

Deli diets for the game

As football season gains momentum, delicatessen items become an increasingly important part of the diet of any loyal tailgate-football fan.

In the mad Saturday-morning rush to pack or purchase enough sandwiches, salads, snacks and beverages to last through a long afternoon in Beaver Stadium, people like me throw weekday price-consciousness to the wind.

And, unfortunately, the problem is compounded because deli items don't lend themselves easily to price comparisons. Each store offers its own delicatessen menu, and since so many stores offer prepackaged deli items as well as cold cuts in their own deli departments, the shopper in a hurry is bound to get confused.

The prices you can expect to pay for cold cuts or take-out sandwiches vary considerably from place to place, but generally, delicatessens connected with restaurants charge the most.

The price markups of these foods may, in the consumer's view, be justified by the restaurant's reputation. Items like potato salad, which the restaurant prepares according to its own recipe, may be worth the extra price. But cold cuts like all-beef bologna contain identical or very similar ingredients, and you may be paying a markup price for the same brand you'd get at a supermarket.

Strangely enough, prepackaged cold cuts sold at supermarkets sometimes cost more per pound than the same items ordered at the supermarket's deli department.

For example, Oscar Mayer all-beef bologna costs \$2.98 per one-pound package at A & P, yet all-beef bologna costs \$2.38 per pound at A & P's in-store deli.

Be careful you don't pay more per pound for an item by purchasing it in a larger quantity, though; at IGA, a one-pound package of Kraft natural Swiss cheese slices will cost you \$2.79, while

two eight-ounce packages cost \$2.38. By buying the smaller packages, you can save 41 cents.

Deli sandwich and hoagie prices depend, in part, on the size and contents of the sandwich.

You should expect to get a larger, meatier Italian hoagie for \$2.00 than you'd get somewhere else for \$1.00. Generally speaking, if you can't easily see a difference in quantity or quality between two differently-priced sandwiches, it pays to purchase the cheaper one.

Buying the least expensive deli foods may be a commendable source of relief to your inflation-squeezed budget, but experience leads me to warn you of some hazards associated with a one-sided approach to delicatessen-food shopping.

A better way to save money on football game days is to purchase your own salad ingredients, such as canned tuna fish, ahead of time, and make your own tuna salad sandwiches.

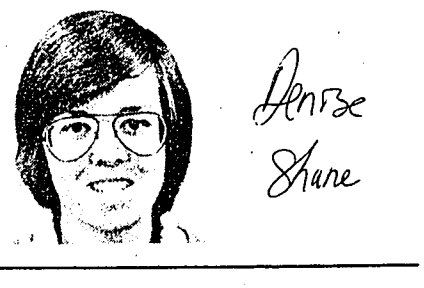
Tuna fish costs about \$1.00 per six-ounce can, so you can combine several cans of it with celery and mayonnaise, and avoid paying the inflated price of deli-prepared tuna salad.

If you're a last-minute picnicer, at least try to avoid buying your sandwich bread in a delicatessen; one place I checked that's not near a grocery store charges \$1.25 for a loaf of bread to go.

Stores do have the prerogative of charging high prices in exchange for conveniences provided, but with a little practice, you can learn to avoid these extra costs.

If you can think ahead even one day, you'll be able to pick up for and make thoroughly enjoy your football game feast.

Denise Shantz is an eighth-term English writing major and a staff writer for The Daily Collegian.



Denise Shantz

The most obvious problem is that you can't save money on something you have to throw away.

For example, if, on arriving at Beaver Stadium for a pre-game tailgate, you find you can't stand the taste of the bargain-priced cole slaw you just bought, you have the two unenviable options of going hungry all afternoon or of eating your cole slaw, only to find out later just how unpalatable it was.

To avoid this kind of dilemma, you can do several things.

First, since most stores display their deli items in a glass case, by all means look at the foods you have in mind before ordering them. If the roast beef seems

PRICE OF DELI ITEMS PER POUND	A&P Westery Pkwy.	The Deli Hyster St.	IGA Hamilton Ave.	River-Side S. Atherton	Stage Door Deli Fraser St. Wall	Sub Shack E. College Ave.	Train Station Commissary E. College Ave.	Weis Market Westery Pkwy.
Swiss Cheese	2.98	3.50	3.29	3.15	4.00	—	3.60	3.09
Ham, cooked	2.58	4.50	2.89	3.09	4.60	3.25	—	3.59
Roast Beef	4.38	5.00	4.99	4.79	5.64	4.00	5.40	4.99
Bologna, beef	2.38	4.95	—	2.19	—	—	—	2.49
Chicken Roll	2.98	—	2.89	3.39	—	—	—	3.29
Potato Salad	.89	1.50	.79	1.09	1.09	—	.79	.75
Cole Slaw	.89	1.50	.79	1.09	1.09	—	.69	.75
Kaiser Rolls, 1 doz.	1.05	—	1.30	.99	2.25	—	1.44	1.14
Sub Rolls, 1 doz.	1.34	—	1.30	2.17	2.40	1.68	1.44	—
Italian Hoagie	.99	—	1.59	1.95	2.25	1.80	—	1.09
Ham & Cheese Sandwich	1.39	2.60	1.49	1.00	2.15	1.40	—	—
Kosher Dill Pickles, each	.30	.50	.25	.29	.35	—	.49	.29

HISTORY LESSON? NO, MA'AM. I HAVEN'T READ IT. I THOUGHT MAYBE I'D WAIT UNTIL IT COMES OUT IN PAPERBACK.

PEANUTS

DOONESBURY

JOEL

PRUFROCK U

Across

1 Coins and bills
2 Actress Barbara
3 Bridge accomplishment
13 Songster Guthrie
14 Hawaiian city
15 Edinburgh native
17 Faircut
18 Sign of things to come
19 One-time TV show
20 — well —
23 Trunk item
24 In confusion
27 Sorrowful ceremonies
31 Off Broadway awards
32 Was garbanzo
33 Ohio — Bamark
34 Address Tev
35 Crowler, e.g.

36 Take on
37 Ending for Ohio or Jersey
38 Snaker features
39 Famed frontiersman
40 Famous American coins
42 Holo worker
43 Kim
44 Pine or fir
45 Steve Martin's sobriquet
62 District
63 — Lima
64 Position
65 Magistrate
66 Novel for Mr. St. Helens
67 — arms
68 Kind of cap or park
69 Some breads
69 Accob's salesgarden

Down

1 Play actors
2 St. Louis landmark
3 — gin
4 Difficult situation
5 Praline grove
6 "There ought to be —"
7 North-south numbers
8 Makeup item
9 Pre-wedding party
10 Riskey flavoring
11 Pop prize
12 Blanc, for one
14 Daily precursor
20 Wine
21 — Scott decision
24 Reasoning
25 Disease
26 Warning sound
27 Fading money
28 Par — by animal
29 Actor Greene
30 Villainous expression
31 Not present
32 Polish purple
36 Alternative to "sweetheart"
38 Staff associated with 58 Across
39 Singer Joan

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AF

Description of Suspect:
Name: Charles Bierbauer
Education: Penn State — Broadcast Journalism, '66
Occupation: Foreign News Correspondent in Bonn, Germany
Employer: ABC-TV
Last Seen: HEADED THIS WAY!!!

Charles Bierbauer is known to be on his way to University Park to catch YOU off guard. If you value your midterm depression, then STAY AWAY!!!! If not, take a study break and head over to 273 Willard on Thursday, October 16, at 7:30. Mr. Bierbauer will be on hand to tell you about his experiences with ABC while abroad and to discuss the importance of foreign languages. He will also be happy to discuss the career opportunities in this exciting field with you. Bring your questions, your friends, and yourself to find out about a Penn Stater who's made it!!!

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