

Home Demonstration News

How Price, Supply Look On Meat, Other Food Items

By FLOY G. GARNER Home Agent

MEAT—Pork will continue to be the most economical red meat buy during the entire month of January and will likely maintain this position for the first three months of the New Year. Bacon, ham, sausage, and other processed pork cuts will contribute traditional thrift to menu planners.

Ham prices also are expected to show some slight decreases as the new season gets under way. Prices of fresh pork cuts will show some decline at the retail level, especially pork loins, chops, and spare-ribs. Beef is expected to continue in good supply, and it is estimated that current slaughterings are about 5 per cent higher than a year ago.

Greatest economy will likely be found in the front quarter cuts, including chuck, shoulder roasts, shoulder steaks, and some of the less expensive cuts of steak. During January more lamb will be available than during the past fall months. This indicates the possibility of special retail promotions on various lamb cuts.

Economy-minded food shoppers will consider planning menus around specially featured meat cuts to develop most economical menus. Cold storage holdings of fishery products are now leveling off slightly. Stocks of certain species, particularly shrimp, remain heavy and are at much higher levels than last year.

Fresh fish supplies are seasonally low during this time of year. Best fish buys will include fish sticks and portions, mullet, oysters, sea trout, shrimp, spanish mackerel, and whiting.

VEGETABLES—The fresh vegetable market is greatly influenced by supply and demand factors. That is, large supplies usually result in generally lower prices. Supplies of the major fresh vegetables appearing on the market for the month of January will likely include fewer snap beans, less cauliflower, same celery supplies, considerably less corn, cucumbers, egg plant, onions, and peppers than during the previous month.

This would indicate for these vegetables slightly higher prices as the month progresses. Larger supplies of cabbage are expected. Most economical fresh vegetables will include potatoes, radishes, sweet potatoes, rutabagas, and greens—turnip and mustard. Imported supplies of fresh tomatoes from Cuba and Mexico will continue to appear on the market as well as hothouse grown types.

Tomato supplies arriving from Florida have been hampered by adverse weather which has drastically reduced movement. During the month of January menu planners will add economy to meals by making comparative costs of various forms of vegetables; that is, for greatest economy, it will be important to determine the cost of frozen, canned, and fresh forms.

Generally during the season when fresh supplies are considerably reduced, or during off seasons, larger economies can be added to meals through the use of frozen and canned forms. This makes it imperative that the meal planner have good knowledge of the nutritive characteristics of each particular vegetable in order to make the necessary substitutions.

It is also a necessity to keep abreast of the market situation.

POULTRY—January is the month of seasonally increased egg production, and the combination of large supplies and high quality makes eggs the most economical poultry item during this New Year month. Since eggs have been declared a plentiful food, special retail promotions will likely be developed around this nutritious protein food.

For greatest economy and at current low price levels, both medium and large sizes will stretch food dollars. Although broiler prices are expected to continue upward during the month, good supplies will be available at slightly higher prices.

Heavy hen prices are expected to increase slightly; however, supplies will be adequate for demand. Turkey prices may continue to show some price increases, but generally should follow the same price patterns as in 1959.

FRUIT—Fresh fruit supplies are expected to be ample the first half of 1960. The early and mid-season orange crop will be about 3 per cent larger than the previous year. Grapefruit production should be about the same as 1959. Fresh apples, grapes, pears, and cranberries will continue to be on the market during early 1960.

Large supplies of cranberries which have been cleared for sale are now available at most retail outlets. Look for slightly increased supplies as the month progresses, although supplies of both eating and cooking apples are relatively good.

Raisins are appearing on the



Jan. 20—Mrs. Thurman Pittman from Merrimon visited Mrs. B. G. Hardy last Tuesday.

Mr. and Mrs. Joshua Hardy visited relatives in Atlantic last week. Mrs. Calvin Mason was the guest of Mrs. Carl Edwards Tuesday.

Mr. and Mrs. Floyd Hardy visited relatives in Stacy Sunday.

Mr. and Mrs. Milton Pittman from Morehead City visited his aunt, Mrs. Nannie Jane Pittman, Sunday.

Mr. and Mrs. William Pittman visited Mr. and Mrs. Ray Pittman in Beaufort Sunday afternoon.

There was an oyster roast Friday night, given by Mr. William Pittman, Mr. Frazier Smith, and Mr. Gaston Hill. The community was invited. Several from Merrimon attended. Everyone seemed to enjoy the feast.

Mr. and Mrs. Jessie Hardy from Beaufort RFD visited his parents, Mr. and Mrs. Levy Hardy, here Sunday.

The YPA met Saturday night with Miss Nancy Pittman.

Mr. and Mrs. Wren Lawrence were the guests of Mr. and Mrs. William Pittman Saturday night.

market in volume and this abundance is a real addition to January foods. Supplies of frozen fruit are about equal to a year ago. More frozen red sour cherries, but about the same amount of strawberries, are available to consumers.

Canned fruit supplies are at a near record high level. Look for large supplies of canned peaches, fruit cocktail, apricots, and red cherries.

WHAT'S NEW? The newly developed first flaked oats are showing interest in several test markets. This new product is made by a blended grain process that combines oats with soy enriched flours for added nutrition. It is attributed to be the first cold oat cereal not in cooked form.

Reportedly, it is vastly superior nutritionally to leading oat cereals, as one ounce of this new product consumed with 4 ounces of milk provides 25 per cent of the average adult's minimum daily requirements for 10 important vitamins and minerals.

Ingenuity, invention, and innovation are expected to characterize food packages which will be appearing on the market during 1960. Food buyers can expect to find more foods appearing in boil-in-the-bag containers; wider uses being made of aluminum, lighter glass for glassed items, and emphasis will be placed on transparency.

Flexibility in packaging will also be evident during the New Year.

SAIL DETERGENT

2 12-OZ. CANS 39¢ Regularly 25c Each Can

22-OZ. CAN 33¢ Regularly 43c

PRICES IN THIS AD ARE EFFECTIVE THRU SAT., JAN. 22ND

SPECIAL! Jane Parker Cakes

Spanish Bar EACH 29c

SPECIAL! Jane Parker 8 Inch Lemon Pies EACH 39c

VIENNA BREAD

JANE PARKER 2 1-Lb. Loaves 29c

A&P

Fresh Fruits and Vegetables

SPECIAL!

A&P Frozen, Concentrated **ORANGE JUICE**

2 12-Oz. Cans 57¢

4 6-Oz. Cans 59¢

WARWICK THIN MINTS

12-Oz. Pkg. 35¢

SILVER DUST

Lg. Pkg. 35c Gt. Pkg. 83c

STEEL PACK SURF

Lg. Pkg. 37c Gt. Pkg. 87c

BREEZE

Lg. Pkg. 35c Gt. Pkg. 83c

RINSO BLUE

Lg. Pkg. 34c Gt. Pkg. 81c

LUX LIQUID

12-Oz. Can 39c 22-Oz. Can 67c

HANDY ANDY

16-Oz. Bot. 39c 32-Oz. Bot. 69c

SPECIAL LOW PRICE! FLORIDA, JUICY, PINK MEAT

GRAPEFRUIT 5 POUND BAG 35¢

SPECIAL LOW PRICE! FRESH, TENDER

Yellow Squash 2 LBS. 25¢

SPECIAL LOW PRICE! GOLDEN, MEDIUM TO LARGE

FRESH CARROTS 2 LB. BAG 15¢

NEW — A&P INSTANT

INSTANT COFFEE 10-Oz. Jar \$1.35

SPECIAL! PREPARED BEANS YOUR CHOICE 10c

Sultana 1-Lb. with Pork—long 1-Lb. Lima—Sultana 15 3/4-Oz. Blackeye Peas

"SUPER-RIGHT" SHORT SHANK—SMOKED

PICNICS 6 to 8 LB. AVG. 27¢

"Super-Right" Heavy Beef Boneless Brisket Pot **ROAST**

LEAN END Lb. 69c

TIP END Lb. 49c

"Super-Right" Thick **SLICED BACON** 2 LBS. 69c

VALUE!

ATTRACTIVE ALL METAL

WASTE PAPER BASKETS

EACH 88¢

COME SEE — YOU'LL SAVE!

A&P's Dependably Delicious "Super-Right" Meats!

SPECIAL! Comstock Brand Sliced PIE

APPLES 2 20-Oz. CANS 39¢

SPECIAL! Samba Krispy Crackers 1-Lb. Pkg. 27c

SPECIAL! Berry Cookies Oxford Creams 2 10-Oz. Pkgs. 45c

SPECIAL! A&P Frozen Fardhook or Baby

LIMAS 3 10-Oz. Pkgs. 49¢

SPECIAL! "Our Finest" A&P Seeded Raisins 2 15-Oz. Pkgs. 45c

SPECIAL! "Our Finest" A&P Seedless Raisins 2 15-Oz. Pkgs. 39c

SPECIAL! "Our Finest Quality" A&P Grape

JUICE 24-Oz. Bottle 29¢

VALUE! "Our Finest" A&P Orange Juice 6-Oz. Can 30c

VALUE! Pacific Brand Green Peas 2 17-Oz. Cans 25c

SPECIAL! Armour or Libby Roast Beef 12-Oz. Can 53c

GE—21—40 or 7 1/2 Watt Reg. Frosted Light Bulbs Each 25c

Garbage Cans 20-Gallon \$2.49

BURGESS Flashlight Batteries 2 for 35¢

Pure Aluminum Cookie or Cake Pans Pkg. of 4 33¢

NOTICE TO TAXPAYERS

PAY DURING THIS MONTH TO AVOID ALL INTEREST CHARGES

STARTING ON FEBRUARY 1 INTEREST WILL BE ADDED TO 1959 TAXES

Don't Delay — Pay Today

E. O. MOORE

CARTERET COUNTY TAX COLLECTOR

Palmolive Soap Regular Bar 10c

Palmolive Soap 2 Large Bars 29c

CASHMERE BOUQUET SOAP Regular Bar 10c

CASHMERE BOUQUET SOAP 2 Large Bars 29c

Octagon Soap 2 Large Bars 21c

A-JAX 2 Giant Packages 47c

Dental Cream 53c

Oil Hair Tonic 59c

Shampoo 59c

MARGAL PAPER PRODUCTS

Hankies 3 25c

Freezer Wrap 49c

Sandwich Bags 10c

Toilet Tissue 10c

Dinner Napkins 15c

Pastel Napkins 10c

WHITE NAPKINS 2 21c

KITCHEN CHARM WAXED PAPER 2 39c

CLOROX 19c

These Prices Apply to Stores in Beaufort and Morehead City