

Thesis.

A Study of the Dietary of College Girls.

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Jessie Marty.

Outline.

A Study of The Dietary of College Girls.

Introduction.

Menus.

Recipes.

Amounts and Costs.

Table of Nutritive Ratio.

Table of Waste.

Table of Weights.

Conclusion.

References.

Atwater. - Bulletin No. 28.

Fanny Farmer's Cook Book.

A Study of the Dietary of College Girls.

This study, and experiment extended through the month of April, 1908. The meals were prepared and served in one of the laboratories of Kedzie Hall.

There were twelve girls that took part in the experiment, and also one of the instructors who had a general supervision of the work, and also acted as hostess at the table. The girls took turns in acting as host and waitresses. They worked in groups of two, and were responsible for the preparation of one meal every other day, and on the alternating days, washed the dishes for one meal and put the laboratory in order. This arrangement was very satisfactory as it did not infringe, to any great extent, upon their study hours.

There were no restrictions made as to the kind, cost, or amount of food used. However all of the food was weighed and the cost and amount recorded. Those taking part in the experiment,

were not allowed to eat any food, other than that prepared in the laboratory.

The meals were served on time and in a correct and dainty manner.

The objects of the experiment were to ascertain the effect of a well cooked, nourishing diet, taken regularly, together with a moderate amount of exercise and pleasant surroundings and the amount, cost, and caloric value of the food used, where no restrictions were made.

Menus for Week Beginning Apr. 1st/98.

Wednesday,

— Breakfast —

Cream of Wheat with Raisins.
Ham and Eggs. Creamed Potatoes.
Quick Biscuit and Butter.
Coffee. Cocoa.

— Luncheon —

Cream of Tomato Soup. Baked Croutons.
Cheese Souffle. Parker House Rolls with Butter.
Salpicon.

— Dinner —

Salpicon.
Pork Roast. Baked Apples.
Mashed Potatoes. Brown Gravy.
Bread and Butter. Pickles.
Lemon Ice.

Thursday.

— Breakfast —

Oranges.
Cracked Wheat with Cream and Sugar.
Steak. German Fried Potatoes.
Popovers with Butter.
Coffee. Cocoa.

- Luncheon. -

Cold Roast Pork.

Cabbage Salad.

Bread.

Butter.

Orange Sponge.

Cocoa.

Tea.

- Dinner. -

Salpicon.

Roast Beef.

Franconian Potatoes

Lettuce Salad with Egg Garnish.

Orange Bavarian.

White Cake.

Friday

- Breakfast. -

Sliced Oranges.

Waffles.

Maple Syrup.

Toast.

Coffee

Cocoa.

- Luncheon. -

Cold Roast Beef.

Fruit Salad.

Bread and Butter.

Cranberry Ice

Cake.

Cocoa

Tea.

- Dinner. -

Baked Fish.

Egg Sauce.

Scalloped Potatoes.

Bread and Butter.

Strawberry Ice.

Chocolate Cake.

Saturday.

— Breakfast. —

Oranges.

Oatmeal with Sugar and Cream.
Bacon, Baked Eggs. Muffins.
Coffee, Cocoa.

— Luncheon. —

Macaroni and Cheese. Lettuce Salad.
Bread and Butter. Pickles.
Apple Sauce. Cake.
Cocoa. Tea.

— Dinner. —

Veal Roast Mashed Potatoes.
French Peas Bread and Butter.
Fruit Salad.
Caramel Ice Cream.

Sunday.

— Breakfast. —

Oranges.

Meat Sandwiches. Pickles.
Milk.

— Dinner. —

Salpicon.

Cold Roast Chicken. Creamed Potatoes.
Bread and Butter.
Lettuce and Celery Salad.
Pineapple Ice Cake.

Luncheon.

Peanut Sandwiches. Salad Eggs. Olives.
Bananas.

Monday.

— Breakfast. —

Bananas.

Cream of Wheat with Figs.
Soft Cooked Eggs. Bacon. Graham Gems.
Coffee. Cocoa.

— Dinner. —

Salpicon.

Roast Pork. Bread and Butter. French Fried Potatoes
Cabbage Salad.

Caramel Ice Cream Date Wafers.

— Luncheon. —

Chicken and Celery Salad Sandwiches.
Oranges and Bananas Fig Wafers.
Milk.

Tuesday.

— Breakfast. —

Apples.

Rice and Raisins.
Steak. Creamed Potatoes.
Biscuit Jelly.

- Dinner. -

Salpicon.
 Veal Chops. Tomato Sauce.
 Mashed Potatoes. Lettuce Salad.
 Radishes Bread and Butter.
 Lemon Pie.

- Luncheon. -

Bread and Butter Sandwiches.
 Apple and Celery Salad.
 Cake.

Wednesday.

- Breakfast. -

Oranges.
 Bacon and Eggs, Popovers. Jelly.
 Coffee. Cocoa.

- Luncheon. -

Cheese Souffle. Celery. Creamed Potatoes.
 Stewed Figs with Whipped Cream. Cake.

- Dinner. -

Clear Soup. Croutons.
 Meat Pie. French Fried Potatoes. Creamed Asparagus.
 Oriental Sherbet. Kisses.

Thursday.

- Breakfast. -

Pineapple.

Toasted Shredded Wheat.

Soft Cooked Eggs. Baked Potatoes. Toast.

- Luncheon. -

Cream of Tomato Soup.

Scalloped Eggs.

Creamed Potatoes.

Radishes.

Rolls with Butter.

Pineapple Ice.

Cookies.

- Dinner. -

Fruit Soup.

Crisped Crackers.

Roast Beef.

Mashed Potatoes.

Creamed Peas.

Bread and Butter.

Cabbage Salad.

Caramel Ice Cream. Cake.

Friday.

- Breakfast. -

Sliced Oranges.

Oatmeal with Sugar and Cream.

Pork Steak.

Fried Apples.

Quick Biscuit.

Butter.

Coffee.

Cocoa.

- Luncheon. -

Roast Beef.
Potato Chips.

Macaroni with Tomato Sauce
Rolls.

Lettuce and Egg Salad.
Vanilla Ice Cream with Strawberries.

- Dinner. -

Clear Vegetable Soup. Bread Sticks.
Chicken Pie. Bread and Butter. Mashed Potatoes.
Tomato Salad.
Orange Sherbet. Cake.

Saturday.

- Breakfast. -

Bananas.
Cream of Wheat with Figs.
Soft Cooked Eggs. Bread and Butter. Bacon.
Coffee. Cocoa.

- Dinner. -

Salpicon.
Fish. Mashed Potatoes.
Lettuce Salad. Bread and Butter.
Vanilla Ice Cream with Strawberries. Cake.

- Luncheon. -

Chicken Salad Sandwiches.
Cooked Eggs. Olives.
Fruit. Cake.

Sunday.

— Breakfast. —

Oranges.

Hard Cooked Eggs. Lettuce Sandwiches.
Milk.

— Dinner. —

Salpicon.

Tongue. Bread and Butter. Creamed Potatoes.
Cabbage Salad.

Orange Sponge with Whipped Cream. Cake.

— Luncheon. —

Peanut Sandwiches. Salad Eggs. Olives.
Oranges. Cake.

Monday.

— Breakfast. —

Oranges.

Cream of Wheat with Figs.
Bacon and Eggs. Creamed Potatoes.

Biscuit Honey.

Coffee. Cocoa.

— Dinner. —

Fruit Soup. Saltines.

Steak. Creamed Onions.

Mashed Potatoes. Bread and Butter.

Apple Charlotte. Rolled Wafers.

Grape Juice.

- Luncheon. -
Peanut Sandwiches.
Fruit Salad.
Cake.

Tuesday.

- Breakfast. -
Oranges.
Cream of Wheat.
Waffles with Maple Syrup.
Coffee. Cocoa.

- Luncheon. -
Baked Beans with Catsup. Brown Bread.
Marshmallow Pudding. Marguerites.

- Dinner. -
Salpicon.
Veal Roast. Brown Gravy.
Riced Potatoes. Bread and Butter.
Tomato Salad.
Dutch Apple Cake. Whipped Cream.

Wednesday.

- Breakfast. -
Apples.
Rice and Raisins.
Ham. Omelet. Muffins and Honey.
Coffee. Cocoa.

- Luncheon. -

Macaroni. Tomato Sauce.

Fruit Salad.

Raised Doughnuts. Coffee. Cocoa.

- Dinner. -

Salpicon.

Roast Lamb. Cranberry Sauce.

French Fried Potatoes. Bread and Butter.

Vanilla Ice Cream with Strawberry Center.

Marguerites.

Thursday.

- Breakfast. -

Oranges.

Rice and Raisins.

Creamy Egg on Toast. Bread and Butter.

Coffee. Cocoa.

- Luncheon. -

Creamed Salmon. Bread and Butter.

Fruit Salad.

Chocolate Souffle with Hard Sauce.

- Dinner. -

Clear Soup.

Braised Beef. Mashed Potatoes. Bread and Butter.

Beets with Vinegar Sauce.

Georgian Pudding.

Strawberry Sauce.

Friday. —

— Breakfast. —

Oranges.

Cornflakes. Sugar and Cream.
Creamed Potatoes. Baked Eggs. Popovers with Butter.
Coffee. Cocoa.

— Luncheon. —

Veal Pie. Baked Potatoes.
Lettuce Salad. Bread and Butter.
Danish Custard. Cake.

— Dinner. —

Salpicon.

Fish. Mashed Potatoes. Bread and Butter.
Cabbage Salad.

Majestic Pudding. Kisses.

Saturday.

— Breakfast. —

Oranges.

Oatmeal. Cream and Sugar.
Soft Cooked Eggs. Bacon.
Coffee Bread.
Coffee. Cocoa.

— Luncheon. —

Ham Sandwiches. Radishes.
Oatmeal Drop Cakes. Oranges.

Dinner.

Salpicon.
Roast Beef. Franconia Potatoes.
French Peas. Bread and Butter.
Strawberry Shortcake.

Sunday. —

— Breakfast. —

Fruit.
Meat Sandwiches. Eggs.
Milk.

— Dinner. —

Salpicon.
Cold Roast Chicken Creamed Potatoes
Bread and Butter.
Celery and Apple Salad.
Cranberry Sherbet. Cake.

— Luncheon. —

Sandwiches.
Fruit Salad.
Cake. Candy.

Monday. —

— Breakfast. —

Oranges.
Oatmeal with Cream and Sugar.
Cream Toast. German Fried Potatoes.
Coffee. Cocoa.

- Dinner. -

Salpicon.
Steak. Scalloped Potatoes.
Fresh Cucumber Salad. Bread and Butter.
Heart Mould of Vanilla with Strawberry Center
Cake.

- Luncheon. -

Chicken Sandwiches. Olives.
Cake. Fruit.

Tuesday.

- Breakfast. -

Pineapple.
Oatmeal. Cream and Sugar.
Ham. Soft Cooked Eggs. Buttered Toast.
Coffee. Cocoa.

- Luncheon. -

Cream of Corn Soup. Baked Croutons.
Cheese Souffle. Rolls.
Fruit Salad.

Grape Ice. Marguerites.

- Dinner. -

Clear Soup. Bread Sticks.
Veal Roast. French Fried Potatoes.
Buttered Peas. Bread and Butter.
Maple and Vanilla Cream. Angel Food Cake.

Wednesday.

— Breakfast. —

Bananas.

Cream of Wheat. Sugar and Cream.
Pork Chops. Creamed Potatoes.
Cornmeal Muffins.
Coffee. Cocoa.

— Luncheon. —

Ham Sandwiches. Pickles.
Cream Puffs. Fruit.

— Dinner. —

Fruit Soup. Crisped Crackers.
Roast Beef. Bread and Butter. Franconia Potatoes.
Tomato Salad.
Chocolate Ice Cream with Italian Meringue.
Cake.

Thursday. —

— Breakfast. —

Strawberries and Sugar.
Rice and Raisins.
Hash. Omelet.
Quick Biscuit. Butter.
Coffee. Cocoa.

- Luncheon. -

Salmon Salad. Creamed Asparagus.
Rolls. Rhubarb Pie. Cheese.

- Dinner. -

Salpicon.

Steak Roast with Dressing. Mashed Potatoes.
Creamed Onions. Bread and Butter.
Strawberry Cream with Italian Center.
Cake.

Friday. -

- Breakfast. -

Oranges.

Oatmeal with Cream and Sugar.
Scrambled Eggs on Toast. Biscuit and Butter.
Coffee. Cocoa.

- Luncheon. -

Sweet Potato Pudding. Salmon Salad.
Rolls. Butter.
Strawberries and Cream.
Cake.

- Dinner. -

Lemon Ice.
Cold Veal Loaf. French Fried Potatoes.
Asparagus with Hollandaise Sauce.
Bread and Butter.
Grape Bavarian. Cake.

Saturday. -

- Breakfast. -

Pineapple.
Cream of Wheat. Cream and Sugar.
Soft Cooked Eggs. Bacon.
Popovers. Butter.
Coffee. Cocoa.

- Luncheon. -

Veal Loaf. Sandwiches. Olives.
Cake, Fruit, Candy.

- Dinner. -

Salpicon.
Roast Beef. Mashed Potatoes. Bread and Butter.
Tomato Salad.
Vanilla Ice Cream. Cakes.

Sunday. —

— Breakfast. —

Salad Eggs. Sandwiches.
Fruit. Nuts.

— Dinner. —

Salpicon.

Cold Chicken. Potato Salad.
Beets. Bread and Butter.
Pineapple Ice. Cake.

— Luncheon. —

Chicken Sandwiches. Pickles.
Fruit. Candy. Cake.

Monday. —

— Breakfast. —

Oranges.

Corn flakes with Sugar and Cream.
Omelet. German Fried Potatoes.
Toast.

Coffee. Cocoa.

—Dinner.—

Salpicon.

Steak. Mashed Potatoes, Bread and Butter.
Tomato Salad.

Strawberry Ice Cream. Angel Cake.

—Luncheon.—

Sandwiches. Fruit.

Cake, Candy.—

Tuesday.—

—Breakfast.—

Oranges.

Oatmeal with Sugar and Cream.

Ham, Eggs, Buns.

Coffee. Cocoa.

—Luncheon.—

Cream of Tomato Soup. Crisped Crackers.
Cheese Souffle. Lettuce Salad. Bread and Butter.

Strawberry Shortcake.

—Dinner.—

Salpicon.

Veal Steak. Creamed Corn.
French Fried Potatoes. Bread and Butter.

Vanilla Ice Cream. Fudge Cake.

Part of the Recipes Used.

Cream of Wheat with Raisins. -

 $\frac{1}{2}$ c. Cream of wheat.

6 c. water.

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

1 tbsp salt.

Biscuit. -

6 c. flour.

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

1 tbsp salt.

4 tbsp. baking powder.

water.

Cocoa. -

6 tbsp cocoa.

4 tbsp sugar.

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

Coffee. -

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

7 c. water.

Orange Sponge. -

5 tsp gelatin.

10, tbsp cold water.

 $\frac{1}{4}$ c. orange juice.

5 tsp lemon juice.

10 tsp sugar.

5 eggs.

Tea. -

5 tsp tea.

5 c. boiling water.

Mashed Potatoes. -

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

3 tbsp butter.

8 potatoes.

French Peas. -

1 can peas.

3 tbsp butter.

1 tsp salt.

Caramel Ice Cream. -

1 qt. 36% cream.

1 qt. milk.

1 c. sugar.

1 c. " caramelized.

Cranberry Ice. -

4 c. water.

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

1 pt. cranberries.

Cake. -

2 c. sugar.

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

1 c. milk.

3 c. flour.

4 tsp baking powder.

5 eggs.

Pineapple Ice. -

4 c. water

 $1\frac{1}{2}$ c. pineapple juice. $1\frac{1}{4}$ c. syrup.

Juice one lemon.

Cream of Tomato Soup. -

1 can of tomatoes.

7 c. white sauce.

Cookies. -

1 c. butter.

2 c. sugar.

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

2 eggs.

4 tsp baking powder.

Flour to stiffen.

Angel Food Cake. -

11 egg whites.

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

1 c. flour.

1 tsp cream of tartar.

1 tsp vanilla.

Icing. -

2 c. powdered sugar.

4 tsp vanilla.

 $\frac{1}{3}$ c. cream

Fruit Salad. -

- 1 can pineapple.
- 6 oranges.
- 12 lettuce leaves.
- 1 pt. Cream, whipped.
- $\frac{1}{2}$ c. salad dressing.

Oatmeal Muffins. -

- 2 c. rolled oats.
- $4\frac{1}{2}$ c. flour.
- 12 tsp baking powder.
- $1\frac{1}{2}$ tsp salt.
- 3 c. scalded milk.
- 3 eggs.
- 6 tbsp melted butter.

Maple Mousse. -

- 2 egg yolks
- 1 c. maple syrup.
- 2 c. Thick cream.

Salpicon. -

- 5 oranges.
- 6 bananas.
- $\frac{1}{2}$ can pineapple.

Simple Fruit Cake. -

- 1 c. brown sugar.
- 1 c. sour cream.
- 1 egg.
- 2 cups flour
- 4 tbsp melted butter.
- 1 tsp. each of cinnamon, nutmeg, soda, baking powder.
- $\frac{1}{4}$ tsp. cloves. 1 c. raisins.

Popovers. —

3 c. flour.

3 c. milk.

3 eggs.

 $\frac{3}{4}$ tsp. salt.

2 tsp melted butter.

Macaroni, Beef and Tomato Sauce. —

3 c. milk.

6 tbsp flour.

3 tbsp butter.

3 tsp salt.

4 c. concentrated tomato juice.

6 c. meat.

3 c. macaroni.

Waffles. —

6 c. sour milk.

6 tsp soda.

6 eggs.

5 c. flour.

6 tsp salt.

Potato Cake. —

2 c. sugar.

1 c. butter.

1 c. hot mashed potato.

1 c. chopped walnuts.

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

2 c. flour.

4 eggs.

5 tsp melted chocolate.

1 tsp. each, cinnamon, nutmeg, cloves.

2 tsp. baking powder.

Whipped Cream Salad Dressing. -

2 c. vinegar.

6 eggs.

4 tsp butter.

8 tsp sugar.

2 tsp salt.

 $1\frac{1}{3}$ tsp mustard.

2 c. whipped cream.

spk. pepper.

Bread. -

10 c. flour.

8 c. water.

8 tbsp butter.

8 tbsp sugar.

8 tsp salt.

2 yeast cakes.

Raised Doughnuts.

2 c. milk.

 $\frac{1}{2}$ yeast cake. $\frac{1}{2}$ c. water.

2 tsp salt.

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

2 c. brown sugar.

4 eggs.

1 grated nutmeg.

Flour.

Date Wafers. —

1 c. butter.

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

1 c. powdered sugar.

1 tsp soda.

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

Filling.

1 lb. dates.

1 c. sugar.

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

Creamed Salmon. —

5 c. milk.

10 tbsp flour.

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

6 c. salmon.

Chocolate Souffle. —

4 tbsp butter.

4 tbsp flour.

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

3 sq. chocolate.

4 tbsp hot water.

1 c. powdered sugar.

1 tsp. salt.

6 eggs.

1 tsp vanilla.

Hard Sauce. —

1 c. butter.

3 c. powdered sugar.

 $\frac{2}{3}$ tsp. lemon extract.

2 tsp. vanilla.

Meat Pie. —

2 c. flour.

4 tbsp butter.

1 tsp salt.

Meat and stock.

Creamed Asparagus. —

2 c. milk.

4 tbsp butter.

4 " flour.

1 tsp salt.

4 c. asparagus.

Kisses. —

4 egg whites.

1 c. sugar.

1 tsp vanilla.

Sea Foam.

3 c. brown sugar.

1 c. chopped nuts.

2 egg whites.

Dutch Apple Cake. —

2 c. flour.

1 c. milk.

1 tsp salt.

4 tsp baking powder.

1 egg.

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

2 tsp sugar.

4 sour apples.

Hermites. —

2½ tbsp butter.

1 egg.

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

2 tsp baking powder.

2 tbsp milk.

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

1 c. flour.

 $\frac{1}{8}$ tsp cloves.

4 English walnuts.

Cheese Souffle. —

1 c. Cheese.

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

4 eggs.

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

3 tbsp flour.

2 Tblspns butter.

Boston Baked Beans. —

1 qt. beans.
 4 slices bacon.
 2 tbsp molasses.
 4 tbsp sugar.
 salt.

Brown Bread. —

3 c. graham flour.
 3 c. rye flour.
 1½ c. molasses.
 2 tbsp baking powder.
 3 c. milk.
 1 tbsp salt.

Marshmallon Pudding. —

3 c. sugar
 3 c. boiling water.
 9 egg whites.
 3 tbsp gelatin.
 4½ tsp vanilla.

Chocolate Sauce. —

1 c. sugar.
 2 tbsp hot water.
 1½ tbsp corn starch.
 2 sq. chocolate
 2 eggs.
 1 tsp vanilla.

Hollandaise Sauce. —

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

2 egg yolks.

1 tbsp lemon juice.

$\frac{1}{4}$ tsp salt.

Few grains cayenne.

Sweet Potato Pudding. —

$2\frac{5}{8}$ lbs. sweet potato.

5 tbsp melted butter.

6 tbsp sugar.

2 eggs.

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

Salt, cinnamon, nutmeg.

Chicken Pie. —

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

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

1 tsp. salt.

5 tsp baking powder.

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

Meat of two chickens.

Mahogany Cake. —

3 eggs.

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

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

1 c. milk.

2 c. flour.

1 tsp soda.

2 tsp vanilla.

Materials Purchased.		
Materials.	Amount lbs.	Cost.
Flour.	106	\$ 5.30
Sugar.	114 $\frac{3}{4}$	5.97
Butter.	41 $\frac{1}{2}$	12.50
Pork Roast	8	.80
Pork Steak	15	1.68
Veal.	39	4.73
Beef Steak.	12	2.40
Beef Roast.	28	3.30
Ham.	21 $\frac{1}{2}$	3.75
Milk.	296	7.40
Chicken.	37	4.70
Fish.	12	2.10
Bacon.	7	1.55
Cheese.	4	.80
Sour Cream.	2 $\frac{2}{3}$	.10
Cream	36	9.87
Egg.	62 $\frac{1}{4}$	5.40
Oranges.	256 $\frac{1}{2}$	11.40
Bananas.	50 $\frac{1}{2}$	3.54
Apples.	73	4.93
Potatoes	163	2.445
Dates.	4	.40
Brown Sugar.	5	.28
Loaf Sugar.	4	.38
Lettuce.	15	1.10

Materials.	Amount lbs.	Cost.
Cabbage. -----	12 $\frac{1}{2}$ -----	\$.30
Corn meal. -----	2 -----	.200
Crackers. -----	6 $\frac{1}{4}$ -----	.375
Lard. -----	11 -----	1.375
Mutton. -----	8 -----	1.60
Tongue -----	6 -----	.80
Bone for Soup. -----	4 -----	.20
Molasses. -----	2 -----	.05
Marshmallows. -----	1 -----	.30
Grape Juice. -----	3 $\frac{1}{2}$ -----	3.60
Vinegar. -----	4 $\frac{7}{2}$ -----	1.062
Sweet Potatoes. -----	4 $\frac{1}{2}$ -----	.50
Jelly. -----	2 $\frac{1}{2}$ -----	.75
Compressed Yeast. -----	$\frac{1}{8}$ -----	.09
Cream of Tartar. -----	$\frac{3}{8}$ -----	.225
Cinnamon. -----	$\frac{1}{2}$ -----	.20
Cloves. -----	$\frac{1}{4}$ -----	.10
Tea. -----	1 $\frac{1}{8}$ -----	.845
Baking Powder. -----	1 -----	.40
Soda. -----	$\frac{1}{2}$ -----	.04
Gelatin. -----	$\frac{1}{2}$ -----	.24
Cayenne Pepper. -----	$\frac{1}{16}$ -----	.025
White Pepper. -----	$\frac{1}{2}$ -----	.20
Salt. -----	3 $\frac{1}{2}$ -----	.035
Mustard. -----	3 $\frac{1}{6}$ -----	.055

Materials.	Amount lbs.	Cost.
Nutmeg.	$\frac{1}{2}$	\$.20
Maple Syrup.	$9\frac{1}{2}$	2.06
Macaroni.	$2\frac{1}{4}$	.28
Cream of Wheat.	$3\frac{1}{2}$	.375
Rice.	$2\frac{3}{4}$	.14
Concentrated Tomato Juice.	12	.93
Catsup.	4	.63
Corn.	$7\frac{1}{2}$	1.20
Cranberry Preserves.	6	.60
Figs.	4	.50
Apricots.	1	.17
Rhubarb.	$6\frac{3}{8}$	.90
Peas.	1	.162
Asparagus.	$4\frac{1}{2}$	.30
Beans.	$2\frac{1}{2}$	.30
Corn Flakes.	2	.25
Onions.	12	.84
Strawberries.	$26\frac{3}{4}$	5.84
Beets.	8	1.20
Pickles.	$7\frac{1}{2}$	1.50
Olives.	$7\frac{1}{3}$	2.70
English Walnuts.	17	2.10
Peanuts.	5	.75
Celery.	$13\frac{1}{2}$	1.35
Honey.	2	.25

Materials.	Amount lbs.	Cost.
Bread.....	10	\$.70
Tomatoes.....	14	2.10
Pineapples.....	23½	4.67
Cornstarch.....	1	.09
Raisins.....	2	.262
Shredded Wheat.....	½	.15
Powdered Sugar.....	13½	1.11
Lemons.....	27⅜	2.65
Chocolate.....	2	.80
Cocoa.....	4½	2.25
Coffee.....	2⅞	1.05
Salmon.....	8½	1.48
Oatmeal.....	3	.12
Bread Crumbs.....	1	.05

Total Cost per mo. \$152.4402
 Total cost per week. \$38.11
 " " " day. \$5.0813

Individual cost per mo. \$11.7261
 " " " week \$2.9315
 " " " day. .3908

Materials	Lbs	Proteid	Fat	C.H.O.	Calories	Proteid	Fat	C.H.O.	Calories
Flour	104	11.	9	74.4	1625	11.44	936	77.376	169000
Sugar	113 $\frac{3}{4}$	—	—	100.	1860	—	—	113.75	211575
Butter	40 $\frac{5}{8}$	1.	85.	—	3605	.4062	37.527	—	146435.1
Roast Pork	7 $\frac{1}{8}$	14.1	25.5	—	1340	1.0039	1.8156	—	9540.8
Pork Steak	15	13.2	26.	—	1340	1.98	3.90	—	20100.
Veal	39	20.1	7.5	—	690	7.839	2.925	—	26910.
Beef Steak	10 $\frac{1}{2}$	16.4	16.9	—	1020	1.722	1.7745	—	10710.
Roast Beef	24 $\frac{1}{2}$	16.6	10.1	—	735	4.067	2.4745	—	18007.5
Ham	21	14.2	34.4	—	1675	2.982	7.014	—	35175.
Milk	296	3.3	4.	5.	325	9.768	11.84	14.80	96200.
Chicken	36 $\frac{1}{8}$	13.7	12.3	—	775	4.9484	4.4427	—	27993.
Fish	11 $\frac{3}{4}$	8.5	1.1	—	205	.9986	.1292	—	2408.75
Bacon	6 $\frac{1}{2}$	9.1	62.2	—	2795	.5915	4.043	—	18167.5
Cheese	3 $\frac{1}{2}$	25.9	33.7	2.4	1950	.9065	1.2795	.084	6825.
Cream	36	2.5	18.5	4.5	910	.90	6.66	1.62	36760.
Sour Cream	2 $\frac{3}{4}$	2.5	18.5	4.5	910	.0666	.4932	.12	2426.66
Eggs	62 $\frac{1}{4}$	11.9	9.3	—	635	7.4077	5.7892	—	39528.7
Oranges	250 $\frac{1}{4}$	.6	.1	8.5	170	1.5015	.2502	21.2712	42542.5

Materials	Lbs	Proteid	Fat	C. H. D.	Calories	Proteid	Fat	C. H. D.	Calories
Bananas	50½	.8	.4	14.3	300	.404	.202	7.2215	15150.
Apples	72¾	.3	.3	10.8	220	.2182	.2182	7.7770	1455.
Potatoes	162¾	1.8	.1	14.7	310	2.9224	1.6236	7.6309	50331.6
Dates	4	1.9	2.5	70.6	1450	.076	.1	2.824	5800.
Brown Sugar	5	-	-	95.	1765	-	-	4.75	8825.
Loaf Sugar	3¾	-	-	100.	1860	-	-	3.875	7207.5
Lettuce	13¼	1.	.2	2.5	75	.1312	.0262	.3282	984.37
Cabbage	8¼	1.4	.2	4.8	125	.1155	.0165	.396	1031.25
Cornmeal	⅛	9.2	1.9	75.4	1655	.0115	.0024	.0942	206.87
Corn	3½	2.8	1.2	19.	455	.098	.042	.665	1592.5
Cranberry Preserves	5¾	4	.6	54.95	1037.5	.0115	.0172	3.1595	5965.62
Figs	4	4.3	.3	74.2	1475.	.172	.012	2.968	5900.
Apricots	1	4.7	1.	62.5	1290.	.047	.01	.625	1290
Rhubarb	4½	.4	.4	2.2	65	.018	.018	.099	292.5
Pears	1	3.6	.2	9.8	255	.036	.002	.098	255.
Asparagus	4½	1.8	.2	3.3	105	.081	.009	.1485	472.5
Beans	¾	22.5	1.8	59.6	1605	.0843	.0067	.2235	601.87
Cornflakes	1¼	9.6	1.1	78.3	1680	.1739	.0199	1.7754	3045.
Onions	7¼	.5	.1	5.5	115	.0362	.0072	.3987	883.75

Materials	Lbs	Proteid	Fat	C.H.O.	Calories	Proteid	Fat	C.H.O.	Calories
Pickles	7 $\frac{7}{16}$	.5	.3	2.7	70	.0371	.0223	.2008	520.62
Olives	7 $\frac{3}{8}$	.8	20.2	8.5	1025	.059	1.4897	.6268	7559.38
English Walnuts	15	6.9	26.6	6.8	1375	1.035	3.39	1.02	20625.
Peanuts	5	19.5	29.1	18.5	1935	.975	1.455	.925	9675.
Celery	13 $\frac{1}{2}$	.9	.1	2.6	70	.1215	.0135	.351	945.
Honey	2	.4	—	81.2	1520	.008	—	1.624	3040.
Bread	10	9.1	1.6	53.3	1225	.91	.16	5.33	12250.
Tomatoes	14	.9	4	3.9	105	.126	.056	.546	1470.
Pineapple	23 $\frac{1}{2}$	.4	.7	36.4	715	.094	.1645	8.554	16802.5
Cornstarch	1	—	—	90.	1675	—	—	.9	1675.
Raisins	1 $\frac{3}{4}$	2.3	3.	68.5	1445	.0402	.0525	1.1787	2528.75
Shredded Wheat	$\frac{1}{2}$	10.5	1.4	77.9	1700	.0525	.0007	.3895	850.
Powdered Sugar	13 $\frac{1}{8}$	—	—	100.	1860	—	—	13.12	24403.2
Lemons	26 $\frac{1}{2}$	.7	.5	5.9	145	.1855	.1325	1.5635	3842.5
Chocolate	2	12.9	48.7	30.3	2860	.258	.974	.606	5920.
Cocoa	4 $\frac{1}{2}$	21.6	28.9	37.7	2320	.972	1.3	1.696	10440.
Salmon	8 $\frac{1}{2}$	19.5	7.5	—	680	1.657	.6375	—	5780.
Butter	1 $\frac{3}{4}$	16.1	7.2	67.5	1860	.2817	.126	1.1812	3255.
Bread Crumbs	1	9.1	1.6	53.3	1225	.091	.016	.533	1225.

Materials	Lbs	Proteid	Fat	C.H.O.	Calories	Proteid	Fat	C.H.O.	Calories
Crackers	4	10.6	12.7	68.5	2005	.318	.381	2.055	6015.
Lard	10½	2.2	94.	—	4010	.231	9.87	—	42105.
Mutton	8	11.9	26.7	—	1350	.952	2.136	—	10800.
Tongue	6	14.1	6.7	—	545	.846	.402	—	3270.
Soup Bone	4	12.8	7.3	—	545	.512	.292	—	2180.
Molasses	2	2.4	—	69.3	1290	.048	—	1.386	2580.
Marshmallows	1	—	—	57.4	—	—	—	.574	—
Grape juice	3½	1.3	1.6	19.2	450	.4095	.504	6.048	14175.
Sweet Potatoes	2½	1.9	4	41.4	820	.0475	.01	1.036	2050.
Jelly.	2½	.4	.6	54.95	1037.5	.01	.015	1.3737	2593.75
Compound Syrup	¼	11.7	4	21.	625.	.0146	.0005	.0262	78.12
Oralutin	½	91.4	1	—	1705.	.457	.0005	—	852.5
Maple Syrup	8½	—	—	71.4	1330.	—	—	6.069	11305.
Macaroni	1¼	13.4	9	74.1	1665	.1675	.0112	.9262	2081.25
Cream of Wheat	3⅛	12.1	1.8	75.2	1700	.3781	.0562	2.35	5312.5
Rice	1¾	8.	.3	79.	1630	.14	.0052	1.3825	2852.5
Potato juice	12	1.2	.2	4.	105	.144	.024	.48	1260.
Catnips	4	1.5	.2	12.3	265	.06	.008	.492	1060.
Strawberries	26	.9	.6	7.	175	.234	.156	1.82	4550.

Materials	Lbs	Proteid	Fat	C.H.O.	Calories	Proteid	Fat	C.H.O.	Calories
Beets	8	1.3	.1	7.7	170	.104	.008	.616	1360.
					Total -	76.3193	120.9493	331.8062	1013.312.05
					N.V. of Waste -	2.9780	2.4728	9.7065	33777.86
					N.V. of Food Consumed -	73.3413	118.4765	322.0997	980534.19

Nutritive Ratio --- 1:8.02

Calorie Value per person, per day --- 2514.18

Waste.

Material.	Amt. lbs.	Proteid	Fat.	CHO.	Calories.
Brown Bread.	$\frac{1}{4}$	.0148	.0025	.1012	227.64
Salad Dressing.	$\frac{9}{16}$	.3431	.1269	.0304	655.77
Popovers.	$3\frac{1}{4}$	.2501	.1495	.6742	2372.65
Cabbage.	$\frac{1}{2}$	.007	.001	.024	62.50
Macaroni ^{and} Meat.	$\frac{1}{8}$	.0157	.0187	.0098	127.18
" and Tomatoes	1	.0277	.0133	.1432	376.24
Cottage Cheese.	$\frac{3}{4}$	.1567	.0075	.0322	382.5
Creamed Potato.	$3\frac{1}{8}$	.0812	.0942	.5562	1578.12
Baked Potato.	1	.0250	.0010	.209	440.00
Mashed Potato.	$5\frac{3}{4}$	.149	.1725	1.0235	2903.75
Cocoa.	$3\frac{1}{4}$	.3088	.3055	1.2212	5115.00
Cake.	$\frac{1}{4}$	.0147	.0265	.1502	418.75
Peanut Sandwiches	$\frac{3}{8}$	.0382	.006	.1998	459.33
Cream of Tomato Soup.	$\frac{7}{8}$	.0151	.0092	.0470	155.40
Creamed Asparagus.	$1\frac{1}{16}$	.0225	.0350	.0235	233.75
Omelet.	1	.119	.093	—	635.00
Quick Biscuit.	$2\frac{3}{4}$	.2392	.0715	1.5217	3575.00
Oatmeal.	$\frac{1}{8}$	.0015	.0005	.0078	19.37
Creamed Salmon.	2	.4360	.2420	.0520	1830.00
Tomato Sauce.	$\frac{1}{4}$	.0040	.0223	.0256	151.75
Baked Beans.	$\frac{1}{4}$	.0172	.00625	.049	150.00
Cream of Wheat.	$2\frac{3}{8}$	.2855	.0424	1.7747	4012.00
Cheese Souffle.	$1\frac{1}{8}$	.0958	.2640	.2302	1678.12
Majestic Pudding.	1	.0265	.093	.1445	710.00
Short Cake Batter.	$1\frac{1}{8}$	.0623	.1570	.5419	1872.75
Rice.	$\frac{1}{4}$	.0197	.0010	.2047	421.25
Italian Meringue	2	.0432	.0930	.5240	1447.50
Peanut Butter.	$\frac{1}{8}$	.0080	.0120	.0169	254.36
Grape Bavarian.	$\frac{1}{4}$	.0048	.0011	.0496	189.06
Strawberry Ice Cream	$1\frac{1}{2}$	.0300	.1880	.0820	1000.00
Peas.	$\frac{1}{4}$	.0167	.0085	.0365	135.00
Egg Yolks.	$\frac{3}{8}$	.0980	.2080	—	188.12
Total.		2.9780	2.4728	9.7065	33777.86

The nutritive ratio, in the experiment, was 1:8.02, and the calorie value 2514.18, which were very good proportions, for, - according to Atwater, the correct nutritive ratio being 1:6 and the calorie value 3000 per day for men of average weight and moderate labor. Women weighing somewhat less and being less active are figured at best to require $\frac{1}{5}$ less.

Considering the large amount of food prepared during the experiment, there was but little waste.

However the nutritive value of the latter was ascertained and deducted from the whole nutritive value, thus giving the nutritive value of the food consumed.

All of the girls, with the exception of three, gained in weight, from two and one half to seven pounds, during the experiment. The loss of those losing weight was probably due to illness and overwork at the time of the experiment.

Besides the data obtained from the experiment, the girls received

much practical experience in the preparation and serving of meals.

The conclusions then are; that given free choice the ratio is 1:8+; that unhindered consumption of well prepared food will amount to 2500 calories per day; that excellent food can be furnished for less than \$3.00 per week at present food prices; and that the practical experience of preparing food for a large number is enjoyed by the young women so working.