

A COLLEGE GIRL'S DIETARY EXPERIMENT.

by

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A COLLEGE GIRL'S DIETARY STUDY.

A dietary experiment extending through the month of April, 1907, was carried out by twelve senior Domestic Science girls.

The diet consisted of three regular meals per day, prepared by the girls according to a certain order. The supplies were all carefully weighed and an account kept of them. The girls were allowed to eat nothing outside of these supplies so that we might ascertain the exact amount of food consumed. This was made still more accurate by the weighing of all waste so that the exact amount of each food eaten was known.

The diet consisted of meals well balanced and of food at a moderate cost. There were no other restrictions as to the diet, except that the food be well cooked and served on time.

The object of the experiment was to ascertain the effect on the girls of a well cooked nourishing diet taken regularly, together with a moderate amount of exercise and plenty of sleep.

The amount, cost, and caloric value of food used where no restrictions were enforced was another object of the experiment.

The following are the menu's for the first three weeks. The fourth week being very similar.

April 3.

Breakfast.

Oranges

Cream of Wheat

Sugar & Cream

Ham

Muffins

.1.



Jelly

Butter

Chocolate

## Luncheon.

Apple &amp; Date Salad

Macaroni &amp; Cheese

Bread

Butter

Pineapple Snow

Wafers

## Dinner.

Fruit Soup

Wafers

Roast Beef

Brown Gravy

Buttered Potatoes

Bread

Butter

Lemon Ice

Marguerites

April 4.

## Breakfast.

Stewed Figs

Shredded Wheat Biscuit

Toast

Butter

Egg in nest on Toast

Cocoa

## Luncheon.

Meat Croquettes

Creamed Asparagus

Parker House Rolls

Butter

Fruit Sherbert

Lady Fingers

Water

## Dinner.

Apple Salad

Buttered Beans

Meat Pie

Punch

Biscuits

Butter

Fruit Sherbet



April 5.

## Breakfast.

Rice &amp; Raisins

Sugar &amp; Cream

Egg poached in Cream on toast

Graham Wafers

Butter

Cocoa.

## Luncheon.

Creamed Tomato Soup

Wafers

Cheese Souffle

Bread

Butter

Milk

## Dinner.

Banana &amp; Nut Salad

Veal Birds

Mashed Potatoes

Bread

Butter

Chocolate Pudding

Sauce

April 6.

## Breakfast.

Cracked Wheat

Sugar &amp; Cream

Potatoo Cakes

Creamed Cod Fish

Biscuits

Butter

Apple &amp; Quinces

Cocoa

## Luncheon

Emergency Soup

Wafers

Scalloped Oysters

Olives

Bread &amp; Butter Sandwiches

Tapico Custard



## Dinner.

Salmon Soup

Wafers

Baked Beans

Brown Bread

Pickles

Stewed Figs

Whipped Cream

April 7.

## Breakfast.

Shredded Wheat Biscuit

Milk

Eggs

Bread &amp; Butter Sandwiches

Oranges

## Dinner.

Cream of Asparagus Soup

Wafers

Roast Chicken

Mashed Potatoes

Radishes

Bread

Butter

Orange Bavarian

Cake

## Luncheon.

Cheese &amp; Ham Sandwiches

Pickles

Oranges

Bananas

Caramel Cake



April 8.

## Breakfast.

Bananas

Cream and Sugar

Creamed Dried Beef

Biscuits

Honey

## Dinner.

Chicken Souffle

Macaroni &amp; Tomatoes

Bread

Butter

Apple Pie

## Luncheon.

Peanut &amp; Chicken Sandwiches

Fudge

Oranges

April 9.

## Breakfast.

Rhubarb Scause

Rolled Oats

Cream &amp; Sugar

Omelet

Cornmeal Muffins

Butter

Honey

## Luncheon.

Liver &amp; Bacon

Gravy

Riced Mashed Potatoes

Parker House Rolls

Butter

Apple &amp; Quince Sauce

Cake

## Dinner.

Pan Broiled Steak

Maite De Hotel Butter



Creamed Potatoes

Escalloped Tomatoes

Bread

Butter

Caramel Custard

April 10.

Breakfast.

Cream of Wheat with Dates

Cream &amp; Sugar

Milk Toast

Boiled Eggs

Buttered Toast

Luncheon.

Creamed Peas

Cheese Pudding

Fruit

Lemonade

Dinner.

Hamburg Steak

French Fried Potatoes

Creamed Lima Beans

Gravy

Caramel Ice Cream

Cake

April 11.

Breakfast.

Scalloped Potatoes

Milk Toast

Bread

Butter

Rhubarb Sauce

Coffee

Luncheon.

Cream of Pea Soup

Crackers

Meat Souffle

Creamed Potatoes

Biscuits

Butter

Frozen Chocolate Custard



## Dinner.

Banana Apple Peanut Salad

Roast Veal

Gravy

Potatoes on Half Shell

Bread

Butter

Cereal Pudding

April 12.

Breakfast.

Oranges

Fried Mush

Caramel Syrup

Bread

Butter

Milk

## Dinner.

Asparagus Salad

Hollandaise Sauce

Pan Broiled Tenderlion

Potatoes - Maitre - de - Hotel Butter

Parker House Rolls

Butter

## Picnic Luncheon.

Chicken Sandwiches

Olives &amp; Pickles

Date Wafers

Oranges

Milk

April 13.

Breakfast.

Sliced Oranges &amp; Bananas

Scrambled Eggs on Toast

Cocoa

Buttered Toast



## Luncheon.

Fruit Salad

Wafers

Muffins

Butter

## Jelly

Cocoanut Bread Pudding

Hard Sauce

## Dinner.

Baked Beans

Brown Bread

Olives

Ketchup

## Indian Meal Pudding

April 14.

## Breakfast.

Dr. Price's Breakfast Food

Milk Sugar

Bread

Butter

Eggs

Oranges

## Dinner.

## Punch

Roast Chicken

Dressing

Mashed Potatoes

Gravy

## Pear Pickles

Bread

Butter

## Lettuce Salad

Mince Pie

Cheese

## Luncheon.

Chicken &amp; Peanut Sandwiches

Chocolate Cake

Date Wafers

Lemonade



April 15.

## Breakfast.

Dr. Pierce's Breakfast Food	Sugard & Cream
Poached Eggs on Toast	
Buttered Toast	Coffee

## Luncheon.

Clear Soup	Crackers
Chicken Croquettes	Tomatoe Sauce
Bread	Butter
Carmel Parfait with Carmel Sauce	

## Dinner.

Brazed Beef	Gravy
Fried Bananas & Peanuts	
Bread	Butter
Pear Pickles	Radishes

Lemon Pudding

April 16.

## Breakfast.

Bananas & Oranges	Cream & Sugar
Creamed Beef on Toast	
Buttered Toast	
Cocoa	Whipped Cream

## Luncheon

Chicken a la Mond'e	
Rice Croquettes	
	Sliced Tongue
Apple Pickles	
Biscuits	Jelly



## Dinner.

Liver Loaf

Creamed Potatoes

Buns

Jelly

Lettuce &amp; Egg Salad

Steamed Snow Ball Pudding

Foamy Sauce

April 17.

## Breakfast.

Apple Sauce

Creamed Meat on Toast

Buttered Toast

Coffee

## Dinner.

Pork Roast

Gravy

Potatoes cooked with Roast

Bread

Butter

Setting Salad

Banana Custard

## Luncheon.

Sliced Ham Sandwiches

Ham &amp; Pickle "

Peanut Cookies

Lemonade

April 18.

## Breakfast.

Asparagus on Toast

Buttered Toast

Chocolate

Apple Sauce



## Luncheon.

Orange &amp; Pineapple Salad

Liver Souffle

Mashed Potatoes

Buttered Beans

## Dinner.

Cannelon of Beef

Tomatoo Sauce

Parker House Rolls

Butter

Punch

Hermits

Chocolate Pie

April 19.

## Breakfast.

Oranges

French Fried Roast.

Caramel Syrup

Chocolate

## Dinner.

Veal Birds

Gravy

Creamed Peas

Bread

Butter

Tomatoo &amp; Cabbage Salad

Rhubarb Sauce

## Lunch

Cheese &amp; Pork Sandwiches

Potatoo Chips

Oranges



April 20.

## Breakfast.

Cream of Wheat with Raisins      Cream &amp; Sugar

Omelet

Pop overs

Butter

## Luncheon.

Pea &amp; Potatoe Salad      Rolls &amp; Butter

Strawberry Ice Cream

Cake

## Dinner.

Baked Beans

Brown Bread

Ketchup

Pickles

Butter

Apricot Short Cake

April 21.

## Breakfast.

Shredded Wheat Biscuit      Cream &amp; Sugar

Eggs

Parker House Rolls

Butter

Oranges

## Dinner.

Pan Broiled Steak

Brown Sauce

New Potatoes

Creamed Asparagus

Sweet Pear Pickles

Bread

Butter

Fruit Salad



## Luncheon.

Peanut, Cheese, Cottage Cheese

Sandwiches

Cream Puffs

Oranges

April 22.

## Breakfast.

Apple Sauce

Rolled Oats

Cream &amp; Sugar

Buttered Mackerel

Biscuits

Butter

Coffee

## Luncheon.

Breaded Veal Cutlets

Scalloped Macaroni &amp; Tomatoes

Plum Perserves

Bread

Butter

Brown Pudding

Golden Sauce

## Dinner.

Clear Soup

Wafers

Pork Roast

Dressing

New Potatoes

Creamed Lima Beans

Bread

Butter

Lemon Ice

Kisses

April 23.

## Breakfast.

Oranges in Half

Creamed Meat in Crustads

Muffins

Butter



## Luncheon.

Cream of Tomatoe Soup	Wafers
Corn Custard	
Biscuits	Butter
Cakes	Lemonade

## Dinner.

Tomatoe Soup	Crackers
Meat Souffle	String Beans
Prune Whip	

April 24.

## Breakfast.

Bananas & Cream	
Dr. Price's Breakfast Food	Cream & Sugar
Baked Eggs	
Butter	Toast
Chocolate	

## Luncheon.

## Salpicon of Fruit

Mutton Chops	Same Fineste
Rice Scalloped with Tomatoes	
Bread	Butter

## Lettuce Salad

Chocolate Bread Pudding

## Dinner.

Crom Rib Roast	Potatoes in Pan
Dressing	Brown Sauce

Creamed Onions



## Asparagus Salad

## Apple Pie with Ice Cream

## Recipes Used.

## Cream of Wheat

2 c. Cream of Wheat

7 c. Water

Too much for twelve

## Muffins

2 eggs

4 tbsp. butter

8 tbsp. sugar

2 tsp. salt

4 c. butter

## Apple and Date Salad.

1 lb. apples cut in small pieces

9 oz. Dates

## Dressing.

 $\frac{3}{4}$  c. Vinegar

4 tsp. sugar

4 eggs

2 tbsp. butter

2 tsp. salt

2 tbsp flour

2 c. milk



## Macaroni with Cheese.

7/8 lb. macaroni

3/8 " cheese

4 tbsp. butter

3 c. milk

4 tbsp. flour

1/2 c. buttered crumbs

## Pineapple snow.

1 can pineapple

2 lemons

5 Egg whites

## Fruit Soup.

1 qt. preserved plums

1/4 pt. cranberries

1 qt. water

3 Lemons (juice of)

1 1/2 tbsp. cornstarch

## Brown Sauce.

8 lb. Roast (juice of)

3 tbsp. flour

3 c. water

salt

pepper

1 bay leaf

tomatoe juice



## Lemon Ice.

1 qt. water  
3 lemons  
3 c. sugar  
1 egg white

## Marguerites.

1 c. sugar  
 $\frac{1}{2}$  c. nuts  
 $\frac{1}{4}$  c. chopped raisins  
 $\frac{1}{2}$  c. water

## Eggs in nest on toast.

12 eggs  
12 slices of toast

## Cocoa.

18 tsp. cocoa  
12 tsp. sugar  
8 c. milk  
2 c. water

## Meat Croquettes.

1 c. milk  
4 tbsp. butter  
4 tbsp. flour  
1 tsp. salt  
2 c. ground meat



## Creamed Asparagus.

- 1 c. milk
- 2 tbsp. flour
- 2 tbsp butter
- $\frac{1}{2}$  tsp. salt
- 2 bunches of asparagus

## Parker House Rolls.

- 2 c. scalded milk
- 3 tbsp. butter
- 1 tsp. salt
- 2 tbsp. sugar
- 1 yeast cake dissolved in
- $\frac{1}{4}$  c. luke warm water
- flour

## Orange Ice.

- 4 c. water
- 2 c. sugar
- 2 c. orange juice
- $\frac{1}{4}$  c. lemon juice

## Lady Fingers.

- 3 eggs (whites of)
- $\frac{1}{3}$  c. powdered sugar
- 2 eggs (yolks of)
- 1 c. flour
- $\frac{1}{3}$  tsp. salt
- $\frac{1}{4}$  tsp. vanilla



## Meat Pie.

Left over meat

" " macaroni

1 can tomatoes

Gravy

## Crust.

 $1\frac{1}{2}$  c. flour $\frac{2}{5}$  c. butter $1\frac{1}{8}$  c. milk

5 tsp. baking powder

 $\frac{1}{8}$  salt

## Biscuits.

4 c. flour

2 c. milk

4 tbsp. butter

 $\frac{1}{2}$  tsp. salt

8 tsp. baking powder

## Buttered Beans.

3 cans

1 tsp. salt

3 tbsp. butter

## Punch.

6 Oranges

 $2\frac{1}{2}$  lemons

2 c. sugar



## Apple Salad.

2 lbs. apples  
3 eggs  
spk. cayenne  
1 tbsp. sugar  
1/8 tsp. salt  
1 c. whipped cream

## Fruit Sherbet.

Left over fruit soup  
" " fig juice  
Added water to make  
1qt.  
1 egg (white of)

## Rice and Raisins.

1½ c. rice  
½ c. raisins  
2 tsp. salt

## Eggs poached in Cream on Toast.

12 eggs  
1 qt. cream  
12 slices of toast

## Cream Tomatoe Soup.

4 c. tomatoes  
3 c. milk  
½ c. flour  
¾ c. butter



## Cream Tomato Soup. (Con.)

4 tsp. sugar  
2 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  tsp. soda

## Cheese Souffle.

2 c. milk  
 $\frac{1}{2}$  c. flour  
4 tbsp. butter  
8 eggs  
2 tsp. salt  
2 c. cheese

## Banana and Nut Salad.

6 bananas  
8 oz. nuts  
 $\frac{1}{2}$  c. vinegar  
3 eggs (yolks)  
1 tsp. salt  
 $\frac{1}{2}$  tsp. butter  
2 tsp. sugar  
1 c. cream

## Veal Birds.

3 lbs. veal  
6 c. milk  
 $\frac{1}{2}$  c. flour  
2 tbsp. butter  
Salt and pepper



## Mashed Potatoes.

2 lbs. potatoes

1 c. milk

3 tbsp. butter

## Chocolate Pudding.

3 tbsp. butter

 $\frac{3}{4}$  c. sugar

3 eggs

 $4\frac{1}{2}$  tsp. baking powder $2\frac{1}{4}$  c. flour $\frac{3}{4}$  c. milk $2\frac{1}{4}$  sq. chocolate

## Sauce.

 $\frac{1}{2}$  c. sugar

1 c. boiling water

1 tbsp. cornstarch

2 tbsp. butter

1 tsp. vanilla

## Cracked Wheat.

2 c. cracked wheat

7 c. water

## Potato Cakes.

10 potatoes

2 eggs

1 c. milk



## Emergency Soup.

1 qt. tomatoes  
1 tbsp. flour  
1 tbsp. sugar  
4 tbsp. butter  
 $\frac{1}{2}$  tsp. salt

## Scalloped Oysters.

$1\frac{1}{4}$  lb. oysters  
4 c. crumbs  
 $\frac{1}{2}$  c. butter  
2 c. milk

## Tapioca Custard

2 c. tapioca  
1 qt. milk  
3 eggs  
 $\frac{1}{2}$  c. sugar  
1 tbsp. butter

## Salmon Soup.

$\frac{1}{3}$  c. salmon  
1 qt. scalded milk  
2 tbsp. butter  
4 tbsp. flour  
 $1\frac{1}{2}$  tsp. salt  
pepper



## Baked Beans.

- 1 pt. beans
- $\frac{1}{4}$  c. molasses
- $\frac{1}{4}$  lb. pork
- 1 tsp. salt
- 1 " mustard
- 1 " soda

## Brown Bread.

- 1 c. cornmeal
- 1 c. rye meal
- 1 c. whole wheat flour
- 1 tsp. salt
- 2 " soda
- $\frac{2}{3}$  c. molasses
- 1 pt. thick sour milk

## Cream of Asparagus Soup.

- $1\frac{1}{2}$  qt. milk
- 6 tbsp. flour
- 6 " butter

## Orange Bavarian.

- 2 c. orange juice
- 1 pt. whipped cream
- 2 tsp. gelatin

## Creamed Dried Beef.

- $\frac{3}{8}$  lb. dried beef
- 2 c. white sauce



## Fruit Salad.

 $\frac{2}{3}$  c. nuts

6 bananas

1 lb. apples

## Salad Dressing.

 $\frac{1}{2}$  c. vinegar

2 eggs

1 tsp. sugar

1 " butter

 $\frac{1}{2}$  c. cream

## Chicken Souffle.

 $2\frac{2}{3}$  c. chicken

2 c. white sauce

4 eggs

## Macaroni and Tomatoes.

 $\frac{1}{2}$  lb. macaroni

1 qt. tomatoes

 $\frac{1}{2}$  c. butter

2 c. crumbs

## Apple Pie.

 $1\frac{1}{4}$  lb. apples $2\frac{1}{2}$  c. flour $\frac{2}{3}$  c. butter $1\frac{1}{2}$  c. sugar



## Rolled Oats.

1 c. oats  
4 c. water  
1 tsp. salt

## Corn Meal Gems.

2 eggs  
1 c. sour milk  
4 tsp. butter  
1 tsp. salt  
1 tsp. soda  
1-1/3 c. corn meal  
2/3 c. flour

## Omelet.

7 eggs  
3/4 c. water  
1 tsp. salt  
3 1/2 tbsp. butter

## Creamed Potatoes.

2 c. white sauce  
4 c. diced potatoes

## Scalloped Tomatoes.

1 qt. tomatoes  
2 c. crumbs  
1/2 c. butter



## Caramel Custard.

4 c. milk  
12 eggs  
 $\frac{3}{4}$  c. sugar  
 $\frac{1}{2}$  tsp. salt

## Sauce.

2 tbsp. caramelized sugar  
 $\frac{3}{4}$  c. sugar

## Cream of Wheat with Dates,

2 c. cream of wheat  
 $\frac{1}{2}$  lb. dates

## Milk Toast.

12 slices bread  
1 qt. milk

## Creamed Peas.

1 can peas  
2 c. white sauce

## Caramel Ice Cream.

1 pt. thick cream  
1 pt. milk  
4 tbsp. caramelized sugar  
6 " sugar

## Sliced Oranges

6 oranges  
4 bananas



## Cream of Pea Soup.

1½ qt. milk  
6 tbsp. butter  
6 " flour  
1 tsp. salt  
2 c. peas

## Frozen Chocolate Custard.

2 tbsp. chocolate  
1 pt. cream  
1 pt. milk  
2 eggs  
½ c. sugar

## Apple, Banana, Peanut Salad.

9 oz. apples  
5 bananas  
½ c. salted peanuts  
whipped cream salad dressing

## Cereal Pudding.

Left over rice and cereal  
1 cup raisins  
7 eggs  
4 cup milk  
½ " sugar  
lemon sauce



## Fried Mush.

2 c. corn meal served  
with caramel syrup

## Caramel Syrup.

$\frac{1}{4}$  c. caramelized sugar  
1 c. sugar  
water to make syrup

## Asparagus Salad with Hollandaise Sauce.

2 bunches asparagus  
Hollandaise sauce  
4 egg yolks  
1 c. butter  
2 tbsp. lemon juice  
 $\frac{2}{3}$  c. boiling water

## Potatoes with Maitre d' Hotel Butter.

$\frac{1}{4}$  c. butter  
 $\frac{3}{4}$  tsp. lemon juice  
4 tsp. chopped parsley

## Lemon Ice Cream.

1 pt. milk  
1 pt. cream  
1 egg  
 $\frac{2}{3}$  c. sugar



## Oatmeal Date Wafers.

$2\frac{1}{2}$  c. rolled oats

$2\frac{1}{2}$  c. flour

1 c. brown sugar

1 c. butter

1 tsp. soda

## Scrambled Eggs on Toast.

15 eggs

2 c. milk

12 slices of toast

## Corn Meal Muffins.

$\frac{1}{4}$  c. butter

$\frac{3}{4}$  c. sugar

2 eggs

1 c. milk

2 c. flour

1 c. corn meal

4 tsp. baking powder

$\frac{1}{2}$  " salt

## Dressing for Chickens.

8 c. stale bread, soften with hot water

pepper

salt

sage

poultry dressing

to taste (enough for two chickens)



## Lettuce Salad.

2 bunches of lettuce

Once the receipt of  
cooked salad dressing.

## Mince Pie.

$2\frac{1}{2}$  c. flour

$\frac{1}{2}$  c. butter

1 qt. mince meat

makes two pies

## Clear Soup.

9 c. beef stock

2 tbsp. tomatoe juice

salt

pepper

## Chicken Croquettes.

7 c. chicken and dressing

$4\frac{1}{2}$  c. milk

$\frac{1}{2}$  c. butter

1 c. flour

3 egg yolks

$1\frac{1}{2}$  c. crumbs

## Brazed Beef.

6 lbs. beef

$\frac{1}{2}$  c. chopped onions

1 c. carrots

1 tsp. pepper



## Santed Bananas.

9 bananas

2 c. ground peanuts

## Lemon Hamburg Cream.

5 eggs

5 tbsp. lemon juice

5 " sugar

## Cream Beef on Toast.

3 c. ground meat

 $1\frac{1}{2}$  c. white sauce

12 slices of toast

## Chicken a la Moude.

1 pt. cream

6 c. chicken stock

2 eggs

 $\frac{1}{2}$  pt. whipped cream

## Rice Croquettes.

2 c. rice

2 eggs

1 c. hot milk

## Lettuce Salad.

 $\frac{3}{4}$  lb. lettuce $\frac{1}{2}$  pt. cream $\frac{1}{4}$  c. vinegar $\frac{1}{2}$  c. sugar



## Banana Custard.

4 c. milk  
4 eggs  
 $\frac{1}{2}$  c. sugar  
3 bananas  
1 tsp. vanilla

## Peanut Cookies.

$\frac{3}{4}$  c. butter  
 $1\frac{1}{2}$  c. sugar  
6 eggs  
 $1\frac{1}{2}$  tbsp. baking powder  
3 c. peanuts  
 $1\frac{1}{2}$  tsp. salt  
3 c. flour  
 $\frac{3}{4}$  c. milk  
3 tsp. lemon juice

## Creamed Asparagus on Toast.

2 bunches asparagus  
2 c. white sauce  
12 slices of toast

## Camelon of Beef.

3 lbs. beef  
1 egg  
 $\frac{1}{2}$  c. butter

## Breaded Veal Cutlets.

3 lbs. 14 oz. veal



## Tomatoe Sauce.

2/3 c. tomatoe juice

1 tbsp. butter

1 " flour

salt

pepper

## Scalloped Macaroni and Tomatoes.

6 oz. macaroni

1 can tomatoes

1 c. crumbs

## Brown Pudding.

6 tbsp. flour

3 tbsp. butter

1 c. molasses

2/3 c. sugar

1/2 tsp. soda

4 eggs

## Golden Sauce.

2 eggs

1/2 c. butter

## Chocolate.

2 sq. chocolate

1 1/2 qt. milk

6 tbsp. butter



## Meat Souffle.

2 c. milk  
1/8 c. butter  
1/8 c. flour  
1 tsp. salt  
1 " pepper  
1/2 c. crumbs  
4 c. chopped meat  
3 eggs  
1 tsp. parsley

## Liver Souffle.

2 c. scalded milk  
1/8 c. butter  
1/8 cup flour  
1 tsp. salt  
1/2 c. bread crumbs  
2 c. ground liver  
3 eggs (whites)

Twice the receipt too much for twelve

## Tomatoe and Cabbage Salad.

2 1/4 lbs. tomatoes  
boiled salad dressing  
1/2 c. vinegar  
1 tbsp. butter  
1 " flour  
1 c. milk  
2 eggs



1 tsp. salt

2 " sugar

Prune Whip.

1½ lb. prunes

1¼ cup sugar

1 tsp. vanilla

9 egg whites

½ cup ream whipped

4 tsp. powdered sugar

Strawberry Ice Cream.

1 box strawberries

1 qt. cream

1¼ c. sugar

Prune Souffle.

1½ lbs. prunes

1¼ c. sugar

1 tsp. vanilla

9 egg whites



## List of Supplies.

Cheese 3 lbs.	\$.75
Dates 2 lbs. 14 oz.	.30
Lemons 4 lbs. 14 oz. (3 doz.)	.75
Ham 4 lbs.	.90
Figs 3lbs.	.60
Sugar Domino - 5 lbs.	.45
Shoulder & Clod - Medium Fat at 10¢	.85
Shredded Wheat Biscuit 13 oz.	.13
Sallinio 2 boxes 21 oz.	.30
Eggs 6 doz. 7½ lbs. at .12	.72
Honey 2 lbs. 2 oz.	.30
Raisins 2 pk. 1 lb. 14 oz.	.30
Olives 2 bottles	.35
Cod fish ¾ lb.	.15
English Walnuts 3½ lbs.	.60
Asparagus 1lb. 9 oz.	.40
Apples 1 lb. 12 oz. at .02½	.04
Corn Meal 10 lbs. 3 oz.	.15
Cabbage 1 lb.	.05
Butter 4 lbs. at .35	1.40
Sugar 10 lbs at .05½	.52½
Cocoa 1 can ½ lb.	.18
Oranges 15 - 9¾ lbs. at .40	.50
Rolled oats 1¾ lbs.	
Chocolate 1 lb.	.34
Macaroni 1¼ at .12 per pkg.	.18



Cream of Wheat	3 $\frac{1}{4}$ lbs.	.53
Rice	2 $\frac{1}{4}$ at .08	.18
Flour	15 lbs. at .02	.30
Gelatin	8oz. .10 per pkg.	.20
Powdered sugar	1 $\frac{3}{4}$ lbs. at .10	.17 $\frac{1}{2}$
Tapioca	1 lb.	.25
Yeast		.03
Apples	2 lbs at .02 $\frac{1}{2}$	.05
Lima Beans	1 lb. 12 oz. 2 cans	.30
Corn Starch	$\frac{1}{4}$ lb. at .08	.02
Tomatoes	1 can 2 lbs. 3 oz.	.10 $\frac{1}{2}$
Oranges	6 3 lbs.	.18 $\frac{1}{2}$
Lemons	2 $\frac{1}{2}$ 6 oz.	.05
Bread	1 loaf 15 oz.	.08 1/3
Butter	4 lbs.	1.40
Crackers	1 $\frac{3}{4}$ lbs. at .06	.09
Bananas	$\frac{1}{2}$ doz.	.10
Eng. Walnuts	1 lb. 10 oz.	.20
Veal	3 lbs. 1 oz.	.45
Apples & Quinces		.25
Potatoes (new)	3 $\frac{1}{2}$ lbs.	.38
Flour	15 lbs.	.30
Oranges	1 $\frac{1}{2}$ doz. 9 lbs.	.38
Eggs	2 doz.	.30
Oysters	2 c. 1 lb. 4 oz.	.24
Chickens (2)	7 lbs. 4 oz.	.40
Crackers	$\frac{1}{4}$ lb.	.01 $\frac{1}{2}$
Asparagus	6 oz.	.10
Pickles	2 lbs.	.25



Salmon 1 can 1 lb.	\$.16
Tomatoes 1 can 1 lb.	.10 $\frac{1}{2}$
Bananas 4 $\frac{1}{2}$ lb.	.30
Bread 6 loaves 7 $\frac{1}{2}$ lbs.	.50
Radishes 1 lb.	.10
Dried Beef 8 oz.	.30
Crackers 5/8 lb.	.03
Butter 1 lb.	.33
Oranges 4 $\frac{1}{2}$ lbs. 3 oz.	.30
Macaroni $\frac{1}{4}$ lb.	.03 $\frac{1}{2}$
Tomatoes 1 can 1 lb.	.10 $\frac{1}{2}$
Apples 4 $\frac{1}{4}$ lbs.	.12
Bananas 2 doz. 6 $\frac{3}{4}$ lbs.	.40
Peanuts 1 $\frac{3}{4}$ lbs.	.19
Oranges 9 $\frac{1}{2}$ lbs. 1 $\frac{1}{2}$ doz.	.50
Rhubarb 4 $\frac{1}{2}$ lbs.	.25
Eggs $\frac{1}{4}$ doz.	.03
Butter 2 lbs.	.70
Bread 5 loaves 6 $\frac{1}{2}$ lbs.	.40
Liver 2 lbs.	.10
Bacon $\frac{1}{4}$ lb.	.05
Eggs 2 doz.	.24
Crackers $\frac{3}{4}$ lb.	.04 $\frac{1}{2}$
Bread 6 $\frac{1}{2}$ lbs. 6 loves	.50
Butter 8 lbs. 7oz.	2.95
Apples 6oz.	.01
Lemons 2 doz. 4 $\frac{1}{2}$ lbs.	.50
Eggs 1 doz.	.12



Peas 2 cans 2 lbs. 1 oz.	\$.23
Potatoes 6 lbs.	.09
Steak 4 lbs.	.60
Onions 4 oz.	.01
Oranges 11 lbs. 2 doz.	.80
Eggs 6 doz.	72
Flour 4 lbs. 10 oz.	.09
Rice $\frac{1}{2}$ lb. at .08	.04
Olives $1\frac{1}{2}$ lbs.	.40
Sweet Pickles $1\frac{1}{4}$	.25
Catsup 2 lbs.	.25
Veal Roast 4 lbs. 2 oz.	.40
Sugar $\frac{1}{2}$ lb.	.02 $\frac{1}{2}$
Peanuts 1 lb.	.15
Potatoes 3 lbs. 6 oz.	.07
Apples 1 lb.	.02 $\frac{1}{2}$
Saratoga Flakes 12 oz.	.15
Bananas 1 doz. 3 lbs. 4 oz.	.30
Cocoanut 1 lb.	.30
Asparagus $6\frac{1}{2}$ lbs. (cooked)	.40
Meat - Round Steak $1\frac{3}{4}$ lbs.	.25
Beans $\frac{1}{2}$ lb. (dried)	.02 $\frac{1}{2}$
Oranges 2 doz. at .40 $1\frac{3}{4}$ lbs.	.80
Bread 9 lbs.	.75
2 Chickens $10\frac{1}{4}$ lbs.	1.50
Flour 9 lbs. $2\frac{1}{2}$ oz.	.18
Molasses 10 oz.	.02 $\frac{1}{2}$
Powdered Sugar 2 lbs. at .10	.20



Jelly 1 lb. 2 oz.	\$.10
Vinegar 1 qt.	.05
Lettuce 1 lb.	.20
Sugar 9½ lbs. at 5	.47½
Oranges 1 lb.	.07
Eggs (11) 22 oz.	.11
Bread 4 lbs. 14 oz.	.12
Butter 9 oz.	.24
Eggs ½ doz.	.06
Potatoes 4 lbs. 1 oz.	.09
Oranges 1/3 doz. 2 lbs.	.13
Lemons ¼ doz. 9 oz.	.06
Sugar ½ lb.	.02½
Eggs 2 oz.	.01
Pear Pickles 1 lb. 14 oz.	.28
Eggs (5) 10 oz.	.05
Mince Meat 1 qt. 2 lbs.	.20
Oranges ½ lb.	.03½
Crackers 1 lb. 6 oz.	.08
Onions 1 lb. 5 oz.	.07
Carrots 11 oz.	.10
Peanuts 4 lbs. 14 oz.	.75
Bananas 10 lbs. 6 oz. 3 doz.	.90
Lemons (6) 15 oz.	.12½
Cocoa ½ oz.	.01
Tongue 1 lb. 6 oz.	.35
Jelly 2 lbs.	.20
Apple Pickles 2 lbs. 12 oz.	.20



Macaroni 14 oz. 1 box	\$.12
Eggs 7 doz. 1 egg.	.85
Liver 4 lbs.	.20
Potatoes 3 lbs. 12 oz.	.08
Bread 3 lbs.	.25
Ground Coffee $\frac{3}{4}$ c.	.06
Butter 1 lb.	.35
Apple Sauce 2 lbs.	.10
Lemons 2 doz. $2\frac{1}{4}$ lbs	.25
Cold Ham 2 lbs.	.70
Lettuce 1 lb.	.20
White Bread 18 oz.	.03
Asparagus $1\frac{3}{4}$ lbs.	.40
String Beans 1 lb. 14 oz.	.10
Pickles $5/8$ lbs.	.25
Eggs 6 doz.	.72
Jelly 1 lb.	.10
Butter 3 lbs.	1.05
Potatoes 3 lbs 12 oz.	.08
Bread $1\frac{1}{2}$ lbs.	.10
Butter 2 lbs.	.70
Flour 13 lbs. 14 oz.	.29
Meat Shoulder 3 lbs.	.30
Oranges $\frac{1}{2}$ doz. 3 lbs.	.20
Pineapple 2 cans 3 lbs.	.60
Potatoes $4\frac{1}{2}$ lbs.	.09
Chocolate 4 oz.	.08 $\frac{1}{2}$
Bread 2 lbs. 12 oz.	.25



Prunes $\frac{3}{4}$ lbs.	\$.07 $\frac{1}{2}$
Apricots 1 lb.	.12 $\frac{1}{2}$
Eggs 2 doz.	.24
Lemons (23) 8 lbs.	.48
Eggs (1)	.01
Chocolate 3 oz.	.07
Butter 1 lb.	.35
Sugar 5 lbs.	.25
Bread 9 lbs.	.75
Bread 1 lb. 6 oz.	.03
Eggs 2 doz.	.24
Butter 1 lb.	.35
Oranges $9\frac{3}{4}$ lbs. $1\frac{1}{4}$ doz.	.50
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Cheese 6 oz.	.09
Peas 2 lbs.	.23
Limas 2 lbs. canned	.30
Potatoes $8\frac{3}{4}$ lbs.	.17 $\frac{1}{2}$
Butter 14 oz.	.30
Eggs $\frac{3}{4}$ doz.	.09
Corn 1 lb.	.11 $\frac{1}{2}$
Cream of Wheat 3 Oz.	.03
Eng. Walnuts 2 oz.	.02 $\frac{1}{2}$
Apples 14 oz.	.02 $\frac{1}{2}$
Pear Pickles 1 jar 2 lbs.	.28
Pineapple 7 oz.	.15
Jelly 1 lb.	.10
Butter 5 lbs.	1.75



Beans $3\frac{1}{2}$ lbs. (dry)	.17 $\frac{1}{2}$
Eggs 6 doz.	.72
Cabbage $\frac{3}{4}$ lb.	.05
Bread 3 lbs.	.25
Bacon 2 oz.	.02
Bread $9\frac{3}{4}$ lbs.	.75
Shredded Wheat Biscuit 13 oz.	.13
Tenderlion 4 lbs.	.70
Brown Sugar $4\frac{1}{2}$ lbs.	.30
Oranges $18\frac{1}{4}$ lbs. 3 doz.	1.20
Oranges $4\frac{1}{2}$ lbs.	.40
Sugar 1 lb.	.05
Lemons 3 oz.	.02
Plum Perserves 2 lbs. 2oz.	.28
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Veal 3 lbs. 14 oz.	.70
Mutton 4 lbs. 14 oz.	.75
Flour $13\frac{1}{2}$	.27
Rhubarb 4 lbs.	.20
Sugar $9\frac{1}{4}$ lbs.	.46
E. Manna 1 lb.	.15
Jelly 1 lb.	.10
Graham Flour $\frac{1}{2}$ lb.	.01 $\frac{1}{4}$
Oranges $4\frac{1}{4}$ lbs. 1 doz.	.40
Butter 1 lb.	.35
Chocolate 1 lb.	.34
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Pineapple 7 oz.	.15
Oranges $\frac{1}{2}$ doz. 3lbs.	.20



Bananas $\frac{3}{4}$ doz. 2 lbs. 15 oz.	\$.15
Baking Powder 9 oz.	.22
Potatoes 8 lbs. 5 oz.	.17
Bread $5\frac{1}{2}$ lbs.	.30
Salmon 2 lbs.	.32
Onions $\frac{1}{4}$ lb.	.01
Crackers $\frac{1}{4}$ lb.	.01 $\frac{1}{2}$
Asparagus $\frac{1}{4}$ lb.	.05
Butter 3 oz.	.07
Lemons $4\frac{3}{4}$ lbs. $1\frac{1}{2}$ oz.	.37 $\frac{1}{2}$
Chocolate $\frac{1}{2}$ lb.	.17
Butter 4 lbs.	1.40
Crackers 1 lb. 10 oz.	.10
String Beans 2 lbs.	.10
Eggs $\frac{1}{2}$ doz.	106
Potatoes $5\frac{1}{2}$ lbs.	.11
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Pork Chops 1 lb.	.15
Pork Chops 3 lbs	.45
Eggs 3 doz.	.36
Cucumbers $1\frac{3}{4}$ lbs.	.10
Fresh Tomatoes 2 lbs.	.35
Egg (1)	.01
Butter 4 lbs.	1.40
Asparagus $1\frac{1}{4}$ lbs.	.20
Lettuce 1 lb.	.20
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Rib Roast $7\frac{1}{2}$ lbs.	1.00



Sirlion 3 lbs.	\$.53
Mutton Chops 1 lb.	.20
Apple Sauce 2 qts. 4 lbs.	.20
Eggs $\frac{1}{2}$ doz.	.06
Potatoes $4\frac{1}{2}$ lbs.	.09
Oranges 1 doz. 6 lbs.	.40
Eggs (14) 28 oz.	.14
Jelly 1 lb.	.10
Graham Flour $2\frac{1}{4}$ lbs.	.06 $\frac{1}{4}$
Cabbage 2 lbs.	.10
Strawberries 1 box $\frac{3}{4}$ lb.	.20
Butter 6 oz.	.13
Spinach 1 lb.	.05
Beets $1\frac{3}{4}$ lbs	.10
Butter 8 lbs.	2.80
Eng. Walnuts	.05
Mince meat $3\frac{3}{4}$ lbs.	.40
Sirlion Steak 4 lbs.	.70
Cream of Wheat 1 lb. 10 oz.	.25
New Potatoes 4 lbs.	.40
Mackeral $1\frac{1}{2}$ lbs.	.30
Oranges $14\frac{3}{4}$ lbs. 2 doz.	.70
Lemons 4 lbs. $1\frac{1}{2}$ doz.	.45
Bread $9\frac{1}{4}$ lbs. 9 loaves	.75
Egg o See 14 oz. 1 pkg.	.15
Ham $2\frac{3}{4}$ lbs.	1.05
Banana	.01 $\frac{1}{2}$
Strawberries 9oz.	.15



Orange (1) $\frac{1}{2}$ lb.	\$.03 $\frac{1}{3}$
Bread 3lbs. 1 oz.	.25
Eggs 2 doz.	.24
Chicken $11\frac{1}{2}$ lbs.	1.50
Powdered Sugar 1 lb.	.10
Dr. Breakfast Food 14 oz.	.12 $\frac{1}{2}$
Onions $\frac{3}{4}$ lb.	.03
Cracked Wheat 1 lb.	.06 $\frac{1}{4}$
Cracked Wheat 1 lb.	.03
Jelly 1 lb.	.10
Lima Beans $2\frac{1}{2}$ lbs.	.30
Tomatoes 1 lb.	.10 $\frac{1}{2}$
Salmon $1\frac{1}{2}$ lb.	.32
Sugar $2\frac{1}{2}$ lbs.	.07 $\frac{1}{2}$
Crackers 1 lb.	.06
Pickled Pears $2\frac{1}{2}$ lbs.	.28
Eggs	.07
Bananas	.03
Bread 1 loaf 15 oz.	.10
Eggs (6)	.06
Lard 5 lbs. at .12 $\frac{1}{2}$	.62 $\frac{1}{2}$
Flour 23 lbs. 9 oz.	.47
Eggs 2 doz.	.24
Oranges $\frac{1}{2}$ doz. 3 lbs.	.20
Lemons $1\frac{3}{4}$ lbs. 1 doz.	.30
Cream $28\frac{1}{2}$ lbs.	4.98 $\frac{1}{2}$
Milk $255\frac{1}{2}$ lbs.	<u>5.09</u>

Total \$105.00



Expenses of each girl \$2.18 a week,

The cost of the experiment \$105.00 which is \$2.18 per week per person. The girls all gained from one to six pounds, with the exception of one who gained at first but came back to original weight at the end of the experiment on account of over work. The fact that this one did not go below her original weight even under nervous strain, indicates that the diet was sufficient.

The greatest gain in weight occurred during the first three or four days of the experiment when some gained as much as two or three pounds. This was due to the change in diet, many having been boarding. The exhilaration of the companionship doubtless assisted in the digestion.

The change in the diet generally causes a rapid increase in weight but as the system regulates itself to this change, the increase in weight is not so rapid but becomes more gradual.

The waste from the meals was little actual food, it being for the most part only the inedible portion of the food as, bones, peelings and similiar substances.

The nutritive ratio of the whole amount of food consumed in the month was found to be . The proper proportion is 1 : 6, so the meals were quite well balanced, there being only a small excess of non-nitrogenous material. The calories necessary per day for the average person doing average work is 3000. This assumes a weight of 140 lbs and as one's needs are proportion to weight and the subjects of the experiment were with one exception, below this weight, therefore the amount consumed conformed to the usual standard, the calories in the experiment



amounting to

Considering everything the experiment was undoubtedly a success. Some valuable data were collected, excellent meals were prepared at a moderate cost besides the invaluable practice obtained by the girls in preparing and serving such meals to a large number.



MATR'L	LBS.	PRO.	FAT.	CARBO.	CAL.	PRO.	FAT	CARBO.	CAL.
Cheese	3 $\frac{1}{4}$	25.4	29.5	3.6	1785	82.55	95.87	11.7	5801.25
Dates	2#6oz.	2.1	2.8	78.4	1615	4.98	6.65	186.2	3835.62
Lemons	35#5oz.	.7	.5	5.9	145	24.71	17.65	208.32	5119.95
Ham	1 $\frac{3}{4}$	19.8	20.8		1245	34.65	36.4		2178.75
Figs	2#15oz	4.3	.3	74.2	1475	12.59	.879	217.4	4321.75
Sugar	49			100.	1860			4900.	91140.
Beef	33 $\frac{1}{2}$	19.4	15.5		1015	649.9	519.25		34002.5
Crackers	7.25	9.8	9.1	73.1	1925	71.05	65.97	529.97	3956.25
Shd.Wheat	1#5oz	10.5	1.4	77.9	1700	14.43	1.92	107.11	2337.5
Eggs	70.25	11.9	9.3		635	835.97	653.32		44608.75
Honey	2 1/8	.4		81.2	1520	8.5		172.55	3330.
Raisins	1	2.6	3.3	76.1	1605	2.6	3.3	76.1	1605.
Olives	2.5	.8	20.2	8.5	1025	2.	50.5	21.25	2562.5
Codfish	.5	19.	.4	18.5	315	9.5	.2	9.25	157.5
E.Walnuts	3#6oz	16.6	63.4	16.1	3285	76.02	213.97	54.33	11086.87
Asparagus	5	1.8	.2	3.3	105	9.	1.	16.5	525.
Bananas	33#13"	.8	.4	14.3	300	27.24	13.53	483.48	10143.
Apples	5#13oz	.4	.5	14.2	290	2.32	2.9	82.5	1684.9
Cornmeal	3 $\frac{3}{4}$	9.2	1.9	75.4	1655	34.5	10.12	28.27	6206.2
Cabbage	$\frac{1}{2}$	1.6	.3	5.6	145	.8	.15	2.8	72.5
Pickles	3#14oz.	.5	.3	2.7	70	1.93	1.16	10.44	270.9
Butter	51	1.	85.		3605	51.	4335.		21853.0
Cocoa	.5		28.9	37.7	2320	10.80	14.40	18.85	1160.0
Oranges	114#10oz.	.8	.2	11.6	240	91.69	22.92	1329.59	27508.8
Rld.Oats	.5	16.7	7.3	66.2	1850	8.35	3.65	33.10	925



MATR'L	LBS.	PRO.	FAT	CARBO.	CAL.	PRO.	FAT	CARBO	CAL.
Chocolate	2#10oz	12.9	48.7	30.3	2860	34.79	127.59	79.38	7093.20
Macaroni	2#4oz.	13.4	.9	74.1	1665	30.15	2.02	166.72	3746.25
Grn.Wheatm	4 $\frac{1}{2}$	11.1	1.7	75.5	1685	49.95	7.65	339.75	7482.5
Rice	1#13oz.	8.	.3	79.	1630	14.48	.543	142.99	2950.3
Flour	89	11.4	1.	75.6	1660	1014.6	85.	6728.4	147740.0
gelatin	6oz.	91.4	.1		1705	34.48	.037		639.36
Graham	3#10oz.	13.3	2.2	71.4	1670	48.14	7.96	258.46	6045.4
Tapioca	5oz.	.4	.1	88.	1650	2.12	.531	477.28	8751.50
Lima Beans	4	3.2	2.5	77.1	1765	12.8	10.	308.4	7060
Corn Starch	$\frac{1}{4}$			90.	1675			22.5	418.75
Tomatoes	8	1.2	.2	4.	105	9.6	1.6	32.	840
Bread	81	9.1	1.6	53.3	1225	731.	123.6	4317.3	99225.
Apples (cooked)	13	.2	.8	37.2	730	2.6	10.4	483.6	9490.
Potatoes	44#13oz	2.2	.1	18.4	385	88.45	4.475	813.20	40999.75
Oysters	1#2oz.	8.8	2.4	3.9	335	9.9	4.950	4.387	376.87
Chicken	35#	21.5	2.5	1.	505	752.	87.5		17675.
Veal	9 $\frac{1}{2}$	21.3	4.1		570	202.35	38.95		5415.
Radishes	1	1.3	.1	5.8	135	1.3	.1	5.8	135
Salmon	4	21.8	12.1	12.1	915	87.2	43.4	48.4	3660.
Peanuts	5 $\frac{1}{2}$	25.8	38.6	24.4	2560	141.9	212.3	134.2	14080.
Rhubarb	3#8oz.	.6	.7	3.6	105	2.1	2.45	12.6	367.5
Peas	2#5oz	3.6	.2	9.8	255	8.31	4.62	22.63	589.05
Onions	1#7oz.	1.6	.3	9.9	225	2.28	4.29	14.15	321.75
Cocoanut	12oz.	6.3	57.4	31.5	3125	4.72	43.05	23.62	2343.75
Katsup	1 $\frac{1}{2}$								
Jelly	6	1.1		77.2	1455	6.6		473.2	873.0



MATR'L	LBS.	PRO.	FAT	CARBO.	GAL.	PRO.	FAT	CARBO.	GAL.
Liver	3#14oz.	20.4	4.5	1.7	605	78.94	17.41	6.57	2341.35
Bacon	5oz.	9.9	67.4		3030	3.06	20.89		939.3
Vinegar	2								
Lettuce	1#6oz.	1.2	.3	2.9	90	1.64	.41	3.97	123.3
Mincemeat	5 $\frac{3}{4}$	4.8	6.7	32.1	970	27.60	38.32	184.57	5577.5
Carrots	11 oz.	1.1	.4	9.3	210	.748	.272	6.32	142.8
String Beans	3 $\frac{1}{2}$	.8	1.1	1.9	95	2.8	3.85	6.62	334.5
Pork	9#3oz.	17.3	31.1		1635	158.81	285.49		15009.3
Pineapple	3 $\frac{1}{2}$	.4	.3	9.7	200	1.40	1.05	32.95	700.
Prunes	2 $\frac{1}{4}$	.9		18.9	370	.225		4.72	925
Apricots	1	4.7	1.	62.5	1290	4.7	1.	62.5	1290
Corn	14oz.	2.8	1.2	19.	455	2.43	1.04	16.53	395.85
Beans (dry)	2 $\frac{1}{4}$	22.5	1.8	59.6	1605	50.62	3.05	134.10	3611.25
Brown sugar	4#6oz			95.	1765			315.15	7713.05
Cucumbers	1 $\frac{1}{2}$	.8	.2	3.1	80	1.2	.3	4.65	120
Molasses	10oz.	2.4		69.3	12900	1.48		42.96	799.8
Grape Nuts	6oz.								
Plum Preserves	2#2oz.1			20.1	395	2.12		42.61	837.4
Pear Pickles	3#6oz	.3	.3	18.	355	1.01	1.01	60.66	1196.35
Mutton	5#10oz	15.1	33.6		1700	84.86	188.83		9554.
Eliza's Manna	1#	13.4	1.4	74.3	1690	13.4	1.4	74.3	1690.
Bkg. Powder	9oz.								
Strawberries	1 $\frac{1}{4}$	1.	.6	7.4	180	1.25	.75	9.25	225
Spinach	3/4	2.1	.3	3.2	110	1.57	.225	2.4	82.5
Beets	1 $\frac{3}{4}$	1.6	.1	9.7	215	2.8	.175	16.97	336.25
Mackeral	1 $\frac{1}{2}$		17.3	26.4	1435		25.95	39.6	2152.5



MATR'L	LBS.	PRO.	FAT	CARBO.	CAL.	PRO.	FAT	CARBO.	CAL.
Dr.Prices	14oz.	13.4	1.4	74.3	1690	198.29	20.81	1111.24	26930.3
Cracked Wheat	1	11.1	1.7	75.5	1685	11.1	1.7	75.5	1685.
Lard	$3\frac{1}{2}$			100.	4220			350.	14770.
Milk	$255\frac{1}{2}$	3.3	4.	5.	325	843.15	1022.	1277.5	83037.5
Cream	$28\frac{1}{2}$	2.5	18.5	4.5	910	71.25	507.25	128.25	25935.
						6868.57	8993.80	28489.84	883426.34

Nutritive Ratio 1:7.8

Calories per day per person--2629.25