





JENNIFER BAKER

## DOs and DON'T's

(continued from Page 1)
Her answer to this was to pre-pare the hamburger before you put it into the freezer, shaped in patit into the freezer, snaped in pac-ties, between waxed paper, so one or two patties could be used as needed.

BUYING IN LARGE quanti-ties is equally economical for small families as well as large, she added, because frozen beef, in no matter what form, will keep well up to a year's time

But a rule for quantity buying is watch for the sales and watch for the date on the label. There was a time when only your stock boy could read these, but that's all been changed and these dates are easily discernable now.

easity discernable now.

On questions having to do with adding subbans to hamburger or meat dishes or casseroles, for the additional protein, she said, "In some foods, sopheans leave an aftertaste that isn't too pleasant Pui it in spaghetti, though, or any you'll have the nutritional value without anyou'll have the nutritional value without anyou're knowing what you've done.

The Mrs. Beller with the desired and the protein and you'll have the nutritional value.

when Mrs. Baker approached a customer, rather than the cus-tomer approaching her, she said, "I think they think I'm trying to sed them something. Maybe its be-cause I have o many private labels on the table but I have them here became they are he separsive than the trade name brands and its, how never to tree at least

(Camelot has about 200 food items now and will increase to about 300 tiems this sories?)

ONE OF THOSE items she had a fair amount to talk about was instant non-fat milk. The premise you, you will save one-third of your milk bill, she said, thy keeping at mixture of the dry milk in your refrigerator and single it for cooking. "Or mix it half and half with homogenized for serving at the table. And there is nothing more fantastic for taste than product sike Swiss Miss that Chocolate made with drad milk." It is also lower in calories.

For all the literature that was available, she did not have recipes for those who asked for them, for persons on low sugar or no salt diets.

"Give me your name and address," she said, "and I'll send you some."

A FEW OTHER shopping tips she offered

A FEW OTHER shopping tips she offered Look for economical cuts of meat that are just as nutritious and tasty as some of the expensive

and fast as some of the expensive cuts.

Think about using protein sub-stitutes for meat cottage cheese, cheese, peanut batter.

Watch the cost-per-unit infor-mation on the product to deter-mine which size is the best bay. And store food properly to avoid spoilings and waste, and do this as-soon as possible after leaving the store.

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