Week's food economies

A good day starts with a good breakfast. Summer vacations are over and it is time for people to re-establish good eating practices for the work and school months ahead, says Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

With the cost of food today, more planning is necessary to make sure the family has the basic nutrients for the day before money is spent on convenience foods and those snack items that supply mostly empty calories. Breakfast should supply about one fourth to one third of the day's calories, vitamins, protein, and minerals.

Fruit has become an important part of the morning meal. Citrus fruits or juice are a wise choice, especially of those who say they are just not hungry in the morning. The acid flavor of orange, grapefruit or tomatoes stars the saliva flowing and creates an appetite for breakfast.

Citrus fruits and juices are good sources of vitamin C. The best citrus buy is frozen orange juice. While the season lasts, the breakfast fruit you may use in place of citrus could be cantaloupes or peaches, as they too contain good amounts of vitamin C and A.

Ther is such a large selection of cereals that you can find one to suit the tastes of each family member. Whole grain cereals and those enriched with thiamine, niacin, and iron are the most nutritious. One ounce of dry or cooked cereal is considered a serving.

When you shop for cereal, check the unit price to determine the cost per pound. There is usually a considerable saving in buying large size boxes instead of individual box packages. Hot cereals that you cook cost less per serving than instant hot cereals. You can save money by putting your own sweetner on cereals. You can also save money by the quality and kinds of cereals you buy.

Another component of an adequate breakfast is the protein food you include. Milk used on cereal or milk to drink is one good source of protein, vitamins, and minerals. An egg or meat or cheese in the breakfast menu will also add protein to the meal.

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BALTIMORE RETAIL FOOD PRICE REPORT

Sweet potatoes show slight decrease; fruit prices rise

Local food shoppers are beginning to pay more for seasonal fruits as autumn approaches and supplies become limited. Prices for cantaloupes, peaches, honeydew melons and plums are among those fresh fruits which have increased during the week.

On the other hand, decreases in some market items such as baking potatoes and sweet potatoes have occured over the past seven days. Celery, corn, cucumbers, egglant and iceberg lettuce show increases.

AFRO readers are encouraged to use the Baltimore Retail Food Price Report as a guide in preparing shopping lists. The report is compiled by Helen Huber, marketing specialist, Md. Department of Agriculture, Annapolis.

(*) Higher (-) Lower

MEATS	PRICE PER POUND
-Rib Roast, 7-Inch Cut	1.59-2.19
Chuck Roast, Bone-in	1.09-1.39
*Chuck Roast, Boneless	1.39-1.69
-Rolled Roast, Cross Cut	1.49-2.09
*Steak, Round	1.89-2.19
*Steak, Porterhouse	2.09-2.9
-Steak, Sirloin, Bone-in	1.69-2.6
Beef, Ground Regular	79-1.09
Beef, Ground Chuck	1.09-1.2
Stew Beef	1.59-1.79
*Pork, Center Chops	1.99-2.29
*Pork, End Chops	1.27-1.49
Pork, Shoulder Smoked	89-1.09
*Pork, Shoulder Fresh	99-1.15
Pork, Roast Loin End	1.29-1.49
Pork, Roast Rib End	1.19-1.39
*Spare Ribs	1.49-1.79
Ham, Fully Cooked, Whole	1.39-1.89
*Ham, Smoked Shank Half	1.09-1.39
Frankfurters	89-1.49
Sausage, Fresh "Rope"	1.49-1.99
Bacon, Sliced	1.69-2.69
Lamb, Leg	1.59-1.69
Lamb, Rib Chops	2.39-2.59
Lamb, Loin Chops	2.79-2.89
Lamb, Shoulder Chops Bd. Bone	1.99-2.29
Lamb, Breast	49-99
*Veal, Rump Roast	1.69-1.95
Veal Cutlet	3.59-4.49
Liver, Beef	69-99
Liver, Calves	1.19-1.69
Liver, Pork	49-59

POULTRY	PRICE PER POUND
-Chicken, Fryers Whole	49-69
-Chicken, Cut-up Breasts	1.15-1.29
Chicken, Cut-up Legs	99-1.19
Chicken, Roaster Frozen	69-99
*Chicken, Stewers Frozen	69-79
Capons, Frozen	1.09-1.49
Ducks, Frozen	89-1.09
*Turkeys, Frozen under 16#	75-89
Turkeys, Frozen over 16#	69-79

VEGETABLES	UNIT	PRICE
-Cabbage	lb.	10-18
Carrots	lb.	25-35
*Celery	bunch	34-50
*Corn	ear	12-16
*Cucumbers	each	19-21
*Eggplant	lb.	39-49
*Lettuce, Iceberg	head	49-59
Mushrooms	lb.	99-1.29
Squash	lb.	19-49
Onions, Green	bunch	20-26
*Onions, Yellow	lb.	20-26
Onions, Spanish	lb.	39-49
Onions, White	lb.	45-49
Peppers, Green	each	17-21
Potatoes, White	5 lbs.	69-89
Potatoes, White	10 lbs.	99-1.49
*Potatoes, Baking	lb.	29-39
-Potatoes, Sweet	lb.	25-31
Radishes, 6 oz.	bag	15-25
*Tomatoes, Loose	lb.	49-59
*Tomatoes, Carton	12 oz.	49-59
-Cauliflower	head	85-89
*Beans, Green	lb.	49-59
Turnips	lb.	29-49
Collards	lb.	39-41
Spinach	10 oz.	55-69
*Broccoli	bunch	79-89

FISH	PRICE PER POUND
-Sea Bass	89-1.09
Blue Fish	49-69
*Butterfish	89-1.29
Crabmeat	1.69-4.29
-Croakers	49-59
Flounders, Whole	99-1.29
Norfolk Spots	59-85
-Perch, White	79-89
*Rock	1.49-1.89
Shrimp, 21-25	1.79-4.59
Shrimp, 36-42	2.79-3.49
Steakfish	69-1.29
Sea Trout	59-79
*Scallops	2.99-3.61
Porgies	59-1.19
*Whiting	59-69
*Halibut	1.99-2.99
Fillet, Haddock Frozen	1.29-1.55
Fillet, Perch Frozen	99-1.19
*Fillet, Cod Frozen	1.19-1.39

CANNED FOODS	UNIT	PRICE
-Applesauce	16 oz.	25-35
-Apricots	20 oz.	77-89
*Cherries	16 oz.	59-65
Fruit Cocktail	17 oz.	43-51
-Fruit Cocktail	30 oz.	95-75
*Pineapple Juice	46 oz.	63-65
*Pineapple, Sliced	20 oz.	55-61
Orange Juice	46 oz.	59-65
-Grapefruit Juice	46 oz.	49-63
-Grapefruit and Pineapple Drink	46 oz.	45-55
-Blended Juice	46 oz.	59-69
Pears	29 oz.	69-79
Peaches	16 oz.	40-48
*Peaches	29 oz.	55-65
Beans, Cut Green	16 oz.	29-41
-Spinach	15 oz.	28-34
*Spinach	27 oz.	43-45
Beets, Sliced	16 oz.	25-35
-Corn, CWK, Vac.	12 oz.	34-40
-Corn, CWK	17 oz.	32-42
-Corn, CCS	17 oz.	33-43
*Green Peas	17 oz.	34-44
-Tomatoes	16 oz.	31-43
*Tomatoes	28 oz.	50-64
-Tomato Juice	46 oz.	50-70

FRUIT	UNIT	PRICE
-Apples, Delicious	lb.	49-59
Bananas	lb.	17-25
Pineapples	each	95-99
*Oranges, Calif 88's	doz.	1.38-1.58
Lemons	doz.	1.38-1.68
*Cantaloupes	each	49-89
Watermelons	lb.	10-12
*Peaches	lb.	39-49
*Honeydews	each	99-1.49
*Nectarines	lb.	59-69
-Grapes, Seedless	lb.	39-69
Pears	lb.	20-40
*Plums	lb.	45-69
-Grapefruit, 40's	each	25-35

Food clips

Fats and oils — Refrigerate lard, butter, margarine, drippings, and opened containers of cooking and salad oils.

When selecting apples — it's usually important to look for good color . . . which usually indicates full flavor according to U. S. Department of Agriculture marketing specialists.

If you're not interested in using bananas If you're not interested in using bananas immediately you should select slightly green-colored ones for use within a few days. In warm weather they tend to ripen very fast.

Dentists detect problems

Your dental checkup may reveal more than dental cavities and diseased gums.

The dentist's role as a diagnostician is expanding, the author of an article in a recent issue of Today's Health states. He may look for and find symptoms of blood disorders, rheumatic fever, vitamin deficiencies, diabetes, sinusitis, kidney and digestive disorders, cancer, and even veneral disease.

Lawrence Cohen, MD, DDS, believes that all dentists should be taught not just to look at the mouth but the whole patient.

"The mouth is like a laboratory of the body where a dentist can detect any number of health problems," the article's author explains. When, for example, the dentist suspects disease such as leukemia or anemia, he can confirm his suspicions through an X-ray examination which will show evidence of skull and-or jaw bone changes.

To the experienced dentist, certain kinds of lesions in the mouth may call for taking a smear to screen the cells in a region of the mouth, or for a biopsy, and referral to the patient's physician to rule out the possibility of cancer.

Examination and skilled interviewing of the patient about his symptoms may reveal a sinusitis condition rather than a tooth problem.

And, according to other dentists and other reports, a jet of cold water or air also can be used as a diagnostic tool to reveal the cause of pain due to a less dramatic and usually a more easily managed condition — hypersensitive teeth. The solution to touchy teeth may be a recommendation to simply switch toothpastes to one containing strontium chloride (Sensodyne) and to a special "Gentle" toothbrush.

The major role for today's dentist continues to be prevention — prevention of cavities, gum disease, and loss of teeth. In his expanding role as a diagnostician, the dentist also helps to prevent other bodily ills from developing, as well.

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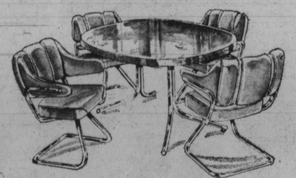
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Eggplant has few calories

September brings a peak supply of eggplant to our markets. Supplies, though, are available all year. The eggplant is of the mild-shade family which also includes the potato, tomato and pepper. The Spaniards introduced eggplant into America.

The best eggplant is an item of real beauty. It should be a clear, dark purple, glossy color. An eggplant should be heavy for size, firm of flesh and free of blemishes. A good rule to follow is to choose a pear shaped eggplant from three to six inches in diameter.

It should be used as soon as possible in order to get top flavor. If it must be stored, refrigerate in a covered container or cello bag at a temperature between 45-50 degrees. Sunlight and high temperatures are harmful and so are low temperatures. Always handle an eggplant gently to avoid bruising.

Nutritionally, eggplant is not particularly famous for any one vitamin or mineral but contains a wide variety of these elements in varying amounts. For calorie counters this vegetable is great.

It has only 20 calories per ½ cup.

An eggplant may be stuffed with meat or sauteed in olive oil and cooked with plenty of tomato sauce. It can be served as a substitute for meat. Eggplant may be baked, broiled or scalloped and can be topped with cheese, creamed mushrooms or sour cream.

* * *

Small ones may be cooked whole or stuffed for individual servings, while large ones are good for stuffing or making casserole dishes. Eggplant is easy to cook. Boiled it takes 10-15 minutes to cook; baked, from 20-30 minutes at 350 degrees; and fried, from 5-10 minutes.

Eggplant may be frozen. Wash, peel and slice one-third inch thick. Dip for 3 minutes in ascorbic acid solution (½ teaspoon ascorbic acid to 1 quart water). Blanch 4 minutes in same proportion of ascorbic solution. Chill in cold water. Pack with 2 pieces of paper between slices. Seal and label. Freeze.

Adult classes at YWCA

Classes for adults at the YWCA, 1912 Madison Ave., are planned to help with a wide variety of human needs.

The "Way Up" program, Mondays and Wednesdays, 9 to 11 a.m. enables the participants to learn basic reading and arithmetic and to work toward a ninth grade or high school diploma. The homework center, Tuesdays and Thursdays 4 to 6 p.m., helps students keep up with school work.

African History to be arranged with African and Afro-American music, Saturdays 11 a.m. to 1 p.m. enrich a knowledge of cultural background, while millinery, Wednesdays evenings, and gift wrapping, Wednesdays, 5 to 6 p.m., add a little zip to life.

Photography, Saturdays, 2 to 5 p.m., offers a skill for leisure or money making activities. Trimnastics, Thuradays, 6:30 to 7:30 p.m. and yoga Thursdays, 5:30 to 6:30 p.m. help tone up body and mind. Most of the classes begin the first week in October. Homework center, African History and Way Up Program are free, except for YWCA membership.

Other classes average about $2 per hour. Fees are low, partly because the YWCA is a member agency of the United Fund of Central Maryland.

An adult "Neighborhood Club" is being organized to meet Tuesdays from 12:30 to 2 p.m. Bowling will begin October 7. $6 YWCA membership is required.

The bowling alleys can be rented by groups on a regular basis or for parties.

The Madison Avenue YWCA is also offering in the Northwood and Morgan Park area, trimnastics, yoga, ballet, modern dance and a teen club. For information about any of the above call 669-1881.

Give dishes to Goodwill

Give your old dishes to Goodwill — also old glasses, bric-a-brac, pots, pans, games and toys. These items can be repaired and refurbished, and they are a staple of Goodwill's thrift stores.

The 12 thrift stores operated by Baltimore Goodwill Industries are funning low on "smallwares," so that this kind of donation would be especially welcome now. As with everything else you give to Goodwill, the donations are tax deductible.

You can take old dishes to the nearest Goodwill attended collection center, or call for a pickup at home. The telephone numbers are 247-3111 in the Baltimore area; 823-3111 in Harford County and 647-3133 in Anne Arundel County.

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Air Force band plays here Sept. 13

The Tactical Air Force Band of Langley Air Force Base, Va., will be featured in concert at the Dunbar High School Performing Arts Center on Saturday evening, Sept. 13, at 8 p.m.

The Concert Band has come to play a major role in the Space Age Air Force traveling extensively in the tri-state area of Virginia, Maryland and North Carolina. It has participated in many military and civic events in each state.

The program will consist of music ranging from symphonic favorites to Broadway hits as well as music suitable to the Bicentennial. The concert is being sponsored by the Baltimore Bicentennial Committee.

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Kitchen saver

If members of your family are sweet potato fanciers, take note: experts say "sweets" are one of the world's most all-'round nutritious foods. . .Try whipping sweet potatoes with a bit of orange juice - or mash them with butter and chopped pecans. Delicious!

An easy breakfast favorite - peanut butter and sliced bananas on buttered toast. . .For a really different taste, baste chicken or turkey with the juice from any canned fruit. . .Sprinkle buttered noodles with poppy seed.

Staggering Statistics. - It's estimated that one-in-three Americans are overweight - that adds up to more than 70 million people! . . .The average homemaker with a family of five washes over 48,000 dishes, glasses, silverware, pots and pans in a year. . .The longest sausage ever made exceeds 3,100 feet.

To get the most out of your automatic dishwasher, experts at KitchenAid offer the following tips:

1. Use only detergents made specifically for use in automatic dishwashers. Other detergents can cause excessive sudsing and flooding, and slowing or complete stopping of wash arm action.
2. Load dishes in a manner permitting free circulation of water. Avoid "crowding."
3. To save energy and money, wash only full loads. Partial loads can be rinsed to prevent foods from sticking. Use the "Rinse and Hold cycle," if your unit has one.

More groups enter City Fair

The sixth edition of the Baltimore City Fair will see more than 70 community associations participating in the annual celebration of urban life.

Seventy-two community groups will be showcased at this year's Fair scheduled for Sept. 19 through 21 at the Inner Harbor. The neighborhood count is up 10 from last year and represents the largest community participation ever in the six-year-old Fair.

A number of the groups are never before joined in the City Fair including the Abell Improvement Association, the Dorcaester Improvement Association, Stirling Street Neighbors, the Brooklyn Community Association and the Jonestown Improvement Association.

The number of women holding memberships in unions and public and professional associations climbed by almost 300,000 to 6 million between 1972 and 1974, the Department of Labor reports.

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