

A Summer's Dietary Study for a Family of Four

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The thesis is an actual experiment conducted in a family consisting of four people. The experiment began June 24, 1905, and ended September 2, 1905. During the entire time menus were kept of each meal, and for three periods of four days each, the actual weight and cost of the food eaten was noted.

From the weight of the food recorded the calorie value per capita and the nutritive ratio has been figured for each meal of the three series. The first of these periods is from June 24 to June 28 ; the second from July 29 to August 2 ; the third from August 30 to September 3. The days covered in each case are Saturday, Sunday, Monday, and Tuesday; the diet of these days is a fair representation of the diet during the Summer.

The locality is the eastern part of the state in a small country town. The family kept a garden, therefore the vegetables eaten did not figure as expense ; chickens were also kept so only occasionally were the chickens eaten purchased. One quart of milk was bought daily at five cents per quart. The cost of the milk has been divided among the meals where it was used in the menus. Its entire cost was always included.

The general health of the family was good at the beginning, and was also good at the end of the experiment.

Saturday June 24

Breakfast

Oatmeal	Sugar and Cream
White bread	Butter
Potatoes	Poached Eggs
Tea	

Dinner

Bread	Butter
Baked Beans	Cheese
Boiled Potatoes	
Bread Pudding	

Supper

Bread	Butter
Cold Baked Beans	
Fried Potatoes	
Apple Sauce	

Sunday June 25

Breakfast

Oatmeal	Sugar and Cream
Fried Potatoes	Fried Eggs
Bread	Butter
Apple Sauce	

Dinner

Baked Chicken	Gravy
Dressing	
Potatoes	String Beans
Bread	Butter
Tapioco Cream	Cake

Supper

Bread	Butter
Apple Sauce	Cake
Cold Tea	

Monday June 26

Breakfast

Zest Cream
Bread Butter

Fried Potatoes

Poached Eggs

Dinner

Potatoes String Beans
Hot Light Bread Biscuits Butter

Supper

Bread Butter

Blackberry Jam

Custard Cake

Cold Tea

Tuesday June 27

Breakfast

Oatmeal Cream
Fried Potatoes Poached Eggs
Bread Butter

Dinner

Mashed Potatoes Creamed Tomatoes
Cheese

Bread Butter

Canned Cherries

Tea

Supper

Bread Butter

Salad Eggs

Canned Cherries Cookies

Cold Tea

Saturday June 24 Breakfast

Food	Percentage Comp.			Cal per lb.	Pounds used	Pounds in			Calorie value	Cost
	per lb.					entire amt.				
	Pro.	Fat	Carbo			Pro.	Fat	Carbo		
Oatmeal	16.7	7.3	66.2	1800	2/8	.0413	.01875	.1655	475	.016
Sugar	0	0	100	1750	1/16	0	0	.062	109	.0041
Cream	2.5	18.5	4.5	865	1/2	.0125	.0925	.0225	432.5	.025
Bread	9.2	1.3	53.1	1200	3/16	.017	.002	.099	225	.0055
Butter	1.	85	—	3410	1/16	.0006	.0531	—	213	.0078
Eggs	13.1	9.3	—	635	3/8	.0491	.0341	—	238	.025
Potatoes	1.8	.1	14.7	295	7/16	.0072	.0004	.0643	129	—
Total						.1279	.2008	.4133	1816.5	.0834

Nutritive Ratio 1:6.8 Calories per capita 454.1

Saturday June 24 Dinner

Bread	9.2	1.3	53.1	1200	7/16	.0402	.0056	.2323	525	.0125
Butter	1.	85.	—	3410	1/8	.0012	.1062	—	426	.015
Beans	6.9	2.5	19.6	555	12/8	.0862	.0031	.245	693.7	.0343
Potatoes	1.8	.1	14.7	295	13/16	.0143	.0008	.1194	239	—
Cheese	27.7	36.8	3.1	2075	1/8	.0346	.046	.0051	276.9	.025
Bread Pudding										
Milk(<i>skim</i>)	3.4	.3	5.1	165	8/16	.017	.0015	.0255	82.5	.0250
Bread	9.2	1.3	53.1	1200	2/16	.0115	.0014	.0663	150	.0034
Egg	13.1	9.3	—	635	2/16	.0163	.0116	—	79.3	.0083
Sugar	—	—	100.	1750	1/16	—	—	.062	109.3	.0041
Total						.2213	.1762	.9552	2481.4	.1279

Nutritive Ratio 1:5.2 Calories per capita 620.35

Saturday June 24 Supper

Bread	9.2	1.3	53.1	1200	5/16	.0287	.0040	.1659	375	.0089
Butter	1.	85	—	3410	1/16	.0006	.0531	—	213.1	.0093
Beans	6.9	2.5	19.6	555	3/8	.0259	.0093	.0735	208.1	—
Potatoes	1.8	.1	14.7	295	3/16	.0033	.0001	.0275	55.3	—
Apple Sauce	.3	.3	10.8	190	1/8	.0003	.0003	.0135	23.7	—
Total						.0588	.0668	.2804	875.2	.0182

Nutritive Ratio 1:7.3 Calories per capita 218.8

Calories per capita for day 1293.25

Sunday June 25 Breakfast

Food	Percentage Comp.			Cal. per lb	Pounds used	Pounds in entire amt.			Calories value	Cost
	per lb.	Pro.	Fat			Carbo.	Pro.	Fat		
Oatmeal	16.7	7.3	66.2	1800	2/8	.0415	.0187	.1655	475	.0041
Sugar	---	---	100.	1750	1/8	---	---	.124	218	.0250
Cream	2.5	18.5	4.5	865	9/16	.0140	.1040	.0253	486.5	.0250
Potatoes	1.8	.1	14.7	295	4/16	.0045	.0002	.0367	73.7	---
Eggs	13.1	9.3	---	635	6/16	.0491	.0341	---	238.	.03
Bread	9.2	1.3	53.1	1200	7/16	.0402	.0056	.2323	525	.0125
Butter	1.	85.	---	3410	1/16	.0006	.0531	---	213	.0078
Apple Sauce	.3	.3	10.8	190	2/16	.0003	.0003	.135	23.7	---
Total						.1502	.2140	.5973	2052.9	.0876

Nutritive Ratio 1:6.1 Calorie value per capita 513.2

Sunday June 25 Dinner

Potatoes	1.8	.1	14.7	295	210/16	.0472	.0026	.3971	772.9	---
Chicken	12.8	1.4	---	305	3	.384	.042	---	915.	.25
Beans	.8	1.1	1.9	95	5/16	.0025	.0034	.0059	29.6	---
Bread(all)	9.2	1.3	53.1	1200	14/16	.116	.0162	.6637	1500	.0373
Butter	1.	85	---	3410	2/16	.0012	.1062	---	426	.0125
Milk	3.4	.3	5.1	165	1	.034	.003	.051	165	.025
Cake	6.3	9.	63.3	1630	110/16	.0993	.0095	1.0236	2440	.0833
Tapioco										
Cream										
Tapioco	.4	.1	88.	1650	1/16	.0002	.0000	.055	103.1	---
Milk	3.4	.3	5.1	165	8/16	.017	.0015	.0255	82.5	---
Egg	13.1	9.3	---	635	2/16	.0163	.0116	---	79.3	.0083
Sugar	---	---	100.	1750	2/16	---	---	.124	218.	.0082
Total						.7271	.2194	2.3448	6731.4	---

Nutritive Ratio 1:3.9 Calories per capita 961.6

Sunday June 25 Supper

Bread	9.2	1.3	53.1	1200	9/16	.051	.006	.297	675	.0165
Butter	1.	85.	---	3410	1/16	.0006	.0531	---	213	.0078
Apple Sauce	.3	.3	10.8	190	3/16	.0006	.0006	.0202	35.6	---
Cake	6.3	9.	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Total						.0639	.0753	.4358	1229.2	.0343

Nutritive Ratio 1:9.4 Calories per capita 307.3

Calories per capita for day 1782.1

Monday June 26 Breakfast

Food	Percentage Comp.			Cal. per lb.	Pounds used	Pounds in entire amt.			Calories value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Zest					2/16					.0125
Cream	2.5	18.5	4.5	865	8/16	.0125	.0925	.0225	432.5	.025
Bread	9.2	1.3	53.1	1200	3/16	.017	.002	.099	225.	.0055
Potatoes	1.8	.1	14.7	295	4/16	.0045	.0002	.0367	73.7	
Butter	1.	85.	---	3410	1/16	.0006	.0531	---	213.	.0078
Eggs	13.1	9.3	---	635	8/16	.0655	.0465	---	317.5	.04
Total						.1001	.1943	.1582	1261.7	.0908

Nutritive Ratio 1:5.9 Calories per capita 315.4

Monday June 26 Dinner

Potatoes	1.8	.1	14.7	295	2	.036	.002	.294	590	
Beans	.8	1.1	1.9	95	7/16	.0035	.0048	.0083	41.5	
Bread	9.2	1.3	53.1	1200	15/16	.0861	.0121	.4977	1125.	.0279
Butter	1.	85.	---	3410	4/16	.0024	.2124	---	852	.0312
Total						.1280	.2313	.8000	2608.5	.0591

Nutritive Ratio 1:10.3 Calories per Capita 652.1

Monday June 26 Supper

Bread	9.2	1.3	53.1	1200	15/16	.0861	.0121	.4977	1125.	.0279
Butter	1.	85.	---	3410	2/16	.0012	.1062	---	426.	.0156
Cake	6.3	9.	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Custard										
Milk	3.4	.3	5.1	165	8/16	.017	.0015	.0255	82.5	.025
Egg	13.1	9.3	---	635	2/16	.0163	.0116	---	79.3	.0083
Sugar	---	---	100	1750	1/16	---	---	.062	109.	.0041
Total						.1303	.1370	.8278	2345.4	.1396

Nutritive Ratio 1:6.6 Calorie value pre capita 469.08

Calories per capita for day 1436.58

Tuesday June 27 Breakfast

Food	Percentage per lb.	Comp. per lb.	Cal. per lb.	Pounds used	Pounds in entire amt.	Calorie value	Cost			
	<u>Pro.</u>	<u>Fat</u>	<u>Carbo.</u>		<u>Pro.</u>	<u>Fat</u>	<u>Carb</u>			
Oatmeal	16.7	7.3	66.2	1800	4/16	.0415	.0187	.1655	475	.016
Cream	2.5	18.5	4.5	865	9/16	.014	.104	.0253	486.5	.025
Butter	1.	85.	_____	3410	1/16	.0006	.0531	_____	213	.0078
Bread	9.2	1.3	53.1	1200	6/16	.034	.004	.198	450	.0110
Eggs	13.1	9.3	_____	635	4/16	.0326	.0232	_____	79.3	.0166
Potatoes	1.8	.1	14.7	295	4/16	.0045	.0002	.0367	73.7	_____
Sugar	_____	_____	100.	1750	3/16	_____	_____	.186	327.	.0123
Total						.1272	.2032	.6215	2104.5	.0887

Nutritive Ratio 1:8.4 Calories per capita 420.9

Tuesday June 27 Dinner

Potatoes	1.8	.1	14.7	295	8/16	.009	.005	.0035	147.5	_____
Pomatoes	.9	.4	3.9	100	8/16	.0045	.002	.0195	50.	_____
Bread	9.2	1.3	53.1	1200	1	.092	.013	.531	1200.	.0297
Butter	1.	85	_____	3410	2/16	.0012	.1062	_____	426.2	.0183
Cheese	27.7	36.8	4.1	2075.	3/16	.0519	.0627	.0076	389.	.0666
Cherries	1.1	.1	21.1	415	9/16	.0061	.0005	.1186	233.4	_____
Sugar	_____	_____	100.	1750	4/16	_____	_____	.248	436.	.0164
Tea										.02
Total						.1765	.1617	.9498	2596.6	.1513

Nutritive Ratio 1:7.4 Calories per capita 649.15

Tuesday June 27 Supper

Bread	9.2	1.3	53.1	1200	12-16	.068	.008	.396	900.	.0220
Butter	1.	85.	_____	3410	2/16	.0012	.1062	_____	426.	.015
Eggs	13.1	9.3	_____	635	8/16	.0655	.0465	_____	317.5	.04
Cherries	1.1	.1	21.1	415	6/16	.0041	.0003	.0791	155.6	_____
Cookies	7.	10.2	73.2	1920	4/16	.0175	.0255	.183	480.	.0133
Sugar	_____	_____	100.	1750	2/16	_____	_____	.124	218	.0082
Tea										.04
Total						.1563	.1785	.7621	2497.1	.1385

Nutritive Ratio 1:7.4 Calories per capita 624.27

Calories per capita for day 1694.32

Wednesday June 28

Breakfast

Zest Sugar and Cream
Beefsteak Gravy
Fried Mashed Potatoes
Bread Butter
Tea

Dinner

Beefsteak Gravy
Boiled Potatoes
Bread Butter
Apple Sauce
Tea

Supper

Bread Butter
Blackberry Jam
Corn Starch Mold Marguerites
Lemonade

Thursday June 29

Breakfast

Apple Sauce
Rice Sugar and Cream
Beef Croquettes
Bread Butter
Tea

Dinner

Scalloped Potatoes Beef Souffle
Green String Beans
Bread Butter
Blackberry Jam
Tea

Supper

Bread Butter
Grape Jelly
Plain Custard Cookies
Lemonade

Friday June 30

Breakfast

Oatmeal Sugar and Cream
Fried Rice Grape Jelly
Crumb Pancakes Sugar Syrup

Chocolate

Dinner

Baked Potatoes Turnips with White Sauce
Sardines

Bread Butter

Apple Charlotte

Supper

Bread Butter

Grape Jelly

Rice Pudding Bananas

Cold Tea

Saturday July 1

Breakfast

Sliced Bananas

Zest Sugar and Cream

French Fried Potatoes

Toast with Creamy Eggs

Bread Butter

Chocolate

Dinner

Mashed Potatoes Scalloped Cabbage

Cheese Souffle

Bread Butter

Green Apple Pie

Tea

Supper

Bread Butter

Apple Preserves

Ginger Bread

Cold Tea

Sunday July 2

Breakfast

Oatmeal	Sugar and Cream
Bread	Butter
Grape Jelly	
Poached Eggs	Fried Potatoes

Monday July 3

Mashed Potatoes	Buttered Lima Beans
Bread	Butter
Sliced Bananas	Cream
Tea	

Supper

Mashed Potato Salad	
Bread	Butter
Salad Eggs	
Ginger Bread	Canned Blackberries
Lemonade	

Tuesday July 4

Breakfast

Sliced Bananas	
Rice	Sugar and Cream
Bread	Butter
Buttered Toast	
Tea	

Dinner

Mashed Potatoes	String Beans
Fried Chicken	Gravy
Butter	Bread
Beet Pickles	
Strawberry Preserves	Cream
Ice Cream	Marguerites

Supper

Bread	Butter
Canned Plums	
Custard	Marguerites

Wednesday July 5

Breakfast

Canned Plums

Zest Sugar and Cream
Bread Butter

Fried Mashed Potatoes

Tea

Dinner

Boiled Potatoes Boiled Cabbage
Bread Butter

Ripe Apples

Tea

Supper

Bread Butter

Honey

Fried Potatoes

Rice Pudding Ginger Bread

Ice Tea

Thursday July 6

Breakfast

Oranges

Oatmeal Sugar and Cream

Fried Potatoes

Corn Meal Gems Butter

Cocoa

Dinner

Potatoes String Beans
Fried Chicken Gravy

Cold Slaw

Bread Butter

Ripe Plums

Tea

Supper

Bread Butter

Plumb Jelly

Raspberry Preserves Cream

Lemonade

Friday July 7

Breakfast

Zest	Sugar and Cream
Bread	Butter
Blackberry Preserves	
Fried Potatoes	Poached Eggs
Tea	

Dinner

Mashed Potatoes	Boiled Cabbage
Bread	Butter
Canned Plums	
Tea	

Supper

Bread	Butter
Plum Jelly	
Mashed Potato Salad	
Corn Starch Mold with Oranges	
Lemonade	

Saturday July 8

Breakfast

Oatmeal	Sugar and Cream
Fried Eggs	Fried Potato Cakes
Bread	Butter
Blackberry Preserves	
Tea	

Dinner

Boiled Potatoes	Corn on Cob
Roast Beef	Brown Gravy
Bread	Butter
Plum Pie	
Tea	

Supper

Cold Roast Beef	Fried Potatoes
Bread	Butter
Blackberry Preserves	Cake
Tea	

Sunday July 9

Oatmeal Sugar and Cream
Waffles Butter
 Sugar Syrup
 Apple Preserves
 Tea

Dinner

Supper

Bread Butter
 Plum Butter
Apple Pie Cake

Monday July 10

Breakfast

Apple Preserves Cream
Oatmeal Sugar and Cream
Boiled Potatoes
Bread Butter
 Tea

Dinner

Mashed Potatoes String Beans
Fried Chicken Gravy
Bread Butter
 Apple Pie
 Tea

Supper

Bread Butter
Diced Potatoes with White Sauce
Apple Preserves with Cake Sauce
 Tea

Thursday July 13

Breakfast

Apple Sauce
Oatmeal Sugar and Cream
Scrambled Eggs
Bread Butter
Plum Jelly
Tea

Dinner

Baked Potatoes Green Corn
String Beans
Cucumber Pickles
Bread Butter
Apple Charlotte
Tea

Supper

Bread Butter
Fresh Fried Potatoes Cheese
Plum Butter
Caramel Custard Cake
Lemonade

Friday July 14

Breakfast

Zest Sugar and Cream
Diced Potatoes with White Sauce
Crumb Pancakes Butter
Sugar Syrup
Blackberry Preserves
Tea

Dinner

Mashed Potatoes Fried Tomatoes with Gravy
Cheese Souffle
Beet Pickles
Bread Butter
Plum Pie
Tea

Supper

Bread Butter
Plum Jelly
Mashed Potato Salad
Cold Tea

Saturday July 15

Breakfast

Rice Sugar and Cream

Poached Eggs

Apple Preserves

Bread Butter

Tea

Dinner

Boiled Potatoes Succotash

Bread Butter

Cheese

Russian Rocks Cold Tea

Supper

Bread Butter

Plum Butter
Fresh Blackberry Pie

Cold Tea

Sunday July 16

Breakfast

Zest Sugar and Cream

Fried Rice Plum Jelly

Buttered Toast Poached Eggs

Bread Butter

Tea

Dinner

Mashed Potatoes Green Corn

Fried Chicken Gravy

Cucumber Pickles

Bread Butter

Plum Pie

Tea

Monday July 17

Breakfast

Canned Pears

Zest	Sugar and Cream
Fresh Fried Potatoes	Corn
Bread	Butter

Tea

Dinner

Boiled Potatoes	String Beans
Fried Chicken	Gravy
Cucumber Pickles	
Bread	Butter

Raisin Pie

Tea

Supper

Bread	Butter
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Plum Jelly

Cold Chicken	Boiled Rice
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Raisin Pie

Cold Tea

Tuesday July 18

Breakfast

Baked Apples	Cream
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Fried Potatoes

Rice Griddle Cakes	Butter
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Sugar Syrup

Tea

Dinner

Boiled Potatoes	Green Corn
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Fried Chicken	Gravy
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Bread	Butter
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Beet Pickles

Lemon Pie

Tea

Supper

Bread	Butter
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Plum Jelly

Cold Fried Chicken

Baked Apples Marguerites
Cold Tea

Wednesday July 19

Breakfast

Oatmeal Sugar and Cream
Flour Gems Butter

Plum Jelly

Tea

Dinner

Boiled Potatoes String Beans
Beef Steak Gravy
Hot Light Bread Butter

Beet Pickles

Raisin Pie

Supper

Bread Butter
Potato Salad French Dressing
Sweet Apple Pickles
Russian Rocks Lemonade

Thursday July 20

Breakfast

Oatmeal Sugar and Cream
Fried Eggs

Bread Butter

Apple Preserves

Tea

Dinner

Mashed Potatoes Cheese
Fried Tomatoes with Gravy
Bread Butter

Tea

Supper

Bread Butter
Apple Preserves
Baked Apples Russian Rocks
Cold Tea

Friday July 21

Breakfast

Oatmeal Sugar and Cream
 Fried Potato Cakes
 Bread Butter
 Apple preserves
 Tea

Saturday July 22

Breakfast

Baked Apples Cream
 Oatmeal Sugar and Cream
 Poached Eggs
 Bread Butter
 Tea

Dinner

Baked Potatoes Buttered Lima Beans
 Cheese
 Cucumber pickles
 Bread Butter
 Blackberry Pie
 Tea

Supper

Bread Butter
 Apple Preserves
 Tapioco Cream Russian Rocks
 Cold Tea

Sunday July 23

Breakfast

Ripe Blackberries Sugar and Cream
 Zest Sugar and Cream
 Rice Griddle Cakes Butter
 Sugar Syrup
 Tea

DinnerSupper

Bread Butter
 Fresh Setwed Blackberries Marguerites
 Lemonade

Monday July 24

Breakfast

Stewed Blackberries
Oatmeal Sugar and Cream
Fresh Fried Potatoes
Bread Butter
Tea

Dinner

Boiled Potatoes Creamed Tomatoes
Baking Powder Biscuits Butter
Apple Pie
Tea

Supper

Baking Powder Biscuits Butter
Blackberry Jelly
Potato Salad with French Dressing
Baked Apples
Tea

Tuesday July 25

Breakfast

Baked Apples Cream
Zest Sugar and Cream
Green Corn Fritters
Bread Butter
Tea

Dinner

Washed Potatoes String Beans
Sliced Tomatoes
Bread Butter
Blackberry Jelly

Supper

Bread Butter
Blackberry Jelly
Baked Apples Cookies
Cold Tea

Wednesday July 26

Breakfast

Oatmeal Sugar and Cream
 Poached Eggs
 Mashed Potatoes Biscuits Butter
 Apple Preserves

Dinner

Boiled Potatoes Escalloped Tomatoes
 Fried Chicken Gravy
 Bread Butter
 Grape Pie

Supper

Bread Butter
 Boiled Rice Butter
 Apple Preserves Marguerites
 Tea

Thursday July 27

Breakfast

Zest Sugar and Cream
 Blackberry Jelly
 Rice Griddle Cakes Butter
 Sugar Syrup
 Tea

Dinner

Buttered Potatoes Boiled Cabbage
 Sliced Tomatoes
 Bread Butter
 Grape Pie
 Tea

Supper

Bread Butter
 Apple Sauce Marguerites
 Cold Tea

Friday July 28

Breakfast

Apple Sauce

Oatmeal

Sugar and Cream

Fried Potatoes

Bread

Butter

Blackberry Jelly

Tea

Dinner

Mashed Potatoes

String Beans

Fried Tomatoes

Gravy

Bread

Butter

Lemon Pie

Tea

Supper

Bread

Butter

Apple Sauce

Marguerites

Cold Tea

Saturday July 29

Breakfast

Apple Sauce

Cream

Zest

Sugar and Cream

Baking Powder Biscuits

Butter

Fried Potato Cakes

Tea

Dinner

Boiled Potatoes

String Beans

Sliced Tomatoes

Bread

Butter

Apple Charlotte

Tea

Supper

Light Bread Biscuits

Butter

Dried Peaches

Devil's Food Cake

Cold Tea

Sunday July 30

Breakfast

Oatmeal Sugar and Cream
Waffles Butter
 Sugar Syrup
 Tea

Dinner

Mashed Potatoes Sliced Tomatoes
Fried Chicken Gravy
 Beet Pickles
 Bread Butter
Canned Cherries Devil's Food Cake
 Tea

Supper

Bread Butter
 Sliced Tomatoes
Devil's Food Cake Lemonade

Monday July 31

Breakfast

Canned Cherries
Oatmeal Sugar and Cream
 Fried Eggs
Bread Butter
 Tea

Dinner

Boiled Potatoes Boiled Cabbage
Fried Tomatoes Gravy
Bread Butter
 Cherry Pie

Supper

Bread Butter
Potato Salad French Dressing
Apple Sauce Devil's Food Cake
 Lemonade

~~Thurs~~ ^{Wed} day August 1

Breakfast

Apple Sauce Cream
Zest Sugar and Cream
Fresh Fried Potatoes
Bread Butter

Tea

Dinner

Boiled Potatoes Baked Corn
Fried Chicken Gravy
Bread Butter

Devil's Food Cake

Supper

Bread Butter
Boiled Rice Butter
Corn (warmed over) Cold Fried Chicken
Applr Sauce
Cold Tea

Wednesday August 2

Breakfast

Oatmeal Sugar and Cream
 Fried Potatoes
 Rice Griddle Cakes Butter
 Sugar Syrup
 Tea

Dinner

Boiled Potatoes String Beans
 Sliced Tomatoes
 Bread Butter
 Baked Apples
 Cold Tea

Supper

Bread Butter
 Baked Apples
 Cold Tea

Thursday August 3

Breakfast

Baked Apples Cream
 Oatmeal Sugar and Cream
 Fried Baked Potatoes
 Bread Butter
 Blackberry Jelly
 Tea

Dinner

Boiled Potatoes String Beans
 Boiled Corn Creamed Tomatoes
 Bread Butter
 Apple Sauce
 Tea

Supper

Bread Butter
 Cold Corn
 Chocolate Corn Starch Mold Apple Sauce
 Cold Tea

Friday August 4

Breakfast

Rice Sugar and Cream
 Creamed Tomatoes
 Baking Powder Biscuits Butter
 Blackberry Jelly
 Tea

Dinner

Diced Potatoes with White Sauce
 Sliced Tomatoes
 Bread Butter
 Apple Charlotte

Supper

Bread Butter
 Grape Jelly
 Fresh Fried Potatoes
 Coconut Bread Pudding
 Tea

Saturday August 5

Breakfast

Zest Sugar and Cream
 Fried Potatoes
 Fried Rice Grape Jelly
 Green Corn Fritters
 Buttered Toast
 Tea

Dinner

Mashed Potatoes
 Fried Chicken Gravy
 Bread Butter
 Crabapple Pie
 Tea

Supper

Bread Butter
 Grape Jelly
 Cold Fried Chicken
 Plain Custard Chocolate Cake
 Cold Tea

Sunday August 6

Breakfast

Stewed Plums

Oatmeal Sugar and Cream

Poached Eggs

Bread Butter

Grape Jelly

Tea

Dinner

Mashed Potatoes Creamed Tomatoes

Fried Chicken Gravy

Cucumber Pickles

Bread Butter

Stewed Raisins Angel Food Cake

Monday August 7

Breakfast

Stewed Plums

Oatmeal Sugar and Cream

Fried Potatoe Cakes

Bread Butter

Blackberry Jelly

Tea

Dinner

Boiled Potatoes

Beef Steak Brown Gravy

Bread Butter

Grape Jelly

Muskmelon

Supper

Bread Butter

Grape Jelly

Potato Salad

Apple Sauce Cookies

Cold Tea

Tuesday August 8

Breakfast

Apple Sauce
Zest Sugar and Cream
Mock Sausage
Bread Butter
Grape Jelly
Tea

Dinner

Boiled Potatoes String Beans
Cucumber Pickles
Bread Butter
Apple Sauce
Tea

Supper

Bread Butter
Blackberry Jelly
Apple Sauce Devil's Food Cake
Cold Tea

Wednesday August 9

Breakfast

Apple Sauce
Zest Sugar and Cream
Fried Potatoes Poached Eggs
Bread Butter
Honey
Tea

Dinner

Bread Butter
Grape Jelly
Fried Chicken Gravy
Apple Sauce Cake

Thursday August 19

Breakfast

Oranges
Zest Sugar and Cream
Bread Butter
Sugar Syrup
Fried Potatoes

Dinner

Boiled Potatoes Sliced Potatoes
Fried Chicken Gravy
Bread Butter
Apple Pie
Tea

Supper

Bread Butter
Plum Jelly
Sliced Cold Ham
Apple Sauce Devil's Food Cake
Cold Tea

Friday August 11

Breakfast

Apple Sauce
Zest Sugar and Cream
Fried Potatoes Poached Eggs
Bread Butter
Tea

Dinner

Mashed Potatoes Fried Tomatoes with Gravy
Boiled Ham
Bread Butter
Apple Sauce
Raisin Pie
Coffee

Supper

Bread Butter
Apple Butter
Fried Chicken Potatoe Cakes
Tea Cake

Saturday August 12

Breakfast

Zest Sugar and Cream

Chicken Sausage

Bread Butter

Plum Jelly

Tea

Dinner

Boiled Potatoes Fresh Lima Beans

Green Corn

Bread Butter

Raisin Pie

Muskmelon

Supper

Bread Butter

Plum Jelly

Cold Corn

Devil's Food Cake Cold Tea

Sunday August 13

Breakfast

Oatmeal Sugar and Cream

Fried Potatoes

Corn Fritters Syrup

Bread Butter

Tea

Dinner

Mashed Potatoes Sweet Potatoes Brownd in Oven

Fried Tomatoes Gravy

Bread Butter

Watermelon

Supper

Bread Butter

Cold Tea Marguerites

Monday August 14

Breakfast

Oatmeal Sugar and Cream
 Fried Potatoes
 Bread Butter
 Plum Jelly
 Tea

Dinner

Boiled Potatoes Creamed Tomatoes
 Bread Butter
 Apple Sauce
 Tea

Supper

Bread Butter
 Potato Salad
 Ripe Grapes
 Cold Tea

Tuesday August 15

Breakfast

Apple Sauce
 Rice Sugar and Cream
 Baking Powder Biscuits Butter
 Plum Jelly
 Soft Boiled Eggs
 Tea

Dinner

Mashed Potatoes Baked Sliced Tomatoes
 Baked Corn
 Bread Butter
 Grapes
 Tea

Supper

Bread Butter
 Plum Jelly
 Cold Baked Corn
 Grapes Cold Tea

Wednesday August 16

Breakfast

Ripe Grapes
 Zest Sugar and Cream
 Baked Mashed Potatoes
 Rice Griddle Cakes Syrup
 Apple Butter
 Tea

Dinner

Boiled Potatoes String Beans
 Fried Chicken Gravy
 Bread Butter
 Watermelon
 Tea

Supper

Bread Butter
 Tomato Preserves
 Cold Fried Chicken
 Baked Apples Cookies
 Cold Tea

Thursday August 17

Breakfast

Baked Apples Cream
 Zest Sugar and Cream
 Fried Potatoes Poached Eggs
 Bread Butter
 Tea

Dinner

Mashed Potatoes Boiled Corn
 Fried Tomatoes Gravy
 Bread Butter
 Apple Sauce

Supper

Bread Butter
 Plum Jelly
 Cold Corn
 Apple Sauce Cookies
 Cold Tea

Friday August 18

Breakfast

Apple Sauce
 Oatmeal Sugar and Cream
 Soft Boiled Eggs
 Bread Butter
 Plum Jelly
 Tea

Dinner

Mashed Potatoes Creamed Tomatoes
 Bread Butter
 Etherial Apple Pie
 Tea

Supper

Bread Butter
 Plum Jelly
 Boiled Rice Butter
 Apple Sauce
 Plain Custard Cookies
 Cold Tea

Saturday August 19

Breakfast

Apple Sauce Cream
 Rice Griddle Cakes Butter
 Syrup
 Tea

Dinner

Boiled Potatoes Fried Tomatoes Gravy
 Bread Butter
 Blackberry Jelly
 Fresh Fried Potatoes Sliced Tomatoes
 Apple Sauce Cookies
 Tea

Sunday August 20

Breakfast

Grapes
 Zest Sugar and Cream
 Fried Potatoes
 Baking Powder Biscuits Butter
 Blackberry Jelly
 Tea

Supper

Bread Butter
 Blackberry Jelly
 Jelly Cake Lemonade

Monday August 21

Breakfast

Oatmeal Sugar and Cream
 Fresh Fried Potatoes
 Bread Butter
 Blackberry Jelly
 Tea

Dinner

Boiled Potatoes Sliced Tomatoes
 Fried Chicken Gravy
 Bread Butter
 Apple Butter
 Watermelon
 Tea

Supper

Bread Butter
 Fresh Fried Potatoes Sliced Tomatoes
 Boiled Rice Butter
 Apple Sauce Jelly Cake
 Tea

~~Thurs~~ ^{ues} day August 22

Breakfast

Apple Sauce

Zest Sugar and Cream

Rice Griddle Cakes Butter

Syrup

Diced Potatoes with White Sauce

Tea

Dinner

Bread Butter

Mashed Potatoes Sliced Tomatoes

Blackberry Jelly

Apple Dumplings

Baked Apples Tea

Supper

Bread Butter

Blackberry Jelly

Mashed Potato Salad

Baked Apples Russian Rocks

Cold Tea

Wednesday August 23

Breakfast

Baked Apples

Zest Sugar and Cream

Buttered Toast Poached Eggs

Bread Butter

Tea

Dinner

Boiled Potatoes Tomatoes with Bread

Fried Chicken Gravy

Bread Butter

Watermelon

Tea

Supper

Bread Butter

Blackberry Jelly

Apple Sauce Russian Rocks

Cold Tea

Thursday August 24

Breakfast

Apple Sauce
Oatmeal Sugar and Cream
Fried Potatoes
Baking Powder Biscuits Butter
Syrup
Tea

Dinner

Mashed Potatoes Dried Beans
Cucumber Pickles
Bread Butter
Apple Custard Pie
Tea

Supper

Bread Butter
Sliced Tomatoes
Baked Apples Cream Cake
Cold Tea

Friday August 25

Breakfast

Baked Apples
Rice Sugar and Cream
Baked Mashed Potatoes
Bread Butter
Blackberry Jelly
Coffee

Dinner

Baked Beans Baked Sweet Potatoes
Fried Tomatoes Gravy
Bread Butter
Apple Sauce
Coffee

Supper

Bread Butter
Grape Jelly
Cold Baked Potatoes
Apple Sauce Cream Cake
Cold Tea

Monday August 28

Breakfast

Zest Sugar and Cream

Fried Sweet and Irish Potatoes

Bread Butter

Apple Jelly

Tea

Dinner

Boiled Sweet Potatoes Creamed Tomatoes

Bread Butter

Watermelon Grapes

Tea

Supper

Bread Butter

Apple Sauce

Baked Sweet Potatoes

Tapioco Cream Devil's Food Cake

Grapes

Tea

Tuesday August 29

Breakfast

Peach Preserves

Zest Sugar and Cream

Soft Boiled Eggs

Baking Powder Biscuits Butter

Blackberry Jelly

Tea

Dinner

Baked Sweet Potatoes Mashed Potatoes

Fried Chicken Gravy

Bread Butter

Pumpkin Pie

Grapes

Tea

Supper

Bread Butter

Blackberry Jelly

Mashed Potato Salad

Peach Preserves Marguerites

Cold Tea

Wednesday August 30

Breakfast

Peach Preserves

Zest Sugar and Cream

Fresh Fried Potatoes

Bread Butter

Tea

Dinner

Mashed Potatoes Creamed Tomatoes

Bread Butter

Pumpkin Pie

Watermelon

Tea

Supper

Bread Butter

Blackberry Jelly

Fried Potatoe Cakes Sliced Tomatoes

Apple Sauce Russian Rocks

Tea

Thursday August 31

Breakfast

Zest Sugar and Cream

Fresh Fried Potatoes

Bread Butter

Blackberry Jelly

Tea

Dinner

Bolied Potatoes Dried Beans

Sliced Tomatoes

Soda Biscuits Butter

Peach Preserves

Apple Pie

Postum

Supper

Bread Butter

Grape Jelly

Fried Potatoes Corn Flake

Marguerites Tea

Friday September 1

Breakfast

Peach Preserves Cream
 Zest Sugar and Cream
 Baking Powder Biscuit Butter
 Fried Potatoes Fried Corn Flake
 Tea

Dinner

Baked Sweet Potatoes Sliced Tomatoes
 Bread Butter
 Blackberry Jelly
 Loaf Cake
 Postum

Supper

Bread Butter
 Grape Jelly
 Mashed Potato Salad
 Apple Sauce Loaf Cake
 Cold Tea

Saturday September 2

Breakfast

Apple Sauce Cream
 Zest Sugar and Cream
 Fried Eggs
 Bread Butter
 Blackberry Jelly
 Tea

Dinner

Boiled Potatoes
 Fried Tomatoes Gravy
 Bread Butter
 Apple Sauce
 Postum

Supper

Bread Butter
 Grape Jelly
 Fried Potatoes Boiled Rice
 Apple Sauce Loaf Cake
 Tea

Saturday July 29 Breakfast

Food	Percentage Comp.			Cal. per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Cream	2.5	18.5	4.5	865	10/16	.0156	.1156	.0281	540.6	.025
Sugar			100.	1750	2/16			.124	218.	.0082
Butter	1.	85		3410	3/16	.0018	.1593		639.	.0234
Potatoes	1.8	.1	14.7	295	2/16	.0022	.0001	.0183	36.8	
Apples	.3	.3	10.8	190	12/16	.0018	.0018	.0821	142.2	.0711
Biscuits	8.7	2.6	55.3	1300	2	.174	.052	1.106	2600	.0711
Total						.1954	.32881	.3585	4176.6	.1277

Nutritive Ratio 1:10.7 Calorie per capita 1044.1

Saturday July 29 Dinner

Potatoe	1.8	.1	14.7	295	10/16	.0111	.0005	.0915	184.1	
Tomatoes	.9	.4	3.9	100	10/16	.0056	.0025	.0243	62.5	
Beans	2.1	.3	6.9	170	8/16	.0105	.0015	.0345	85.	
Apple Charlotte										
Apples	.3	.3	10.8	190	7/16	.0013	.0013	.472	82.6	
Cake	6.3	.9	63.3	1630	11/16	.0433	.0061	.4351	1119.8	.0363
Butter	1.	85.		3410	3/16	.0018	.1593		639	.0266
Bread	9.2	1.3	53.1	1200	9/16	.0518	.0063	.2986	675	.0165
Butter	1.	85		3410	2/16	.0012	.1062		426	.0156
Tea						.1266	.2847	.9312	3274.0	.02
Totals										.1150

Nutritive Ratio 1:12.4 Calories per capita 1091.3

Saturday July 29 Supper

Butter	1.	85		3410	1/16	.0006	.0531		213.	.0078
Sugar			100	1750	2/16			.124	218	.0082
Syrup			70	1225	1/16			.0437	76.5	.0027
Bread	9.2	1.3	53.1	1200	8/16	.046	.0065	.265	600.	.0136
Cake	6.3	.9	63.3	1630	5/16	.0196	.0281	.1978	509.3	.0016
Peaches	.7	.1	10.8	220	4/16	.0017	.0002	.0270	55.	.0375
										.04
						.0679	.0879	.6575	1671.8	.1114

Nutritive Ratio 1:12.6 Calories per capita 417.9

Calories per capita for day 2553.3

Sunday July 30 Breakfast

Food	Percentage Comp. per lb.			Cal. per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Oatmeal	16.7	7.3	66.2	1800	4/16	.0415	.0187	.1655	475.	.016
Syrup	—	—	70	1225	8/16	—	—	.3500	612.5	.0216
Waffles	—	—	—	—	1 6/16	.1425	.3517	.6733	2925.3	.1352
Sugar	—	—	100	1750	2/16	—	—	.125	218.	.0082
Butter	1.	85.	—	3410	2/16	.0012	.1062	—	426.	.0156
Cream	2.5	18.5	4.5	865	8/16	.0125	.0925	.0225	432.5	.025
Tea	—	—	—	—	—	—	—	—	—	.02
Totals	—	—	—	—	—	.1077	.5691	1.3353	5083.3	.2256

Nutritive Ratio 1:13.2 Calories per capita 1270.8

Sunday July 30 Dinner

Potatoes	8.1	.1	14.7	295	15/16	.0162	.0009	.1378	271.5	—
Tomatoes	.9	.4	3.9	100	1 4/16	.0112	.005	.0487	125.	—
Chicken	12.8	1.4	—	305	1	.128	.014	—	305	—
Butter	1.	85.	—	3410	4/16	.0024	.2124	—	852.	.0312
Milk (gravy)	3.4	.3	5.1	165	8/16	.017	.0015	.0255	82.5	—
Beets	2.3	.1	7.4	185	3/16	.0043	.0001	.0138	34.6	—
Bread	9.2	1.3	53.1	1200	6/16	.034	.004	.198	450.	.0111
Cherries	1.1	.1	21.1	415	12/16	.0082	.0007	.1582	311.2	—
Cake	6.3	.9	63.3	1630	3/16	.0315	.0045	.3165	815.	.0266
Tea	—	—	—	—	—	—	—	—	—	.02
Totals	—	—	—	—	—	.2528	.2431	.8995	3246.8	.088.9

Nutritive Ratio 1:5.7 Calories per capita 811.7

Sunday July 30 Supper

Bread	9.2	1.3	53.1	1200	3/16	.017	.002	.099	225.	.0055
Butter	1.	85	—	3410	1/16	.0006	.0531	—	213.1	.0093
Potatoes	1.8	.1	14.7	295	8/16	.009	.0005	.0735	147.5	—
Tomatoes	.9	.4	3.9	100	4/16	.0022	.001	.0097	25.	—
Cake	6.3	.9	63.3	1630	4/16	.0157	.0022	.1582	407.8	.0133
Cherries	1.1	.1	21.1	415	4/16	.0027	.0002	.0527	103.7	—
Sugar	—	—	100.	1750	3/16	—	—	.1875	327.9	.0123
Lemons	.7	.5	5.9	145	3/16	.0013	.0009	.0110	27.1	.0166
Totals	—	—	—	—	—	.0485	.0599	.5916	1477.1	.0570

Nutritive Ratio 1:14.9 Calories per capita 492.3

Calories per capita for day 2511.8

Monday July 31 Breakfast

Food	Percentage Comp.			Calories per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Bread	9.2	1.3	53.1	1200	9/16	.051	.006	.297	675.	.0165
Cream	2.5	18.5	4.5	865	13/16	.0203	.1503	.0365	702.8	.025
Oatmeal	16.7	7.3	66.2	1800	4/16	.0415	.0187	.1655	475.	.016
Butter	1.	85		3410	1/16	.0006	.0531		213.1	.0093
Sugar			100.	1750	1/16			.0625	109.3	.0041
Eggs	13.1	9.3		635	4/16	.0326	.0232		158.6	.03
Cherries	1.1	.1	21.1	415	7/16	.0048	.0004	.0923	181.5	
Tea										.02
Total						.1508	.2517	.6533	2515.3	.1209

Nutritive Ratio 1:8.08 Calories per capita 628.8

Monday July 31 Dinner

Potatoes	1.8	.1	14.7	295	14/16	.0144	.0008	.1286	258.	
Cabbage	1.4	.2	4.8	115	8/16	.0070	.0010	.0240	57.5	
Tomatoes	.9	.4	3.9	100	9/16	.005	.0022	.0219	56.2	
Milk (gravy)	3.4	.3	5.1	165	4/16	.0085	.0007	.0127	41.2	
Bread	9.2	1.3	53.1	1200	9/16	.0517	.0073	.2861	675.	.0165
Butter	1.	85		3410	5/16	.0031	.2655		1065.5	.0437
Cherry Pie										
Cherries	1.1	.1	21.1	415	14/16	.0096	.0008	.1846	363.1	
Butter	1.	85		3410	2/16	.0012	.1062		426.2	.0175
Flour	11.4	1.	75	1635	4/16	.0295	.0025	.1875	408.7	.0075
Totals						.1300	.3840	.8452	3551.4	

Nutritive Ratio 1:13.1 Calories per capita 887.8

Monday July 31 Supper

Bread	9.2	1.3	53.1	1200	5/16	.0287	.0040	.1659	375.	.0089
Butter	1.	85.		3410	1/16	.0006	.0531		213.1	.0093
Potatoes	1.8	.1	14.7	295	2/16	.0022	.0001	.0183	36.8	
Olive Oil					1 tbspn					.014
Vinegar					2 tbspn					.0018
Sugar			100.	1750	4/16			.25	437.5	.0164
Apple Sauce	.3	.3	10.8	190	10/16	.0017	.0017	.0675	117.5	
Lemons	.7	.5	5.9	145	6/16	.0026	.0018	.0220	54.2	.0332
Cake	6.3	9.	63.3	1630	6/16	.0236	.0337	.2373	610.8	.0192
Totals						.0594	.0944	.7610	1844.9	.1028

Nutritive Ratio 1:16.4 Calories per capita 614.9
 Calories for day per capita 2131.5

Tuesday August 1 Breakfast

Food	Presentage per lb.	Comp. per lb.	Cal. per lb.	Pounds used	Pounds in entire amt.	Calories value	cost			
	<u>Pro.</u>	<u>Fat</u>	<u>Carbo.</u>		<u>Pro.</u>	<u>Fat</u>	<u>Carbo.</u>			
Apple Sauce	.3	.8	10.8	190	10/16	.0017	.0017	.0675	117.5	
Cream	2.5	18.5	4.5	865	11/16	.0171	.1271	.0309	594.6	.025
Butter	1.	85		3410	1/16	.0006	.0531		213.1	.0093
Zest					2/16					.0125
Sugar			100.	1750	3/16			.1875	327.6	.0123
Potatoes	1.8	.1	14.7	295	11/16	.0123	.0007	.1010	202.4	
Bread	9.2	1.3	53.1	1200	8/16	.046	.0065	.2655	600	.0126
Tea										.02
Totals						.0777	.1891	.6524	2055.2	.0917

Nutritive Ratio 1:13.8 Calories per capita 513.8

Tuesday August 1 Dinner

Potatoes	1.8	.1	14.7	295	10/16	.0112	.0006	.1031	182.9	
Baked corn										
Corn	2.8	1.2	19	430	7/16	.011	.0052	.0831	188.1	
Milk	3.4	.3	5.1	165	6/16	.0127	.0017	.0191	61.8	.025
Chicken	12.8	1.4		305	1	.128	.014		305	
Milk (gravy)	3.4	.3	5.1	165	3/16	.0063	.0005	.0095	30.9	
Bread	9.2	1.3	53.1	1200	12/16	.0691	.0084	.3978	900	.0204
Butter	1.	85.		3410	5/16	.0031	.2655		1065.5	.0465
Cake	6.3	.9	63.3	1630	4/16	.0157	.0022	.1583	407.5	.0133
Total						.2371	.2975	.7630	3041.7	.1052

Nutritive Ratio 1:6.04 Calories per capita 760.4

Tuesday August 1 Supper

Bread	9.2	1.3	53.1	1200	9/16	.0518	.0073	.2986	675.	.0165
Butter	1	85		3410	1/16	.0006	.0531		213.1	.0093
Rice	2.8	.1	24.4	5255	11	.028	.001	.244	525	.05
Chicken	12.8	1.4	25.4	305	5/16	.04	.0043		95.3	
Apple Sauce	.3	.3	10.8	190	15/16	.0028	.0028	.0431	178.1	
Sugar			100	1750	6/16			.3751	655.2	.0246
Totals						.1232	.0194	.9608	2311.7	.1404

Nutritive Ratio 1:8.1 Cal. per capita 577.9 and for day 1852.1

Saturday September 2 Breakfast

Food	Percentage Comp			Cal. per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Apple Sauce	.3	.3	10.8	190	8/16	.0015	.0015	.054	95.	
Cream	2.5	18.5	4.5	865	9/16	.0140	.1040	.0253	486.5	.025
Butter	1	85		3410	1/16	.0006	.0531		213	.0078
Bread	9.2	1.3	53.1	1200	11/16	.0632	.0089	.3650	825	.0171
Eggs	13.1	9.3		635	4/16	.0326	.0232		158.6	.0333
Corn Flake	2.2	.2	17.8	380	8/16	.0110	.0001	.089	190.	.004
Tea										.02
Totals						.1229	.1917	.5333	1968.1	.0972

Nutritive Ratio 1:7.9 Calories per capita 492.02

Saturday September 2 Dinner

Potatoes	1.8	.1	14.7	295	13/16	.0143	.0008	.1194	239.	
Tomatoes	.9	.4	3.9	100	10/16	.0056	.0025	.0243	62.5	
Milk(gravy)	3.4	.3	5.1	165	5/16	.0106	.0009	.0156	51.5	.025
Bread	9.2	1.3	53.1	1200	11/16	.0632	.0089	.3650	825.	.0171
Butter	1	85		3410	4/16	.0025	.2125		852.5	.035
Apple Sauce	.3	.3	10.8	190	13/16	.0024	.0024	.0877	154.3	
Postum	.2		1.4	30	8/16	.001		.007	15.	.0156
Totals						.099	.2280	.6190	2199.8	.0927

Nutritive Ratio 1:11.3 Calories per capita 549.9

Saturday September 2 Supper

Bread	9.2	1.3	53.1	1200	6/16	.0345	.0042	.1989	450	.0129
Butter	1.	85		3410	2/16	.0012	.1062		426	.0156
Potatoes	1.8	.1	14.7	295	9/16	.0099	.0003	.0815	165.9	
Rice	2.8	.1	24.4	525	14/16	.035	.0010	.305	656.2	.0437
Apple Sauce	.3	.3	10.8	190	9/16	.0018	.0018	.0606	106.8	
Sugar			100.	1750	1/16			.0625	109.3	.0041
Cake	6.3	9.	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Tea										.02
Totals						.0941	.1281	.8271	2219.8	.1063

Nutritive Ratio 1:11.8 Calories per capita 554.9

Calories per capita for day 1596.82

Sunday September 3 Breakfast

Food	Percentage Comp.			Cal. per lb.	Pounds used	Pounds in entire amt			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Apple Sauce	.3	.3	10.8	190	2/16	.0003	.0003	.0135	23.7	
Waffles										
Butter	1.	85.		3410	6/16	.0036	.3186		1278.	.0468
Rice	8	.3	79	1620	5/16	.025	.0009	.2468	506.2	.0468
Milk	3.4	.3	5.1	165	1	.034	.003	.051	165	
Flour	11.4	1.	75.1	1635	8/16	.057	.005	.3755	817.5	.015
Eggs	13.1	9.3		635	4/16	.0326	.0232		158.6	.0166
Potatoes	1.8	.1	14.7	295	9/16	.0099	.0003	.0815	165.9	
Butter	1.	85.		3410	2/16	.0012	.1062		426	.0156
Sugar			100.	1750	3/16			.1875	327.9	.0123
Cream	2.5	8.5	4.5	865	11/16	.0171	.1271	.0309	594.6	.025
Syrup			70	1225	3/16			.1411	229.5	.0081
Postum	.2		1.4	36	8/16	.001		.007	15.	.0156
Totals						.1817	.5846	1.1348	4407.9	.0766

Nutritive Ratio 1:13.4 Calories per capita 1101.9

Sunday September 3 Dinner

Potatoes (Sweet)	1.4	.6	21.9	440	14/16	.0122	.0052	.1916	385	
Chicken	12.8	1.4		305	1	.128	.014		305	
Butter	1	85		3410	4/16	.0024	.2124		852	.0312
Milk	3.4	.3	5.1	165	13/16	.0276	.0024	.0095	133.9	.025
Bread	9.2	1.3	53.1	1200	3/16	.0172	.0021	.0994	225	.0064
Cake	6.3	9.	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Postum	.2		1.4	30	8/16	.001		.007	15	.0156
Totals						.2001	.2517	.4261	2221.5	.0882

Nutritive Ratio 1:4.96 Calories per Capita 1110.7

Sunday September 3 Supper

Bread	9.2	1.3	53.1	1200	4/16	.0231	.0028	.1326	300	.0068
Butter	1	85.		3410	1/16	.0006	.0531		213	.0078
Chicken	12.8	1.4		305	10/16	.08	.0086		190.6	
Cake	6.3	9.	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Totals						.1154	.0801	.2512	1009.2	

Nutritive Ratio 1:3.73 Calories per capita 336.4

Calories per capita for day 2549

Monday September 4 Breakfast

Food	Percentage Comp.			Cal. per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Bread	9.2	1.3	53.1	1200	11/16	.0632	.0089	.3650	825	.0171
Butter	1.	85.3	_____	3410	7/16	.0042	.3717	_____	1491	.0546
Cream	2.5	18.5	4.5	865	9/16	.0140	.1040	.0253	486.5	.025
Zest					2/16					.0125
Potatoes	1.4	.6	21.9	440	10/16	.0087	.0037	.0136	273.	_____
Apple Sauce	.3	.3	10.8	190	2/16	.0003	.0003	.0135	23.7	_____
Eggs	13.1	9.3	_____	635	4/16	.0326	.0232	_____	158.6	.0233
Postum	.2	_____	1.4	30	8/16	.001	_____	.007	15.	.0156
Totals						.1240	.5118	.4244	3274.8	.1481

Nutritive Ratio 1:12.7 Calories per capita 818.7

Monday September 4 Dinner

Potatoes	1.8	.1	14.7	295	12/16	.0132*	.0004	.1101	211.2	_____
Tomatoes	.9	.4	3.9	100	1	.009	.004	.039	100.	_____
Milk	3.4	.3	5.1	165	1	.034	.003	.051	165	.025
Bread	9.2	1.3	53.1	1200	4/16	.023	.0032	.1325	300	.0068
Butter	1	85	_____	3410	3/16	.0018	.1593	_____	639.	.0234
Tea										.02
Cherry Pie										
Cherries	1.1	85.1	21.1	415	14/16	.0096	.0008	.1846	363.1	_____
Butter	1.	85	_____	3410	2/16	.0012	.1062	_____	426.2	.6175
Flour	11.4	1.	75	1635	4/16	.0295	.0025	.1875	408.7	.0095
Totals						.1213	.2794	.7047	2613.2	.0998

Nutritive Ratio 1:10.9 Calories per capita 871.06

Monday September 4 Supper

Bread	9.2	1.3	53.1	1200	6/16	.0345	.0042	.1989	450	.0129
Butter	1.	85	_____	3410	2/16	.0012	.1062	_____	426	.0156
Potatoes	1.8	.1	14.7	295	3/16	.0033	.0001	.0271	55.3	_____
Olive Oil										.014
Vinegar										.0018
Cherries	1.1	.1	21.1	415	12/16	.0082	.0007	.1582	311.2	_____
Cake	6.3	99	63.3	1630	3/16	.0117	.0156	.1186	305.6	.01
Sugar	_____	_____	100.	1750	3/16	_____	_____	.1875	327.9	.0123
Tea										.04
Totals						.0589	.1268	.6903	2176.0	.1066

Nutritive Ratio 1:16.5 cal. per capita 544 Cal. per capita for day 2233.76

Tuesday September 5 Breakfast

Food	Percentage Comp.			Cal. per lb.	Pounds used	Pounds in entire amt.			Calorie value	Cost
	Pro.	Fat	Carbo.			Pro.	Fat	Carbo.		
Cherries	1.1	.1	21.1	415	3/16	.0020	.0001	.0395	77.8	_____
Zest					2/16					.0125
Cream	2.5	18.5	4.5	865	8/16	.0125	.0925	.0225	432.5	.025
Potatoes	1.8	.1	14.7	295	12/16	.0132	.0006	.1098	220.8	_____
Bread	9.2	1.3	53.1	1200	11/16	.0632	.0089	.3650	825.	.0171
Butter	1.	85	_____	3410	2/16	.0012	.1062	_____	426.2	.0175
Apple Sauce	.3	.3	10.8	190	8/16	.0015	.0015	.054	95.	_____
Tea										.02
Totals						.0936	.2098	.5908	2077.3	.0921

Nutritive Ratio 1:11.4 Calories per capita 519.3

Tuesday September 5 Dinner

Potatoes	1.8	.1	14.7	295	8/16	.009	.0005	.0735	147.5	_____
Tomatoes	.9	.4	3.9	100	9/16	.005	.0022	.0219	56.2	_____
Bread	9.2	1.3	53.1	1200	6/16	.034	.004	.198	450.	.0111
Butter	1.	85	_____	3410	2/16	.0012	.1062	_____	624.	.0156
Milk	3.4	.3	5.1	165	10/16	.0021	.0001	.0318	103.1	.025
Postum	.2	_____	1.4	30	8/16	.001	_____	.007	15.	.0156
Totals						.0523	.1130	.3322	1197.8	.0673

Nutritive Ratio 1:11.1 Calories per capita 399.2

Tuesday September 5 Supper

Bread	9.2	1.3	53.1	1200	5/16	.0287	.0040	.1659	375.	.0089
Butter	1.	85.	_____	3410	3/16	.0018	.1593	_____	639	.0234
Potatoes	1.8	.1	14.7	295	12/16	.0132	.0006	.1098	220.8	_____
Tomatoes	.9	.4	3.9	100	2/16	.0011	.0005	.0048	12.5	_____
Apple Sauce	.3	.3	10.8	190	3/16	.0006	.0006	.0202	35.6	_____
Cake	6.3	9.	63.3	1630	9/16	.0351	.0468	.3558	916.8	.03
Tea										.04
Sugar	_____	_____	100.	1750	2/16	_____	_____	.1250	218.6	.0082
Totals						.0805	.2118	.7635	2418.3	.1105

Nutritive Ratio 1:14.4 Calories per capita 806.1

Calories per capita for day 1724.6

The family consisted of two men and two women. The cost for the entire summer was about \$30. This would make an average per meal of about 15¢, and an average for each individual of nearly 3 1/2 cents.