Tips For Saving Money

CHOPS 'N BEANS is a thrifty yet nutritional dish to serve your crowd. Use your favorite cut of pork, whether it be the loin, rib, center.

By MARIE P. COOKE

Rising food prices unintentionally may help accomplish what doctors' and nutritionists' warnings have so far failed to improve — eating habits.

This surprising development is emerging from homemakers efforts to save money on their food budgets in the wake of a record high boost in the cost of food — especially meat.

A better balanced diet apparently is being consumed as shoppers buy less beef (at $2.69 and higher per pound) and more chicken, around $1.29 per pound fish and vegetables.

Many homemakers are now serving meatless meals. Others report they are looking for recipes without a lot of expensive ingredients and are finding new ways to use beans and other vegetables. (Dried beans, including peanuts, are excellent inexpensive sources of protein).

Watch The Pennies

There are many other ways in which a money-saving shopper can build good nutrition and watch pennies. For example:

Use margarine instead of butter and choose spreads made with mostly liquid vegetable oils.

Reserve liquid milk for drinking and use nonfat dried milk and evaporated skimmed milk for cooking. It's also cheaper to make your own fortified skimmed milk by adding nonfat dried milk to the liquid skimmed variety instead of paying a few cents more per quart for the dairy-fortified product.

When you buy fresh cauliflower and broccoli, use the whole thing. Cook the flowerets for a vegetable course and serve the raw stems, cut into sticks, as an appetizer with seasoned salt for a dip.

Day-old bread is an often overlooked bargain. Unsliced loaves taste as good as fresh if you reheat them for five minutes in a damp paper bag in preheated 350-degree oven. Day-old sliced bread makes excellent toast and can be held almostly indefinitely in a freezer when wrapped in airtight material.

Save The Leftovers

Save those leftovers like that one slice of ham, the end of a roast, and that handful of chicken. Toss them into a plastic bag along with that spoonful of diced white potatoes, carrots, green beans, rice and peas. By the end of the week you should have enough scraps for a hearty stew or soup. Fix some hot biscuits and you've got a meal.

One last tip: Read the labels. Many times store brands contain more of what you're shopping for and are of better quality — and much cheaper.

Here are a few suggestions for easy, thrifty dishes:

CHOPS IN BEANS

- 2 lbs. dried navy beans
- 2 quarts water
- 1 onion, chopped
- 2 cans tomato soup
- ½ cup brown sugar
- 2 tablespoons molasses
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 tablespoon powdered ginger
- Pepper to taste
- ¼ teaspoon caraway seeds
- 5-6 pork chops (can be quick fryers, loin, center cut, rib)

Soak beans overnight in a cool place. Cook in same water till tender, about two hours. Drain off and save two cups of liquid. Stir in all other ingredients and continue cooking for another half hour, stirring gently.

Ladle a good inch or so of beans into bean pot or casserole, then layer on 2 or 3 chops. Pour on the rest of the beans, topping with the remaining chops, cover and bake at 325 degrees for two hours.

Add reserved bean liquor as needed. Remove cover last half hour to brown. Goes great with curried rice, cabbage or green beans.

SARAH'S CHICKEN FRITTERS

- 2 whole broiler-fryer chicken breasts, boned and skinned
- 1 cup pancake mix
- 2/3 cup milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- Oil or shortening for frying
- Maple syrup

Cut each boned chicken breast half into 6 to 8 nuggets, about 1½ inches square. Mix pancake mix, milk, salt and pepper. Dip chicken nuggets into batter. Drop in deep fat. Fry until golden on all sides, about five minutes. Drain on paper towel. Serve hot with maple syrup.

MAMMA'S CHICKEN WITH VEGETABLES

- 1 whole broiler-fryer chicken (2½ to 2 lbs.)
- salt and pepper
- paprika
- 1 pound green beans, cut into pieces or 1 10-ounce package frozen cut green geans, thawed
- 4 carrots, pared and sliced
- 2 large potatoes, pared and cut in quarters
- Chopped parsley

Sprinkle chicken cavity with salt and pepper. Hook wing tip onto back and hold neck skin; tie legs together. Place chicken across center of a 24-inch piece of heavy-duty aluminum foil. Sprinkle with paprika.

Arrange vegetables around chicken. Sprinkle all with salt and pepper. Bring ends of foil together over chicken; make double fold at each end.

Place in a shallow roasting pan. Bake in 450 degree oven 1 hour. Open foil and fold back; roast 20 minutes longer. Sprinkle with chopped parsley. Makes 4 servings.

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