A Summer’s Dietary Study for a Family of Four

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

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

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

The general health of the family was good at the beginning, and was also good at the end of the experiment.
### Saturday June 24

**Breakfast**
- Oatmeal
- Sugar and Cream
- White bread
- Butter
- Potatoes
- Poached Eggs
- Tea

**Dinner**
- Bread
- Butter
- Baked Beans
- Cheese
- Boiled Potatoes
- Bread Pudding

**Supper**
- Bread
- Butter
- Cold Baked Beans
- Fried Potatoes
- Apple Sauce

### Sunday June 25

**Breakfast**
- Oatmeal
- Sugar and Cream
- Fried Potatoes
- Fried Eggs
- Bread
- Butter
- Apple Sauce

**Dinner**
- Baked Chicken
- Gravy
- Dressing
- Potatoes
- String Beans
- Bread
- Butter
- Tapioca Cream
- Cake

**Supper**
- Bread
- Butter
- Apple Sauce
- Cake
- Cold Tea
Monday June 26

**Breakfast**
- Zest Cream
- Bread Butter
- Fried Potatoes
- Poached Eggs

**Dinner**
- Potatoes String Beans
- Hot Light Bread Biscuits Butter

**Supper**
- Bread Butter
- Blackberry Jam
- Custard Cake
- Cold Tea

Tuesday June 27

**Breakfast**
- Oatmeal Cream
- Fried Potatoes Poached Eggs
- Bread Butter

**Dinner**
- Washed Potatoes Creamed Tomatoes
- Cheese
- Bread Butter
- Canned Cherries
- Tea

**Supper**
- Bread Butter
- Salad Eggs
- Canned Cherries Cookies
- Cold Tea
### Saturday June 24 Breakfast

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**Nutritive Ratio 1:6.8**  **Calories per capita 454.1**

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**Nutritive Ratio 1:5.2**  **Calories per capita 620.35**

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**Nutritive Ratio 1:7.3**  **Calories per capita 218.3**  **Calories per capita for day 1293.25**
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#### Nutritive Ratio 1:8.1 Calorie value per capita 513.2

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#### Nutritive Ratio 1:3.9 Calories per capita 961.6

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#### Nutritive Ratio 1:9.4 Calories per capita 307.3

Calories per capita for day 1782.1
**Monday June 26 Breakfast**

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Nutritive Ratio 1:5.9  Calories per capita 315.4

**Monday June 26 Dinner**

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Nutritive Ratio 1:10.3  Calories per Capita 652.1

**Monday June 26 Supper**

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Nutritive Ratio 1:6.6  Calorie value per capita 469.08

Calories per capita for day 1436.58
### Tuesday June 27 Breakfast

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**Nutritive Ratio**: 1:8.4 Calories per capita **420.9**

### Tuesday June 27 Dinner

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**Nutritive Ratio**: 1:7.4 Calories per capita **648.15**

### Tuesday June 27 Supper

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**Nutritive Ratio**: 1:7.4 Calories per capita **624.27**

**Calories per capita for day**: **1894.32**
Wednesday June 28

Breakfast
Zest Sugar and Cream
Beefsteak Gravy
Fried Mashed Potatoes
Bread Butter
Tea
Dinner
Beefsteak Gravy
Boiled Potatoes
Bread Butter
Apple Sauce
Tea
Supper
Bread Butter
Blackberry Jam
Corn Starch Mold Marguerites
Lemonade

Thursday June 29

Breakfast
Apple Sauce
Rice Sugar and Cream
Beef Croquettes
Bread Butter
Tea
Dinner
Scalloped Potatoes Beef Souffle
Green String Beans
Bread Butter
Blackberry Jam
Tea
Supper
Bread Butter
Grape Jelly
Plain Custard Cookies
Lemonade
Friday June 30

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

Dinner
Baked Potatoes  Turnips with White Sauce
Sardines
Bread  Butter
Apple Charlotte

Supper
Bread  Butter
Grape Jelly
Rice Pudding  Bananas
Cold Tea

Saturday July 1
Breakfast
Sliced Bananas
Zest  Sugar and Cream
French Fried Potatoes
Toast with Creamy Eggs
Bread  Butter
Chocolate

Dinner
Mashed Potatoes  Scalloped Cabbage
Cheese Souffle
Bread  Butter
Green Apple Pie
Tea

Supper
Bread  Butter
Apple Preserves
Ginger Bread
Cold Tea
Sunday July 2

Breakfast

Oatmeal
Bread
Grape Jelly
Poached Eggs

Sugar and Cream
Butter
Fried Potatoes

Monday July 3

Mashed Potatoes
Buttered Lima Beans
Bread
Sliced Bananas

Butter
Cream

Tea

Supper

Washed Potato Salad
Bread
Salad Eggs
Ginger Bread
Canned Blackberries
Lemonade

Tuesday July 4

Breakfast

Sliced Bananas
Rice
Bread
Buttered Toast

Sugar and Cream
Butter
Tea

Dinner

Mashed Potatoes
String Beans
Fried Chicken
Butter

Gravy
Bread
Beet Pickles
Strawberry Preserves
Cream
Ice Cream
Marguerites

Supper

Bread
Gelled Plums

Butter
Custard
Marguerites
Wednesday July 5
Breakfast
Canned Plums
Zest Sugar and Cream
Bread Butter
Fried Washed Potatoes
Tea
Dinner
Boiled Potatoes Boiled Cabbage
Bread Butter
Ripe Apples
Tea
Supper
Bread Butter
Honey
Fried Potatoes
Rice Pudding Ginger Bread
Ice Tea
Thursday July 6
Breakfast
Oranges
Oatmeal Sugar and Cream
Fried Potatoes
Corn Meal Gems Butter
Cocoa
Dinner
Potatoes String Beans
Fried Chicken Gravy
Cold Slaw
Bread Butter
Ripe Plums
Tea
Supper
Bread Butter
Plumb Jelly
Raspberry Preserves Cream
Pomeade
Friday July 7

Breakfast

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

Dinner

Mashed Potatoes Boiled Cabbage
Bread Butter
Canned Plums
Tea

Supper

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

Saturday July 8

Breakfast

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

Dinner

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

Supper

Cold Roast Beef Fried Potatoes
Bread Butter
Blackberry Preserves Cake
Tea
Sunday July 9
Oatmeal        Sugar and Cream
Waffles         Butter
Sugar Syrup     Apple Preserves
                Tea

Dinner

Supper
Bread         Butter
Plum Butter    Apple Pie    Cake

Monday July 10
Breakfast
Apple Preserves Cream
Oatmeal        Sugar and Cream
Boiled Potatoes
Bread         Butter
                Tea

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

Supper
Bread         Butter
Diced Potatoes with White Sauce
Apple Preserves with Cake
                Tea
Tuesday July 11

Breakfast
Rice Sugar and Cream
Beef and Chicken Croquettes Fried Potatoes
Corn Gems Butter
Plum Butter
Tea

Dinner
Mashed Potatoes Baked Beans
Buttered Beets
Muffins Butter
Plum Butter
Tea

Supper
Bread Butter
Blackberry Preserves
Mashed Potato Salad Cold Baked Beans
Tea

Wednesday July 12

Breakfast
Apple Preserves Cream
Bread Butter
Plum Butter
Fried Potato Cakes Poached Eggs
Tea

Dinner
Scalloped Potatoes Boiled Cabbage
Bread Butter
Beet Pickles
Rice Pudding Marguerites
Tea

Supper
Bread Butter
Plum Jelly
Scalloped Potatoes
Apple Sauce Marguerites
Lemonade
Thursday July 13

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

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

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

Friday July 14

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

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

Supper
Bread Butter
Plum Jelly
Mashed Potato Salad
Cold Tea
Saturday July 15
Breakfast
Rice  Sugar and Cream
Poached Eggs
Apple Preserves
Bread  Butter
Tea
Dinner
Boiled Potatoes  Succotash
Bread  Butter
Cheese
Russian Rocks  Cold Tea
Supper
Bread  Butter
Plug  Butter
Fresh Blackberry Pie
Cold Tea

Sunday July 16
Breakfast
Zest  Sugar and Cream
Fried Rice  Plum Jelly
Buttered Toast  Poached Eggs
Bread  Butter
Tea
Dinner
Mashed Potatoes  Green Corn
Fried Chicken  Gravy
Cucumber Pickles
Bread  Butter
Plum Pie
Tea
Monday July 17

Breakfast
Canned Pears
Zest Sugar and Cream
Fresh Fried Potatoes Corn
Bread Butter
Tea

Dinner
Boiled Potatoes String Beans
Fried Chicken Gravy
Cucumber Pickles
Bread Butter
Raisin Pie
Tea

Supper
Bread Butter
Plum Jelly
Cold Chicken Boiled Rice
Raisin Pie
Cold Tea

Tuesday July 18

Breakfast
Baked Apples Cream
Fried Potatoes
Rice Griddle Cakes Butter
Sugar Syrup
Tea

Dinner
Boiled Potatoes Green Corn
Fried Chicken Gravy
Bread Butter
Beet Pickles
Lemon Pie
Tea

Supper
Bread Butter
Plum Jelly
Cold Fried Chicken
Baked Apples  Marguerites  
Cold Tea  

Wednesday July 19  

Breakfast  
Oatmeal  Sugar and Cream  
Flour Gems  Butter  
Plum Jelly  
Tea  

Dinner  
Boiled Potatoes  String Beans  
Beef Steak  Gravy  
Hot Light Bread  Butter  
Beet Pickles  
Raisin Pie  

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

Thursday July 20  

Breakfast  
Oatmeal  Sugar and Cream  
Fried Eggs  
Bread  Butter  
Apple Preserves  
Tea  

Dinner  
Mashed Potatoes  Cheese  
Fried Tomatoes with Gravy  
Bread  Butter  
Tea  

Supper  
Bread  Butter  
Apple Preserves  
Baked Apples  Russian Rocks  
Cold Tea
Friday July 21
Breakfast
Oatmeal  Sugar and Cream
Fried Potato Cakes
Bread  Butter
Apple preserves  Tea
Saturday July 22
Breakfast
Baked Apples  Cream
Oatmeal  Sugar and Cream
Poached Eggs  Butter
Bread  Tea
Dinner
Baked Potatoes  Buttered Lima Beans
Cheese
Cucumber Pickles  Butter
Bread  Blackberry Pie
Tea
Supper
Bread  Butter
Apple Preserves  Russian Rocks
Tapico Cream  Cold Tea
Sunday July 23
Breakfast
Ripe Blackberries  Sugar and Cream
Zest  Sugar and Cream
Rice Griddle Cakes  Butter
Sugar Syrup  Tea
Dinner
Supper
Bread  Butter
Fresh Setwed Blackberries  Marguerites
Lemonade
Monday July 24
Breakfast
Stewed Blackberries
Oatmeal Sugar and Cream
Fresh Fried Potatoes
Bread Butter
Tea

Dinner
Boiled Potatoes Creamed Tomatoes
Baking Powder Biscuits Butter
Apple Pie
Tea

Supper
Baking Powder Biscuits Butter
Blackberry Jelly
Potato Salad with French dressing
Backed Apples
Tea

Tuesday July 25
Breakfast
Baked Apples Cream
Zest Sugar and Cream
Green Corn Fritters
Bread Butter
Tea

Dinner
Washed Potatoes String Beans
Sliced Tomatoes
Bread Blackberry Jelly

Supper
Bread Butter
Blackberry Jelly
Baked Apples Cookies
Cold Tea
Wednesday July 26
Breakfast
Oatmeal
Sugar and Cream
Poached Eggs
Washed Potatoes
Biscuits
Butter
Apple Preserves
Dinner
Boiled Potatoes
Scalloped Tomatoes
Fried Chicken
Gravy
Bread
Butter
Grape Pie
Supper
Bread
Butter
Boiled Rice
Butter
Apple Preserves
Marguerites
Tea
Thursday July 27
Breakfast
Zest
Sugar and Cream
Blackberry Jelly
Rice Griddle Cakes
Butter
Syrup
Tea
Dinner
Buttered Potatoes
Boiled Cabbage
Sliced Tomatoes
Bread
Butter
Grape Pie
Tea
Supper
Bread
Butter
Apple Sauce
Marguerites
Cold Tea
Friday July 26

**Breakfast**

Apple Sauce

Oatmeal Sugar and Cream

Fried Potatoes

Bread Butter

Blackberry Jelly

Tea

Dinner

Mashed Potatoes String Beans

Fried Tomatoes Gravy

Bread Butter

Lemon Pie

Tea

**Supper**

Bread Butter

Apple Sauce Marquerites

Cold Tea

Saturday July 29

**Breakfast**

Apple Sauce Cream

Zest Sugar and Cream

Baking Powder Biscuits Butter

Fried Potato Cakes

Tea

Dinner

Boiled Potatoes String Beans

Sliced Tomatoes

Bread Butter

Apple Charlotte

Tea

**Supper**

Light Bread Biscuits Butter

Dried Peaches Devil's Food Cake

Cold Tea
Sunday July 30

**Breakfast**
- Oatmeal
- Waffles
- Sugar Syrup
- Tea

**Dinner**
- Washed Potatoes
- Sliced Tomatoes
- Fried Chicken
- Beet Pickles
- Bread
- Canned Cherries
- Devil's Food Cake
- Tea

**Supper**
- Bread
- Sliced Tomatoes
- Devil's Food Cake
- Lemonade

Monday July 31

**Breakfast**
- Canned Cherries
- Oatmeal
- Fried Eggs
- Bread
- Tea

**Dinner**
- Boiled Potatoes
- Boiled Cabbage
- Fried Tomatoes
- Gravy
- Bread
- Cherry Pie

**Supper**
- Bread
- Potato Salad
- French Dressing
- Apple Sauce
- Devil's Food Cake
- Lemonade
Thursday August 1

**Breakfast**

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

**Dinner**

- Boiled Potatoes Baked Corn
- Fried Chicken Gravy
- Bread Butter
- Devil’s Food Cake

**Supper**

- Bread Butter
- Boiled Rice Butter
- Corn (warmed over) Cold Fried Chicken
- AppIr Sauce
- Cold Tea
Wednesday August 2

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

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

Supper
Bread  Butter
Baked Apples
Cold Tea

Thursday August 3

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

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

Supper
Bread  Butter
Cold Corn
Chocolate Corn Starch Mold  Apple Sauce
Cold Tea
Friday August 4

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

Dinner
Diced Potatoes with White Sauce
Sliced Tomatoes
Bread Butter
Apple Charlotte

Supper
Bread Butter
Grape Jelly
Fresh Fried Potatoes
Coconut Bread Pudding
Tea

Saturday August 5

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

Dinner
Mashed Potatoes
Fried Chicken Gravy
Bread Butter
Crabapple Pie
Tea

Supper
Bread Butter
Grape Jelly
Cold Fried Chicken
Plain Custard Chocolate Cake
Cold Tea
Sunday August 6

Breakfast
Stewed Plums
Oatmeal    Sugar and Cream
Poached Eggs
Bread      Butter
Grape Jelly
Tea

Dinner
Boiled Potatoes   Creamed Tomatoes
Fried Chicken     Gravy
Cucumber Pickles
Bread           Butter
Stewed Raisins    Angel Food Cake

Monday August 7

Breakfast
Stewed Plums
Oatmeal    Sugar and Cream
Fried Potato Cakes
Bread      Butter
Blackberry Jelly
Tea

Dinner
Boiled Potatoes
Beef Steak    Brown Gravy
Bread      Butter
Grape Jelly
Muskemelon

Supper
Bread      Butter
Grape Jelly
Potato Salad
Apple Sauce   Cookies
Cold Tea
Tuesday August 8

Breakfast
Apple Sauce
Zest Sugar and Cream
Mock Sausage
Bread Butter
Grape Jelly
Tea
Dinner
Boiled Potatoes String Beans
Cucumber Pickles
Bread Butter
Apple Sauce
Tea
Supper
Bread Butter
Blackberry Jelly
Apple Sauce Devil's Food Cake
Cold Tea

Wednesday August 9

Breakfast
Apple Sauce
Zest Sugar and Cream
Fried Potatoes Poached Eggs
Bread Butter
Honey
Tea
Dinner
Bread Butter
Grape Jelly
Fried Chicken Gravy
Apple Sauce Cake
Thursday August 19

Breakfast
Oranges
Zest Sugar and Cream
Bread Butter
Sugar Syrup
Fried Potatoes

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

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

Friday August 11

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

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

Supper
Bread Butter
Apple Butter
Fried Chicken Potatoe Cakes
Tea Cake
Saturday August 12

**Breakfast**
- Zest Sugar and Cream
- Chicken Sausage
- Bread Butter
- Plum Jelly
- Tea

**Dinner**
- Boiled Potatoes
- Fresh Lima Beans
- Green Corn
- Bread Butter
- Raisin Pie
- Musk melon

**Supper**
- Bread Butter
- Plum Jelly
- Cold Corn
- Devil's Food Cake Cold Tea

Sunday August 13

**Breakfast**
- Oatmeal Sugar and Cream
- Fried Potatoes
- Corn Fritters Syrup
- Bread Butter
- Tea

**Dinner**
- Mashed Potatoes Sweet Potatoes Browned in Oven
- Fried Tomatoes Gravy
- Bread Butter
- Watermelon

**Supper**
- Bread Butter
- Cold Tea Margaritas
Monday August 14

**Breakfast**
- Oatmeal  
- Sugar and Cream  
- Fried Potatoes  
- Bread  
- Butter  
- Plum Jelly  
- Tea

**Dinner**
- Boiled Potatoes  
- Creamed Tomatoes  
- Bread  
- Butter  
- Apple Sauce  
- Tea

**Supper**
- Bread  
- Butter  
- Potato Salad  
- Ripe Grapes  
- Cold Tea

Tuesday August 15

**Breakfast**
- Apple Sauce  
- Rice  
- Sugar and Cream  
- Baking Powder Biscuits  
- Plum Jelly  
- Soft Boiled Eggs  
- Tea

**Dinner**
- Washed Potatoes  
- Baked Sliced Tomatoes  
- Baked Corn  
- Bread  
- Butter  
- Grapes  
- Tea

**Supper**
- Bread  
- Butter  
- Plum Jelly  
- Cold Baked Corn  
- Grapes  
- Cold Tea
Wednesday August 18

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

Dinner
Boiled Potatoes String Beans
Fried Chicken Gravy
Bread Butter
Watermelon
Tea

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

Thursday August 17

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

Dinner
Washed Potatoes Boiled Corn
Fried Tomatoes Gravy
Bread Butter
Apple Sauce

Supper
Bread Butter
Plum Jelly
Cold Corn
Apple Sauce Cookies
Cold Tea
Friday August 18

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

Dinner
Mashed Potatoes Creamed Tomatoes
Bread Butter
Ethernial Apple Pie
Tea

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

Saturday August 19

Breakfast
Apple Sauce Cream
Rice Griddle Cakes Butter
Syrup
Tea

Dinner
Boiled Potatoes Fried Tomatoes Gravy
Bread Butter
Blackberry Jelly
Fresh Fried Potatoes Sliced Tomatoes
Apple Sauce Cookies
Tea
Sunday August 20

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

Supper
- Bread
- Butter
- Blackberry Jelly
- Jelly Cake
- Lemonade

Monday August 21

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

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

Supper
- Bread
- Butter
- Fresh Fried Potatoes
- Sliced Tomatoes
- Boiled Rice
- Butter
- Apple Sauce
- Jelly Cake
- Tea
Thursday August 22
Breakfast
Apple Sauce
Zest Sugar and Cream
Rice Griddle Cakes Butter
Syrup
Diced Potatoes with White Sauce
Tea
Dinner
Bread Butter
Mashed Potatoes Sliced Tomatoes
Blackberry Jelly
Apple Dumplings
Tea
Supper
Bread Butter
Blackberry Jelly
Mashed Potato Salad
Baked Apples Russian Rocks
Cold Tea

Wednesday August 23
Breakfast
Baked Apples
Zest Sugar and Cream
Buttered Toast Poached Eggs
Bread Butter
Tea
Dinner
Boiled Potatoes Tomatoes with Bread
Fried Chicken Gravy
Bread Butter
Watermelon
Tea
Supper
Bread Butter
Blackberry Jelly
Apple Sauce Russian Rocks
Cold Tea
Thursday August 24
Breakfast
Apple Sauce
Oatmeal Sugar and Cream
Fried Potatoes
Baking Powder Biscuits Butter
Syrup Tea

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

Supper
Bread Butter
Sliced Tomatoes
Baked Apples Cream Cake
Cold Tea

Friday August 25
Breakfast
Baked Apples
Rice Sugar and Cream
Baked Mashed Potatoes
Bread Butter
Blackberry Jelly
Coffee

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

Supper
Bread Butter
Grape Jelly
Cold Baked Potatoes
Apple Sauce Cream Cake
Cold Tea
Saturday August 26
Breakfast
Apple Sauce
Zest Sugar and Cream
Fresh Fried Potatoes Sliced Tomatoes
Bread Butter
Tea

Dinner
Mashed Potatoes Browned in Oven Creamed Tomatoes
Bread Butter
Apple Charlotte
Tea

Supper
Bread Butter
Blackberry Jelly
Rice Butter
Grapes
Tea

Sunday August 27
Breakfast
Graps
Cold Rice Sugar and Cream
Corn Meal & Rice Griddle Cakes Butter
Syrup
Tea

Dinner
Mashed Potatoes Baked Sweet Potatoes
Sliced Tomatoes
Fried Chicken Gravy
Beet Pickles
Bread Butter
Cherry Pie
Grapes
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Wednesday August 30

Breakfast
Peach Preserves
Zest Sugar and Cream
Fresh Fried Potatoes
Bread Butter
Tea

Dinner
Mashed Potatoes Creamed Tomatoes
Bread Butter
Pumpkin Pie
Watermelon
Tea

Supper
Bread Butter
Blackberry Jelly
Fried Potato Cakes Sliced Tomatoes
Apple Sauce Russian Rocks
Tea

Thursday August 31

Breakfast
Zest Sugar and Cream
Fresh Fried Potatoes
Bread Butter
Blackberry Jelly
Tea

Dinner
Boiled Potatoes Dried Beans
Sliced Tomatoes
Soda Biscuits Butter
Peach Preserves
Apple Pie
Postum

Supper
Bread Butter
Grape Jelly
Fried Potatoes Corn Flake
Marquerites Tea
Friday September 1

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

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

**Supper**
- Bread Butter
- Grape Jelly
- Washed Potato Salad
- Apple Sauce Loaf Cake
- Cold Tea

Saturday September 2

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

**Dinner**
- Boiled Potatoes
- Fried Tomatoes Gravy
- Bread Butter
- Apple Sauce Postum

**Supper**
- Bread Butter
- Grape Jelly
- Fried Potatoes Boiled Rice
- Apple Sauce Loaf Cake
- Tea
Saturday July 29 Breakfast

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Saturday July 29 Supper

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Calories per capita for day 2553.3
Sunday July 30 Breakfast

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Nutritive Ratio 1:13.2 Calories per capita 1270.8

Sunday July 30 Dinner

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Nutritive Ratio 1:5.7 Calories per capita 811.7

Sunday July 30 Supper

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Nutritive Ratio 1:14.9 Calories per capita 492.3

Calories per capita for day 2511.8
### Monday July 31 Breakfast

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<tr>
<th>Food</th>
<th>Percentage Comp.</th>
<th>Cal. Pounds</th>
<th>Pounds in per lb.</th>
<th>Per lb. used</th>
<th>entire amt. Cal.</th>
<th>Cost</th>
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<td>4.5</td>
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**Nutritive Ratio 1:8.08 Calories per capita 628.8**

### Monday July 31 Dinner

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<tr>
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**Nutritive Ratio 1:13.1 Calories per capita 887.8**

### Monday July 31 Supper

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<th>Food</th>
<th>Percentage Comp.</th>
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<th>Per lb. used</th>
<th>entire amt. Cal.</th>
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<td>Vinegar</td>
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**Nutritive Ratio 1:13.1 Calories per capita 887.8**
**Nutritive Ratio 1:16.4 Calories per capita 614.9**

Calories for day per capita 2131.5

*Tuesday August 1 Breakfast*

<table>
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<tr>
<th>Food</th>
<th>Presentage Comp.</th>
<th>Cal. Pounds</th>
<th>Calories per lb.</th>
<th>Pounds per lb.</th>
<th>Calories</th>
<th>cost * * per lb.</th>
<th>cost * * per llb.</th>
<th>entire amt. used</th>
<th>entire amt. value</th>
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<tr>
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**Totals**

Nutritive Ratio 1:13.8 Calories per capita 513.8

*Tuesday August 1 Dinner*

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<th>Calories per lb.</th>
<th>Pounds per lb.</th>
<th>Calories</th>
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<th>cost * * per llb.</th>
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Nutritive Ratio 1:6.04 Calories per capita 760.4

*Tuesday August 1 Supper*

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<th>cost * * per llb.</th>
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<td>.0518</td>
<td>.0073 .2366</td>
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<td>3410</td>
<td>1/18</td>
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<td>.0631</td>
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<td>.001 .244</td>
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<td>5/16</td>
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<td>.0043</td>
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**Totals**

Nutritive Ratio 1:8.1 Cal. per capita 577.9 and for day 1852.1
### Saturday September 2 Breakfast

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<th>Food</th>
<th>Percentage Comp</th>
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Nutritive Ratio 1:7.9 Calories per capita 492.02

### Saturday September 2 Dinner

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Nutritive Ratio 1:11.3 Calories per capita 549.9

### Saturday September 2 Supper

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<th>Pounds in entire amt.</th>
<th>Calorie value</th>
<th>Cost</th>
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<td>14.7</td>
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Nutritive Ratio 1:11.8 Calories per capita 554.9

Calories per capita for day 1596.82
### Sunday September 3 Breakfast

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**Nutritive Ratio 1:13.4 Calories per capita 1101.9**

### Sunday September 3 Dinner

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**Nutritive Ratio 1:4.96 Calories per Capita 1110.7**

### Sunday September 3 Supper

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**Nutritive Ratio 1:3.73 Calories per capita 336.4**

Calories per capita for day 2549
### Monday September 4 Breakfast

| Food   | Percentage | Compo. | Cal. | Pounds | Pounds in entire amt. | Calories | Cost  
|--------|------------|--------|------|--------|-----------------------|----------|-------
| Bread  | 9.2 | 1.3 | 53.1 | 1200 | 11/16 | .0632 | .0039 | .3650 | 825 | .0171 
| Butter | 1.  | 86.3 | 3410 | 7/18 | .0042 | .3717 | 1491 | .0646 
| Cream  | 2.5 | 18.5 | 4.5 | 865 | 8/16 | .0140 | .1040 | .0258 | 486.5 | .025 
| Zest   |      |      |      |      | 2/16 |      |      |      |      | .0125 
| Potatoes | 1.4 | .6 | 21.9 | 440 | 10/16 | .0067 | .0037 | .0136 | 273.0 |      
| Apple Sauce | .3 | 10.8 | 190 | 2/16 | .0003 | .0003 | .0135 | 23.7 |      
| Eggs   | 13.1 | 9.3 | 635 | 4/16 | .0326 | .0232 | 158.6 | .0233 
| Postum | .2 | 1.4 | 30 | 8/16 | .001 | .007 | 15.0 | .0156 
| Totals |      | 53.1 | 1200 | 11/16 | .0632 | .0039 | .3650 | 825 | .0171 

Nutritive Ratio 1:12.7 Calories per capita 818.7

### Monday September 4 Dinner

| Food   | Percentage | Compo. | Cal. | Pounds | Pounds in entire amt. | Calories | Cost  
|--------|------------|--------|------|--------|-----------------------|----------|-------
| Potatoes | 1.8 | 1 | 14.7 | 255 | 12/16 | .0132 | .0004 | .1101 | 211.2 |      
| Tomatoes | .9 | 4 | 3.9 | 100 | 1 | .009 | .004 | .039 | 100.0 |      
| Milk   | 3.4 | 3 | 5.1 | 165 | 1 | .034 | .003 | .051 | 185.0 | .025 
| Bread  | 2.2 | 1.8 | 53.1 | 1200 | 4/16 | .0283 | .0032 | .1325 | 300.0 | .0068 
| Butter | 1.  | 85 | 3410 | 3/16 | .0018 | .1583 | 639.0 | .0234 
| Tea    |      |      |      |      |      |      |      |      | .02 
| Cherry Pie |      |      |      |      |      |      |      |      |      
| Cherries | 1.1 | .1 | 21.1 | 415 | 14/16 | .0086 | .0008 | .1846 | 383.1 |      
| Butter  | 1.  | 85 | 3410 | 2/16 | .0012 | .1062 | 426.2 | .6175 
| Flour   | 11.4 | 1.75 | 1635 | 4/16 | .0295 | .0025 | .1875 | 408.7 | .0095 
| Totals  |      | 53.1 | 1200 | 11/16 | .0345 | .0042 | .1989 | 450.0 | .0129 

Nutritive Ratio 1:10.9 Calories per capita 871.06

### Monday September 4 Supper

| Food   | Percentage | Compo. | Cal. | Pounds | Pounds in entire amt. | Calories | Cost  
|--------|------------|--------|------|--------|-----------------------|----------|-------
| Bread  | 9.2 | 1.3 | 53.1 | 1200 | 6/16 | .0345 | .0042 | .1989 | 450.0 | .0129 
| Butter | 1.  | 85 | 3410 | 2/16 | .0012 | .1062 | 426.0 | .0158 
| Potatoes | 1.8 | .1 | 14.7 | 285 | 3/18 | .0033 | .0001 | .0271 | 55.3 |      
| Olive Oil |      |      |      |      |      |      |      |      |      | .014 
| Vinegar |      |      |      |      |      |      |      |      | .0018 
| Cherries | 1.1 | .1 | 21.1 | 415 | 12/16 | .0062 | .0007 | .1582 | 311.2 |      
| Cake   | 6.3 | 95 | 63.3 | 1630 | 3/18 | .0117 | .0156 | .1188 | 305.6 | .01 
| Sugar  |      | 100. | 1750 | 3/18 |      |      |      |      | 327.9 | .0123 
| Tea    |      |      |      |      |      |      |      |      | .04 
| Totals |      | 544 | 544 | 544 |      |      |      |      | 2176.0 | .1066 

Nutritive Ratio 1:15.6 Cal. per capita 544 Cal. per capita for day 2233.76
### Tuesday September 5  Breakfast

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<th>Carbo (g)</th>
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<th>Pounds used</th>
<th>Calories per lb</th>
<th>Calories used</th>
<th>Cost per lb</th>
<th>Cost used</th>
<th>Nutritive Ratio</th>
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**Nutritive Ratio**: 1:11.4  **Calories per capita**: 519.3

### Tuesday September 5  Dinner

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**Nutritive Ratio**: 1:11.1  **Calories per capita**: 399.2

### Tuesday September 5  Supper

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**Nutritive Ratio**: 1:14.4  **Calories per capita**: 806.1

**Calories per capita for day**: 1724.6
The family consisted of two men and two women. The cost for the entire summer was about $30. This would make an average per meal of about 15¢, and an average for each individual of nearly 3 1/2 cents.