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 MISSILDINE'S PHARMACY "The Rexall Store" Phone No. 4
## List of Plentifuls

Citrus fruits, both fresh and processed, will be among the best fruit buys in January, Mrs. Margaret C. Arledge, home demonstration agent for the State College Extension Service, said this week in releasing the monthly U. S. Department of Agriculture plentifuls foods list.

Dried beans and peas are also high on the January list. "This is the first time in years," Mrs. Arledge said, "that these two items - e been in the plentiful class." .oduction of dried beans and peas this year is estimated at more than two million bags (of 100 pounds each) greater than in 1947. Both beans and peas are generous sources of food energy, protein, phosphorus, and some of the vitamins.

Fresh spinach, mostly from Virginia, Texas, and California, will be a newcomer on the list of plentifuls as will canned corn.

In addition, the home agent said, January markets will offer plentiful supplies of such varied items as cabbage, carrots, Irish potatoes, cranberries, winter pears, dried fruits, canned peas, honey, cheese, peanut butter, and fish.

Corn and oat crops are both heavy this year, and shoppers can -unt on abundant supplies of corn - 1 oat products of all sorts, she maded.

Moreover, Mrs. Arledge said, the pecan crop this year has set a record-abzout one-seventh larger than the previous record. With such heavy production, retail markets will continue to offer bountiful supplies for the next few months.

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