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## Week's food economies

The season's last long weekend means family activites for pleasure and food to eat is a part of the planning that must be done. Shop for seasonal foods for economy and plan easy meals the family will enjoy, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

Late August is the period of heavy harvest for the bounty of fresh produce. Select your vegetables for quality as some items will have past their peak season. The best vegetable buys include local sweet corn, cabbage, tomatoes, late crop snap beans and New York state lettuce and onions. The idea of variety may be extended by including in your menus lima beans, summer squash, eggplant, cucumbers and green or red peppers. New white potatoes are in ample supply and the first of the crop sweet potatoes from the Eastern Shore are in the markets. Vegetables served raw and some cooked add to potato appeal.

This is the season when more fruits fill the counters. Local peach varieties to look for are Elbertas and Halehaven, both excellent for table use, canning or freezing. Serve peaches generously while the season is at its peak.

Nectariens, the fuzzles type peach are attractive, and recommended for out of hand eating, salads and fruit cups. Bartlett pear crops are larger than last year and reasonably priced. Pears are picked green and ripen off the tree to a buttery juicy fleshed fruit. On all light colored fruit, use an anti-browning agent to keep the color bright and appealing.

Melons are good choices. Check local cantaloupes and watermelons carefully. Chill melons in cold water or in the refrigerator. Adding ice to the cut flesh dilutes the flavor and can make the flesh mushy. Western cantaloupes are also available. This is peak season for western honeydew melons. Select honeydews with a creamy yellow skin and flesh that yields gently to hand pressure to insure ripeness. Limes are in good supply for use on honeydew melons and for cool drinks. Local summer apples still available for pie and sauce are Gravensteen and rambo varieties.

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## Hints For Homemakers

INEZ KAISER

**August is always a month** filled with vacation activities and also back-to-school preparations. In both cases there are certain household products that will make life easier.

**'WISK' YOUR DIRT AWAY**

**By far the most useful** heavy-duty detergent that no household should be without is **WISK**. It performs miracles, you might say, in removing "ring around the collar" as well as most other spots and stains in home laundering.

As I have said so many times through the years, all you do is moisten the collar, pour on some **WISK**, rub it in lightly and place the garment in the washer. Then add the remaining measured amount to the wash.

Just leave the rest to **WISK**. It never seems to fail.

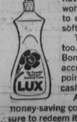
Incidentally, **WISK** also is a great cleaner for all sorts of things around the house, especially hard surfaces like walls, woodwork, floors and even whitewall tires.

**WISK's** all-around "clean-ability" is hard to beat. Look for the red bottle on the supermarket shelf next time you shop, and put it to work for you.

**LUX FOR SOFT, PRETTY HANDS**

**There are really** many advantages in writing this column: It affords me an opportunity to pass along helpful household hints to my many friends, which can save a whole lot of time and money.

Take, for example, the question of selecting a dishwashing detergent. Every woman wants a product that will help keep her hands soft and pretty, yet will clean the dishes.



**LUX LIQUID** does just that. Consumer tests have shown that 2 out of every 3 women tested who used **LUX LIQUID** to do dishes had hands that looked soft and smooth.

This product offers other benefits, too. On the back of each bottle are Bonus Gift coupons. When you have accumulated a certain number of points, you can trade them in for cash.

And when you see an ad with a money-saving coupon advertising **LUX LIQUID**, be sure to redeem it. Cents-off promotions on various size bottles are also featured throughout the year. **LUX LIQUID** is a real bargain in so many ways.

**CLOSE-UP DOES IT ALL**

**It pays to watch** what you say and also to whom you say it. Last month I was in Texas talking to a group of young people. One of them expressed some strong feelings about his dislike of a certain brand of toothpaste.

This was just the clue I needed to ask if he had tried **CLOSE-UP**. His reply was, "No! All toothpastes are alike. Why do you think **CLOSE-UP** is so different?"

"That's easy to explain," I replied. "**CLOSE-UP** toothpaste helps make your teeth white and freshens your breath, too. It contains real mouthwash."

This breath-freshening toothpaste is available in two colors, red and green, each with its own distinct flavor.

Green **CLOSE-UP** has a new mint flavor that leaves a pleasing taste in your mouth. And the red has always been a favorite.

The young man agreed that what I had said sounded good. He did want white teeth and was very conscious of his breath because he was constantly in "close-up" situations.

My advice to him was simple. "Just put your money where your mouth is," I said. "Buy **CLOSE-UP** toothpaste. It speaks for itself." —

**'LIFEBUOY CLEAN' REALLY SAYS IT**

**Through the years** people have used soap to keep clean. That goes without saying.

But more and more people these days expect more from their soap. That's what "**LIFEBUOY** clean" is all about.

People are concerned about their personal grooming, which means much more than just the clothes they wear. A new dress without a fresh-smelling body doesn't add up to much.

**LIFEBUOY** does a great job of providing deodorant protection and cleansing the body as well. In fact, no other soap has a better reputation for long-lasting protection.

**LIFEBUOY** makes your skin smell good, like clean skin ought to. Smelling clean makes you feel good about you all day.

You'll really discover clean when you discover **LIFEBUOY**.

This soap of soaps knows the meaning of clean and what clean is really about. "**LIFEBUOY** clean" really says it.

LABOR DAY SPECIALS

## Cooling Orange Ices

Whether the weather is hot or chilly this Labor Day and whether your picnic has to be hosted inside or out — treat friends to a refreshing treat. These frosty orange ices made more delicious with Florida frozen concentrated orange juice will cool the whole family, especially when you know how nutritious and easy to prepare they are.

Frosty and delicious, these late-summer delights will keep their appeal any time of the year. And what's more pleasing about them is that they are not only simple and quick to prepare, but they're also loaded with nutritious vitamin C from the Florida frozen concentrated orange juice used as a base.

Florida orange concentrate knows no season. The sweet tartness of the juicy, plump fruit is always available in this wholly pure, natural form.

The Old Fashioned Orange Ice Cream cooks in a matter of minutes and can be poured onto the ice cream freezer and turned over to the official hand turner while you select the garnishes.

The Frozen Orange Dessert has a special advantage. Just beat evaporated milk with the electric mixer, pour in the other ingredients and whip the luscious froth until it's stiff. Slip it into the freezer tray for a few hours and polish your prettiest sherbet dishes for this treat.

Serve plain, with fruits or with one of these luscious orange concentrate-based sauces, these ices will be tops on your light-hearted dessert list.

**Old Fashioned Orange Ice Cream**
2 cups milk
1 cup sugar
2 tablespoons flour
½ teaspoon salt
2 eggs
1 cup heavy cream
1 can (6 ounces) Florida frozen concentrated orange juice

Scald milk in top of double boiler. Mix together sugar, flour and salt; add small amount of the scalded milk and stir to a paste. Gradually add to remaining milk in top of double boiler. Cook, stirring constantly, until slightly thickened. Cover and cook 10 minutes longer.

Beat eggs slightly; stir in small amount milk mixture. Gradually return to double boiler and cook 1 minute longer. Remove from heat; cool. Stir in heavy cream and undiluted orange concentrate; mix well. Turn into cream can of hand-turned or electric crank freezer.

Freeze according to freezer directions. Allow to ripen in ice cream freezer according to freezer directions or place cream can in home freezer. YIELD: 1 quart.

Jacquelyn Lightsy
Fashion & Photography Model

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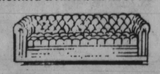

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Dine casually or formally . . . superior-quality TOPAZ Stoneware sets a beautiful table either way! And such a cheery table, with a "today" kind of mood and style. Bold splashes of handpainted color on creamy Stoneware bordered in rich, deep brown . . . a fresh, contemporary look!
You'll treasure the lasting beauty and durability of TOPAZ Stoneware's . . . deep-fired for special lustre and long life. Its special glazing process makes it ovenproof, fade-proof and dishwasher-safe. Ideal for today's busy lifestyle!
Choose from two elegant, hand-painted TOPAZ patterns: gay "BOUQUET" or dramatic "SUNBURST". Either design is hand-painted on Dinner Plates and Chop Plate only; all other pieces in this handsome Stoneware with its smart "earth" look are simply banded in deep brown, to complement your choice of pattern and coordinate as you wish.

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| Week 2 | SOUP/CEREAL BOWL |
| Week 3 | CUP |
| Week 4 | SAUCER |
| Week 5 | SALAD PLATE |

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☆ 1-lb. pkg. BUTTER SUNNYFIELD (IN ¼-LB. PRINTS)
☆ 1 doz. LARGE EGGS SUNNYBROOK GRADE 'A'
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