

House brands and less meat are some ways to save money

The average household member will consume 1,405 pounds of food during 1983. This U.S. Department of Agriculture statistic shows that the food shopper for a multi-member household requires buying strength as well as know-how and decision-making skills.

Retail prices for food eaten at home are expected to increase 3 to 6 percent during 1983. As of March, the cost of eating at home is registering a 1.7 percent increase over that of a year ago.

One popular way to economize is to take advantage of specials that offer a real savings. Look at each item critically. Is it costly compared to other foods? Will members of your household eat and enjoy it?

Do you have the time and skill to prepare it? If it's a convenience item, could you economize further by preparing it from basic ingredients?

RETAIL FOOD operators also use features in their merchandising. Featured foods are usually recognized as good values, but the prices are not necessarily reduced. Seasonal items such as fresh berries are often featured during the peak season to move the heavy supplies available then.

More and more supermarkets are using store coupons in an effort to develop store loyalty. These coupons often are for store or private label brands available only at one super-

market chain.

Give these store brands a try by purchasing single packages of products you frequently use. (Private labels are not available in all products, but they have increased dramatically.) Keeping the price differential in mind, if you feel the private label brand does not compare favorably with the nationally advertised brand, let the store manager know.

One off the most useful techniques for stretching food dollars is unit pricing. Unit pricing is the cost per common unit (weight, count or measure) calculated for you. You can use unit pricing to find

the brand and container size that costs the least per ounce, count or whatever. You cannot use unit pricing to determine quality, concentration or family preferences.

CUTTING DOWN on meat costs is an effective way of economizing on overall food costs, because about a fourth of the average food budget is spent on meat.

When buying meat, consider the amount of lean meat in the cut as well as the price per pound. A cut with little or no waste may cost more per pound, but it may provide more meat for the money than a lower-priced cut that contains a great deal of bone, gristle or fat.

Fat in diet linked to breast, other cancers

The link between fat intake and cancer has been repeatedly confirmed, according to nationally known endocrinologist David Rose who spoke at a recent nutrition conference at Michigan State University. Rose, an M.D. and chief of endocrinology and nutrition at the American Health Federation in New York City, said, "Not only may diet be involved in the cause and, therefore, potentially the prevention of cancer, but it also offers completely new approaches to the treatment of the disease, particularly breast cancer."

Rose explained that cancer epidemiologists examine populations for clues to the cause and treatment of cancer. Findings are then replicated for confirmation in laboratory settings.

IN LOOKING at breast cancer — the most common form of cancer among U.S. women — epidemiologic studies have shown that populations that have a high intake of fat and animal protein in the diet have a greater incidence of breast cancer as well as other sex hormone related cancers, such as uterus and prostate. The same pattern holds for cancer of the colon, Rose said.

Such studies have contrasted Japanese societies with Northern European and United States societies. The Japanese continue to have a much

lower risk of contracting these cancers, although over time the incidence of breast cancer in Japan has been increasing. This rise in breast cancer correlates to the increase in consumption of animal fat in Japan. It further correlates to the urban populations who have most increased their consumption of fat and animal protein.

Studies of Japanese immigrants to Hawaii and the United States also show that as the Japanese adopt American diets high in animal fat and protein their incidence of breast cancer increases.

OBESITY is also a factor in determining high risk, Rose said. Obese women, particularly those who have passed menopause, have a much greater chance of getting breast cancer than women of normal body weight. Obese women also have a worse outlook for recovery after breast cancer surgery than thin women.

The American Health Foundation is conducting a clinical trial to examine the effect of dietary management on the breast cancer patient. The feeling is that dietary intervention to deal with obesity, and at the same time to reduce the amount of fat in the patient's diet, will increase the patient's recovery outlook.

Impress family and friends with this simple but glistening pear dessert

Desserts make an impressive finale that is in fact a statement of caring. Glistening Pears with Pecan Cheese Ball reflect on the occasion. These pears are naturally good for you. When pears are glazed with a glistening sauce, their natural beauty is enhanced.

You will be happy while preparing this recipe because of its simplicity. The sauce thickens while the pears are cooking. So easy, and yet so elegant. Your family and friends will be impressed with the flavor of rum glazed pears made more delicious with a garnish of an individual cheese ball. The cheese balls are made by blending natural cheddar cheese with nutmeg and rolling in pecans.

What can be better than the natural sweetness of fresh pears, blanketed in a rich, buttery sauce and a cheesyball that melts in your mouth.

GLISTENING PEARS WITH PECAN CHEESE BALL

2 tbsp. butter
1/4 cup sugar
1 tbsp. cornstarch
1 cup water
1/4 tsp. rum extract
4 medium pears, cored, cut in half
1/2 cup (2.5 oz.) shredded Cheddar cheese
1/4 cup finely chopped pecans
1/4 tsp. nutmeg
2 tsp. butter, melted

In 10-inch skillet melt 2 tablespoons butter over medium heat. Stir in sugar and cornstarch. Add water, rum extract and pears. Cover, cook over medium heat, spooning sauce over pears occasionally, until pears are fork tender and sauce is thickened (12 to 15 min- utes).

Meanwhile, in small bowl stir together cheese, pecans, nutmeg and 2 teaspoons melted butter. Form mixture into 8 balls. Place balls in center of pears. Cover, continue cooking 1 to 2 minutes. To serve, spoon additional sauce over pears. YIELD: 4 servings.

Mexican food is easy to prepare

If you are a fan of Mexican restaurants, did you know that Mexican food cooked at home is just as tasty? It is also amazingly foolproof, thanks to a wide variety of Mexican products in supermarkets. For example, you can make Enchiladas simply by rolling a taco-seasoned ground beef mixture inside tortillas. Top the Enchiladas with a jar of cheese sauce and a can of chilies and bake. Another favorite, Quesadillas, takes only minutes to place

Brown ground beef; drain well. Stir in seasoning mix, tomato paste, water, onion and salt. Simmer for 15 to 20 minutes, stirring occasionally until liquid is reduced. Spoon 2 to 3 tablespoons meat mixture on each tortilla. Roll-up tightly. Place in a 9x13-inch baking dish. Spread cheese over top of Enchiladas. Sprinkle with green chilies. Top with remaining meat mixture. Bake at 350° for 25 to 30 minutes. Remove with spatula. Serve immediately.

QUESADILLAS
1 can (10 oz.) whole green chilies
6 oz. Cheddar cheese or Monterey Jack cheese, cut into 4 1/4 x 1/4-inch pieces
6 flour tortillas, 8-inch
1 jar (8 oz.) taco sauce

Slit chilies, remove seeds. Stuff whole chili with a piece of cheese. Place at one end of tortilla. Roll-up; secure with toothpick. Fry in a shallow pan in hot oil (375°) until crisp, turning occasionally. Drain on paper towels. Serve immediately with taco sauce.

SOUTH OF THE BORDER ENCHILADAS

1 1/2 lbs. ground beef
1 pkg. (1 1/4 oz.) taco seasoning mix
1 can (12 oz.) tomato paste
1 cup water
1/4 cup chopped onion
1 tsp. salt
1 jar (8 oz.) process cheese spread
1 can (4 oz.) chopped green chilies
12 flour tortillas

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