

WEEKLY FOOD SURVEY

Be careful when buying in bulk

by BEV CHRISTENSEN
Citizen family editor

When shopping for groceries this weekend consumers would do well to check the price per pound or ounce before deciding which size container to purchase.

Generally, the price drops as the quantity purchased increases. But this week that was not always the case. At Woodward's, for example, 10 pounds of potatoes were priced at 98 cents or 9.8 cents a pound while a 15 pound bag would cost \$1.69 or 11 cents a pound.

At Overwaitea in Sprucedale biggest was cheapest as the store offered 10 pounds of red potatoes at \$1.39 or 13.9 cents a pound but if you purchased a 50-pound box for \$4.69 you paid nine cents a pound.

Other prices red potatoes were 9.8 cents a pound at Super-Valu in the Pine Centre and 8.5 cents a pound at Safeway on Victoria Street.

Twenty-pound bags of flour were on sale at three of the four stores surveyed Thursday. Safeway had the lowest price of \$2.29 for 20 pounds while the same quantity was on sale at \$2.55 at Super-Valu and \$2.69 at Overwaitea. Woodward's offered 20 pounds of their flour at the regular price of \$2.35.

Lowest price was \$34.90 for the 34 items surveyed, and this was registered at Overwaitea. The same groceries cost \$34.96 at Woodward's, \$36.05 at Safeway and \$36.10 at Super-Valu.

Halloween pumpkin prices varied from six to 10 cents a pound in four stores surveyed with most of them being in the larger size ranges which would result in a cost of approximately \$2 per Jack-O-Lantern.

With all the stores but Safeway now offering milk in two-litre cartons the price ranged from \$1.13 for a two-litre carton of two per cent milk at Overwaitea to \$1.16 at Super-Valu. Safeway's two-quart carton of Lucerne milk was priced at \$1.29 which is equivalent to \$1.15 for a two-litre carton. Woodward's offered a two-litre carton for \$1.14.

Coffee prices continued to edge upward but some old stock of name brands is being offered at special prices. Chase and Sanborn coffee is on sale at \$1.75 per pound at Woodward's this week and Overwaitea offered a case of 12 one-pound packages of Maxwell House coffee at \$25.42 or \$2.12 a pound. Quantity purchases of ground coffee could be stored in plastic in your

freezer for two to three months without serious deterioration in quality.

If you like to slice your own bacon, Super-Valu offered unsliced bacon at \$1.49 and Woodward's had a special on unsliced bacon at \$1.59 per pound.

Other good buys this week were bulk carrots, cooking onions and cabbage all at nine cents a pound at Overwaitea. Mazola cooking oil was on special at \$1.45 for a 32-ounce bottle at Woodward's.

The list:

2 litres two per cent milk	1.13-1.16
1 pound butter	1.21-1.23
1 pound margarine	.35-.45
1 lb. medium cheddar cheese	1.59-2.05
1 dozen medium eggs	.93-.97
2 litres ice cream	1.45-1.59
1 pound Crisco shortening	.69-.75
32 oz. Mazola cooking oil	1.45-1.69
1 pound regular ground beef	.69-.89
1 pound T-Bone steak	2.39-2.99
1 pound pork chops	1.25-2.09
1 pound pork sausage	1.29-1.61
1 pound sliced side bacon	1.69-2.21
1 pound ham	1.29-1.59
1 pound wieners	.79-.89
1 pound cod filets	1.29-1.48
1 pound frying chicken	.79-1.21
10 pounds potatoes	.85-1.39
1 pound carrots	.09-.25
1 pound onions	.09-.20
1 pound tomatoes	.49-.69
1 head lettuce	.59-.69
1 pound cabbage	.09-.19
1 tin Campbell's tomato soup	.24-.26
1 12.5 oz. tin frozen orange juice	.49-.64
10 pounds flour	1.55-1.95
5 lbs. granulated sugar	1.07-1.15
60 Red Rose tea bags	1.31-1.41
1 pound coffee	1.75-2.05
1 pound apples	.17-.33
1 pound oranges	.19-.29
1 pound bananas	.20-.33
5 pounds rolled oats	1.43-1.59
20 oz. loaf white bread	.42-.49

SEX OFFENCES

Candidate faces charges

ABBOTSFORD, B.C. (CP) — Raymond Rodgers, 41, a mayoral candidate in the city of Abbotsford, said Thursday he faces four charges in provincial court, three of them concerning sexual relations with a juvenile girl.

Rodgers said when questioned by a reporter that he is charged with having sexual intercourse between Aug. 1 and Dec. 22, 1975, with a female who was not his wife and under the age of 14, and with having sexual intercourse between Dec. 3, 1975, and May 31, 1976, with a female who was not his wife, was of previous chaste character, and under the age of 16.

Len Guy supported

VANCOUVER (CP) — Officers representing 65 trade unions have voted to support the re-election efforts of Len Guy as secretary-treasurer of the British Columbia Federation of Labor.

The meeting Wednesday also endorsed three other incumbents — president George Johnston and vice-presidents Bob Donnelly and John Squire.

He said he also is charged with supplying liquor and fondling.

RCMP laid the charges Oct. 4 and Rodgers is to appear in Matsqui court again Jan. 10.

Rodgers said he believes the charges will hurt his chances in the mayoral race, but "I decided to run for mayor... and I'm not going to let this stop me."

He opposed incumbent George Ferguson in the Nov. 20 municipal elections.

Abbotsford is 40 miles east of Vancouver in the Fraser Valley.

The girl's mother said in an interview Thursday night that none of the four charges were laid by the family, all were laid by RCMP.

Rodgers, a planning consultant, worked as executive assistant to then-attorney-general Alex Macdonald from September, 1972, for three months.

He has written six books, one of which is titled Sex and Law in Canada. Theme of the book is that RCMP do more harm than good when putting juveniles through the court system while investigating morals cases.

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Economic future 'sobering'

VANCOUVER (CP) — William Hamilton, president of the Employers' Council of British Columbia, painted a grey picture of the economic future of the province in a speech to an industrial relations group Thursday.

"A realistic appraisal of the B.C. economy, particularly the prospects for the next decade, is a sobering subject," Mr. Hamilton said in a speech to the Industrial Relations Management Association of B.C.

"Although prices and demand for our primary products have fluctuated, costs have moved in only one direction—upward," he said. "The result has, naturally, been a squeeze on profits and, eventually, a dried-up pool of investment money."

He said the forest industry is stagnant and it is difficult to see it ever again becoming the number one dynamic generator of economic growth in B.C.

He said the mining industry too is vulnerable, and what ore is on hand is of very low grade.

What momentum once existed in that industry, he said, "was dashed by the previous (New Democratic Party) government's introduction of punitive taxation measures."

In short, there seems to be general agreement... that the recovery we are now experiencing contains no promise of dynamic sustained growth rate comparable to the 1960's."

But he said there was "far too much of an attitude of doom and gloom," adding possibilities for growth abound in secondary industry, research and applied technology.

To effectively bring about that growth, he said, "a changed attitude and a concerted effort to encourage the diversification of our economic base are most definitely necessary."

Text of the speech was released in advance.

NOTICE
Storm Sewer

TAKE NOTICE that pursuant to By-Law 2927 cited as "Storm Sewer Improvement Loan Authorization By-Law No. 2927, 1976" the Council of the City of Prince George intends to undertake, carry out or cause to be carried out the construction of storm sewer works in accordance with plans prepared by City Engineer, which plans may be viewed during regular business hours at the office of the undersigned, City Hall, 1100 Patricia Boulevard.

Under the Authority of By-Law 2927 it is intended to borrow the total estimated cost of this project being Three Hundred Thousand Dollars (\$300,000.00) which debt is intended to be repaid over a period not in excess of twenty-five (25) years.

And that unless within thirty (30) days of the second and last publication of this notice not less than one-twentieth (1/20) of the number of the electors petition the Council for the submission of the said By-Law for the assent of the electors, the Council may adopt such By-Law.

THIS NOTICE IS GIVEN pursuant to the provisions of Section 253 of the Municipal Act and shall be posted in the locations specified in sub-section 5 of Section 55 of the Municipal Act.

DATED this 25th day of October, 1976.

This is the second and last insertion of this notice.

C.P. Pattullo
City Clerk
City of Prince George

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BOYS WILL PLAY

Believe it... you should head right down to the Gun Shop because the bosses are on their way to Calgary this weekend to pick up some goodies for the store and will be leaving two friends, Pete and Barry to take care of the store. Now they don't exactly know all that much about Guns so you should drop in and take advantage of them. The store will be closed Friday until 6 p.m. ... that's when the fun begins.

Ruger No. 1, 300 Winchester Magnum	\$275.
Ruger No. 3, 45-70	\$150.
Winchester Model 70, 375 H & H	\$350.
Winchester Model 70, 7mm	\$250.
Winchester 94, 30-30	\$130.
Parker Hale 1200C, 270, 243, 308	\$235.
Weatherby Mark V, 300 Whby Mag	\$470.
Marlin 45-70	\$220.
Alpin 308 Winchester	\$125.
Savage 99C, 308, 243	\$220.

BLACK POWDER RIFLES

Navy Arms, 58 cal.	\$205.
Hawken, 45 & 50 cal.	\$185.
Kentucky Carbine, 45 cal.	\$150.
Parker Hale Musketoon Used 58 cal.	\$180.
Canadian Voyageur, 45 cal.	\$170.
Berdan, 45 cal.	\$100.
Enfield Musketoon Kit, 58 cal.	\$150.
Zouave Rifle Kit, 58 cal.	\$100.

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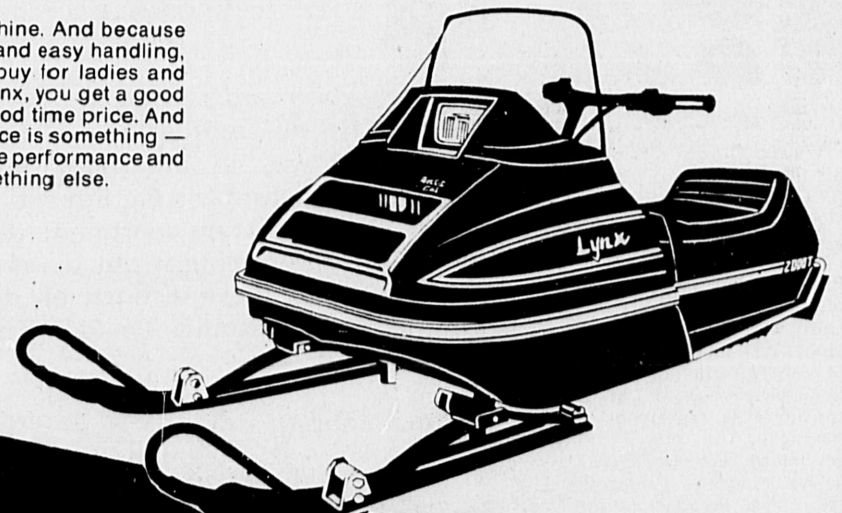
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