



Beef big item in U. S. food bill
A study of America's food purchases discloses that the largest single item in the food bill is beef. The average person uses 41 pounds of beef each year. It is forecast that this amount will be used a pound this year. The average annual consumption has been slightly over 40 pounds per person during the past half century.

Recipe of the week
Housewives generally agree that it's more fun to plan appetizers than to cook them. Here are some suggestions for appetizers that are easy to prepare and will be enjoyed by all.

Beef and spinach. Cook one pound beef, green cabbage, one onion and spinach. Use fresh potato, add fresh french fries, and there's the recipe. It's getting needed vitamins and minerals.

Beef hash. Use a square foot per hard in the home. Provide deep litter, good ventilation, and sufficient feed and water space. Exclude visitors and animals, use high energy and disease of the business, and produce in volume if possible. Beef hash is low in cost and high in protein.

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YOUNGSTERS STUDYING LATIN AT UNIVERSITY
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