

# A Dozen Ways To Beat Inflation

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## Washington

Here are the 12 recommendations for fighting inflation and saving energy which President Ford proposed last night:

- Bring budgeting back in style. Balance your family budget and expect government officials to do the same.
- Learn how to use credit wisely. Postpone unnecessary borrowing. Wait for interest rates to come down — as they will — and pay down as much as you can, pay off as quickly as you can. The cheapest way to buy anything, of course, is to pay cash; but credit wisely used is essential to our way of living. Take time to learn more about it.
- Save as much as you can — and watch your money grow.
- Conserve energy, save on fuel and take the pressure off scarce supplies. Observe the 55-mile speed limit, use public transit and carpools, walk more.
- To business and labor,

do not raise prices or wages more than costs or services absolutely require.

- To help offset pay increases, insist on productivity improvements where you work, from the boss on down the line. In short, work better, waste less of time and materials.

- Make economizing fashionable. Shop wisely, look for bargains. Go for the lower cost item and brag about the fact you are a bargain hunter.

- Work with others to eliminate outmoded regulations that keep costs of goods and services high, and to enforce regulations that advance efficiency, health and safety.

- Do it yourself. Plant gardens for yourself or within your community. Pool other do-it-yourself skills.

- Assist in recycling programs and re-use of scrap materials.

- Waste less in every way.

- Guard your health.

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