

in these two months in the preceding five years of 0.3 per cent. The major impetus to the latest month's increase was provided by food prices, which advanced 2.0 per cent. The level of prices for all items other than food rose 0.4 per cent, mainly because of a 0.8 per cent advance in the housing index. The other components recording increases were tobacco and alcohol (0.4 per cent), health and personal care (0.1 per cent) and recreation and reading (9.1 per cent). On the other hand, clothing prices decreased 0.3 per cent and the transportation index declined 0.1 per cent. From January 1972 to January 1973, the all-items index advanced 5.7 per cent.

#### Food major contributor

The food index rose 2.0 per cent to 150.0 in January from 147.1 in December, thus recording the largest increase since before 1961. In the latest month, restaurant meal prices rose 1.1 per cent, reflecting increases in many cities. The price level of food consumed at home advanced 2.1 per cent, mainly in response to higher prices for beef, pork, eggs, fresh vegetables and milk, although all other major foods also registered increases. In the latest month, the meat, fish and poultry index advanced 3.4 per cent. Beef and pork prices increased 5.8 per cent and 2.7

per cent, respectively, with all cuts contributing to the advance. The poultry index rose 0.8 per cent as higher chicken prices outweighed lower quotations for turkey. Since January 1972, the meat, fish and poultry index advanced over 15 per cent with pork prices increasing, on average, over 28 per cent. During December and January, egg prices rose 7.8 per cent, to stand over 20 per cent above their level of last year in the same period. In the latest month, the vegetable index advanced 5.4 per cent, as higher prices were registered for most fresh, frozen and canned varieties. Fruit prices rose 2.0 per cent, on average, as increases for some fresh, canned and frozen items were partly offset by declines for others. Since January 1972, the vegetable index advanced over 16 per cent and that for fruit, 11 per cent. From December to January, price increases were recorded for most dairy products. Fresh milk rose 3.1 per cent in price following increases in most Ontario cities as well as in St. John's, Calgary and Edmonton. The bakery and cereal products index increased 0.4 per cent as most items priced, including bread, corn flakes and cake mix registered advances. Since January 1972, the food index advanced 10.0 per cent, with the price of food consumed at home increasing 10.3 per cent and that for restaurant meals 7.8 per cent.

#### Personal tastes govern the grocery bill

The weekly grocery bills of some Canadian families can be cut in half simply by buying bargain forms of food, says Agriculture Minister Eugene Whelan.

An examination completed the first week of February showed that weekly grocery bills to feed a family of four in Ottawa varied from \$28.70 to \$69.90.

Home economists in Agriculture Canada's Food Advisory Services Section, having drawn up a balanced, nutritious diet for a week, chose the moderate, intermediate and generous methods of shopping and eating. All three menus included the same basic ingredients — poultry, beef, fruit juices and vegetables — but the type, form, processing and packing of items differed.

For example, the expensive diet included two "take-out" meals — pizza or fried chicken — while the cheaper one featured meals cooked at home.

"We are not suggesting that all Canadian families should eat the moderate menu," said Mr. Whelan. "There may be very valid reasons for a housewife to buy 'convenience' foods, partially-processed items and the more expensive forms of food. The choice is the consumer's."

"What the study does show," he went on, "is the wide latitude that exists for Canadians to eat cheaply or expensively. Even the moderate diet is not the cheapest nutritionally-adequate diet that can be bought."

Savings were made by cutting out expensive forms of meat, frozen prepared foods, out-of-season fresh fruits and vegetables, and bakery goods, and by substituting items such as skim-milk powder for fresh whole milk.

#### Other advances

From January 1972 to January 1973, the housing index advanced 5.3 per cent; the clothing index 3.5 per cent; the transportation index 0.8 per cent; the health-and-personal-care index 3.8 per cent; the recreation-and-reading index 3.7 per cent; the tobacco-and-alcohol index 4.3 per cent; the total commodities index 5.8 per cent and the services component 5.4 per cent.

#### Canadian representative to the Commission on the Status of Women

Secretary of State for External Affairs, Mitchell Sharp, has announced the nomination of Mrs. Rita Cadieux, currently Director of the Social Action



Mrs. Rita Cadieux

Branch of the Secretary of State Department, as the Canadian representative to the Commission on the Status of Women. The Commission, which meets biennially, was established by the Economic and Social Council of the United Nations, and makes recommendations to the Economic and Social Council for the promotion of women's rights to give effect to the principle that women and men should have equal rights. Canada is currently serving its second consecutive term on the Commission, having been re-elected for a four-year term at last year's fifty-second session of the Economic and Social Council.

Mrs. Cadieux succeeds Miss Sylva Gelber, Director, Women's Bureau, Department of Labour, who was Canada's representative to the Commission on the Status of Women during the past three years.