

SHARPEN YOUR FOOD-BUYING HABITS

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SHOP FOR YOUR BEST BREAD BUY

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Does your grocery store have a "wall-to-wall" bread department? Many kinds of bread and rolls, of varying sizes, and differing prices?

How do you choose from all of this — by weight of loaf? by taste? by price alone? or all of these.

One good way to compare different bread products is to know the price per pound. It may surprise you to find that the lowest priced loaf actually costs the most. The chart below also shows whether the bread is "enriched" or not. Enriched bread and whole wheat bread contain valuable B vitamins and iron. If a loaf or package is not whole wheat or is not labeled "enriched" it does not contain these nutrients.

| Kind | Enriched? | Weight | Price per loaf or package | Price per pound |
|---------------|--|---|---|--|
| White | Yes | 2 pounds | .45 | .221/2 |
| | | (Pullman) | | |
| White | Yes | 1½ pounds | .31 | .20 |
| White | Yes | | 2 for .41 or .21 | .17 |
| Diet | * | 1 pound | .31 | .31 |
| Diet | * | 1 pound | .37 | .37 |
| Milk bread | No | 1¼ pounds | .31 | .25 |
| Hamburger | Yes | 10 ounces | .29 | .48 |
| buns | | (8 rolls) | | |
| Wiener buns | Yes | 10 ounces | 4 for 1.00 or .25 | .40 |
| | | (8 rolls) | | |
| Brown & Serve | Yes | , | .43 | 1.12 |
| | | | | |
| Brown & Serve | Yes | , | .31 | .50 |
| | | | | |
| Frosted buns | No | | .39 | .62 |
| Frosted buns | No | | | .50 |
| Whole wheat | Equal to | | | .33 |
| Raisin | No | | | .39 |
| | White White White Diet Diet Diet Milk bread Hamburger buns Wiener buns Brown & Serve Brown & Serve Frosted buns Frosted buns Whole wheat | White Yes White Yes White Yes Diet * Diet * Milk bread No Hamburger Yes buns Wiener buns Yes Brown & Serve Yes Brown & Serve Yes Frosted buns No Frosted buns No Whole wheat Equal to | White Yes 2 pounds (Pullman) White Yes 1½ pounds White Yes 1¼ pounds Diet * 1 pound Diet * 1 pound Milk bread No 1¼ pounds Hamburger Yes 10 ounces buns (8 rolls) Wiener buns Yes 10 ounces (8 rolls) Brown & Serve Yes 6½ ounces (6 rolls) Brown & Serve Yes 10 ounces (10 rolls) Frosted buns No 10 ounces Frosted buns No 10 ounces Frosted buns No 1 pound Whole wheat Equal to 1 pound | Kind Enriched? Weight or package White Yes 2 pounds (Pullman) .45 White Yes 1½ pounds .31 .31 White Yes 1½ pounds .31 .31 Diet * 1 pound .37 .31 Milk bread No 1¼ pounds .31 .31 Hamburger Yes 10 ounces .29 .29 buns (8 rolls) Wiener buns Yes 10 ounces .4 for 1.00 or .25 Brown & Serve Yes 6½ ounces .43 (6 rolls) .31 Brown & Serve Yes 10 ounces .31 (10 rolls) .31 Frosted buns No 10 ounces .39 Frosted buns No 1 pound .50 .50 Whole wheat Equal to 1 pound .33 |

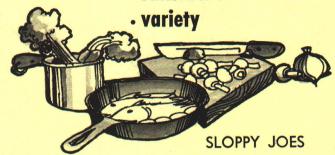
^{*}Special Formula — Check label to see if equal to enriched.

· health

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BUY MORE

- satisfaction WITH YOUR FOOD MONEY



1½ pounds ground beef 1 onion, chopped 1½ teaspoons salt 1/8 teaspoon pepper 3 tablespoons all purpose flour ½ teaspoon Worcestershire Sauce 1 cup catsup or tomato sauce 1¹/₄ cups water 6 hamburger buns, split

Cook beef, onion, salt and pepper until meat loses its red color, stirring with fork. Blend in flour.

Add Worcestershire sauce, catsup, and water.

Simmer, stirring frequently, for 20 minutes, or until thick.

Serve between rolls.

Makes 6 sandwiches.

FRENCH TOAST

Dip day-old bread slices into mixture of ½ cup of milk, 2 slightly beaten eggs and 1/4 teaspoon salt. Fry until golden brown in small amount of hot fat. Serve with syrup, confectioner's sugar or tart jelly.

NOVELTY SANDWICH SUGGESTIONS

Four Slices

- 1. Baked beans, chili sauce, thinly sliced onions or pickle.
- 2. Peanut butter, salad dressing, and grated raw carrot.
- 3. Cottage cheese, minced green pepper, onion, salt, on whole wheat bread.
- 4. Equal parts of tuna and chopped celery moistened with salad dressing.
- 5. Ground franks, ham, or canned meat mixed with pickle relish, chopped celery and salad dressing.
- 6. Grilled cheese with sliced tomato.
- 7. Chopped cooked chicken, finely cut celery, pickle relish, moistened with salad dressing.
- 8. Ground cooked meat, pickle relish, salad dressing, and prepared mustard or horseradish.
- 9. Sliced cheese, meat, mustard.
- 10. Eggs scrambled with minced onion and green pepper and finely chopped ham or canned meat. Top with slice of processed cheese if desired.
- 11. Chopped hard cooked eggs, pickle relish, salad dressing with lettuce on rye bread.
- 12. Liverwurst, lettuce and sliced tomato on whole wheat bread.
- 13. Peanut butter and chopped raisin.

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