefish	49-69
Butterfish	89-1.35
Crabmeat	3.59-4.69
*Croakers	59-79
Flounders, Whole	99-1.49
*Norfolk Spots	55-89
*Perch, White	89-93
Rock	1.09-1.35
*Shrimp, 21-25	3.69-4.59
-Shrimp, 36-42	2.89-3.99
Steakfish	79-1.09
Sea Trout	39-79
*Scallops	2.89-3.19
Porgies	49-79
Whiting	49-65
-Halibut, Steak Frozen	1.59-2.99
*Fillet, Haddock Frozen	1.29-1.55
Fillet, Perch Frozen	89-1.15
Mackerel, Boston	59-79
*Fillet, Cod Frozen	1.19-1.45

CANNED FOODS	UNIT	PRICE
Applesauce	16 oz.	30-40
Apricots	30 oz.	77-89
Cherries, RSP	16 oz.	59-73
Fruit Cocktail	17 oz.	40-50
Fruit Cocktail	30 oz.	59-73
Pineapple Juice	46 oz.	61-65
Pineapple, Sliced	20 oz.	55-59
Orange Juice	46 oz.	59-63
Grapefruit Juice	46 oz.	50-64
Grapefruit and Pineapple Drink	46 oz.	45-55
Blended Juice	46 oz.	55-69
Pears	29 oz.	65-79
Peaches	16 oz.	40-48
Peaches	29 oz.	50-66
Beans, Cut Green	16 oz.	29-41
Spinach	15 oz.	28-34
Spinach	27 oz.	39-45
Beets, Sliced	16 oz.	25-35
Corn, Gwk VAC	12 oz.	34-40
Corn, GWK	17 oz.	34-42
Corn, GCS	17 oz.	34-44
Green Peas	17 oz.	34-44
Tomatoes	16 oz.	31-45
Tomatoes	28 oz.	50-66
Tomato Juice	46 oz.	57-69

Ethel's Cookery

by Ethel Moore

Backyard barbecue

It is so easy to have an independent holiday picnic. Whether you plan a celebration on the back porch or patio, in the park or playground, with just family or with friends, here are suggestions for a cook-out which require little preparation, lilite fuss, but put together make delicious, fun-loving holiday fare. (Good for any time, really)!

Most main ingredients should be right on your pantry shelf and while our recipes call for small quantities, they're easily adjusted for a crowd.

Here's our picnic menu: **Frankfurters,** of course, brushed with a tangy barbecue sauce, offered here in two versions. Either sauce is just as good on hamburgers or chicken. Summer bean salad, made from old standby Campbell's Pork and Beans and **Garden Macaroni Salad,** almost ready-made by using Elbow Macaroni and Cheese as a base. Both salads add some vegetable complements, possibly from your own "home-grown" garden. For drinks, a surprisingly refreshing beverage — **Milwaukee Cooler** — a cool combination of beer and "V-8" to wash it all down. (Make it soft drinks for the youngsters).

Check out this picnic menu, check out your pantry shelves — and be ready for an independent fourth of July holiday weekend.

Summer Bean Salad

One can (16 ounces) Pork and Beans with Tomato Sauce, one-half cup thinly sliced cucumber, one-fourth cup sliced green onion, two tablespoons thinly sliced radishes, one tablespoon vinegar, one teaspoon Worcestershire, generous dash garlic powder, generous dash pepper

In bowl, mix all ingredients. Chill. Serve on salad greens.

Makes about 2 cups.

Garden Macaroni Salad

One can (4¾ oz.) Elbow Macaroni and Cheese, one-third cup thinkly sliced carrots, one-third cup chopped cucumber, one tablespoon prepared horseradish, two slices bacon, cooked and crumbled (otpional)

In bowl, combine all ingredients, except bacon. Chill. Before serving, stir in bacon, if desired. Serve on salad greens.

Makes about 2 cups.

Picnic Frankfurters

Slash one pound frankfurters and cook 10 minutes on grill (indoors or outdoors) 4 inches from heat, turning and brushing with sauce. Heat remaining sauce; serve with frankfurters on buns.

Makes 4 servings.

Best-Ever Barbecue Sauce

One-third cup chopped green onion, one tablespoon chopped hot cherry peppers, two tablespoons butter or margarine, one can (10 ¾ oz.) Condensed Tomato Soup, one-fourth cup water, one tablespoon brown sugar, one teaspoon prepared horseradish

In saucepan, cook onions and peppers in butter until onion is tender. Add remaining ingredients. Cook over low heat 15 minutes; stir occasionally.

Makes about 1½ cups; can be prepared ahead and refrigerated.

Easy Backyard Barbecue Sauce

One can (10½ oz.) Beef Gravy, one-fourth cup ketchup, one teaspoon grated onion, one-half teaspoon brown sugar, dash hot pepper sauce

In saucepan, combine all ingredients. Heat, stirring occasionally.

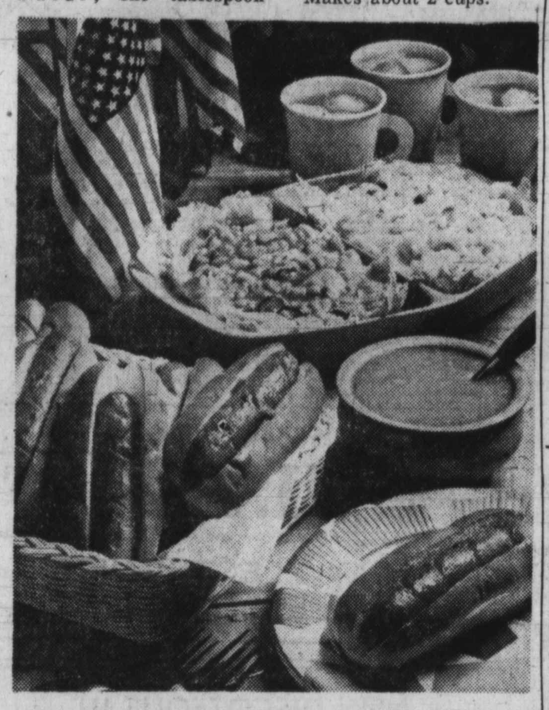
Makes about 1 cup.

Milwaukee Cooler

One can (12 fl. oz.) beer, chilled, one can (6 fl. oz.) "V-8" Cocktail Vegetable Juice, chilled, dash hot pepper sauce, dash Worcestershire.

Combine all ingredients, stir; serve in glasses or cups. Add ice cubes, if desired.

Makes about 2 cups.



Be ready for an independent fourth of July holiday weekend right in your own backyard.

Food clips

If you don't use all your whipping cream within a certain time limit, don't waste it. Whip it. spoon into dollops and freeze on a flat shallow pan. Then stack in a freezer container, separating layers with waxed paper or plastic wrap and use, frozen, as needed. They'll thaw in a few seconds after being placed atop eggnog, cakes, pies or as fruit garnishes

* * *

When the recipe calls for sharp Cheddar cheese, then use that which is labeled sharp since it is aged longer than plain Cheddar and has a more pronounced flavor than ordinary Cheddar. Sharp Cheddar has been aged or cured for at least six months to be so labeled.

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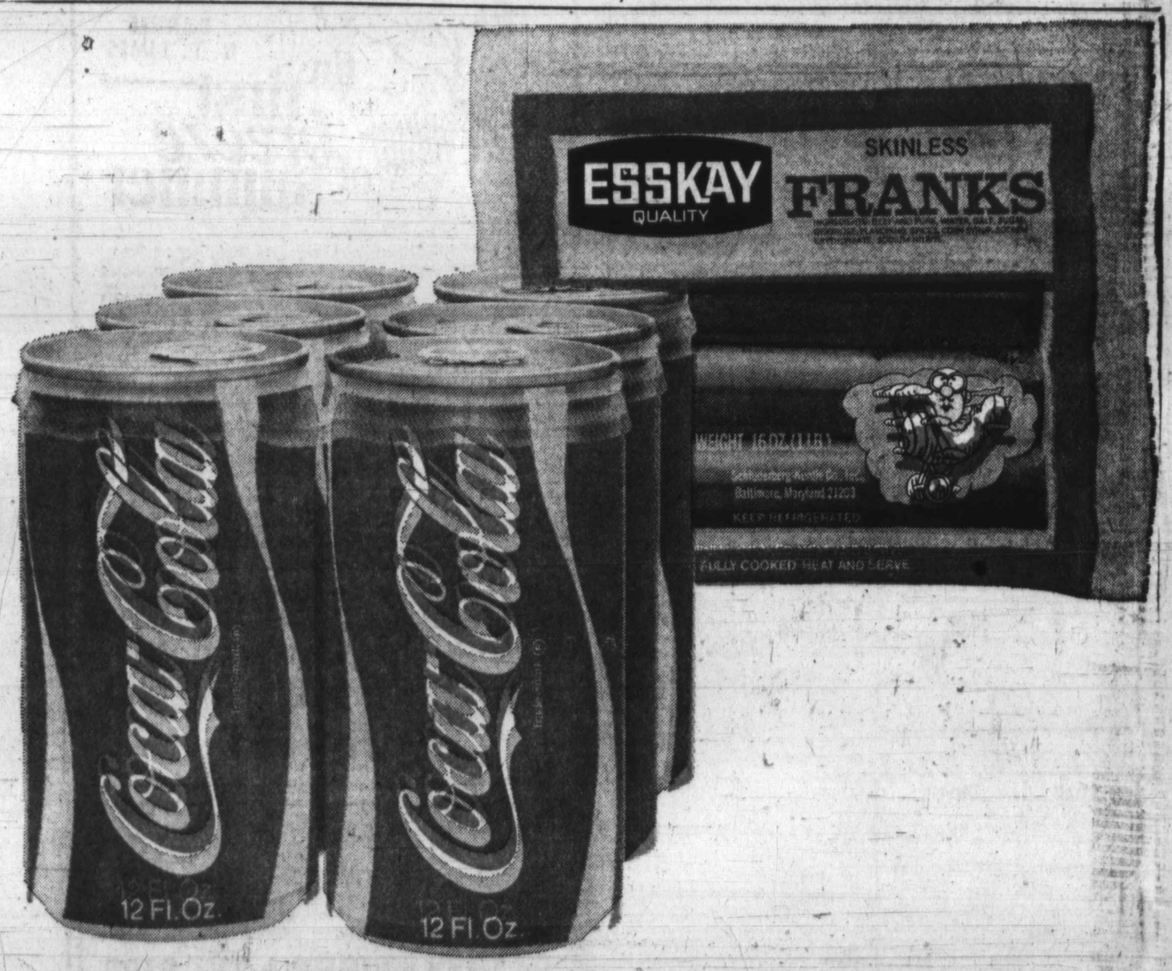

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