

How To Make Wise Shopping Choices

The buying world of decisions and choices based upon shoppers' needs and values. There's a story about the young wife who was trying to explain to her husband why she bought a particular item which was so clearly a luxury that it made him shake his head and secretly question her sanity. "Honestly honey, try to understand," she explained. "Why can't I make you see that I don't need to need this item to need it." Buyers often think they need many things that they truly don't need. That is why they fail to have money to buy the things they really need for better living. Shoppers should sit down and seriously consider priorities in order to be able to buy the goods and services

that make for health and happiness. In searching for priorities in buying, families should not overlook the fact that a reasonable gift that you feel you cannot afford might boost someone's spirit and save a doctor's bill. It could even save a home. There are shopping addicts, but they should not be confused with collectors. This is an example of a shopping addict. A man told this true story about his wife who was a hat addict. He said she would go on a shopping spree and buy five or six hats. He said she never wore all the hats she bought, but buying hats gave her some type of inward satisfaction that doctors could not explain. He said she bought as many as 75 hats every year and then she would

give them to Goodwill and go shopping again. One man told a story of his wife who was a house buying addict. He said she could never be satisfied in any house for a prolonged period of time.

with the collector. The collector might be an investor, or he might collect items as a hobby. The collector preserves, displays or sells his collections. He usually collects with some objective in

the label. Look to see if the product is well made.

wiser and more rewarding shopping in the future.

Study the label to find out what the item is made of, size & number, the care needed, how to use it.

A list is a vital tool in all phases of buymanship techniques. It is a consistent reminder of what you went into the store to buy.

But a list should be flexible.

Buy from stores in your area. Or order from stores in your area. Ordering from strange stores is risky unless you know the reputation of the company.

Shop year 'round for Christmas gifts and other gifts for special occasions. Then draw lines in front of each name and write after each name little notes such as, Mary is doing her kitchen over in pink. Or, Jim has a new boat. This will help you to note things and colors suitably. Then as time goes on, you can buy your gifts over a period of months and be ready for Christmas and other special occasions.

Keep a looking list of stores where you can buy unusual things. Use it while you are shopping for other items that you need. "Look lists" enrich your shopping. They broaden your range of thinking and give your taste a chance to savor new things. Looking gives a background for

Better Living

By

Jo Anne Falls



She just enjoyed furnishing new houses, so she found some fault with every place they had ever lived after a period of time. Obviously he was a rich man. The shopping addict should not be confused

with the collector. These are some tips for persons who want to become more skillful shoppers: Regardless of what you buy compare prices and quality. Study the product carefully and read



THINK THIN!

Entertaining can be a mouth-watering, low-calorie affair with our zesty curry-flavored Indienne Tuna Dip. Serve it with crisp, flavorful Wheat Thins snack crackers. Calling only for low-calorie ingredients, the dip totals about 16 calories per tablespoon. It combines water-packed tuna, lowfat yogurt and chicken-flavored broth with curry powder for a true Indian taste treat.

So, Think Thin! Serve easy-to-prepare Indienne Tuna Dip with the always popular Wheat Thins snack crackers.

INDIENNE TUNA DIP

- 1 (7-ounce) can tuna, packed in water
- 1/3 cup chopped tomato
- 1 (8-ounce) container plain lowfat yogurt
- 1/4 cup minced celery
- 1 envelope instant chicken flavored broth
- 2 teaspoons sweet pickle relish
- 1 teaspoon curry powder or to taste
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- Wheat Thins snack crackers

Drain and flake tuna. Reserve 1 tablespoon tomato; combine remaining tomato with tuna, and next seven ingredients until blended. Chill 1 hour, or until serving time. Garnish with reserved tomato. Serve with Wheat Thins snack crackers. Makes about 1-3/4 cups dip.

Herbs Have Variety Of Uses

Celery Seed Dressing

1/2 cup corn oil
1/4 cup light corn syrup
1/4 cup vinegar
1/2 teaspoon grated onion
1/2 teaspoon celery seed
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon dry mustard
1/2 teaspoon paprika (opt.)
Mix together all ingredients. Beat with rotary beater or mixer 1 to 2 minutes or until mixture is thickened. Chill. Shake well before serving. Makes about 2 cups.

24-Hour Slaw

1/2 lb. cabbage, shredded
1/2 tsp. salt
1/2 tsp. celery seed
1/2 tsp. mustard seed
1/2 cup sugar
1/4 cup vinegar
Mix all ingredients and refrigerate in air tight container overnight.

Herb Batter Bread

1/2 to 4 1/2 cups unsifted flour
1/2 cup sugar
1/2 cup salt
1/2 cup packages Fleischmann's yeast
1/2 cup milk

Tips On Being A Flavor Saver

There's good news for the increasing number of home cooks who are striving to make ends meet while feeding their families the meat they like. It's now easier than ever to make the most of the meat you prepare since ingredients of long standing are available in frozen form.



Moreover, the quality of many of these ingredients has been enhanced. Scientists at National Starch and Chemical Corporation have found that a certain starch derived from corn, when used in frozen gravies and in frozen meat pies, improves the stability and texture of these foods. This corn-based substance, Col-Flo® 67, a modified food starch, is being used more often by food companies who care about consumers to ensure that the appealing quality of the product is safeguarded from freezing to eating.

It would seem to be the best thing to be in gravies that feature flavor your family will savor—while helping you save.

1 cup water
2 tablespoons Fleischmann's Margarine
1/4 tsp. basil leaves
1/4 tsp. oregano leaves
1/4 tsp. thyme leaves
Combine 1/4 teaspoon basil leaves, 1/4 teaspoon oregano leaves and 1/4 teaspoon thyme leaves with the 1 1/2 cups flour, sugar, salt and yeast. Makes one large loaf.

Combine milk, water and

margarine in a sauce pan. Heat over low heat until liquids are warm. (margarine does not need to melt). Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in

enough additional flour to make a stiff batter. Beat until well blended. Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 minutes. Stir batter down. Beat vigorously, about 1/2 minute. Turn into greased 9x5x3-inch loaf pan. Bake in moderate oven (375°) about 40 to 50 minutes, or until done. Remove from pan and cool on wire rack.

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U.S.D.A. INSPECTED FRYING CHICKEN LEG QUARTERS 69¢ lb. SAVE 30¢	U.S.D.A. INSPECTED FRYING CHICKEN BREST QUARTERS 69¢ lb. SAVE 30¢		

DOMINO GRANULATED SUGAR 5-LB. BAG 99¢ Save 30¢	KRAFT GRAPE JELLY or JAM 2-LB. JAR 79¢ Save 34¢ KRAFT APPLE JELLY 2-LB. Jar 79¢ Save 34¢	REG. DIET PEPSI Mtn. Dew 8-Bottle Carton 16-oz. Size 89¢ WITH COUPON PRICE WITHOUT COUPON \$1.09 PLUS DEPOSIT Coupon Good Only at Joe's Fine Foods. Expires 2/28/79.	FRESH PRODUCE FRESH COLLARD GREENS 39¢ lb. Save 20¢ FLORIDA ORANGES 99¢ 3 1/2 lb. bag Save 30¢ HOME GROWN SWEET POTATOES 19¢ lb. 15¢ lb. GOLDEN RIPE BANANAS 23¢ lb. 10¢ lb.
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