



## Ladies, Have You Heard?

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Doris Thomas

### Beat The Crowds, Give Yourself Time To Shop

Rising food prices and how to keep your family food budget in bounds and still serve good tasting, nutritious meals are the topics of conversation almost anywhere you go. Consumer specialists recommend that to keep your food budget in line you should watch for advertised specials, shop with a list, look for in-store specials and do comparison shopping.

If you're really serious about cutting food costs, these ideas are good ones. Watching for food ads and advertised specials and

making a list are part of your pre-planning for food shopping at home. But you have to look for in-store specials and do most of your comparison shopping once you get to the store. And this takes time. It also means that you need an atmosphere conducive to clear thinking. That isn't easy in supermarket full of other shoppers during the peak business hours or on payday when it seems everyone else in your community is food shopping, too.

To ease the task of wise food shopping, follow these suggestions:

Shop early in the morning when

the store opens, or around the dinner hour when most other people are at home. Ask the store manager when his peak sales hours are and plan to go at other times.

Supermarket sales generally last for several days. Don't feel you have to arrive on the first day of the sale. The store should have adequate supplies on hand, and if they don't, Federal laws say you are entitled to a rain check on items advertised but out of stock.

Try to plan your finances so it isn't necessary to shop on payday when most other people do their shopping. Perhaps you can go the following morning.

If you live in a community with many supermarkets, perhaps you'll find that some are more popular than others, although the quality and quantity of foods sold are similar. You may be able to find a store that's less crowded.

You'll find that if you can do your food shopping when the store is less crowded you'll have time to linger in front of the food displays and compare prices. You'll also get a chance to look over new items that are constantly appearing on the shelves. You'll be able to ask questions of

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the store manager and department managers when they may otherwise be too busy. And you won't be pushed and shoved at the checkout counter.

### xxxx New Pennsylvania Law Limits Security Deposit Charges

A new Pennsylvania law went into effect February 27 which expands the protection available to tenants. This law limits the amount a landlord can collect for a security deposit. The new law states that:

—For the first year of the lease, no more than an amount equal to two months rent can be required as security deposit.

—After the first year of the lease, no more than a sum equal to one month's rent can be required as security deposit.

—After five years, the amount of the security deposit cannot be increased when the rest is increased.

Further, under certain conditions the law requires that the landlord pay the tenant interest on his security deposit.

This new law enlarges the rights tenants had under a law passed in 1968. This previously passed law requires a landlord to provide within 30 days after a tenant leaves: —A written list of any damages for which the landlord claims the tenant is liable.

—A refund of the security deposit less the cost of the repairs on the written list.

If he fails to provide the list and the refund within the 30 days, he cannot sue the tenant for any damages he claims are owed to him. Moreover, the tenant can sue him and recover double the difference between the amount of the security deposit and the damages to the dwelling which the landlord can prove.

The Pennsylvania Bureau of Consumer Protection urges every consumer to know and exercise his rights in this often disputed area. In most cases, if the tenant indicates that he is aware of his rights, the landlord will be encouraged to meet his legal responsibilities.

Surprisingly, a patron of a health foods establishment would be out of his element in a natural foods store. Health foods stores generally employ older ladies, dressed in white uniforms, whose main concern in the sterile surroundings is the customer's physical well-being. Where-as, employees of natural food stores not only cater to the customer's appetite for organic edibles, but they also feed the souls of the supermarket counter-culture with relaxed chatter in the homey, atmosphere of a usually disorganized shop.

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