

Dietaries Studies - A Family of Sirs

Ruth Cooley.

Dietaries Studies - A Family of Six

This is a farmers family consisting of four men and two women, all in good healthy condition. The four children attend college and do work enough at home to keep their appetites good.

The studies were continued through the month of April 1906

The amount of food used and the amount wasted at each meal was weighed, and the cost of all material noted

Now at the close of the month we are able to determine the cost of living for the month and the total amount of material used - and the caloric and nutritive ratio of each meal.

Menus

Breakfast - April 1st

Broiled steak - mashed potatoes
brown gravy

Bread + Butter
sugar - coffee - cream

Dinner

Mashed potatoes - broiled steak - gravy

Bread + Butter - Sauce
Pie - Tea

Supper

Bread - Butter
cheese
milk - cake
Sauce

Break fast - April 2nd

Fried egg - Potatoes

Bread + Butter

Sugar - cream - coffee
cookiesDinner

Fried Potatoes - Eggs

Bread + Butter

cheese

Pie - cake - coffee

(Put up dinner for three)

Supper

Broiled steak - Brown sauce

mashed potatoes

Bread - Butter

Sugar - cream - tea
cake.

S

Break Fast - april 3rd

Fried eggs and Potatoes

Bread - Butter

Sugar - cream - coffee

Sauce

Cookies.

Dinner

Pancakes - syrup.

Bread - Butter

Sauce - cake

cookies

Supper

Boiled eggs - Bread - Butter

Sugar - cream

tea

Sauce - Pie



Breakfast - april 4th

mashed potatoes - fried ham
Brown gravy

Bread - Butter

Sugar - cream - coffee
cookies

Dinner

Bread - Butter - crackers
milk - cake

cookies

Jelly

Supper

mashed potatoes - broiled steak
brown gravy

Rice

Bread - Butter

Sugar - cream
tea

Breakfast - April 5th

Broiled steak - mashed potatoes

Brown gravy

Bread - Butter

Sugar - cream

coffee - cookies

Dinner

Roasted meat - Brown gravy
mashed potatoes

Bread - Butter

Sugar - cream - coffee

Custard - Pie

Supper

Fried Potatoes - Boiled eggs

Bread - Butter

Sugar - cream - tea

Chocolate - custard

Sauce

Breakfast - April 6th

Broiled steak - brown gravy
Boiled Potatoes

Bread - Butter

Sugar - cream - coffee

Dinner

Boiled eggs - Bread - Butter

Pan cakes - Syrup

Sauce - cake

Sugar - cream - coffee
cookies

(Put up dinner for two)

Supper

Fried Potatoes and eggs

Bread - Butter

Sugar - cream - tea
cookies

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Breakfast - April 7th

Roast meat - brown gravy
mashed potatoes

Bread - Butter
Sugar - cream - coffee

Dinner

Broiled steak - boiled potatoes
brown gravy

Bread - Butter -
Sugar - cream
Steam Pudding
Coffee

Supper.

Beans boiled -
Bread - Butter
Sugar - cream - tea
custard



Break fast - april 8th

Hash - Bread - Butter
Syrup

Sugar - cream - coffee
Coffee

Dinner

Mashed Potatoes - Broiled steak
Brown gravy

Bread - Butter

Sugar - cream - tea
cherry Pie

Supper -

Cheese - crackers - Butter

Bread - Milk

Sauce - cake



Breakfast - April 9th

Broiled steak - mashed Potatoes

Brown gravy

Bread - Butter

Sauce

Sugar - Cream - Coffee

Dinner

Beans - Bread & Butter

Fried Potatoes - egg

Sugar - Cream
Coffee

Sauce

Supper

Fried Potatoes - Bread & Butter

Sugar - Cream - tea

Cake - apple Sauce

Breakfast - April 18th

Fried ham - Mashed Potatoes
Brown gravy

Bread - Butter -

Sugar - cream - coffee

Dinner

Fried Potatoes + eggs - Hot Biscuit

Bread - Butter - Syrup

Sugar - cream - coffee

Cake - Sauce - Jelly

(Put up dinner)

Supper

Bread - Butter - Fried eggs
+ Potatoes

Sugar - cream - tea

Sauce



Breakfast - April 11th

Mashed potatoes - fried ham
brown gravy

Bread - Butter -

Sugar - cream -
Coffee

Dinner

Fried Potatoes + eggs

Bread - Butter - cheese

Sugar - cream - coffee

Cake - jelly - sauce
(Put up dinner)

Supper

Bread - Butter - Fried eggs

Sugar - cream - tea
milk

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Breakfast - April 12<sup>th</sup>

Pancakes - Syrup

Boiled Potatoes - brown gravy  
fried ham

Bread - Butter

Sugar - cream  
coffeeDinner

Boiled ham &amp; Potatoes

Bread - Butter - Syrup

Sugar - cream - coffee  
custardSupper

Hot biscuit - fried Potatoes &amp; eggs

Bread - Butter -

Sugar - cream - tea

Straw berries

A



Breakfast - april 13<sup>th</sup>

Broiled steak - boiled potatoes

Hot biscuit - brown gravy

Sugar - cream

Coffee

Dinner

Bread & Butter - fried egg

Syrup -

Sugar - cream - coffee

custard pie

Supper

Boiled egg - fried Potatoes

Hot biscuit - Syrup

Bread - Butter -

Sugar - cream - tea

Straw berries





Breakfast - April 14<sup>th</sup>

Broiled steak - brown gravy  
mashed potatoes

Syrup - hot biscuit

Sugar - cream - coffee

Straw berries

Dinner -

Pan cakes - Syrup

Broiled steak - brown gravy

hot biscuit - cheese

Cookies - coffee

(Put up dinner)

Supper

Bread & Butter - Sardines

Syrup - Cream - Sugar - tea

cherries





Breakfast - april 15th

Broiled steak - brown gravy -  
boiled potatoes

Fried eggs - Bread & Butter

Sugar - cream - coffee

Sauce

Dinner

Bread & Butter - mashed potatoes

broiled steak - brown gravy

Sugar - cream - tea

Pie - Sauce.

Supper

Sardines - Bread & Butter

cheese - crackers

Peaches - cake

Bananas.





Breakfast - April 16th

Broiled steak - brown gravy  
 Butter - bread - boiled Potatoes  
 Sugar - cream  
 Coffee

Dinner

Bread & Butter - mashed potatoes  
 Broiled steak - brown gravy  
 Sugar - cream - coffee  
 Pie

Supper

Fried Potatoes - boiled eggs  
 Bread & Butter  
 Sugar - cream - tea  
 Cake - Sauce





Breakfast - April 17<sup>th</sup>

Roast beef - brown gravy  
 mashed potatoes - bread & Butter  
 Sugar - cream  
 coffee

Dinner

Cold sliced beef -  
 bread & Butter  
 Sugar - cream - coffee  
 Cake - Sauce  
 Pie (Put up dinner)

Supper

Fried potatoes + eggs -  
 Bread & Butter  
 Sugar - cream - tea  
 Sauce

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Breakfast - April 18<sup>th</sup>

Broiled steak - brown gravy  
- Bread + Butter - mashed potatoes

Sugar - Cream  
coffee

Dinner

Fried Potatoes + eggs  
Bread + Butter - sliced beef  
cheese

cake - Sauce

(Put up dinner for two)

Supper

Fried potatoes  
Bread + Butter - Salmon  
Sugar - cream - tea  
Sauce





Breakfast - April 19<sup>th</sup>

Boiled potatoes  
 brown gravy - broiled steak  
 Bread - Butter  
 Sugar - cream - coffee  
 Sauce

Dinner

Boiled egg - fried potatoes  
 Bread & Butter  
 Sugar - cream - coffee  
 cake - sauce - jelly  
 (Put up dinner)

Supper

Creamed corn - fried egg  
 Bread - Butter  
 Sugar - cream - tea  
 Sauce



Breakfast - April 20<sup>th</sup>

Pancakes - broiled steak

Brown gravy

Sugar - coffee - cream

Syrup

Dinner

Hot Biscuit - Butter

Pancakes - Syrup

Coffee - Sugar - cream

Grape Sauce

Supper

Beans - Rolls + Butter

Sugar - cream

tea





Breakfast - April 21<sup>st</sup>

Mashed potatoes - fried bacon  
 & brown gravy

Bread & Butter - Syrup

Sugar - cream  
 - coffee

Dinner

Fried bacon - brown gravy  
 mashed potatoes

Bread & Butter - creamed corn

Sugar - cream - coffee

PieSupper

Beans - Bread & Butter

fried potatoes & eggs

Sugar - cream - tea  
 Sauce.





Breakfast - april 22<sup>nd</sup>

Mashed potatoes - fried bacon  
brown gravy

Bread - Butter - Syrup

Sugar - cream - coffee

Sauce - cookies

Dinner -

Scrambled egg - fried Potatoes

Bread & Butter

Sugar - cream - tea

Sauce - Pie

Supper

Bread & Butter - cheese

cake - plums

11



Breakfast - April 23<sup>rd</sup>

mashed potatoes - fried bacon  
brown gravy

Bread & Butter -

Sauce - cake -

Sugar - cream

Coffee

Dinner

Cheese - crackers

Bread & Butter - Syrup

Coffee - Sugar - cream

cake - sauce

(Put up dinner)

Supper

Boiled eggs - fried Potatoes

Bread - Butter

Sugar - cream - tea

Sauce





Breakfast - april 24<sup>th</sup>

Mashed potatoes - fried bacon  
brown gravy - fried egg

Hot biscuit - butter - Bread

Coffee - Sugar & cream  
Sauce

Dinner

Bread & Butter - egg boiled

Sauce - cake

Jelly  
(Put up dinner)

Supper

Fried Bread - boiled egg

Rolls & Butter - Syrup

Sugar - cream - Tea

Sauce





Breakfast - April 25<sup>th</sup>

Fried bacon &amp; eggs, boiled Potatoes

Bread - Butter

Sugar - cream - coffee  
SauceDinner

Fried eggs &amp; potatoes

Bread - Butter - Syrup

Sugar - cream - coffee

Pie - Sauce

Supper

Fried potatoes -

Bread &amp; Butter - Boiled rice

Sugar - cream - Syrup  
tea



Breakfast - April 26<sup>th</sup>

Mashed potatoes - brown gravy

Bread - Butter

Sugar - coffee - cream  
cherriesDinner

Boiled eggs - fried potatoes

Bread - Butter

Sugar - cream - coffee  
SauceSupper

Potatoes fried - Boiled eggs

Bread &amp; Butter - cheese

Sugar - cream - Tea

Cafe - Sauce





Breakfast - april 27<sup>th</sup>

Mashed potatoes - fried bacon &amp; eggs

Bread - Butter

Sugar - coffee - cream  
SauceDinner

Fried Potatoes - eggs

Bread &amp; Butter - Syrup

Sugar - coffee - cream  
Jelly - cake

(Put up dinner)

Supper

Hot biscuit - fresh fried potatoes

Butter - Syrup

Sugar - cream - tea

Strawberries - Pie lemon





Breakfast - april 28<sup>th</sup>

Mashed potatoes - broiled steak  
brown gravy

Bread - Butter

Sugar - cream - coffee

Dinner

Asparagus Soup - crackers

Bread & Butter

Sugar - cream - coffee

Strawberries

Supper

Rolls - Butter - Beans

Sugar - cream - Syrup

Cake - tea





Break fast - april 29th

mashed potatoes - bacon - brown gravy

Bread - Butter

Sugar - coffee - cream

Sauce

Dinner

Fried chicken - mashed potatoes

brown gravy - dressing

cream - tea - sugar

Pie

cheese - cake - jelly

(Put up dinner for me)

Supper

Cold chicken - bread &amp; Butter

crackers - Syrup

Sauce

S.



Breakfast - April 30<sup>th</sup>

Fried fish - chicken gravy  
Boiled potatoes

Bread & Butter -

Cream - coffee - sugar

Dinner

Fried potatoes - Bread & Butter  
- Sugar - cream - coffee  
Sauce

Supper

Boiled steak - mashed potatoes  
Bread - Butter - brown gravy  
Sugar - cream - coffee  
Peaches





| April 1 <sup>st</sup> Composition per. lb. |       |      |              | Cost         | amt used.    |
|--------------------------------------------|-------|------|--------------|--------------|--------------|
| Materials                                  | prot. | Fat  | Carbohydrate | Calorie - lb |              |
| Bread                                      | 9.1   | 1.6  | 63.3         | 1225         | 59 - 300g    |
| Butter                                     | 1.    | 85.  | —            | 3605         | 25 - 1 1/2"  |
| Sugar                                      | —     | —    | 100          | 1860         | 6 - 1"       |
| Cream                                      | 2.5   | 18.5 | 4.5          | 910          | 10 - 2"      |
| Coffee                                     | .2    | —    | 1.4          | 30           | 20 - 1/2"    |
| Cookies                                    | 7.2   | 8.7  | 75.7         | 1915         | 9 1/4 - 3"   |
| Meat                                       | 19.3  | 7.3  | —            | 670          | 12 1/2 - 16" |
| Potatoes                                   | 2.2   | .1   | 18.4         | 385          | 1 1/2 - 20"  |
| Milk                                       | 3.4   | .3   | 5.1          | 170          | 2 - 20"      |
| Flour                                      | 13.3  | 1.1  | 73           | 1635         | 2 1/4 - 2"   |
| Lard                                       | —     | 100  | —            | 4220         | 10 - 1"      |

Comp. of amtl used  
Cost

|                                     |       |       |       |       |   | Total Cost<br>of mill |
|-------------------------------------|-------|-------|-------|-------|---|-----------------------|
| Bread                               | 17.   | .3,   | 101.6 | 2305  | — | .93                   |
| Butter                              | .093  | 7.966 | —     | 387.9 | — | .234                  |
| Sugar                               | —     | —     | 6.25  | 116.  | — | .042                  |
| Cream                               | .321  | 2.312 | .56   | 113.7 | — | .125                  |
| Coffee                              | .006  | —     | .04   | .09   | — | .025                  |
| Cookies                             | 1.35  | 1.631 | 14.19 | 358.1 | — | .18                   |
| Meat                                | 19.3  | 7.3   | —     | 670   | — | .12                   |
| Potatoes                            | 7.7   | .125  | 23.   | 481.2 | — | .19                   |
| Milk                                | 4.25  | 1.05  | 6.35  | 42.5  | — | .25                   |
| Flour                               | 1.637 | .137  | 9.12  | 204.3 | — | .15                   |
| Lard                                | —     | —     | 6.25  | 263.  | — | .62                   |
| <hr/>                               |       |       |       |       |   |                       |
| 60.887 - 31.371 - 117.47 - 4892.6 - |       |       |       |       |   | 33 1/2                |

Nutritive Ratio 1:4.5  
cal per capita 816.7  
Cost of meal 33 1/2



Dinner - April 1st

|               | Comp. per - lb |       |        |           | Cost | amtl used |
|---------------|----------------|-------|--------|-----------|------|-----------|
| Materials -   | prot -         | Fat - | carb - | calorie - | lb - |           |
| Bread -       | 9.1            | 1.6   | 53.3   | 1225      | 64   | 18 oz     |
| Butter -      | 1.             | 86.   | —      | 3605      | 264  | 2 "       |
| Sugar -       | —              | —     | 100    | 1860      | 6    | 3 "       |
| Cream -       | 2.5            | 18.5  | 4.5    | 910       | 10   | 2 "       |
| Potatoes -    | 2.2            | 1     | 18.4   | 385       | 1½   | 25 "      |
| Meat -        | 19.3           | 7.3   | —      | 670       | 12   | 16 "      |
| Lard -        | —              | 100   | —      | 4220      | 16   | 3 "       |
| Flour -       | 12.3           | 1.1   | 73     | 1635      | 2¼   | 7 "       |
| Minced Meat - | 4.8            | 6.7   | 32.1   | 970       | 8    | 16 "      |
| Milk -        | 3.4            | .3    | 5.7    | 170       | 2    | 12 "      |
| Plums -       | 1.             | —     | 20.1   | 395       | 5    | 8 "       |

|               | Comp. of amtl used |       |       |        | Total Cost |
|---------------|--------------------|-------|-------|--------|------------|
|               | Cost               | "     | "     | "      |            |
| Bread -       | 10.237             | 1.8   | 69.96 | 1378.1 | 5.75       |
| Butter -      | .125               | 1.025 | —     | 450.6  | 1.5        |
| Sugar -       | —                  | —     | 18.75 | 248.75 | 1.2        |
| Cream -       | .312               | 2.312 | .56   | 113.7  | 1.25       |
| Potatoes -    | 3.436              | 1.166 | 28.75 | 601.5  | 2.3        |
| Meat -        | 19.3               | 7.3   | —     | 670.   | 12.        |
| Lard -        | —                  | 18.75 | —     | 791.2  | 1.8        |
| Flour -       | 5.39               | .48   | 31.93 | 715.3  | 1.         |
| Minced Meat - | 4.8                | 6.7   | 32.1  | 970    | 8.         |
| Milk -        | 2.55               | .225  | 3.85  | 127.5  | 1.5        |
| Plums -       | .5                 | —     | 10.05 | 197.5  | 2.5        |

46.653 - 38.748 - 180.95 - 6263.2 - 41.2<sup>mi</sup>

Nutritive Ratio - 1:6:8

Cal. per capita - 1015

Cost of meal - 41¢



Supper - April 1<sup>st</sup>

Comp. per lb.

| Materials | prot. | Fat  | Carbohy. | calore | Cost | and  |
|-----------|-------|------|----------|--------|------|------|
|           |       |      |          |        | lb.  | used |
| Bread     | 9.1   | 1.6  | 83.3     | 1226   | 84   | 280g |
| Butter    | 1.    | 85.  | —        | 3605   | 25   | 5"   |
| Sugar     | —     | —    | 100      | 1860   | 6    | 4"   |
| Cake      | 6.35  | 2.46 | 60.8     | 1662   | 8    | 8"   |
| Cheese    | 25.9  | 33.7 | 2.4      | 1956   | 26   | 7"   |
| Apricots  | 4.7   | 1.   | 62.5     | 1296   | 12   | 24"  |
| Milk      | 3.4   | .3   | 5.1      | 176    | 2    | 46"  |

Comp. &amp; cost of and used total cost

|          |        |       |        |        |      |       |
|----------|--------|-------|--------|--------|------|-------|
| Bread    | 15.42  | 2.8   | 93.27  | 2143.7 | 31.5 | \$ in |
| Butter   | .312   | 26.56 | —      | 1126.0 | 7.8  |       |
| Sugar    | —      | —     | 25.    | 465.   | 1.5  |       |
| Cake     | 3.17   | 1.23  | 30.4   | 781.   | 3.5  |       |
| Cheese   | 11.33  | 17.74 | 1.05   | 863.1  | 8.7  |       |
| Apricots | 7.05   | 1.5   | 43.75  | 1936.  | 8.   |       |
| Milk     | 9.77   | .86   | 14.66  | 488.7  | 6.75 |       |
|          | 67.662 | 47.69 | 258.13 | 7743.  | 38.7 |       |

Nutritive Ratio 1:6.3

Cal. per capita - 1282Cost of meal - 38.7Total cost for the day \$ 1.136Total No of calories per capita for the day 3168



Breakfast - April 2<sup>nd</sup>

|           | Comp. per lb. |       |          |      | Cost  | Unit  |
|-----------|---------------|-------|----------|------|-------|-------|
| Materials | prot          | Fat   | CarboHyd | Cal  | lb    | used  |
| Bread     | 9.1           | 1.6   | 53.3     | 1225 | 64    | 9 1/2 |
| Butter    | 1.            | 85.   | —        | 3605 | 25    | 2 "   |
| Sugar     | —             | —     | 100      | 1860 | 6     | 2 "   |
| Cream     | 2.5           | 18.5  | 4.5      | 910  | 10    | 2 "   |
| Coffee    | .2            | —     | 1.4      | 30   | 20    | 1/2 " |
| Potatoes  | 2.2           | .1    | 18.4     | 385  | 1 1/2 | 19 "  |
| Eggs      | 13.4          | 10.5  | —        | 720  | 8     | 10 "  |
| Cookies   | 5.69          | 16.42 | 57.32    | 1855 | 9 1/4 | 6 "   |
| Lard      | —             | 100   | —        | 4220 | 10    | 1 "   |

|          | Comp. + Cost of unit used |      |       |        | Total Cost |
|----------|---------------------------|------|-------|--------|------------|
| Bread    | 5.11                      | .9   | 29.98 | 689    | 2.85       |
| Butter   | .125                      | 1.6  | —     | 450.6  | 3.15       |
| Sugar    | —                         | —    | 12.5  | 232.5  | .75        |
| Cream    | .312                      | 2.31 | .56   | 113.   | 1.25       |
| Coffee   | .006                      | —    | .04   | .09    | .62        |
| Potatoes | 2.61                      | .118 | 22.   | 407.17 | 1.7        |
| Eggs     | 8.37                      | 6.56 | —     | 450.   | 5          |
| Cookies  | 2.13                      | 6.15 | 11.49 | 695.5  | 3.25       |
| Lard     | —                         | 6.25 | —     | 263.   | .75        |

18.672 - 28.88 - 54.61 - 3352.4 - 19.99

Nutritive Ratio 1: 6.7  
 Calorie per capita - 557.8  
 Cost of meal - 19.99



Dinner - April 2nd

| Materials   | Comp. | per  | lb        |      |      |      |  |  |
|-------------|-------|------|-----------|------|------|------|--|--|
|             | prot  | Fat  | Carbo. Hy | cal  | cost | unit |  |  |
|             |       |      |           |      | lb   | used |  |  |
| Bread       | 9.1   | 1.6  | 53.3      | 1225 | 84   | 220g |  |  |
| Butter      | 1.    | 88   | —         | 3605 | 25   | 5"   |  |  |
| Sugar       | —     | —    | 100       | 1860 | 6    | —    |  |  |
| Potatoes    | 2.2   | .1   | 18.4      | 382  | 1½   | 10"  |  |  |
| Eggs        | 13.4  | 10.5 | —         | 720  | 8    | 6"   |  |  |
| Flour       | 12.3  | 1.1  | 73.       | 1635 | 2¼   | 6"   |  |  |
| Lard        | —     | 100  | —         | 4220 | 10   | 3"   |  |  |
| Minced meat | 4.8   | 6.7  | 32.1      | 976  | 8    | 16"  |  |  |
| Cheese      | 26.9  | 33.7 | 2.4       | 1950 | 20   | 10"  |  |  |
| Cake        | 6.35  | 2.46 | 60.8      | 1662 | 8    | 5"   |  |  |

Comp. + Cost of unit used

|             |       |       |      |       | Total cost |  |
|-------------|-------|-------|------|-------|------------|--|
| Bread       | 12.61 | 2.2   | 73.2 | 1684. | 68.75      |  |
| Butter      | .312  | 26.5  | —    | 1126  | 7.87       |  |
| Sugar       | —     | —     | —    | —     | .9         |  |
| Potatoes    | 1.37  | .062  | 6.3  | 915.6 | 3.         |  |
| Eggs        | 4.77  | 3.93  | —    | 270.  | .84        |  |
| Flour       | 4.61  | .41   | 27.3 | 613   | 1.87       |  |
| Lard        | —     | 18.75 | —    | 791.2 | 8.         |  |
| Minced meat | 4.8   | 6.7   | 32.1 | 976.  | 12.5       |  |
| Cheese      | 16.1  | 21.   | 1.5  | 1218  | 2.5        |  |
| Cake        | 1.98  | .76   | 19.  | 488   | 2.5        |  |

46.467 - 86.312 - 159.4 - 8026.1 - 44.33

Nutritive Ratio 1:2.3

Cal. per capita - 1337

Cost of Dinner 44.33



Supper - April 2nd

Comp. per - lb.

| Materials  | Prot. | Fat  | Carbo h. | cal. | cost | amt used |
|------------|-------|------|----------|------|------|----------|
| Bread -    | 9.1   | 1.6  | 53.3     | 1225 | 6¢   | 180g     |
| Butter -   | 1.    | 85.  | —        | 3605 | 26¢  | 2"       |
| Sugar -    | —     | —    | 100      | 1866 | 6    | 4"       |
| Cream -    | 2.5   | 18.5 | 4.5      | 910  | 10   | 2"       |
| Potatoes - | 2.2   | .1   | 18.4     | 388  | 1½   | 15"      |
| Meat -     | 19.3  | 7.3  | —        | 670  | 12   | 15"      |
| Lard -     | —     | 100  | —        | 4226 | 16   | 2"       |
| Flour -    | 12.3  | 1.1  | 73.      | 1635 | 2¼   | 3"       |
| Cake -     | 6.35  | 2.46 | 60.8     | 1062 | 8    | 6"       |
| Milk -     | 3.4   | .3   | 5.1      | 170  | 2    | 26"      |

Comp. &amp; cost of amt used.

Total cost

|            |      |       |       |       |      |
|------------|------|-------|-------|-------|------|
| Bread -    | 7.39 | 1.3   | 43.3  | 995.4 | 3¢78 |
| Butter -   | .125 | 1.025 | —     | 460.6 | 3.12 |
| Sugar -    | —    | —     | 25.   | 465.  | 1.5  |
| Cream -    | .312 | 2.31  | .56   | 113.7 | 1.25 |
| Potatoes - | 2.   | .093  | 17.25 | 360.9 | 1.37 |
| Meat -     | 12.  | 4.56  | —     | 416.2 | 7.5  |
| Lard -     | —    | 12.5  | —     | 627.5 | 1.25 |
| Flour -    | 2.38 | .92   | 22.8  | 645.7 | 3.   |
| Cake -     | 19.9 | 2.4   | 17.85 | 605.  | 3    |
| Milk -     | 11.9 | 1.05  | 17.85 | 695   | 7    |

60.367 - 26.368 - 158.26 - 5331.6 - 37.921

Nutritive Ratio 1, 15.3

Cal. per capita - 8041.5

Total No of cal. per capita for the day 2649

Total cost for the day 1.014



Breakfast - April 3rd  
 comp. per lb.

| Material | prot | Fat   | Carbo h. | cal. | cost<br>lb | unit<br>used |
|----------|------|-------|----------|------|------------|--------------|
| Bread    | 9.1  | 1.6   | 63.3     | 1225 | 6¢         | 110g         |
| Butter   | 1.   | 85.   | —        | 3605 | 25         | 4"           |
| Sugar    | —    | —     | 100      | 1860 | 6          | 7"           |
| Cream    | 2.5  | 18.5  | 415      | 910  | 10         | 2"           |
| Coffee   | .2   | —     | 1.4      | 30   | 20         | 1"           |
| Potatoes | 2.2  | .1    | 18.4     | 385  | 2½         | 5"           |
| Eggs     | 13.4 | 10.5  | —        | 725  | 8          | 12"          |
| Lard     | —    | 100.  | —        | 4220 | 10         | 1"           |
| cookies  | 5.69 | 16.42 | 57.32    | 1855 | 9¼         | 4"           |
| Apricots | 4.7  | 1.    | 62.5     | 1290 | 12         | 18"          |

|          | comp & cost of unit used |       |         |        | Total cost<br>of unit |
|----------|--------------------------|-------|---------|--------|-----------------------|
| Bread    | 6.25                     | 1.1   | 36.6    | 842.1  | 3.43                  |
| Butter   | .25                      | 21.2  | —       | 901.2  | 6.25                  |
| Sugar    | —                        | —     | 43.7    | 813.   | 2.62                  |
| Cream    | .312                     | 2.31  | .56     | 113.7  | 1.25                  |
| Coffee   | .01                      | —     | .087    | 1.87   | 1.25                  |
| Potatoes | .68                      | .62   | 5.75    | 120.3  | .87                   |
| Eggs     | 10.                      | 7.87  | —       | 540    | 6.                    |
| Lard     | —                        | 6.25  | —       | 263.7  | .62                   |
| cookies  | 1.42                     | 4.1   | 14.82   | 463.7  | 2.75                  |
| Apricots | 5.28                     | 2.25  | 70.31   | 145.1  | 5                     |
|          | 24.452                   | 45.65 | 171.327 | 5510.5 | 29.64                 |

Nutritive Ratio 1:15

Cal. per capita — 915.09

Cost of meal 29.6



Dinner - April 3<sup>rd</sup>

Comp. per - lb

| Materials -   | Prot. | Fat   | Carboly | cal  | cost - lb       | amt used |
|---------------|-------|-------|---------|------|-----------------|----------|
| Bread -       | 9.1   | 1.6   | 53.8    | 1225 | 5 <sup>¢</sup>  | 90g      |
| Butter -      | 1.    | 85.   | —       | 3605 | 25 <sup>¢</sup> | 5"       |
| Sugar -       | —     | —     | 100     | 1860 | 6               | 3..      |
| Brown Sugar - | —     | —     | 95      | 1765 | 5               | 8..      |
| Meal -        | 9.2   | 1.9   | 75.4    | 1655 | 1               | 12"      |
| Milk (sour) - | 3.    | .5    | 4.8     | 165  | .5              | 16..     |
| Flour -       | 12.3  | 1.1   | 73.     | 1635 | 2.25            | 12..     |
| Eggs -        | 13.4  | 10.5  | —       | 726  | 8.              | 8..      |
| Cookies -     | 5.69  | 16.42 | 57.32   | 1855 | 9.5             | 3..      |
| Cake -        | 6.35  | 2.46  | 60.8    | 1562 | 8.              | 3..      |
| Apricots -    | 4.7   | 1.    | 62.5    | 1290 | 12.             | 3..      |
| Lard -        | —     | 100.  | —       | 4220 | 10              | 1..      |
| Cream -       | 2.5   | 18.5  | 4.5     | 910  | 10              | 4..      |

Comp. &amp; Cost of amt used. Total cost

|               |      |      |        |       |      |
|---------------|------|------|--------|-------|------|
| Bread -       | 5.11 | .3   | 9.99   | 689   | 2.81 |
| Butter -      | .312 | 26.  | —      | 1126  | 8.12 |
| Sugar -       | —    | —    | 180.75 | 657.5 | 1.12 |
| B. Sugar -    | —    | —    | 47.5   | 882.5 | 2.5  |
| Meal -        | 6.9  | 1.42 | 56.55  | 1241. | .75  |
| Milk (sour) - | 3.   | .5   | 4.8    | 165.  | 1.   |
| Flour -       | 9.22 | .825 | 54.75  | 1126  | 1.68 |
| Eggs -        | 6.7  | 5.25 | —      | 360   | 4.   |
| cookies -     | 1.06 | 3.07 | 10.7   | 347.8 | 1.59 |
| Cake -        | 1.19 | .461 | 10.65  | 292.  | 1.5  |
| Apricots -    | .88  | .125 | 11.7   | 241.  | 1.5  |
| Lard -        | —    | 6.25 | —      | 268.  | .62  |
| Cream -       | .625 | 4.37 | 1.12   | 227.5 | 2.5  |

35.002 - 48.571 - 226.51 - 7758.3 - 30.04

Nutritive Ratio 1:2

Cal. per capita 1294

Cost of meal 30<sup>¢</sup>



Supper - April 3<sup>rd</sup>

Camp. per - lb.

| Materials | Prot. | Fat  | Carb | Cal  | Cost                          | Unit | Used |
|-----------|-------|------|------|------|-------------------------------|------|------|
| Rolls     | 9.1   | 1.6  | 63.3 | 1225 | 5 <sup>¢</sup>                | 207  |      |
| Butter    | 1.    | 88.  | —    | 3665 | 25                            | 2    |      |
| Sugar     | —     | —    | 100. | 1860 | 6                             | 6    |      |
| Cream     | 2.5   | 18.5 | 4.5  | 910  | 10                            | 2    |      |
| Eggs      | 13.4  | 10.5 | —    | 720  | 8                             | 18   |      |
| Apricots  | 4.7   | 1.   | 62.5 | 1290 | 12                            | 16   |      |
| Milk      | 3.4   | .3   | 5.1  | 170  | 2                             | 48   |      |
| Flour     | 12.3  | 1.1  | 78.  | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 4    |      |
| Lard      | —     | —    | 100. | 4220 | 16                            | 1    |      |

Camp. + Cost. of unit used

|          | Prot. | Fat   | Carb  | Cal   | Cost                          | Unit | Used |
|----------|-------|-------|-------|-------|-------------------------------|------|------|
| Rolls    | 11.37 | 2.    | 66.62 | 1531  | 6 <sup>1</sup> / <sub>2</sub> | 25   |      |
| Butter   | .125  | 1.7   | —     | 450   | 3.12                          |      |      |
| Sugar    | —     | —     | 37.5  | 697.5 | 2.25                          |      |      |
| Cream    | .312  | 2.31  | .56   | 113.7 | 1.25                          |      |      |
| Eggs     | 15.07 | 11.81 | —     | 810   | 9.                            |      |      |
| Apricots | 4.7   | 1.    | 62.5  | 1290  | 6.                            |      |      |
| Milk     | 10.2  | .9    | 15.3  | 610   | 6                             |      |      |
| Flour    | 13.87 | .27   | 1.82  | 408   | .56                           |      |      |
| Lard     | —     | —     | 6.25  | 263.2 | .62                           |      |      |

41.84 - 25.24 - 184.3 - 4796.3 - 35.05

Nutritive Ratio - 1:5:7

Cal - per capita = 786

Cost of Supper 35<sup>¢</sup> #

Total cost for the day 1.04

Total No of calories per capita for the day  
2995



Breakfast - April 4<sup>th</sup>

| Materials - | Comp. per - lb | Prot. - | Fat - | Carbo.H. - | Cal -                         | Cost - lb - | amit used |
|-------------|----------------|---------|-------|------------|-------------------------------|-------------|-----------|
| Bread -     | 9.1            | 1.6     | 53.3  | 1225       | 5 <sup>¢</sup>                | 120g        |           |
| Butter -    | 1.             | 85.     | —     | —          | 3665                          | 25 - 00     |           |
| Sugar -     | —              | —       | —     | 100.       | 1860                          | 6 - 1..     |           |
| Cream -     | 2.5            | 18.5    | 4.5   | 910        | 10                            | 2..         |           |
| Coffee -    | .2             | —       | —     | 1.4        | 30                            | 20 - 1..    |           |
| Potatoes -  | 2.2            | .1      | 18.4  | 385        | 1.5                           | 13..        |           |
| Ham -       | 14.2           | 33.4    | —     | —          | 1635                          | 12.5 - 12   |           |
| Lard -      | —              | 100.    | —     | —          | 4220                          | 10 - 1..    |           |
| Flour -     | 12.3           | 1.1     | 73.   | 1635       | 2 <sup>1</sup> / <sub>4</sub> | 1..         |           |
| Milk -      | 3.4            | .3      | 5.1   | 178        | 2                             | 12          |           |
| Books -     | 5.69           | 16.42   | 57.32 | 1865       | 9 <sup>1</sup> / <sub>2</sub> | 6..         |           |
| Milk -      | 3.4            | .3      | 5.1   | 170        | 2                             | 12..        |           |

|            | Comp. & cost of amit used           | Total Cost         |
|------------|-------------------------------------|--------------------|
| Bread -    | 6.82 - 1.2 - 39.9 - 918             | 3.75               |
| Butter -   | 80 00 00 - 00                       | 00                 |
| Sugar -    | — — — 6.25 - 116.                   | 1.75               |
| Cream -    | .312 - 2.81 - .56 - 113.7           | 3.25               |
| Coffee -   | .01 - — — .087 - 1.87               | 1.25               |
| Potatoes - | 1.78 - 1081 - 14.4 - 312.           | 1.25               |
| Ham -      | 1.68 - 16.7 - — — 1226.2            | 9.37               |
| Lard -     | — — 6.25 - — — 263.7                | .62                |
| Flour -    | 12.3 - .068 - 4.55 - 102.           | .01                |
| Milk -     | 1.7 - .15 - 25.5 - 85.              | 1.                 |
| Books -    | 2.12 - 6.14 - 21.4 - 695.6          | 3.18               |
| Milk -     | 2.55 - .225 - 3.82 - 127.5          | 1.5                |
|            | 17.652 - 33.074 - 116.467 - 3961.57 | 23 <sup>¢</sup> .7 |

Nutritive Ratio - 1:9

Cal - per capita - 660

Cost of meal - 23<sup>¢</sup>.7



Dinner - April 4th

Comp. per - lb.

| Materials - | Prot - | Fat - | Carbo h - | Cal - | Cost - | Am't used    |
|-------------|--------|-------|-----------|-------|--------|--------------|
| Bread -     | 9.1    | 1.6   | 53.3      | 1225  | 6¢     | 17 1/2       |
| Butter -    | 1.     | .88   | —         | —     | 3605   | 25 - 1 1/2 " |
| Milk -      | 3.4    | .3    | 5.1       | 170   | 2      | 38 "         |
| Crackers -  | 9.8    | 9.1   | 73.1      | 1920  | 8 1/3  | 2 "          |
| Cookies -   | 5.69   | 16.42 | 57.32     | 1855  | 4 1/2  | 6 "          |
| Jelly -     | 1.     | —     | —         | 80.4  | 1586   | 20 - 6 "     |
| Cake -      | 6.35   | 2.46  | 60.8      | 1562  | 8      | 6 "          |

Comp. &amp; Cost of am't used

|            |        |       |        |        | Total Cost |
|------------|--------|-------|--------|--------|------------|
| Bread -    | 9.66   | 1.7   | 56.6   | 1361.5 | 5.36       |
| Butter -   | 1096   | 7.9   | —      | 3871   | 2.34       |
| Milk -     | 8.     | .17   | 6.8    | 573.7  | 4.75       |
| Crackers - | 1.22   | 1.13  | 9.13   | 240.6  | 1.44       |
| Cookies -  | 2.13   | 6.15  | 21.44  | 695.6  | 3.18       |
| Jelly -    | 1875   | —     | 30.15  | 592.5  | 7.5        |
| Cake -     | 2.88   | .92   | 22.8   | 585.7  | 3.         |
|            | 6.35   | 2.46  | 60.8   | 1562   | 3.         |
|            | 24.536 | 17.97 | 146.97 | 4327.9 | 27.67      |

Nutritive Ratio - 1:6.6Cal - per - capita - 721.3Cost of meal 27.6



Supper - April 4th

| Comp. per - lb |      |      |         |      |                               |                  |
|----------------|------|------|---------|------|-------------------------------|------------------|
| Materials -    | Prot | Fat  | Carbo h | Cal  | cost - lb                     | amt used         |
| Bread -        | 9.1  | 1.6  | 43.3    | 1225 | 5 <sup>8</sup>                | 185 <sup>8</sup> |
| Butter -       | 1.   | 85.  | —       | 3605 | 25                            | 2"               |
| Sugar -        | —    | —    | 100     | 1860 | 6                             | 5"               |
| Cream -        | 2.5  | 18.5 | 4.5     | 915  | 15                            | 10"              |
| Rice -         | 8.   | .3   | 79.     | 1630 | 5                             | 8"               |
| Potatoes -     | 2.2  | .1   | 18.4    | 385  | 1.5                           | 13"              |
| Meat -         | 19.3 | 7.3  | —       | 670  | 12                            | 14"              |
| Flour -        | 12.3 | 1.1  | 73.     | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 1"               |
| Lard -         | —    | 10.  | —       | 4220 | 16                            | 1"               |
| Milk -         | 3.4  | .3   | 5.1     | 170  | 2                             | 32"              |

| Comp. & Cost of amt used |       |       |      |     |                | Total Cost |
|--------------------------|-------|-------|------|-----|----------------|------------|
| Bread -                  | 10.23 | 1.8   | 29.9 | 153 | 5 <sup>8</sup> | 6.62       |
| Butter -                 | .125  | 1.7   | —    | 450 | —              | 3.12       |
| Sugar -                  | —     | —     | 31.2 | 581 | —              | 1.87       |
| Cream -                  | 1.56  | 11.56 | 2.81 | 568 | —              | 6.25       |
| Rice -                   | 4.    | .15   | 29.5 | 815 | —              | 2.5        |
| Potatoes -               | 1.78  | .081  | 14.9 | 312 | —              | 1.12       |
| Meat -                   | 16.8  | 6.38  | —    | 586 | —              | 16.5       |
| Flour -                  | .76   | .068  | 4.55 | 102 | —              | .01        |
| Lard -                   | —     | 6.25  | —    | 263 | —              | .62        |
| Milk -                   | 6.8   | .6    | 10.2 | 340 | —              | 4.         |

26.255 - 28.089 - 162.06 - 4160. - 36<sup>1</sup>/<sub>3</sub>

Nutritive Ratio - 1:8

cal. per capita - 693

cost of meal - 36<sup>1</sup>/<sub>3</sub>

Total cost for the day 87<sup>1</sup>/<sub>3</sub>

Total No of calories per capita for the day  
2074



## Breakfast - April 5th

Comp. per - lb.

| Materials - | prot | Fat   | Carbohydr | cal  | cost  | amt   | used |
|-------------|------|-------|-----------|------|-------|-------|------|
| Bread -     | 9.1  | 1.6   | 53.3      | 1225 | 5¢    | 16.75 |      |
| Butter -    | 1.   | 88.   | —         | 3605 | 25    | 1/2   | ..   |
| Sugar -     | —    | —     | 100.      | 1860 | 6     | 3     | ..   |
| Cream -     | 2.5  | 18.5  | 41.5      | 910  | 10    | 2     | ..   |
| Coffee -    | .2   | —     | 1.4       | 30   | 20    | 1     | ..   |
| Potatoes -  | 2.2  | .1    | 18.4      | 385  | 1 1/4 | 20    | ..   |
| Meat -      | 19.3 | 7.3   | —         | 670  | 12    | 14    | ..   |
| Lard -      | —    | 100.  | —         | 4220 | 10    | 1/2   | ..   |
| Flour -     | 12.3 | 1.1   | 73.       | 1635 | 2 1/4 | 1     | ..   |
| Milk -      | 3.4  | .3    | 5.1       | 170  | 2     | 7     | ..   |
| cookies -   | 5.64 | 16.42 | 57.32     | 1855 | 9 1/2 | 5     | ..   |

Comp. &amp; cost of amt used total cost

|                                           |       |      |      |       |      |  |  |
|-------------------------------------------|-------|------|------|-------|------|--|--|
| Bread -                                   | 9.1   | 1.6  | 53.3 | 1225  | 5¢   |  |  |
| Butter -                                  | .031  | 2.65 | —    | 112.7 | 1.78 |  |  |
| Sugar -                                   | —     | —    | 18.  | 348.7 | 2.62 |  |  |
| Cream -                                   | .1312 | 2.21 | .56  | 118.7 | 1.25 |  |  |
| Coffee -                                  | .01   | —    | .087 | 1.47  | 1.28 |  |  |
| Potatoes -                                | 2.75  | .125 | 31.4 | 480.2 | 1.87 |  |  |
| Meat -                                    | 16.8  | 6.3  | —    | 586.  | 10.5 |  |  |
| Lard -                                    | —     | 3.12 | —    | 131.  | .3   |  |  |
| Flour -                                   | .76   | .068 | 4.55 | 102.  | .006 |  |  |
| Milk -                                    | 1.48  | .13  | 2.23 | 74.3  | .87  |  |  |
| cookies -                                 | 1.77  | 5.13 | 14.3 | 579.  | 3.12 |  |  |
| <hr/>                                     |       |      |      |       |      |  |  |
| 38.013 - 21.433 - 124.027 - 3764.4 - 27.5 |       |      |      |       |      |  |  |

Nutritional Ratio - 1:4.6

Cal. per capita - 624.9

Cost for meal 27¢



## Dinner - April 8th

Comp. per lb

| Materials - | Prot | Fat  | Carbohy | cal. | cost and<br>lb. used                                           |
|-------------|------|------|---------|------|----------------------------------------------------------------|
| Bread -     | 9.1  | 1.6  | 53.3    | 1225 | 3 <sup>1</sup> / <sub>2</sub> - 10 <sup>1</sup> / <sub>2</sub> |
| Meat -      | 19.  | 12.8 | —       | 895  | 9 - 14"                                                        |
| Butter -    | 1.   | 85.  | —       | 3605 | 25 - 1/2"                                                      |
| Sugar -     | —    | —    | 100     | 1860 | 6 - 4"                                                         |
| Cream -     | 2.5  | 18.5 | 4.5     | 910  | 10 - 1"                                                        |
| Coffee -    | .2   | —    | 1.4     | 30   | 20 - 1/2"                                                      |
| Potatoes -  | 2.2  | .1   | 18.4    | 385  | 1 1/2 - 28"                                                    |
| Milk -      | 3.4  | .3   | 5.1     | 170  | 2 - 42                                                         |
| Flour -     | 12.3 | 1.1  | 73.     | 1635 | 2 1/4 - 6"                                                     |
| Eggs -      | —    | —    | 100     | 4220 | 10 - 1 1/2"                                                    |
| Eggs -      | 13.4 | 10.5 | —       | 720  | 8 - 6"                                                         |

## Comp. &amp; cost of unit used

|            |       |       |      |       |      |
|------------|-------|-------|------|-------|------|
| Bread -    | 5.68  | 1.    | 33.3 | 767.5 | 2.86 |
| Meat -     | 16.6  | 11.2  | —    | 765   | 7    |
| Butter -   | 1.031 | 2.65  | —    | 112.6 | .78  |
| Sugar -    | —     | —     | 25.  | 465.  | 1.5  |
| Cream -    | 1.156 | 1.155 | .281 | 56.5  | .62  |
| Coffee -   | 1.006 | —     | .04  | .09   | .62  |
| Potatoes - | 3.45  | .625  | 22.2 | 672.7 | 2.62 |
| Milk -     | 8.92  | .787  | 8.28 | 446.  | 5.25 |
| Flour -    | 4.61  | .41   | 27.3 | 613.  | .84  |
| Eggs -     | —     | 9.36  | —    | 4220  | 1.93 |
| Eggs -     | 4.77  | 3.93  | —    | 270   | 3.   |

44.623 - 31.117 - 116.401 - 4546.39 - 32.17

Nutritive Ratio - 1:3.2

Cal. per capita - 757.5

Cost of Dinner - 32¢



Supper - April 8th

Comp. per - lb

| Materials -   | Prot. | Fat  | Carboly | cal  | Cost | amt  | lb - used |
|---------------|-------|------|---------|------|------|------|-----------|
| Bread -       | 9.1   | 1.6  | 83.3    | 1225 | 8¢   | 160g |           |
| Butter -      | 1.    | 85.  | ~       | 3605 | 25   | 3    | "         |
| Sugar -       | ~     | ~    | 100.    | 1860 | 6    | 10   | "         |
| Cream -       | 2.5   | 18.5 | 4.5     | 910  | 10   | 4    | "         |
| Apricots -    | 4.7   | 1.   | 62.5    | 1290 | 12   | 28   | "         |
| Potatoes -    | 2.2   | 1.   | 18.4    | 385  | 1½   | 12   | "         |
| Eggs -        | 13.4  | 10.5 | ~       | 720  | 8    | 18   | "         |
| Corn starch - | ~     | ~    | 90.     | 1675 | 10   | 2½   | "         |
| Chocolate -   | 12.9  | 48.7 | 30.3    | 2860 | 40   | 1½   | "         |
| Lard -        | ~     | 100. | ~       | 4220 | 10   | 1    | "         |
| Milk -        | 3.4   | 3    | 5.1     | 170  | 2    | 24   | "         |

Comp. &amp; Cost of amt used.

|               |       |       |       |      | Total Cost |
|---------------|-------|-------|-------|------|------------|
| Bread -       | 9.1   | 1.6   | 83.3  | 1225 | 8¢         |
| Butter -      | 1.18  | 15.9  | ~     | 675  | 4.68       |
| Sugar -       | ~     | ~     | 62.5  | 1162 | 3.75       |
| Cream -       | 1624  | 4.62  | 1.12  | 2274 | 2.25       |
| Apricots -    | 8.22  | 1.75  | 109.3 | 2257 | 8.         |
| Potatoes -    | 1.65  | 1075  | 13.8  | 288  | 1.12       |
| Eggs -        | 15.07 | 11.81 | ~     | 810  | 9.         |
| Corn Starch - | ~     | ~     | 14.   | 265  | 1.56       |
| Chocolate -   | 1.2   | 4.56  | 2.84  | 268  | 3.75       |
| Lard -        | ~     | 6.24  | ~     | 262  | 1.62       |
| Milk -        | 5.1   | .45   | 7.65  | 255  | 3.         |

41.144 - 47.055 - 264.51 - 7669.4 - 42974

Nutritive Ratio - 1:8

Cal - per capita - 1278

Cost of supper - 4297¢

Total cost for the day - 1.01

Total no of cal. per capita for the day - 2659



Breakfast - April 6<sup>th</sup>

Comp. per - lb.

| Materials | Prot. | Fat  | Carboly. | Cal. | Cost  | Unit   |
|-----------|-------|------|----------|------|-------|--------|
|           |       |      |          |      | lb.   | used   |
| Bread     | 9.1   | 1.6  | 53.8     | 1225 | 64    | 7 1/2  |
| Butter    | 1     | 85   | —        | 3605 | 25    | —      |
| Sugar     | —     | —    | 100      | 1860 | 6     | 2 1/2  |
| Cream     | 2.5   | 18.5 | 4.5      | 910  | 10    | 2 1/2  |
| Coffee    | .2    | —    | 1.4      | 30   | 20    | 1 1/2  |
| Milk      | 3.4   | .3   | 5.1      | 170  | 2     | 20 1/2 |
| Potatoes  | 2.2   | .1   | 18.4     | 385  | 1.5   | 10 1/2 |
| Wheat     | 19.   | 12.8 | —        | 895  | 12.   | 16 1/2 |
| Gard      | —     | —    | 100.     | —    | 4220  | 10 1/2 |
| Flour     | 12.3  | 1.1  | 73.      | 1635 | 2 1/4 | 1 1/2  |

Comp. &amp; Cost of unit used

|          |      |      |       |       | Cost | Unit |
|----------|------|------|-------|-------|------|------|
| Bread    | 3.98 | .7   | 23.3  | 638.  | 2.24 |      |
| Butter   | —    | —    | —     | —     | —    |      |
| Sugar    | —    | —    | 12.5  | 232.5 | .75  |      |
| Cream    | .312 | 2.31 | .56   | 113.7 | 1.25 |      |
| Coffee   | .01  | —    | .087  | 1.87  | 1.25 |      |
| Milk     | 4.25 | .375 | 6.37  | 212.5 | 2.5  |      |
| Potatoes | 1.36 | 1.24 | 11.50 | 240.6 | .93  |      |
| Wheat    | 19.  | 12.8 | —     | 895.  | 12.  |      |
| Gard     | —    | 3.12 | —     | 131.  | .31  |      |
| Flour    | 76.3 | .068 | 42.55 | 1025  | 1.14 |      |

29.672 - 19.632 - 68.86 - 2662.1 - 21.37

Nutritive Ratio - 1:3.4

Cal. per capita - 443, 8

Cost of the meal 21.3



Dinner - April 6th

Comp. per lb.

| Materials -   | Prot. | Fat     | Carboly | Cal.   | Cost    | amt   | used |
|---------------|-------|---------|---------|--------|---------|-------|------|
| Bread -       | 9.1   | - 1.6   | - 83.3  | - 1225 | - 5¢    | 80g   |      |
| Butter -      | 1.    | - 85.   | -       | - 3605 | - 25    | - 3   | "    |
| Sugar -       | -     | -       | - 100   | - 1860 | - 6     | - 5   | "    |
| Cream -       | 2.5   | - 18.5  | - 4.5   | - 910  | - 10    | - 1   | "    |
| Coffee -      | .2    | -       | - 1.4   | - 80   | - 20    | - 1/2 | "    |
| Apricots -    | 4.7   | - 1.    | - 62.5  | - 1296 | - 12    | - 4   | "    |
| Cake -        | 6.35  | - 2.46  | - 60.8  | - 1862 | - 8     | - 3   | "    |
| Cookies -     | 5.69  | - 16.42 | - 57.32 | - 1855 | - 9 1/2 | - 1   | "    |
| Meal -        | 9.2   | - 1.9   | - 75.4  | - 1665 | - 1     | - 8   |      |
| Flour -       | 12.3  | - 1.1   | - 73.   | - 1635 | - 2 1/4 | - 4   |      |
| Eggs -        | 13.4  | - 10.5  | -       | - 720  | - 8     | - 7   |      |
| Milk (sour) - | 3.    | - .5    | - 4.8   | - 165  | - .5    | - 24  |      |

Comp &amp; Cost of amt used

|             |      |         |         |         | total cost |
|-------------|------|---------|---------|---------|------------|
| Bread -     | 4.55 | - 8     | - 26.65 | - 615   | - 2.5      |
| Butter -    | .18  | - 15.9  | -       | - 675   | - 4.68     |
| Sugar -     | -    | -       | - 31.2  | - 581   | - 7.87     |
| Cream -     | .156 | - 1.155 | - .25   | - 56.8  | - .62      |
| Coffee -    | .006 | -       | - .04   | - .09   | - .62      |
| Apricots -  | 1.17 | - .25   | - 15.6  | - 322.5 | - 1.5      |
| Cake -      | 1.19 | - .46   | - 11.4  | - 292.8 | - 1.5      |
| Cookies -   | .35  | - 1.26  | - 3.58  | - 115.9 | - .88      |
| Meal -      | 4.6  | - .95   | - 37.7  | - 827.5 | - .5       |
| Flour -     | 3.3  | - .27   | - 18.2  | - 408.  | - .56      |
| Eggs -      | 5.87 | - 4.59  | -       | - 315.  | - 4.       |
| Sour milk - | 4.5  | - .75   | - 7.2   | - 247.5 | - .75      |

60.522 - 25.675 - 140.45 - 4451.14 - 1996Nutritive Ratio - 1:3.2  
cal - per capita - 741.8



Supper - April 6th

Comp. - per - lb.

| Material | prot | Fat   | carbohy | cal  | cost lb | amt used |
|----------|------|-------|---------|------|---------|----------|
| Bread    | 9.1  | 1.6   | 53.3    | 1225 | .64     | 8.7      |
| Butter   | 1.   | .85   | —       | 3605 | .25     | 3.       |
| Sugar    | —    | —     | 100.    | 1860 | .6      | 3.       |
| Cream    | 2.5  | 18.5  | 4.5     | 910  | .10     | 2.       |
| Potatoes | 2.2  | .1    | 18.4    | 385  | 1 1/2   | 4.       |
| Eggs     | 13.4 | 10.5  | —       | 725  | .8      | 20.      |
| Cookies  | 5.69 | 16.42 | 57.32   | 1865 | 9 1/2   | 15.      |

Comp. &amp; cost - per - lb

|          |       |      |       |      | Total cost |
|----------|-------|------|-------|------|------------|
| Bread    | 4.55  | .8   | 26.65 | 615  | 2.5        |
| Butter   | .181  | 15.9 | —     | 675  | 3.68       |
| Sugar    | —     | —    | 18.7  | 348  | 1.02       |
| Cream    | .312  | 2.31 | .56   | 112. | 1.25       |
| Potatoes | .55   | .025 | 4.6   | 96.  | .37        |
| Eggs     | 16.75 | 13.1 | —     | 400. | 10.        |
| Cookies  | 3.55  | 10.2 | 35.8  | 1159 | 6.         |

26.897 - 41.635 - 86.31 - 3900. - 24.8

Nutritive Ratio - 1:5.2

Cal - per capita - 656

Cost of supper - 24.8

Total cost for the day - 68.3

Total No of cal. per capita for the day

1839.8



Break fast - april 2<sup>nd</sup>  
 Comp. per - lb

| Materials - | Prot | Fat  | Carbohy | cal  | cost  | am <sup>t</sup> | used |
|-------------|------|------|---------|------|-------|-----------------|------|
| Bread -     | 9.1  | 1.6  | 53.3    | 1225 | .68   | 403             |      |
| Butter -    | 1.   | .85  | —       | —    | .3605 | .25             | 1/2" |
| Sugar -     | —    | —    | —       | 100. | 1860  | 6               | 3"   |
| Cream -     | 2.5  | 18.5 | 4.5     | 910  | 10    | 2               | "    |
| Coffee -    | .2   | —    | —       | 1.4  | 30    | 20              | 1/2" |
| Meat -      | 19.  | 12.8 | —       | —    | 895   | 9               | 11"  |
| Milk -      | 3.4  | .3   | 5.1     | 170  | 2     | 16              | "    |
| Potatoes -  | 2.2  | .1   | 18.4    | 385  | 1 1/2 | 14              | "    |
| Eggs -      | —    | —    | 100     | —    | 4220  | 10              | 1/2" |
| Flour -     | 12.3 | 1.1  | 73.     | 1635 | 2 1/2 | 1 1/2           |      |

|            | Comp. | Cost | per  | lb    | Total cost | 2 meals |
|------------|-------|------|------|-------|------------|---------|
| Bread -    | 2.27  | .4   | 13.3 | 305   | 1.25       |         |
| Butter -   | .031  | 2.65 | —    | 112   | .178       |         |
| Sugar -    | —     | —    | 18.  | 348.7 | 1.02       |         |
| Cream -    | .312  | 2.31 | .56  | 113.  | 1.25       |         |
| Coffee -   | .006  | —    | .04  | .09   | .62        |         |
| Meat -     | 13.06 | 8.8  | —    | 615.  | 6.18       |         |
| Milk -     | 3.4   | .3   | 5.1  | 170   | 2.         |         |
| Potatoes - | 1.92  | .08  | 16.1 | 336   | 1.4        |         |
| Eggs -     | —     | 3.1  | —    | 131   | .31        |         |
| Flour -    | .38   | .10  | 6.84 | 153   | .21        |         |

21.464 - 17.74 - 59.94 - 2283 - 10702

Nutritive Ratio - 1:4.6

Calorie per capita - 366.6

Cost of meal - 15.12



Dinner - April 7th

Comp. per lb

| Materials | Prot. | Fat   | Carboh | Cal  | Cost  | amt used |
|-----------|-------|-------|--------|------|-------|----------|
| Bread     | 9.1   | 1.6   | 53.3   | 1225 | 59    | 10 1/2   |
| Butter    | 1.    | 85.   | —      | —    | 3605  | 25       |
| Sugar     | —     | —     | 100.   | 1860 | 6     | 8 1/2    |
| Cream     | 2.5   | 18.5  | 4.5    | 910  | 10    | 12       |
| Coffee    | .2    | —     | 1.4    | 30   | 20    | 1/2      |
| Flour     | 12.3  | 1.1   | 73.    | 1635 | 2 1/4 | 15       |
| Sour milk | 3.    | .5    | 4.8    | 165  | 1/2   | 8        |
| Potatoes  | 2.2   | .1    | 18.4   | 385  | 1 1/2 | 18       |
| Meat      | 19.   | 12.8  | —      | 895  | 9.    | 14       |
| Cake      | 6.35  | 2.46  | 60.8   | 1562 | 8     | 1/2      |
| Cookies   | 5.69  | 16.42 | 57.32  | 1855 | 9 1/2 | 1/2      |
| Eggs      | 13.4  | 10.5  | —      | 720  | 8     | 2        |
| Raisins   | 2.6   | 3.3   | 76.1   | 1605 | 10    | 2        |
| Jelly     | 1.    | —     | 80.4   | 1580 | 20    | 3        |
| Lard      | —     | 100   | —      | 4220 | 10    | 1        |
| Milk      | 3.4   | .3    | 5.1    | 170  | 2     | 16       |

Comp. & Cost - of amt used

|           |        |        |        |        |       |
|-----------|--------|--------|--------|--------|-------|
| Bread     | 5.68   | 1.     | 33.3   | 767.5  | 3.12  |
| Butter    | .031   | 2.65   | —      | 112.   | .78   |
| Sugar     | —      | —      | 63.1   | 991.   | 2.68  |
| Cream     | 1.8    | 13.8   | 3.3    | 682    | 7.5   |
| Coffee    | .006   | —      | .04    | .09    | .62   |
| Flour     | 3.84   | 1.06   | 68.4   | 1532   | 2.15  |
| Sour milk | 1.5    | .25    | 2.4    | 52.5   | 1.25  |
| Potatoes  | 2.47   | 11.2   | 20.57  | 765.1  | 7.87  |
| Meat      | 16.6   | 11.2   | —      | 765    | 7.87  |
| Cake      | .19    | 15.76  | 1.9    | 48.8   | 1.25  |
| Cookies   | .177   | .51    | 1.79   | 57.9   | .39   |
| Eggs      | 1.67   | 1.31   | —      | 90.    | 1.    |
| Raisins   | .325   | .415   | 9.51   | 200.   | 1.25  |
| Jelly     | .186   | —      | 15.    | 271    | 3.75  |
| Lard      | —      | 6.2    | —      | 263    | .62   |
| Milk      | 3.4    | .3     | 5.1    | 170    | 2.    |
|           | 37.929 | 43.833 | 206.13 | 6360.9 | 33.99 |

Nutritive Ratio - 1060 cal per cap to 1060



Supper - April 7<sup>th</sup>

| Materials | Comp. per lb        | Cost                 | amt used |
|-----------|---------------------|----------------------|----------|
| Rolls     | 9.1 - 1.6 - 53.3    | 1225-5               | 207      |
| Butter    | 1. - 85. -          | 3605-25 <sup>c</sup> | 4"       |
| Sugar     | ~ - ~ - 100. -      | 1860-6               | 5"       |
| Cream     | 2.8 - 18.5 - 4.5 -  | 910 - 10             | 2"       |
| Beans     | 22.5 - 1.8 - 59.6 - | 1605 - 4             | 12"      |
| Milk      | 3.4 - .3 - 5.1 -    | 175 - 2              | 32"      |
| Eggs      | 13.4 - 10.5 - ~ -   | 725 - 8              | 10"      |

## Comp. &amp; Cost of amt used

|        |                                  |  |  | Total cost |
|--------|----------------------------------|--|--|------------|
| Rolls  | 11.37 - 2. - 66.62 - 1531 - 6.25 |  |  |            |
| Butter | .25 - 22.2 - ~ - 901 - 6.25      |  |  |            |
| Sugar  | ~ - ~ - 31.2 - 581 - 1.87        |  |  |            |
| Cream  | .31 - 2.31 - .56 - 112. - 1.25   |  |  |            |
| Beans  | 16.8 - 1.35 - 14.9 - 120.5 - 3.  |  |  |            |
| Milk   | 6.8 - .6 - 10.2 - 340 - 4.       |  |  |            |
| Eggs   | 7.7 - 6.56 - ~ - 450 - 5.        |  |  |            |

43.23 - 35.62 - 123.48 - 5120. - 27.73

Nutritive Ratio - 1:4.6

Calories per capita - 840

Cost of meal - 27.73

Total cost of meals for the day 26.7 <sup>cents</sup>

Total No of calories per capita for the day  
2260.6



Breakfast - April 8th

comp. per - lb

| Materials   | Prot. | Fat  | Carboly | cal  | cost<br>lb | amt<br>used |
|-------------|-------|------|---------|------|------------|-------------|
| Bread       | 9.1   | 1.6  | 53.2    | 1225 | 2¢         | 2408        |
| Butter      | 1.    | 85.  | —       | 3605 | 25         | 2"          |
| Sugar       | —     | —    | 100     | 1860 | 6          | 3"          |
| Cream       | 2.5   | 18.5 | 4.5     | 910  | 10         | 2"          |
| Coffee      | .2    | —    | 1.4     | 30   | 20         | 1"          |
| Potatoes    | 2.2   | .1   | 18.4    | 385  | 1.5        | 24"         |
| Meat        | 19.   | 12.8 | —       | 895  | 9          | 10"         |
| Brown Sugar | —     | —    | 95      | 1765 | 5          | 8"          |
| Eard        | —     | 100  | —       | 4220 | 10         | 1"          |

comp. of amt used

total cost  
cents

|             |       |      |       |       |      |
|-------------|-------|------|-------|-------|------|
| Bread       | 13.65 | 2.4  | 79.95 | 1435  | 7.5  |
| Butter      | .125  | 15.6 | —     | 450   | 3.12 |
| Sugar       | —     | —    | 18.7  | 348   | 1.12 |
| Cream       | 2.5   | 2.31 | 18.6  | 113.7 | 1.25 |
| Coffee      | .21   | —    | .087  | 1.87  | 1.25 |
| Potatoes    | 3.3   | .15  | 27.6  | 577.5 | 2.25 |
| Meat        | 11.8  | 8.   | —     | 559.  | 5.62 |
| Brown Sugar | —     | —    | 47.5  | 882.5 | 2.5  |
| Eard        | —     | 6.25 | —     | 263.  | .62  |

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 29.197 - 29.71 - 174.39 - 5525.5 - 25.33

Nutritive Ratio - 1.8

Cal. per capita - 856.4

Cost of meal - 25.33



Dinner - April 8<sup>th</sup>  
Comp. - per - lb.

| Materials - | Prot | Fat  | carbohy | cal  | cost | unit  | used |
|-------------|------|------|---------|------|------|-------|------|
| Bread -     | 9.1  | 1.6  | 53.3    | 1228 | 59   | 22.5g |      |
| Butter -    | 1.   | 85.  | —       | 3605 | 25   | 2     | 11   |
| Sugar -     | —    | —    | 100.    | 1866 | 6    | 12    | 11   |
| Icecream -  | 2.5  | 18.5 | 4.5     | 910  | 10   | 2     | 11   |
| Potatoes -  | 2.2  | 1.   | 18.4    | 385  | 1½   | 30    | 11   |
| Meat -      | 19.  | 12.8 | —       | 895  | 9    | 16    | 11   |
| Milk -      | 3.4  | .3   | 5.1     | 170  | 2    | 20    | 11   |
| Flour -     | 12.3 | 1.1  | 73.     | 1635 | 2¼   | 6     | 11   |
| Gard -      | —    | 100. | —       | 4220 | 10   | 2½    | 11   |
| Cherries -  | 1.   | .8   | 16.7    | 365  | 18   | 12½   | 11   |

Comp. & cost of unit used.

|            |       |       |       |       |      | Total cost |
|------------|-------|-------|-------|-------|------|------------|
| Bread -    | 12.51 | 1.66  | 73.2  | 457.5 | 7.12 |            |
| Butter -   | .125  | 10.6  | —     | 450.  | 3.12 |            |
| Sugar -    | —     | —     | 75.   | 1395  | 4.5  |            |
| Cream -    | .312  | 2.31  | .56   | 113.7 | 1.25 |            |
| Potatoes - | 4.12  | .147  | 34.5  | 336.  | 2.8  |            |
| Meat -     | 19.   | 12.8  | —     | 895.  | 9.   |            |
| Flour -    | 4.612 | .412  | 27.32 | 613   | .84  |            |
| Milk -     | 4.25  | .1875 | 6.37  | 212.5 | 2.5  |            |
| Gard -     | —     | 25.25 | —     | 659.  | 1.56 |            |
| Cherries - | .78   | .625  | 5.45  | 284.4 | 7.   |            |

45.709 - 54.569 - 222.4 - 5515.1 - 39.6

Nutritive Ratio - 1:7

Cal. per capita - 917.5

cost of dinner - 39.6



Supper - April 8<sup>th</sup>

Comp. Per - lb.

| Materials -    | Prot - | Fat - | Carboly - | cal - | cost<br>lb - | amt<br>used |
|----------------|--------|-------|-----------|-------|--------------|-------------|
| Bread -        | 9.1    | 1.6   | 53.3      | 1225  | 8¢           | 26oz        |
| Butter -       | 1.     | 85.   | —         | 3605  | 25           | 4"          |
| Whole (milk) - | 3.3    | 4.    | 5.        | 325   | 2            | 36"         |
| Cheese -       | 25.9   | 33.7  | 2.4       | 1955  | 20           | 6"          |
| Crackers -     | 9.8    | 9.1   | 73.1      | 1925  | 8 1/3        | 8"          |
| Cake -         | 6.3    | 2.4   | 60.8      | 1562  | 8            | 12"         |
| Apricots -     | 4.7    | 1.    | 62.5      | 1290  | 12           | 20          |
| Sugar -        | —      | —     | 100.      | 1860  | 6            | 12"         |

Comp. per - lb.

|              |      |       |        |        | Total Cost |
|--------------|------|-------|--------|--------|------------|
| Bread -      | 14.7 | 2.6   | 86.6   | 2122.6 | 8 1/2      |
| Butter -     | .25  | 22.2  | —      | 901.   | 6.25       |
| Whole milk - | 7.42 | 9.    | 10.125 | 731.   | 5.         |
| Cheese -     | 10.9 | 12.63 | .9     | 731.2  | 7.5        |
| Crackers -   | 4.9  | 4.55  | 36.55  | 962.5  | 4.16       |
| Cake -       | 4.57 | 1.8   | 45.6   | 1171.  | 6.         |
| Apricots -   | 5.87 | 1.25  | 78.1   | 1611.2 | 5.         |
| Sugar -      | —    | —     | 75.    | 1395.  | 4.5        |

48.61 - 54.03 - 332.87 - 9615.7 - 46 1/2

Nutritive Ratio - 1:9

Cal. per capita - 1600

Cost of the meal - 46 1/2

Total Cost for the day - 1.01

Total No of cal. per capita - for the day

3289



Breakfast - April 9th

Comp. per - lb.

| Material | Prot. | Fat  | Carbohy. | cal  | cost<br>lb | am't<br>used |
|----------|-------|------|----------|------|------------|--------------|
| Bread    | 9.1   | 1.6  | 53.3     | 1225 | 6¢         | 14oz         |
| Butter   | 1.    | 86.  | —        | 3605 | 25¢        | 1"           |
| Sugar    | —     | —    | 100.     | 1860 | 6          | 11"          |
| Cream    | 2.5   | 18.5 | 4.5      | 910  | 10         | 2"           |
| Coffee   | .2    | —    | 1.4      | 30   | 20         | ½"           |
| Meat     | 19.   | 12.8 | —        | 895  | 12         | 14"          |
| Potatoes | 2.2   | .1   | 18.4     | 385  | 1½         | 24"          |
| Milk     | 3.4   | .3   | 5.1      | 170  | 2          | 13"          |
| Lard     | —     | 100. | —        | 4220 | 10         | 1"           |
| Flour    | 12.3  | 1.1  | 73.      | 1635 | 2¼         | 2"           |
| Apricots | 4.7   | 1.   | 62.5     | 1290 | 12         | 15"          |

Comp. &amp; Cost of am't used

Total cost

|          |      |      |      |       |      |
|----------|------|------|------|-------|------|
| Bread    | 7.71 | 1.4  | 46.6 | 107.2 | 4.37 |
| Butter   | .062 | 5.   | —    | 225.3 | 1.56 |
| Sugar    | —    | —    | 68.7 | 1278. | 4.02 |
| Cream    | .312 | 2.31 | .56  | 113.7 | 1.25 |
| Coffee   | .006 | —    | .04  | .09   | .62  |
| Meat     | 16.6 | 11.2 | —    | 765.  | 10.5 |
| Potatoes | 3.3  | .15  | 27.6 | 677.5 | 2.25 |
| Milk     | 2.76 | .24  | 4.14 | 138.  | 1.62 |
| Lard     | —    | 6.25 | —    | 263.  | 1.62 |
| Flour    | 1.53 | .137 | 9.1  | 204.3 | 1.28 |
| Apricots | 4.4  | .93  | 68.5 | 121.8 | 5.2  |

36.784 - 27.617 - 215.24 - 4863.7 - 32¢/1

Nutritive Ratio - 1:7

Calorie per - capita - 368.1

Cost of the meal - 32¢/1



Dinner - April 9th  
comp. per - lb.

| Materials  | Prot. | Fat  | carbohy | cal  | cost | amt used |
|------------|-------|------|---------|------|------|----------|
| Bread -    | 9.1   | 1.6  | 53.3    | 1220 | 8¢   | 16½ lb   |
| Butter -   | 1.    | 8b.  | —       | 3600 | 20   | 3.11     |
| Sugar -    | —     | —    | 100.    | 1860 | 6    | 12.11    |
| Cream -    | 2.5   | 18.5 | 4.5     | 910  | 10   | 1.11     |
| Coffee -   | .2    | —    | 1.4     | 30   | 20   | ½        |
| Eggs -     | 13.4  | 10.5 | —       | 720  | 8    | 12.11    |
| Potatoes - | 2.2   | .1   | 18.4    | 380  | 1.20 | 5.11     |
| Apricots - | 4.7   | 1.   | 62.5    | 1290 | 12   | 16.11    |
| Beans -    | 22.6  | 1.8  | 89.6    | 1660 | 4    | 9        |
| Vinegar -  | —     | —    | —       | —    | 2½   | 2.11     |

|            | comp  | cost  | of amt used | Total cost   |
|------------|-------|-------|-------------|--------------|
| Bread -    | 8.81  | 1.56  | 51.5        | 1181. - 4.92 |
| Butter -   | .187  | 10.93 | —           | 670. - 4.68  |
| Sugar -    | —     | —     | 70. -       | 1390 - 4.6   |
| Cream -    | .156  | 1.155 | .281        | 660 - .62    |
| Coffee -   | .006  | —     | .04         | .09 - .62    |
| Eggs -     | 10.05 | 7.87  | —           | 540. - 6.    |
| Potatoes - | .68   | .62   | 5.75        | 120.3 - .46  |
| Apricots - | 4.7   | 1.    | 62.5        | 1290. - 5.   |
| Beans -    | 13.2  | 1.33  | 83.62       | 902. - 2.25  |
| Vinegar -  | —     | —     | —           | .31          |

37.843 - 28.455 - 228.69 - 6109. - 29.4

Nutritive Ratio - 1:7.7

Cal - per capita - 1026.6

Cost of meal - 29.4



Supper - April 9th

Comp. per - lb

| Materials   | Prot | Fat  | CarboH | Cal  | cost<br>lb | amt<br>used |
|-------------|------|------|--------|------|------------|-------------|
| Bread       | 9.1  | 1.6  | 53.3   | 1225 | 5¢         | 16.78       |
| Butter      | 1.   | 88.  | —      | 3605 | 28         | 2.11        |
| Sugar       | —    | —    | 100    | 1860 | 6          | 7.11        |
| cream       | 2.5  | 18.5 | 4.5    | 910  | 10         | 2.11        |
| Potatoes    | 2.2  | .1   | 18.4   | 385  | 1.5        | 16          |
| Apple Sauce | .4   | .5   | 14.2   | 295  | 4          | 8.11        |
| Cake        | 6.3  | 2.4  | 60.8   | 1562 | 8          | 10.11       |
| Gard        | —    | —    | 100    | —    | 4220       | 10 - 1/2.11 |

Comp. &amp; Cost. of amt used

|             | Prot | Fat  | CarboH | Cal   | cost | total cost |
|-------------|------|------|--------|-------|------|------------|
| Bread       | 9.1  | 1.6  | 53.3   | 1225  | 5¢   |            |
| Butter      | .125 | 1.6  | —      | 466.6 | 3.12 |            |
| Sugar       | —    | —    | —      | 43.7  | 813. | 2.62       |
| Cream       | .312 | 2.31 | .56    | 113.7 | 1.25 |            |
| Potatoes    | 2.2  | .1   | 18.4   | 385.  | 1.5  |            |
| Apple Sauce | .2   | .25  | 7.1    | 145.2 | 2.   |            |
| Cake        | 3.96 | .6   | 38.    | 976.2 | 5.   |            |
| Gard        | —    | —    | 3.1    | —     | 131. | .31        |

15.997 - 9.56 - 161.06 - 4234.5 - 20.9

Nutritive Ratio - 1:1:1

Calorie per capita - 702.3

Cost of Supper - 20.9¢

Total Cost for the day 82.4¢

Total No of calories per capita  
for the day - 2536



Breakfast - April 10th

comp. per - lb

| Materials   | Prot | Fat  | Carbo H | Cal  | Cost   | amt    |
|-------------|------|------|---------|------|--------|--------|
|             | lb   |      |         |      | lb     | used   |
| Bread       | 9.1  | 1.6  | 63.3    | 1225 | 6¢     | 14 1/2 |
| Butter      | 1    | 85   | —       | 3600 | 25¢    | 1/2"   |
| Sugar       | —    | —    | 100     | 1860 | 6      | 8"     |
| Cream       | 2.5  | 18.5 | 4.5     | 916  | 16     | 2"     |
| Coffee      | .2   | —    | 1.4     | 30   | 20     | 1/2"   |
| Potatoes    | 2.2  | .1   | 18.4    | 385  | 1 1/2  | 17"    |
| Ham         | 14.2 | 33.4 | —       | 1675 | 12 1/2 | 9"     |
| Eard        | —    | 100  | —       | 4220 | 16     | 1/2"   |
| Flour       | 12.3 | 1.1  | 73      | 1635 | 2 1/4  | 2"     |
| Milk        | 3.4  | .3   | 5.1     | 170  | 2      | 16"    |
| Apple Sauce | .4   | .5   | 14.2    | 290  | 4      | 12"    |

Comp & Cost of amt used

|             | Prot  | Fat   | Carbo H | Cal   | Cost |
|-------------|-------|-------|---------|-------|------|
| Bread       | 7.71  | 1.4   | 46.6    | 1072  | 4.37 |
| Butter      | .631  | 2.65  | —       | 112   | .78  |
| Sugar       | —     | —     | 50      | 430   | 3    |
| Cream       | 2.312 | 2.87  | 4.06    | 913.7 | 1.25 |
| Coffee      | .006  | —     | .04     | 109   | .62  |
| Potatoes    | 2.337 | .106  | 19.55   | 409   | 1.59 |
| Ham         | 7.98  | 18.78 | —       | 942.1 | 7.03 |
| Eard        | —     | 8.1   | —       | 131   | .31  |
| Flour       | 1.52  | .138  | 9.11    | 204   | 1.28 |
| Milk        | 1.32  | .18   | 3.187   | 166.2 | 1.25 |
| Apple Sauce | .63   | .375  | 10.65   | 217.5 | 3    |

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 21.306 - 29.039 - 136.737 - 4232.5 - 24.1

Nutritive Ratio - 1:9

Cal - per capita - 705.4

Cost of the meal - 24.1



Dinner - April 16th

|               | comp. per - lb. |      |          |      |       |     |      |
|---------------|-----------------|------|----------|------|-------|-----|------|
| Materials     | Prot.           | Fat  | Carbo H. | cal. | cost  | amt | used |
| Bread         | 9.1             | 1.6  | 53.3     | 1225 | 64    | 6.0 |      |
| Butter        | 1.              | 85.  | —        | 3605 | 25    | 4.1 |      |
| Sugar         | —               | —    | 100.     | 1860 | 6     | 3.1 |      |
| Cream         | 2.5             | 18.5 | 4.5      | 915  | 10    | 2.1 |      |
| Coffee        | .2              | —    | 1.4      | 30   | 25    | 1/2 |      |
| Biscuit       | 9.3             | 4.9  | 48.1     | 1237 | 4     | 2.0 |      |
| Potatoes      | 2.2             | .1   | 18.4     | 385  | 1 1/2 | 4.1 |      |
| Eggs          | 13.4            | 15.5 | —        | 720  | 8     | 10. |      |
| Sugar (brown) | —               | —    | 90.      | 1765 | 25    | 8.  |      |
| Apple Sauce   | .4              | .5   | 14.2     | 290  | 4     | 8.  |      |
| Cake          | 6.35            | 2.46 | 60.8     | 1562 | 8     | 2.1 |      |
| Jelly         | 1.              | —    | 80.4     | 1585 | 20    | 2.  |      |
| Cheese        | 25.9            | 33.7 | 2.4      | 1950 | 25    | 1.1 |      |

|             | comp & cost of amt used |       |       |       |      |  |            |
|-------------|-------------------------|-------|-------|-------|------|--|------------|
|             |                         |       |       |       |      |  | Total cost |
| Bread       | 3.41                    | .6    | 19.98 | 457.5 | 1.8  |  |            |
| Butter      | 25                      | 21.2  | —     | 901.  | 6.25 |  |            |
| Sugar       | —                       | —     | 18.75 | 348.7 | 1.12 |  |            |
| Cream       | 13.12                   | 2.31  | 15.6  | 113.7 | 1.25 |  |            |
| Coffee      | 1006                    | —     | 104   | 109   | .62  |  |            |
| Biscuit     | 11.79                   | 6.12  | 60.12 | 1546. | 4.15 |  |            |
| Potatoes    | 155                     | 1025  | 4.6   | 96.6  | .37  |  |            |
| Eggs        | 8.37                    | 6.56  | —     | 430.  | 5.   |  |            |
| Sugar (B)   | —                       | —     | 47.5  | 887.5 | 2.5  |  |            |
| Apple Sauce | 2                       | .25   | 7.1   | 145.  | 2.   |  |            |
| Cake        | 793                     | 307   | 7.6   | 195.2 | 1.   |  |            |
| Jelly       | 125                     | —     | 10.5  | 197.5 | 5    |  |            |
| Cheese      | 1.61                    | 2.166 | 1.15  | 121.8 | 1.25 |  |            |

27.416 - 39.468 - 176.95 - 5466.19 - 32.3

Nutritive Ratio - 1.19  
 cal. per portion - 211  
 Cost for the meal 32.3



Supper - April 10<sup>th</sup>

Comp. per - lb

| Materials | Prot | Fat  | Carbohy | cal  | cost  | amts used |
|-----------|------|------|---------|------|-------|-----------|
| Bread     | 9.1  | 1.6  | 23.3    | 1225 | 6¢    | 17oz      |
| Butter    | 1.   | 85.  | —       | 3605 | 26¢   | 2"        |
| Sugar     | —    | —    | 100.    | 1860 | 6     | 1/2"      |
| cream     | 2.5  | 18.5 | 4.5     | 910  | 10    | 2"        |
| Apricots  | 4.7  | 1.   | 62.5    | 1290 | 12    | 20"       |
| Eggs      | 13.4 | 10.5 | —       | 720  | 8     | 20"       |
| Potatoes  | 2.2  | 1    | 18.4    | 385  | 1 1/2 | 20"       |
| Lard      | —    | 100. | —       | 4220 | 10    | 1"        |

Comp. &amp; Cost of amt used

|          |       |       |       |        | Total cost |
|----------|-------|-------|-------|--------|------------|
| Bread    | 9.668 | 1.7   | 56.63 | 1296   | 5.36       |
| Butter   | .125  | 10.6  | —     | 450    | 3.12       |
| Sugar    | —     | —     | 3.12  | 68.1   | 18         |
| Cream    | 3.12  | 2.31  | .56   | 113.7  | 1.25       |
| Apricots | 5.87  | 1.25  | 78.05 | 1615.5 | 7.         |
| Eggs     | 16.75 | 13.12 | —     | 900    | 10         |
| Potatoes | 3.43  | .166  | 28.7  | 601.5  | 2.34       |
| Lard     | —     | 6.25  | —     | 263.7  | .62        |

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 36.16 - 35.386 - 167.06 - 5298.5 - 29.49
Nutritive Ratio - 1:4cal. per capita - 866.4least 3 meals - 29.49Total no of calories per capita for  
the day - 2482.4Total cost for the day 85. <sup>cents</sup> 2 <sup>mill</sup>



Breakfast - April 11<sup>th</sup>

Comp. per - lb

| Materials     | Prot | Fat  | CarboH | Cal  | cost<br>lb | amt<br>used |
|---------------|------|------|--------|------|------------|-------------|
| Bread -       | 9.1  | 1.6  | 83.3   | 1225 | 8¢         | 1158        |
| Butter -      | 1.   | 85.  | —      | 3605 | 25         | 1..         |
| Sugar -       | —    | —    | 100.   | 1860 | 6          | 1..         |
| Cream -       | 2.5  | 18.5 | 4.5    | 915  | 15         | 3..         |
| Coffee -      | .2   | —    | 1.4    | 30   | 20         | 1/2..       |
| Potatoes -    | 2.2  | 1    | 18.4   | 385  | 1 1/2      | 14..        |
| Ham -         | 14.2 | 33.4 | —      | 1675 | 12 1/2     | 8..         |
| Milk -        | 3.4  | .3   | 5.1    | 170  | 2          | 12..        |
| Lard -        | —    | 100  | —      | 4220 | 15         | 1..         |
| Flour -       | 12.3 | 1.1  | 73.    | 1635 | 2 1/4      | 2..         |
| Brown Sugar - | —    | —    | 95.    | 1765 | 5          | 8..         |

Comp. &amp; Cost of amt used

|               |       |      |      |       |      |
|---------------|-------|------|------|-------|------|
| Bread -       | 6.25  | 1.1  | 36.6 | 838.7 | 8.59 |
| Butter -      | .662  | 5.3  | —    | 225.3 | 1.56 |
| Sugar -       | —     | —    | 6.25 | 116.  | .87  |
| Cream -       | 4.93  | 3.43 | .843 | 170.7 | 1.87 |
| Coffee -      | .006  | —    | .04  | .09   | .62  |
| Potatoes -    | 1.92  | .08  | 16.1 | 336.  | 1.25 |
| Ham -         | 7.1   | 16.7 | —    | 837.5 | 6.25 |
| Milk -        | 2.55  | .225 | 3.82 | 127.5 | 1.5  |
| Lard -        | —     | 6.25 | —    | 263.7 | .62  |
| Flour -       | 1.537 | .137 | 9.11 | 208   | 1.28 |
| Brown Sugar - | —     | —    | 47.5 | 887.  | 2.5  |

24.409 - 33.232 - 120.263 - 2829.9 - 20.38

Nutritive Ratio - 1:8

Calories per capita - 471.6

Cost of meal - 20.3<sup>cent</sup>



Dinner - April 11<sup>th</sup>

Comp. per lb

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>Carbo H</u> | <u>cal</u> | <u>cost</u> | <u>amt</u> |
|------------------|--------------|------------|----------------|------------|-------------|------------|
| Bread -          | 9.1          | 1.6        | 53.3           | 1225       | 68          | 22.75      |
| Butter -         | 1.           | 85.        | —              | 3605       | 25          | 3"         |
| Sugar -          | —            | —          | 100.           | 1460       | 6           | 2"         |
| Cream -          | 2.5          | 18.5       | 4.5            | 910        | 10          | 1"         |
| Coffee -         | .2           | +          | 1.4            | 30         | 20          | 1/2"       |
| Potatoes -       | 2.2          | .1         | 18.4           | 385        | 1/2         | 14"        |
| Eggs -           | 13.4         | 10.5       | —              | 720        | 8           | 5"         |
| Syrup -          | —            | —          | 71.4           | 1330       | 6 1/4       | 4"         |
| Cheese -         | 25.9         | 33.7       | 2.4            | 1950       | 20          | 4"         |
| Apricots -       | 4.7          | 1.         | 62.5           | 1290       | 12          | 8"         |
| Cake -           | 6.35         | 2.46       | 60.8           | 1562       | 8           | 4"         |
| Jelly -          | 1.           | —          | 80.4           | 1580       | 20          | 1"         |
| Gard -           | —            | —          | 100.           | 4220       | 10          | 1/2"       |

Comp. &amp; cost - of amt used

|            |       |       |       |       | Total cost |
|------------|-------|-------|-------|-------|------------|
| Bread -    | 12.51 | .7    | 73.2  | 464.5 | 6.87       |
| Butter -   | .187  | 15.9  | —     | 675.  | 4.68       |
| Sugar -    | —     | —     | 12.5  | 232.5 | .75        |
| Cream -    | .156  | 1.15  | .285  | 66.8  | .62        |
| Coffee -   | .006  | —     | .04   | .09   | .62        |
| Potatoes - | 1.92  | .08   | 16.1  | 336.  | 1.2        |
| Eggs -     | 4.18  | 3.28  | —     | 225.  | 2.5        |
| Syrup -    | —     | —     | 17.85 | 332.  | 1.56       |
| Cheese -   | 8.97  | 4.25  | .6    | 487.5 | 5.         |
| Apricots - | 2.35  | .5    | 31.25 | 645.  | 4.         |
| Cake -     | 1.762 | 1.615 | 15.2  | 390.5 | 2.         |
| Jelly -    | .062  | —     | 5.002 | 98.97 | 1.25       |
| Gard -     | —     | 3.12  | —     | 131.  | .3"        |

32.217 - 29.495 - 172.567 - 3642.3 - 32.9

Nutritious Ratio - 1:7

Cal - per capita - 607.8

Cost of dinner - 32.9



Supper - April 11th

Comp. - per lb

| <u>Materials</u> | <u>Prot</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u><br><u>lb</u> | <u>amt</u><br><u>used</u> |
|------------------|-------------|------------|---------------|------------|--------------------------|---------------------------|
| Bread -          | 9.1         | -1.6       | -63.3         | -1225      | -6¢                      | 16.56                     |
| Butter -         | 1.          | -85.       | ~             | -3605      | -25                      | 3.                        |
| Sugar -          | ~           | ~          | -100.         | -1860      | -6                       | 8.                        |
| cream -          | 2.5         | -18.5      | -4.5          | -910       | -10                      | 8.                        |
| Rice -           | 8.          | .3         | -79.          | -1630      | -4                       | 10.                       |
| Eggs -           | 13.4        | -10.5      | ~             | -720       | -8                       | 12.                       |
| Lard -           | ~           | -100       | ~             | -4220      | -10                      | 1.                        |
| Whole Milk -     | 3.3         | -4.        | -5.           | -325       | -2                       | 20.                       |
| Raisins -        | 2.6         | -3.3       | -76.1         | -1605      | -15                      | 2.                        |

Comp. &amp; cost of amt used total cost

|              |        |          |         |         |        |
|--------------|--------|----------|---------|---------|--------|
| Bread -      | 9.1    | - 1.6    | - 63.3  | - 1225  | - 59   |
| Butter -     | .187   | - 10.9   | - —     | - 675   | - 4.68 |
| Sugar -      | —      | - —      | - 50.   | - 930   | - 3.   |
| cream -      | 1.25   | - 9.25   | - 2.25  | - 455   | - 5.   |
| Rice —       | 5.     | - .181   | - 49.37 | - 1018  | - 2.83 |
| Eggs -       | 13.437 | - 10.556 | - —     | - 720   | - 8    |
| Lard -       | —      | - 6.25   | - —     | - 263.7 | - 1.62 |
| Whole Milk - | 4.125  | - 5.     | - 6.25  | - 406.2 | - 2.25 |
| Raisins -    | .325   | - .412   | - 9.51  | - 200.6 | - 1.25 |

34.224 - 30.749 - 170.68 - 5933.5 - 32.6

Nutritive Ratio - 1:8

Calories per capita - 972

Cost of supper - 32¢

Total cost for the day - 86.6

No of calories, <sup>per capita</sup> for the day - 2656



Breakfast - April 12<sup>th</sup>

Comp. per - lb

| Materials   | Prot | Fat  | Carboh | Cal  | cost<br>lb     | amt<br>used |
|-------------|------|------|--------|------|----------------|-------------|
| Bread -     | 9.1  | 6.1  | 63.3   | 1226 | 6 <sup>p</sup> | 50          |
| Butter -    | 1.   | 85.  | —      | 3605 | 20             | 20g         |
| Sugar -     | —    | —    | 100.   | 1866 | 6              | 2"          |
| Cream -     | 2.5  | 18.5 | 4.5    | 915  | 10             | 4"          |
| Coffee -    | .2   | —    | 1.4    | 30   | 20             | 1/2"        |
| Ham -       | 14.2 | 33.4 | —      | 1675 | 12 1/2         | 8"          |
| Potatoes -  | 2.2  | .1   | 18.4   | 385  | 1 1/2          | 8"          |
| Flour -     | 12.3 | 1.1  | 73.    | 1635 | 2 1/4          | 8"          |
| Lard -      | —    | 100. | —      | 4220 | 10             | 1/2"        |
| Sour milk - | 3.   | .5   | 4.8    | 165  | 1/2            | 24          |
| Eggs -      | 13.4 | 10.5 | —      | 720  | 8              | 20g         |
| Milk -      | 3.4  | .3   | 1.5    | 170  | 2              | 16"         |
| Syrup -     | —    | —    | 71.4   | 1330 | 6 1/4          | 4"          |

Comp &amp; cost of amt used

|             | Prot | Fat  | Carboh | Cal   | cost | amt used | Total cost |
|-------------|------|------|--------|-------|------|----------|------------|
| Butter -    | .125 | 10.6 | —      | 400   | —    | 3.12     |            |
| Sugar -     | —    | —    | 12.5   | 222.5 | —    | .75      |            |
| Cream -     | .625 | 4.62 | 1.12   | 227.5 | —    | 2.25     |            |
| Coffee -    | .006 | —    | .04    | .09   | —    | .62      |            |
| Ham -       | 7.1  | 16.7 | —      | 837.5 | —    | 6.25     |            |
| Potatoes -  | 1.1  | .05  | 9.2    | 192.5 | —    | .75      |            |
| Flour -     | 6.15 | .55  | 36.5   | 816.5 | —    | 1.12     |            |
| Lard -      | —    | 3.02 | —      | 1314. | —    | .31      |            |
| Sour Milk - | 4.5  | .75  | 7.2    | 247.5 | —    | .75      |            |
| Eggs -      | 1.67 | 1.31 | —      | 90.   | —    | 1.       |            |
| Milk -      | 3.4  | .3   | 5.1    | 170   | —    | 2.       |            |
| Syrup -     | —    | —    | 17.85  | 332.5 | —    | 1.56     |            |

25.03 - 38.65 - 122.11 - 4385.09 - 18.99

Nutritive Ratio 1/8 cost of meal 18.9

Cal. per capita - 736



Dinner - April 12<sup>th</sup>

|               | Comp. per lb. |      |         |      | cost unit used |      |
|---------------|---------------|------|---------|------|----------------|------|
| Materials -   | Prot          | Tot  | carbo H | cal  | lb             | used |
| Bread -       | 9.1           | 1.6  | 53.3    | 1225 | 6 <sup>9</sup> | 28.7 |
| Butter -      | 1.            | 85.  | —       | 3605 | 25             | 4.1  |
| Sugar -       | 100           | —    | 100.    | 1860 | 6              | 8.1  |
| Cream -       | 2.5           | 18.5 | 4.5     | 910  | 15             | 8.1  |
| Coffee -      | .2            | —    | 1.4     | 30   | 20             | 1/2  |
| Ham -         | 14.2          | 33.4 | —       | 1675 | 12 1/2         | 8.1  |
| Potatoes -    | 2.2           | .1   | 18.4    | 385  | 1 1/2          | 8.1  |
| Eggs -        | 13.4          | 10.5 | —       | 720  | 8              | 4.1  |
| Milk -        | 3.4           | .3   | 5.1     | 170  | 2              | 24.1 |
| Corn starch - | —             | —    | 90      | 1675 | 10             | 1.1  |

|               | Comp. & cost of unit used |      |       |       | total cost |  |
|---------------|---------------------------|------|-------|-------|------------|--|
| Bread -       | 15.925                    | 2.8  | 57.29 | 2135  | 8.75       |  |
| Butter -      | .25                       | 21.2 | —     | 901   | 6.25       |  |
| Sugar -       | —                         | —    | 50.   | 930   | 3.         |  |
| Cream -       | 1.25                      | 9.25 | 2.25  | 455   | 5.         |  |
| Coffee -      | .006                      | .0   | .04   | .09   | .62        |  |
| Ham -         | 7.1                       | 16.7 | —     | 537.5 | 6.25       |  |
| Potatoes -    | 1.1                       | .05  | 9.2   | 192.5 | .75        |  |
| Eggs -        | 3.35                      | 2.62 | —     | 180.  | 2.         |  |
| Milk -        | 5.1                       | .45  | 7.65  | 255   | 3.         |  |
| Corn starch - | —                         | —    | 5.62  | 104   | .62        |  |

36.635 — 63.075 — 142.05 — 5990.09 — 36<sup>9</sup>.2

Nutritive Ratio — 1.7

cal - per capita — 998.

cost of Dinner — 36<sup>9</sup>.2



Supper - April 13<sup>th</sup>

Comp. per lb.

| Materials    | Prot. | Fat  | Carbo H. | Cal  | Cost | Unit | Used |
|--------------|-------|------|----------|------|------|------|------|
| Bread        | 9.1   | 1.6  | 63.3     | 1236 | 6¢   |      | 618  |
| Butter       | 1.    | 85.  | —        | 3600 | 25   |      | 6"   |
| Sugar        | —     | —    | 100.     | 1860 | 6    |      | 4"   |
| cream        | 2.5   | 18.5 | 4.5      | 910  | 10   |      | 4"   |
| Strawberries | .7    | —    | 24.      | 460  | 15   |      | 24"  |
| Potatoes     | 2.2   | .1   | 18.4     | 385  | 1½   |      | 16"  |
| Eggs         | 13.4  | 10.5 | —        | 720  | 8    |      | 12"  |
| Syrup        | —     | —    | 71.4     | 1330 | 6¼   |      | 4"   |
| Milk         | 3.4   | .3   | 5.1      | 170  | 2    |      | 16"  |
| Flour        | 12.3  | 1.1  | 73.      | 1635 | 2.25 |      | 10   |
| Lard         | —     | —    | 100.     | 4220 | 10   |      | 3    |

Comp. &amp; cost of unit used Total cost

|              |       |      |       |       |       |
|--------------|-------|------|-------|-------|-------|
| Bread        | 2,468 | 5    | 16.6  | 381.2 | 4.617 |
| Butter       | .374  | 3.8  | —     | 1350. | 9.37  |
| Sugar        | —     | —    | 20.   | 465.  | 1.25  |
| cream        | .625  | 4.62 | 1.12  | 227.5 | 2.5   |
| Strawberries | 1.05  | —    | 36.   | 495   | 22.5  |
| Potatoes     | 2.2   | .1   | 18.4  | 385   | 1.5   |
| Eggs         | 13.45 | 7.87 | —     | 390   | 6     |
| Syrup        | —     | —    | 17.87 | 332.5 | 1.56  |
| Milk         | 3.4   | .3   | 5.1   | 170   | 2.    |
| Flour        | 7.68  | .687 | 40.75 | 1521. | 1.4   |
| Lard         | —     | —    | 18.75 | 787.5 | 1.87  |

26.147 - 64.482 - 163.27 - 6914.7 - 68.57

Nutritive Ratio — 1:7

Cal - per capita — 969

Cost of meal — 53¢ \$ 1.18

Total Cost for the day — 2697

Total No of cal. per capita for the day — 2697



Breakfast - April 13<sup>th</sup>

Comp. per - lb

| Materials | Prot | Fat  | Carbo H | Cal  | cost<br>lb     | amt<br>used |
|-----------|------|------|---------|------|----------------|-------------|
| Bread     | 9.1  | 1.6  | 53.3    | 1225 | 5 <sup>9</sup> | 16 1/8      |
| Butter    | 1    | 85   | —       | 3605 | 25             | 1           |
| Sugar     | —    | —    | 100     | 1860 | 6              | 1           |
| Cream     | 2.8  | 18.5 | 4.8     | 915  | 10             | 1           |
| Coffee    | .2   | —    | 1.4     | 30   | 20             | 1/2         |
| Biscuit   | 9.3  | 4.9  | 48.1    | 1237 | 4              | 8           |
| Syrup     | —    | —    | 71.4    | 1330 | 6 1/4          | 2           |
| Potatoes  | 2.2  | .1   | 18.4    | 385  | 1 1/2          | 18          |
| Meat      | 19.5 | 7.3  | —       | 670  | 12             | 14          |
| Milk      | 3.4  | .3   | 5.1     | 170  | 2              | 16          |
| Flour     | 12.3 | 1.1  | 78      | 1635 | 2 1/4          | 2           |
| Lard      | —    | 100  | —       | 4220 | 10             | 1           |

Comp. &amp; cost of amt used

|          |       |       |       |        | Total cost     |
|----------|-------|-------|-------|--------|----------------|
| Bread    | 9.1   | 1.6   | 53.3  | 1225   | 5 <sup>9</sup> |
| Butter   | .062  | 5.31  | —     | 225.3  | 1.56           |
| Sugar    | —     | —     | 6.25  | 1860   | .37            |
| Cream    | .186  | 1.15  | .281  | 56.8   | .56            |
| Coffee   | .006  | —     | .04   | .09    | .62            |
| Biscuit  | 4.65  | 2.45  | 24.05 | 618    | 2              |
| Syrup    | —     | —     | 8.92  | 166.25 | .78            |
| Meat     | 17.66 | 6.38  | —     | 686    | 10.5           |
| Potatoes | 2.47  | 1.25  | 20.7  | 433.1  | 1.68           |
| Milk     | 3.4   | .3    | 5.1   | 170    | 2              |
| Flour    | 1.637 | 1.137 | 9.11  | 208    | .28            |
| Lard     | —     | 6.25  | —     | 263.7  | .62            |

38.5 - 23.602 - 127.75 - 4063.9 - 26<sup>9</sup>.99

Nutritive Ratio - 1.417

Cal. per capita - 677



Dinner - April 13<sup>th</sup>

Comp. per lb.

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>carboH</u> | <u>cal</u> | <u>cost</u><br><u>lb</u> | <u>amt</u><br><u>used</u> |
|------------------|--------------|------------|---------------|------------|--------------------------|---------------------------|
| Bread -          | 9.1          | 1.6        | 83.3          | 1225       | 5 <sup>8</sup>           | 240 <sub>0</sub>          |
| Butter -         | 1.           | 45.        | —             | 3605       | 25                       | 4.1                       |
| Sugar -          | —            | —          | 100           | 1860       | 6                        | 6.1                       |
| Cream -          | 2.5          | 18.5       | 4.5           | 910        | 10                       | 1.1                       |
| Coffee -         | .2           | —          | 1.4           | 30         | 20                       | 1/2                       |
| Eggs -           | 13.4         | 10.5       | —             | 720        | 8                        | 10.1                      |
| Milk -           | 3.4          | .3         | 5.1           | 176        | 2                        | 24.1                      |
| Flour -          | 12.3         | 1.1        | 73.           | 1635       | 2 1/4                    | 6.1                       |
| Lard -           | —            | 100.       | —             | 4220       | 10                       | 3.1                       |
| Jelly -          | 1.           | —          | 80.4          | 1580       | 20                       | 3.1                       |
| Cake -           | 6.35         | 2.46       | 60.8          | 1562       | 8                        | 4.1                       |

Comp. &amp; cost of amt used

Materials

|          |       |       |       |       | <u>% total cost</u> |
|----------|-------|-------|-------|-------|---------------------|
| Bread -  | 13.65 | 2.4   | 79.95 | 1830  | 7.5                 |
| Butter - | 125   | 21.2  | —     | 901   | 6.25                |
| Sugar -  | —     | —     | 37.5  | 697.5 | 2.                  |
| Cream -  | 1156  | 1.15  | 1281  | 5618  | 16.2                |
| Coffee - | 1006  | —     | —     | 104   | 1.09                |
| Eggs -   | 8.37  | 6.55  | —     | 456   | 5.                  |
| Milk -   | 5.1   | .45   | 7.65  | 285   | 3.                  |
| Flour -  | 4.61  | 1412  | 27.25 | 614.3 | 4.4                 |
| Lard -   | —     | 18.75 | —     | 787.5 | 1.87                |
| Jelly -  | 187   | —     | 15.75 | 296.2 | 3.75                |
| Cake -   | 1.76  | .615  | 15.2  | 390.5 | 2                   |

34.145 - 50,527 - 197,001 - 6527.8 - 34.6

Nutritive Ratio - 1:9

Calorie per capita - 1087

Cost of the dinner 34.6



Supper - April 13<sup>th</sup>

Comp. per lb.

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>Carbo H</u> | <u>cal</u> | <u>cost</u> | <u>unit</u> | <u>lb used</u> |
|------------------|--------------|------------|----------------|------------|-------------|-------------|----------------|
| Bread —          | 9.1          | 1.6        | 53.3           | 1225       | 2¢          | 40g         |                |
| Butter —         | 1.           | 35.        | —              | 3605       | 25          | 5.11        |                |
| Sugar —          | ~            | ~          | 100.           | 1860       | 6           | 3.11        |                |
| Cream —          | 2.5          | 18.5       | 4.5            | 910        | 10          | 3.11        |                |
| Biscuit —        | 9.3          | 4.9        | 48.1           | 1237       | 4           | 25.11       |                |
| Strawberries —   | .7           | —          | 24.            | 460        | 15          | 24.11       |                |
| Syrup —          | ~            | ~          | 71.4           | 1330       | 6 1/4       | 4.11        |                |
| Eggs —           | 13.4         | 10.5       | —              | 720        | 8           | 18          |                |
| Potatoes —       | 2.2          | .1         | 18.4           | 385        | 1 1/2       | 17.11       |                |

Comp. &amp; cost of amt used. total cost

|                |       |      |       |       |      |  |  |
|----------------|-------|------|-------|-------|------|--|--|
| Bread —        | 2.275 | .4   | 13.3  | 305   | 1.69 |  |  |
| Butter —       | .312  | 26.5 | —     | 1126  | 7.71 |  |  |
| Sugar —        | ~     | ~    | 18.75 | 348.7 | 1.12 |  |  |
| Cream —        | 4.93  | 3.43 | 18.4  | 170.7 | 1.87 |  |  |
| Biscuit —      | 14.53 | 7.65 | 76.15 | 1932. | 5.18 |  |  |
| Strawberries — | 1.05  | ~    | 36.   | 490   | 22.5 |  |  |
| Syrup —        | ~     | ~    | 17.85 | 332.5 | 1.56 |  |  |
| Eggs —         | 12.5  | 9.21 | ~     | 675.  | 7.   |  |  |
| Potatoes —     | 2.337 | .106 | 19.55 | 409   | 1.59 |  |  |

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 37.985 - 47,296 - 181.443 - 796.9 - 49.7

Nutritive Ratio - 1:7.5

Calories per capita - 965

cost of supper - 49.7 \$

Total cost for the day 1.10

No of calories per capita for the day

2729



# Breakfast - April 14th

| Materials    | Prot. | Fat  | CarboH | cal  | cost<br>lb                    | unit<br>used |
|--------------|-------|------|--------|------|-------------------------------|--------------|
| Biscuit      | 9.3   | 4.9  | 48.    | 1237 | 4 <sup>1</sup> / <sub>2</sub> | 2400         |
| Butter       | 1.    | 85.  | —      | 3605 | 25                            | 11           |
| Sugar        | —     | —    | 100.   | 1860 | 6                             | 21           |
| cream        | 2.5   | 18.5 | 4.5    | 915  | 10                            | 11           |
| Milk         | 3.4   | .3   | 5.1    | 170  | 2                             | 161          |
| Strawberries | .7    | —    | 24.    | 460  | 15                            | 201          |
| Beef Steak   | 19.5  | 7.3  | —      | 670  | 12                            | 15.          |
| Flour        | 12.3  | 1.1  | 73.    | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 21           |
| Syrup        | —     | —    | 71.4   | 1330 | 6 <sup>1</sup> / <sub>4</sub> | 11           |
| Lard         | —     | 100. | —      | 4220 | 10                            | 111          |
| Coffee       | .2    | —    | 1.4    | 30   | 20                            | 1/2 11       |
| Potatoes     | 2.2   | .1   | 18.4   | 385  | 1 <sup>1</sup> / <sub>2</sub> | 141          |

## Comp. & Cost of Unit used

|              | Prot. | Fat    | CarboH | cal    | cost<br>lb | unit<br>used |
|--------------|-------|--------|--------|--------|------------|--------------|
| Biscuit      | 13.95 | 7.35   | 72.15  | 1455   | 5.15       |              |
| Butter       | 1.662 | 5.81   | —      | 225.3  | 1.56       |              |
| Sugar        | —     | —      | 12.5   | 232.5  | .75        |              |
| cream        | .156  | 1.15   | .285   | 86.8   | .62        |              |
| Milk         | 3.4   | .3     | 5.1    | 170.   | 2.         |              |
| Strawberries | .87   | —      | 30.    | 570.   | 18.75      |              |
| Beef steak   | 18.28 | 6.84   | —      | 628.1  | 11.        |              |
| Flour        | 1.637 | .137   | 9.11   | 208.   | .28        |              |
| Syrup        | —     | —      | 4.46   | 83.    | .39        |              |
| Lard         | —     | 6.25   | —      | 263.7  | .62        |              |
| Coffee       | .006  | —      | .04    | .09    | .62        |              |
| Potatoes     | 1.42  | .08    | 16.1   | 336.   | 1.20       |              |
|              | 40.24 | 27.417 | 149.74 | 4633.8 | 43.3       |              |

Nutritive Ratio - 1:5.2

Calorie per capita - 772.3

Cost of the meal - 43<sup>1</sup>/<sub>3</sub>



Dinner - April 14th

| Comp. per lb |       |       |        |      |         |          |
|--------------|-------|-------|--------|------|---------|----------|
| Material     | Prot. | Fat   | CarboH | cal  | cost lb | amt used |
| Rolls        | 9.1   | 1.6   | 53.3   | 1225 | 58      | 4.08     |
| Butter       | 1.    | 85.   | —      | 3605 | 25      | 4.11     |
| Sugar        | —     | —     | 100.   | 1860 | 6       | 4.11     |
| Cream        | 2.5   | 18.5  | 4.5    | 910  | 10      | 3.11     |
| Meat         | 19.5  | 7.3   | —      | 670  | 12      | 4.11     |
| Syrup        | —     | —     | 71.4   | 1330 | 6 1/4   | 2.11     |
| Milk (sour)  | .3    | .5    | 4.8    | 165  | 1/2     | 16.11    |
| Meal         | 9.2   | 1.9   | 75.4   | 1655 | 1       | 4.11     |
| Flour        | 12.3  | 1.1   | 73.    | 1635 | 2 1/4   | 4.11     |
| Cheese       | 25.9  | 33.7  | 2.4    | 1950 | 20      | 2.11     |
| Crackers     | 9.8   | 9.1   | 73.    | 1920 | 8       | 4.11     |
| Eggs         | 13.4  | 10.5  | —      | 720  | 8       | 5        |
| Cookies      | 5.69  | 16.42 | 37.32  | 1855 | 4 1/2   | 4.11     |
| Ice cream    | .2    | —     | 1.4    | 30   | 20      | 1/2      |

| Comp. & cost of amt used |      |      |       |       |   | Total cost |
|--------------------------|------|------|-------|-------|---|------------|
| Rolls                    | 3.41 | 1.6  | 19.98 | 457.5 | — | 1.87       |
| Butter                   | .25  | 21.2 | —     | 901   | — | 6.28       |
| Sugar                    | —    | —    | 25.   | 465   | — | 1.25       |
| Cream                    | 4.93 | 3.43 | .843  | 120.7 | — | 1.87       |
| Meat                     | 4.87 | 1.82 | —     | 167.5 | — | 3.         |
| Flour                    | 3.07 | .27  | 18.2  | 408.7 | — | 1.56       |
| Syrup                    | —    | —    | 8.92  | 166.2 | — | .78        |
| Milk (sour)              | .3   | .5   | 4.8   | 165.  | — | .5         |
| Meal                     | 9.3  | 4.95 | 18.85 | 413.7 | — | 1.12       |
| Cheese                   | 3.23 | 4.21 | .3    | 243.  | — | 1.25       |
| Crackers                 | 2.45 | 2.27 | 18.27 | 481.  | — | 2.88       |
| Eggs                     | 4.18 | 3.21 | —     | 225   | — | 2.         |
| Cookies                  | 1.42 | 4.1  | 14.33 | 468.7 | — | 2.24       |
| Ice cream                | .006 | —    | .04   | .09   | — | .62        |

35.127 - 48.82 - 154.18 - 6106.8 - 268.9

Nutritive Ratio - 1:17

Cal. per capita - 851.1

Cost of Dinner

268.9



Supper - April 14<sup>th</sup>

comp. per lb

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u>     | <u>amt</u> |
|------------------|--------------|------------|---------------|------------|-----------------|------------|
| <u>Rolls</u>     | 9.1          | 1.6        | 63.3          | 1225       | 6¢              | 207        |
| <u>Butter</u>    | 1.           | 85.        | —             | 3605       | 25              | 51.        |
| <u>Sugar</u>     | —            | —          | 100.          | 1860       | 6               | 21.        |
| <u>Icream</u>    | 2.5          | 18.5       | 4.5           | 910        | 16              | 11.        |
| <u>Cherries</u>  | 1.           | 8          | 16.7          | 365        | 18              | 20.        |
| <u>Syrup</u>     | —            | —          | 71.4          | 1330       | 6 $\frac{1}{4}$ | 61.        |
| <u>Sardines</u>  | 23.          | 19.7       | —             | 1260       | 15              | 12.        |

comp. &amp; cost of amt used

|                 |        |       |         |        | <u>total cost</u> |
|-----------------|--------|-------|---------|--------|-------------------|
| <u>Rolls</u>    | 11.37  | 2.    | 67.84   | 1030   | 6.25              |
| <u>Butter</u>   | .312   | 26.5  | —       | 1126   | 7.81              |
| <u>Sugar</u>    | —      | —     | 12.5    | 232.5  | 1.75              |
| <u>Icream</u>   | 1156   | 1.15  | .28     | 56.8   | .62               |
| <u>Cherries</u> | 1.25   | 1.    | 20.87   | 465.27 | 22.5              |
| <u>Syrup</u>    | —      | —     | 26.77   | 473.7  | 2.34              |
| <u>Sardines</u> | 17.25  | 14.77 | —       | 945.   | 5.                |
|                 | 30.343 | 45.42 | 128.265 | 4815.2 | 44.3              |

Nutritive Ratio — 1:5.7

Calorie per capita — 802.6

Cost of Supper — <sup>Cents</sup> 44.3

Total No. of calories per capita for the day — 2426

Total cost for the day \$ 1.136



Breakfast - April 15<sup>th</sup>

|              | comp. per lb |      |        |      |                |     |      |
|--------------|--------------|------|--------|------|----------------|-----|------|
| Material     | Prot.        | Fat  | carboH | cal  | cost           | amt | used |
| Bread        | 9.1          | 1.6  | 53.3   | 1225 | 6 <sup>4</sup> | 80g |      |
| Butter       | 1.           | 85.  | —      | 3660 | 25             | 3.  |      |
| Sugar        | —            | —    | 100.   | 1860 | 6              | 2.  |      |
| Cream        | 2.5          | 18.5 | 4.5    | 910  | 10             | 2.  |      |
| Wheat        | 19.5         | 7.3  | —      | 570  | 12             | 14. |      |
| Potatoes     | 2.2          | .1   | 18.4   | 385  | 1½             | 17. |      |
| Eggs         | 13.4         | 10.5 | —      | 720  | 8              | 12. |      |
| Gooseberries | 1.5          | —    | 12.8   | 265  | 9½             | 15. |      |
| Gard         | —            | 100. | 4      | 4220 | 16             | 1.  |      |
| Flour        | 12.3         | 1.1  | 73.    | 1635 | 2¼             | 2.  |      |
| Coffee       | .2           | —    | 1.4    | 30   | 20             | ½.  |      |
| Milk         | 3.4          | 3    | 5.1    | 170  | 2              | 16. |      |

|              | Comp  | Cost | of amt used | Total cost   |
|--------------|-------|------|-------------|--------------|
| Bread        | 4.55  | 8    | 26.65       | 2660 - 2.5   |
| Butter       | .187  | 16.9 | —           | 675 - 4.6    |
| Sugar        | —     | —    | 12.6        | 232.5 - .70  |
| Cream        | .312  | 2.3  | .57         | 143.6 - 1.25 |
| Meat         | 17.06 | 6.36 | —           | 586. - 10.5  |
| Potatoes     | 2.337 | .106 | 19.55       | 409. - 1.59  |
| Eggs         | 10.65 | 7.87 | —           | 390 - 6.     |
| Gooseberries | 1.4   | —    | 12.         | 237 - 8.69   |
| Gard         | —     | 6.22 | —           | 263.7 - .62  |
| Flour        | 1.537 | .137 | 9.11        | 208. - .28   |
| Coffee       | .006  | —    | .04         | .09 - .62    |
| Milk         | 3.4   | .3   | 5.1         | 170 - 2.     |

51.883 - 40.043 - 86.48 - 6800.5 - 39.6

Nutritive Ratio - 1:4:3

Calorie per capita - 966

Cost of the meal - 39.6



Dinner - April 18<sup>th</sup>

Comp. per lb

| Materials | Prot. | Fat  | Carb | Cal  | lb                            | cost            | unit used |
|-----------|-------|------|------|------|-------------------------------|-----------------|-----------|
| Bread     | 9.1   | 1.6  | 53.3 | 1225 | 6 <sup>9</sup>                | 20 <sup>0</sup> | g         |
| Butter    | 1.    | 85.  | —    | —    | 3605                          | 25              | 20        |
| Sugar     | —     | —    | 100. | —    | 1860                          | 6               | 12        |
| Cream     | 2.5   | 18.5 | 4.5  | 910  | 10                            | 1.              |           |
| Potatoes  | 2.2   | 1    | 18.4 | 385  | 1 <sup>1</sup> / <sub>2</sub> | 18.             |           |
| Meat      | 19.   | 12.8 | —    | —    | 490                           | 12              | 14.       |
| Flour     | 12.8  | 1.1  | 73.  | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 1.              |           |
| Lard      | —     | 100. | —    | —    | 4220                          | 16              | 1.        |
| Milk      | 3.4   | .3   | 5.1  | 170  | 2                             | 16.             |           |
| Egg       | 13.4  | 10.5 | —    | —    | 720                           | 8               | 2.        |
| Rhubarb   | .6    | .7   | 3.6  | 105  | 1 <sup>1</sup> / <sub>2</sub> | 24.             |           |
| Syrup     | —     | —    | 71.4 | 1330 | 6 <sup>1</sup> / <sub>4</sub> | 4.              |           |
| beat sup  | 1.5   | .2   | 12.3 | 265  | 6                             | 1.              |           |

Comp &amp; Cost of unit used

| Materials | Prot. | Fat  | Carb  | Cal   | lb    | cost | unit used |
|-----------|-------|------|-------|-------|-------|------|-----------|
| Bread     | 12.51 | .7   | 73.2  | 459.5 | 6.87  |      |           |
| Butter    | 1125  | 10.6 | —     | —     | 450.  | 3.12 |           |
| Sugar     | —     | —    | 75.   | —     | 1395  | 4.5  |           |
| Cream     | 115.6 | 1.15 | 285   | 66.8  | 1.62  |      |           |
| Potatoes  | 1.78  | .081 | 14.95 | 312.8 | 1.21  |      |           |
| Meat      | 16.6  | 11.2 | —     | —     | 778.  | 10.5 |           |
| Flour     | 1.637 | .137 | 9.11  | 208   | .28   |      |           |
| Lard      | —     | 6.25 | —     | —     | 263.7 | .62  |           |
| Milk      | 3.4   | .3   | 5.1   | 170.  | 2.    |      |           |
| Eggs      | 1.67  | 1.31 | —     | —     | 90.   | 1.   |           |
| Rhubarb   | .6    | 1.05 | 5.4   | 157.5 | 3.    |      |           |
| Syrup     | —     | —    | 17.85 | 332.5 | 1.56  |      |           |
| beat sup  | .093  | .012 | .76   | 16.5  | 137   |      |           |

38.771 - 41.795 - 20665 - 4690.3 - 85.67

Nutritive Ratio - 1.17

cal. per capita - 781.5



Supper - April 16th  
 Comp. per - lb

| Materials  | Prot. | Fat  | CarboH | cal  | cost  | unit  |
|------------|-------|------|--------|------|-------|-------|
|            |       |      |        |      | lb    | used  |
| Bread -    | 9.1   | 1.6  | 53.3   | 1225 | 69    | 18.78 |
| Butter -   | 1.    | 88.  | —      | 3605 | 26    | 4.1   |
| Sugar -    | —     | —    | 100.   | 1860 | 6     | 16.1  |
| Crackers - | 9.8   | 9.1  | 73.1   | 1925 | 8     | 3.1   |
| Cheese -   | 25.9  | 33.7 | 2.4    | 1950 | 20    | 4.1   |
| Sardines - | 23.   | 19.7 | —      | 1260 | 10    | 12.1  |
| Peaches -  | .7    | 1    | 10.8   | 220  | 3 1/3 | 10.1  |
| Apple -    | 6.2   | 8.1  | 64.1   | 1650 | 6.7   | 12.1  |
| Banana -   | 1.3   | .6   | 22.    | 460  | 10.   | 16    |

|            | Comp. & cost of unit used |       |       |       |            |  |
|------------|---------------------------|-------|-------|-------|------------|--|
|            |                           |       |       |       | total cost |  |
| Bread -    | 10.27                     | 1.7   | 59.96 | 1372  | 5.62       |  |
| Butter -   | 1.25                      | 26.2  | —     | 901   | 6.25       |  |
| Sugar -    | —                         | —     | 6.25  | 116   | 3.75       |  |
| Crackers - | 9.83                      | 1.7   | 13.7  | 360   | 1.51       |  |
| Cheese -   | 6.46                      | 8.42  | .6    | 486   | 5.         |  |
| Sardines - | 17.25                     | 14.77 | —     | 945   | 5          |  |
| Peaches -  | 1.312                     | 1.87  | 20.2  | 192.5 | 3.28       |  |
| Apple -    | 4.65                      | 6.07  | 48.7  | 1237. | 6.86       |  |
| Banana -   | 1.3                       | .6    | 22.   | 460   | 10.        |  |

43.322 - 64.652 - 171.46 - 6069.5 - 46.2

Nutritive Ratio - 1:6

Calories per capita - 1011

Cost of the meal - 46¢

No of calories per capita for the day 2758

Total Cost for the day - 1.21



Breakfast - April 16<sup>th</sup>

Comp. per lb.

| Materials | Prot | Fat  | Carbohyd | Cal  | Cost<br>lb | amt<br>used |
|-----------|------|------|----------|------|------------|-------------|
| Bread     | 9.1  | 1.6  | 53.3     | 1225 | 6¢         | 16.75       |
| Butter    | 1.   | 85.  | —        | 3605 | 25         | 1..         |
| Sugar     | —    | —    | 100.     | 1860 | 6          | 2..         |
| Cream     | 2.5  | 18.5 | 4.5      | 915  | 10         | 2..         |
| Coffee    | .2   | —    | 1.4      | 35   | 25         | 1/2..       |
| Milk      | 3.4  | .3   | 5.1      | 170  | 2          | 18..        |
| Potatoes  | 2.2  | .1   | 18.4     | 385  | 1 1/2      | 16..        |
| Meat      | 19.  | 12.8 | —        | 890  | 12         | 14..        |
| Flour     | 12.3 | 1.1  | 73.      | 1685 | 2 1/4      | 2..         |
| Lard      | —    | 100. | —        | 4220 | 15         | 1..         |

Comp. + cost of amt used

|          | Total cost |        |       |         |      |   |
|----------|------------|--------|-------|---------|------|---|
| Bread    | 9.1        | 1.6    | 53.3  | 1225    | 6¢   | — |
| Butter   | 1062       | 8.31   | —     | 225.3   | 1.56 | — |
| Sugar    | —          | —      | 12.5  | 232.2   | .75  | — |
| Cream    | 312        | 2.31   | 156   | 113.6   | 1.25 | — |
| Coffee   | 106        | —      | 104   | .09     | .62  | — |
| Milk     | 3.82       | .33    | 8.73  | 141.2   | 2.25 | — |
| Potatoes | 2.2        | .1     | 18.4  | 385     | 1.5  | — |
| Meat     | 16.6       | 11.2   | —     | 778     | 10.5 | — |
| Flour    | 1.53       | .137   | 9.11  | 208     | .28  | — |
| Lard     | —          | 6.25   | —     | 263.7   | .62  | — |
|          | 33.641     | 27.227 | 99.65 | 3607.39 | 24.3 | — |

Nutritive Ratio - 1:5

Calories per capita - 601.2Cost of the meal - 24.3



Dinner - April 16<sup>th</sup>

Comp. per lb

| Materials -    | Powl | Teal | Carbo H | Cal  | Cost amt       | lb - used |
|----------------|------|------|---------|------|----------------|-----------|
| Bread -        | 9.1  | 1.6  | 63.3    | 1225 | 6 <sup>8</sup> | 140g      |
| Butter -       | 1.   | 85.  | —       | 3605 | 20             | 17        |
| Sugar -        | —    | —    | 100.    | 1860 | 6              | 2"        |
| Cream -        | 2.5  | 18.5 | 4.5     | 910  | 10             | 1"        |
| Coffee -       | .2   | —    | 1.4     | 30   | 20             | 1/2"      |
| Meat -         | 19.  | 12.8 | —       | 890  | 12             | 18"       |
| Flour -        | 12.3 | 1.1  | 73.     | 1635 | 2 1/4          | 8"        |
| Lard -         | —    | 100. | —       | 4220 | 10             | 3"        |
| Milk -         | 3.4  | .3   | 5.1     | 170  | 2              | 16"       |
| Gooseberries - | 1.5  | —    | 12.8    | 265  | 9 1/3          | 18"       |
| Potatoes -     | 2.2  | .1   | 18.4    | 385  | 1 1/2          | 32"       |

Comp. + Cost of amt used Total cost

|                |        |       |        |        |   |                   |
|----------------|--------|-------|--------|--------|---|-------------------|
| Bread -        | 7.95   | 1.4   | 47.6   | 1067.  | — | 4 <sup>8</sup> 37 |
| Butter -       | 1062   | 5.31  | —      | 225.3  | — | 1.56              |
| Sugar -        | —      | —     | 12.5   | 232.5  | — | .75               |
| Cream -        | 1156   | 1.15  | 285    | 56.8   | — | .62               |
| Coffee -       | 1006   | —     | 104    | 109    | — | .62               |
| Meat -         | 21.37  | 14.4  | —      | 1001.  | — | 10.02             |
| Flour -        | 6.15   | .55   | 36.5   | 817.5  | — | 1.12              |
| Lard -         | —      | 18.75 | —      | 787.5  | — | 1.87              |
| Milk -         | 3.4    | .3    | 5.1    | 170.   | — | 2.                |
| Gooseberries - | 1.68   | —     | 14.4   | 298.1  | — | 15.4              |
| Potatoes -     | 4.4    | .2    | 36.8   | 770.   | — | 3.                |
| <hr/>          |        |       |        |        |   |                   |
|                | 45.228 | 42.26 | 153.22 | 5375.7 | — | 36 <sup>8</sup> 4 |

Nutritive Ratio - 1:6.4

Calorie per capita - 895.9

Cost of Dinner - 36<sup>8</sup> 4



Supper - April 16th

comp. per lb.

| Materials | Prot | Fat  | Carbo H | cal. | cost<br>lb | unit<br>used |
|-----------|------|------|---------|------|------------|--------------|
| Bread     | 9.1  | 1.6  | 53.3    | 1228 | 8¢         | 120          |
| Butter    | 1.   | 85   | —       | 3600 | 25         | 8.1          |
| Sugar     | —    | —    | 100.    | 1860 | 6          | 6.1          |
| Cream     | 2.5  | 18.5 | 4.5     | 910  | 10         | 1.1          |
| Potatoes  | 2.2  | 1    | 18.4    | 385  | 1½         | 12.1         |
| Cake      | 5.19 | 6.8  | 66.8    | 163  | 8          | 12           |
| Apricots  | 4.7  | 1    | 62.5    | 1290 | 12         | 18.1         |
| Eggs      | 13.4 | 10.5 | —       | 720  | 8          | 16.1         |

comp &amp; cost of unit used

|          |       |      |       |      |      |
|----------|-------|------|-------|------|------|
| Bread    | 6.825 | 1.2  | 39.6  | 915  | 8.75 |
| Butter   | 1812  | 26.5 | —     | 1126 | 7.81 |
| Sugar    | —     | —    | 27.5  | 343  | 2.25 |
| Cream    | 156   | 1.15 | 285   | 26.8 | .62  |
| Potatoes | 1165  | 1075 | 13.8  | 2631 | 1.12 |
| Cake     | 4165  | 6.75 | 48.07 | 1237 | 5.86 |
| Apricots | 5.28  | 1.25 | 70.31 | 1451 | 6.   |
| Eggs     | 13.4  | 10.5 | —     | 720  | 8.   |

32.273 — 46.35 — 199.865 — 6110.3 — 30.42

Nutritive Ratio 1:8

Calories per capita — 1002Total cost of the meal — 25¢Total cost for the day — 96.2Total No of calories per capita for  
the day — 2499.1



Breakfast - April 12<sup>th</sup>

Comp. per - lb.

| Materials  | Prot. | Fat  | CarboH | cal  | cost<br>lb | amt<br>used |
|------------|-------|------|--------|------|------------|-------------|
| Bread -    | 9.1   | 1.6  | 53.3   | 1226 | .64        | 8.00        |
| Butter -   | 1.    | 88.  | —      | 3600 | .20        | 3.00        |
| Sugar -    | —     | —    | 100.   | 1460 | .6         | 8.00        |
| Cream -    | 2.5   | 18.5 | 4.5    | 910  | .10        | 1.00        |
| Potatoes - | 2.2   | .1   | 18.4   | 385  | 1.1/2      | 8.00        |
| Meat -     | 19.   | 12.8 | —      | 890  | .9         | 12.00       |
| Milk -     | 3.4   | .3   | 5.1    | 170  | .2         | 16.00       |
| Lard -     | —     | 100. | —      | 4220 | .10        | .00         |
| Flour -    | 12.3  | 1.1  | 73.    | 1635 | 2.1/4      | 1.00        |
| Coffee -   | .2    | —    | 1.4    | 30   | .20        | 1/2.00      |

Comp. &amp; Cost of amt used

|            |       |      |       |       | Total cost |
|------------|-------|------|-------|-------|------------|
| Bread -    | 4.56  | .8   | 26.65 | 610   | 2.5        |
| Butter -   | .187  | 10.9 | —     | 675   | 4.68       |
| Sugar -    | —     | —    | 18.75 | 348.7 | 1.12       |
| Cream -    | .156  | 1.15 | .285  | 26.8  | .62        |
| Potatoes - | 1.1   | .65  | 9.2   | 192.5 | .70        |
| Meat -     | 14.25 | 9.6  | —     | 667.5 | 6.75       |
| Milk -     | 3.4   | .3   | 5.1   | 170.  | 2.         |
| Lard -     | —     | —    | —     | —     | —          |
| Flour -    | .768  | .68  | 4.55  | 104   | .14        |
| Coffee -   | .006  | —    | .04   | 109   | .62        |

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 23.703 - 35.50 - 60.625 - 2720.5 - 19.4

Nutritious - Ratio - 1:5

Calorie per capita - 453.4

Cost of the meal - 19.4



Dinner - April 17<sup>th</sup>

Comp. per - lb.

| Materials -    | Prot | Fat  | Carbo H | cal  | cost           | amt             |
|----------------|------|------|---------|------|----------------|-----------------|
| Bread -        | 9.1  | 1.6  | 53.3    | 1225 | 8 <sup>¢</sup> | 23 <sup>¢</sup> |
| Butter -       | 1.   | 85.  | —       | 3605 | 25             | 21.             |
| Sugar -        | —    | —    | 100.    | 1860 | 6              | 14.             |
| Cream -        | 2.5  | 18.5 | 4.5     | 910  | 10             | 1.              |
| Coffee -       | .2   | —    | 1.4     | 30   | 20             | 1/2.            |
| Cake -         | 5.19 | 6.8  | 66.8    | 1630 | 8              | 6.              |
| Flour -        | 12.3 | 1.1  | 73.     | 1635 | 2 1/4          | 6.              |
| Eard -         | —    | 100. | —       | 4220 | 10             | 2.              |
| Apricots -     | 4.7  | 1    | 62.5    | 1296 | 12             | 8.              |
| Gooseberries - | 1.5  | —    | 12.8    | 265  | 5 1/4          | 16.             |
| Meat -         | 19.  | 12.8 | —       | 890  | 9              | 12.             |

Comp. + cost of amt used <sup>total cost</sup>

|                |       |       |        |        |                 |    |
|----------------|-------|-------|--------|--------|-----------------|----|
| Bread -        | 14.21 | .9    | 83.2   | 286.   | 7 <sup>¢</sup>  | 86 |
| Butter -       | 125   | 10.6  | —      | 450.   | 3.              | 12 |
| Sugar -        | —     | —     | 87.5   | 1627   | 5.              |    |
| Cream -        | 156   | 1.15  | 285    | 56.8   | 1.              | 62 |
| Coffee -       | 1006  | —     | 104    | 109    | 1.              | 62 |
| Cake -         | 1.94  | 2.55  | 26.    | 611.   | 2.              | 93 |
| Flour -        | 4.61  | 4.    | 27.3   | 613.   | 1.              | 84 |
| Eard -         | —     | 12.5  | —      | 527.   | 1.              | 25 |
| Apricots -     | 2.35  | 105   | 81.25  | 645.   | 4.              |    |
| Gooseberries - | 1.5   | —     | 12.8   | 265    | 5.              | 25 |
| Meat -         | 14.2  | 9.6   | —      | 667.2  | 1.              | 75 |
| <hr/>          |       |       |        |        |                 |    |
|                | 39.18 | 37.57 | 267.77 | 6162.3 | 38 <sup>¢</sup> | 2  |

Nutritive Ratio - 1.18

Calories per capita 1015Cost of Dinner - 38<sup>¢</sup>



Supper - April 17<sup>th</sup>

Comp. &amp; cost per lb.

| <u>Materials</u> | <u>Proit</u> | <u>Fat</u> | <u>Carbo H</u> | <u>Cal.</u> | <u>cost</u>    | <u>amt</u>  |
|------------------|--------------|------------|----------------|-------------|----------------|-------------|
|                  |              |            |                |             | <u>lb</u>      | <u>used</u> |
| Bread            | 9.1          | 1.6        | 53.3           | 1225        | 6 <sup>8</sup> | 1600        |
| Butter           | 1.           | 85.        | —              | 3605        | 25             | 3.          |
| Sugar            | —            | —          | 100.           | 1860        | 6              | 1/2         |
| Cream            | 2.5          | 18.5       | 4.5            | 910         | 10             | 2.          |
| Potatoes         | 2.2          | 1          | 18.4           | 385         | 1/2            | 18.         |
| Eggs             | 13.4         | 10.5       | —              | 720         | 8              | 16.         |
| Lard             | —            | 100.       | —              | 4220        | 10             | 1.          |
| Apricots         | 4.7          | 1.         | 62.5           | 1295        | 12             | 20.         |

Comp &amp; cost of amt used. Total cost

|          |        |        |        |        |                |
|----------|--------|--------|--------|--------|----------------|
| Bread    | 9.1    | 1.6    | 53.3   | 1225   | 6 <sup>8</sup> |
| Butter   | 1.187  | 15.9   | —      | 675    | 4.68           |
| Sugar    | —      | —      | 3.12   | 68     | .18            |
| Cream    | 3.12   | 2.31   | .57    | 113.6  | 1.25           |
| Potatoes | 2.475  | .125   | 20.7   | 483.1  | 1.68           |
| Eggs     | 13.4   | 10.5   | —      | 720.   | 8.             |
| Lard     | —      | 6.25   | —      | 263.   | .62            |
| Apricots | 5.87   | 1.25   | 78.1   | 322.5  | 8              |
| <hr/>    |        |        |        |        |                |
|          | 31.344 | 38.025 | 166.79 | 3805.2 | 29.4           |

Nutritive Ratio - 1:1

Calories per capita - 634.2

Cost of supper - 29.4

Total No. of calories per capita  
for the day - 2102.6Total cost for the day <sup>cents</sup> 87.1



Breakfast - April 18th

Comp. + cost a pound

| Materials | Prot. | Fat  | Carbo H | cal  | cost amt                      | lb used                                     |
|-----------|-------|------|---------|------|-------------------------------|---------------------------------------------|
| Bread     | 9.1   | 1.6  | 53.3    | 1226 | 6 <sup>c</sup>                | 140 <sup>g</sup>                            |
| Butter    | 1.    | 85.  | —       | 3605 | 28                            | 1 <sup>..</sup>                             |
| Sugar     | —     | —    | 100.    | 1860 | 6                             | 2 <sup>..</sup>                             |
| Cream     | 2.5   | 18.5 | 4.5     | 910  | 10                            | 3 <sup>..</sup>                             |
| Meat      | 19.   | 12.8 | —       | 890  | 12                            | 10 <sup>..</sup>                            |
| Potatoes  | 2.2   | .1   | 18.4    | 385  | 1 <sup>1</sup> / <sub>2</sub> | 15 <sup>..</sup>                            |
| Lard      | —     | 100  | —       | 4220 | 16                            | 1 <sup>..</sup>                             |
| Flour     | 12.3  | 1.1  | 73.     | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 2                                           |
| Coffee    | .2    | —    | 1.4     | 30   | 25                            | 1 <sup>1</sup> / <sub>2</sub> <sup>..</sup> |
| Milk      | 3.4   | .3   | 5.1     | 170  | 2                             | 16 <sup>..</sup>                            |

Comp. + Cost of amt used total cost

|          |       |      |      |       |      |
|----------|-------|------|------|-------|------|
| Bread    | 7.95  | 1.4  | 47.6 | 1067  | 3.75 |
| Butter   | .062  | 5.31 | —    | 225.3 | 1.56 |
| Sugar    | —     | —    | 12.5 | 232.5 | .75  |
| Cream    | 4.93  | 3.43 | .843 | 170.7 | 1.87 |
| Meat     | 11.8  | 8.   | —    | 556.  | 7.5  |
| Potatoes | 2.06  | .09  | 17.2 | 367.  | 1.4  |
| Lard     | —     | 6.25 | —    | 263.7 | .62  |
| Flour    | 1.037 | .137 | 9.11 | 208.  | .28  |
| Coffee   | .006  | —    | .04  | .09   | .62  |
| Milk     | 3.4   | .3   | 5.1  | 170.  | 2.   |

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 19, 937 - 24, 917 - 92, 893 - 3260.9 - 20<sup>3</sup>/<sub>3</sub>

Nutritive Ratio - 1:7

Calories per capita - 563.4

Cost of meal - 20<sup>3</sup>/<sub>3</sub>



Dinner - April 18th  
Comp. & cost - per lb.

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u>    | <u>amtl</u> | <u>used</u> |
|------------------|--------------|------------|---------------|------------|----------------|-------------|-------------|
| Bread            | 9.1          | 1.6        | 83.3          | 1225       | 8 <sup>c</sup> | 26          | 17          |
| Butter           | 1.           | 86.        | —             | 3665       | 25             | 3.          | —           |
| Sugar            | —            | —          | 100.          | 1860       | 6              | 2           | —           |
| Cream            | 2.5          | 18.5       | 4.5           | 910        | 10             | 1           | —           |
| Coffee           | .2           | —          | 1.4           | 30         | 20             | 1/2         | —           |
| Meat             | 19.          | 12.8       | —             | 890        | 9              | 5           | —           |
| Eggs             | 13.4         | 10.5       | —             | 720        | 8              | 8           | —           |
| Potatoes         | 2.2          | .1         | 18.4          | 382        | 1 1/2          | 10          | —           |
| Cheese           | 25.9         | 33.7       | 2.4           | 1960       | 20             | 5           | —           |
| Grape(sauce)     | 1.2          | .1         | 68.5          | 1115       | 8              | 8           | —           |
| Cake             | 5.19         | 6.8        | 66.8          | 1630       | 8              | 6           | —           |

Comp & cost of amtl used

|              |       |      |       |       | <u>total cost</u> |  |
|--------------|-------|------|-------|-------|-------------------|--|
| Bread        | 11.78 | 2.6  | 86.3  | 1061  | 8.12              |  |
| Butter       | 1.87  | 15.9 | —     | 675   | 4.68              |  |
| Sugar        | —     | —    | 12.5  | 232.5 | .75               |  |
| Cream        | 1.156 | 1.15 | .285  | 86.8  | .62               |  |
| Coffee       | .006  | —    | .04   | .09   | .62               |  |
| Meat         | 11.8  | 8.   | —     | 666.  | 2.71              |  |
| Eggs         | 6.7   | 6.25 | —     | 360   | 4.                |  |
| Potatoes     | 8.13  | .062 | 11.5  | 240   | .93               |  |
| Cheese       | 8.06  | 21.6 | 10.   | 1193  | 6.25              |  |
| Grape(sauce) | .6    | .05  | 29.25 | 667.5 | 4.                |  |
| Cake         | 1.941 | 2.55 | 25.   | 611.  | 5.86              |  |

42.379 - 67.16 - 179.87 - 6425 - 37.69

Nutritive Ratio - 1.7  
 Cal - per capita - 898



Supper - April 18thComp. & Cost per lb

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>Carbo h.</u> | <u>cal.</u> | <u>cost</u> | <u>unit</u> | <u>used</u> |
|------------------|--------------|------------|-----------------|-------------|-------------|-------------|-------------|
| Bread            | 9.1          | 1.6        | 63.3            | 1225        | 5¢          | 260g        |             |
| Butter           | 1.           | 80.        | —               | 3605        | 25          | 411         |             |
| Sugar            | —            | —          | 100.            | 1860        | 6           | 211         |             |
| Cream            | 2.5          | 18.5       | 4.5             | 910         | 10          | 111         |             |
| Salmon           | 21.8         | 12.1       | —               | 915         | 15          | 1411        |             |
| Potatoes         | 2.2          | .1         | 18.4            | 385         | 1½          | 28.         |             |
| Grape(Sauce)     | 1.2          | .1         | 68.5            | 1115        | 8           | 10          |             |
| Tea              | —            | —          | —               | —           | 40          | —           |             |

Comp & Cost of unit used

|              |       |      |      |       | <u>Total cost</u> |
|--------------|-------|------|------|-------|-------------------|
| Bread        | 14.78 | 2.6  | 86.3 | 1601  | 81.12             |
| Butter       | .25   | 21.2 | —    | 901   | 6.25              |
| Sugar        | —     | —    | 12.5 | 232.5 | .75               |
| Cream        | .156  | 1.15 | .285 | 66.8  | .62               |
| Salmon       | 19.07 | 1.58 | —    | 850.  | 15.               |
| Potatoes     | 3.85  | .175 | 32.2 | 673   | 2.62              |
| Grape(Sauce) | .75   | .06  | 36.5 | 684   | 5.                |
| Tea          | —     | —    | —    | —     | .1                |

38.856 - 26.765 - 167.78 - 4848. — 38¢.37

Nutritive Ratio - 1:6

Calorie per capita - 808

Cost of meal - 38¢.3

Total cost for the day - 96¢.3

Total No of calories per capita  
for the day - 96¢.3



Breakfast - April 19<sup>th</sup>Compt & cost of pound

| <u>Materials</u> | <u>Prot.</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u>                   | <u>anil</u>                   |
|------------------|--------------|------------|---------------|------------|-------------------------------|-------------------------------|
|                  |              |            |               |            | <u>lb</u>                     | <u>used</u>                   |
| Bread -          | 9.1          | 1.6        | 63.3          | 1225       | 6 <sup>1</sup> / <sub>2</sub> | 8 <sup>1</sup> / <sub>2</sub> |
| Butter -         | 1.           | 85.        | —             | 3605       | 20                            | 1 <sup>1</sup> / <sub>2</sub> |
| Sugar -          | —            | —          | 100           | 1860       | 6                             | 2                             |
| Cream -          | 2.5          | 18.5       | 4.5           | 910        | 10                            | 3                             |
| Coffee -         | .2           | —          | 1.4           | 30         | 20                            | 1 <sup>1</sup> / <sub>2</sub> |
| Potatoes -       | 2.2          | .1         | 18.4          | 385        | 1 <sup>1</sup> / <sub>2</sub> | 14                            |
| Meat -           | 19.          | 12.8       | —             | 890        | 12                            | 14                            |
| Lard -           | —            | 100.       | —             | 4220       | 10                            | 1                             |
| Milk -           | 3.4          | .3         | 6.1           | 170        | 2                             | 12                            |
| Flour -          | 12.3         | 1.1        | 73.           | 1635       | 2 <sup>1</sup> / <sub>4</sub> | 2                             |
| Grape (sauce) -  | 1.2          | .1         | 58.5          | 1115       | 8                             | 8                             |

Compt & Cost of anil used

|                 |       |      |       |       | <u>Total cost</u> |
|-----------------|-------|------|-------|-------|-------------------|
| Bread -         | 4.55  | 8    | 26.65 | 618   | 2.5               |
| Butter -        | .081  | .26  | —     | 112   | .78               |
| Sugar -         | —     | —    | 12.5  | 232.5 | .75               |
| Cream -         | 4.93  | 3.43 | .843  | 170.7 | 1.87              |
| Coffee -        | .006  | —    | .04   | .09   | .62               |
| Potatoes -      | 1.92  | .08  | 16.1  | 336.  | 1.2               |
| Meat -          | 16.6  | 11.2 | —     | 778.  | 10.5              |
| Lard -          | —     | 6.25 | —     | 263.7 | .62               |
| Milk -          | 2.55  | .225 | 3.82  | 127.5 | 1.5               |
| Flour -         | 1.537 | .137 | 9.11  | 208.  | .28               |
| Grape (sauce) - | .6    | .05  | 29.25 | 567.5 | 4.1               |

82.818 - 22.432 - 96.673 - 3425.9 - 241.6

Nutritive Ratio - 1:3

Calories per capita - 670.9



Dinner - April 19th

Comp. &amp; Cost per lb.

| Materials   | Prot | Fat  | CarboH | cal  | cost  | amt   |
|-------------|------|------|--------|------|-------|-------|
|             |      |      |        |      | lb    | used  |
| Bread       | 9.1  | 1.6  | 63.3   | 1226 | 68    | 17.08 |
| Butter      | 1.   | 85.  | —      | 3605 | 26    | 3 1/2 |
| Sugar       | —    | —    | 100.   | 1860 | 6     | 1     |
| Cream       | 2.5  | 18.5 | 4.5    | 910  | 10    | 1     |
| Coffee      | .2   | —    | 1.4    | 30   | 20    | 1/2   |
| Eggs        | 13.4 | 10.5 | —      | 720  | 8     | 10    |
| Potatoes    | 2.2  | .1   | 18.4   | 385  | 1 1/2 | 10    |
| Grav(Sauce) | 1.2  | .1   | 68.5   | 1115 | 8     | 5     |
| Cake        | 5.3  | 7.1  | 66.1   | 1569 | 8     | 4     |
| Jelly       | 1.   | —    | 80.4   | 1580 | 20    | 3     |

## Comp &amp; Cost of amt used

|             | Prot  | Fat  | CarboH | cal    | cost | amt |
|-------------|-------|------|--------|--------|------|-----|
| Bread       | 9.668 | 1.7  | 66.63  | 1286.2 | 5.36 |     |
| Butter      | .218  | 18.5 | —      | 787.   | 5.46 |     |
| Sugar       | —     | —    | 6.25   | 116.   | .87  |     |
| Cream       | .156  | 1.15 | .285   | 86.8   | .62  |     |
| Coffee      | .006  | —    | .04    | 108    | .62  |     |
| Eggs        | 8.87  | 6.56 | —      | 450.   | 5.   |     |
| Potatoes    | 1.3   | .06  | 11.5   | 246.   | .93  |     |
| Grav(Sauce) | .875  | .03  | 18.25  | 342.   | 2.5  |     |
| Cake        | 1.32  | 1.77 | 16.5   | 389.   | 2.   |     |
| Jelly       | 1.87  | —    | 15.7   | 296.   | 3.7  |     |

23.283 - 29.77 - 125.15 - 3735.08 - 23.6

Nutritive Ratio - 1:8

Calories per capita - 626

Cost of meal - 23.6



Supper - April 19thComp & Cost per lb.

| <u>Material</u>      | <u>Prot.</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u> | <u>am't</u> |
|----------------------|--------------|------------|---------------|------------|-------------|-------------|
| <u>Bread</u>         | 9.1          | 1.6        | 63.3          | 1225       | 6¢          | 167         |
| <u>Butter</u>        | 1.           | 85.        | —             | 3600       | 25          | 4"          |
| <u>Sugar</u>         | ~            | ~          | 100.          | 1860       | 6           | 2½"         |
| <u>Cream</u>         | 2.8          | 18.5       | 4.5           | 910        | 10          | 1"          |
| <u>Corn</u>          | 2.8          | 1.2        | 19.           | 455        | 12½         | 14"         |
| <u>Grape (juice)</u> | 1.2          | 1.         | 68.5          | 1115       | 8           | 10'         |
| <u>Eggs</u>          | 13.4         | 10.5       | —             | 720        | 8           | 24"         |
| <u>Lard</u>          | —            | 100.       | —             | 4220       | 10          | 1"          |

Comp & Cost of am't used

|                      |      |       |       |       |      |
|----------------------|------|-------|-------|-------|------|
| <u>Bread</u>         | 9.1  | 1.6   | 63.3  | 1225  | 6¢   |
| <u>Butter</u>        | 125  | 21.2  | —     | 901   | 6.25 |
| <u>Sugar</u>         | ~    | ~     | 16.62 | 681   | 1.93 |
| <u>Cream</u>         | 166  | 1.15  | 1245  | 66.8  | 1.62 |
| <u>Corn</u>          | 2.45 | .7    | 16.6  | 385.  | 12.  |
| <u>Grape (juice)</u> | .75  | 1662  | 36.5  | 696   | 6.   |
| <u>Eggs</u>          | 20.1 | 16.62 | —     | 1080  | 12.  |
| <u>Lard</u>          | —    | 6.25  | —     | 263.7 | 1.62 |

32.806 - 46.662 - 122.28 - 6183.5 - 42.93

Nutritive Ratio - 1:1.7

Calorie - per capita - 863.9

Cost of Supper - 42.9

Total No of calories per capita for the day - 2060.8

Total cost for the day - 91.2



Breakfast - April 20<sup>th</sup>

Comp. &amp; cost - per lb.

| Materials  | Prot | Fat  | CarboH | cal  | cost lb | amt used |
|------------|------|------|--------|------|---------|----------|
| Butter     | 1    | 85   | —      | 3605 | 26¢     | 8.7      |
| Sugar      | —    | —    | 100    | 1860 | 6       | 4        |
| Cream      | 2.5  | 18.5 | 4.5    | 910  | 10      | 4        |
| Meat       | 19   | 12.8 | —      | 890  | 12      | 12       |
| Flour      | 12.3 | 1.1  | 73     | 1635 | 2 1/4   | 7 1/2    |
| Goard      | —    | 100  | —      | 4220 | 10      | 1        |
| Milk       | 3.4  | .3   | 6.1    | 170  | 2       | 10       |
| Milk(sour) | .3   | .5   | 4.8    | 165  | 1/2     | 14       |
| Meal       | 9.2  | 1.9  | 75.4   | 1650 | 1       | 18       |
| Eggs       | 13.4 | 10.5 | —      | 720  | 8       | 2        |
| Coffee     | .2   | —    | 1.4    | 30   | 20      | 1/2      |
| Syrup      | —    | —    | 71.4   | 1330 | 6 1/4   | 4        |

Comp &amp; cost of amt used

|            | Prot  | Fat  | CarboH | cal   | total cost |
|------------|-------|------|--------|-------|------------|
| Butter     | .187  | 10.9 | —      | 675   | 4.68       |
| Sugar      | —     | —    | 25     | 455   | 1.5        |
| Cream      | .625  | 4.62 | 1.12   | 217.5 | 2.5        |
| Meat       | 14.29 | 9.6  | —      | 667.5 | 9          |
| Flour      | 5.76  | .51  | 34.2   | 766   | 11.55      |
| Goard      | —     | 6.25 | —      | 263.7 | 1.62       |
| Milk       | 2.12  | .18  | 3.18   | 106   | 1.25       |
| Milk(sour) | .26   | .43  | 4.2    | 144   | 1.43       |
| Meal       | 4.6   | .95  | 37.7   | 827.5 | .5         |
| Eggs       | 1.67  | 1.31 | —      | 90    | 1          |
| Coffee     | .006  | —    | .54    | 109   | .62        |
| Syrup      | —     | —    | 17.85  | 332.5 | 1.56       |

29.418 — 39.75 — 123.29 — 4644.7 — 24.7

Nutritive Ratio — 1:7

Calorie per capita — 767.4  
Cost of the meal 24.7



Dinner - April 20th

Comp. &amp; cost of amt used.

| Materials     | Prot. | Fat  | Carbo H | Cal  | cost  | amt<br>lb used |
|---------------|-------|------|---------|------|-------|----------------|
| Butter        | 1.    | 85.  | —       | 3605 | 25    | 4 1/2          |
| Cream         | 2.5   | 18.5 | 4.5     | 910  | 10    | 2              |
| Syrup         | —     | —    | 71.4    | 1330 | 6 1/4 | 5              |
| Sugar         | —     | —    | 100.    | 1860 | 6     | 1              |
| Milk          | 3.4   | .3   | 5.1     | 170  | 2     | 8              |
| Grape (sauce) | 1.2   | .1   | 58.5    | 1115 | 8     | 2              |
| Jelly         | 1.    | —    | 80.4    | 1585 | 20    | 2              |
| Meal          | 9.2   | 1.9  | 75.4    | 1650 | 1     | 8              |
| Sour milk     | .3    | .5   | 4.5     | 165  | 1/2   | 16             |
| Eggs          | 13.4  | 10.5 | —       | 720  | 8     | 4              |
| Gard          | —     | 100. | —       | 4220 | 10    | 3              |
| Flour         | 12.3  | 1.1  | 73.     | 1635 | 2 1/4 | 16             |

Comp. & cost of amt used

| Materials     | Prot. | Fat  | Carbo H | Cal   | cost  | amt<br>lb used |
|---------------|-------|------|---------|-------|-------|----------------|
| Butter        | .25   | 21.2 | —       | 401   | 6 1/2 | 25             |
| Cream         | .312  | 2.3  | .07     | 113.6 | 1.25  | —              |
| Syrup         | —     | —    | 22.3    | 415.1 | 1.95  | —              |
| Sugar         | —     | —    | 6.25    | 116.  | 1.37  | —              |
| Milk          | 1.7   | .15  | 2.55    | 85.   | 1.    | —              |
| Grape (sauce) | .15   | .012 | 7.3     | 139.  | 1.    | —              |
| Jelly         | .125  | —    | 10.3    | 197   | 2.    | —              |
| Meal          | 4.6   | .95  | 37.7    | 825   | 1.5   | —              |
| Sour Milk     | .3    | .5   | 4.5     | 165   | .5    | —              |
| Eggs          | 3.3   | 2.62 | —       | 150   | 2.    | —              |
| Gard          | —     | 18.7 | —       | 791   | 1.8   | —              |
| Flour         | 12.11 | 1.1  | 73.     | 1635  | 2.25  | —              |

22.857 - 47.532 - 164.97 - 6562.6 - 21 1/4

Nutritive Ratio - 1:11

Calorie per capit a - 1010.4

Cost of meal - 21 1/4



Supper - April 20th

Comp. &amp; cost per lb.

| Materials | Prot. | Fat  | CarboH | Cal. | cost  | amt<br>lb - used |
|-----------|-------|------|--------|------|-------|------------------|
| Rolls     | 9.1   | 1.6  | 53.3   | 1225 | 6¢    | 36.7g            |
| Butter    | 1.    | 80.  | —      | 3605 | 20    | 8"               |
| Sugar     | —     | —    | 100.   | 1860 | 6     | 1/2"             |
| Cream     | 2.5   | 18.6 | 4.5    | 910  | 10    | 2.               |
| leat sup  | 1.5   | .2   | 12.3   | 265  | 6     | 1/2"             |
| Beans     | 22.5  | 1.8  | 59.6   | 1605 | 4     | 26"              |
| Vinegar   | —     | —    | —      | —    | 2 1/4 | 2"               |

Comp. &amp; cost of amt used

|          |       |      |       |       |       |  |
|----------|-------|------|-------|-------|-------|--|
| Rolls    | 20.47 | 3.6  | 119.9 | 274.5 | 11.25 |  |
| Butter   | .187  | 15.9 | —     | 675.  | 4.68  |  |
| Sugar    | —     | —    | 3.12  | 58.1  | .18   |  |
| Cream    | .312  | 2.3  | .57   | 113.6 | 1.26  |  |
| leat sup | .049  | .006 | .38   | 8.2   | .18   |  |
| Beans    | 45.5  | 3.6  | 119.2 | 3210. | 5.    |  |
| Vinegar  | —     | —    | —     | —     | .81   |  |

66.701 — 25.406 — 243.17 — 679.9 — 22.8

Nutritive Ratio — 1.4calorie per capita — 1133least of supper — 22.8Total cost for the day — 64¢Total No. of calories per capita  
for the day. 2400



Break fast - april 2<sup>1947</sup>

Comp. &amp; cost per lb.

| Materials    | Prot. | Fat  | carboH | cal  | cost           | amts  |
|--------------|-------|------|--------|------|----------------|-------|
|              |       |      |        |      | lb             | used  |
| Bread        | 9.1   | 1.6  | 63.3   | 1225 | 6 <sup>8</sup> | 110g  |
| Butter       | 1.    | 80.  | —      | 3605 | 25             | 1/2   |
| Sugar        | —     | —    | 100    | 1860 | 6              | 21    |
| Cream        | 2.5   | 18.5 | 4.5    | 910  | 10             | 8     |
| Potatoes     | 2.2   | 1    | 18.4   | 385  | 2 1/2          | 22    |
| Bacon        | 9.9   | 67.4 | 2.20   | 3030 | 14             | 2     |
| Fat          | —     | 100. | —      | 4220 | 10             | 1/2   |
| Flour        | 12.1  | 1.1  | 73.    | 1635 | 2 1/4          | 1 1/2 |
| Milk         | 3.4   | .3   | 5.1    | 170  | 2              | 14    |
| Syrup        | —     | —    | 71.4   | 1330 | 6 1/4          | 1     |
| Grape(sauce) | 1.2   | 1    | 68.5   | 1115 | 8              | 4     |
| Coffee       | .2    | —    | 1.4    | 30   | 20             | 1/2   |

Comp. &amp; cost of amt used

|              |       |      |       |       | Total cost |
|--------------|-------|------|-------|-------|------------|
| Bread        | 6.3   | 1.1  | 36.6  | 838   | 3.48       |
| Butter       | 1093  | 7.93 | —     | 337   | 2.34       |
| Cream        | 4.93  | 3.43 | .843  | 170.7 | 1.87       |
| Sugar        | —     | —    | 12.5  | 232.5 | 1.75       |
| Potatoes     | 3.025 | .137 | 25.3  | 629.3 | 2.05       |
| Bacon        | 1.23  | 8.42 | —     | 378.  | 1.75       |
| Fat          | —     | 3.12 | —     | 38.1  | .39        |
| Flour        | 1.13  | .108 | 6.84  | 133.  | .21        |
| Milk         | 2.97  | .262 | 4.46  | 148   | 1.75       |
| Syrup        | —     | —    | 4.46  | 831.2 | .39        |
| Grape(sauce) | 3     | .025 | 14.62 | 278.  | .21        |
| Coffee       | .006  | —    | .04   | .09   | .62        |

20.014 — 24.527 — 101.203 — 8963.8 — 17.61

Nutritive Ratio — 1.17  
 Calorie per capita — 658.9  
 Cost of meal 17.61



Dinner - April 21<sup>st</sup>

Comp &amp; cost per lb.

| Materials    | Prot | Fat  | CarboH | Cal  | cost lb | amts used |
|--------------|------|------|--------|------|---------|-----------|
| Bread        | 9.1  | 1.6  | 53.3   | 1225 | 69      | 11.78     |
| Butter       | 11   | 86   | —      | 3605 | 25      | 1 1/2     |
| Sugar        | —    | —    | 100    | 1860 | 6       | 2         |
| Cream        | 2.8  | 18.6 | 4.5    | 910  | 10      | 3         |
| Coffee       | .2   | —    | 1.4    | 30   | 20      | 1/2       |
| Potatoes     | 2.2  | .1   | 18.4   | 885  | 1 1/2   | 8         |
| Bacon        | 9.9  | 67.4 | —      | 3030 | 14      | 2         |
| Milk         | 3.4  | .3   | 5.1    | 170  | 2       | 8         |
| Flour        | 12.3 | 1.1  | 73     | 1635 | 2 1/4   | 7 1/2     |
| Fat          | —    | 100  | —      | 4220 | 10      | 2 1/2     |
| Corn         | 2.8  | 1.2  | 19     | 455  | 12.3    | 14        |
| Syrup        | —    | —    | 71.4   | 1330 | 6 1/4   | 2         |
| Gooseberries | 1.5  | —    | 12.8   | 265  | 4       | 16        |

| Comp & cost of amt used |      |      |       |       |      |  |
|-------------------------|------|------|-------|-------|------|--|
| Bread                   | 6.3  | 1.1  | 36.6  | 888   | 8.49 |  |
| Butter                  | 1093 | 7.93 | —     | 837   | 2.34 |  |
| Sugar                   | —    | —    | 12.5  | 232.5 | 1.75 |  |
| Cream                   | 4.93 | 3.43 | 18.43 | 170.7 | 1.87 |  |
| Coffee                  | 1006 | —    | .04   | 109   | .62  |  |
| Potatoes                | 1.1  | .05  | 9.2   | 192.5 | .75  |  |
| Bacon                   | 1.23 | 8.42 | —     | 378   | 1.76 |  |
| Milk                    | 1.7  | 1.15 | 2.55  | 85    | 1    |  |
| Flour                   | 5.76 | 1.51 | 34.2  | 766   | 1.05 |  |
| Fat                     | —    | 10.6 | —     | 659   | 1.56 |  |
| Corn                    | 2.45 | .7   | 16.6  | 385   | 12.5 |  |
| Syrup                   | —    | —    | 8.92  | 166   | 1.28 |  |
| Gooseberries            | 1.5  | —    | 12.8  | 265   | 4    |  |

25,069 - 37.89 - 134,253 - 3964.5 - 33.4

Nutritive Ratio - 1.8

Calories per capita - 660.7

Cost of dinner - 33.4



Supper - April 21<sup>st</sup>  
 Comp. & cost per lb.

| Material | Prot | Fat  | Carb. H. | Calorie | cost  | amt   |
|----------|------|------|----------|---------|-------|-------|
|          |      |      |          |         | lb.   | used  |
| Bread    | 9.1  | 1.6  | 53.3     | 1225    | 89    | 20.7  |
| Butter   | 1.   | 85.  | —        | 3605    | 25    | 4.1   |
| Sugar    | —    | —    | 100      | 1860    | 6     | 10.1  |
| Cream    | 2.5  | 18.5 | 4.5      | 910     | 10    | 1.1   |
| Plums    | 1.   | —    | 20.1     | 395     | 8     | 12.1  |
| Eggs     | 13.4 | 10.5 | —        | 720     | 8     | 8.1   |
| Potatoes | 2.2  | 1    | 18.4     | 385     | 1 1/2 | 12.1  |
| Vinegar  | —    | —    | —        | —       | 2 1/2 | 1/4.1 |
| Beans    | 22.5 | 1.8  | 59.6     | 1605    | 4     | 12.1  |

Comp. & cost of amt used

|          |        |      |       |       | Total cost |
|----------|--------|------|-------|-------|------------|
| Bread    | 11.375 | .2   | 66.62 | 1625  | 2.25       |
| Butter   | .25    | 21.2 | —     | 901   | 6.25       |
| Sugar    | —      | —    | 62.5  | 1162  | 3.75       |
| Cream    | .156   | 1.15 | 1285  | 66.8  | .62        |
| Plums    | .75    | —    | 16.07 | 296.1 | 3          |
| Eggs     | 6.7    | 5.22 | —     | 860   | 4.1        |
| Potatoes | 1.65   | .075 | 13.8  | 288   | 1.2        |
| Vinegar  | —      | —    | —     | —     | .03        |
| Beans    | 16.87  | 1.35 | 44.7  | 1253  | 3.1        |

37.51 - 81.995 - 202.975 - 5791.8 - 28.83

Nutritive Ratio - 1:1.7

cal. per capita - 965.3

cost of meal 28.8

Total cost for the day - 78.8

Total No of calories per capita for the day - 2283.



# Break fast - april 22<sup>nd</sup>

Comp. & cost - per lb.

| Materials  | Prot. | Fat   | CarboH | cal  | cost<br>lb | amt<br>used |
|------------|-------|-------|--------|------|------------|-------------|
| Bread -    | 9.1   | 1.6   | 53.3   | 1225 | 68         | 14.8        |
| Butter -   | 1.    | 88.   | —      | 3605 | 25         | 2.1         |
| Sugar -    | —     | —     | 150.   | 1860 | 6          | 6.1         |
| Cream -    | 2.5   | 18.5  | 4.5    | 910  | 10         | 2.1         |
| Coffee -   | 2     | —     | 114    | 30   | 25         | 1/2         |
| Plums -    | 1.    | —     | 20.1   | 396  | 8          | 12.1        |
| Bacon -    | 9.9   | 27.4  | —      | 3030 | 14 1/2     | 2.1         |
| Potatoes - | 2.2   | .1    | 18.4   | 385  | 1 1/2      | 24.1        |
| Syrup -    | —     | —     | 71.4   | 1330 | 6 1/4      | 7.1         |
| cookies -  | 5.69  | 16.42 | 57.32  | 1855 | 9 1/2      | 5.1         |

Comp. & cost of amt used

|            |        |        |        |        | total cost |
|------------|--------|--------|--------|--------|------------|
| Bread -    | 7.95   | 1.4    | 47.6   | 1067   | 3.75       |
| Butter -   | 1.125  | 10.6   | —      | 450    | 3.12       |
| Sugar -    | —      | —      | 37.5   | 348    | 2.25       |
| Cream -    | .312   | 2.31   | 157    | 113.2  | 1.25       |
| coffee -   | 1.006  | —      | 1.04   | 109    | .62        |
| Plums -    | .75    | —      | 10.    | 296.   | 8.         |
| Bacon -    | 1.23   | 8.42   | —      | 378.   | 1.75       |
| Potatoes - | 3.3    | .15    | 27.6   | 192.7  | 2.25       |
| Syrup -    | —      | —      | 31.3   | 581.   | 2.63       |
| cookies -  | 1.74   | 5.181  | 17.91  | 579.   | 3.62       |
|            | 15.413 | 28.001 | 177.02 | 4005.3 | 23.66      |

Nutritive Ratio - 1:1.6

calories per capita - 667.5

Cost of meal - 23.66



Dinner - April 22<sup>nd</sup>

Comp. &amp; cost per lb.

| Material     | Prot. | Fat  | CarboH | cal  | cost                          | am't used |
|--------------|-------|------|--------|------|-------------------------------|-----------|
| Bread        | 9.1   | 1.6  | 53.3   | 1225 | 6 <sup>4</sup>                | 2112      |
| Butter       | 1.    | 85.  | —      | 3605 | 25                            | 478       |
| Sugar        | —     | —    | 100    | 1860 | 6                             | 811       |
| Cream        | 2.5   | 18.5 | 4.5    | 910  | 10                            | 211       |
| Milk         | 3.4   | .3   | 5.1    | 120  | 2                             | 1411      |
| Apricots     | 1.9   | 1.3  | 48.8   | 1000 | 12                            | 2411      |
| Potatoes     | 2.2   | 1    | 18.4   | 385  | 1 <sup>1</sup> / <sub>2</sub> | 2511      |
| Eggs         | 13.4  | 10.5 | —      | 720  | 8                             | 1611      |
| Flour        | 12.3  | 1.1  | 73.    | 1685 | 2 <sup>1</sup> / <sub>4</sub> | 611       |
| Lard         | —     | 100  | —      | 4220 | 10                            | 211       |
| Gooseberries | 1.5   | —    | 12.8   | 260  | 9 <sup>1</sup> / <sub>2</sub> | 1211      |

Comp &amp; cost of amt used, total cost

|              |        |       |       |       |                |      |
|--------------|--------|-------|-------|-------|----------------|------|
| Bread        | 11.376 | 2     | 67.84 | 1525  | 6 <sup>4</sup> | 2112 |
| Butter       | .25    | 21.2  | —     | 901   | 6.25           | 478  |
| Sugar        | —      | —     | 60.   | 980   | 8              | 811  |
| Cream        | 1312   | 2.31  | .66   | 113.5 | 1.25           | 211  |
| Milk         | 2.97   | .262  | 4.46  | 148.  | 1.75           | 1411 |
| Apricots     | 2.85   | 1.95  | 73.2  | 1000  | 8              | 2411 |
| Potatoes     | 3.437  | 1.66  | 19.75 | 601   | 2.34           | 2511 |
| Eggs         | 13.4   | 10.5  | —     | 720   | 8              | 1611 |
| Flour        | 4.612  | 1.412 | 27.25 | 613   | 1.84           | 611  |
| Lard         | —      | 12.5  | —     | 327.5 | 1.25           | 211  |
| Gooseberries | 1.125  | —     | 9.6   | 198.  | 6.93           | 1211 |

39.231 - 40.740 - 262.67 - 7776.1 - 46<sup>4</sup>/<sub>8</sub>

Nutritious Ratio - 1.8

Cal. per capita - 1246



Supper - April 22<sup>nd</sup>

Comp. &amp; cost per lb.

| Materials - | Prot. | Fat  | CarboH | cal  | cost lb | amts used |
|-------------|-------|------|--------|------|---------|-----------|
| Bread -     | 9.1   | 1.6  | 63.9   | 1225 | 6¢      | 28.7      |
| Butter -    | 1.    | 86.  | —      | 3606 | 2¢      | 6.1       |
| Cheese -    | 26.9  | 33.7 | 2.4    | 1950 | 20      | 10.1      |
| Apple -     | 4.4   | 5.9  | 36.4   | 1692 | 8       | 16.1      |
| Plums -     | 1.    | —    | 20.1   | 895  | 4       | 18.1      |
| Sugar -     | —     | —    | 100.   | 1860 | 6       | 12.1      |

Comp. &amp; cost of amts used &amp; total cost

|          |        |       |       |       |      |
|----------|--------|-------|-------|-------|------|
| Bread -  | 16.425 | 2.8   | 67.29 | 2135  | 8.75 |
| Butter - | 1815   | 26.8  | —     | 1126  | 7.81 |
| Cheese - | 16.1   | 10.06 | 1.8   | 1218  | 12.0 |
| Apple -  | 2.75   | 3.68  | 22.75 | 557   | 3.41 |
| Plums -  | 1.125  | —     | 22.61 | 444.3 | 4.0  |
| Sugar -  | —      | —     | 75.   | 1395. | 4.0  |

36.715 - 43.04 - 179.15 - 6875.3 - 41.07

Calories -  $6875.3 \div 7 = 982.1$ calories per capita - 982.1Nutritive Ratio - 1.7Cost of supper - 41.07Total cost for the day - 1.13No of calories per capita for the day - 2895



Breakfast - April 23<sup>rd</sup>

Comp. &amp; cost - per lb.

| Materials | Prot. | Fat  | CarboH | cal. | cost lb                       | amt used                       |
|-----------|-------|------|--------|------|-------------------------------|--------------------------------|
| Bread     | 9.1   | 1.6  | 53.3   | 1225 | 6 <sup>4</sup>                | 16 <sup>1</sup> / <sub>2</sub> |
| Butter    | 1.    | 86.  | —      | 3605 | 25                            | 2 <sup>1</sup> / <sub>2</sub>  |
| Sugar     | —     | —    | 100.   | 1860 | 6                             | 4 <sup>1</sup> / <sub>2</sub>  |
| Cream     | 2.5   | 18.5 | 4.5    | 910  | 10                            | 3.                             |
| Coffee    | .2    | —    | 1.4    | 305  | 25                            | 1.                             |
| Potatoes  | 2.2   | .1   | 14.4   | 385  | 1 <sup>1</sup> / <sub>2</sub> | 28.                            |
| Apricots  | 1.9   | 1.3  | 48.8   | 1000 | 12                            | 21.                            |
| Bacon     | 9.9   | 67.4 | —      | 3030 | 14                            | 2 <sup>1</sup> / <sub>2</sub>  |
| Cake      | 4.4   | 5.9  | 36.4   | 1692 | 8                             | 7.                             |
| Flour     | 12.3  | 1.1  | 73.    | 1635 | 2 <sup>1</sup> / <sub>4</sub> | 1 <sup>1</sup> / <sub>2</sub>  |
| lard      | —     | 100. | —      | 4220 | 15                            | 1 <sup>1</sup> / <sub>2</sub>  |
| Milk      | 3.4   | .3   | 5.1    | 170  | 2                             | 16                             |

Comp. &amp; cost of amt used, total cost

|          |       |       |       |       |                |
|----------|-------|-------|-------|-------|----------------|
| Bread    | 9.1   | 1.6   | 53.3  | 1225  | 6 <sup>4</sup> |
| Butter   | 125   | 10.2  | —     | 450   | 3.12           |
| Sugar    | —     | —     | 20.   | 465   | 1.5            |
| Cream    | 4.93  | 3.43  | .843  | 170.1 | 1.87           |
| Coffee   | .212  | —     | .087  | .18   | 1.25           |
| Potatoes | 3.85  | 1.75  | 22.2  | 673.  | 2.62           |
| Apricots | 2.49  | 1.706 | 64.05 | 312.5 | 7.             |
| Bacon    | 1.23  | 8.42  | —     | 378.  | 1.75           |
| Cake     | 1.925 | 2.58  | 15.9  | 748   | 2.25           |
| Flour    | 1.15  | 1.63  | 6.84  | 153   | .21            |
| lard     | —     | 3.12  | —     | 181   | .81            |
| Milk     | 3.4   | .3    | 5.1   | 170   | 2.             |

28.212 - 32.931 - 203.32 - 3610.4 - 289.8

Nutritious Ratio - 119

Calorie per capita - 544.4

Cost of meal - 289.8



Dinner - April 23rdComp. & cost - per lb

| Materials    | Prot. | Fat  | Carbo H | Cal. | cost lb | amt used |
|--------------|-------|------|---------|------|---------|----------|
| Bread -      | 9.1   | 1.6  | 58.3    | 1226 | 69      | 17.78    |
| Butter -     | 1.    | 85.  | —       | 3605 | 25      | 4.       |
| Sugar -      | —     | —    | 100.    | 1860 | 6       | 6.       |
| Cream -      | 2.5   | 18.5 | 4.5     | 910  | 10      | 2.       |
| Cozzee -     | 2     | —    | 1.4     | 30   | 20      | 1/2.     |
| Crackers -   | 9.8   | 9.1  | 78.1    | 1926 | 8 1/2   | 6.       |
| Cheese -     | 25.9  | 33.7 | 2.4     | 1950 | 20      | 4.       |
| Apricots -   | 1.9   | 1.3  | 48.8    | 1000 | 12      | 3.       |
| Cake -       | 4.4   | 5.9  | 36.4    | 1692 | 8       | 6.       |
| Gooseberries | 1.5   | —    | 12.8    | 265  | 9 1/4   | 13.      |
| Syrup -      | —     | —    | 71.4    | 1830 | 6 1/4   | 3.       |

Comp. & cost of amt used

Total cost

|              |      |       |       |        |      |
|--------------|------|-------|-------|--------|------|
| Bread -      | 9.6  | 1.7   | 56.63 | 1296.2 | 6.36 |
| Butter -     | 25   | 21.25 | —     | 901.   | 6.25 |
| Sugar -      | —    | —     | 3.8   | 322.5  | 2.25 |
| Cream -      | 3.12 | 2.3   | .56   | 113.6  | 7.25 |
| Crackers -   | 3.06 | 2.84  | 22.4  | 601.   | 2.95 |
| Cheese -     | 6.47 | 8.42  | .6    | 487.5  | 5    |
| Apricots -   | 3.5  | .24   | 9.15  | 187.1  | 1.   |
| Cake -       | 1.65 | 2.21  | 13.65 | 634.5  | 2.   |
| Gooseberries | 1.25 | —     | 3.15  | 215.   | 7.51 |
| Syrup -      | —    | —     | 14.6  | 247.   | 1.17 |
| Cozzee -     | 1.06 | —     | 1.04  | 1.09   | .62  |

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 22.968 - 38.96 - 158.79 - 6007.6 - 33.3

Nutritious Ratio - 1:10

Calorie per capita - 834.6

Cost of dinner - 33.3



Supper - April 23rd

Comp. & cost amb

| Material | Prot. | Fat  | CarboH | cal  | cost | amt<br>lb used |
|----------|-------|------|--------|------|------|----------------|
| Bread    | 9.1   | 1.6  | 53.3   | 1225 | 68   | 14.78          |
| Butter   | 1.    | 85   | —      | 3605 | 26   | 4.             |
| Sugar    | —     | —    | 100.   | 1860 | 6    | 10.            |
| Plums    | 1.    | 25.  | 20.1   | 890  | 4    | 10.            |
| Potatoes | 2.2   | .1   | 18.4   | 385  | 1½   | 28.            |
| Eggs     | 13.4  | 10.5 | —      | 720  | 8    | 20.            |
| Cream    | 2.5   | 18.5 | 4.5    | 910  | 10   | 2.             |
| Lard     | —     | 100. | —      | 4220 | 10   | 1.             |
| Tea      | —     | —    | —      | —    | —    | —              |
|          |       |      |        |      | 40   |                |

Comp & cost of amt used.

|          |       |        |      |       | Total cost |
|----------|-------|--------|------|-------|------------|
| Bread    | 7.95  | 1.4    | 47.6 | 1067  | 3.75       |
| Butter   | 1.25  | 21.2   | —    | 910   | 6.25       |
| Sugar    | —     | —      | 62.5 | 1112  | 3.75       |
| Plums    | 1.625 | —      | 12.5 | 221.  | 2.5        |
| Potatoes | 3.85  | 1.75   | 32.2 | 673.  | 2.62       |
| Eggs     | 16.75 | 13.125 | —    | 900   | 10.        |
| Cream    | 13.12 | 2.3    | 156  | 113.6 | 1.25       |
| Lard     | —     | 6.25   | —    | 263.7 | .62        |
| Tea      | —     | —      | —    | —     | .1         |

29.937 - 44.45 - 155.87 - 5260.3 - 30.7

Nutritive Ratio - 1.8

Cal. per capita - 875

Cost of meal 30.7

Total cost for the day - 93.01

Total No of calories per capita  
for the day - 2254



Breakfast - April 24<sup>th</sup>

Comp. &amp; cost per lb

| Materials | Prot | Fat  | Carbo H | Cal  | cost  | amt   |
|-----------|------|------|---------|------|-------|-------|
|           |      |      |         |      | lb    | Used  |
| Bread     | 9.1  | 1.6  | 53.3    | 1226 | 68    | 3.2   |
| Butter    | 1.   | 45.  | —       | 3605 | 25    | 4.1   |
| Sugar     | —    | —    | 100.    | 1860 | 6     | 2.1   |
| Cream     | 2.5  | 18.5 | 4.5     | 910  | 10    | 1.1   |
| Potatoes  | 2.2  | 1    | 18.4    | 385  | 1 1/2 | 12.1  |
| Apricots  | 1.9  | 1.3  | 48.8    | 1000 | 12    | 15.1  |
| Flour     | 12.3 | 1.1  | 73.     | 1635 | 2 1/4 | 8.1   |
| Eggs      | 13.4 | 10.5 | —       | 720  | 8     | 10.1  |
| Bacon     | 9.9  | 67.4 | —       | 3030 | 14    | 2.1   |
| Milk      | 3.4  | 13   | 5.1     | 170  | 2     | 20.1  |
| Lard      | —    | 100. | —       | 4220 | 10    | 1.1   |
| Syrup     | —    | —    | 71.4    | 1330 | 6 1/4 | 3.1   |
| Coffee    | 12   | —    | 1.4     | 30   | 20    | 1/2.1 |

Comp &amp; cost of amt used total cost

|                                            |       |      |       |       |      |
|--------------------------------------------|-------|------|-------|-------|------|
| Bread                                      | 1.706 | 1.3  | 4.99  | 228.  | 1.99 |
| Butter                                     | .25   | 21.2 | —     | 901   | 6.25 |
| Sugar                                      | —     | —    | 12.5  | 202.5 | 1.75 |
| Cream                                      | .156  | 1.15 | .281  | 28.8  | .62  |
| Potatoes                                   | .55   | .025 | 4.6   | 96.25 | 1.12 |
| Apricots                                   | 7.12  | 1.21 | 48.75 | 937.  | 6.   |
| Flour                                      | 6.15  | .55  | 36.5  | 817.5 | 1.12 |
| Eggs                                       | 8.37  | 6.56 | —     | 450   | 5.   |
| Coffee                                     | .006  | —    | .04   | 109   | .62  |
| Bacon                                      | 1.23  | 8.42 | —     | 378.  | 1.75 |
| Lard                                       | —     | 6.25 | —     | 663.7 | .62  |
| Milk                                       | 4.25  | 1375 | 6.37  | 187.  | 2.5  |
| Syrup                                      | —     | —    | 13.26 | 249.  | 1.17 |
| 29.798 - 46.04 - 128.291 - 4898.84 - 28.43 |       |      |       |       |      |

Nutritive Ratio - 8/16.4  
Cal. per capita



Dinner - April 24th

Comp. &amp; cost per lb.

| Materials | Prot | Fat  | Carbo H | cal  | cost | amt   |
|-----------|------|------|---------|------|------|-------|
|           | lb   | lb   | lb      | lb   | lb   | used  |
| Bread     | 9.1  | 1.6  | 63.3    | 1225 | 6¢   | 26.5  |
| Butter    | 1    | 85   | —       | 8605 | 25   | 5 1/2 |
| Sugar     | —    | —    | 100     | 1860 | 6    | 3     |
| Cake      | 4.4  | 5.9  | 36.4    | 1692 | 8    | 4     |
| Jelly     | 1    | —    | —       | 80.4 | 1586 | 20    |
| Egg       | 13.4 | 10.5 | —       | —    | 720  | 8     |
| Apricots  | 1.9  | 1.3  | 48.8    | 1000 | 12   | 14    |
| Cherries  | 1    | 18   | 16.7    | 365  | 18   | 4     |

Comp. &amp; cost of amt used

|          | Prot   | Fat   | Carbo H | cal     | cost | amt  |
|----------|--------|-------|---------|---------|------|------|
|          | lb     | lb    | lb      | lb      | lb   | used |
| Bread    | 14.78  | 2.6   | 86.6    | 1982    | 8¢   | 12   |
| Butter   | 1656   | 55.7  | —       | 2365    | 8.5¢ | 9    |
| Sugar    | —      | —     | 18.7    | 348     | 1.1¢ | 2    |
| Cake     | 1.1    | 1.47  | 91.2    | 423     | 1.4  | —    |
| Jelly    | 1.25   | —     | 10.05   | 197.5   | 2.5  | —    |
| Egg      | 1.67   | 1.31  | —       | 90      | 1    | —    |
| Apricots | 1.66   | 1.13  | 42.7    | 875     | 5    | —    |
| Cherries | 1.25   | 2     | 4.175   | 91.25   | 4.5  | —    |
|          | 20.241 | 62.41 | 171.325 | 6871.75 | 32¢  | 2    |

Nutritive Ratio - 1:11

Calorie per capita - 1061.

Cost of Dinner - 32 -<sup>cents</sup>



Supper - April 24<sup>th</sup>Comp. & cost per lb

| <u>Materials</u> | <u>Prot</u> | <u>Fat</u> | <u>CarboH</u> | <u>Cal</u> | <u>cost</u> | <u>amt</u> |
|------------------|-------------|------------|---------------|------------|-------------|------------|
| Bread -          | 9.1         | 1.6        | 63.3          | 1225       | 64          | 160g       |
| Butter -         | 1.          | 85.        | —             | 3605       | 25          | 6..        |
| Apricots -       | 1.9         | 1.3        | 48.8          | 1000       | 12          | 12..       |
| Syrup -          | —           | —          | 71.4          | 1330       | 6 1/4       | 4..        |
| Sugar -          | —           | —          | 100.          | 1860       | 6           | 2..        |
| Cream -          | 2.5         | 18.8       | 41.5          | 910        | 10          | 1..        |
| Eggs -           | 13.4        | 10.8       | —             | 720        | 8           | 20..       |
| Potatoes -       | 2.2         | 1.         | 18.4          | 385        | 1 1/2       | 12..       |
| Rolls -          | 9.1         | 1.6        | 63.3          | 1225       | 5           | 10..       |
| Milk -           | 3.4         | 13         | 6.1           | 170        | 2           | 8..        |

Comp. & cost of amt used

|            |       |       |       |       |       |  |
|------------|-------|-------|-------|-------|-------|--|
| Bread -    | 9.1   | 1.6   | 63.3  | 1225  | 64    |  |
| Butter -   | 375   | 31.8  | —     | 1351  | 9.37  |  |
| Apricots - | 1.425 | 1.975 | 36.6  | 750   | 6.    |  |
| Syrup -    | —     | —     | 17.85 | 332.5 | 1.862 |  |
| Sugar -    | —     | —     | 12.5  | 232.5 | .75   |  |
| Cream -    | 1156  | 1.15  | 1285  | 66.8  | .62   |  |
| Eggs -     | 16.75 | 10.75 | —     | 900.  | 10.   |  |
| Potatoes - | 1.45  | 1.2   | 13.8  | 288   | 1.12  |  |
| Bread -    | 5.68  | 1.15  | 39.9  | 762.5 | 3.12  |  |
| Milk -     | 1.7   | 63.   | 2.55  | 85.   | 1.    |  |

36.636 - 49.97 - 176.688 - 6978.3 - 37.95

Nutritive Ratio - 1.17

Cal-per capita - 446

Cost of supper 37.95

Total cost for day - 48.92

Total No of calories per capita for  
the day - 2874



April 26<sup>th</sup> Breakfast

| Comp. + cost per lb. |       |      |         |      |      |          |
|----------------------|-------|------|---------|------|------|----------|
| Materials            | Prot. | Fat  | Carbo H | Cal. | Cost | amt used |
| Bread                | 9.1   | 1.6  | 53.3    | 1228 | 69   | 20.8     |
| Butter               | 1.    | 86.  | —       | 3605 | 25   | 2.       |
| Sugar                | —     | —    | 100.    | 1860 | 6    | 1.       |
| Cream                | 2.5   | 18.5 | 4.5     | 910  | 10   | 1.5      |
| Milk                 | 3.4   | .3   | 5.1     | 170  | 2    | 1.2      |
| Coffee               | .2    | —    | 1.4     | 30   | 20   | 1.2      |
| Eggs                 | 13.4  | 10.5 | —       | 720  | 8    | 10.      |
| Cherries             | 1.    | .8   | 16.7    | 365  | 18   | 18.      |
| Bacon                | 9.9   | 67.4 | —       | 3030 | 12.5 | 1.       |
| Flour                | 12.3  | 1.1  | 73.     | 1635 | 2.5  | 1.5      |
| Lard                 | —     | 100. | —       | 4220 | 10   | 1.2      |
| Potatoes             | 2.2   | .1   | 18.4    | 385  | 1.5  | 2.       |
| Syrup                | —     | —    | 71.4    | 1330 | 6.5  | 1.       |

| Comp. + cost of amt used, total cost |        |       |       |       |      |  |
|--------------------------------------|--------|-------|-------|-------|------|--|
| Bread                                | 11.375 | 2.    | 67.84 | 1525  | 6.25 |  |
| Butter                               | .125   | 10.6  | —     | 450   | 3.12 |  |
| Sugar                                | —      | —     | 6.25  | 116   | 1.87 |  |
| Cream                                | .234   | 1.42  | 142   | 88.3  | 1.93 |  |
| Milk                                 | 2.55   | .225  | 3.82  | 127.5 | 1.5  |  |
| Coffee                               | 1.006  | —     | 1.04  | 108   | 1.62 |  |
| Eggs                                 | 8.37   | 6.56  | —     | 486.  | 5.   |  |
| Cherries                             | 1.125  | .9    | 18.78 | 369.5 | 18.5 |  |
| Bacon                                | .618   | 4.212 | —     | 189.  | 1.87 |  |
| Flour                                | 1.15   | 1.031 | 6.54  | 153.  | 1.21 |  |
| Lard                                 | —      | 8.12  | —     | 137.  | 3.1  |  |
| Potatoes                             | 2.488  | 1.181 | 24.15 | 565.  | 1.96 |  |
| Syrup                                | —      | —     | 4.46  | 83.1  | 1.89 |  |

28.433 - 29.321 - 132.60 - 4932.3 - 60.8  
 Nutritive Ratio - 1.6.9  
 Cal per capita - 822



Dinner - April 25th

Comp & cost per lb.

| <u>Materials</u> | <u>Prot</u> | <u>Fat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u> | <u>unit</u> |
|------------------|-------------|------------|---------------|------------|-------------|-------------|
| Bread            | 9.1         | 1.6        | 83.8          | 1225       | 64          | 26170       |
| Butter           | 1.          | 85.        | —             | 3605       | 25          | 4 1/2       |
| Sugar            | —           | —          | 100.          | 1860       | 6           | 12          |
| Cream            | 2.5         | 18.5       | 4.5           | 910        | 10          | 1           |
| Potatoes         | 2.2         | 1          | 18.4          | 385        | 1 1/2       | 5           |
| Syrup            | —           | —          | 71.4          | 1330       | 6 1/4       | 7           |
| Coffee           | 12          | —          | 1.4           | 30         | 20          | 1/2         |
| Gooseberries     | 1.5         | —          | 12.8          | 265        | 9 1/4       | 16          |
| Eggs             | 13.4        | 10.5       | —             | 720        | 8           | 14          |
| cherries         | 1.          | .8         | 16.7          | 365        | 8           | 4           |

Comp & cost of unit used

|              |       |      |       |       | <u>total cost</u> |
|--------------|-------|------|-------|-------|-------------------|
| Bread        | 14.21 | 2.5  | 83.2  | 1906. | 6.61              |
| Butter       | 128   | 28.9 | —     | 1013  | 7.03              |
| Sugar        | —     | —    | 75.   | 1395  | 4.5               |
| Cream        | 1.56  | 1.16 | 285   | 56.8  | .62               |
| Potatoes     | .68   | .031 | 5.75  | 415.6 | .46               |
| Syrup        | —     | —    | 31.23 | 381.  | 2.72              |
| Coffee       | 1006  | —    | 1.4   | 109   | .62               |
| Gooseberries | 1.5   | —    | 12.8  | 265.  | 9.25              |
| Eggs         | 11.72 | 9.18 | —     | 630.  | 7.                |
| cherries     | 125   | .2   | 4.17  | 91.2  | 4.5               |

29.012 - 36.961 - 212.48 - 6363.6 - 43<sup>¢</sup>.68

Nutritive Ratio - 1:10

calorie per capita - 1058

cost of meal - 43<sup>¢</sup>.5



Supper - April 26th

Amount + cost per lb.

| Materials | Prot. | Fat  | CarboH | cal. | cost | amt   |
|-----------|-------|------|--------|------|------|-------|
|           | lb.   | lb.  | lb.    | lb.  | lb.  | used  |
| Bread     | 9.1   | 1.6  | 63.3   | 1226 | 5¢   | 12.75 |
| Butter    | 1.    | 85.  | —      | 3605 | 25   | 2.    |
| Sugar     | —     | —    | 100.   | 1860 | 6    | 8.    |
| Cream     | 2.5   | 18.5 | 4.5    | 910  | 10   | 8.    |
| Potatoes  | 2.2   | 1    | 18.4   | 385  | 1½   | 30.   |
| Rice      | 8.    | .3   | 79.    | 1630 | 4    | 8.    |
| Syrup     | —     | —    | 71.4   | 1330 | 6¼   | 16.   |
| Milk      | 3.4   | .3   | 5.1    | 170  | 2    | 2.    |
| Raisins   | 2.6   | 3.3  | 76.1   | 1605 | 10   | 2.    |
| Lard      | —     | 100. | —      | 4220 | 10   | ½     |
| Tea       | —     | —    | —      | —    | —    | —     |

Amount + cost of amt used

|          |       |      |      |      |      |      |
|----------|-------|------|------|------|------|------|
| Bread    | 6.82  | 1.2  | 39.9 | 915  | 7    | 3.75 |
| Butter   | 1.25  | 10.6 | —    | 450  | 3.12 |      |
| Sugar    | —     | —    | 50.  | 930  | 3.   |      |
| Cream    | 1.25  | 9.25 | 2.25 | 455  | 5.8  |      |
| Potatoes | 4.125 | .187 | 34.5 | 721  | 2.8  |      |
| Rice     | 4.    | .15  | 39.5 | 815  | 2.25 |      |
| Syrup    | —     | —    | 71.4 | 1330 | 6.25 |      |
| Milk     | 1.225 | .037 | .63  | 21   | .25  |      |
| Raisins  | 1.325 | .415 | 9.51 | 200  | 1.25 |      |
| Lard     | —     | 3.12 | —    | 131  | .31  |      |

16.875 - 34.939 - 247.69 - 6887. - 28.09

Nutritive Ratios - 1/3

Calories per capita - 972

Cost of supper - 28.09

Total Cost for the day - 1.22

Total No of calories per capita for the day - 2852



Breakfast - April 26th

comp. &amp; cost per lb.

| Materials - | Prot. | Fat  | CarboH | cal. | cost lb. | amt used |
|-------------|-------|------|--------|------|----------|----------|
| Bread -     | 9.1   | 1.6  | 53.3   | 1225 | 58       | 10.08    |
| Butter -    | 1     | 85.  | —      | 3605 | 25       | 1..      |
| Sugar -     | —     | —    | 100    | 1860 | 6        | 2..      |
| Cream -     | 2.5   | 18.5 | 4.5    | 910  | 10       | 1..      |
| Potatoes -  | 2.2   | 1    | 18.4   | 385  | 1 1/2    | 16..     |
| Lard -      | —     | 100. | —      | 4220 | 10       | 1..      |
| Flour -     | 12.3  | 1.1  | 73.    | 1635 | 2 1/4    | 1 1/2..  |
| Coffee -    | .2    | —    | 1.4    | 30   | 20       | 1/2..    |
| Milk -      | 3.4   | .3   | 5.1    | 170  | 2        | 10..     |
| Cherries -  | 1.    | .8   | 16.7   | 365  | .8       | 24..     |

comp. &amp; cost of amt used

|            |       |      |       |       |      |
|------------|-------|------|-------|-------|------|
| Bread -    | 5.168 | 2.6  | 33.3  | 762   | 3.12 |
| Butter -   | 1.562 | 8.31 | —     | 225.3 | 1.56 |
| Sugar -    | —     | —    | 12.5  | 232.5 | .75  |
| Cream -    | 1.56  | 1.15 | 12.85 | 86.8  | .62  |
| Potatoes - | 2.2   | 1    | 18.4  | 385.  | 1.5  |
| Lard -     | —     | 6.25 | —     | 263.7 | .62  |
| Flour -    | 1.15  | 1.03 | 6.84  | 153.  | .21  |
| Coffee -   | 1.06  | —    | 1.04  | 109   | .62  |
| Milk -     | 2.12  | .18  | 3.18  | 106.  | 1.25 |
| Cherries - | 1.05  | 1.2  | 25.07 | 547.5 | 27.  |

132.44 - 16.893 - 99.675 - 2731.8 - 379.27

Nutritive Ratio - 1:1.6

Calories per capita - 450.

Cost of meal - 37¢



Dinner - April 26<sup>th</sup>

Comp. &amp; cost per lb.

| <u>Materials</u> | <u>Provl.</u> | <u>Flat</u> | <u>CarboH</u> | <u>cal</u> | <u>cost</u><br><u>lb</u> | <u>amtl</u><br><u>used</u> |
|------------------|---------------|-------------|---------------|------------|--------------------------|----------------------------|
| Bread -          | 9.1           | 1.6         | 53.3          | 1225       | 6¢                       | 14.75                      |
| Butter -         | 1.            | 85.         | —             | 3605       | 25                       | 2 1/2                      |
| Sugar -          | —             | —           | 100.          | 1860       | 6                        | 1.1                        |
| Jelly -          | 1.            | 8           | 80.4          | 1580       | 20                       | 1/2                        |
| Cream -          | 2.5           | 18.5        | 4.5           | 910        | 10                       | 1.1                        |
| Coffee -         | .2            | —           | 1.4           | 30         | 20                       | 1/2                        |
| Egg -            | 13.4          | 10.5        | —             | 720        | 8                        | 10.1                       |
| Cherries -       | 1.            | 8           | 16.7          | 365        | 18                       | 16.1                       |
| Potatoes -       | 2.2           | .1          | 18.4          | 385        | 2 1/4                    | 16                         |
| Syrup -          | —             | —           | 71.4          | 1330       | 6 1/4                    | 4.1                        |

Comp. &amp; cost of materials used

|            |       |      |      |       |                               |
|------------|-------|------|------|-------|-------------------------------|
| Bread -    | 7.95  | 1.4  | 47.6 | 1067  | <sup>total cost</sup><br>3.75 |
| Butter -   | .156  | 13.2 | —    | 523   | 3.9                           |
| Sugar -    | —     | —    | 6.25 | 116   | 1.37                          |
| Jelly -    | 10.31 | —    | 2.81 | 49.   | .62                           |
| Cream -    | .156  | 1.15 | .281 | 58.8  | .62                           |
| Coffee -   | .106  | —    | .104 | .09   | .62                           |
| Egg -      | 8.87  | 6.06 | —    | 450.  | 5.                            |
| Cherries - | 1.    | 8    | 16.7 | 365   | 18.                           |
| Potatoes - | 2.2   | .1   | 18.4 | 385   | 1.5                           |
| Syrup -    | —     | —    | 17.8 | 332.5 | 1.56                          |

19.869 - 23.21 - 109.58 - 2846.39 - 43.958

Nutritive Ratio - 1.8

Calorie per capita - 557.7

Cost of meal - 43.95



Supper - April 26th

Comp. &amp; cost per lb

| Materials | Prot. | Fat  | Carbo H | Cal  | Cost and<br>lb used |
|-----------|-------|------|---------|------|---------------------|
| Bread     | 9.1   | 1.6  | 63.3    | 1225 | 64 - 167g           |
| Butter    | 1.    | 86.  | —       | 3605 | 20 - 4.1            |
| Sugar     | —     | —    | 100.    | 1860 | 6 - 2.1             |
| Cream     | 2.5   | 18.5 | 4.5     | 910  | 10 - 1.1            |
| Potatoes  | 2.2   | 1    | 18.4    | 385  | 1 1/2 - 26.         |
| Eggs      | 13.4  | 10.5 | —       | 720  | 10 - 16.1           |
| Cheese    | 25.9  | 33.7 | 2.4     | 1950 | 20 - 2.1            |
| Syrup     | —     | —    | 71.4    | 1330 | 6 1/4 - 1.1         |
| Cherries  | 1.    | .8   | 16.7    | 365  | 18 - 12.1           |
| Cake      | 4.4   | 5.9  | 36.4    | 1692 | 7 3/4 - 10.1        |
| Tea       | —     | —    | —       | —    | 40 - 2 1/2 cups     |

Comp & cost of amt used

| Materials | Prot. | Fat   | Carbo H | Cal    | Cost and<br>lb used |
|-----------|-------|-------|---------|--------|---------------------|
| Bread     | 9.1   | 1.6   | 63.3    | 1225   | 64                  |
| Butter    | 1.25  | 21.2  | —       | 901    | 6.25                |
| Sugar     | —     | —     | 12.5    | 232.5  | .75                 |
| Cream     | 1.56  | 1.15  | .281    | 58.8   | .162                |
| Potatoes  | 3.575 | 1.162 | 29.9    | 631.   | 2.43                |
| Eggs      | 13.4  | 10.5  | —       | 720    | 8.                  |
| Cheese    | 3.23  | 4.21  | .3      | 243    | 2.15                |
| Syrup     | —     | —     | 4.46    | 83.1   | .39                 |
| Cherries  | .75   | .6    | 12.52   | 273.   | 13.5                |
| Cake      | 2.75  | 3.68  | 22.75   | 1007.5 | 3.41                |
| Tea       | —     | —     | —       | —      | .1                  |

32.211 - 63.102 - 136.011 - 6319.4 - 46.82

Nutritive Ratio - 1:1

Calorie per capita - 886

Cost of meal - 46¢

Total cost of meals for the day - 1.20

Total No of calories per capita - 1883



Break fast - April 27th

Comp. &amp; cost of material per lb.

| Materials | Prot. | Fat  | CarboH | Cal  | cost<br>lb | amtl<br>used |
|-----------|-------|------|--------|------|------------|--------------|
| Bread     | 9.1   | 1.6  | 53.3   | 1225 | 68         | 20.7         |
| Butter    | 1.    | 85.  | —      | 3605 | 25         | 2.           |
| Sugar     | —     | —    | 100.   | 1860 | 6          | 2.           |
| Cream     | 2.8   | 18.5 | 4.5    | 910  | 10         | 2.           |
| Bacon     | 9.9   | 67.4 | —      | 3030 | 12 1/2     | 1/2          |
| Eggs      | 13.4  | 10.5 | —      | 720  | 8          | 12.          |
| Potatoes  | 2.2   | 1    | 18.4   | 385  | 1 1/2      | 13.          |
| Milk      | 3.4   | .3   | 5.1    | 170  | 2          | 14.          |
| Lard      | 000   | 100  | —      | 4220 | 10         | 1/2          |
| Flour     | 12.3  | 1.1  | 73.    | 1635 | 2 1/4      | 1 1/2        |
| Apricots  | 1.9   | 1.3  | 48.8   | 1000 | 12         | 18.          |
| Coffee    | .2    | —    | 1.4    | 30   | 20         | 1/2          |

Comp. &amp; cost of amtl used

|          |        |      |       |       | total cost |
|----------|--------|------|-------|-------|------------|
| Bread    | 11.375 | 2.   | 67.84 | 1525  | 6.25       |
| Butter   | .125   | 10.6 | —     | 450   | 3.12       |
| Sugar    | —      | —    | 12.5  | 232.5 | .75        |
| Cream    | .312   | 2.3  | .86   | 113.6 | 1.25       |
| Bacon    | .309   | 2.1  | —     | 74.   | .43        |
| Eggs     | 10.05  | 7.87 | —     | 640   | 6.         |
| Potatoes | 1.78   | .081 | 14.9  | 312   | 1.41       |
| Milk     | 2.97   | .262 | 4.46  | 148   | 1.75       |
| Lard     | —      | 3.12 | —     | 131   | .31        |
| Flour    | 1.15   | .103 | 6.8   | 153.  | .21        |
| Apricots | 2.137  | 1.9  | 54.9  | 1125. | 7.         |
| Coffee   | .1006  | —    | .04   | .69   | .62        |

32.35 - 31.075 - 172.01 - 4804.19 - 29 1/2

Nutritive Ratio - 1/12  
 Calorie per capita - 6006  
 cost of meal - 29¢



Dinner - April 27th

Comp. &amp; cost per lb

| Materials  | Prot. | Fat  | CarboH | cal. | cost<br>lb | amt<br>used |
|------------|-------|------|--------|------|------------|-------------|
| Bread -    | 9.1   | 1.6  | 83.3   | 1225 | 29         | 22.58       |
| Butter -   | 1.    | 85.  | —      | 3605 | 25         | 5 "         |
| Sugar -    | —     | —    | 100.   | 1860 | 6          | 1 1/2 "     |
| Cream -    | 2.5   | 18.5 | 4.5    | 910  | 16         | 2 "         |
| Coffee -   | .2    | —    | 1.4    | 30   | 26         | 1/2 "       |
| Syrup -    | —     | —    | 71.4   | 1330 | 6 1/4      | 6 "         |
| Potatoes - | 2.2   | 1    | 18.4   | 385  | 1 1/2      | 13 "        |
| Eggs -     | 13.4  | 10.5 | —      | 720  | 8          | 12 "        |
| Cake -     | 4.4   | 5.9  | 36.4   | 1692 | 7 3/4      | 6 "         |
| Jelly -    | 1.    | —    | 80.4   | 1580 | 20         | 3 "         |

Comp. &amp; cost of amt used

|            | Prot. | Fat   | CarboH | cal.  | Total cost |
|------------|-------|-------|--------|-------|------------|
| Bread -    | 12.51 | .7    | 73.2   | 459.2 | 6.87       |
| Butter -   | 3.12  | 26.5  | —      | 1126. | 7.81       |
| Sugar -    | —     | —     | 9.3    | 174.  | 1.56       |
| Cream -    | 3.12  | 2.31  | 15.7   | 113.6 | 1.25       |
| Coffee -   | .006  | —     | .04    | 109   | .62        |
| Syrup -    | —     | —     | 26.7   | 492.  | 2.34       |
| Potatoes - | 1.78  | 1.081 | 14.9   | 312   | 1.41       |
| Eggs -     | 10.05 | 7.87  | —      | 540   | 6.         |
| Cake -     | 1.65  | 2.21  | 13.65  | 634.5 | 1.9        |
| Jelly -    | .187  | —     | 15.07  | 271.  | 3.75       |

27.007 - 40.661 - 103.43 - 4122.39 - 329.5

Nutritive Ratio - 119

Calories per capita - 687.6

Cost of dinner - 329.5



Supper - April 27th

comp. &amp; cost per lb. of material

| Materials    | Prot | Fat  | Carbo A | cal  | cost lb | amt used |
|--------------|------|------|---------|------|---------|----------|
| Biscuit      | 9.7  | 4.9  | 48.1    | 1237 | 4¢      | 32.26    |
| Butter       | 1.   | 85.  | —       | 3665 | 25      | 8.11     |
| Sugar        | —    | —    | 100.    | 1860 | 6       | 10.11    |
| Cream        | 21.5 | 18.5 | 4.5     | 890  | 10      | 7.11     |
| Potatoes     | 2.2  | 1    | 18.4    | 385  | 1 1/2   | 32.11    |
| Cheese       | 25.9 | 33.7 | 2.4     | 1950 | 20      | 6.11     |
| Strawberries | .7   | —    | 34.     | 460  | 15      | 22.11    |
| Syrup        | —    | —    | 71.4    | 1330 | 6 1/4   | 2.11     |
| Flour        | 12.3 | 1.1  | 73.     | 1635 | 2 1/4   | 40.2j    |
| Eggs         | 13.4 | 10.5 | —       | 720  | 8       | 4.11     |
| Lemon        | 1.   | .7   | 8.5     | 205  | 10      | 2.11     |

comp. &amp; cost of amt used

| Materials    | Prot  | Fat   | Carbo A | cal    | total cost |
|--------------|-------|-------|---------|--------|------------|
| Biscuit      | 18.6  | 9.8   | 96.2    | 2474   | 6.864      |
| Butter       | 105   | 42.5  | —       | 1802.5 | 12.15      |
| Sugar        | —     | —     | 62.5    | 1162   | 3.75       |
| Cream        | 115.6 | 111.5 | 28.1    | 869    | 1.62       |
| Potatoes     | 4.4   | .2    | 36.8    | 770    | 3.         |
| Cheese       | 9.71  | 12.6  | .9      | 731    | 7.5        |
| Strawberries | 96.2  | —     | 33.     | 632    | 20.62      |
| Syrup        | —     | —     | 8.92    | 166    | 1.78       |
| Flour        | 3.07  | .275  | 18.25   | 408    | 1.56       |
| Eggs         | 32.5  | 26.8  | —       | 180    | 2.         |
| Lemon        | 11.25 | 10.87 | 1.06    | 20.6   | 2.15       |

40.423 - 75.482 - 207.911 - 9183.1 - 63.3

Nutritive Ratio - 1:1.6

calorie per capita - 1530

Total cost for the day - 1.22

Total No. of calories per capita for the day - 3018



Breakfast - April 28th

Comp. &amp; cost per lb

| Materials | Prot. | Fat  | CarboH | cal  | cost lb | amt used |
|-----------|-------|------|--------|------|---------|----------|
| Bread     | 9.1   | 1.6  | 53.3   | 1225 | 6¢      | 280g     |
| Butter    | 1.    | 85.  | —      | 3605 | 25      | 1"       |
| Sugar     | —     | —    | 100    | 1860 | 6       | 2"       |
| Cream     | 2.5   | 18.5 | 4.5    | 910  | 10      | 1"       |
| Coffee    | .2    | —    | 1.4    | 30   | 20      | 1/2"     |
| Meat      | 19.   | 12.8 | —      | 890  | 9       | 18"      |
| Eard      | —     | 100. | —      | 4220 | 10      | 1/2"     |
| Flour     | 12.3  | 1.1  | 73.    | 1635 | 2.25    | 2"       |
| Milk      | 3.4   | 3    | 5.1    | 170  | 2       | 12"      |

Comp. &amp; cost of amt used

|                                          |       |      |      |       |       |
|------------------------------------------|-------|------|------|-------|-------|
| Bread                                    | 18.92 | 2.8  | 93.2 | 415   | 8.75  |
| Butter                                   | 1062  | 5.31 | —    | 225   | 1.56  |
| Sugar                                    | —     | —    | 12.5 | 232.5 | 1.75  |
| Cream                                    | 156   | 1.15 | .281 | 58.8  | 1.62  |
| Coffee                                   | 1006  | —    | 1.04 | 109   | .62   |
| Meat                                     | 21.87 | 14.4 | —    | 150.1 | 10.12 |
| Potatoes                                 | 3.675 | .162 | 29.9 | 409.6 | 2.43  |
| Eard                                     | —     | 3.12 | —    | 131.  | 131   |
| Flour                                    | 1.5   | .137 | 9.12 | 204.  | 128   |
| Milk                                     | 2.55  | .225 | 3.82 | 127.5 | 1.5   |
| <hr/>                                    |       |      |      |       |       |
| 45.139 - 27.304 - 148.86 - 2803.9 - 26.9 |       |      |      |       |       |

Nutritive Ratio - 1.14.6Calorie per capita - 467.3Cost of meal - 26.9



Dinner - April 28th  
 Comp. & cost per lb

| Materials    | Prot | Fat  | Carbo H | Calorie | cost  | amt used |
|--------------|------|------|---------|---------|-------|----------|
| Bread        | 9.1  | 1.6  | 53.3    | 1225    | 6¢    | 3.75     |
| Butter       | 1.   | 85.  | —       | 3605    | 25    | 1/2"     |
| Sugar        | —    | —    | 100     | 1860    | 6     | 1/2"     |
| Cream        | 2.5  | 18.5 | 4.5     | 910     | 10    | 1/2"     |
| Asparagus    | 1.8  | .2   | 3.3     | 105     | 8     | 16"      |
| Crackers     | 9.8  | 9.1  | 73.1    | 1925    | 8     | 12"      |
| Syrup        | —    | —    | 71.4    | 1330    | 6 1/4 | 3"       |
| Coffee       | .2   | —    | 1.4     | 30      | 20    | 1/2"     |
| Milk         | 3.4  | .3   | 5.1     | 170     | 2     | 10"      |
| Strawberries | .7   | —    | 24.     | 460     | 15    | 8"       |

| Comp. & cost of amt used                      | Total cost |
|-----------------------------------------------|------------|
| Bread - 1.7 - 3 - 9.99 - 228 - .99            |            |
| Butter - .093 - 85. - — - 337 - 2134          |            |
| Sugar - — - — - 3.12 - 58.1 - 1187            |            |
| Cream - .312 - 2.3 - 157 - 113.6 - 1.25       |            |
| Asparagus - 1.8 - .2 - 3.3 - 105. - 8         |            |
| Crackers - 7.35 - 6.85 - 54.8 - 1443. - 7.04  |            |
| Syrup - — - — - 13.3 - 24.8 - 1.17            |            |
| Coffee - .006 - — - .04 - .09 - .62           |            |
| Milk - 2.12 - .18 - 3.18 - 106. - 1.25        |            |
| Strawberries - .35 - — - 12. - 230 - 7.5      |            |
| <u>13.731 - 17.79 - 100.3 - 2869.7 - 30.3</u> |            |

Nutritive Ratio - 1:16  
 Calorie per capita - 444.9  
 Cost of meal - 30¢.3



Supper - April 28th

Comp. &amp; cost per lb.

| Material  | Prot | Fat  | carboH | cal  | cost  | amt used |
|-----------|------|------|--------|------|-------|----------|
| Rolls -   | 9.1  | 1.6  | 63.3   | 1225 | 54    | 220g     |
| Butter -  | 1.   | 85.  | —      | 360  | 5     | 25       |
| Sugar -   | —    | —    | 100.   | 1860 | 6     | 1/2      |
| Cream -   | 21.5 | 18.5 | 4.5    | 910  | 10    | 1        |
| Syrup -   | —    | —    | 71.4   | 1330 | 6 1/4 | 9        |
| Cake -    | 4.4  | 5.9  | 36.4   | 1692 | 7 3/4 | 6        |
| Beans -   | 22.5 | 1.8  | 59.6   | 1605 | 4     | 14       |
| Vinegar - | —    | —    | —      | —    | 4     | 1/2      |

Comp. &amp; cost of amt used. total cost

|           |       |       |       |       |      |
|-----------|-------|-------|-------|-------|------|
| Rolls -   | 12.51 | .7    | 73.2  | 459.5 | 6.87 |
| Butter -  | 12.5  | 21.2  | —     | 901.  | 6.25 |
| Sugar -   | —     | —     | 3.12  | 58.1  | 1.18 |
| Syrup -   | —     | —     | 40.01 | 147.  | 3.51 |
| Cream -   | 11.66 | 11.15 | 1285  | 56.8  | 1.62 |
| Cake -    | 11.65 | 21.21 | 13.65 | 610.8 | 1.9  |
| Beans -   | 19.6  | 11.57 | 52.15 | 1405. | 3.5  |
| Vinegar - | —     | —     | —     | —     | .07  |

34.156 - 26.835 - 182.415 - 3638.2 - 22.9

Nutritive Ratio - 1:2

Calorie per capita - 606.3

Cost of meal - 22.9

Total cost of meals for the day - 80.9

Total no of calories per capita

for the day - 1518



Breakfast - April 29th

comp. + cost per lb.

| Materials  | Prot | Fat  | CarboH | cal  | cost<br>lb | amt<br>used |
|------------|------|------|--------|------|------------|-------------|
| Bread -    | 9.1  | 1.6  | 53.3   | 1225 | 54         | 18.8        |
| Butter -   | 1.   | 85.  | —      | 3605 | 25         | 6"          |
| Sugar -    | —    | —    | 100    | 1860 | 6          | 4"          |
| Cream -    | 2.5  | 18.5 | 4.5    | 910  | 10         | 1"          |
| Potatoes - | 2.2  | 1    | 18.4   | 385  | 1 1/2      | 17"         |
| Bacon -    | 9.9  | 67.4 | —      | 3030 | 12 1/2     | 1"          |
| Milk -     | 3.4  | 13   | 5.1    | 170  | 2          | 14"         |
| Flour -    | 12.3 | 1.1  | 73.    | 1635 | 2 1/4      | 1"          |
| Lard -     | —    | 100. | —      | 4220 | 10         | 1/2"        |
| Syrup -    | —    | —    | 71.4   | 1330 | 6 1/4      | 4"          |
| Peaches -  | .7   | 1    | 10.8   | 220  | 3 1/2      | 20.         |

comp. + cost of amt used

|            |       |      |       |       |      |
|------------|-------|------|-------|-------|------|
| Bread -    | 10.27 | 1.7  | 59.96 | 1372  | 5.62 |
| Butter -   | .374  | 81.8 | —     | 1350  | 9.37 |
| Sugar -    | —     | —    | 25.   | 465   | 1.5  |
| Cream -    | .156  | 1.15 | .285  | 66.8  | .62  |
| Coffee -   | .006  | —    | .04   | .09   | .62  |
| Potatoes - | 2.337 | .106 | 19.55 | 409.  | 1.59 |
| Bacon -    | 1.618 | 4.23 | —     | 189.  | .89  |
| Milk -     | 2.97  | .262 | 4.46  | 148   | 1.75 |
| Flour -    | .75   | .685 | 4.56  | 102.  | 1.14 |
| Lard -     | —     | 3.12 | —     | 131.8 | .31  |
| Syrup -    | —     | —    | 17.85 | 332.5 | 1.56 |
| Peaches -  | 1.45  | .187 | 13.5  | 770.  | .5   |

18.171 - 38.435 - 140.64 - 6082.34 - 284.52

Nutritive Ratio - 1:1:1

Calories per capita - 847.06

Cost of meal - 284.5



Dinner - grill 29th  
 Comp. & cost per lb.

| Materials  | Prot | Fat  | CarboH | cal  | cost<br>lb | amt<br>used |
|------------|------|------|--------|------|------------|-------------|
| Bread -    | 9.1  | 1.6  | 53.3   | 1225 | 5¢         | 34.7        |
| Butter -   | 1.   | 85.  | —      | 3605 | 25         | 1 1/2 "     |
| Sugar -    | —    | —    | 100.   | 1860 | 6          | 2 1/2 "     |
| Cream -    | 2.5  | 18.5 | 4.5    | 910  | 10         | 2 "         |
| Chicken    | 19.3 | 16.3 | —      | 1045 | 12 1/2     | 32 "        |
| Flour -    | 12.3 | .1   | 73.    | 1635 | 2 1/4      | 3 "         |
| Lard -     | —    | 100  | —      | 4220 | 10         | 2 "         |
| Potatoes - | 2.2  | 1.   | 18.4   | 885  | 1 1/2      | 22 "        |
| Soup -     | 3.6  | .1   | —      | 100  | 175        | 12          |
| Rhubarb -  | .6   | .7   | 3.6    | 105  | 1 1/2      | 16 "        |
| Eggs -     | 13.4 | 10.5 | —      | 720  | 8          | 2 "         |
| Cheese -   | 25.9 | 33.7 | 2.4    | 1950 | 20         | 2 "         |
| Jelly -    | 1.   | —    | 80.4   | 1580 | 20         | 1/2 "       |
| Cake -     | 4.4  | 5.9  | 26.4   | 1692 | 7 3/4      | 3 "         |

Comp. & cost of amt used Total cost

|           |       |       |        |       |       |
|-----------|-------|-------|--------|-------|-------|
| Bread -   | 19.33 | 3.4   | 112.26 | 2592  | 10.62 |
| Butter -  | 1093  | 7.93  | —      | 337   | 2.84  |
| Sugar -   | —     | —     | 53.1   | 988.1 | 3.18  |
| Cream -   | 312   | 2.3   | 157    | 113.6 | 1.25  |
| Chicken - | 38.6  | 32.6  | —      | 2090. | 20.   |
| Flour -   | 2.3   | .201  | 13.62  | 302.1 | .42   |
| Lard -    | —     | 12.50 | —      | 527.4 | 1.25  |
| Potatoes  | 3.025 | .137  | 25.3   | 433.  | 2.05  |
| Soup -    | 2.7   | 1075  | —      | 75    | 1.    |
| Rhubarb - | .6    | .7    | 3.6    | 105   | 1.5   |
| Eggs -    | 1.67  | 1.31  | —      | 90    | 1.    |
| Cheese -  | 3.23  | 4.21  | .3     | 243   | 2.5   |
| Jelly -   | .031  | —     | 2.51   | 49.3  | .62   |
| Cake -    | .825  | 1.1   | 6.81   | 305.  | .96   |

72.716 - 66.466 - 218.07 - 6360.5 - 63.7

Nutritive Ratio - 1:1.6  
 Calorie per capita - 1391  
 Cost of meal - 53.7



Supper - April 29th

Comp. &amp; cost per lb.

| Materials  | Provl | Fat  | Carbo H | cal  | cost amt<br>lb used |
|------------|-------|------|---------|------|---------------------|
| Bread -    | 9.1   | 1.6  | 53.3    | 1225 | 64 - 16 1/2         |
| Butter -   | 11    | 85.1 | —       | 3605 | 25 - 2 1/2          |
| Sugar -    | —     | —    | 100     | 1860 | 6 - 6.1             |
| Crackers - | 9.8   | 9.1  | 73.1    | 1925 | 8 1/3 - 6 1/2       |
| Syrup -    | —     | —    | 71.4    | 1330 | 6 1/4 - 8.1         |
| Chicken -  | 19.3  | 16.3 | —       | 1045 | 12 1/2 - 12.1       |
| Apricots - | 4.7   | 1.   | 62.5    | 1290 | 12 - 24             |

Comp. &amp; cost of amt used

|            |      |      |      |       | total cost |
|------------|------|------|------|-------|------------|
| Bread -    | 9.1  | 1.6  | 53.3 | 1225  | 64         |
| Butter -   | 1156 | 13.2 | —    | 363   | 41.03      |
| Sugar -    | —    | —    | 37.5 | 692.5 | 3.75       |
| Crackers - | 3.98 | 3.69 | 29.  | 782.  | 4.35       |
| Syrup -    | —    | —    | 30.7 | 660.  | 3.12       |
| Chicken -  | 14.4 | 12.2 | —    | 783   | 9.37       |
| Apricots - | 7.05 | 1.65 | 31.2 | 1935  | 8.         |

341686 - 31.74 - 186.75 - 6840.5 - 37.63

Nutritive Ratio - 1:7

Cost of supper - 37¢

Calories per capita - 1140

Total No of calories per capita for  
the day - 3378

Total cost for the day - \$1.19



Breakfast - April 20th

Comp. &amp; cost per lb

| Materials | Prot | Fat  | CarboH | cal  | cost  | amt       |
|-----------|------|------|--------|------|-------|-----------|
| Bread     | 9.1  | 1.6  | 53.3   | 1225 | 5¢    | 10 lb     |
| Butter    | 1.   | 85.  | —      | —    | 3600  | 25 - 1/4" |
| Sugar     | —    | —    | 100.   | 1860 | 6     | 4"        |
| Cream     | 2.5  | 18.5 | 4.5    | 910  | 10    | 1"        |
| Coffee    | .2   | —    | 1.4    | 30   | 20    | 1/2"      |
| Potatoes  | 2.2  | 1    | 18.4   | 385  | 1 1/2 | 18"       |
| Fish      | 18.6 | 2.8  | —      | 465  | 10    | 14"       |
| Lard      | —    | 100. | —      | 4220 | 10    | 1"        |
| Flour     | 12.3 | 1.1  | 73.    | 1635 | 2 1/4 | 1 1/2"    |
| Soup      | 3.6  | 1    | —      | 100  | 1 1/2 | 8         |
| Milk      | 3.4  | .3   | 5.1    | 170  | 2     | 4         |

Comp. &amp; cost of amt used.

|          |       |       |      |      |      |
|----------|-------|-------|------|------|------|
| Bread    | 5.6   | 1.    | 33.3 | 767  | 3.12 |
| Butter   | 10.5  | 1.32  | —    | 56.3 | 139  |
| Cream    | 115.6 | 1.15  | .28  | 36.8 | 1.62 |
| Sugar    | —     | —     | 25.  | 465. | 2.5  |
| Coffee   | 1006  | —     | 104  | 109  | .62  |
| Potatoes | 2.475 | 1.012 | 2.4  | 433. | 1.68 |
| Fish     | 16.2  | 2.45  | —    | 406  | 7.5  |
| Lard     | —     | 6.25  | —    | 233. | 1.62 |
| Flour    | 1.10  | 1.03  | 6.8  | 153  | 1.21 |
| Soup     | 1.8   | 105   | —    | 50.  | 175  |
| Milk     | 1.85  | 1.075 | 1.27 | 42.5 | .5   |

27.202 - 13.337 - 66.09 - 2663.4 - 18.96 -

Nutritive Ratio - 1:3.6

Calorie per capita - 443.7

Cost of meal - 18¢.5-



# Dinner - April 30th

Comp. & cost - per lb

| Materials   | Prot | Fat  | carbo H | cal  | cost<br>lb | amt<br>used |
|-------------|------|------|---------|------|------------|-------------|
| Bread       | 9.1  | 1.6  | 63.3    | 1225 | 5¢         | 260g        |
| Butter      | 1.   | 85.  | —       | 3605 | 25         | 5"          |
| Sugar       | —    | —    | 100.    | 1860 | 6          | 21          |
| Cream       | 2.5  | 18.5 | 41.5    | 910  | 10         | 11          |
| Coffee      | .2   | —    | 1.4     | 30   | 20         | 1/2"        |
| Potatoes    | 2.2  | 1.1  | 18.4    | 385  | 1 1/2      | 36"         |
| Gar d       | —    | 100. | —       | 4220 | 10         | 1/2"        |
| Apple sauce | 4    | .5   | 14.2    | 290  | 4          | 12"         |

Comp. & cost of amt used

|             |       |      |      |       |      |
|-------------|-------|------|------|-------|------|
| Bread       | 14.78 | 2.6  | 86.6 | 2287  | 9.12 |
| Butter      | 13.12 | 26.5 | —    | 1126  | 7.18 |
| Sugar       | —     | —    | 12.5 | 232   | 1.75 |
| Cream       | 1.5   | 1.1  | 1.28 | 37.   | .62  |
| Coffee      | 1006  | —    | 1.04 | 104   | .62  |
| Potatoes    | 2.75  | .22  | 69.8 | 876.2 | 2.37 |
| Gar d       | —     | 3.12 | —    | 131.  | .32  |
| Apple sauce | .3    | .37  | 10.6 | 217.5 | 3.   |

19.468 — 33.87 — 169.82 — 4922.7 — 23.99

Nutritive Ratio — 1:1.2

Calorie per capita — 826

Cost of dinner — 23.99



Supper - April 30th  
 Comp. & cost per lb

| Material | Prot. | Fat  | CarboH | cal  | cost and<br>lb used |
|----------|-------|------|--------|------|---------------------|
| Bread    | 9.1   | 1.6  | 53.3   | 1225 | 54 16 1/2           |
| Butter   | 1.    | 85.  | —      | 3665 | 25 21               |
| Sugar    | —     | —    | 100.   | 1860 | 6 1/2               |
| Cream    | 2.5   | 18.5 | 4.5    | 910  | 10 1/2              |
| Milk     | 3.4   | .3   | 5.1    | 170  | 2 8                 |
| Potatoes | 2.2   | .1   | 18.4   | 385  | 1 1/2 28            |
| Meat     | 19.   | 12.8 | —      | 890  | 12 18               |
| Flour    | 12.3  | 1.1  | 73.    | 1635 | 2 1/4 11            |
| Garol    | —     | 100. | —      | 4220 | 10 1/2              |
| Peaches  | .7    | .1   | 20.8   | 220  | 3 1/2 20            |

| Comp. & cost of amt used                  |       |      |      |       |            |
|-------------------------------------------|-------|------|------|-------|------------|
|                                           |       |      |      |       | Total cost |
| Bread                                     | 9.1   | 1.6  | 53.3 | 1225  | 54         |
| Butter                                    | 1.25  | 1.62 | —    | 450   | 3.12       |
| Sugar                                     | —     | —    | 3.15 | 57.5  | 1.18       |
| Cream                                     | 10.87 | .57  | .14  | 28.   | .31        |
| Milk                                      | 1.7   | .15  | 2.55 | 85.   | 1.         |
| Potatoes                                  | 3.3   | .15  | 27.6 | 582.5 | 2.62       |
| Meat                                      | 21.37 | 14.4 | —    | 111.  | 13.5       |
| Flour                                     | 175   | 1685 | 4.55 | 102.  | .14        |
| Garol                                     | —     | 3.12 | —    | 131.8 | .31        |
| Peaches                                   | 2.45  | .125 | 13.5 | 275.  | 4.37       |
| <hr/>                                     |       |      |      |       |            |
| 39.278 - 18.39 - 100.38 - 2587.5 - 309.11 |       |      |      |       |            |

Nutritive Ratio - 1/3.3

Caloric per capita - 431.3

Total cost of meal for the day - 72.6

Total No of calories per capita for the day - 1685



## Receipts used

### Lemon cake

#### Cake

1 cup of sugar

2½ " " flour

½ " " butter

1 " " milk

4 tea spoon of Baking Powder

1 " " " " lemon extract

#### Filling

1 egg white

3½ ounces of sugar

#### Filling

1 table spoon of Cornstarch

1 egg yolk

2 lbs of sugar

juice of 1 lemon

quice " " "

### compt & cost of cake

Materials - Prod - fat - carb - cal - cost

12 oz sugar - — — — 75. — 1395 — 4.5

10 " flour - 7.64 - .687 - 45.75 - 1021 - 1.4

6 " egg - 5.02 - 3.93 — — — 195 - 3.

2½ " Butter - 1156 - 13.2 — — — 523 - 3.9

lemon 2 oz - 1.125 - 8.7 - 1.06 - 20.6 - 2.5

1 oz Corn Starch - — — — 6.6 - 104. — 1.62

2½ lb cake = 12.976 - 20.617 - 127.418 - 3263.6 - 10.92



Chocolate cakeCake

$\frac{1}{2}$  cup of butter  
 2 " " flour  
 2 eggs  
 1 cup of milk  
 1 " " sugar  
 4 teaspoon of Baking Powder

Saving

$1\frac{1}{2}$  cups of sugar  
 1 oz of chocolate  
 $\frac{1}{2}$  cup of milk  
 1 tsp of Vanilla

Comp & cost of cake

| Materials              | Prot   | Fat   | carbo H | cal   | cost     |
|------------------------|--------|-------|---------|-------|----------|
| 200g sugar             | —      | —     | —       | 120   | 2325 7.5 |
| 2oz Butter             | .125   | 10.6  | —       | 450   | 3.12     |
| 12" milk               | 2.55   | .22   | 3.8     | 127.5 | 1.5      |
| 4" egg                 | 3.35   | 2.6   | —       | 180   | 2        |
| 8" Flour               | 6.15   | .55   | 36.5    | 817   | 1.12     |
| 1" chocolate           | .8     | 3.04  | 1.8     | 178   | 1.25     |
| $2\frac{1}{2}$ lb cake | 12.975 | 17.01 | 167.1   | 4077  | 18.4     |
| per lb                 | 5.19   | 6.8   | 66.8    | 1630  | 9.2      |



Caramel cakeCake

$2\frac{1}{2}$  cups of flour  
 1 " " milk  
 1 " " sugar  
 2 eggs  
 $\frac{1}{2}$  cup of butter  
 4 tspn of baking Powder

Caramel icing

2 cups of sugar  
 $\frac{1}{2}$  " " milk  
 1 tspn of butter  
 1 " " Vanilla

Comp & cost of cake

Materials - Prot - Fat - carbosH - cal - cost  
 Flour 10 lb - 6.15 - .55 - 36.5 - 817.5 - 1.4  
 Sugar 24 " - " - " - 150. - 2790. - 9.  
 Butter -  $2\frac{1}{2}$  " - .15 - 13.1 - " - 666 - 3.9  
 Milk - 12 oz - 2.15 - .225 - 3.82 - 127 - 1.5  
 Eggs - 4 " - 3.34 - 2.62 - " - 180 - 2.  
 Flavoring & Baking Powder 1.

for  $2\frac{3}{4}$  lbs = 12.19 - 16.495 - 190.32 - 4480 - 18.8  
 1 lb = 4.4 - 5.9 - 36.4 - 1692 - 7.15

Lemon Pie

$\frac{3}{4}$  cups of sugar      juice of 1 lemon  
 $1\frac{3}{4}$  " " boiling water      zest " "  
 3 table spoon of corn starch Paste  
 3 eggs - yolks      1 cup of flour  
 1 tea spoon       $\frac{1}{2}$  " " butter  
                           $\frac{1}{2}$  tspn of salt.



Custard Pie

|                            |                  |
|----------------------------|------------------|
| 3 cups of milk             | Paste            |
| 3 eggs                     | 6 oz flour       |
| $\frac{1}{2}$ cup of sugar | 2 in lard        |
| $\frac{1}{4}$ tsp of salt  | 1 tea spoon salt |

Fruit Pie

3 cups of fruit -  $\frac{1}{2}$  to 1 cup of sugar

Chocolate Custard

3 cups of milk  
 4 Table spoons of corn starch  
 $1\frac{1}{2}$  oz of chocolate  
 2 eggs  
 $\frac{3}{4}$  cup of sugar  
 $\frac{1}{4}$  tea spoon of salt  
 1 tsp of vanilla  
 Cost of custard - 8¢

Baked custard

3 cups of milk - 3 eggs  
 $\frac{1}{2}$  cup of sugar -  $\frac{1}{4}$  tea spoon salt  
 $\frac{1}{4}$  tea spoon nutmeg



## Molasses cookies

|                  |                   |
|------------------|-------------------|
| 1 cp of molasses | 1 egg             |
| 1 cup " sugar    | 2 tsp of cinnamon |
| 1 " " butter     | 1 1/2 " " ginger  |
| 4 cups of flour  | 2/3 cp of water   |
| 1 tsp of soda    |                   |

This makes  $2\frac{3}{4}$  lbs of cookies

Comp. & cost of cookies

| <u>Materials</u> | Prot | Fat   | carb | cal   | cost        |
|------------------|------|-------|------|-------|-------------|
| Molasses 8oz     | 1.2  | —     | —    | 34.65 | 1640 - 1.56 |
| Sugar 8 " —      | —    | —     | —    | 50    | 930 - 3.    |
| Butter 8 " —     | .5   | 42.5  | —    | 1802  | 12.15       |
| Flour — 16 " —   | 12.3 | 1.1   | 73   | 1635  | 2.25        |
| egg — 2 " —      | 1.67 | 115.6 | —    | 90    | 1           |
| Spices & Soda —  | —    | —     | —    | —     | 2           |

For  $2\frac{3}{4}$  = 15.62 - 45.16 - 157.65 - 316.2 - 22.3

1 lb = 5.69 - 16.42 - 57.32 - 1865 - 8<sup>9</sup>



The amount of material used  
for the month -

Flour 96 pounds  
 Sugar - 36 "  
 Coffee - 2 " 14 oz  
 Tea - " 6 "  
 Cream - 8 qts  
 milk - 32 quarts  
 Butter -  $16\frac{3}{4}$  lbs  
 cheese - 4 lbs  
 Sour milk - 8 lbs 2 ounces  
 meat - 22 " 8 "  
 lard - 4 " 3 "  
 ham - 1 - 8 "  
 Bacon - - -  $12\frac{1}{2}$  "  
 Eggs - 19 dozen  
 Potatoes - 120 pounds  
 Beans - 3 " 11 ounces  
 corn 1 lb 12 ounces  
 asparagus 1 lb  
 Sardines  $1\frac{1}{2}$  "  
 Salmon - 14 ounces  
 crackers 1 lb - 6 oz

(continued)



Corn starch 4 ounces  
 Chocolate  $2\frac{1}{2}$  "  
 Salt — 1 lb 11 ounces  
 Pepper — 1 ounce  
 Baking Powder — 2 ounces  
 Soda —  $\frac{1}{4}$  "  
 Flavoring —  $\frac{1}{8}$  "  
 Vinegar — 3 "  
 Syrup — 8 pounds 15 oz  
 Raisins — 6 ounces  
 Apricots — 8 pounds  
 Plums — 1 " 10 ounces  
 Cherries —  $6\frac{1}{2}$  "  
 Goose berries — 5 " 13 "  
 Straw berries —  $4\frac{3}{4}$  "  
 Grape sarsel 3 "  
 Jelly 1 —  $6\frac{1}{2}$  ounces  
 Peaches — 3 " 7 "  
 Banana — 1 "



Total amount of material  
wasted - includes only

Bones 19oz

Parings - 21 lbs - 13oz

egg shells 2 lbs  $\frac{1}{4}$  oz

Peach & Plum pits - 9oz

---

Total amount - 25 lbs  $9\frac{1}{4}$  oz.

Total cost for the month -

\$  
29.113

Average cost per day 97 cents

Average nutritive Ratio  
per meal for the month

1 : 5.4 - 1 : 5.4

Average calories per day  
per capita for the month

2465



Observations

The family maintained good health during the month and all were in good conditions at the close of the month.

The six were present at each meal or took their dinners with them.

Two meals out of the ninety was served to seven people.