

Compare Size And Price For Good Values In Food

Start saving pennies by making a food shopping list at home, suggests Harold E. Neigh, Extension consumer economics specialist of The Pennsylvania State University.

When you get to the food store or supermarket, compare prices by weight to see if you're getting a bargain. Buy a size container to fit your family's size and appetite. Large sizes won't be a good buy unless all the food will be eaten, or you've planned menus in advance to use any leftovers.

At the meat counter, check the cuts and grades of meat, advises Mr. Neigh. Figure cost of meat by the number of servings per pound, not only by price per pound. In general, one pound of boneless meat yields four serv-

ings. Meat with some bone yields two servings per pound, and bony meat will usually yield one serving per pound.

Another penny-saving tip is to select quality according to the way you'll prepare and serve the food. Broken pieces of canned tomatoes cost less than whole tomatoes and are a good choice for a casserole. Usually lower grades are lower priced and they may serve the purpose as well as higher priced grades.

You may wish to consider buying case lots of some foods if you have adequate storage. But first check the price. Buying in quantity may not cost less but you may do it for convenience, says the specialist.

At the frozen food counter,

STUDY SHOWS DAIRY COWS

AVG. \$526 IN EXPENSES
"Old Bossy" must gross at least \$526 just to pay her bills, according to a study by Kansas State University Extension economists.

The specialists examined records of dairymen in 11 south central Kansas counties from 1965 to 1967. They found that dairy cows grossed an average of \$645 a year during this period.

Expenses for each animal averaged \$526, leaving an average of \$118 for labor and management per cow for the operation.

buy items that are frozen solid. Any food above the fill-line may be partially thawed, frosted, or icy.

Be flexible as you shop. If quality and price of meat or produce are not what you had expected, consider buying a similar food for your menu.

1965 was a low year for dairy income. Nonfeed costs averaged \$151 per cow and feed costs \$371 per cow that year.

Nonfeed costs include interest, machinery costs, building depreciation, personal taxes, hired labor, veterinary and livestock expenses, and repairs or permanent improvements.

A reasonable goal for modern dairymen is an annual gross of around \$700 per cow. This would allow a decent return for his labor and management.

Some dairymen are realizing this goal, but a majority are not.

143,000 tons of steel was used in construction of the San Francisco Bay Bridge.

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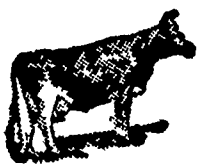
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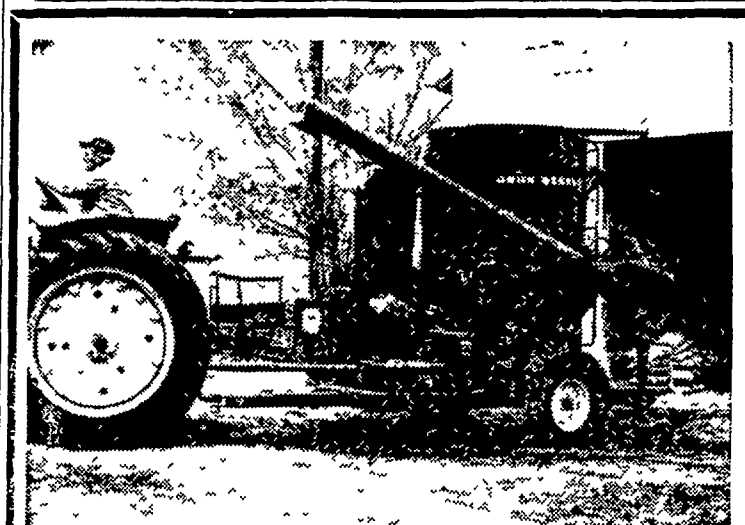
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