

1936

EC9912 A Distinction without a Difference

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1936

Nebraska
 COOPERATIVE EXTENSION WORK
 IN AGRICULTURE AND HOME ECONOMICS
 U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
 W. H. Brokaw, Director, Lincoln

Extension
 Circular
 9912

A DISTINCTION WITHOUT A 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!

I	II
1 doz. oranges (small)-----\$.20 . . .	1 No. 3 can tomatoes-----\$.15
4 lb. bananas ----- .25 . . .	1 lb. prunes----- .10
2 No. 2 $\frac{1}{2}$ cans peaches----- .40 . . .	1 lb. peaches (dried)----- .15
2 No. 2 $\frac{1}{2}$ cans apricots----- .50 . . .	1 lb. apricots (dried)----- .20
4 heads lettuce (approx. 2 $\frac{1}{4}$ lbs.)- .27 . . .	1 head cabbage (2 $\frac{1}{4}$ lb.)----- .14
2 bunches carrots----- .12 . . .	1 b. carrots (topped)----- .05
3 lb. fresh spinach----- .35 . . .	1 No. 2 $\frac{1}{2}$ can spinach ----- .15
3 No. 2 $\frac{1}{2}$ cans baked beans (2 $\frac{1}{2}$ qts.) .36 . . .	2 $\frac{1}{2}$ qts. home-baked beans----- .25
5 loaves bread (fresh) ----- .50 . . .	
1 doz. sweet rolls----- .20 . . .	8 loaves homemade bread----- .32
2 lb. soda crackers ----- .20 . . .	
1 box refined wheat cereal (uncooked) .25 . . .	1 box rolled oats (large)----- .19
1 box prepared cereal----- .17 . . .	Homemade ready-to-serve cereal---- .10
1 pkg. prepared pancake flour (3 $\frac{1}{2}$ #) .29 . . .	3 $\frac{1}{2}$ # home-prepared pancake flour--- .20
1 pint corn syrup----- .13 . . .	1 pt. homemade molasses syrup ---- .05
1 lb. porterhouse steak ----- .35 . . .	1 lb. beef roast----- .15
1 lb. calves liver ----- .50 . . .	1 lb. pork liver----- .25
1 lb. leaf lard (fancy pack)----- .20 . . .	1 lb. lard----- .15
4 boxes gelatin dessert powders--- .20 . . .	$\frac{1}{2}$ lb. tapioca----- .10
<u>\$5.44</u>	<u>\$2.70</u>

(Lincoln Prices August, 1936)