

1947

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Revised
 October
 1947

COOPERATIVE EXTENSION WORK
 IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
 H. G. Gould, Acting Director, Lincoln

Extension
 Circular
 9912

A DISTINCTION WITH LITTLE DIFFERENCE

Many people think that "economy in the food budget" must mean either a decrease in the total food value, or foregoing many items that make appetizing meals. A careful comparison of the two lists below which consist of common foods found on many family grocery orders each week will assure you that neither course is necessary. The difference in food value in the two lists is negligible. A resourceful cook can prepare the second list into such tempting meals that the family will not realize "economy measures" are being practiced on them. And no doubt many uses can be found for the "several dollars weekly" that can be saved!

4 lb. bananas _____	\$.64	1 lb. prunes _____	\$.35
2 No. 2½ cans peaches _____	\$.84	1 lb. peaches (dried) _____	\$.48
2 No. 2½ cans apricots _____	\$.80	1 lb. apricots (dried) _____	\$.59
1 (4#) head cauliflower _____	\$.60	1 (4#) head cabbage _____	\$.22
2 bunches carrots _____	\$.30	1 lb. carrots (topped) _____	\$.07
3 lb. fresh spinach _____	\$.45	1 No. 2½ can spinach _____	\$.29
3 cans (16 oz.) baked beans _____	\$.51	Home baked beans _____	\$.33
5 loaves bread (fresh) _____	\$.85	8 loaves day-old bread _____	\$ 1.04
1 doz. sweet rolls _____	\$.50		
2 lb. soda crackers _____	\$.45		
1 box refined wheat cereal (uncooked) _____	\$.25	1 box rolled oats _____	\$.18
1 box prepared cereal _____	\$.17	Homemade ready-to-serve cereal _____	\$.10
7 qts. regular whole fresh milk _____	\$ 1.26	8 tall cans evaporated milk _____	\$ 1.04
5 qts. regular whole fresh milk _____	\$.85	1 lb. dry skim milk _____	\$.18
		½ lb. butter _____	\$.40
1 lb. porterhouse steak _____	\$.95	1 lb. beef roast _____	\$.59
1 lb. calves liver _____	\$.80	1 lb. pork liver _____	\$.45
1 lb. leaf lard (fancy pack) _____	\$.39	1 lb. lard _____	\$.33
1 lb. butter (in carton) _____	\$.80	1 lb. butter (unwrapped) _____	\$.77
4 boxes gelatin dessert powders _____	\$.32	½ lb. tapioca _____	\$.13

(Lincoln Prices October, 1947)