#### **FOOD SURVEY**

# Christensen



Last week's column outlining Agriculture Canada's estimated cost of feeding a family for a week attracted several letters requesting more informa-

Apparently the column shocked some people when they compared their food costs with the figures produced by the

It is impossible to answer all the questions they raised here but if you wish a copy of the charts giving more infor-mation on these figures, forward a self-addressed, stamped envelope to me and I'll provide you with this in-

However, the one question which was common to all the letters asked how much meat was included in the diet.

This points out our North American preoccupation with meat as the only source of protein. Examining the information supplied by Agriculture Canada reveals the department includes more meat alternatives — peanut butter, canned baked beans, white beans and cottage cheese —

In addition, the diet also includes generous amounts of milk, cheese, eggs and cereals which are also sources of

If you're just beginning to understand the relationship between meat and non-meat sources of protein, you're missing a good method for spending your food dollars wisely. And that doesn't necessarily mean eating canned beans every day.

For some recipe ideas using beans and rice, see the Home and Family Section of Friday's paper.

For real savings, avoid buying canned prepared beans and start with the dry beans as suggested in the recipes. This will take longer but the savings are considerable.

For example, a 14-ounce tin of prepared red beans, which are the type you use in chili con carne, costs approximately

You can buy a pound of dry red beans for 83 cents. When they're prepared according to the directions in the recipes, that will yield 40 to 48 ounces of beans. The same amount of beans would cost \$2.14 to \$2.57 if you

bought it by the can. The same is true for pinto beans, lima beans and the

small white beans used for making pork and beans. Rice is a basic food in many countries. This year when

potato prices are high you can buy five pounds of rice for approximately the same price as 10 pounds of potatoes.
But that rice, as everyone knows, will increase in volume

considerably when cooked. Five pounds of rice should yield 35 cups of cooked rice, or 70 servings. The best meat buys I could find this week were fresh pork

shoulder roasts for 99 cents a pound at Safeway which could be used to prepare your own home-cured hams, chuck steaks for \$1.48 a pound at Overwaitea and turkey wings for 59 cents a pound at Woodward's which would be interesting to prepare by adapting the recipe for barbecued chicken

Lowest total price for the 34 items in our weekly food price survey taken Wednesday was \$56.16 at Overwaitea on 15th Avenue. The same groceries cost \$56.92 at Safeway in the Spruceland Shopping Centre, and \$57.10 at Woodward's

and Super Valu in the Pine Centre.

Average price this week was \$56.82, 2.2 per cent higher than last week's average price of \$55.57 and 12.9 per cent higher than the average price of \$50.29 recorded last year.

In the list which follows, the store having the lowest price is identified by the following abbreviations: Overwaitea-Owte, Safeway-Sfwy, Woodward's-WWs and Super Valu-

#### Our weekly shopping list 2 ltr two per cent milk WWs

2 ltr. two per cent milk, WWs	
1 pound butter, Owte, Sfwy	1.93-1.95
1 pound margarine, SV	6169
1 pound medium cheddar cheese, Sfwy	2.59-2.99
1 doz. medium eggs, Owte	1.25-1.30
2 ltr. ice cream, SV	1.99-2.39
1 pound Crisco shortening, SV	1.03-1.07
1 ltr. Mazola cooking oil, WWs	2.73-2.89
1 pound regular ground beef, Owte	1.38-1.69
1 pound T-bone steak, Owte, Sfwy	4.48-4.68
1 pound pork chops, SV	
500 gr. pork sausage, Owte	1.63-1.86
500 gr. sliced side bacon. Owte	1.78-2.49
1 pound butt end or shank ham, Owte	1.48-1.85
1 pound wieners, SV	1.09-1.49
1 pound cod fillets, SV	2.19-2.49
1 pound frying chicken, SV	1.09-1.58
10 pounds potatoes, Sfwy	2.06-3.30
1 pound carrots, WWs	2949
1 pound cooking onions, WWs	3953
1 pound tomatoes, WWs	
1 head lettuce, Owte, WWs, Sfwy	7985
1 pound cabbage	3535
10 oz. tin Campbell's tomato soup	
12.5 oz. can frozen orange juice, Owte	93-1.09
5 kg. flour, Owte	3.75-4.85
2 kg. granulated sugar, WWs	2.45-2.75
60 Red Rose tea bags, WWs	
1 pound coffee, Sfwy	
1 pound apples, Sfwy	2549
1 pound oranges, Owte	3045
1 pound bananas	5563
2.25 kg. rolled oats, Sfwy	2.59-2.75
20 oz. loaf sliced bread, Owte	
20 oz. loaf sliced bread, Owte	6795
	Interview letter - Chatter

#### SUPPORT FOR TEL UNION COULD START ON ISLAND

# Sympathy walkouts slated Friday

less a settlement is reached by midnight tonight in the B.C. Telephone Co. strike, widespread sympathy walkouts by other union workers will take place Friday affecting thousands of jobs in parts of southern Vancouver Island.

The Telecommunications Workers Union is insisting on reinstatement of 23 employees fired during the strike, while the company says their fate should be dealt with under normal grievance and arbitra-

tion procedures.

Company and union officials meet again today with federal mediator Mike Collins to discuss possible back-to-work agreements. No progress was made at talks Wednesday, union business agent Larry Armstrong said.

B.C. Federation of Labor says its affiliates are support-ing its call for a work stoppage Friday on southern Vancouver Island between Nanaimo and Cowichan Valley in support of

the telephone workers.
Okanagan and District
Labor Council has instructed its members to take strike action in support of the B.C. Tel workers, should the federation call for a regional walkout.

An analysis by GEORGE OAKE

Southam News

Bill Bennett is gambling the

government's 4.6 million British Columbia Resources

Interferon, a potential won-

der drug in the treatment of

cancer and viral infections,

will be produced here under li-

cence from Britain's Wellcome

Foundation, a pioneer in in-

Pioneer resident Florence

(Floss) Moffat, step-mother of

former mayor Harold Moffat,

The former school teacher and founding member of the Good Cheer Club, which was

established as a charitable

group in 1927, died in the Pr-

ince George Regional Hospital

after being admitted earlier

She had been in failing health

strike at two B.C. cement com-

panies has halted about \$1 bill-

ion in construction projects

and forced layoff of about 5,000

workers, a spokesman for the

Construction Labor Relations

Chuck McVeigh said in an in-

terview that a survey on the

strike's effect was done last

week, and a B.C. Federation of

Labor hot edict against cement

imported into B.C. this week has resulted in even more

widespread layoffs and

downtime on construction

Association said today

the same day.

for several years.

died Wednesday at age 82.

'FLOSS' MOFFAT

Investment

shares on a drug.

VANCOUVER - Premier

**GAMBLE ON CANCER DRUG** 

Corporation

Pioneer mourned

Mrs. Moffat was pre-deceased by her husband, Church Monday at 2 p.m.

Strike effects felt

Andrew McKechnie, B.C. Ferry and Marine Workers Union president, said Wednesday that ferry workers will take part, cutting service between Nanaimo and Horseshoe

Bay on Friday.
John Fryer, general secretary of the B.C. Government Employees' Union, said about 1,000 government employees

working in southern Van-couver Island are expected to adhere to the federation's plan on Friday.

These workers could include employees in the ministries of forests, highways, and human resources plus employees of the Liquor Distribution

Other unions affected would

The Citizen

be the International Woodworkers of America, Pulp, Paper and Woodworkers of Canada and Canadian Paperworkers

Stu Clugston, manager of corporate communications for B.C. Forest Products Ltd., said the Crofton pulp and paper mill, which employs 1,100 people, would take days to re-

Dave Milne

sume operation if forced to shutdown.

"It's running 24 hours a day and it takes a long time to get the steam running again," said Clugston, adding the strike could cost the mill several hundred thousand dollars.

A MacMillan Bloedel Ltd.

Meanwhile, talks between B.C. Tel and the TWU are con-

tinuing in Vancouver in an ef-

fort to reach a back-to-work

The stumbling block is the firing of 23 employees for

strike-related incidents. The

agreement

their Vancouver Island opera-tions — the Harmac pulp and saw mill, the Chemainus saw mill and the Chemainus Wood-

lands logging operation. B.C. Tel and its employees reached a tentative agreement Monday giving wage increases

of up to 42.5 per cent over three

Union president Bill Clark says the wage package is based on the company's previous three-year proposal and contains wage increases recommended by federal conciliator Ed Peck. Under the new scheme, union members would receive seven per cent Jan. 1, 1980, and six per cent on Oct. 1, 1980.

Increases varying from eight to 15 per cent will take effect March 1, 1981. Rates vary according to job clas-

sifications and follow the Peck

Effective Jan. 1, 1982, union members will receive a 12per-cent increase. The proposal amounts to from 38.5 per cent to 42.5 per cent, compounded over three years.

Journeymen linemen now have a base rate of \$11.15 an

### Refinery remains behind pickets

Local news

Husky Oil refinery in Prince George is behind picketlines for the second day as the Tele-communications Workers Union continues its war against companies doing business with B.C. Tel.

The union is also keeping an eye on a power pole used both by B.C. Tel and B.C. Hydro on the Hart Highway across from the shopping centre.

The pole carries a transformer which feeds power into the B.C. Tel office. The transformer's fuse has blown and power is maintained through a

**B.C.** Interferon venture

looks like good politics

So far the drug, which is

manufactured from human

white blood cells, has been

used to treat only 200 people worldwide — including Cana-

da's most famous cancer pa-

Under the terms of the deal

with Wellcome, British Col-

umbians will become guinea pigs. Between 500 and 1,000 pa-

tients will be treated with in-

terferon, to be provided initially by the British founda-

Alex, who died in 1962.

She leaves two step children,

Harold Moffat of Prince

George and Alice Temple of

Onoway, Alta., five sons, Keith, Donn, Earl, John and

Gilbert all of Prince George

and two daughters, Betty

McQuarrie of Edmonton and

Joyce Berdusco of In-

dianapolis, Ind., numerous

grandchildren and great

The funeral services will be conducted at Knox United

McVeigh said the situation is

particularly frustrating be-

cause construction companies

had already settled a contract

good through next year and

now they are being shut down

by a strike over which they

The United Cement, Lime and Gypsum Workers Interna-

tional has been on strike

against Inland Cement since

November and launched a

strike shortly after against Canada CementLafarge.

hot edict against imported ce-

ment after union members

complained the product was

reducing the impact of their

The federation declared a

have no control.

strike.

grandchildren.

terferon research.

tient, Terry Fox.

This power keeps the telephones in the Hart Highway area operating. Should it fail, all phones will be out of order. The TWU says it will not let

B.C. Tel supervisors fix the

'Certain types of interferon

have produced unfavorable

reactions in some patients,'

admitted Pat McGeer, B.C.'s

minister of science. "With the highly purified lympho-blastoid interferon made by

Wellcome's process, there is

now sufficient clinical experi-

ence for a treatment course to

be chosen which minimizes

chances of problems for the pa-

What if the interferon re-

search goes nowhere, as have

the BCRIC shares that cur-

rently languish at \$5.70, or 30

cents less than their issue

McGeer acknowledged the

province might lose part of its

initial \$6-million investment

because most medical exper-

early testing, the beleaguered

Bennett regime knows such a

venture linked to Terry Fox's

name might help cure Socred

The B.C. government's 4.6

million shares have been a

source of embarrassment for

the rabidly free-enterprise

Socreds, especially after their

much-ballyhooed stock issue

another Socred-subsidized

project, the Japanese coal deal

in the remote northeastern

part of the province, will

further depress BCRIC, which

mines substantial metallurgi-

cal coal reserves in southeast-

British Columbians hold so

many shares of BCRIC that its

price is thought to be a good

barometer of Bennett's daily

imaginative medical scheme

medicine in the eyes of most

to help cancer victims.

political fortunes.

Critics also claim

and error," he added.

political woes.

went nowhere.

ern B.C.

tient.

fuse and should there be a problem concerning Hydro, pickets can be expected.

"The Hydro guys will not climb this pole," a union spokesman said.

#### Emergency ward changed

The emergency ward at Prince George Regional Hospital is on the move.

For the next 18 months, it will be housed in the old patient recovery area, while construc-tion takes place on a new emergency and out-patient department, on the grounds

of the old emergency ward. Pat Kasprow, emergency department head nurse, says patients requiring emergency treatment should still come to the emergency entrance.

"They will be met by a nurse who will decide where they should be sent."

### Mill lays off 112 workers

VANCOUVER (CP) iments have a high failure Canadian Cellulose Ltd. says it has laid off 112 workers at its "You have to find out by trial Castlegar, B.C., sawmill division for an indefinite period because of poor markets. While scientists have high hopes for interferon based on

The company says it is also looking at its Kootenay Forest Products plant at Nelson, and officials say shutting down the plywood plant, with 200 workers, hasn't been ruled out. The Castlegar sawmill re-

sumed a three-shift operation last April after being destroyed by fire. But company officials said Wednesday the concept of a third shift hasn't worked, and the 112 workers put in their final hours las 'We weren't getting the ef-

ficiencies that we thought we would when we added the third shift and we didn't think the downturn would last as long as it has," the official said. B.C. lumber producers are

currently facing high inventories and slumping markets because of high interest rates in the U.S., and a lack of demand in Japan.

In one slick stroke, he has Canadian Cellulose spokesshucked off shares that tied man George Lambert said that him to BCRIC and set up an although workers have been laid off at Castlegar, the company has no immediate plans That's not only good to cut back shifts at its other B.C. mills at Kitwanga, Terobservers here, it's also good race, Smithers and New Hazel-

#### union insists on reinstatement, report. while the company wants the issue to be resolved through the grievance-arbitration channels.

The strike started Feb. 10, but the dispute has lasted since the expiration of the last collective agreement Dec. 31,

## Weather helps 'copter search

Citizen Staff Reporter

Good weather is aiding the search for a missing helicopter in the Williams Lake area. Captain Ervin Cross, search

co-ordinator said 14 aircraft were involved in the search

### Housing needs probed

The housing needs of Prince George's disabled residents will be closely examined by a new committee.

At a meeting held Monday by the Prince George and B.C. Association of the Mentally Retarded, it was decided to form a committee to look into housing needs for people with any kind of mental or physical disabilities.

"The committee will look at the whole range of options from apartments with or without full-time staff, to duplexes where someone next door can be a resource person," says association spokesman, Lorna Glazier.

The committee will also examine the need for a shortterm care facility for disabled people who live at home. "Some of these parents ha-

ven't been away for 20 years, because there is nowhere they can leave the handies person," Glazier said. A master list of all disabled

people living in Prince George is to be assembled, listing housing needs on an individual

> J. lan Evans & Associates **OPTOMETRISTS**

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today and other aircraft are being sent up as pilots and machines become available.

The search is concentrated in the area between Goldbridge, 40 km west of Lillooet, and Williams Lake, the path of the helicopter which is carrying ministry of environ-ment officials and a pilot.

Pilot Bert Warttig, Harold Mitchell and Wes Prediger of Williams Lake and Nels West of Vancouver were conducting counts of mountain sheep when the helicopter went missing Monday.

Storms and snow hampered earlier search efforts.

Captain Cross said four military aircraft, seven helicopters and four civilian aircraft were in the air at 9 a.m. today.

"We've received excellent co-operation in Williams Lake," Capt. Cross aid. People are quick to volunteer for the search."





### Friday Winter Games schedule

,		
	Begins	Ends
Friday March 6		
BADMINTON	9:00 a.m.	10:00 p.m.
BASKETBALL - Wome	en 12 noon	10:30 p.m.
BASKETBALL - Men	12 noon	10:30 p.m.
BOWLING	9:30 a.m.	4:40 p.m.
BOXING	1:30 p.m.	4:00 p.m.
	8:00 p.m.	10:30 p.m.
BROOMBALL	8:00 a.m.	10:00 p.m.
CURLING	9:30 a.m.	4:00 p.m.
DIVING	1:00 p.m.	6:00 p.m.
FENCING	9:30 a.m.	5:30 p.m.
FIGURE SKATING	10:15 a.m.	12:30 p.m.
GYMNASTICS	10:00 a.m.	4:00 p.m.
HOCKEY - BOYS	8:00 a.m.	11:00 p.m.
HOCKEY - GIRLS	8:00 a.m.	10:00 p.m.
JUDO	9:30 a.m.	5:00 p.m.
KARATE	10:00 a.m.	5:30 p.m.
RACQUETBALL	8:30 a.m.	8:30 p.m.
SPEED SKATING	1:30 p.m.	10:00 p.m.
SQUASH	9:00 a.m.	5:00 p.m.
TABLE TENNIS	8:00 a.m.	8:00 p.m.
VOLLEYBALL	9:00 a.m.	9:00 p.m.
WEIGHTLIFTING	5:45 p.m.	10:00 p.m.
WATER POLO	7:45 &	12:15 &
	6:15 p.m.	10:30 p.m.
WHEELCHAIR	1:30 &	5:00 p.m. &
VOLLEYBALL	7:30 p.m.	9:00 p.m.
	Able Body vs Wheelch	nair at 9:00 p.m.
VOLLEYBALL		

9:00 a.m.

WRESTLING

Civic Centre Kelly Road Jr. Sec. Duchess Park Jr. High Fifth Ave. Bowladrome **Exhibition Spts Centre** Exhibition Spts Centre Kin I Centre Golf and Curling Club Four Seasons Pool John McInnis Secondary Prince George Coliseum College of New Caledonia P.G. Elks Centre Kin II Centre D.P. Todd Secondary Lakewood Jr. Secondary YMCA-Golf and C.C. Prince George Coliseum Triad-Golf & C.C. Spruce City Squash College Heights Secondary Prince George Sen. Secondary Vanier Hall, PGSS Four Seasons Pool

> YM-YWCA YM-YWCA

Connaught Secondary





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