Table 4. Flux densities for the complete sample, see Table 5 for notes and references

source	ν_{GHz}	S_{Jy}	err.	ref.
$0019-000$	0.325	2.37	.24	4
	0.365	2.87	0.04	31
	0.408	2.99	0.14	8
	0.606	3.44	0.20	9
	0.750	3.34	0.16	9
	1.380	2.88	0.06	1
	1.640	2.59	0.06	1
	4.860	1.10	0.02	1
	22.460	0.175	.018	1
$0108+38$	0.325	0.065	.003	11
	0.608	0.075	.002	10
	1.380	0.427	.01	2
	1.630	0.572	.02	2
	2.3	0.837	0.03	6
	2.695	1.00	0.02	9
	3.9	1.26	0.04	6
	4.816	1.30	0.04	2
	4.866	1.29	0.04	2
	7.7	0.96	0.03	6
	8.434	0.938	0.03	2
	8.484	0.933	0.03	2
	11.2	0.66	0.02	6
	22.460	0.384	0.03	2
$0237-233$	0.365	2.96	0.06	7
	0.408	3.67	0.11	8
	0.468	4.76	0.12	9
	0.635	6.20	0.25	9
	0.960	7.02	0.20	9
	1.380	6.19	0.12	1
	1.640	5.91	0.12	1
	4.860	3.34	0.07	1
	8.870	2.36	0.08	9
	22.460	1.09	0.10	1
$0248+430$	0.302	0.452	0.015	3
	0.333	0.481	0.015	3
	1.335	0.804	0.03	3
	1.665	0.922	0.03	3
	4.535	1.244	0.04	3
	4.985	1.241	0.04	3
	8.085	1.13	0.03	3
	8.465	1.09	0.03	3
	43.0	0.385	0.01	14
$0316+161$	0.318	6.80	0.30	9
	0.365	7.55	0.11	7
	0.408	8.06	0.25	8
	0.468	8.91	0.22	9
	0.635	9.64	0.24	9
	0.750	9.54	0.24	9
	0.96	9.40	0.30	6
	1.380	7.83	0.20	2
	1.630	7.24	0.20	2
	2.3	5.34	0.20	6
	3.9	3.61	0.03	6
	4.815	2.96	0.10	2
	4.865	2.91	0.10	2
	7.7	1.79	0.08	6
	8.435	1.70	0.07	2
	8.485	1.69	0.07	2
	11.2	1.16	0.03	6
	22.460	0.570	0.030	2

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$0428+205$	0.325	2.63	0.08	4
	0.408	2.92	0.15	5
	0.635	3.96	0.27	9
	0.968	4.07	0.13	9
	1.380	3.70	0.10	2
	1.630	3.62	0.10	2
	4.815	2.32	0.07	2
	4.865	2.30	0.07	2
	8.435	1.71	0.05	2
	8.485	1.71	0.05	2
	22.460	0.96	0.05	2
$0457+024$	0.333	0.16	0.02	3
	0.408	0.33	0.01	5
	0.96	1.40	0.06	6
	1.335	1.74	0.06	3
	1.665	1.84	0.06	3
	2.3	1.97	0.06	6
	4.535	1.65	0.05	3
	4.985	1.57	0.05	3
	8.085	1.19	0.04	3
	8.465	1.15	0.04	3
$0500+019$	0.325	0.471	.025	4
	0.365	0.628	0.029	7
	0.606	1.31	0.09	9
	0.96	1.81	0.10	6
	1.380	2.23	0.07	1
	1.640	2.31	0.07	1
	2.3	2.26	0.08	6
	3.9	2.15	0.03	6
	4.860	1.89	0.06	1
	8.870	1.35	0.05	9
	11.2	1.23	0.03	6
	43.0	0.33	.02	14
$0710+439$	0.325	0.56	0.03	4
	0.365	0.655	0.019	7
	0.408	0.75	0.04	15
	0.608	1.27	0.06	4
	1.380	1.94	0.06	2
	1.630	1.95	0.06	2
	4.816	1.68	0.05	2
	4.866	1.67	0.05	2
	8.434	1.28	0.04	2
	8.484	1.28	0.04	2
	22.460	0.66	0.03	2
$0738+313$	0.302	0.64	0.04	3
	0.333	0.73	0.04	3
	0.608	1.15	0.04	4
	1.335	1.93	0.06	3
	1.665	2.30	0.08	3
	4.535	3.67	0.12	3
	4.985	3.66	0.12	3
	8.085	3.45	0.11	3
	8.465	3.41	0.11	3
	43.	0.943	0.03	14

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$0742+103$	0.302	1.23	0.06	3
	0.333	1.32	0.06	3
	1.335	3.31	0.10	3
	1.665	3.69	0.10	3
	2.695	3.92	0.20	9
	4.535	3.61	0.10	3
	4.985	3.46	0.10	3
	8.085	2.76	0.08	3
	8.465	2.69	0.08	3
	20.0	1.44	0.15	19
	37.0	1.00	0.09	16
$0743-006$	0.302	0.31	0.02	3
	0.333	0.38	0.02	3
	1.335	0.70	0.02	3
	1.665	0.81	0.02	3
	2.700	1.40	0.08	9
	4.535	1.99	0.06	3
	4.985	2.05	0.04	3
	8.085	1.97	0.06	3
	8.465	1.93	0.06	3
	20.0	0.99	0.10	19
$0941-080$	0.302	3.23	0.10	3
	0.333	3.33	0.10	3
	0.96	3.16	0.10	6
	1.335	2.71	0.09	3
	1.665	2.43	0.08	3
	2.3	1.90	0.06	6
	3.9	1.41	0.05	6
	4.535	1.20	0.04	3
	4.985	1.10	0.04	3
	7.7	0.738	0.02	6
	8.085	0.691	0.023	3
	8.465	0.657	0.022	3
	11.2	0.550	0.02	6
$1031+567$	0.151	0.78	0.04	27
	0.325	1.36	0.07	4
	0.408	1.50	0.07	5
	0.608	1.59	0.08	4
	1.380	1.78	0.05	2
	1.630	1.78	0.05	2
	4.816	1.28	0.04	2
	4.866	1.27	0.04	2
	8.434	0.82	0.02	2
	8.484	0.81	0.02	2
$1117+146$	0.302	3.58	0.20	3
	0.333	3.73	0.20	3
	0.365	3.82	0.08	7
	0.96	2.96	0.11	6
	1.335	2.46	0.08	3
	1.665	2.21	0.07	3
	2.3	1.67	0.06	6
	3.9	1.24	0.04	6
	4.535	1.02	0.03	3
	4.985	1.00	0.03	3
	7.7	0.70	0.02	6
	8.085	0.642	0.023	3
	8.465	0.613	0.022	3
	11.2	0.51	0.02	6

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$1127-145$	0.302	4.17	0.20	3
	0.333	4.51	0.20	3
	1.335	5.57	0.18	3
	1.665	5.44	0.17	3
	4.535	4.01	0.13	3
	4.985	3.82	0.13	3
	8.085	3.10	0.10	3
	8.465	3.03	0.10	3
	14.940	2.09	0.30	7
	20.0	1.77	0.18	19
$1143-245$	0.302	0.175	0.01	3
	0.333	0.224	0.01	3
	1.335	1.518	0.08	3
	1.665	1.654	0.08	3
	4.535	1.47	0.07	3
	4.985	1.40	0.07	3
	8.085	1.03	0.05	3
	8.465	0.99	0.05	3
$1245-197$	0.302	7.80	0.40	3
	0.325	7.86	0.30	4
	0.333	8.22	0.40	3
	0.365	8.89	0.11	7
	0.408	8.61	0.16	8
	1.335	5.21	0.15	3
	1.665	4.63	0.15	3
	4.535	2.48	0.08	3
	4.985	2.31	0.07	3
	8.085	1.51	0.05	3
	8.465	1.45	0.05	3
$1323+321$	0.151	3.78	0.10	26
	0.318	6.32	0.18	18
	0.408	7.02	0.35	5
	0.608	6.47	0.30	4
	1.380	4.88	0.15	2
	1.630	4.45	0.15	2
	4.816	2.35	0.08	2
	4.866	2.35	0.08	2
	8.435	1.63	0.05	2
	8.485	1.63	0.05	2
$1345+125$	0.178	4.60	0.46	17
	0.302	7.86	0.30	3
	0.333	8.39	0.30	3
	0.365	8.31	0.17	7
	0.408	8.78	0.27	8
	1.335	5.33	0.15	3
	1.665	4.84	0.15	3
	4.535	3.18	0.10	3
	4.985	3.03	0.10	3
	8.085	2.28	0.07	3
	8.465	2.21	0.07	3
	20.0	1.13	0.11	19

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$1358+624$	0.151	1.71	0.04	27
	0.302	4.79	0.15	3
	0.333	5.24	0.17	3
	0.365	5.56	0.07	7
	0.608	5.90	0.20	4
	1.335	4.49	0.15	3
	1.665	3.88	0.13	3
	4.535	1.94	0.07	3
	4.985	1.80	0.06	3
	8.085	1.25	0.04	3
	8.465	1.20	0.04	3
$1404+286$	0.327	0.177	0.005	12
	0.365	0.179	0.032	7
	0.610	0.245	.020	11
	1.380	0.79	0.03	2
	1.630	1.02	0.03	2
	2.300	1.65	0.05	6
	2.695	2.00	0.06	23
	3.900	2.52	0.07	6
	4.816	2.64	0.08	2
	4.866	2.66	0.08	2
	8.434	1.95	0.06	2
	8.484	1.94	0.06	2
	11.200	1.48	0.05	6
	22.460	0.490	0.025	2
$1442+101$	0.302	1.61	0.05	3
	0.333	1.82	0.06	3
	0.608	2.24	0.10	4
	0.96	2.53	0.09	6
	1.335	2.50	0.08	3
	1.665	2.35	0.08	3
	2.3	1.83	0.07	6
	3.9	1.34	0.04	6
	4.535	1.30	0.04	3
	4.985	1.19	0.04	3
	7.7	0.70	0.02	6
	8.085	0.76	0.03	3
	8.465	0.72	0.03	3
	11.2	0.462	0.02	6
$1518+047$	0.178	2.20	0.44	17
	0.365	3.404	0.139	7
	0.608	4.05	0.20	4
	0.96	4.72	0.24	31
	1.380	3.98	0.12	2
	1.640	3.53	0.11	2
	3.9	1.46	0.05	31
	4.815	1.06	0.03	2
	4.865	1.05	0.03	2
	8.435	0.478	0.015	2
	8.485	0.480	0.015	2
	11.1	0.305	0.03	31
$1600+335$	0.151	2.17	0.10	26
	0.302	2.46	0.12	3
	0.333	2.45	0.12	3
	0.365	2.47	0.03	7
	1.335	3.05	0.10	3
	1.665	3.11	0.10	3
	4.535	2.75	0.09	3
	4.985	2.67	0.09	3
	8.085	2.22	0.07	3
	8.465	2.17	0.07	3
	20.0	1.02	0.10	19

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$1607+268$	0.318	2.02	0.08	18
	0.365	2.53	0.07	7
	0.408	2.95	0.15	5
	0.635	4.51	0.28	9
	0.750	5.16	0.18	9
	1.380	4.86	0.15	2
	1.630	4.42	0.14	2
	4.816	1.72	0.05	2
	4.866	1.71	0.05	2
	8.434	0.96	0.03	2
	8.484	0.96	0.03	2
	22.460	0.293	0.015	2
$2008-068$	0.325	1.05	0.20	4
	0.365	1.35	0.04	7
	0.608	1.95	0.20	4
	1.380	2.62	0.08	2
	1.630	2.48	0.08	2
	4.816	1.34	0.04	2
	4.866	1.34	0.04	2
	8.434	0.84	0.05	2
	8.484	0.78	0.07	2
	22.460	0.37	0.02	2
$2126-158$	0.333	0.097	0.010	3
	1.335	0.559	0.018	3
	1.665	0.680	0.022	3
	4.535	1.18	0.04	3
	4.985	1.17	0.04	3
	8.085	1.03	0.03	3
	8.465	1.01	0.03	3
	90.000	0.31	0.03	13
$2128+048$	0.302	3.01	0.15	3
	0.333	3.56	0.15	3
	0.365	3.67	0.05	7
	0.408	4.11	0.12	8
	0.635	5.10	0.23	9
	0.95	4.95	0.25	6
	1.335	4.08	0.13	3
	1.665	3.73	0.12	3
	2.650	3.16	0.02	9
	3.9	2.50	0.12	6
	4.535	2.16	0.07	3
	4.985	2.02	0.07	3
	8.085	1.37	0.04	3
	8.465	1.31	0.04	3
	14.940	0.82	0.12	7
	31.400	0.43	0.11	9

Table 4. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$2134+004$	0.302	0.60	0.03	3
	0.333	0.66	0.03	3
	1.335	3.25	0.11	3
	1.665	4.62	0.15	3
	4.535	8.61	0.30	3
	4.985	8.50	0.30	3
	8.085	7.40	0.25	3
	8.465	7.25	0.20	3
	20.0	4.99	0.50	19
	43.0	2.92	0.12	14
	87.0	1.74	0.32	20
$2210+016$	0.302	4.23	0.20	3
	0.333	4.53	0.20	3
	0.365	4.54	0.06	7
	0.408	4.65	0.21	8
	0.96	3.17	0.16	6
	1.335	2.84	0.10	3
	1.665	2.45	0.08	3
	2.3	1.77	0.05	6
	3.9	1.26	0.04	6
	4.535	1.15	0.04	3
	4.985	1.05	0.03	3
	7.7	0.66	0.03	6
	8.085	0.65	0.02	3
	8.465	0.62	0.02	3
	11.2	0.45	0.02	6
$2342+821$	0.151	3.64	0.10	25
	0.302	5.77	0.30	3
	0.325	5.90	0.30	4
	0.333	5.91	0.30	3
	0.609	5.70	0.30	4
	1.335	3.90	0.13	3
	1.665	3.28	0.11	3
	4.535	1.41	0.05	3
	4.985	1.28	0.04	3
$2352+495$	0.151	1.45	0.15	30
	0.325	2.50	0.12	4
	0.408	2.61	0.22	14
	0.608	2.82	0.06	10
	0.966	2.66	0.27	9
	1.380	2.59	0.08	2
	1.630	2.43	0.07	2
	4.816	1.48	0.05	2
	4.866	1.47	0.05	2
	8.434	1.07	0.03	2
	8.484	1.06	0.03	2
	22.460	0.683	0.035	2

Table 5. Flux densities for the additional objects.References to the flux density measures for tables 4 and 5: 1)VLA first session 2)VLA second session; 3)VLA third session; 4)WSRT; 5)Northern Cross; 6)Ratan 600; 7)Douglas et al. 1996; 8)Large et al. 1981; 9) Kühr et al. (1981); 10) Baum et al 1990; 11) de Bruyn private comunication; 12) de Bruyn, 1990; 13) Steppe et al. 1988; 14) Chandler 1995; 15) Ficarra et al. 1985; 16) Esko private communication ; 17) Gower et al. 1967, Pilkington et al. 1965; 18) Dennison et al. 1981; 19) Edelson 1987; 20) Teräsranta et al 1992; 23) Fiedler et al. 1987; 24) Steppe et al. 1992; 25) Baldwin et al. 1985; 26) Hales et al. 1988; 27) Hales et al. 1990; 28) Hales et al. 1991; 29) Hales et al. 1993a; 30) Hales et al. 1993b; 31) Khabrakhmanov private communication. **notes:** the errors are taken as 3% if they were found in literature to be less then 3%. 0108+388: the flux density at 608 MHz and higher frequencies refers to the core only, while the flux density measure at 325 MHz likely includes the extended structure found close to the main compact component (Baum et al. 1990). 0552+398, the flux density at 37 GHz is the average of the data taken in 1990 (Teräsranta et al. 1992), and the error is the r.m.s of the distribution. The flux density at 90GHz is the average of the data taken in 1990 (Steppe et al. 1992), and the error is the r.m.s of the distribution. 2134+004 The flux density at 87 GHz is the average of the data taken between 1985 and 1988 (Teräsranta et al. 1992), the error is the r.m.s of the distribution.

source	ν_{GHz}	S_{Jy}	err.	ref.
$0026+346$	0.365	1.36	0.05	7
	0.408	1.88	0.18	9
	1.380	1.91	0.06	2
	1.630	1.87	0.06	2
	4.815	1.32	0.04	2
	4.865	1.31	0.04	2
	8.435	1.05	0.03	2
	8.485	1.04	0.03	2
	22.460	0.745	0.04	2
$0201+113$	0.323	0.350	0.01	21
	1.380	0.852	0.03	2
	1.630	0.891	0.03	2
	4.815	0.844	0.03	2
	4.865	0.837	0.03	2
	8.435	0.803	0.02	2
	8.485	0.801	0.02	2
	43.0	0.565	0.02	32

Table 5. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$0404+768$	0.151	7.12	0.30	28
	0.302	8.50	0.40	3
	0.333	8.12	0.40	3
	0.608	7.22	0.40	4
	1.335	5.71	0.17	3
	1.665	5.13	0.16	3
	4.535	3.08	0.10	3
	4.985	2.91	0.10	3
	15.0	1.60	0.08	23
$0440-003$	0.302	1.20	.06	3
	0.333	1.23	.06	3
	1.325	1.15	.03	3
	1.665	1.19	.03	3
	4.535	1.13	.03	3
	4.985	1.13	.03	3
	8.085	1.08	.03	3
	8.465	1.07	.03	3
$0528+134$	0.325	1.13	0.05	4
	1.335	2.08	0.06	3
	1.665	2.09	0.06	3
	4.535	1.97	0.06	3
	4.985	1.96	0.06	3
	8.085	1.84	0.05	3
	8.465	1.82	0.05	3
$0552+398$	1.380	1.47	0.05	2
	1.630	1.91	0.06	2
	4.815	6.27	0.20	2
	4.865	6.31	0.20	2
	8.435	7.47	0.20	2
	8.485	7.44	0.20	2
	22.460	7.01	0.35	2
	37.0	5.06	0.20	20
	43.0	4.57	0.18	14
	90.0	2.88	0.45	24
$0703+468$	0.151	0.41	0.02 30	
	0.365	1.77	0.02	7
	0.408	1.90	0.04	15
	1.380	1.57	0.05	2
	1.630	1.40	0.05	2
	4.815	0.646	0.02	2
	4.865	0.640	0.02	2
	8.435	0.370	0.01	2
	8.485	0.377	0.01	2
	22.460	0.138	0.01	2
$0711+356$	0.151	0.42	0.04	30
	0.325	0.61	0.02	4
	0.608	1.10	0.04	4
	1.380	1.35	0.05	2
	1.630	1.43	0.05	2
	4.815	0.87	0.03	2
	4.865	0.86	0.03	2
	8.435	0.64	0.02	2
	8.485	0.64	0.02	2
	22.460	0.290	0.015	2

Table 5. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$0904+039$	0.365 0.958	0.033		7
	0.408	1.00	0.06	8
	1.380	0.77	0.03	2
	1.630	0.68	0.02	2
	4.815	0.220	0.007	2
	4.865	0.216	0.007	2
	8.435	0.109	0.003	2
	8.485	0.108	0.003	2
$0914+114$	0.365	2.28	0.06	7
	0.408	2.31	0.11	8
	1.380	0.76	0.02	2
	1.630	0.61	0.02	2
	4.815	0.121	0.004	2
	4.865	0.120	0.004	2
	8.435	0.050	0.002	2
	8.485	0.049	0.002	2
$1543+005$	0.365	2.28	0.09	7
	1.380	2.03	0.06	2
	1.630	1.90	0.06	2
	4.815	1.24	0.04	2
	4.865	1.23	0.04	2
	8.435	0.95	0.03	2
	8.485	0.95	0.03	2
	22.460	0.59	0.03	2
$1732+094$	0.365	0.246	0.033	7
	1.380	1.11	0.04	2
	1.630	1.22	0.04	2
	4.815	0.74	0.03	2
	4.865	0.74	0.03	2
	8.435	0.490	0.015	2
	8.485	0.490	0.015	2
	22.460	0.165	0.010	2
$2015+657$	0.151	0.70	0.07	29
	0.365	0.88	0.06	7
	1.380	0.65	0.02	2
	1.630	0.67	0.02	2
	4.815	0.67	0.02	2
	4.865	0.67	0.02	2
	8.435	0.59	0.02	2
	8.485	0.59	0.02	2
$2021+614$	1.380	2.11	0.06	2
	1.640	2.17	0.06	2
	4.815	2.82	0.08	2
	4.865	2.82	0.08	2
	8.435	3.22	0.10	2
	8.485	3.21	0.10	2
	43.0	1.24	0.19	14

Table 5. continued

source	ν_{GHz}	S_{Jy}	err.	ref.
$2050+364$	0.365	3.05	0.03	31
	1.380	5.18	0.20	2
	1.630	5.43	0.20	2
	4.815	3.30	0.10	2
	4.865	3.28	0.10	2
	8.435	2.06	0.06	2
	8.485	2.04	0.06	2
$2137+209$	0.365	1.90	0.03	7
	1.380	1.32	0.04	2
	1.630	1.21	0.04	2
	4.815	0.59	0.02	2
	4.865	0.59	0.02	2
	8.435	0.38	0.01	2
	8.485	0.38	0.01	2
	22.460	0.160	0.010	2
$2149+056$	0.333	0.091	0.01	3
	1.335	0.730	0.02	3
	1.665	0.836	0.03	3
	4.535	0.87	0.030	3
	4.985	0.84	0.027	3
	8.085	0.614	0.020	3
	8.465	0.593	0.020	3
$2223+210$	0.302	3.52	0.20	3
	0.333	3.63	0.20	3
	1.335	1.67	0.05	3
	1.665	1.41	0.05	3
	4.535	1.03	0.03	3
	4.985	1.07	0.03	3
$2230+114$	0.302	7.34	0.20	3
	0.333	7.86	0.20	3
	0.365	8.22	0.09	7
	1.335	6.44	0.20	3
	1.665	6.10	0.18	3
	4.535	4.29	0.12	3
	4.985	4.12	0.12	3
	8.085	3.40	0.10	3
	8.465	3.36	0.10	3
$2337+264$	1.380	1.05	0.03	2
	1.630	1.08	0.03	2
	4.815	0.995	0.03	2
	4.865	0.996	0.03	2
	8.435	0.776	0.03	2
	8.485	0.760	0.03	2
	22.460	0.423	.02	2