

# BBB Lists Items With Biggest Price Increase

If there's one thing a consumer doesn't need to be told these days, it's that the cost of most items on the household budget has been soaring. Unfortunately, there

is no great secret to be offered on how to combat this inflation, but the Better Business Bureau does offer a listing of household items that have suffered the greatest price increases in the last seven years. These items are among those used in calculating the CPI (Consumer Price Index) each month. If, in reading over this list you find some expenses that dominate your own household budget, making it skyrocket, you may want to consider cutting down your use of these items or finding substitutes for them.

**BIGGEST PRICE INCREASE**  
Dried Beans head the list, with their price almost triple what it was in 1967 (up 270.3 percent). That's probably not a big item in your budget, but consider the price increases of these four food staples that come next on the list:

Sugar (up 214.1 percent), rice (up 142.3 percent), salad or cooking oil (up 129.5 percent) and margarine (up 127 percent).  
Regarding this last item, by the way, you may have noticed in your favorite store that the price of margarine—once a fraction of the cost of butter—now has reached or even exceeded that of the so-called "higher-priced spread". It's no wonder. While the price of margarine has increased 127 percent since 1967, the price of butter has gone up only 13 percent. Butter, in fact, is 20th on the list of items whose prices have gone up the least since 1967.

**MORE BUDGET-KILLERS**  
Next on the list of greatest price increases comes an item that is among the largest on many a household budget—heating fuel. The combined prices of heating oil and coal have risen 122.7 percent since 1967. That means that these fuel costs have more than doubled in the last seven years.

Fresh or frozen fish have gone up 116.3 percent. Two expenses in hospital care, operating room charges and semi-private hospital room fees, have gone up 111.4 percent and 109.6 percent, respectively.

The cost of resingling a roof is up 109 percent, while the price of canned sardines has risen 105 percent. The price of veal cutlets is up 100.6 percent, and that of cracker meal has almost doubled, with an increase of 99.7 percent.

It now costs 98.3 percent more to have your living or dining room repainted than it did in 1967. A chocolate bar costs 97 percent more now than it did then.

**SOME PRICES LOWER**  
It may be hard to believe, but the prices of some items have gone down since 1967. Unfortunately, most of these are not things you buy every day.

Anti-infective prescription drugs are down 30.7 percent, heading the list of lowest price increases (or greatest price decreases). Then comes the super-8 movie camera with a zoom lens, down 7.9 percent. Nylon stockings and panty hose are next with a 7.5 percent price drop. Portable tape recorders are down 3.9 percent.

Two drug store items, hormones and multiple vitamin concentrates, come next with price decreases of 3.6 percent and 1.5 percent, respectively. Portable and console television sets have dropped 0.3 percent in price, while the cost of replacing a television picture tube is up only 2.8 percent.

But, on the other hand, Bank Service Charges for checking accounts are up 5.3 percent. Cream or roll-on deodorants are up 7.4 percent. Liquid tonics have gone up 8.5 percent in price, and canister vacuum cleaners are up 9.4 percent.

**THE CONSUMER COUNTS**  
It has been said that perhaps only the consumer can lower prices in this inflationary crisis—by buying less of, or not buying at all, items which have soared in price during the past months. If this is true, hopefully this factual account of the worst culprits will help the consumer guard his budget against them.



## Brownies Choose 'Grandmother'

Each year the Brownie Scout Troop 86 of Burnsville selects a shut-in lady for their Brownie Grandmother. Their selection this year is Mrs. Maude Ray, Route 2, Burnsville. The Brownies visited her on November 25 and presented her with a fruit basket and adoption paper signed by their leader, Mrs. Gene Woody and assistant leader, Mrs. Johnny Burleson. They sang songs, told her the three Brownie B's and Brownie Promise, and their meaning, to them. The Brownies will be visiting Mrs. Ray again at Christmas with a Christmas gift and they stated, "We think she is a wonderful Grandmother and we will enjoy giving her gifts and showing love and appreciation in the coming year."

## Haven Heights Home Open House Is Held

An open house was held at Haven Heights Rest Home on Sunday, December 8, 1974 from 2 to 4 p.m. Refreshments were served by Mrs. Ruby Smith and Mrs. Kathryn Z. Lee with the Yancey County Department of Social Services.

Haven Heights has now opened its doors to prospective residents and is licensed for twenty nine persons. Mr. Charles Neill and his brother Mr. James Neill are the owners.

Charles Neill, a native of Yancey County, is married to the former Miss Robbie Barton of Murphy, N.C. and they have four children. Mr. Neill is a graduate of Western Carolina University and he attended the University of Tennessee School of Social Work. He has worked as a case worker, child welfare worker and superintendent of welfare. Mr. Neill served for seven years as a Vocational

Rehabilitation Counselor, and as supervisor for eight years. He is presently the owner and operator of Catawba Rest Home and owner of Catawba Nursing Home in Hickory.

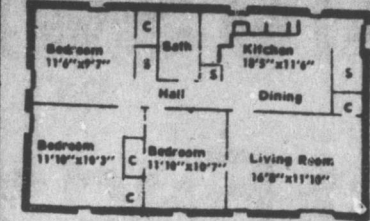
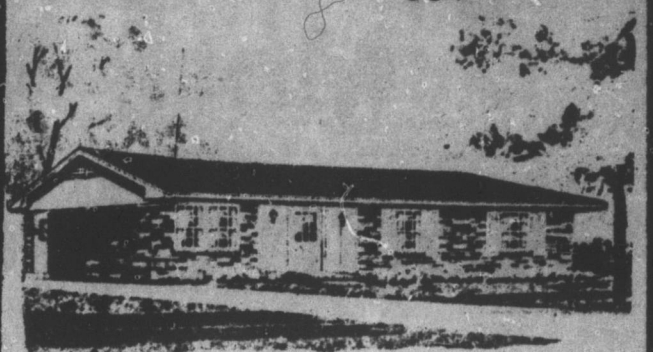
Mr. James Neill is also a native of Yancey County. He graduated from Bald Creek High School and WCU, receiving a B.S. degree in Business Administration. Mr. Neill taught at Cane River High School for twelve years and is presently employed at Neill Grating and Construction and Catawba Valley Rest Home of Hickory. He is married to the former Miss Iva Morrow and they have two young sons.

Mr. and Mrs. Arnold Gregory are in charge of the home in the absence of Mr. James Neill. The Gregories are natives of Yancey County, and have three daughters. Both Mr. and Mrs. Gregory have had previous experience in the operation of a rest home.



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## For And About Homemakers

Yancey Extension Service

BY MARY M. DEYTON

Home Ec. Extension Agent

In spite of all our public functions, Christmas is primarily a family affair. The things that make it most meaningful are those that go on at home.

**CHRISTMAS AT HOME**

Home is the magnet, home is the magic, home draws the wanderer back to the hearth at Christmas time. Home provides the setting whose warmth binds loved ones together in Christmas Spirit.

Most of your Christmases surely have been happy. You can make this one even happier. Have the whole family help plan for it. Long before Christmas, encourage your children to begin to save for Christmas gifts they will buy. Do your own planning and buying early. This will reduce last minute tensions that are sometimes unhappy. Let the children help decorate the house, plan the menu for Christmas dinner and wrap the presents they are giving. Make the whole affair a family project.

**SPEND TIME TOGETHER**

This Christmas, plan for the family to spend more time together. Many things that we do throughout the year do not involve any other member of the family. But Christmas is a time when family members can be together to do those things that are most meaningful to us. In so doing we find some of the richest satisfactions of life.

Since the spirit of giving is at the heart of Christmas, the season offers a great opportunity to develop concerns for broader than the family. We should not limit our concern for other people to the Christmas Season. After all, the poor are always with us. So are the lonely, the discouraged, the sorrowful. We want to be aware of them

and to help express our concern.

**SPIRITUAL ACTIVITIES**

Most of all, identify yourself with those activities which express the deep spiritual significance of the Christmas season. You are seeking to reach certain goals for yourself and your family. These goals are basically religious. You share your quest with many other people. Their companionship can help you move toward these goals.

**NUTTY NOTES**

The approach of the holiday season brings back memories of the bowls of mixed nuts that abound at this time of year. But why wait for a holiday? Nuts can add flavor, texture, and interesting appearance, and food value to virtually any course—any day of the year.

A concentrated food, nuts are good sources of both protein and fat and are generally good to rich sources of thiamine. The peanut, actually a legume rather than a nut, is an especially good source of niacin.

**SHOPPING TIPS**

In buying nuts, freshness is important. Their high fat content encourages rancidity, which affects flavor. Shop in a reliable store, with sufficient turnover of merchandise to assure freshness. Shelled nuts become stale more quickly than those in the shell. Although shelled nuts may be cheaper per ounce in larger quantities, don't buy them if you can't store them properly.

**STORAGE OF NUTS**

To avoid rancidity, keep unshelled nuts at room temperature in a cool, dry place, but not for prolonged periods. Shelled nuts should be kept in the main section of the refrigerator in tightly covered containers. Unsalted nuts retain their quality

longer than salted nuts, as salt hastens rancidity. Vacuum cans and the clear bags of shelled nuts should be refrigerated after opening. Peanut butter if not used within a short period of time, should be refrigerated. But allow time for it to soften before use.

If you would like further information on buying, storing or preparing nuts, send for your copy of the new bulletin "nuts In Family Meals, A Guide for Consumers". Home and Garden Bulletin No. 176. Single copies are available free from the Yancey County Extension Service.

## Rough Winter Can Hurt Your Unprotected Landscape

Some predictions suggest that North Carolina is in for a severe winter. Even if you don't believe in weather "signs," there's always a chance that the winter will be a rough one, and you may want to take precautions to protect landscape plants.

Some fairly hardy plants that generally take "normal" winters without any damage are often hurt by unusually cold temperatures. Some of these are rhododendron, boxwood and several other broadleaf evergreens, according to Henry J. Smith, North Carolina State University landscape horticulturist.

The best method of protecting these plants until early next spring is to plant them in a protected location. Newly set plants could be moved to more selected sites without injury. However, more mature plants can't be moved without considerably more risk involved.

## Yancey Health Dept

DECEMBER CLINIC SCHEDULE

Thursday, Dec. 5, Mental Health (Appointment only)	10:00- 3:30
Monday, Dec. 9, Immunization Clinic	8:00-11:30
Tuesday, Dec. 10, Child Health Clinic, Dr. Cort	8:30- 3:30
Thursday, Dec. 12, Family Planning, Dr. Webb	8:00-12:00
Monday, Dec. 16, Immunization Clinic	8:00-11:30
Tuesday, Dec. 17, Maternal Health	8:00-12:00
Thursday, Dec. 19, Maternal Health (Miss Kingham)	4:30- 7:00
Monday, Dec. 30, Immunization Clinic	8:00-11:30

For these, Smith suggests building a simple scaffold on three sides—east, south and west—then cover the frame with burlap. This will give protection in case of severe freezes, ice and heavy snow.

You'll want to protect hybrid tea roses, too. The best way is to make a mound of soil about eight inches deep around the base of the plant. Smith said he has tried straw, hay and similar materials for this purpose, but none has been as satisfactory as soil banked around the plant.

What about mums? Used outside as garden flowers, mums are only semi-hardy, Smith said. The safest thing to do is lift them and put them in a coldframe. Add peat moss, straw or leaves around the base of the plants for further protection.

Here are some other Smith suggestions for protecting tender plants:

Surround plants with glass wool for near-ideal insulation from cold damage. You may have to drive a stake into the ground to help hold the glass wool in place. As Smith puts it, "This provides the entire plant with an overcoat."

Infra-red heat lamps can also be used, although you may want to offset the extra use of electricity by watching less TV or burning fewer lights in the house.

For example, a lamp can be used to protect a camellia that is in full flower bud. It should be positioned outward from the plant so the rays of the lamp completely cover it. Smith said he often attaches a lamp to a step ladder in order to get enough height to cover the plant.

The NCSU specialist warns that only an infra-red bulb should be used. A clear one will break in the sleet.



Newspapers: They Tell it Like it is!



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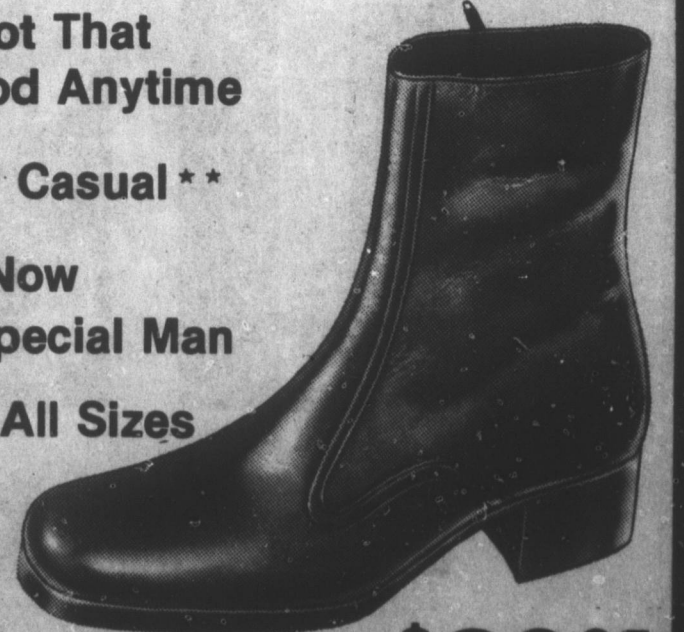
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