

## Pork Values Are Offered

Meat prices are heading up again after declining to the lowest levels in years in 1963. Slightly higher cattle prices during the coming weeks will result in higher retail meat prices in most Michigan markets.

Pork should represent a good value during February for pork supplies of the fall pig crop reach market weight during February and March.

Breeder prices are likely to be the same to slightly higher than in January.

Michigan is emphasizing sales of Jonathan apples this month as more controlled atmospheric storage rooms are opened. Florida grapefruit will continue in good volume. Shipments of fish Florida shrimps have declined since the holidays, but California Navel oranges continue to move in good volume.

**COLD AND FREEZING** weather in many production areas has raised some speculation as to fresh vegetable supplies this month. Some of the better values will include the usual winter vegetables—potatoes, carrots, dry onions, squash, cabbage and rutabagas.

Freeze-dried peas are the only canned fruit that started the season with larger supplies than the previous year.

Increased featuring of peaches by retailers is expected this month. Corn is one of the best canned vegetable buys, simply because it is in large supply and most other canned vegetables are in lighter supply than a year ago at this time.

There is plenty of canned tomato juice, pineapple juice and fruit flavored drinks to compensate for the inadequate supply of canned citrus.

**GENERAL**, ALL frozen foods are in lighter supply than a year ago.

There are plentiful amounts of canned sardines, shrimp and tuna are ample to meet consumer needs.

## Calorie Counters Get Whole Value From Skim Milk

Counting calories? Skim milk has the food value of whole milk in butterfat, the vitamin A carried in the fat, and the fat's food energy or calories.

These values are lower in skim milk. However, much fluid skim milk sold today has vitamin A added, thus returning the vitamin A with the fat.

Skim milk is interchangeable with whole milk in beverages, cooking and baking. It is especially suited to persons on low-calorie diets.



## First Resort for Traveling South

What to wear now to the resorts and later on into spring and summer are these easy-care cotton designs. Two shifts take to stripes, at left: Wide pink and white stripes run vertically on the inverted pleat shift and reverse directions

on the pockets (far left); a shift in sunny Mexican colors alternates the stripes from vertical to horizontal. A rain poncho cape, right, is cut with original sleeves, reverses from tan to black.



## Puppy Must Learn How Not to Bite

All puppies like to roughhouse. However, puppies soon bite too hard and their teeth are very sharp. They also tend to become over-excited and angry.

To prevent puppy from biting too hard, play with him until he becomes angry.

When his bite starts to get to you, tap him across the nose with your finger and scold him, saying, "No bite!" several times.

**HE MUST LEARN** not to get too far in play and that he can never bite or growl at a human being. You'll be amazed at how quickly he'll learn this if you arrange behavior lessons so that he gets one or two each day.

Caution: Don't overdo any lesson—15 minutes is enough.

## Refrigerator Serves as Your Own Home Supermarket

How much does a trip to the supermarket cost? Much more than the total shown on the sales tape, says Dr. Helen G. Canoyer, dean of the New York State College of Home Economics.

Dr. Canoyer warns that there are hidden costs, not only in cash, but in time and energy, involved in supermarket shopping.

Costs counted by Dr. Canoyer include travel to and from the store—the wear of extra mileage on the car and tires as well as the gasoline used.

**SHE ALSO ADDS** up the energy sapped by rounding up the youngsters.

## Rug Washing Tip

When washing your rag rug, starch them a little afterwards, and this will prevent them from curling at the edges.

ters and readying them, finding a parking space, searching for the right items and waiting in the check-out line.

No one wants to eliminate the efficiencies and pleasures of supermarket shopping, which Dr. Canoyer compares to shopping in the general stores of an earlier era.

But the wear and tear can be

## Avoid Overcooking Fresh Vegetables

Don't overcook fresh vegetables, nutritionists warn. Overcooking increases loss of ascorbic acid (vitamin C) in vegetables.

There is always a loss in cooking but overcooking causes greater loss. Also holding vegetables at high temperatures before serving lowers the ascorbic acid content.

minimized by careful planning of meals and shopping lists, Dr. Canoyer explains.

**MANY HOMEMAKERS** find that with a large electric refrigerator-freezer in the kitchen, they can plan their supermarket purchases so that one weekly shopping trip is all that's needed.

Since today's electric refrigerator-freezers, in addition to holding generous amounts of food, have special compartments to keep various foods at the right temperature and humidity for best retention of flavor and quality, they serve much like supermarkets at home.

## Prevent Corrosion

Acids corrode enamel. If vinegar, lemon or tomato juice spills in your refrigerator, be sure to wipe it up immediately.

## Salmon Loaf Is Nutritious At Mealtimes During Lent

The pleasures of the Lenten table are not restricted to those whose religion requires the observation. For Lenten fare are tempting dishes for everyone.

And the simpler dishes are a pleasant change from the rich foods of the winter season. It's a good time, too, to balance the budget with low-cost menus, but not to the sacrifice of nutrition.

Canned salmon is one convenient food that combines all the elements of good nutrition with a delicate flavor that appeals to every palate. Try this delicious salmon macaroni loaf, which makes hearty servings for 8. It's good hot or cold.

### SALMON MACARONI LOAF

- 1 cup elbow macaroni
- 3 cups milk
- 1/4 cup butter
- 1 1/2-pound can salmon
- 6 eggs, lightly beaten
- 1 4-ounce can pimiento, drained and chopped
- 2 tablespoons chopped onion
- 2 cups soft bread crumbs
- 2 teaspoons salt
- Dash cayenne
- 1 cup grated American cheese

Cook macaroni in 6 cups boiling water for 10 minutes. Drain and rinse. In saucepan combine milk, butter, and liquid from can of salmon. Heat until hot and butter is melted.

Stir into beaten eggs. Add pimiento, macaroni, onion, crumbs, salt, and cayenne. Flake and stir in salmon.

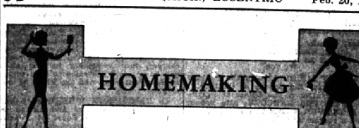
Turn mixture into an oiled loaf pan 11 1/2 x 4 1/2 x 2 1/2 inch, and sprinkle with cheese. Bake in a preheated 350° F. oven for 50 to 60 minutes.

Serve hot or cold with favorite sauce, if desired.



SALMON LOAF, attractively garnished with lemon curls and cherry tomatoes is an economical and nutritious dish for Lenten meals.

6-D THE BIRMINGHAM (MICH.) ECCENTRIC Feb. 20, 1964



## Panelists Discuss Teens

Once a teen-age marriage has taken place, society should try to help the marriage succeed rather than impose policies that "punish" the young newlyweds.

This was the gist of a Farmers' Week panel discussion at Michigan State University this month. Panel members were Dr. Eugene Feinster, Thelma Hansen and Carol Shaffer, all members of the MSU Department of Home Management and Child Development and all parents of teen-agers.

Mrs. Shaffer noted that restrictive policies in schools have little effect on the rate of early marriages. What's more, she pointed out, expelling married students only creates serious problems for society in terms of school drop-outs and unemployment.

Mrs. Hansen suggested that parents encourage group dating instead of single dating.

## Cut Frying Time

Your frying time on bacon can be cut down and more bacon cooked at the same time, if you criss-cross the slices and turn them all at once with a pancake turner.

good by cutting off financial support and thus making it necessary for the youngsters to quit school. They suggested that parents could continue the support but let the youngsters know what kind of help they are getting, why, and how long they can expect it to last.

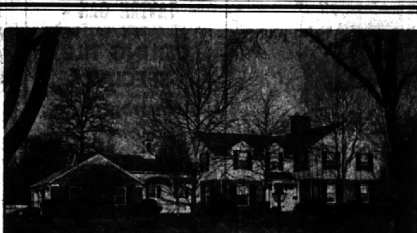
Parents have a better chance of preventing young marriage if they make the home a happy place and encourage youngsters to act their age instead of imitate adults, Mrs. Shaffer said.

Mrs. Hansen suggested that parents encourage group dating instead of single dating.

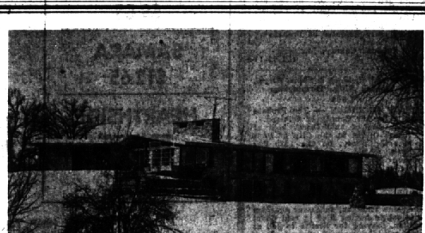
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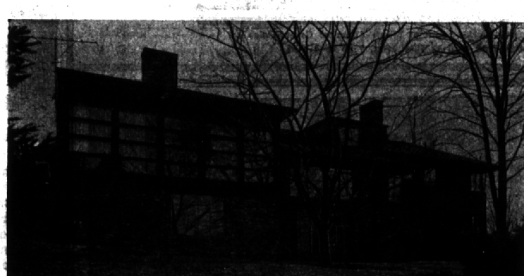
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