



Remember not too many years ago, when your economy fare included delicious meals for all passengers? These days, when flying as a peasant, you're lucky to get free water and a teeny foil bag containing a peanut or two.

Now, American and Delta Airlines add free quickie meals for economy passengers on some of its long flights between New York and California. Not exactly banquets, they include some packaged sandwiches, salads and chips.

Of course, while you're enjoying the complimentary meal, don't be upset to realize you're actually paying for it. The costs will be included among all the other extra charges tacked on to your economy ticket price.