

Family Inventories Make New Year's Comparison

By BARBARA FESSLER
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This is the time of year when businesses are taking inventory and tallying the year's activities and consumers might well take a tip from business and look over their situations, too. Our take-home pay, one of the best indications of what we have to spend, has zoomed to a record high of 272 billion dollars. Even when we spread this income to our larger population we find each person is getting \$77 more than he did a year ago.

Unemployment is down from last year both as to total numbers and also on a percentage basis. Latest figures show 2.1 million unemployed to 2.7 million in October a year ago.

More Jobs
With more people having more jobs at higher pay, we find that spending is at an all time high too. Grocers estimate the total for the year at 69 billion dollars, about 4 billion more than last year. However, with all these increases it's of special interest to the food shopper that we're spending no larger share of our income for food than we did last year, or the year before, or even as many as thirty years ago. We've consistently spent around 25% of our disposable income for foods and this is proving true in 1956 too.

Mixed Vegetables In Casserole

A casserole is always an old reliable when it comes meal-preparation time and no ideas as to what to prepare. This Mixed Vegetable Casserole, hearty enough for a main dish, is packed full of nutritious large dry lima beans, carrots, celery, tomatoes and cheese. With a tossed salad, piping hot biscuits and coffee, there's a quickly prepared 30-minute meal.

MIXED VEGETABLE CASSEROLE

2 tablespoons butter or margarine
2 tablespoons flour
1/2 teaspoon salt
1 cup milk
1/4 cup grated American cheese
2 cups cooked large dry lima beans
1 1/2 cups cooked carrots
1 1/2 cups cooked celery
1/2 cup drained cooked tomatoes
Buttered soft bread crumbs
Melt butter and blend in flour and salt. Stir in milk and cook and stir until mixture boils. Remove from heat and blend in cheese. Add well-drained lima beans, carrots, celery and tomatoes, and mix lightly. Turn into shallow baking dish and top with crumbs. Bake in moderate oven (350 degrees) about 30 minutes. Makes 4 to 5 servings.
*1 scant cup before cooking.

Few Seasons
Today because of improved communication, processing, transportation and storage we have less seasonal change in our food. These same improvements bring us thousands of items in our grocery stores compared with only a few items early in the century.

We've moved rapidly from the era in which few foods were processed and packaged for con-

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on Your
food Bills!

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Swiss Steak **LB. 59^c**

Rump Roast **LB. 49^c**

Lean, Meaty SPECIAL!
SPARE RIBS **LB. 39^c**



PUREX

Qt. 19^c 1/2 Gal. 31^c Gallon 53^c

AA MED.—FARM FRESH

EGGS

DOZ. 59^c

HOLIDAY

MARGARINE

5 lbs. 89^c

CAMPBELLS—ALL VARIETIES

SOUP

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TOMATO JUICE

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Sweet, Juicy

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KOTEX

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- Lint Starch Plain 12 oz. **15c**
- Niagara Starch 12 oz. **19c**
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- Chili Con Carne Dennison's 15 oz. **2/57c**
- Wrisley Soap 8-Cake Cello **63c**
- Dr. Ross Dog Food No. 1 Tall **2/27c**
- Stuffed Olives Early Calif. 3 1/4 oz. **39c**
- Fels Naphtha Soap 3 bars **29c**
- Instant Fels Large **31c**
- Kitchen Charm Wax Paper 100' **21c**
- Lynden Chicken Fricassee 29 oz. **89c**
- Raindrops 24 oz. **27c**
- Steero Boullion Cubes Beef 12's **19c**
- Sunshine Krispy Crackers 1 lb. **25c**
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Scotty

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