

MITCHELL COUNTY EXTENSION  
**Homemakers' Corner**

By Juanita Gouge  
Extension Aide

It pays to buy meat very carefully since it accounts for a large part of your food budget. Price alone is not a dependable buying guide. Compare the servings per pound with the price. For example, one pound boneless meat makes three to four servings; one pound of bone-in meat makes about two servings. Spareribs may cost less per pound than pork loin roast but the amount of meat per pound is certainly different.

Before deciding on a cut of meat, consider the amount of bone and fat you are buying. It may be better to buy a large cut and divide it into steaks, stew or soup meat and grind some for hamburger. Meat trimming bone and some of the fat can be used to make soup or gravy.

Price and food value are not always related. Many low cost meats have high food value. The lean parts of beef, veal, lamb, and pork are much alike in nutrients. Pork does contain more Thiamine.

Beef is the most popular meat, but do not neglect the others. Poultry, veal, lamb, pork or fish will give variety and may offer better buys. All are excellent sources of high quality protein and also provide iron, thiamine, riboflavin and niacin. Pork, lamb and beef liver are usually less expensive than calf liver. All are high in food value and all can be prepared to be tasty and tender.

Poultry—young whole chickens (broilers and fryers) are generally good buys. The meaty parts may be used for broiling, frying and special dishes. The bony parts and giblets are suitable for chicken pot-pie, creamed chicken, soup or croquettes. The larger broiler and fryer (3 1/2 pounds) is excellent roasted. The older birds usually have more fat.

Turkeys are good buys of meat most of the year. A large turkey (over 16 pounds) is your best buy. It has more meat in proportion to bone and usually costs less per pound than a smaller one. In deciding on the size of a turkey, consider how well your family likes it or if you can freeze part of it to prevent loss. Remember, food is not a bargain if you get more than your family can use.

Eggs are an excellent protein food and may be used in place of meat. Buy refrigerated eggs. Low temperature is very important in keeping them fresh. Buy Grade A for poaching, scrambling, cooking in the shell and frying. Grade B is satisfactory for baking and other cooking purposes.

Fish—Some varieties of frozen fish fillets cost less per serving than whole fish. Canned pink salmon and dark tuna are cheaper than red salmon and light tuna. All are equal in food value.

Dry beans and peas, lentils, and nuts and peanut butter are good protein foods and can be used as less expensive alternatives for meat. Homemade pea soup and baked beans usually cost less than ready-to-serve.

birth defects are forever... unless you help.



March of Dimes

ODDS AS OF FEB. 15, 1972...

PRIZE	NO WINNERS	ODDS OF WINNING
\$1000	3	354,858 TO 1
\$100	22	48,389 TO 1
\$20	67	15,889 TO 1
\$5	249	4,275 TO 1
\$2	1776	599 TO 1
\$1	13949	76 TO 1
TOTAL	16,066	UNREDEEMED PRIZES

**ingles** **PLAY GAMERAMA**  
YOU MIGHT WIN UP TO \$1000

CHUCK ROAST **69**  
USDA CHOICE

PORK LOIN **79**  
1/4 SLICED

COFFEE **69**  
JFG... Lb. BAG...  
LIMIT ONE WITH A \$5 ORDER OR MORE

CLIP OUT

THIS COUPON WORTH \$1.30

**TEAHOUSE ROSE CHINA**

SAVE \$1.30 WITH THIS COUPON

SET OF 2 LUNCHEON PLATES **99¢**  
REG. PRICE \$2.29  
OFFER EXPIRES FEB. 29, 1972

THIS COUPON WORTH \$1.30

CLIP OUT

START YOUR COLLECTION OF **TEAHOUSE ROSE CHINA CUP** **39¢** EA  
WITH 6A & 3 PURCH.

WHOLE US GOVT INSPECTED

**FRYERS** **29**  
Lb.

VALLEYDALE **BACON** **69¢** Lb.

CHOPPED **SIRLOIN** **99¢** Lb.

SWIFT PREMIUM **HAM** **259** 3Lb CAN

VALLEYDALE 12oz. **HONEYWENEGEE** **49¢**

US CHOICE STEAKS **SIRLOIN** **1.39** Lb.

US CHOICE STEAKS **DELMONICO** **1.49** Lb.

10Lbs WHITE **POTATOES** **59¢**

MCKENZIE CUT FROZEN **OKRA** 20oz **49¢**  
LIBBYS 10oz. FROZEN **BROCCOLI** 4 **1.00**  
6oz. CELLO PK. **RADISHES** **8¢**  
MED. YELLOW. **ONIONS** **9¢** Lb.

48oz. SIF **JENEOIL** **89¢**  
SWIFTS **POTTED MEAT** 7 **1.00**  
PILLSBURY **BISSNITS** **9¢**

4 LB BAG RED ROME... **APPLES** **3** FOR **1.00**

DOMINO 5 LBS. **SUGAR** **39¢**

MORTON 20oz. FROZEN... **CHERRY PIE** **4** FOR **1.00**

INGLES... 12 ROLL PACK... BROWN & SERVE **ROLLS** **4** FOR **1.00**

AUNT MARTHAS 1 1/2 Lb. LOAF... **BREAD** **4** FOR **1.00**

VIVA BIG ROLL PAPER **TOWELS** **39¢**  
PARKAY LB. QTRS. **MARGARINE** **3** FOR **1.00**  
US CHOICE BONELESS **CHUCK ROAST** **99¢** Lb.  
USDA CHOICE **SHOULDER STEAK** **1.09** Lb.