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THE DIETARY COMPUTER.

EXPLANATORY PAMPHLET

THE PAMPHLET CONTAINING
TABLES OF FOOD COMPOSITION,
LISTS OF PRICES, WEIGHTS, AND MEASURES,
SELECTED RECIPES FOR THE SLIPS,
DIRECTIONS FOR USING THE SAME.

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11983

FIRST EDITION.

FIRST THOUSAND.

NEW YORK:
JOHN WILEY & SONS.
LONDON: CHAPMAN & HALL, LIMITED.

1902.
11983
722x. 1903



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THE DIETARY COMPUTER.

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THE aim of this little pamphlet is to familiarize settlement workers and progressive housewives with a few fundamental principles used in making out bills of fare according to food values. Not that the cook's art is not also essential, but that it is another matter. It can make savory these valuable food materials, but it cannot make one pound of potato worth as much for nutrition as one pound of rice, or one pound of sugar or of fat to yield the nitrogen which is found in meats and legumes.

To do this estimating there is needed, 1st, a list of the common food substances used, giving the grams and calories in each pound as bought; 2d, the composition by weight of the dishes made from these food materials, which makes possible, 3d, the food value of each dish. For the cost of the bill of fare is needed, 4th, the prices per pound as purchased, and, 5th, the amounts to be served a definite number of persons (*a*) when it is the chief dish, (*b*) when it is one of several.

To boil down two or three hundred cook-books into twenty pages is doubtless to destroy the peculiar lightness and delicacy of aroma and to replace it by a dark thick mass which at first sight may have little attractiveness.

And yet many gallons of light-colored foamy cider are boiled down to make one of the dark thick syrup which the old New England housewife used to such good advantage during the long cold winter in flavoring the otherwise monotonous diet.

It was material at hand, and it served her purpose in the days when one small case held her spices and flavorings.

This little pamphlet is just a makeshift like boiled cider, concentrated essence of something more delicate, to be used with judgment and discretion as a wire fence to guide the learner to better sources.

The final object of food is nutrition, and it will do no harm to call attention to the food value of some of the common dishes as found on our tables without obscuring this value by the fancy garnishings or many handlings so common in the modern recipes.

This is no new cook-book, it is only a bald statement of a few facts to help those who really wish to learn. The dishes are therefore arranged in order of food values, and the combinations are made so as to approximate the standard ration. That the same food value is obtained at varying cost is evident, and it should be a simple matter to choose that set of combinations which will suit the purse.

That these combinations might be almost infinitely extended goes without saying. With the aid of any cook-book which gives quantities the dishes in each section may be increased tenfold or one hundred fold. The great difficulty is to find a recipe to quote. A cupful as used in one book means three and one-half ounces, in another four ounces. A tablespoonful of butter in the majority of cook-books consulted means one ounce, in the cooking-school recipes of modern date it means one-half an ounce. In some books three teaspoonfuls equal one tablespoonful, in others four. In many books we do not know what the measures stand for, hence these recipes have that delightful indefiniteness which is supposed to be characteristic of good cookery.

The list of food values in a pound of the different substances on pages 44 to 49 is taken from Bulletin No. 28, revised edition, Office of Experiment Stations, Department of Agriculture, 1899. These figures are in most cases the result of several analyses of products found in American markets, and while no

one claims that they represent the exact food value of the housewife's purchase, they are approximate and may serve as guide-posts to point out her road to a better understanding of the various foods which she furnishes to her family.

The recipes are not warranted to succeed the first time trying, but at least, if variations are necessary, the cook will know whether she is increasing or decreasing the food value, which is the chief thing. Having once had her measuring dishes and spoons standardized, she can keep them for such uses without weighing each time. Any apothecary can give the weight measured by a given cup or spoon, and the dealers in kitchen utensils will provide standard measures just as soon as they are called for. Those at present in the market, even the tin measuring-cups, are not often made with sufficient care.

It was at first intended to give credit to each cook-book for the recipes quoted, but the necessity of assuming weights, where none were given, in some part of nearly every recipe, deterred the author from incurring the just wrath of the cooks.

The success of a dish depends upon three things: 1st. The tastes and habits of the persons before whom it is set; in other words, flavor, consistency, and seasoning must be adapted to the whims of the eaters. 2d. The care and cleanliness with which the ingredients are prepared and the judgment with which they are put together and cooked. 3d. The attractiveness with which the cooked food is served; this includes temperature, quantity, color, form, and arrangement.

"Home cooking" means the peculiar combinations which suit the particular group catered for.

"Proteid" means that which furnishes new material to take the place of that used up in the wear and tear of the active parts of the organism, as well as that which is essential to the building of new tissue. Hence the growing child needs more in proportion to its body weight than an adult. "Fat" and "carbohydrate" (starch, sugar, etc.) contain no nitrogen and therefore cannot take the place of proteid, but

they may to a certain extent replace each other, especially in adult life.

DIETARY ESTIMATES, BASED ON FOOD AS PURCHASED.

Per Day.	Proteid.	Fat.	Carbo- hydrates.	Calories.
	Grams.	Grams.	Grams.	
Man at hard labor.....	150	150	500	4060
Man at light labor.....	125	125	400	3310
Woman at light labor.....	100	100	320	2650
Child of nine years.....	78	45	280	1890

Americans take far more fat in proportion to carbohydrate than any other nation. They are more active. Whether their activity follows from the use of fat is not known, only suspected. Grease-traps must be made to yield their secrets before this can be determined.

Calorie is a unit measure of heat used to denote the energy-giving power of food.

Table II is a list of the total food values and estimated cost of the recipes given in Table V, arranged in order of food value.

Table III gives the same list arranged in order of cost per 1,000 calories.

Table IV gives the same list arranged in order of cost per 100 grams of nitrogenous substance.

In order to plan a dietary of a given composition at a given cost it is necessary to know :

1st. The approximate composition of the food-materials to be used (Table VII). These data vary as our knowledge increases, and can never be more than approximations within somewhat wide limits.

2d. The amount of food materials entering into the composition of each dish. Table V (Recipes). *Only in case this is known* can the food values be computed for Table II. In order to know this it is necessary to have :

3d. Definitions and equivalents of weights and measures.

Those used in this compilation are given in Table VI. At present pounds and ounces are kept ; it is hoped that in a few years all recipes may be given in grams.

4th. The cost per pound is to be filled in, in the blank columns of Table VII, by the user.

It is not always necessary or wise to so plan the food that on each day of the week an exact proportion of the various constituents be maintained, but each week's total should be nearly the theoretical amount. It must be understood, however, that as yet we know too little of the effect on digestibility, of cooking, and of the combination of two or more foods in one dish, or at one meal, to permit of very close calculation.

Individual bodily condition also affects food utilization to an unknown extent, so that no one can rely on mathematical calculations of food quantities without at the same time taking careful record of bodily weight and efficiency.

Various other facts are needed before reliable estimates can be made ; such as wastes in preparation, losses in cooking, in serving, and in the portions taken away with the plates.

In an appendix will be found a table of interchangeable weights and measures.

TABLE I.
CONSTANTS.

Name of Dish.	No. of Recipe.	Cost, Cents.	Proteid.	Fat.	Carbo- hydrate	Calories
			Grams.	Grams.	Grams.	
Coffee, milk, and sugar.....	<i>a</i>	3.9	6	7	65	353
“ cream, and sugar....	<i>b</i>	7.7	2	11	60	360
Tea, cream, and sugar.....	<i>c</i>	6.7	2	6	59	317
Cereal, milk, and sugar.....	<i>d</i>	7.4	26	16	196	1060
Cereal and cream.....	<i>e</i>	16	24	53	131	1130
Bread and butter, No. 1....	<i>f</i>	2.5	10	25	60	522
“ “ “ No. 2....	<i>g</i>	7.5	32	75	179	1566
Day's supply of bread and butter, milk and sugar....	<i>h</i>	21	79	144	721	4620
Oranges, 6 large, 3 lbs.....	<i>i</i>	10	8	1	115	510
Bananas, 2 lbs.....	<i>j</i>	5	7	3	129	600
Strawberries, 1½ lbs.; sugar, 4 oz.....	<i>k</i>	30.7	6	4	161	726
Prunes (dry, 6 oz.); sugar, 2 oz.....	<i>l</i>	4.8	3	158	662
Dried apple, ¼ lb.; sugar, 4 oz.	<i>m</i>	4.2	2	4	161	702
Fresh apples, 2 lbs.; sugar, 7 oz.....	<i>n</i>	8.4	4	3	315	1339
Peanuts, 1 lb., shelled.....	<i>o</i>	6	113	172	108	2560

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TABLE I: CONSTANTS.

CONSTANTS.

Name of Dish.		Ounces.	Cost.	Proteid.	Fat.	Carbo- hydrate	Calories
				Grams.	Grams.	Grams.	
Coffee	} a {	1	2				
Milk		6	1.2	5.6	6.8	8.5	121
Sugar		2	.7	56.7	232
			3.9	5.6	6.8	65.2	353
Coffee	} b {	1	2				
Cream		3	5	2.6	11	3	128
Sugar		2	.7	56.7	232
			7.7	2.6	11	59.7	360
Tea	} c {	0.5	2				
Cream		2	4	1.6	6.6	2	85
Sugar		2	.7	56.7	232
			6.7	1.6	6.6	58.7	317
Cereal	} d {	6	5	19	7.5	127.5	668
Milk		8	1.7	7.5	9	11.3	161
Sugar		2	.7	56.7	232
			7.4	26.5	16.5	195.5	1061
Cereal	} e {	6	5	19	7.5	127.5	668
Cream (thick).....		6	11	4.5	45.7	4.5	462
			16	23.5	53.2	132	1130
Bread } No. 1.....	} f {	4	1	10.8	1.3	59.7	301
Butter }		1	1.5	23.7	221
			2.5	34.3	25	59.7	522
Bread } No. 2.....	} g {	12	3	32.4	4	179	903
Butter }		3	4.5	71.1	663
			7.5	32.4	75.1	179	1566
Day's supply of bread, butter, milk, and sugar :	} h {						
Bread		1 lb. 8 oz.	6	64	8	358	1806
Butter		5 oz.	7.5	118.5	1185
Milk		1 lb.	3.5	15	18	22.7	323
Sugar		12 oz.	4	340.2	1392
			21	79	144.5	720.9	4626

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TABLE II.

DISHES CONTAINING MEAT—IN ORDER OF FOOD VALUE
EXPRESSED IN CALORIES.

Name of Dish.	No. of Recipe.	Cost, Cents.	Proteid.	Fat.	Carbo- hydrate	Calories
			Grams.	Grams.	Grams.	
Scrapple (Philadelphia).....	1	15	100	554	340	6925
Irish stew and dumplings ...	2	34.5	190	427	510	6805
Veal croquettes.....	3	47.5	360	353.6	346	6164
Salt pork in butter.....	4	16	171	620	35	5975
Baked beans and brown bread	5	19.8	152	191	803	5675
Beefsteak pot-pie, suet crust.	6	40	237	260	561	5354
Lamb chops, baked potatoes, bread and butter.....	7	69	190	372	258	5284
"Boiled dinner".....	8	48	272	280	366	5187
Bonnar stew, baking-powder biscuit.....	9	47.8	275	141	664	5160
Roast heart, stuffed with veg- etables.....	11	28.5	279	272	310	4900
Beefsteak, top of sirloin, 2 lbs.	12	56	121	384	4060
Meat and bean stew.....	13	55	314	180	234	3955
Mutton roast, 3 lbs.....	14	42	162	350	3920
Rump steak, stuffed and rolled	15	52	273	126	311	3915
Brown curry stew, with rice..	16	49	281	175	222	3715
Beef, rib roast, 3 lbs.....	17	75	189	288	3465
Beefsteak, baked potatoes, bread and butter.....	18	61.5	210	166	223	3407
Veal, stuffed and roasted....	19	41	276	196	127	3262
Shepherd's pie, potato crust..	20	38.4	283	162	114	3146
Braised beef, No. 1.....	21	56.1	263	202	26	3097
Beef-shank stew.....	25	28.4	323	102	244	2770
Marrow dumplings for soups.	26	12.5	41	232	90	2727
Liver, 2 lbs.; bacon, 8 oz....	27	15.0	218	186	2690
Mock duck.....	28	43.0	175	154	63	2425
Corned-beef hash.....	29	14.5	81	161	133	2375
Corned beef and cream on toast.....	30	19.5	89	158	121	2343
"Tenderloin cutlet".....	31	26.0	171	168	2264
	32					
Pork chops.....	33	20.0	95	188	19	2217
Turkish pilau.....	34	27.0	208	57	196	2187
Fricassee of veal.....	35	27.0	182	122	44	2071
Tripe fried in butter.....	36	18.0	119	134	66	2013
Beef roll.....	37	22.0	123	135	48	1966
Stewed kidneys on toast....	38	17.0	169	93	140	1923
Stewed sheep's hearts.....	39	15.0	151	114	20	1877
Broiled chicken, 4 lbs.....	40	104.0	268	67	1742
Creamed dried beef.....	41	13	94	97	27	1404
Ham omelet.....	42	21	87	75	4	1182

TABLE II: FOOD VALUES EXPRESSED IN CALORIES.

FISH DISHES AND SOUPS.

Name of Dish.	No. of Recipe.	Cost, Cents.	Proteid.	Fat.	Carbo-hydrate	Calories
			Grams.	Grams.	Grams.	
Clam chowder.....	50	23.6	67	177	187	2707
Fish chowder.....	51	29.8	166	87	215	2359
Split-pea soup.....	52	6.6	62	91	165	1786
Potato soup.....	53	14.5	26	32	171	1729
Boiled salmon, with peas, egg sauce.....	54	40.6	94	119	52	1724
Smoked herring on toast....	55	14	114	54	119	1480
Cream of green-pea soup....	56	23.7	47	71	109	1323
Tomato soup.....	57	11	25	88	79	1103
Consommé.....	58	15.5	28	1	3	136

CHEESE DISHES AND EGG DISHES.

Baked rice and cheese.....	60	13	79	87	242	2129
English monkey on toast....	61	13.1	79	67	269	2059
Baked macaroni and cheese..	62	16	66	101	176	1850
Cheese pudding.....	63	13	80	93	127	1636
Dropped egg on toast.....	64	17.5	67	83	127	1567
Baked custard.....	65	15.5	59	57	126	1304
Swiss sandwiches.....	66	9.2	33	52	127	1011
Baked crackers and cheese..	67	6.5	31	56	87	1009
Cheese omelette.....	68	12	69	71	11	999

BREADS AND MISCELLANEOUS DISHES.

Rice griddle-cakes, with molasses.....	70	10.6	87	52	528	2994
Corn bread.....	71	10.7	80	64	468	2850
Brown bread.....	72	11.2	83	24	515	2685
Baking-powder biscuit.....	73	9.8	75	55	442	2638
Old New England corn bread	74	4.4	37	119	314	2535
White bread, 2 lbs., home-made.....	75	5	86	11	478	2400
Molasses cookies, $\frac{1}{2}$ recipe..	76	7.3	41	55	347	2092
Corn mush, with maple syrup	77	6.2	25	63	294	1893
Doughnuts, $\frac{1}{2}$ recipe.....	78	4.3	35	32	321	1760
Maryland biscuit.....	79	4	36	74	222	1710
Cracker toast.....	80	7	37	53	209	1485
Graham muffins.....	81	4.3	45	17	264	1471
Pie-crust for one pie.....	82	3.6	13	114	84	1666
Rice croquettes.....	83	11.7	42	52	192	1352
Potato chips, $\frac{1}{2}$ lb.....	84	2.5	17	80	115	1290
Mayonnaise for salads.....	85	13	9	129	3	1250
Potato cakes.....	86	7	36	16	125	1217
Lima beans, fresh, 2 lbs....	87	10	64	6	200	1140
Candied sweet potatoes.....	88	6	8	50	160	1132
Bread dice, $\frac{1}{2}$ lb., fried; 2 oz. fat.....	89	3.5	22	59	120	1130

BREADS AND MISCELLANEOUS DISHES.

Name of Dish.	No. of Recipe.	Cost, Cents.	Proteid.	Fat.	Carbo-hydrate	Calories
			Grams.	Grams.	Grams.	
French dressing for salads; 4. oz. oil.....	90	8	113	1050
Escalloped tomatoes.....	91	8.2	22	30	108	776
Fresh green peas, 3 lbs.....	92	12	30	4	109	765
Mashed potato.....	93	5	16	29	107	749
Lyonnaise potatoes.....	94	2.2	8	29	70	595
Potato salad.....	95	5	13	19	82	563
Beets, 2 lbs.....	96	4	12	9	70	340
Cabbage, 2 lbs.....	97	3	16	2	44	250

PUDDINGS AND DESSERTS.

Date pudding.....	100	12	62	165	810	5109
Blueberry pudding, with hard sauce.....	101	20	38	152	780	4759
Suet pudding, with clear sauce	102	9.6	63	187	651	4750
Fig pudding, with vinegar sauce.....	103	20.7	49	107	433	3935
Mince pie, 9-inch, home-made	104	17	55	182	479	3882
Short-cake, filled.....	105	22	82	95	574	3595
Plum pudding, No. 1.....	106	11	82	18	728	3488
Jam rolls.....	107	13.7	87	17	697	3357
Brown-betty, hard sauce....	108	21.4	49	150	662	3285
Bread-and-butter.....	109	14	77	56	499	3198
Apple pie, 9-inch.....	110	13	17	165	344	3031
Chester-pudding.....	111	13	50	103	439	2723
Apple tarts.....	112	8	54	7	558	2580
Plum pudding, No. 2.....	113	21	58	104	306	2470
Indian-pudding, $\frac{1}{2}$ recipe....	114	17	65	55	410	2446
Tapioca pudding, No. 1....	115	13	34	60	434	2439
Rice pudding, No. 1.....	116	15.2	54	60	401	2427
Ice-cream, home-made.....	117	29.4	35	153	203	2400
Sponge-cake, 1 lb.....	118	20	29	43	318	1830
Indian-pudding without eggs	119	10.2	42	48	281	1822
Tapioca pudding, No. 2....	120	11.6	11	41	102	1268
Creamy rice pudding.....	121	7.8	28	2	231	1082
Corn-starch pudding.....	122	5.5	15	18	191	1020

SAUCES.

Hard sauce.....	125	5.7	35	113	795
Vinegar or lemon sauce....	126	2.8	2	23	123	736
Maple syrup, 8 oz.....	127	6	158	653
Clear sauce.....	128	1.2	108	441
Fruit sauce.....	129	5	13	80	381
Molasses, dark, 4 oz.....	130	.8	80	328

TABLE III.

DISHES CONTAINING MEAT ARRANGED IN ORDER OF COST OF 1,000 CALORIES, BEGINNING WITH THE LOWEST.

FOR ONE PERSON 3,000 CALORIES PER DAY IS THE USUAL ALLOWANCE.

No. of Recipe.	Name of Dish.	Cost of 100 Grms. Nitrogenous Substance.	Cost of 1,000 Cal-ories.
		Cents.	Cents.
1	Scrapple.....	15	2.16
4	Salt pork in batter.....	9.3	2.68
5	Baked beans and brown bread.....	13	3.5
26	Marrow dumplings for soup.....	1.13	4.5
2	Irish stew and dumplings.....	18	5.07
27	Liver and bacon.....	6.8	5.5
11	Roast heart, stuffed.....	7.5	5.8
29	Corned beef hash.....	17.9	6.1
6	Beefsteak pot-pie.....	17	7.46
3	Veal croquettes.....	13.2	7.7
30	Corned beef and cream on toast.....	21.9	8.3
39	Stewed sheep's hearts.....	10	8
35	Stewed kidney on toast.....	10	8.8
41	Creamed dried beef.....	13.8	9
36	Tripe fried in batter.....	15.1	9
33	Pork chops.....	21	9
8	Boiled dinner.....	17.6	9.2
7	Lamb chops, etc.....	30.6	9.26
25	Beef-shank stew.....	8.8	10.3
14	Roast mutton.....	25.9	10.8
37	Beef roll.....	18	11.2
31	Tenderloin cutlet.....	15.2	11.5
20	Shepherd's pie.....	13.6	12.2
34	Turkish pilau.....	13	12.4
19	Veal, roast, stuffed.....	14.9	12.6
16	Brown curry stew, with rice.....	16.8	12.6
35	Fricassee of veal.....	14.8	13
9	Bonnar stew.....	17.3	13.1
15	Rump steak, stuffed.....	19	13.3
12	Beef, roast, top of sirloin.....	46.5	13.8
13	Meat and bean stew.....	17.5	14.1
28	Mock duck.....	24.5	17.7
42	Ham omelette.....	24.1	18
18	Beafsteak, bread, butter, and potatoes.....	29.3	18
21	Braised beef, No. 1.....	21.3	18.1
17	Beef rib, roast.....	40	21.7
22	Braised beef, No. 2.....	28	23.5
41	Broiled chicken.....	38.8	60

FISH DISHES AND SOUPS.

No. of Recipe.	Name of Dish.	Cost of 100 Grms. Nitrogenous Substance.	Cost of 1,000 Calories.
		Cents.	Cents.
52	Split-pea soup.....	10.6	3.7
53	Potato soup.....	55.8	8.3
50	Clam chowder.....	35	8.7
55	Smoked herring on toast.....	12.2	9.4
57	Tomato soup.....	44	9.7
51	Fish chowder.....	18	12.6
56	Cream of green-pea soup.....	50.4	17.9
54	Boiled salmon, with egg sauce.....	43.2	23.5
58	Consommé.....	55.4	114

CHEESE DISHES AND EGG DISHES.

60	Baked rice and cheese.....	16.4	6.1
61	English-monkey on toast.....	16.6	6.3
67	Baked crackers and cheese.....	21	6.4
63	Cheese pudding.....	16.2	7.9
66	Swiss sandwiches.....	28	8.1
62	Baked macaroni and cheese.....	24.2	8.2
64	Dropped eggs on toast.....	26.1	11.1
65	Baked custard.....	26.2	11.8
68	Cheese omelet.....	17.4	12

BREADS AND MISCELLANEOUS DISHES.

74	Old New England corn bread.....	12	1.7
84	Potato chips, $\frac{1}{2}$ lb.....	14.7	1.9
75	White bread, 2 lbs., home made.....	5.8	2.1
82	Pie-crust for one pie.....	27.7	2.2
79	Maryland biscuit.....	11.1	2.3
78	Doughnuts, $\frac{1}{4}$ recipe.....	12.3	2.4
81	Graham muffins.....	9.5	2.9
89	Bread dice, fried.....	16.0	3.1
77	Corn mush, maple syrup.....	24.8	3.3
70	Rice griddle cakes.....	12.2	3.5
76	Molasses cookies.....	17.8	3.5
73	Baking-powder biscuit.....	13.0	3.7
94	Lyonnaisé potatoes.....	27.5	3.7
72	Corn bread.....	14.7	3.9
71	Brown bread.....	13.4	4.0
80	Cracker toast.....	19.0	4.7
88	Candied sweet potatoes.....	75.0	5.3
86	Potato cakes.....	20.0	5.7
93	Mashed potato.....	31.2	6.6
90	French dressing.....	7.6

BREAD AND MISCELLANEOUS DISHES.

No. of Recipe.	Name of Dish.	Cost of 100 Grms. Nitrogenous Substance.	Cost of 1,000 Calories.
		Cents.	Cents
83	Rice croquettes.....	28.0	8.6
87	Lima beans, fresh.....	15.5	8.8
95	Potato salad.....	38.5	9.0
85	Mayonnaise for salads.....	144.4	10.4
91	Escaloped tomatoes.....	37.3	10.6
96	Beets, 2 lbs.....	33.3	11.8
97	Cabbage, 2 lbs.....	18.7	12.0
92	French green peas.....	40.0	15.8

PUDDINGS AND DESSERTS.

102	Suet pudding, with clear sauce.....	15.2	2
100	Date pudding.....	19.3	2.3
106	Plum pudding, No. 1.....	13.4	3.1
112	Apple tarts.....	14.8	3.1
101	Blueberry pudding and sauce.....	52.7	4.2
110	Apple pie.....	76.5	4.2
109	Bread-and-butter pudding.....	18.2	4.3
104	Mince pie.....	30.9	4.3
107	Jam rolls.....	15.8	4.8
111	Chester pudding.....	26	4.8
115	Tapioca pudding.....	38.2	5.3
103	Fig pudding and sauce.....	42.2	5.3
122	Cornstarch pudding.....	36.6	5.4
119	Indian-pudding, without eggs.....	24.3	5.6
105	Short-cake, filled.....	26.8	6.1
116	Rice pudding.....	28.1	6.2
108	Brown-betty.....	43.8	6.5
114	Indian-pudding.....	26.1	6.9
121	Creamy rice pudding.....	27.7	7.2
113	Plum pudding, No. 2.....	36.2	8.5
120	Tapioca pudding, No. 2.....	105	9.1
118	Sponge-cake, 1 lb.....	68.9	10.9
117	Ice-cream, home-made.....	84	12.2

TABLE IV.

DISHES CONTAINING MEAT ARRANGED IN ORDER OF COST OF 100 GRAMS OF NITROGENOUS SUBSTANCE, BEGINNING WITH THE LOWEST.

FOR ONE ADULT PERSON PER DAY 100 GRAMS IS THE LOWEST AMOUNT TO BE ALLOWED.

No. of Recipe.	Name of Dish.	Cost of 1,000 Calories.	Cost of 100 Grms. Nitrogenous Substance.
		Cents.	Cents.
27	Liver and bacon	5.5	6.8
11	Roast heart, stuffed.....	5.8	7.5
25	Beef-shank stew.....	10.3	8.6
4	Salt pork in butter.....	2.68	9.3
39	Stewed sheep's hearts.....	8.3	10
38	Stewed kidney on toast.....	8.8	10
5	Baked beans and brown bread.....	3.5	13
34	Turkish pilau.....	12.4	13
3	Veal croquettes.....	7.7	13.2
20	Shepherd's pie.....	12.2	13.6
41	Creamed dried beef.....	9	13.8
35	Fricassee of veal.....	13	14.8
19	Veal roast, stuffed.....	12.6	14.9
1	Scrapple.....	2.16	15
36	Tripe fried in batter.....	9	15.1
31	Tenderloin cutlet.....	11.5	15.2
16	Brown curry stew.....	12.6	16.8
6	Beefsteak pot-pie.....	7.46	17
9	Bonnar stew.....	13.1	17.3
13	Meat and bean stew.....	14.1	17.5
8	Boiled dinner.....	9.2	17.6
29	Corned-beef hash.....		17.9
37	Beef roll.....	11.2	18
2	Irish stew.....	5.07	18
15	Rump steak, stuffed.....	13.3	19
33	Pork chops.....	9	21
21	Braised beef, No. 1.....	18.1	21.3
30	Corned beef on toast.....	8.3	21.9
42	Ham omelet.....	18	24.1
28	Mock duck.....	17.7	24.5
14	Mutton roast.....	10.8	25.9
22	Braised beef, No. 2.....	23.5	28
18	Beefsteak, bread, butter, and potatoes.....	18	29.3
7	Lamb chops, etc.....	9.26	30.6
41	Broiled chicken	60	38.8
17	Beef rib roast.....	21.7	40
12	Beef, top of sirloin, roast.....	13.8	45.5
26	Marrow dumplings.....	4.5	113

TABLE IV: COST OF 100 GRAMS OF NITROGENOUS SUBSTANCE. 15

FISH DISHES AND SOUPS.

No. of Recipe.	Name of Dish.	Cost of 1,000	Cost of 100 Grms.
		Calories.	Nitrogenous Substance.
		Cents	Cents.
52	Split-pea soup.....	3.7	10.6
55	Smoked herring on toast.....	9.4	12.2
51	Fish chowder.....	12.6	18
50	Clam chowder.....	8.7	35
54	Boiled salmon, with egg sauce.....	23.5	43.2
57	Tomato soup.....	9.7	44
56	Cream of green-pea soup.....	17.6	50.4
58	Consommé.....	11.4	55.4
53	Potato soup.....	8.3	55.8

CHEESE DISHES AND EGG DISHES.

63	Cheese pudding.....	7.9	16.2
60	Baked rice and cheese.....	6.1	16.4
61	English-monkey on toast.....	6.3	16.6
68	Cheese omelet.....	12.0	17.4
67	Baked crackers and cheese.....	6.4	21
62	Baked macaroni and cheese.....	8.2	24.2
64	Dropped eggs on toast.....	11.1	26.1
65	Baked custard.....	11.8	26.2
66	Swiss sandwiches.....	8.1	28

BREADS AND MISCELLANEOUS DISHES.

75	White bread, 2 lbs., home-made.....	2.1	5.8
81	Graham muffins.....	2.9	9.5
79	Maryland biscuit.....	2.3	11.1
74	Old New England corn bread.....	1.7	12.0
70	Rice griddle-cakes.....	3.5	12.2
78	Doughnuts, $\frac{1}{2}$ recipe.....	2.4	12.3
73	Baking powder biscuit.....	3.7	13.0
71	Brown bread.....	4.0	13.4
84	Potato chips, $\frac{1}{2}$ lb.....	1.9	14.7
72	Corn bread.....	3.9	14.7
87	Lima beans, fresh.....	8.8	15.5
89	Bread dice, fried.....	3.1	16.0
76	Molasses cookies.....	3.5	17.8
97	Cabbage, 2 lbs.....	12.0	18.7
80	Cracker toast.....	4.7	19.0
86	Potato cakes.....	5.7	20.0
77	Corn mush, maple syrup.....	3.3	24.8
94	Lyonnaise potatoes.....	3.7	27.5
82	Pie-crust for one pie.....	2.2	27.7

BREADS AND MISCELLANEOUS DISHES.

No. of Recipe.	Name of Dish.	Cost of 1,000 Calories.	Cost of 100 Grms. Nitrogenous Substance.
		Cents.	Cents.
83	Rice croquettes.....	8.6	28.0
93	Mashed potatoes.....	6.6	31.2
96	Beets, 2 lbs.....	11.8	33.3
91	Escalloped tomatoes.....	10.6	37.3
95	Potato salad.....	9.0	38.5
92	Green peas, fresh.....	15.8	40.0
88	Candied sweet potato.....	5.3	75.0
85	Mayonnaise for salads.....	10.4	144.4

PUDDINGS AND DESSERTS.

106	Plum pudding.....	3.1	13.4
112	Apple tarts.....	3.1	14.8
102	Suet pudding, with clear sauce.....	2	15.2
107	Jam rolls.....	4.8	15.8
109	Bread-and-butter pudding.....	4.3	18.2
100	Date pudding.....	2.3	19.3
119	Indian-pudding, without eggs.....	5.6	24.3
111	Chester-pudding.....	4.8	26
114	Indian-pudding.....	6.9	26.1
105	Short-cake, filled.....	6.1	26.8
121	Creamy rice pudding.....	7.2	27.8
116	Rice pudding.....	6.2	28.1
104	Mince pie.....	4.3	30.9
113	Plum pudding, No. 2.....	8.5	36.2
122	Cornstarch pudding.....	5.4	36.6
115	Tapioca pudding.....	5.3	38.2
103	Fig pudding, with sauce.....	5.3	42.2
108	Brown-betty.....	6.5	43.8
101	Blueberry pudding.....	4.2	52.7
118	Sponge cake, 1 lb.....	10.9	68.9
110	Apple pie.....	4.2	76.5
117	Ice-cream.....	12.2	84
120	Tapioca pudding, No. 2.....	9.1	105

TABLE V.
RECIPES.

(Quantities are estimated for six persons.)

NO. 1. SCRAPPLE. PHILADELPHIA STYLE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
One-half pig's head.	3	12	60	544	5270
Corn meal.....	1	3	40.4	10	340.6	1655
			15	100.4	554	340.6	6925

Clean the pig's head. Put in a stew-pan with 2 qts. hot water. Let it simmer for 3 hours. Take out of the liquor and cool. When cold remove the bones and chop the meat fine. Add 2 teaspoonfuls of salt, $\frac{1}{2}$ teaspoonful of pepper, 2 leaves of sage. Put into the liquor and return to the fire. When the liquor begins to boil sprinkle in the meal with quick stirring. Cook for 2 hours without burning. Cool in a deep pan. For use, cut slices, roll in flour or bread-crumbs, fry until brown.

NO. 2. IRISH STEW WITH DUMPLINGS.

Simmer the meat 2 hours, add the vegetables and seasoning; then heat to boiling; add the dumplings.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Mutton.....	2	24	107.8	232.0	2610
Potatoes.....	2	3	16.2	8.0	138.8	650
Carrot and turnip	1	2	4.1	1.3	33.6	170
Dumplings.....							
Suet.....	$\frac{1}{2}$	3	10.9	181.2	1730
Flour.....	1	2.5	51.2	5.0	338.3	1645
			34.5	190.2	427.5	510.7	6805

NO. 3. VEAL CROQUETTES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Veal.....	3	8	30	294	79	1940
Salt pork.....		4	2	4	102	965
Butter.....		1	1.5	23.7	221
Rice (dry).....		8	4.0	23	5	190	875
Eggs.....		4	4	15	11	161
Cracker crumbs...		8	4	24	24	156	947
Fat taken up in cooking.....		4	2	113.4	1055
			47.5	360	353.6	346	6164

NO. 4. SALT PORK IN BATTER.

Cut the pork in thin slices, drop into boiling water for 2 minutes, drain, cook a delicate brown in a frying-pan 5 minutes. Take out the slices, dip in the batter made of the flour, salt, milk, and egg. Cook brown in the hot fat. Serve at once.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Pork.....	1½	12	156.4	611.5	5725
Flour.....	1½	.17	4.6	.4	30.4	148
Milk.....	3	2	3	3.3	4.3	20
Egg (1).....	2	2	7.4	5.2	81
Salt, ¼ teaspoon..
			16.2	171.4	620.4	34.7	5974

NO. 5. BAKED BEANS. NEW ENGLAND STYLE.

Soak the washed beans overnight in 3 qts. water. Drain and wash. Put them in a stew-pan with plenty of cold water. Bring to a boiling heat and cook until the skin will break, not a moment longer. Put half the beans into the bean-pot, then the pork; the scored rind comes just to the top of the pot. Fill in with the beans. Add the seasonings. Fill the pot with boiling water. Many cooks prefer to use the water the beans were boiled in. Bake for 10 hours, filling up as necessary.

NO. 5a. BROWN BREAD.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corn meal.....	5.3	.8	13.2	3.3	112	510
Rye meal.....	5.3	.7	10	2.0	109	480
Flour.....	8	1.2	25.6	2.5	169.6	822
Sour milk.....	1	8	5.0	22	24.0	35.0	487
Soda.....	0.5	.6
Salt.....	0.5
Molasses.....	8	2.0	157.2	645
		35.6	10.3	70.8	31.8	582.8	2944

NO. 5b. BAKED BEANS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beans.....	12	6	75.6	6	201	1203
Molasses.....	1	.2	19	81
Pork, salt, fat.....	6	3.0	6	153	1447
Salt.....25	.3
Soda (pinch).....
Mustard ".....
			9.5	81.6	159	220	2731

NO. 6. BEEFSTEAK POTPIE, SUET CRUST.

Season the meat with the salt and pepper, put this into a pot with the butter, onion, and water. Cover, steam slowly one hour. Boil the potatoes, cut in quarters, add the salt and enough water to make a dough. Line a deep baking-dish, fill with meat and gravy, cover with rest of dough and bake one hour. Put paper funnel in centre as a vent.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef, 2d cut round	2	30	149	62	1187
Butter.....		1	1.5	...	23.7	221
Potatoes.....	2	4.0	16	1	139	620
Flour.....	1	4	.6	64	6	422	2010
Suet.....		6	2.0	8.4	168	1326
			38.1	237.4	260.7	561	5364

NO. 7. LAMB CHOPS, BAKED POTATOES, BREAD AND BUTTER.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
12 chops.....	2.5	60	153	321	3612
Potatoes.....	2.0	4	16.2	.8	139.8	620
Bread.....	.5	2.5	21.5	2.7	118.5	602
Butter.....		2	3	48.4	450
			69.5	190.7	372.9	258.3	5284

NO. 8. BOILED DINNER, NEW ENGLAND STYLE.

If the beef is not freshly corned (3 or 4 days), soak it over night; if very hard, change the water several times while boiling. Put the meat into cold water, let it slowly come to the boiling-point, and boil 3 hours. At the end of 2 hours add the vegetables to be used, whether carrots, turnips, parsnips, or cabbage; in another half hour, the potatoes. Take up when they are done. Half the cabbage may be kept raw for cold slaw. The beets, cleaned without breaking the skin, are always cooked separately 2 or 3 hours.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corned-beef brisket	3	30	195.9	264	3255
Potatoes.....	2	3	16.2	.8	139	647
Beets.....	1	3	5.9	4.5	35	170
Cabbage, turnips, and carrots.....	6	10	48.6	8.4	133	750
Parsnips.....	1	2	5.9	2.3	58	285
			48	272.5	280.0	365	5107

NO. 9. BONNAR STEW (WINTER STEW).

3 lbs. small pieces from leg or neck of beef. Roll in flour until very white, cover with cold water in stew-pan, add salt and pepper. Simmer 5 hours.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef from neck or shank.....	3	36	174	99.2	1636
Flour.....	5	.07	17	2	113	552
Potatoes, baked..	1	8	3	12	.6	104	481
Baking - powder biscuit of 1 qt. flour.....	8	72	39	447	2491
			47.1	275	140.8	664	5160

NO. 11. ROAST STUFFED HEART WITH VEGETABLES.

Soak the heart in vinegar and water 3 hours, cut off lobes and gristle, stuff with salt, fat pork chopped fine and the same amount of bread crumbs, a little chopped parsley, a little thyme, pepper and salt. Tie in a cloth and let slowly simmer for 2 hours, the larger end up; then take off cloth, flour, and roast until brown with some pieces of pork over it. Make a gravy by thickening with flour.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Heart.....	3	18	231	103	1896
Salt fat pork.....	6	3	6	153	1447
Crackers.....	4	2	12	12	78	472
Potatoes.....	2	2	16	.8	138	620
Onions.....	1	1	6.8	1.8	40	205
Carrots.....	1	2	4.1	1.3	33	160
Flour.....	1	.15	3.1	.3	21	100
			28.1	279.0	272.2	310	4900

NO. 13. MEAT AND BEAN STEW.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef, medium fat	3	45	258.6	174.3	2685
Beans, lima, dried	12	6	54.0	5.1	224	1219
Onions.....	4	4	1.6	.4	10	51
			55	314.2	179.8	234	3955

NO. 15. RUMP STEAK STUFFED AND ROLLED, WITH VEGETABLES.

2 lbs. rump steak (or any lean meat), 2 oz. suet, 4 oz. bread crumbs, 1 dessert-spoon of chopped parsley (6 olives may be added), pepper, salt, 2 eggs. Spread the mixture on the steak, roll and tie, place in greased paper and roast three-fourths of an hour. Cook vegetables separately.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Steak, lean.....	2	32	173.2	99.8	1640
Suet		2	1	2.6	5.6	442
Bread crumbs.....		4	1	11.5	1.4	64	321
Sggs (2).....		4	4	14.5	10.8	161
Salt, pepper.....							
Lima beans, fresh	2	10	64.4	6.4	199.6	1140
Squash.....	2	4	7.2	2.8	47.2	210
			52	273.4	126.8	310.8	3914

NO. 16. BROWN CURRY STEW, WITH RICE.

Rice cooked separately 20 to 25 minutes in plenty of water to keep it whole. Add curry powder and rice to the cooked meat.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef, medium fat.	3	42	258.6	174.3	2685
Rice.....		10	5	22.5	.9	222	1030
Curry.....		$\frac{1}{2}$	2
			49	281.1	175.2	222	3715

NO. 18. BEEFSTEAK, BAKED POTATOES, BREAD AND BUTTER.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Steak, solid, round	2	50	176.8	66.2	1340
Potatoes.....	$1\frac{1}{2}$	2	12	.6	104	465
Bread.....	.5	2.5	21.5	2.7	118.5	602
Butter.....		4	7	96.8	900
			61.5	210.3	166.3	222.5	3307

NO. 19. ROAST VEAL, STUFFED.

Dredge with salt, pepper, and flour. Stuff with moistened bread crumbs. Put in strips of salt pork over the top. Cover with buttered paper to keep from burning, and allow $\frac{1}{2}$ hour to the pound. Baste. Thicken gravy with 1 tablespoonful flour.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Veal, leg.....	3	37	248.7	90.9	1755
Salt pork.....		4	2	4.1	101.9	965
Bread crumbs.....		8	2	23	3	127	642
			41	275.8	195.8	127	3362

NO. 20. SHEPHERD'S PIE WITH POTATO CRUST.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cold meat.....	2	30	254	100	1970
1 teaspoonful salt, ¼ teaspoonful pep- per, pudding-dish well buttered....	2	4	47.4	441
Stock.....	1	1	15	2	80
Flour.....55	.07	2	10	50
Butter, onion....55	.7	12	110
Potatoes, boiled and mashed....	1	8	2	12	.6	104	465
			37.7	283	162	114	3116

NO. 21. BRAISED BEEF.

Cut the pork into thin slices, fry brown and crisp. Put the vegetables cut fine into the fat and cook 15 minutes. Rub into the meat 2 teaspoonfuls of salt, ¼ teaspoonful of pepper. Put it into a deep pan or earthen pot. Add the drained vegetables. Brown the flour in the hot fat. Add gradually 1½ pints water, 1 teaspoonful of salt, ¼ teaspoonful of pepper. Cook 5 minutes. Pour over the meat. Cover pan or pot. Cook in slow oven 5 hours. The toughest meat will become tender. If pork is not used, 2 ozs. butter must be added to 2 ozs. dripping to give the flavor required. This increases the cost by 3 cents.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef, lean	3	54	255.2	99.3	2010
Pork	1	2	4	102	965
Flour.....	1	.15	3	.3	21	100
Onion.....	1	.5
Carrot.....	1	.5	.6	.2	5	22
			57.1	262.8	201.8	26	3097

NO. 25. BEEF-SHANK STEW.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef shank.....	3	24	290	99.3	1635
Potatoes.....	2	2	16.4	.9	133.4	620
Turnips.....	1	2	4.1	.45	25.8	105
Flour.....	4	.6	12.2	1.2	84.8	410
			28.6	322.7	101.9	244.0	2770

NO. 26. MARROW DUMPLINGS FOR SOUPS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Marrow.....	8	6	5.9	211	1982
Bread crumbs.....	4	1.5	11.1	2	63	321
Milk.....	4	2	3.2	4	5.7	81
Yolks of 4 eggs.....	4	4	18	13.8	243
Flour.....	1	.1	3.2	3	21.1	100
			13.6	41.4	231.1	89.8	2727

NO. 27. FRIED LIVER AND BACON.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Liver.....	2	8	196	50	1330
Bacon.....	8	7	21.7	136	1360
			15	217.7	186	2690

NO. 28. MOCK DUCK.

Mix well together 1 cup bread crumbs seasoned with salt and pepper, 1 tablespoonful melted butter, a little cayenne, $\frac{1}{2}$ teaspoonful of chopped onion; spread on one side of the steak, roll it and fasten with a little skewer. Roast for an hour. Thicken the gravy with one tablespoonful of flour.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef round, medium fat.....	2	30	172.4	116.2	1790
Bread crumbs.....	4	1	11.1	2	63	321
Fat.....	1	11	1.5	28.5	264
Chopped onion $\frac{1}{2}$ teaspoon.....
Flour.....	5	1.6	10	50
			42	186.6	146.7	73	2425

NO. 29. CORNED-BEEF HASH.

	Lbs.	Oz.	Cost. Cents.	Proteid. Grams.	Fat. Grams.	Carb. Grams.	Cal.
Corned beef, cooked.....	1	12	64.3	103.4	1225
Potatoes.....	2	2	16.4	.9	133.4	620
Fat.....	2	.5	56.7	527
			14.5	80.7	161.0	133.4	2372

NO. 30. CORNED BEEF AND CREAM ON TOAST.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corned beef cooked, grated, or chopped.....	1	12	64.3	103.4	1225
Cream, thin.....	2	4	2	8	2	85
Butter (fat).....	2	1	1	47	450
Salt, pepper.....
Bread toasted.....	8	2.5	22	2.7	119.5	603
			19.5	89.3	161.1	121.5	2363

NO. 31. TENDERLOIN CUTLET.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Hamburg steak...	2	24	171	112	1743
Suet or fat.....	2	1	56	521
Worcester or other sauce.....	1
			26	171	168	2264

NO. 33. PORK CHOPS.

Season the chops with one teaspoonful salt and a little pepper. Cook in a hot frying-pan rather slowly for 20 minutes; after taking out the chops stir the flour into the fat, add the strained tomatoes and simmer for 5 minutes. Add a little salt and pepper, and pour the sauce around the chops on a hot dish.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Pork steak.....	1 $\frac{1}{3}$	18	92	187	2115
Flour.....	$\frac{1}{2}$	1.5	.1	10	50
Tomatoes.....	$\frac{1}{3}$	2	1.8	.9	8.8	52
			20	95.3	188.0	18.8	2217

NO. 34. TURKISH PILAU.

Cook the rice in the soup stock, add the meat, tomatoes, and seasonings.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Rice.....	8	4	17.6	.8	179	814
Soup stock.....	3	6	60	4	283
Meat cut fine.....	1	15	127	50	985
Tomatoes (fresh)..	1	2	3.6	1.8	17.7	105
			27	208.2	56.6	196.7	2187

NO. 35. FRICASSEE OF VEAL.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal
Veal	2	24	158	45	1110
Fat salt pork.		4	2	7.4	76	735
Flour.....		2	.3	6	.4	40	200
Tomatoes.....		4	1	.9	.4	4.4	26
			27.3	172.3	121.8	44.4	2071

Cut the pork in thin slices and fry brown. Season the thin slices of veal with salt and pepper, roll in the flour, and cook brown. When done put the rest of the flour into the fat. When brown add 1 pint of water, put the veal back, and simmer for half an hour. Add the tomatoes and serve.

NO. 36. TRIPE FRIED IN BATTER.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Tripe.....	2	12	98.8	10.8	520
Drippings.		4	2	113	1055
Flour.		3	.2	9.2	.8	60.8	296
Milk		4	1.8	4	4.4	5.6	61
Egg.....		2	2	7.4	5.2	81
			18.0	119.4	134.2	66.4	2013

Cut the washed tripe in small squares and season with salt and pepper. Beat the flour to a smooth paste with the milk, add the eggs well beaten, season with salt and pepper. Dip the tripe in this batter and cook brown in the hot fat.

NO. 37. ROLL OF BEEF.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cooked beef.....		12	15	95	37.5	739
Bacon or fat ham.....		5	4	15	92	930
Cooked rice or macaroni.....		4	1	5.6	48	216
Egg.....		2	2	7.4	5.2	81
			22	123.0	134.7	48	1966

NO. 38. STEWED KIDNEY ON TOAST.

Cut 3 kidneys into 3, lengthwise; warm 3 tablespoons butter in the frying-pan, before it is hot put in the kidneys, with a teaspoonful minced onion, $\frac{1}{2}$ tea-cup water; 1 cup good gravy. Cover. Simmer gently 15 minutes. Season with pinch mace, nutmeg and pepper, $\frac{1}{2}$ teaspoon salt, and juice of $\frac{1}{2}$ lemon. Take out kidneys. Thicken gravy with 1 tablespoon browned flour. Serve on hot platter with 5 slices of toast.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Kidney	2	12	144	44	1000
Butter		2	3	47	221
Flour.....		1	3.2	.3	21	100
			15	147	91	21	1321
Bread.....		8	2	22	2.7	119	602
			17	169.2	93.7	140	1923

NO. 39. STEWED SHEEP'S HEARTS.

Split and wash the hearts, season with pepper and salt, roll in the flour. Fry the pork and onions; take out and put in the hearts. Cook brown on both sides. Take out and put with the pork into a stew-pan. Heat $1\frac{1}{2}$ pints of water in the frying-pan to take up the fat and juice; pour over the hearts; season and cook slowly 3 hours.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Hearts	2	14	144	76	1410
Fat pork		2	1	3.7	38	367
Flour.....		1	.15	3	.2	20	100
			15.1	150.7	114.2	20	1877

NO. 40. BROILED CHICKEN.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Chicken.....	4	100	268	20	1300
Butter		2	4	47	442
			104	268	67	1742

NO. 41. CREAMED DRIED BEEF.

Cut the beef in thin shavings; put in a bowl and pour on it 1 pint of boiling water; let stand 2 minutes; then drain dry and cook 3 minutes in the frying-pan with the butter, stirring all the time. Pour in half the milk, mix the flour with the other half and stir in while cooking. Serve in 2 minutes.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Smoked dried-beef		6	5	80	36.7	669
Butter		2	3	1.2	47.2	442
Flour		$\frac{1}{2}$.07	1.5	.1	10	50
Milk		12 $\frac{1}{2}$	2.3	11.3	13.5	16.9	243
			10.4	94.0	97.5	26.9	1404

NO. 42. HAM OMELETTE.

Separate the whites and yolks of the eggs; to the yolks add the milk, ham chopped fine, a sprig of parsley; beat hard. Stir in gently the whites of the eggs beaten to a stiff froth. Have the butter hot in a spider and pour in the mixture, stirring with a fork until it thickens. Incline the pan and begin to roll. It should be long, thick in the middle, and soft inside. Any cold meat may be used or jellies or fruits.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Ham, cooked		4	4	16	38	418
Eggs (6)		12.	14	44.4	33.7	483
Milk		3	.5	3	3.4	4.2	60
Butter		1	1.5	23.7	221
			20.0	87.1	75.1	4.2	1182

NO. 50. CLAM CHOWDER.

Cut the soft parts of the clams from the hard, chop the latter fine, and cook in a stew-pan with the water for 20 minutes. Fry the sliced pork for 10 minutes. Add the sliced onion. Cook 10 minutes. Take both from the pan and add to the clams in the stew-pan. Stir the flour into the fat in the stew-pan, and when smooth add to the clams. Put the cubed potatoes into another stew-pan, strain the hot clam broth over them, season with $\frac{1}{2}$ oz. salt, $\frac{1}{2}$ oz. pepper, and cook for 20 minutes. Split the crackers, soak them in the milk for 4 minutes, add with the soft parts of the clams. Serve as soon as the broth boils up.

	Lbs.	Oz.	Cost	Proteid.	Fat.	Carb.	Cal.
Clams	2	12	27	6	15	230
Milk	1	3	15	18	22.7	325
Water	3						
Potatoes	1	1.5	8	.4	69.4	310
Onions		8	1	3.6	.8	20	104
Salt pork		4	2	4.1	102	965
Butter		2	3	47.4	442
Flour		1	.1	3.2	.3	21.1	100
Crackers		2	1	6	5	39	231
			23.6	66.9	179.9	187.2	2807

NO. 51. FISH CHOWDER.

The fish chowders may be enriched by salt pork and crackers, and prepared as in clam chowder, or may be made more delicate by cooking the fish—any kind—in water, using whole, milk and butter, adding tomatoes in place of part of the milk, and bread crumbs instead of crackers.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Maddock.....	3	18	114.3	2.7	495
Potatoes.....	1	8	2.2	16	.8	138.8	620
Onion.....	4	.5	1.8	.2	10	52
Butter.....	2	3	.4	47.4	442
Milk.....	2	6	30	36	45.4	650
Flour.....	1	.1	3.2	.3	21.1	100
			29.8	165.7	87.4	215.3	2359

NO. 52. SPLIT-PEA SOUP.

Soak the peas over night, and cook eight hours. A great variety is possible in these soups by varying the vegetables, the flavors, and by substituting fried bread dice for the pork. Many persons like tomatoes in the soup.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Split peas.....	8	4	54.6	2.5	139.4	827
Salt pork.....	3	1.5	3	76.5	723
Butter.....5	.7	11.8	110
Flour.....5	.1	3.2	.3	21.1	100
Onion.....	2.1	.3	.9	.2	5	26
			6.6	61.7	91.3	165.5	1786

NO. 53. POTATO SOUP.

Slice the potatoes and onions into stew-pan and fry them slightly in the butter. Add pepper, salt, a little summer savory, celery, or other flavor. Add the milk or stock, and boil until the vegetables can be pressed through a sieve. The soup may be enriched by adding milk or cream just before serving.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Potatoes.....	2	3	16.8	.8	138.8	620
Onions.....	1	2	7.2	1.6	40	208
Skimmed milk, or white stock....	4	8	61.6	5.6	92.4	680
Butter.....	1	1.5	.2	23.7	221
			14.5	25.8	31.7	171.2	1729

NO. 54. BOILED SALMON AND PEAS, EGG SAUCE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Salmon.....	1	25	75.7	67.1	935
Green peas.....	1	10	7.7	.9	31	167
Butter.....		2	3	.4	47.4	442
Flour.....		1	.1	3.2	.3	21.1	100
Egg.....		2	2.5	7.4	5.4	80
			40.6	94.4	121.1	52.1	1724

NO. 55. SMOKED HERRING ON TOAST.

Codfish on toast, creamed salt fish, fish hash, and fish balls may all be considered of about the same food value and cost.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Smoked herring..	1	10	93	3.8	416
Bread.....		8	2.5	21	2.7	119.5	602
Butter.....		2	3	47.4	442
			15.5	114	53.9	119.5	1460

NO. 56. CREAM OF GREEN PEA SOUP.

1 pint of shelled peas. Just enough water to cover in granite sauce-pan. Cook until tender, $\frac{1}{2}$ hour. Take out half, rub the rest through colander with the water in which they were cooked. Scald 3 cupfuls of sweet milk, rub together 2 tablespoonfuls flour, 1 tablespoon of butter; add to the milk and the strained peas. Stir until thickened; add the remaining peas and 1 cup of cream heated to scalding, a scant teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Shelled Peas....	1	10	15.5	1.8	62	335
Sweet milk.....	1	8	5	22.5	27	34	487
Flour.....		.5	.05	1.6	5.5	51
Butter.....		.5	.7	11.8	110
Cream, thin.....		8	8	7	30	8	340
			23.7	46.6	70.6	109.5	1323

NO. 57. TOMATO SOUP.

1 pint tomatoes cooked 20 minutes in 1 quart boiling water. Strain through a colander; add 1 teaspoonful soda, 1 pint rich milk, salt, pepper, and the butter. Soup stock may be used instead of the milk and fried bread dice instead of the crackers, which should be rolled fine. This may be taken as a type of the medium soups—vegetable, rice, macaroni, etc.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Tomatoes.....	1	3	3.6	18	17.7	105
Milk.....	1	4	15	18	22.7	325
Butter.....	2	3	47.4	442
Crackers.....	2	1	6	5	39	231
			11	24.6	88.4	79.4	1103

NO. 58. CONSOMMÉ.

Nearly all clear soups are of the same small food value. They may be enriched by the addition of vegetables; but they are not intended for food—only as appetizers.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Clear soup.....	3	15	27	1.2	122
Macaroni or peas.....	1	.5	.5	3	14
			15.5	27.5	1.2	3	136

NO. 60. BAKED RICE AND CHEESE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Rice.....	$\frac{1}{2}$	4	17.7	.9	179.2	815
Cheese.....	6	6	49	61.6	772
Bread crumbs.....	4	1.5	11.5	1.4	63.5	321
Butter.....	1	1.5	.6	23.6	221
			13.0	78.8	87.4	242.7	2129

NO. 61. ENGLISH-MONKEY ON TOAST.

Soak the bread crumbs in the milk for fifteen minutes. Melt the butter and cheese together. Add the crumbs and the egg well beaten, salt, cayenne, and soda. Cook for five minutes and serve on $\frac{1}{2}$ dozen crackers toasted, or on bread slices.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread crumbs.....	8	2.8	23	2.9	127	642
Milk.....	10	2.8	10	12	15	217
Butter.....	1	1.5	23.7	221
Cheese.....	2	2	16.3	20.5	257
Egg.....	2	1.5	7.4	5.4	80
Bread.....	8	2.5	23	2.9	127	642
			13.1	79.7	67.4	269	2059

NO. 62. BAKED MACARONI AND CHEESE.

For a main dish double this.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Macaroni.....		4	2.5	13	1.8	82.6	416
Cheese.....		2	2	16.3	20.5	257
Milk.....		4	.75	3.8	4.5	5.7	81
Butter.....		1	1.5	23.7	221
			6.75	33.1	50.5	88.3	975

NO. 63. CHEESE PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cheese.....		6	6	49	61.6	772
Bread crumbs.....		8	2.5	23	2.9	127	642
Egg.....		2	3	7.4	5.2	81
Butter.....		1	1.5	.6	23.7	221
			13.0	80.0	93.4	127	1716

NO. 64. DROPPED EGGS ON TOAST.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread.....		8	2.5	23	2.9	127	642
Butter.....		2	3	47.4	442
Eggs.....		12	12	44.4	32.2	483
			17.5	67.4	82.5	127	1567

NO. 65. BAKED CUSTARD.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Milk.....	2	6	30	36	45.4	650
Sugar.....		3	1.5	81	330
Eggs (4).....		8	8	29.6	20.8	324
			15.5	59.6	56.8	126.4	1304

NO. 66. SWISS SANDWICHES.

Mix equal parts of grated Swiss cheese and chopped English-walnut meats. Season slightly with salt and cayenne, and spread between thin slices of bread and butter.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cheese.....		2	3	7.4	5.2	81
English-walnut meats.....		2	3	3	32	178
Butter.....		.5	.7	.3	11.8	110
Bread.....		8	2.5	23	2.9	127	642
			9.2	33.7	51.9	127	1011

NO. 67. BAKED CRACKERS WITH CHEESE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
6 Boston crackers		4.5	1	13.6	12.6	87.4	531
Butter		1	1.5	.6	23.6	221
Cheese.....		2	2	16.3	20.5	257
			4.5	30.5	56.7	87.4	1009

NO. 68. CHEESE OMELET.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cheese.....		4	4	32.6	41	515
Milk		8	2	7.5	9	11.3	162
Eggs		8	6	29.6	21.5	322
			12	69.7	71.5	11.3	999

NO. 70. RICE GRIDDLE-CAKES WITH MOLASSES.

Griddle-cakes or pancakes may be made plain with milk and baking powder, or with eggs. They may contain corn, rice, blueberries, or other fruit. They may be eaten with butter and sugar, or with syrup or molasses. The food value here given is a good average. They furnish an inexpensive and "tasty" dish.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	1	4	2.8	63.5	5.6	424.6	2056
Rice, dry		2	1	4.4	.4	44.8	204
Eggs.....		4	4	14.8	10.8	161
Butter.....		1.5	2	35.5	331
Molasses.....		4	.8	4	58.9	242
			10.6	86.7	52.3	528.3	2994

NO. 71. CORN BREAD, NO. 1.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Indian meal.....	1	4	3.7	50.5	12.5	426	2070
Milk, sour.....	1	3	15	10	20	236
Milk, sweet.....	1	3	15	18.1	22.7	323
Butter		1	1	23.7	221
			10.7	80.5	64.3	468.7	2850

NO. 72. BROWN BREAD.

One-half the recipe for a mixed meal. The sour milk is not usually whole milk, although the fat may be made up by sour cream or recovered butter.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corn meal.....		6	1.2	15	3.7	127	621
Rye meal.....		6	1	12	2.8	128	600
Flour.....		8	1.7	25.6	2.5	164.1	820
Sour milk.....	1	8	4	27	15	37	402
Molasses.....		12	3.2	4	58.9	242
Soda.....		.5					
Salt.....		.5	.1				
			11.2	83.6	24.0	515.0	2685

NO. 73. BAKING-POWDER BISCUIT.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour, 1 qt.....	1	4	2.8	63.5	5.6	424.6	2056
Butter, 3 level tea- spoonfuls.....		1.5	2	.4	36	338
Milk, 1½ cups....		12	2.5	11.2	13.6	17	244
Baking powder, 3 teaspoonfuls....			.8				
			8.1	75.1	55.2	441.6	2638

NO. 74. OLD NEW ENGLAND CORN BREAD.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Indian meal.....		8	1	20.2	5	170.3	828
Suet.....		4	2	113	1055
Flour.....		4	.6	12.8	1.1	84.5	410
Molasses.....		4	.8	4	58.9	242
			4.4	37.0	119.1	313.7	2535

NO. 76. MOLASSES COOKIES.

1 cup New Orleans molasses, ½ cup butter, 1 egg, 2 tablespoonfuls sugar, ½ cup of sour milk in which 1 level teaspoonful baking soda has been dissolved, a little cinnamon or ginger, about 1 quart flour. These excellent cookies are favored by children.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	1	4	3.1	63.5	5.6	424.6	2056
Molasses.....		12	2.4	8.1	235.6	967
Butter.....		4	5	94.8	884
Milk, sour.....		4	1.5	4	4.5	5.7	81
Sugar.....		1	.2	28.5	116
Egg.....		2	2.5	7.4	5.2	81
			14.7	83.0	110.1	694.4	4185

NO. 77. CORN MUSH WITH MAPLE SYRUP.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corn meal		10	1.2	25	6.2	213	1034
Fat, 4 level table- spoonfuls		2	1	56.5	527
Maple syrup		4	4	80.9	332
			6.2	25	62.7	293.9	1893

NO. 78. DOUGHNUTS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	1	4	2.8	62	6	428	2065
Sugar.....		7	2	202	828
Milk.....		9	1.5	8.3	10	13	179
Fat.....		2	.5	48	446
Baking powder, 4 teaspoonfuls....	8				
			7.6	70.3	64	643	3518

NO. 79. MARYLAND BISCUIT.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour, 1 pint.....		1.4	31	3.1	215.6	1040
Lard, cup.....		1.5	1.5	66.2	622
Milk, ^{1/2} cup.....	75	4.2	5	6.2	48
Salt, 1 teaspoonful							
Water as necessary							
			3.65	36.7	74.3	221.8	1710

NO. 80. CRACKER TOAST, NO. 2.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Crackers.....		10	2	26	16	192	1022
Milk.....		12	2.5	11.2	13.6	17	242
Butter.....		1	1	23.7	221
			5.5	37	53.3	209	1485

NO. 81. GRAHAM MUFFINS.

The food value of other muffins is very nearly the same.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour, Graham, 1 cup.....			.96	18.5	3.1	99.4	511.9
Flour, white, 1 cup.....			.72	15.5	1.6	107.8	520.3
Sugar, $\frac{1}{2}$ cup.....			.6	50.5	207.2
Milk, $\frac{1}{2}$ cup.....			1	4.2	5	6.2	47.8
Suet, 1 lb.....			.02	.3	2.5	110.6
Water, $\frac{1}{2}$ cup.....							
Salt, 1 teaspoonful							
Baking powder, 4 teaspoonfuls... }			1				
			4.30	45.2	17.5	263.9	1471.6

NO. 82. PIE-CRUST.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....		8	1.3	25.6	2.5	169.1	822
Lard and butter..		8	6	226.8	2110
For two pies.....			7.3	25.6	229.3	169.1	2932
For one pie.....			3.6	12.8	114.6	84.5	1466

NO. 83. RICE CROQUETTES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Rice, cold-boiled, dry.....		4	2	8.8	.4	89.6	407
Milk.....		8	1.5	7.5	9	11.3	161
Eggs (2).....		4	3	14.8	10.8	161
Butter.....		1	1.5	23.7	221
Sugar.....		1	.2	28	116
Bread crumbs....		4	1.5	11.5	1.4	63	321
			9.7	42.6	45.3	191.9	1387

NO. 85. MAYONNAISE FOR SALADS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Yolks of 2 eggs...		2	4	9	9	121
Juice of $\frac{1}{2}$ lemon...		1	1	3.2	13
Vinegar.....		1.5					
Olive oil, $\frac{1}{2}$ cup...		4	8	120	1116
			13	9	129	3.2	1250

NO. 86. POTATO CAKES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	8	.6	13	1.1	84.6	410
Potatoes, mashed.....	8	1	4	.2	34.9	155
Eggs (2).....	4	3	14.8	10.8	161
Milk.....	4	.75	4	4.5	5.7	81
			5.35	35.8	16.6	125.2	807

NO. 88. CANDIED SWEET POTATOES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Cooked sweet potatoes, cold.....	1	2.5	6.8	2.7	104.7	460
Melted butter.....	2	3.0	1	47	440
Sugar.....	2	.7	56.7	232
			6.2	7.8	49.7	161.4	1132

NO. 89. BREAD DICE, FRIED.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread.....	8	1.5	21	2.7	119	600
Fat.....	2	1.0	56.5	528
			2.5	21	59.2	119	1128

NO. 91. ESCALLOPED TOMATOES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Tomatoes.....	1	4	5.4	5	18.1	105
Bread crumbs.....	6	2	16.2	1.8	90	450
Butter.....	1.5	2.2	23.7	221
			8.2	21.6	30.5	108.1	776

NO. 93. MASHED POTATO.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Potatoes, boiled...	1	2	12.2	.9	101	440
Milk.....	4	1	4.1	5	6.2	88
Butter.....	1	1.5	23.7	221
			4.5	16.3	29.6	107.2	749

NO. 94. LYONNAISE POTATOES.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Potatoes, cold, boiled.....	1	2	8.1	.4	69	325
Fat.....	1	.1	28.4	264
Onion.....5	.1	.2	1.2	6
			2.2	8.3	28.8	70.2	595

NO. 100. DATE PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Dates.....	1.2	7	10.3	24	336	1640
Flour.....	1	2.5	51.2	5	338.3	1645
Sugar.....	.3	1.5	136	558
Dripping.....	.31	136	1266
Salt.....2	.1
Nutmegs.....6
			12.1	61.5	165	810.3	5109

NO. 101. BLUEBERRY PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread crumbs.....	12	4	34.5	4.2	190.5	963
Blueberries.....	1	8	10	4	4	113	517
Sugar.....	8	2.5	228	928
Dripping.....	2	1	56	527
Hard sauce.....	2.5	47.4	114	906
			20.0	38.5	111.6	645.5	3841

NO. 102. SUET PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Beef suet.....	8	4	10	186.2	1770
Flour.....	1	4	3.1	63.5	5.6	424.6	2056
Molasses.....	6	1.2	118.2	483
Soda.....1
			8.4	73.5	191.8	542.8	4309
Clear sauce, brown sugar.....	4	1.2	108	441
			9.6	73.5	191.8	650.8	4750

NO. 103. FIG PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour		4	.6	12	1.2	60	301
Bread crumbs.....		4	1.5	11.5	1.4	63.5	321
Suet.....		4	2	5	93	885
Figs.....		6	3.6	7	.4	123	537
Eggs (2).....		4	4.6	14	10.8	161
			12.3	49.5	106.8	246.5	2205
SAUCE.							
Sugar		7	2.4	202	828
Butter.....		4	6	94.8	884
Vinegar.....	3						
			20.7	49.5	201.6	448.5	3917

NO. 105. SHORT-CAKE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour, 1 qt.....	1	4	2.8	63.5	5.6	424.6	2056
Butter.....		3	4	.8	72	676
Egg (1).....		2	2.3	6.7	5.3	87
Milk, sweet or sour.....		8	1.5	8.3	10	12.6	179
Soda or baking powder.....							
Sweetened fruit... ..			10	3	2	137	597
			20.6	82.3	94.9	574.2	3595

NO. 106. PLUM PUDDING, NO. 1.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	1	8	3.7	77	7.5	507	2467
Raisins.....		5	3	3.4	6.4	100.4	490
Currants.....		5	4	1.6	4	89.4	401
Sugar.....		1	31.7	130
or							
Molasses1	1.5	.3				
			11.0	82.0	17.9	728.5	3488

NO. 107. JAM ROLLS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour	1	8	3.7	82	7.5	507	2467
Jam.....		10	10	5	10	190	890
			13.7	87	17.5	697	3357

NO. 108. BROWN-BETTY.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread crumbs.....	1	4	46	5.8	254	1284
Butter.....	3	5	71.1	663
Apples.....	2	4	2.7	2.7	98	440
Brown sugar.....	7	2.2	188	771
HARD SAUCE.			15.2	48.7	79.6	540	3158
Butter.....	3	5	71.1	663
Sugar.....	4	1.2	114	464
			21.4	48.7	150.7	654	4285

NO. 109. BREAD AND BUTTER.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Bread.....	1	3	3	51.6	6.5	296.8	1807
Sugar.....	5	1.7	136	558
Currants.....	1.6	1.8	.5	1.4	30	137
Butter.....	.05	.8	1.5	.4	19	176
Milk.....	1	10	6	24	29	36.3	520
			14	76.5	55.9	499.1	3198

NO. 111. CHESTER PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Molasses.....	4	1	4	77	329
Milk.....	4	1.5	3	4.4	5.6	61
Beef suet.....	4	3	4.5	90.6	845
Flour.....	12	2	36	2.4	240	1200
Raisins.....	4	4	3	5.3	66.4	288
			13	50.5	102.7	389.0	2723

NO. 112. APPLE TARTS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Flour.....	1	2.5	51.2	5	338.3	1640
Apples.....	1	8	4	2.7	2.7	84.3	382
Sugar.....	5	1.5	136	558
			8.0	53.9	7.7	558.6	2580

NO. 113. PLUM PUDDING, NO. 2.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Milk		12	3	11.3	13.5	16.9	243
Cracker crumbs ..		8	2	24.2	22.5	156	947
Butter		2	3	1.2	47.2	442
Raisins & currants		8	6	6	10.6	132.8	576
Citron							
Eggs (2)		4	7	15.8	10.4	162
			21	58.5	104.2	305.7	2370

NO. 114. BAKED INDIAN PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Milk	4	12	60	72.4	90.8	1300
Corn meal	1	2.5	40.4	10	340.6	1545
Sugar		10	3	283.5	1162
Eggs (4)		8	10	29.7	21.5	322
Sour cream		1	4	.5	2	.5	21
Raisins		6	2.5	4	5	105	542
			34.0	134.6	110.9	820.4	4892

NO. 115. TAPIOCA PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Tapioca		10	3	1.1	.8	237.6	990
Milk	2	8	7	33	40	50	715
Sugar		5	1.5	136	558
Nutmeg							
Butter		1	1.5	.4	19	176
			13.0	34.5	59.8	433.6	2439

NO. 116. ENGLISH MILITARY COOKING.—RICE PUDDING.

For six men.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Rice		10	4	21	1	215	978
Milk (1.2 qts.) ..	2	8	7	33	39.8	49.9	715
Nutmeg (.3 of 1)	1				
Sugar		5	1.7	136	558
Butter		1	1.5	.4	19	176
			15.2	54.4	59.8	400.9	2427

NO. 117. ICE-CREAM FOR SIX.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Thin cream, 3 cups	1	8	19	20.4	133.8	32.4	1352
Milk, $1\frac{1}{2}$ cups	12	2.5	12	15	18.6	264
Egg (1)	2	2	4.8	39.6	48
Sugar, 12 table-spoonfuls	6	2	151.8	624
Vanilla						
			25.5	37.2	188.4	202.8	2288

NO. 119. INDIAN PUDDING WITHOUT EGGS.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Milk, 5 cups	2	8	8.7	27	45	57	807
Corn-meal, 1 cup	6	1.3	15.1	3.7	126.3	612
Molasses	6	1	98	403
Ginger, $\frac{1}{2}$ oz.2				
			11.2	42.1	48.7	281.3	1822

NO. 120. TAPIOCA PUDDING, NO. 2.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Milk	2	6	30	36.2	45.4	646
Eggs	4	4	7.4	5.2	81
Tapioca	3	1	.4	.3	309
Sugar	2	.6	57	232
			11.6	10.8	41.7	102.4	1268

NO. 121. CREAMY RICE PUDDING FOR SIX.

Cook three hours.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Skimmed milk	1	4	3	19	1.8	28	210
Rice	4	1.5	8.8	.4	89.6	407
Sugar	4	1.2	113.4	465
Salt12					
Cinnamon06	.1				
			5.8	27.8	2.2	231	1082

NO. 122. CORN-STARCH PUDDING.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Corn-starch		3	1	56	230
Milk	1	3	15	18	22.7	325
Sugar		4	1.2	113	465
			5.2	15	18	191.7	1020

NO. 125. HARD SAUCE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Butter		1.5	3	1.5	35.2	330
Sugar, granulated		4	1.2	113.4	465
			4.2	1.5	35.2	113.4	795

NO. 126. VINEGAR SAUCE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Sugar		4	1.2	113	465
Butter		1	1.5	.6	23.6	221
Flour		$\frac{1}{2}$.07	1.5	.1	10	50
			2.77	2.1	23.7	123	736

NO. 128. CLEAR SAUCE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Water		4					
Sugar, brown		4	1.2	108	441
Flavor			1.2	108	441

NO. 129. FRUIT SAUCE.

	Lbs.	Oz.	Cost.	Proteid.	Fat.	Carb.	Cal.
Jelly or preserves		4	4	80	328
White of 1 egg		1	1	13	53
			5	13	80	381

TABLE VI.

DEFINITIONS AND EQUIVALENTS OF WEIGHTS AND MEASURES.

1 qt. flour.....	1 pound 4 oz.
1 pint granulated sugar.....	1 pound.
1 " butter.....	1 "
1 " chopped meat packed solid.....	1 "
1 " liquids.....	1 "
$\frac{1}{2}$ " rice.....	8 oz.
$\frac{1}{2}$ " raisins or currants	6 "
1 tablespoonful, heaped, granulated sugar.....	1 "
1 " , rounded, butter.....	1 "
2 tablespoonfuls level, liquids...	1 "
1 tablespoonful " of sugar or butter.....	$\frac{1}{2}$ "
1 " , rounded, flour.....	$\frac{1}{2}$ "

In Appendix I will be found a table of interchangeable weights and measures, a use of which will greatly facilitate calculations.

TABLE VII.

APPROXIMATE COMPOSITION OF 1 POUND OF SOME COMMON FOOD MATERIALS.

FROM DATA CHIEFLY DERIVED FROM BULLETIN NO. 28, UNITED STATES
DEPARTMENT OF AGRICULTURE, BY PERMISSION OF THE SECRETARY.

Kind of Food.	Refuse.	Water.	Protein.	Fats.	C. H.	Calories	Cost per pound.
BEEF.							
Chuck and shoulder, average	17.3	54	71.7	56.6	820	
Fore-shank, very lean.....	44.1	41.6	55.8	7.3	295	
Fore-shank, medium.....	36.9	42.9	58	33.1	545	
Heart.....	5.9	53.2	67.1	112	1320	
Hind shank, average.....	55.4	31	44.1	17.7	345	
Loin, medium.....	13.3	52.5	73	79.4	1040	
Neck.....	31.2	45.3	72.6	41.7	650	
Ribs, lean.....	22.6	52.6	68.9	42.2	675	
Ribs, fat.....	16.8	39.6	57.6	138.8	1525	
Ribs, medium.....	20.8	43.8	63	96.1	1155	
Rib-roll, medium.....	63.9	87.5	75.7	1065	
Round, lean.....	8.1	64.4	88.4	33.1	670	
Round, medium fat.....	7.2	60.7	86.2	58.1	895	
Round, medium.....	19.5	56.2	74.4	31.3	595	
Rump, lean.....	14	56.6	86.6	49.9	820	
Rump, medium.....	20.7	45	62.7	91.6	1110	
Rump, average.....	19	46.9	68.9	84.4	1065	
Steak, sirloin, medium.....	12.8	54	74.8	73	985	
Steak, sirloin, top.....	3.2	40.9	60.3	191.9	2030	
Steak, porterhouse.....	12.7	52.4	86.6	81.1	1110	
Sweetbreads.....	70.9	76.2	54.9	825	
Tongue.....	26.5	51.8	63.9	30.4	545	
Liver.....	7.3	65.6	93.9	20.4	6.8	555	
VEAL AND LAMB.							
Veal, breast, medium.....	21.3	52	69.9	50.1	750	
Veal, fore-quarter.....	24.5	54.2	68.4	27.2	585	
Veal, heart.....	73.2	76.2	43.5	720	
Veal, kidneys.....	75.8	76.7	29	585	
Veal, leg, average.....	11.7	63.4	82.9	30.3	622	
Veal, loin.....	18.6	56.2	70.7	38.1	644	
Veal, liver.....	73.0	77.6	22.7	575	
Lamb, fore-quarter.....	18.8	44.7	67.6	95.2	1165	
Lamb, leg, medium fat....	17.4	52.9	72.1	61.7	870	
Lamb, leg, average.....	13.8	50.3	72.6	62.1	1130	
Lamb, shoulder.....	20.3	41.3	65.3	107	1265	
MUTTON.							
Fore-quarter, average.....	21.2	41.6	55.8	111.1	1265	
Leg, hind, average.....	17.7	51.9	69.9	65.8	900	
Loin, medium, without kidney or tallow.....	16	42	61.2	128.4	1445	
Loin, very fat.....	9	28.1	43.5	242.2	2435	
Neck, medium.....	27.4	42.1	55.8	81.1	985	
Shoulder, medium.....	22.5	47.9	62.1	70.3	910	

TABLE VII.—Continued.

Kind of Food.	Refuse.	Water.	Protein.	Fats.	C. H.	Calories	Cost per pound.
PORK.							
	%	%	Grams:	Grams.	Grams		
Back fat.....	7.7	16.3	407.8	3860	
Headcheese.....	12.1	42.3	85.7	108.9	1365	
Loin, medium.....	19.7	41.8	60.8	109.8	1270	
Loin, average.....	19.3	40.8	59.9	117.9	1340	
Shoulder.....	12.4	44.9	54.4	135.2	1480	
Sausage:							
Bologna.....	3.3	55.2	82.6	89.4	1170	
Farmer.....	3.9	22.2	126.6	183.2	2225	
Frankfurt.....	57.2	88.9	84.4	5.0	1170	
Wienerwurst.....	43.9	127	100.2	7.3	1485	
COOKED MEATS.							
Corned beef.....	8.4	49.6	64.3	103.4	1271	
Ground tongue, canned.....	49.9	97.1	113.8	1455	
Ham, boiled, aver. as purchased.....	51.3	91.6	101.6	1320	
Sandwich meats.....	58.3	127	50	985	
SALTED AND SMOKED.							
Beef, corned, brisket.....	21.4	40	65.3	88	1085	
Beef, corned, rump, medium.....	6	54.5	64.9	99.8	1195	
Beef, corned, plate.....	14.5	34.3	53.2	162.4	1730	
Beef dried, salted and smoked.....	4.7	53.7	119.8	31.3	780	
Beef tongue pickled.....	6	58.9	54	87.1	1030	
Beef tripe pickled.....	86.5	53.1	5.44	270	
Ham, smoked, medium fat..	13.6	34.8	64.4	151.5	1675	
Ham, smoked, lean.....	11.5	47.2	79.4	83.9	1105	
Bacon, av'age of analysis.	8.7	18.4	40.1	269.4	2685	
Pork backs, salted.....	8.1	15.9	32.2	303	2950	
Pork, lean ends, salted....	11.2	17.6	33.5	270.4	2655	
Pigs' feet, pickled.....	35.5	44.6	46.3	42.2	585	
Salt cod, boneless.....	1.6	54.8	125.7	1.4	545	
Halibut, smoked.....	7	46	87.5	63.5	950	
Herring, smoked.....	44.4	19.2	93	39.9	750	
Mackerel, salted.....	22.9	32.5	73.9	78.9	1035	
Sardines.....	5	53.6	107.5	54.9	950	
FATS.							
Cottolene.....	453.6	4220	
Lard, refined.....	453.6	4220	
Marrow, beef.....	3.3	10	420.9	3955	
Oleomargarine.....	9.5	5.4	376.5	3525	
Suet.....	13.7	21.3	372	3540	
Tallow, refined.....	453.6	4220	

TABLE VII.—Continued.

Kind of Food.	Refuse.	Water.	Protein.	Fats.	C. H.	Calories	Cost per pound.
CHICKEN AND FOWL.							
Chicken.....	41.6	43.7	58.1	6.4	3.2	295	
Fowl.....	25.9	47.1	62.1	55.8	7.7	775	
Turkey...:	22.7	42.4	73	86.6	3.6	1075	
FISH.							
Bass, striped, whole.....	55	35.1	38.1	5	200	
Bluefish.....	48.6	40.3	45.4	2.7	210	
Catfish.....	19.4	51.7	52.6	75.3	915	
Cod, dressed.....	29.9	58.5	50.3	.9	215	
Cod, steaks.....	9.2	72.4	77.1	2.3	335	
Haddock.....	51	40	38.1	.9	165	
Halibut steaks.....	17.7	61.9	69.4	20	470	
Mackerel, entrails removed, as purchased.....	40.7	43.7	52.6	15.9	365	
Oysters, solids.....	88.3	27.2	5.9	15	230	
Red snappers.....	46.1	42	49	2.7	225	
Salmon, sections.....	10.3	57.9	75.7	67.1	935	
Shad.....	50.1	35.2	42.6	21.8	380	
Shad roe.....	71.1	94.8	17.2	11.8	600	
Whitefish.....	53.5	32.5	48.1	13.6	325	
FLOURS.							
Roller process, high grade, average.....	12.4	50.8	4.5	339.7	1645	
Roller process, straight grade, average.....	12.8	49	5	339.3	1640	
Whole wheat.....	11.4	62.6	8.6	326.1	1675	
Buckwheat.....	13.6	29	5.4	353.4	1620	
Pea flour.....	11.4	114.3	9.1	259.0	1615	
CEREALS & FLOUR PASTES.							
Barley, pearly.....	11.5	38.6	4.9	352.9	1650	
Corn meal, unbolted.....	10.1	10.3	34.0	19.1	298.9	1545	
Corn meal, bolted.....	12.9	40.4	10	340.6	1655	
Hominy.....	79.3	37.6	2.7	335.8	1650	
Oatmeal and roller oats.....	7.3	73	32.6	306.2	1820	
Macaroni.....	10.3	60.8	4.1	336.1	1665	
Popcorn.....	4.3	48.5	22.7	357	1875	
Rice.....	12.8	36.3	1.4	358.3	1630	
Rice, boiled.....	72.5	12.7	.4	110.7	525	
Tapioca.....	11.4	4.1	.4	399.2	1650	
Wheatlet.....	10.4	55.7	6.3	340.1	1685	
Shredded wheat.....	9.6	54.9	8.2	341.1	1700	
BREAD.							
Brown.....	43.6	24.5	8.2	213.6	1050	
Rye.....	35.7	40.8	2.7	241.3	1180	
White, miscellaneous, as purchased.....	35.6	42.2	5.4	239	1205	
Bread-crumbs.....	25.0	46.0	5.8	254	1284	

TABLE VII.—Continued.

Kind of Food.	Refuse.	Water.	Protein.	Fat.	C. H.	Calories	Cost per pound.
CRACKERS.							
	%	%	Grams	Grams.	Grams.		
Boston.....		7.5	49.9	38.6	322.5	1885	
Butter.....		7.2	41.9	45.8	324.8	1935	
Oyster.....		4.8	51.3	47.6	319.8	1965	
Pilot-bread.....		8.7	50.3	22.7	336.6	1800	
Saltines.....		5.6	48.1	57.6	310.7	2005	
Soda.....		5.9	44.5	41.3	331.6	1925	
FRESH FRUIT.							
Apples.....	25	63.3	1.4	1.4	50	220	
Apricots.....	6	79.9	4.5	57.2	253	
Bananas, yellow.....	35	48.9	3.6	1.8	64.9	300	
Blackberries.....		86.3	5.9	4.5	49.4	270	
Cherries, stoned.....		80.9	4.5	3.6	75.7	365	
Cranberries.....		88.9	1.8	2.7	44.9	215	
Grapes.....	25	58	4.5	5.4	65.3	335	
Huckleberries.....		81.9	2.7	2.7	75.3	345	
Lemons.....	30	62.5	3.2	2.3	26.8	145	
Oranges.....	27	63.4	2.7	.4	38.6	170	
Peaches.....							
Pears.....	10	76	2.3	1.8	57.6	260	
Plums.....	5	74.5	4.1	86.6	370	
Raspberries, red, as purchased.....		85.8	4.5	57.2	255	
Strawberries.....	5	85.9	4.1	2.7	31.6	175	
Watermelons.....	59.4	37.5	.9	.45	12.3	60	
Whortleberries (blueberries).....		82.4	3.2	13.	61.2	390	
DRIED FRUIT.							
Apples.....		28.1	7.3	10	299.8	1350	
Apricots.....		29.4	21.3	4.5	283.5	1290	
Peaches.....							
Currants.....		17.2	10.9	7.7	336.6	1495	
Dates.....	10	13.8	8.6	11.3	320.2	1450	
Figs.....		18.8	19.5	1.4	336.6	1475	
Prunes.....	15	19	8.2	283	1190	
Raisins.....	10	13.1	10.4	13.6	310.7	1445	
NUTS.							
Almonds, as purchased....	45	2.7	52.2	13.7	43.1	1660	
Chestnuts, fresh.....	16	37.8	23.6	20.4	160.6	945	
Chestnuts, dry.....	24	4.5	37.7	24	255.8	1425	
Cocoanut, prepared.....		3.5	28.6	260.4	142.8	3125	
Peanuts.....	24.5	6.9	88.5	132	83.9	1935	
Peanut butter.....		2.1	132.9	210.5	77.6	2825	
Walnuts (California).....	73.1	.7	22.2	78.5	15.9	885	
SUGARS.							
Honey.....		18.2	1.8	368.3	1520	
Molasses, cane.....		25.1	10.9	314.3	1290	

TABLE VII.—Continued.

Kind of Food.	Refuse.	Water.	Protein.	Fat.	C. H.	Calories	Cost per pound.
SUGARS.							
	%	%	Grams.	Grams.	Grams.		
Sugar, coffee or brown	5.0	431	1766	
Sugar, granulated	453.6	1860	
Sugar, maple	375.6	1540	
Syrup, maple	29.0	323.9	1330	
MISCELLANEOUS.							
Chocolate	5.9	58.5	220.9	137.4	2860	
Cocoa	4.6	98	131	171	2320	
Cereal coffee	
DAIRY PRODUCTS.							
Butter, as purchased	11	4.5	385.5	3605	
Cream, thin	14	60	16	681	
Cream, thick	12	22	12	1223	
Cream, common	74	11.3	38.6	20.4	910	
Cheese, American pale	31.6	130.6	162.8	1.4	2060	
Cheese, Cottage	72.0	94.8	4.5	19.5	510	
Cheese, Dutch	35.2	80.3	45.4	1435	
Cheese, Neuchatel	50	84.8	124.3	6.8	1530	
Cheese, Swiss	31.4	125.2	158.3	5.9	2010	
Cheese, imitation full cream, Ohio	37.9	117.5	143.8	1820	
Milk, whole	87	15	18.1	22.7	325	
Milk, skimmed	90.5	15.4	1.4	23.1	170	
Milk, butter	91	13.6	2.3	21.8	165	
Milk, condensed, sweetened	26.9	39.9	37.6	245.4	1520	
Milk, " unsweetened	68.2	43.5	42.2	50.8	780	
EGGS.							
Whole	11.2	65.5	59.5	43.1	645	
Whites	86.2	59	9	425	
Yolks	49.5	71	73	971	
VEGETABLES, FRESH.							
Asparagus	94	8.2	.9	15	105	
Beans, dry	12.6	102.1	8.2	270.3	1605	
Beans, butter green	50	29.4	21.3	1.4	66.2	370	
Beans, lima, dried	10.4	72.1	6.8	298.9	1625	
Beans, lima, green shelled	68.5	32.2	3.2	99.8	570	
Beans, string	89.2	10	1.8	33.5	195	
Beets	20	70	5.9	.5	34.9	170	
Cabbage	15	77.7	6.4	.9	21.8	125	
Carrots	20	70.6	4.1	.9	33.6	160	
Cauliflower	92.3	8.2	2.3	21.3	140	
Celery, as purchased	20	75.6	4.1	.45	11.8	70	
Corn, green, edible portion	74.4	14.1	5	89.4	470	
Cucumbers	15	81.1	3.2	.9	11.8	70	
Lentils, dry	8.4	116.6	4.5	268.6	1620	

TABLE VII.—Continued.

Kind of Food.	Refuse.	Water.	Protein.	Fat.	C. H.	Calories	Cost per pound.
VEGETABLES, FRESH.							
	%	%	Grams.	Grams.	Grams.		
Lettuce.....	15	80.5	4.5	.9	23.6	75	
Onions.....	10	78.9	6.4	1.4	40.4	205	
Parsnips.....	20	66.4	5.9	1.8	49	240	
Pease, dry.....		9.5	111.7	4.5	281.2	1655	
Pease, green.....	45	40.8	16.3	.9	44.5	255	
Pease, sugar, shelled.....		81.8	15.4	1.8	62.1	335	
Potatoes, boiled.....		75.5	11.3	.45	94.8	440	
Potatoes, fried (chips).....		2.2	30.8	180.5	211.8	2675	
Potatoes, raw.....	20	62.6	8.2	.45	66.7	310	
Potatoes, sweet.....	20	55.2	6.4	2.7	99.3	460	
Pumpkins.....	50	46	2.3	.45	11.8	60	
Radishes.....	30	64.3	4.1	.45	18.1	95	
Rhubarb.....	40	56.6	1.8	1.8	10	65	
Spinach.....		92.3	9.5	1.8	12.8	110	
Squash.....	50	44.2	3.2	.9	20.4	105	
Tomatoes.....		94.3	4.1	1.1	17.7	105	
Turnips.....	30	62.7	4.1	.45	25.9	125	
CANNED VEGETABLES.							
Corn, green.....		76.1	12.7	5.4	86.2	455	
Pease, green.....		85.3	16.3	.9	44.5	255	
Pumpkins.....		91.6	3.6	.9	30.4	150	
Succotash.....		75.9	16.3	4.5	84.4	455	
Tomatoes.....		94	5.4	.9	18.1	105	
Yeast.....		65.1	53.1	1.8	95.3	625	
Cucumber pickles.....		92.9	2.3	1.4	12.2	70	

QUANTITIES ALLOWED IN MAKING UP THE VALUES FOR SIX PERSONS, ALL EATING HEARTILY.

Coffee, 1 oz. Tea, .5 oz. Milk for coffee, 6 oz.; for tea, 4 oz. Cream for coffee, 3 oz. Cream for tea, 2 oz. Dry cereal, 6 oz. Milk for cereal, 8 oz. Cream for cereal, 6 oz. Sugar for cereal, 2 oz. Bread as an accessory to a meal, 4 oz.; butter for the same, 1 oz. Bread as a substantial portion of a meal, 12 oz.; butter for the same, 3 oz. Fruits for a meal, either fresh or cooked, 2 lbs. Sugar for the same, 2 to 4 oz. Chops for breakfast, 2 to 2.5. Steak for breakfast, 2 to 3. One egg, 2 oz. Hash for breakfast or luncheon: 1 lb. of meat, 2 lbs. of potatoes. Toast for breakfast or luncheon: 12 oz. bread.

Meat for the day should be kept as low as 4 lbs. for the six persons on an average. Total bread or equivalents, 1 to 1.5 lbs. for the six; vegetables, 2 to 4 lbs.; sugar, 2 to 4 oz.; fruits, fresh or dried, 2 to 4 oz.

The hearty dinner puddings are to be used with the less nutritious meat dishes, and the soups and light puddings with the rich meat dishes.

Prices vary with the season, with the locality, and with scarcity or plenty, and therefore only for small quantities fairly average prices have been used in these sample tables. Each person will insert the prices prevalent at the time and place. Other dishes will be added very readily. The quantities are based on those allowed in military rations in workingmen's families for the inexpensive dishes, because only two or three are placed upon the table at a time, and together they must furnish the required fuel value.

For the more expensive and delicate dishes somewhat less amounts are allowed, since four or more kinds of food may be used, and since a smaller amount may serve as relish to the heartier dishes.

Dishes consisting chiefly of flour, sugar, and recovered fat are inexpensive. The addition of fat in any form brings up the heat units twice as much as the same quantity of sugar.

The meat dishes are expensive in proportion to the quantity of meat in them, and that meat which has much fat is of higher cost than that which is lean; but this fat is often largely wasted on the plates and in the garbage-pail. The housewife who values the fat as it should be valued saves the dripping, and uses it in cooking instead of "cooking butter."

A judicious use of cereals and vegetables with recovered "dripping" or salt pork, with just enough meat to flavor the resulting dish, will enable the provider to furnish the main dish for each meal for about 15 cents per 1,000 calories, or 90 cents for 12,000 calories. The remaining 3,000 to 6,000 calories may be made up of relishes or luxuries, as the purse and inclination permits. A reliance on meats of the tender sort, eaten with fresh vegetables, means an average expenditure of 15 to 20 cents per 1,000 calories, \$2.40 per 12,000; \$16.80 ÷ \$2.80 per week for the essential elements of food.

Vegetables have more waste substance, and therefore a more generous allowance must be made. The proteid especially must be increased by one third.

Milk for cooking is reckoned at 4 to 6 cents per quart, since it is usually topped, i.e., has had the cream removed.

Some of the dishes would only be made when the ingredients could be had at a low cost. This is why the prices given are not always uniform. This whole pamphlet is only an example of *method*, and makes no pretensions to exactness in a field where accurate results are impossible with the meagre facts available. If it shall hasten the day when better figures are at the service of the purveyor, it will have served its mission.

APPENDIX I.

TABLE OF INTERCHANGEABLE WEIGHTS AND MEASURES
WITH APPROXIMATE FOOD VALUE OF THE SAME.

Measures. Approximate only.	Weights.	Refuse. %	Water. %	Protein. Grams.	Fats. Grams.	C. H. Grams.	Calories
BREAD FLOUR.							
45 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	12.4	50.8	4.5	339.7	1645
2 $\frac{3}{4}$ tbsps.	1 oz. = 28.3 gms.	3.1	.28	21.2	102.8
1 cup = 14 tbsps.	140 gms. = 5 oz.	15.6	1.26	103.6	506.8
1 tbsp.	10 gms. = $\frac{8}{5}$ oz.	1.12	.09	7.4	36.2
WHOLE WHEAT.							
41 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	11.4	62.6	8.6	326.1	1675
2 $\frac{1}{2}$ tbsps.	1 oz. = 28.3 gms.	3.9	.53	20.3	104.6
1 cup = 14 tbsps.	154 gms. = 5 $\frac{1}{2}$ oz.	21.1	2.5	110.6	569.2
1 tbsp.	11 gms. = $\frac{7}{8}$ oz.	1.5	.18	7.9	40.6
PASTRY FLOUR.							
56 $\frac{1}{2}$ tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	12.8	49	5	339.3	1640
3 $\frac{1}{2}$ tbsps.	1 oz. = 28.3 gms.	3	.31	21.2	102.5
1 cup = 14 tbsps.	112 gms. = 4 oz.	12.04	1.12	82.6	404.6
1 tbsp.	8 gms. = $\frac{5}{8}$ oz.86	.08	5.9	28.9
BUCKWHEAT.							
41 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	13.6	29	5.4	353.4	1620
2 $\frac{1}{2}$ tbsps.	1 oz. = 28.3 gms.	1.8	.33	22.08	101
1 cup	154 gms. = 5 $\frac{1}{2}$ oz.	9.8	1.12	120.4	546
BARLEY.							
28 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	11.5	38.6	4.9	352.9	1650
1.7 tbsps.	1 oz. = 28.3 gms.	2.4	.3	22	104
1 cup = 14 tbsps.	224 gms. = 8 oz.	19.04	2.52	174.3	814
1 tbsp.	16 gms. = $\frac{1}{2}$ oz.	1.3	.18	12.45	582
CORN MEAL (UNBOLTED).							
38 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	10	10.3	34	19.1	298.9	1545
2 $\frac{3}{8}$ tbsps.	1 oz. = 28.3 gms.	2	1.2	18.6	97
1 cup = 14 tbsps.	168 gms. = 6 oz.	12.6	7	110.6	571.6
1 tbsp.	12 gms.9	.5	7.9	40.8

INTERCHANGEABLE WEIGHTS AND MEASURES.

Measures. Approximate only.	Weights.	Refuse. %	Water. %	Protein. Grams.	Fats. Grams.	C. H. Grams	Calories
CORN MEAL (BOLTED).							
45 tbsps.	{ 1 lb. = 16 oz. }	12.9	40.4	10	340	16.
	{ 453.6 gms. }					
2.8 tbsps.	1 oz. = 28.3 gms.	2.5	.62	21	103
1 cup = 13 tbsps.	130 gms. = 4 oz.	11.1	3	97.6	474
1 tbsp.	10 gms.	1.11	.3	9.7	47.4
ROLLED OATS.*							
90 tbsps.	{ 1 lb. = 16 oz. }	7.3	73	32.6	306.2	1820
	{ 453.6 gms. }					
5½ tbsps. +	1 oz. = 28.3 gms.	4.5	2	12.8	113.7
1 cup = 14 tbsps.	70 gms. = 2½ oz.	11.2	5.02	44.18	280
1 tbsp.	5 gms.8	.35	3.37	20
WHEATLET.							
37 tbsps. +	{ 1 lb. = 16 oz. }	10.4	55.7	6.3	340.1	1685
	{ 453.6 gms. }					
2½ tbsps. -	1 oz. = 28.3 gms.	3.4	.39	21.2	105.3
1 cup = 15 tbsps.	{ 180 gms. = }	22.5	1.8	134	667
	{ 6½ oz. + }				
1 tbsp.	12 gms. = ½ oz. -	1.4	.12	8.9	44.5
RICE.							
26½ tbsps. +	{ 1 lb. = 16 oz. }	12.8	36.3	1.4	358.3	1630
	{ 453.6 gms. }					
1½ tbsps.	1 oz. = 28.3 gms.	2.4	.08	22.3	101.8
1 cup = 14 tbsps.	{ 238 gms. = }	18.9	.7	187.8	854
	{ 8½ oz. - }				
1 tbsp.	17 gms.	1.35	.05	13.4	61
HOMINY.							
33 tbsps.	{ 1 lb. = 16 oz. }	7.9	37.6	2.7	335.8	1650
	{ 453.6 gms. }					
2 tbsps.	1 oz. = 28.3 gms.	2.4	.16	20.9	103
1 cup = 14 tbsps.	196 gms. = 7 oz.	16.1	1.12	144	712.6
1 tbsp.	14 gms. = ½ oz.	1.15	.08	10.3	50.9
TAPIOCA.							
35 tbsps.	{ 1 lb. = 16 oz. }	11.4	4.01	.45	399.2	1650
	{ 453.6 gms. }					
2 tbsps. +	1 oz. = 28.3 gms.25	.02	24.9	103
1 cup = 13 tbsps.	195 gms. = 7 oz.	1.8	.13	171.6	709.2
1 tbsp.	15 gms. = ½ oz. +14	.01	13.2	54.5

* Measured lightly and level. The weight will vary according to the compactness in the measurement.

INTERCHANGEABLE WEIGHTS AND MEASURES.

Measures. Approximate only.	Weights.	Refuse. %	Water. %	Protein. Grams.	Fats. Grams.	C. H. Grams.	Calories
MACARONI.							
1 cup (1-inch pieces)	1 lb. = 16 oz. } 453.6 gms. }	10.3	60.8	4.1	336.1	1665
	120 gms. } 4½ oz. + }	6.12	1.08	88.8	440.4
BUTTER.							
32 tbsps.	{ 1 lb. = 16 oz. } { 453.6 gms. }	11	4.5	385.5	3605
2 tbsps.	1 oz. = 28.3 gms.2	24.1	225.3
1 cup = 16 tbsps.	226.8 gms. = 8 oz.	2.2	192.7	1802
1 tbsp.	14.1 gms. = ½ oz.1	12	112.6
GRANULATED SUGAR.							
31 tbsps. —	{ 1 lb. = 16 oz. } { 453.6 gms. }	453.6	1860
2 tbsps. —	1 oz. = 28.3 gms.	28.3	116
1 cup = 14 tbsps.	{ 210 gms. } { 7½ oz. — }	168	861
1 tbsp.	{ 15 gms. } { ½ oz. + }	12	61.5
BROWN SUGAR.*							
1 cup = 10 tbsps.	1 lb. = 16 oz. } 453.6 gms. }	5	431	1766
	1 oz. = 28.3 gms.	27	110.3
1 tbsp.	160 gms. } 6 oz. — }	150	623
	16 gms. = ½ oz. + }	15	62.3
POWDERED SUGAR.							
1 cup = 14 tbsps.	1 lb. = 16 oz. } 453.6 gms. }	453.6	1860
	1 oz. = 28.3 gms.	28.3	116
1 tbsp.	168 gms. } 6 oz. — }	163.8	688.8
	12 gms. = ½ oz. — }	11.7	49.2

* Brown sugar with much moisture and lumps may weigh more than indicated, but freed from lumps is of constant weight.

In the accompanying list of equivalent measurements and weights an ordinary "half-pint" measuring cup was used. This style of cup was found in all stores where kitchen utensils were sold, and half, quarter, and third divisions were indicated. The cost was five cents. Variation will be found in measuring-cups, but if the same cup is always used the results will be proportionally correct. A tablespoon which contained four level teaspoons was also used.

While no standard cup nor spoon is obtainable, the work of accurate measurement will be facilitated if a certain half-pint cup and a tablespoon of known capacity are set aside as the standard measurements in each household.

A few recipes are given to indicate measure, weight, and food value. With experience the food value per cup may be easily estimated, as in so many recipes there is a repetition of materials like flour, milk, sugar, butter, eggs, etc.

From the tables various combinations may be arranged.

Measure.	Weight.	Protein. Grams.	Fats. Grams.	C. H. Grams.	Calories	Cost. Cents.
CORN CAKE.						
1 cup corn meal.....	168 gms. = 6 oz. -	12.6	7	110.6	571.2	.8
$\frac{1}{2}$ cup flour.....	70 gms. = $2\frac{1}{2}$ oz.	7.8	.63	51	253.4	.5
2 tablespoonfuls sugar.	24 gms. = 1 oz. -	24	123	.3
2 tablespoonfuls butter.	28 gms. = 1 oz.	.2	24	225	2
1 cup milk.....	232 gms. = 8 oz. +	7.5	9	11.3	162.5	2
1 egg.....	56 gms. = 2 oz.	7.4	5.2	81	3
1 tablespoonful salt....						
3 tbsps. baking powder	7 gms. = $\frac{1}{4}$ oz.					
	585 gms. = $20\frac{3}{4}$ oz.	35.5	45.83	196.9	1416.1	8.6
BAKED MACARONI.						
1 cup macaroni.....	120 gms. = $4\frac{1}{4}$ oz.	6.12	1.08	88.8	440.4	3
1 cup milk.....	232 gms. = 8 oz. +	7.5	.9	11.3	162.5	2
2 tablespoonfuls flour..	28 gms. = 1 oz.	3.1	.28	21.2	102.8	.0004
$2\frac{3}{4}$ tablespoonfuls butter	28 gms. = 1 oz.	.2	24	225	2
4 tbsps. grated cheese.	56 gms. = 2 oz.	16.3	20.3	.1	257.5	2
3 rolled crackers for top.....	42 gms. = $1\frac{1}{2}$ oz.	4.6	3.6	30.1	176.7	.001
1 tbsp. salt-pepper....						
	506 gms. = $17\frac{3}{4}$ oz.	37.82	58.26	151.5	1364.9	9.0014
RICE PUDDING.						
2 cups milk (1 pint). }	} 464 gms. = 1 lb. + 16 oz. }	15	18.1	22.7	325	4
4 tablespoonfuls rice..						
2 eggs.....	112 gms. = 4 oz.	15	10.4	162	6
2 tablespoonfuls sugar.	24 gms. = 1 oz. -	24	123	.3
Salt and nutmeg.....	01
	660 gms. = $23\frac{1}{2}$ oz.	35.40	28.7	100.3	854	11.31

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