A COLLEGE GIRL'S DIETARY EXPERIMENT.

by

Ellen Hanson.
A COLLEGE GIRL'S DIETARY STUDY.

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

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

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

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

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

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


Oranges

Cream of Wheat Sugar & Cream

Ham Muffins

1.
April 4.

Luncheon.

Apple & Date Salad
Bread
Pineapple Snow

Dinner.

Fruit Soup
Roast Beef
Buttered Potatoes
Bread
Lemon Ice

Breakfast.

Stewed Figs
Toast
Egg in nest on Toast

Luncheon.

Meat Croquettes
Parker House Rolls
Fruit Sherbert

Water

Dinner.

Apple Salad
Meat Pie
Biscuits
Fruit Sherbet
April 5.

Breakfast.
Rice & Raisins
Egg poached in Cream on toast
Graham Wafers
Cocoa.

Luncheon.
Creamed Tomato Soup
Cheese Souffle
Bread
Milk

Dinner.
Banana & Nut Salad
Veal Birds
Mashed Potatoes
Bread
Butter
Chocolate Pudding
Sauce

April 6.

Breakfast.
Cracked Wheat
Potatoe Cakes
Biscuits
Apple & Quincees
Cocoa

Luncheon
Emergency Soup
Wafers
Scalloped Oysters
Olives
Bread & Butter Sandwiches
Tapico Custard
April 7.

**Dinner.**
- Salmon Soup
- Baked Beans
- Pickles
- Stewed Figs
- Whipped Cream

**Breakfast.**
- Shredded Wheat
- Biscuit
- Milk
- Eggs
- Bread & Butter Sandwiches
- Oranges

**Luncheon.**
- Cheese & Ham Sandwiches
- Pickles
- Oranges
- Bananas
- Caramel Cake
April 8.

Breakfast.
Bananas
Biscuits
Dinner.
Chicken Souffle
Bread
Apple Pie
Luncheon.
Fudge

April 9.

Breakfast.
Rhubarb Scause
Rolled Oats
Omelet
Cornmeal Muffins
Luncheon.
Liver & Bacon
Parker House Rolls
Apple & Quince Sauce

Dinner.
Pan Broiled Steak
April 10.

**Breakfast.**
- Cream of Wheat with Dates
- Milk Toast
- Boiled Eggs
- Buttered Toast

**Luncheon.**
- Creamed Peas
- Cheese Pudding
- Fruit
- Lemonade

**Dinner.**
- Hamburg Steak
- French Fried Potatoes
- Creamed Lima Beans
- Gravy
- Caramel Ice Cream
- Cake

April 11.

**Breakfast.**
- Scalloped Potatoes
- Milk Toast
- Bread
- Butter
- Rhubarb Sauce
- Coffee

**Luncheon.**
- Cream of Pea Soup
- Crackers
- Meat Souffle
- Creamed Potatoes
- Biscuits
- Butter
- Frozen Chocolate Custard
Dinner.
Banana Apple Peanut Salad
Roast Veal
Potatoes on Half Shell
Bread
Cereal Pudding
Gravy
Butter

April 12.
Breakfast.
Oranges
Fried Mush
Bread
Milk

Dinner.
Asparagus Salad
Pan Broiled Tenderlion
Potatoes - Maitre - de - Hotel
Parker House Rolls
Picnic Luncheon.
Chicken Sandwiches
Olives & Pickles
Date Wafers
Oranges
Milk

April 13.
Breakfast.
Sliced Oranges & Bananas
Scrambled Eggs on Toast
Cocoa
Buttered Toast
Luncheon.

Fruit Salad
Muffins
Jelly
Cocoanut Bread Pudding

Dinner.

Baked Beans
Olives
Indian Meal Pudding

April 14.

Breakfast.

Dr. Price's Breakfast Food
Bread
Eggs

Dinner.

Punch
Roast Chicken
Mashed Potatoes

Bread

Mince Pie

Luncheon.

Chicken & Peanut Sandwiches
Chocolate Cake
Date Wafers

Lemonade

8
April 15.

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

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

Dinner.
Brazed Beef Gravy
Fried Bananas & Peanuts
Bread Butter
Pear Pickles Radishes
Lemon Pudding

April 16.

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

Luncheon
Chicken a la Mond'e
Rice Croquettes Sliced Tongue
Apple Pickles
Biscuits Jelly
April 17.

Dinner.
Liver Loaf
Buns
Lettuce & Egg Salad
Steamed Snow Ball Pudding
Foamy Sauce

Breakfast.
Apple Sauce
Creamed Meat on Toast
Buttered Toast
Coffee

Dinner.
Pork Roast
Potatoes cooked with Roast
Bread

Gravy
Butter
Setting Salad
Banana Custard

Luncheon.
Sliced Ham Sandwiches
Ham & Pickle
Peanut Cookies
Lemonade

April 18.
Breakfast.
Asparagus on Toast
Chocolate

Buttered Toast
Apple Sauce
Luncheon.

Orange & Pineapple Salad
Liver Souffle
Buttered Beans

Dinner.

Cannelon of Beef
Parker House Rolls
Punch
Chocolate Pie

Breakfast.

April 19.

Oranges
French Fried Roast
Chocolate

Veal Birds
Bread
Tomato & Cabbage Salad

Cheese & Pork Sandwiches

Potato Chips
Oranges
April 20.
Breakfast.
Cream of Wheat with Raisins Cream & Sugar
Omelet
Pop overs Butter
Luncheon.
Pea & Potatoe Salad Rolls & Butter
Strawberry Ice Cream Cake
Dinner.
Baked Beans Brown Bread
Ketchup Pickles
Butter
Apricot Short Cake

April 21.
Breakfast.
Shredded Wheat Biscuit Cream & Sugar
Eggs
Parker House Rolls Butter
Oranges
Dinner.
Pan Broiled Steak Brown Sauce
New Potatoes Creamed Asparagus
Sweet Pear Pickles
Bread Butter
Fruit Salad
.12.
April 22.

Luncheon.

Peanut, Cheese, Cottage Cheese
Sandwiches
Cream Puffs
Oranges

Breakfast.

Apple Sauce
Rolled Oats
Cream & Sugar
Biscuits
Buttered Mackeral
Coffee
Butter

April 23.

Luncheon.

Breaded Veal Cutlets
Scalloped Macaroni & Tomatoes
Plum Perserves

Bread
Brown Pudding
Butter
Golden Sauce

Dinner.

Clear Soup
Pork Roast
New Potatoes
Creamed Lima Beans
Bread
Butter

Lemon Ice
Kisses

Breakfast.

Oranges in Half
Creamed Meat in Crustads
Muffins
Butter
### April 24.

**Luncheon.**
- Cream of Tomatoe Soup
- Corn Custard
- Biscuits
- Cakes
- Dinner.
- Tomatoe Soup
- Meat Souffle
- Prune Whip

**Breakfast.**
- Bananas & Cream
- Dr. Price's Breakfast Food
- Baked Eggs
- Butter
- Chocolate
- Luncheon.
- Salpicon of Fruit
- Mutton Chops
- Rice Scalloped with Tomatoes
- Bread
- Lettuce Salad
- Chocolate Bread Pudding

**Dinner.**
- Crom Rib Roast
- Dressing
- Potatoes in Pan
- Brown Sauce
- Creamed Onions
Asparagus Salad

Recipes Used.

Cream of Wheat

2 c. Cream of Wheat
7 c. Water

Too much for twelve

Muffins

2 eggs
4 tbsp. butter
8 tbsp. sugar
2 tsp. salt
4 c. butter

Apple and Date Salad.

1 lb. apples cut in small pieces
9 oz. Dates

Dressing.

2 c. Vinegar
4 tsp. sugar
4 eggs
2 tbsp. butter
2 tsp. salt
2 tbsp flour
2 c. milk

.15.
Macaroni with Cheese.
7/8 lb. macaroni
3/8 " cheese
4 tbsp. butter
3 c. milk
4 tbsp. flour
1/2 c. buttered crumbs

Pineapple snow.
1 can pineapple
2 lemons
5 egg whites

Fruit Soup.
1 qt. preserved plums
1/2 pt. cranberries
1 qt. water
3 Lemons (juice of)
1 1/2 tbsp. cornstarch

Brown Sauce.
8 lb. Roast (juice of)
3 tbsp. flour
3 c. water
salt
pepper
1 bay leaf
tomatoe juice

18.
Lemon Ice.
1 qt. water
3 lemons
3 c. sugar
1 egg white

Marguerites.
1 c. sugar
½ c. nuts
½ c. chopped raisins
½ c. water

Eggs in nest on toast.
12 eggs
12 slices of toast

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

Meat Croquettes.
1 c. milk
4 tbsp. butter
4 tbsp. flour
1 tsp. salt
2 c. ground meat
Creamed Asparagus.

- 1 c. milk
- 2 tbsp. flour
- 2 tbsp butter
- ½ tsp. salt
- 2 bunches of asparagus

Parker House Rolls.

- 2 c. scalded milk
- 3 tbsp. butter
- 1 tsp. salt
- 2 tbsp. sugar
- 1 yeast cake dissolved in
- ½ c. luke warm water
- flour

Orange Ice.

- 4 c. water
- 2 c. sugar
- 2 c. orange juice
- ½ c. lemon juice

Lady Fingers.

- 3 eggs (whites of)
- 1/3 c. powdered sugar
- 2 eggs ( yolks of)
- 1 c. flour
- 1/3 tsp. salt
- 1/4 tsp. vanilla

.18.
Meat Pie.

Left over meat
" " macaroni
1 can tomatoes
Gravy

Crust.

1 1/2 c. flour
2/5 c. butter
1 1/8 c. milk
5 tsp. baking powder
1/8 salt

Biscuits.

4 c. flour
2 c. milk
4 tbsp. butter
1/2 tsp. salt
8 tsp. baking powder

Buttered Beans.

3 cans
1 tsp. salt
3 tbsp. butter

Punch.

6 Oranges
2 1/2 lemons
2 c. sugar
Apple Salad.
2 lbs. apples
3 eggs
spk. cayenne
1 tbsp. sugar
1/8 tsp. salt
1 c. whipped cream

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

Rice and Raisins.
1 1/2 c. rice
1/2 c. raisins
2 tsp. salt

Eggs poached in Cream on Toast.
12 eggs
1 qt. cream
12 slices of toast

Cream Tomatoe Soup.
4 c. tomatoes
3 c. milk
1/2 c. flour
3 c. butter
Cream Tomato Soup. (Con.)

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

Cheese Souffle.

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

Banana and Nut Salad.

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

Veal Birds.

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

Chocolate Pudding.
3 tbsp. butter
\frac{3}{4} c. sugar
3 eggs
4\frac{1}{2} tsp. baking powder
2\frac{3}{4} c. flour
\frac{3}{2} c. milk
2\frac{3}{4} sq. chocolate

Sauce.
\frac{1}{2} c. sugar
1 c. boiling water
1 tbsp. cornstarch
2 tbsp. butter
1 tsp. vanilla

Cracked Wheat.
2 c. cracked wheat
7 c. water

Potato Cakes.
10 potatoes
2 eggs
1 c. milk
Emergency Soup.
1 qt. tomatoes
1 tbsp. flour
1 tbsp. sugar
4 tbsp. butter
1/2 tsp. salt

Scalloped Oysters.
1 1/2 lb. oysters
4 c. crumbs
1/2 c. butter
2 c. milk

Tapioca Custard
2 c. tapioca
1 qt. milk
3 eggs
1/2 c. sugar
1 tbsp. butter

Salmon Soup.
1/3 c. salmon
1 qt. scalded milk
2 tbsp. butter
4 tbsp. flour
1 1/2 tsp. salt
pepper
Baked Beans.
1 pt. beans
1/4 c. molasses
1/4 lb. pork
1 tsp. salt
1 " mustard
1 " soda

Brown Bread.
1 c. cornmeal
1 c. rye meal
1 c. whole wheat flour
1 tsp. salt
2 " soda
2/3 c. molasses
1 pt. thick sour milk

Cream of Asparagus Soup.
1 1/2 qt. milk
6 tbsp. flour
6 " butter

Orange Bavarian.
2 c. orange juice
1 pt. whipped cream
2 tsp. gelatin

Creamed Dried Beef.
3/8 lb. dried beef
2 c. white sauce
Fruit Salad.
2/3 c. nuts
6 bananas
1 lb. apples

Salad Dressing.
1/4 c. vinegar
2 eggs
1 tsp. sugar
1 " butter
1/2 c. cream

Chicken Souffle.
2-2/3 c. chicken
2 c. white sauce
4 eggs

Macaroni and Tomatoes.
1/2 lb. macaroni
1 qt. tomatoes
1/2 c. butter
2 c. crumbs

Apple Pie.
1 1/2 lb. apples
2 1/2 c. flour
2/3 c. butter
1 1/2 c. sugar
Rolled Oats.
1 c. oats
4 c. water
1 tsp. salt

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

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

Creamed Potatoes.
2 c. white sauce
4 c. diced potatoes

Scalloped Tomatoes.
1 qt. tomatoes
2 c. crumbs
3/4 c. butter
Caramel Custard.
4 c. milk
12 eggs
3/4 c. sugar
1/2 tsp. salt

Sauce.
2 tbsp. caramelized sugar
3/4 c. sugar

Cream of Wheat with Dates,
2 c. cream of wheat
1/2 lb. dates

Milk Toast.
12 slices bread
1 qt. milk

Creamed Peas.
1 can peas
2 c. white sauce

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

Sliced Oranges
6 oranges
4 bananas
Cream of Pea Soup.

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

Frozen Chocolate Custard.

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

Apple, Banana, Peanut Salad.

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

Cereal Pudding.

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

.37.
Fried Mush.

2 c. corn meal served
with caramel syrup

Caramel Syrup.

½ c. caramelized sugar
1 c. sugar
water to make syrup

Asparagus Salad with Hollandaise Sauce.

2 bunches asparagus
Hollandaise sauce
4 egg yolks
1 c. butter
2 tbsp. lemon juice
2/3 c. boiling water

Potatoes with Maitre & Hotel Butter.

½ c. butter
¾ tsp. lemon juice
4 tsp. chopped parsley

Lemon Ice Cream.

1 pt. milk
1 pt. cream
1 egg
2/3 c. sugar
Oatmeal Date Wafers.

2 ½ c. rolled oats
2 ½ c. flour
1 c. brown sugar
1 c. butter
1 tsp. soda

Scrambled Eggs on Toast.

15 eggs
2 c. milk
12 slices of toast

Corn Meal Muffins.

½ c. butter
½ c. sugar
2 eggs
1 c. milk
2 c. flour
1 c. corn meal
4 tsp. baking powder
½ " salt

Dressing for Chickens.

8 c. stale bread, soften with hot water
pepper
salt
sage
poultry dressing
to taste (enough for two chickens)
Lettuce Salad.

2 bunches of lettuce
Once the receipt of cooked salad dressing.

Mince Pie.

2½ c. flour
1/2 c. butter
1 qt. mince meat
makes two pies

Clear Soup.

9 c. beef stock
2 tbsp. tomatoe juice
salt
pepper

Chicken Croquettes.

7 c. chicken and dressing
4½ c. milk
1/2 c. butter
1 c. flour
3 egg yolks
1 1/2 c. crumbs

Brazed Beef.

6 lbs. beef
1/2 c. chopped onions
1 c. carrots
1 tsp. pepper
.30.
Sauted Bananas.
9 bananas
2 c. ground peanuts

Lemon Hamburg Cream.
5 eggs
5 tbsp. lemon juice
5 " sugar

Cream Beef on Toast.
3 c. ground meat
1½ c. white sauce
12 slices of toast

Chicken a la Moude.
1 pt. cream
6 c. chicken stock
2 eggs
½ pt. whipped cream

Rice Croquettes.
2 c. rice
2 eggs
1 c. hot milk

Lettuce Salad.
½ lb. lettuce
½ pt. cream
½ c. vinegar
½ c. sugar
.31.
Banana Custard.
4 c. milk
4 eggs
½ c. sugar
3 bananas
1 tsp. vanilla

Peanut Cookies.
2 c. butter
1½ c. sugar
6 eggs
1½ tbsp. baking powder
3 c. peanuts
1½ tsp. salt
3 c. flour
¾ c. milk
3 tsp. lemon juice

Creamed Asparagus on Toast.
2 bunches asparagus
2 c. white sauce
12 slices of toast

Cameleon of Beef.
3 lbs. beef
1 egg
½ c. butter

Breaded Veal Cutlets.
3 lbs. 14 oz. veal
Tomato Sauce.

\[
\text{2/3 c. tomato juice} \\
1 \text{ tbsp. butter} \\
1 \text{ " flour} \\
salt \\
\text{pepper}
\]

Scalloped Macaroni and Tomatoes.

\[
\text{6 oz. macaroni} \\
1 \text{ can tomatoes} \\
1 \text{ c. crumbs}
\]

Brown Pudding.

\[
6 \text{ tbsp. flour} \\
3 \text{ tbsp. butter} \\
1 \text{ c. molasses} \\
2/3 \text{ c. sugar} \\
1/2 \text{ tsp. soda} \\
4 \text{ eggs}
\]

Golden Sauce.

\[
2 \text{ eggs} \\
1/2 \text{ c. butter}
\]

Chocolate.

\[
2 \text{ sq. chocolate} \\
1\frac{1}{2} \text{ qt. milk} \\
6 \text{ tbsp. butter}
\]
Meat Souffle.
2 c. milk
1/3 c. butter
1/3 c. flour
1 tsp. salt
1 " pepper
1/2 c. crumbs
4 c. chopped meat
3 eggs
1 tsp. parsley

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

Twice the receipt too much for twelve

Tomatoe and Cabbage Salad.
2 1/2 lbs. tomatoes
boiled salad dressing
1/2 c. vinegar
1 tbsp. butter
1 " flour
1 c. milk
2 eggs
1 tsp. salt
2 " sugar

Prune Whip.
1½ lb. prunes
1¼ cup sugar
1 tsp. vanilla
9 egg whites
½ cup cream whipped
4 tsp. powdered sugar

Strawberry Ice Cream.
1 box strawberries
1 qt. cream
1¼ c. sugar

Prune Souffle.
1½ lbs. prunes
1¼ c. sugar
1 tsp. vanilla
9 egg whites
<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cheese</td>
<td>3 lbs.</td>
<td>$0.75</td>
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<tr>
<td>Dates</td>
<td>2 lbs. 14 oz.</td>
<td>$0.30</td>
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<tr>
<td>Lemons</td>
<td>4 lbs. 14 oz. (3 doz.)</td>
<td>$0.75</td>
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<tr>
<td>Ham</td>
<td>4 lbs.</td>
<td>$0.90</td>
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<td>Figs</td>
<td>3 lbs.</td>
<td>$0.60</td>
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<td>Sugar Domino</td>
<td>5 lbs.</td>
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<td>Shoulder &amp; Clod Medium Fat</td>
<td>Medium Fat</td>
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<tr>
<td>Shredded Wheat Biscuit</td>
<td>13 oz.</td>
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<td>Sellinio 2 boxes</td>
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<td>Eggs 6 doz.</td>
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<td>Honey 2 lbs. 2 oz.</td>
<td>$0.30</td>
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<td>Raisins 2 pk. 1 lb. 14 oz.</td>
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<td>Olives 2 bottles</td>
<td>$0.35</td>
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<tr>
<td>Cod fish 1/2 lb.</td>
<td>$0.15</td>
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<tr>
<td>English Walnuts 3 1/2 lbs.</td>
<td>$0.60</td>
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<tr>
<td>Asparagus 1 lb. 9 oz.</td>
<td>$0.40</td>
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<tr>
<td>Apples 1 lb. 12 oz. at .02</td>
<td>$0.04</td>
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<tr>
<td>Corn Meal 10 lbs. 3 oz.</td>
<td>$0.15</td>
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<tr>
<td>Cabbage 1 lb.</td>
<td>$0.05</td>
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<tr>
<td>Butter 4 lbs. at .35</td>
<td>$1.40</td>
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<tr>
<td>Sugar 10 lbs at .05 1/2</td>
<td>$0.52 1/2</td>
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<tr>
<td>Cocoa 1 can 1/2 lb.</td>
<td>$0.18</td>
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<tr>
<td>Oranges 1 1/2 lbs. at .40</td>
<td>$0.50</td>
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<tr>
<td>Rolled oats 1 1/2 lbs.</td>
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<tr>
<td>Chocolate 1 lb.</td>
<td>$0.18</td>
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<tr>
<td>Macaroni 1 1/4 at .12 per pkg.</td>
<td>.36.</td>
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Total: $36
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<th>Item</th>
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<tr>
<td>Cream of Wheat</td>
<td>3½ lbs.</td>
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<td>Rice</td>
<td>2½ at .08</td>
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<td>Flour</td>
<td>.15 lbs. at .02</td>
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<td>Gelatin</td>
<td>8 oz. .10 per pkg.</td>
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<td>Powdered sugar</td>
<td>1 ¼ lbs. at .10</td>
<td>.17 ½</td>
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<tr>
<td>Tapioca</td>
<td>1 lb.</td>
<td>.25</td>
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<td>Yeast</td>
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<td>.05</td>
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<td>Apples</td>
<td>2 lbs at .02½</td>
<td>.05</td>
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<tr>
<td>Lima Beans</td>
<td>1 lb. 12 oz.</td>
<td>.30</td>
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<tr>
<td>Corn Starch</td>
<td>¼ lb. at .08</td>
<td>.02</td>
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<tr>
<td>Tomatoes</td>
<td>1 can 2 lbs 3 oz.</td>
<td>.10 ½</td>
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<tr>
<td>Oranges</td>
<td>6 3 lbs.</td>
<td>.18 ½</td>
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<tr>
<td>Lemons</td>
<td>6 2½ 6 oz.</td>
<td>.05</td>
</tr>
<tr>
<td>Bread</td>
<td>1 loaf 15 oz.</td>
<td>.08 1/3</td>
</tr>
<tr>
<td>Butter</td>
<td>4 lbs.</td>
<td>1.40</td>
</tr>
<tr>
<td>Crackers</td>
<td>1½ lbs. at .06</td>
<td>.09</td>
</tr>
<tr>
<td>Bananas</td>
<td>½ doz.</td>
<td>.10</td>
</tr>
<tr>
<td>Eng. Walnuts</td>
<td>1 lb. 10 oz.</td>
<td>.20</td>
</tr>
<tr>
<td>Veal</td>
<td>3 lbs. 1 oz.</td>
<td>.45</td>
</tr>
<tr>
<td>Apples &amp; Quinces</td>
<td></td>
<td>.25</td>
</tr>
<tr>
<td>Potatoes (new)</td>
<td>3½ lbs.</td>
<td>.38</td>
</tr>
<tr>
<td>Flour</td>
<td>15 lbs.</td>
<td>.30</td>
</tr>
<tr>
<td>Oranges</td>
<td>1½ doz. 9 lbs.</td>
<td>.38</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 doz.</td>
<td>.30</td>
</tr>
<tr>
<td>Oysters</td>
<td>2 c. 1 lb. 4 oz.</td>
<td>.24</td>
</tr>
<tr>
<td>Chickens (2)</td>
<td>7 lbs. 4 oz.</td>
<td>.40</td>
</tr>
<tr>
<td>Crackers</td>
<td>½ lb.</td>
<td>.01 ½</td>
</tr>
<tr>
<td>Asparagus</td>
<td>6 oz.</td>
<td>.10</td>
</tr>
<tr>
<td>Pickles</td>
<td>2 lbs.</td>
<td>.35</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Price</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Salmon</td>
<td>1 can 1 lb</td>
<td>$0.16</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 can 1 lb</td>
<td>$0.10</td>
</tr>
<tr>
<td>Bananas</td>
<td>4 1/2 lb</td>
<td>$0.30</td>
</tr>
<tr>
<td>Bread</td>
<td>6 loaves 7 1/2 lbs</td>
<td>$0.50</td>
</tr>
<tr>
<td>Radishes</td>
<td>1 lb</td>
<td>$0.10</td>
</tr>
<tr>
<td>Dried Beef</td>
<td>8 oz</td>
<td>$0.30</td>
</tr>
<tr>
<td>Crackers</td>
<td>5/8 lb</td>
<td>$0.03</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb</td>
<td>$0.33</td>
</tr>
<tr>
<td>Oranges</td>
<td>4 1/2 lbs 1/2 oz</td>
<td>$0.30</td>
</tr>
<tr>
<td>Macaroni</td>
<td>1/2 lb</td>
<td>$0.03</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 can 1 lb</td>
<td>$0.10</td>
</tr>
<tr>
<td>Apples</td>
<td>4 1/2 lbs</td>
<td>$0.12</td>
</tr>
<tr>
<td>Bananas</td>
<td>2 doz 6 3/4 lbs</td>
<td>$0.40</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 3/8 lbs</td>
<td>$0.19</td>
</tr>
<tr>
<td>Oranges</td>
<td>9 1/2 lbs 1 1/2 doz</td>
<td>$0.50</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>4 1/2 lbs</td>
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</tr>
<tr>
<td>Eggs</td>
<td>1/2 doz</td>
<td>$0.03</td>
</tr>
<tr>
<td>Butter</td>
<td>2 lbs</td>
<td>$0.70</td>
</tr>
<tr>
<td>Bread</td>
<td>5 loaves 6 3/4 lbs</td>
<td>$0.40</td>
</tr>
<tr>
<td>Liver</td>
<td>2 lbs</td>
<td>$0.10</td>
</tr>
<tr>
<td>Bacon</td>
<td>1 1/2 lb</td>
<td>$0.05</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 doz</td>
<td>$0.24</td>
</tr>
<tr>
<td>Crackers</td>
<td>3/4 lb</td>
<td>$0.04</td>
</tr>
<tr>
<td>Bread</td>
<td>6 1/2 lbs 6 loaves</td>
<td>$0.50</td>
</tr>
<tr>
<td>Butter</td>
<td>8 lbs 7 oz</td>
<td>$2.95</td>
</tr>
<tr>
<td>Apples</td>
<td>6 oz</td>
<td>$0.01</td>
</tr>
<tr>
<td>Lemons</td>
<td>2 doz 4 1/2 lbs</td>
<td>$0.50</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 doz</td>
<td>$0.12</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Price</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Peas</td>
<td>2 cans</td>
<td>$0.23</td>
</tr>
<tr>
<td>Potatoes</td>
<td>6 lbs.</td>
<td>$0.09</td>
</tr>
<tr>
<td>Steak</td>
<td>4 lbs.</td>
<td>$0.60</td>
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<tr>
<td>Onions</td>
<td>4 oz.</td>
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</tr>
<tr>
<td>Oranges</td>
<td>11 lbs.</td>
<td>$0.80</td>
</tr>
<tr>
<td>Eggs</td>
<td>6 doz.</td>
<td>$0.72</td>
</tr>
<tr>
<td>Flour</td>
<td>4 lbs. 10 oz.</td>
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</tr>
<tr>
<td>Rice</td>
<td>1/2 lb. at $0.08</td>
<td></td>
</tr>
<tr>
<td>Olives</td>
<td>1 1/2 lbs.</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sweet Pickles</td>
<td>1 1/2</td>
<td>$0.25</td>
</tr>
<tr>
<td>Catsup</td>
<td>2 lbs.</td>
<td>$0.25</td>
</tr>
<tr>
<td>Veal Roast</td>
<td>4 lbs. 2 oz.</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2 lb.</td>
<td>$0.02</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 lb.</td>
<td>$0.15</td>
</tr>
<tr>
<td>Potatoes</td>
<td>3 lbs. 6 oz.</td>
<td>$0.07</td>
</tr>
<tr>
<td>Apples</td>
<td>1 lb.</td>
<td>$0.02</td>
</tr>
<tr>
<td>Saratoga Flakes</td>
<td>12 oz.</td>
<td>$0.15</td>
</tr>
<tr>
<td>Bananas</td>
<td>1 doz. 3 lbs. 4 oz.</td>
<td>$0.30</td>
</tr>
<tr>
<td>Cocoanut</td>
<td>1 lb.</td>
<td>$0.30</td>
</tr>
<tr>
<td>Asparagus</td>
<td>6 1/2 lbs. (cooked)</td>
<td>$0.40</td>
</tr>
<tr>
<td>Meat - Round Steak</td>
<td>1 1/2 lbs.</td>
<td>$0.25</td>
</tr>
<tr>
<td>Beans</td>
<td>1/2 lb. (dried)</td>
<td>$0.02</td>
</tr>
<tr>
<td>Oranges</td>
<td>2 doz. at $0.40 1 1/2 lbs.</td>
<td>$0.80</td>
</tr>
<tr>
<td>Bread</td>
<td>9 lbs.</td>
<td>$0.75</td>
</tr>
<tr>
<td>2 Chickens</td>
<td>10 1/2 lbs.</td>
<td>$1.50</td>
</tr>
<tr>
<td>Flour</td>
<td>9 lbs. 2 1/2 oz.</td>
<td>$0.13</td>
</tr>
<tr>
<td>Molasses</td>
<td>10 oz.</td>
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</tr>
<tr>
<td>Powdered Sugar</td>
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<td>$0.20</td>
</tr>
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<td>Item</td>
<td>Price</td>
<td></td>
</tr>
<tr>
<td>-------------------</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>Jelly</td>
<td>$0.10</td>
<td></td>
</tr>
<tr>
<td>Vinegar</td>
<td>$0.05</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
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<td></td>
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<td>Sugar</td>
<td>$0.47</td>
<td></td>
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<td>Oranges</td>
<td>$0.07</td>
<td></td>
</tr>
<tr>
<td>Eggs (11)</td>
<td>$0.11</td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>$0.12</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>$0.24</td>
<td></td>
</tr>
<tr>
<td>Eggs 1/2 doz.</td>
<td>$0.06</td>
<td></td>
</tr>
<tr>
<td>Potatoes 4 lb.</td>
<td>$0.09</td>
<td></td>
</tr>
<tr>
<td>Oranges 1/3 doz.</td>
<td>$0.13</td>
<td></td>
</tr>
<tr>
<td>Lemons 1/4 doz.</td>
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</tr>
<tr>
<td>Sugar 1/2 lb.</td>
<td>$0.025</td>
<td></td>
</tr>
<tr>
<td>Eggs 1/2 oz.</td>
<td>$0.01</td>
<td></td>
</tr>
<tr>
<td>Pear Pickles 1 lb.</td>
<td>$0.28</td>
<td></td>
</tr>
<tr>
<td>Eggs (5)</td>
<td>$0.05</td>
<td></td>
</tr>
<tr>
<td>Mince Meat 1 qt.</td>
<td>$0.29</td>
<td></td>
</tr>
<tr>
<td>Oranges 1/4 lb.</td>
<td>$0.035</td>
<td></td>
</tr>
<tr>
<td>Crackers 1 lb.</td>
<td>$0.03</td>
<td></td>
</tr>
<tr>
<td>Onions 1 lb.</td>
<td>$0.07</td>
<td></td>
</tr>
<tr>
<td>Carrots 11 oz.</td>
<td>$0.10</td>
<td></td>
</tr>
<tr>
<td>Peanuts 4 lb.</td>
<td>$0.75</td>
<td></td>
</tr>
<tr>
<td>Bananas 10 lb.</td>
<td>$0.90</td>
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</tr>
<tr>
<td>Lemons (6)</td>
<td>$1.26</td>
<td></td>
</tr>
<tr>
<td>Cooba</td>
<td>$0.01</td>
<td></td>
</tr>
<tr>
<td>Tongue 1 lb.</td>
<td>$0.35</td>
<td></td>
</tr>
<tr>
<td>Jelly 2 lbs.</td>
<td>$0.20</td>
<td></td>
</tr>
<tr>
<td>Apple Pickles 2 lb.</td>
<td>$0.90</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Quantity/Weight</td>
<td>Price</td>
</tr>
<tr>
<td>--------------------</td>
<td>-----------------</td>
<td>-------</td>
</tr>
<tr>
<td>Macaroni</td>
<td>14 oz., 1 box</td>
<td>$0.12</td>
</tr>
<tr>
<td>Eggs</td>
<td>7 doz., 1 egg</td>
<td>$0.35</td>
</tr>
<tr>
<td>Liver</td>
<td>4 lbs.</td>
<td>$0.20</td>
</tr>
<tr>
<td>Potatoes</td>
<td>3 lbs. 12 oz.</td>
<td>$0.08</td>
</tr>
<tr>
<td>Bread</td>
<td>3 lbs.</td>
<td>$0.25</td>
</tr>
<tr>
<td>Ground Coffee</td>
<td>1 lb.</td>
<td>$0.06</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb.</td>
<td>$0.35</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>2 lbs.</td>
<td>$0.10</td>
</tr>
<tr>
<td>Lemons</td>
<td>2 doz. 2 1/2 lbs</td>
<td>$0.25</td>
</tr>
<tr>
<td>Cold Ham</td>
<td>2 lbs.</td>
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</tr>
<tr>
<td>Lettuce</td>
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</tr>
<tr>
<td>White Bread</td>
<td>18 oz.</td>
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</tr>
<tr>
<td>Asparagus</td>
<td>1 1/2 lbs.</td>
<td>$0.40</td>
</tr>
<tr>
<td>String Beans</td>
<td>1 lb. 14 oz.</td>
<td>$0.10</td>
</tr>
<tr>
<td>Pickles</td>
<td>5/8 lbs.</td>
<td>$0.25</td>
</tr>
<tr>
<td>Eggs</td>
<td>6 doz.</td>
<td>$0.72</td>
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<tr>
<td>Jelly</td>
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<td>$0.10</td>
</tr>
<tr>
<td>Butter</td>
<td>3 lbs.</td>
<td>$1.05</td>
</tr>
<tr>
<td>Potatoes</td>
<td>3 lbs. 12 oz.</td>
<td>$0.08</td>
</tr>
<tr>
<td>Bread</td>
<td>1 1/2 lbs.</td>
<td>$0.10</td>
</tr>
<tr>
<td>Butter</td>
<td>2 lbs.</td>
<td>$0.70</td>
</tr>
<tr>
<td>Flour</td>
<td>13 lbs. 14 oz.</td>
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<tr>
<td>Meat Shoulder</td>
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<tr>
<td>Oranges</td>
<td>1 1/2 doz. 3 lbs</td>
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<tr>
<td>Pineapple</td>
<td>2 cans 3 lbs.</td>
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</tr>
<tr>
<td>Potatoes</td>
<td>4 1/2 lbs.</td>
<td>$0.08</td>
</tr>
<tr>
<td>Chocolate</td>
<td>4 oz.</td>
<td>$0.08</td>
</tr>
<tr>
<td>Bread</td>
<td>2 lbs. 12 oz.</td>
<td>$0.25</td>
</tr>
<tr>
<td>Item</td>
<td>Quantity</td>
<td>Price</td>
</tr>
<tr>
<td>-----------------------</td>
<td>----------</td>
<td>-------</td>
</tr>
<tr>
<td>Prunes</td>
<td>3 lbs.</td>
<td>.07</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 lb.</td>
<td>.13</td>
</tr>
<tr>
<td>Eggs</td>
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<td>.24</td>
</tr>
<tr>
<td>Lemons (23)</td>
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<td>.48</td>
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<tr>
<td>Eggs (1)</td>
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<td>.01</td>
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<tr>
<td>Chocolate</td>
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<td>.07</td>
</tr>
<tr>
<td>Butter</td>
<td>1 lb.</td>
<td>.35</td>
</tr>
<tr>
<td>Sugar</td>
<td>5 lbs.</td>
<td>.25</td>
</tr>
<tr>
<td>Bread</td>
<td>9 lbs.</td>
<td>.75</td>
</tr>
<tr>
<td>Bread 1 lb. 6 oz.</td>
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<td>.05</td>
</tr>
<tr>
<td>Eggs 2 doz.</td>
<td></td>
<td>.24</td>
</tr>
<tr>
<td>Butter 1 lb.</td>
<td></td>
<td>.35</td>
</tr>
<tr>
<td>Oranges 9 1/2 lbs. 1 1/2 doz.</td>
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<td>.50</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 lb.</td>
<td>.10</td>
</tr>
<tr>
<td>Cheese</td>
<td>6 oz.</td>
<td>.09</td>
</tr>
<tr>
<td>Peas</td>
<td>2 lbs.</td>
<td>.23</td>
</tr>
<tr>
<td>Limas 2 lbs. canned</td>
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<td>.30</td>
</tr>
<tr>
<td>Potatoes 8 3/4 lbs.</td>
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<td>.17</td>
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<tr>
<td>Butter 14 oz.</td>
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<td>.30</td>
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<tr>
<td>Eggs 3/4 doz.</td>
<td></td>
<td>.09</td>
</tr>
<tr>
<td>Corn</td>
<td>1 lb.</td>
<td>.11</td>
</tr>
<tr>
<td>Cream of Wheat 3 oz.</td>
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<td>.03</td>
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<tr>
<td>Eng. Walnuts 2 oz.</td>
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<td>.02</td>
</tr>
<tr>
<td>Apples 14 oz.</td>
<td></td>
<td>.02</td>
</tr>
<tr>
<td>Pear Pickles 1 jar 2 lbs.</td>
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<td>.28</td>
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<tr>
<td>Pineapple 7 oz.</td>
<td></td>
<td>.15</td>
</tr>
<tr>
<td>Jelly 1 lb.</td>
<td></td>
<td>.10</td>
</tr>
<tr>
<td>Butter 5 lbs.</td>
<td></td>
<td>1.75</td>
</tr>
</tbody>
</table>
Beans 3\(\frac{1}{2}\) lbs. (dry)  
Eggs 6 doz.  
Cabbage \(\frac{3}{4}\) lb.  
Bread 3 lbs.  
Bacon 2 oz.  
Bread 9\(\frac{3}{4}\) lbs.  
Shredded Wheat Biscuit 13 oz.  
Tenderlion 4 lbs.  
Brown Sugar 4\(\frac{1}{2}\) lbs.  
Oranges 13\(\frac{1}{2}\) lbs. 3 doz.  
Oranges 4\(\frac{3}{4}\) lbs.  
Sugar 1 lb.  
Lemons 3 oz.  
Plum Perserves 2 lbs. 2oz.  
Tomatoes 1 lb.  
Veal 3 lbs. 14 oz.  
Mutton 4 lbs. 14 oz.  
Flour 13\(\frac{1}{2}\)  
Rhubarb 4 lbs.  
Sugar 9\(\frac{1}{2}\) lbs.  
E. Manna 1 lb.  
Jelly 1 lb.  
Graham Flour \(\frac{1}{2}\) lb.  
Oranges 4\(\frac{3}{4}\) lbs. 1 doz.  
Butter 1 lb.  
Chocolate 1 lb.  
Tomatoes 1 lb.  
Pineapple 7 oz.  
Oranges \(\frac{1}{2}\) doz. 3lbs.
<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>2/3 doz.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>9 oz.</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>3 lbs.</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Bread</td>
<td>5 1/2 lbs.</td>
<td></td>
</tr>
<tr>
<td>Salmon</td>
<td>2 lbs.</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>1/2 lb.</td>
<td></td>
</tr>
<tr>
<td>Crackers</td>
<td>1/4 lb.</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>1/4 lb.</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>3 oz.</td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td>4 1/6 lbs.</td>
<td>1 1/2 oz.</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1/2 lb.</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>4 lbs.</td>
<td></td>
</tr>
<tr>
<td>Crackers</td>
<td>1 lb.</td>
<td>10 oz.</td>
</tr>
<tr>
<td>String Beans</td>
<td>2 lbs.</td>
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</tr>
<tr>
<td>Eggs</td>
<td>1/2 doz.</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>5 1/2 lbs.</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 lb.</td>
<td></td>
</tr>
<tr>
<td>Pork Chops</td>
<td>1 lb.</td>
<td></td>
</tr>
<tr>
<td>Pork Chops</td>
<td>3 lbs</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
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<td>Cucumbers</td>
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<tr>
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<tr>
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<td>4 lbs.</td>
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<tr>
<td>Asparagus</td>
<td>1 1/2 lbs.</td>
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<tr>
<td>Lettuce</td>
<td>1 lb.</td>
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<tr>
<td>Tomatoes</td>
<td>1 lb.</td>
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<tr>
<td>Rib Roast</td>
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<tr>
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<tr>
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<td>Apple Sauce</td>
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<td>Mince meat</td>
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<tr>
<td>Bread</td>
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<td>Egg O See</td>
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<tr>
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| Item                          | Weight/Quantity   | Price
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<tr>
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<tr>
<td>Eggs 2 doz.</td>
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<tr>
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<tr>
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<tr>
<td>Jelly 1 lb.</td>
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<tr>
<td>Lima Beans 2 1/2 lbs.</td>
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<td>Tomatoes 1 lb.</td>
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<td>Salmon 1 1/2 lb.</td>
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<tr>
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<tr>
<td>Pickled Pears 2 1/2 lbs.</td>
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<td>.07</td>
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<tr>
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<td>Bread 1 loaf 15 oz.</td>
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<tr>
<td>Lard 5 lbs. at .12 1/2</td>
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<td>Flour 23 lbs. 9 oz.</td>
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<td>.24</td>
</tr>
<tr>
<td>Oranges 1/2 doz. 3 lbs.</td>
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</tr>
<tr>
<td>Lemons 1 1/2 lbs. 1 doz.</td>
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<td>Cream 23 1/2 lbs.</td>
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<td>Milk 255 1/2 lbs.</td>
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<td><strong>Total</strong></td>
<td><strong>$105.00</strong></td>
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46
Expenses of each girl $2.18 a week.

The cost of the experiment $0.50 which is $2.18 per week per person. The girls all gained from one to six pounds, with the exception of one who gained at first but came back to original weight at the end of the experiment on account of over work. The fact that this one did not go below her original weight even under nervous strain, indicates that the diet was sufficient.

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

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

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

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

Considering everything the experiment was undoubtedly a success. Some valuable data were collected, excellent meals were prepared at a moderate cost besides the invaluable practice obtained by the girls in preparing and serving such meals to a large number.
<table>
<thead>
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<td>3#5#</td>
<td>21.5</td>
<td>2.5</td>
<td>1.6</td>
<td>506</td>
<td>752</td>
<td>87.5</td>
<td>1767.5</td>
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<tr>
<td>Veal</td>
<td>9 1/2</td>
<td>21.3</td>
<td>4.1</td>
<td>570</td>
<td>202.35</td>
<td>38.95</td>
<td>5415.</td>
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<td>Radishes</td>
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<td>5.8</td>
<td>136</td>
<td>1.3</td>
<td>.1</td>
<td>5.8</td>
<td>135</td>
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<td>Salmon</td>
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<td>21.8</td>
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<td>12.1</td>
<td>915</td>
<td>87.2</td>
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<td>Peanuts</td>
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<td>25.8</td>
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<td>24.4</td>
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<td>141.9</td>
<td>212.3</td>
<td>134.2</td>
<td>14060</td>
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<td>Embardb</td>
<td>3#8oz.</td>
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<td>.7</td>
<td>3.6</td>
<td>105</td>
<td>2.1</td>
<td>2.45</td>
<td>12.6</td>
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<td>Peas</td>
<td>2#5oz.</td>
<td>3.6</td>
<td>.2</td>
<td>9.8</td>
<td>255</td>
<td>8.31</td>
<td>4.62</td>
<td>22.63</td>
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<td>Onions</td>
<td>1#7oz.</td>
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<td>4.29</td>
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<td>Coconut</td>
<td>12oz.</td>
<td>6.3</td>
<td>57.4</td>
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<td>3125</td>
<td>4.72</td>
<td>43.05</td>
<td>23.62</td>
<td>2343.75</td>
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<td>Jelly</td>
<td>6</td>
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<td>77.2</td>
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<td>MATR'L</td>
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<td>PRO.</td>
<td>FAT</td>
<td>CARBO</td>
<td>CAL.</td>
<td>PRO.</td>
<td>FAT</td>
<td>CARBO</td>
<td>CAL.</td>
</tr>
<tr>
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<td>Liver</td>
<td>3#14oz.</td>
<td>20.4</td>
<td>4.5</td>
<td>1.7</td>
<td>605</td>
<td>78.94</td>
<td>17.41</td>
<td>6.57</td>
<td>2341.35</td>
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<td>Bacon</td>
<td>5 oz.</td>
<td>9.9</td>
<td>67.4</td>
<td>3030</td>
<td>3.06</td>
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<tr>
<td>Vinegar</td>
<td>2</td>
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</tr>
<tr>
<td>Lettuce</td>
<td>1# 6 oz.</td>
<td>1.2</td>
<td>.3</td>
<td>2.9</td>
<td>90</td>
<td>1.64</td>
<td>.41</td>
<td>3.97</td>
<td>123.3</td>
</tr>
<tr>
<td>Mincemeat</td>
<td>5 x</td>
<td>4.8</td>
<td>6.7</td>
<td>32.1</td>
<td>970</td>
<td>27.60</td>
<td>38.32</td>
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<td>Carrots</td>
<td>11 oz.</td>
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<td>.4</td>
<td>9.3</td>
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<td>.746</td>
<td>.272</td>
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</tr>
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<td>String Beans</td>
<td>3 x</td>
<td>.8</td>
<td>1.1</td>
<td>1.9</td>
<td>95</td>
<td>2.8</td>
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<td>6.62</td>
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<td>Pork</td>
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<td>17.3</td>
<td>31.1</td>
<td>1635</td>
<td>156.81</td>
<td>285.49</td>
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<td>Pineapple</td>
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<td>.4</td>
<td>.3</td>
<td>9.7</td>
<td>200</td>
<td>1.40</td>
<td>1.05</td>
<td>32.95</td>
<td>700.</td>
</tr>
<tr>
<td>Prunes</td>
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<td>18.9</td>
<td>370</td>
<td>.225</td>
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</tr>
<tr>
<td>Apricots</td>
<td>1</td>
<td>4.7</td>
<td>1</td>
<td>62.5</td>
<td>1290</td>
<td>4.7</td>
<td>1</td>
<td>62.5</td>
<td>1290</td>
</tr>
<tr>
<td>Corn</td>
<td>14 oz.</td>
<td>2.8</td>
<td>1.2</td>
<td>19</td>
<td>455</td>
<td>2.43</td>
<td>1.04</td>
<td>16.53</td>
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<tr>
<td>Beans(dry)</td>
<td>2 x</td>
<td>22.5</td>
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<td>50.62</td>
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<td>Brown sugar</td>
<td>4#6 oz.</td>
<td>95</td>
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<td>Cucumbers</td>
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<td>.2</td>
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<td>80</td>
<td>1.2</td>
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<tr>
<td>Molasses</td>
<td>10 oz.</td>
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<td>69.3</td>
<td>1290</td>
<td>1.46</td>
<td>42.96</td>
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<tr>
<td>Grape Nuts</td>
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</tr>
<tr>
<td>Plum Preserves</td>
<td>2 x2 oz.</td>
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<td></td>
<td></td>
<td>395</td>
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<td>Pear Pickles</td>
<td>3#6 oz.</td>
<td>.3</td>
<td>.3</td>
<td>18</td>
<td>355</td>
<td>1.01</td>
<td>1.01</td>
<td>60.66</td>
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<td>Mutton</td>
<td>5#10 oz.</td>
<td>15.1</td>
<td>33.6</td>
<td>1700</td>
<td>84.86</td>
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<tr>
<td>Eliza's Manna</td>
<td>1#</td>
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<td>1.4</td>
<td>74.3</td>
<td>1690</td>
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<td>1.4</td>
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<td>Bkg.Powder</td>
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<td>Strawberries</td>
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<td>.6</td>
<td>7.4</td>
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<td>Spinach</td>
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<td>3.2</td>
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<td>.1</td>
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<td>.175</td>
<td>16.97</td>
<td>336.25</td>
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<td>Mackerel</td>
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<td>26.4</td>
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<td>25.95</td>
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<td>MATR'L</td>
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<td>PRO.</td>
<td>FAT</td>
<td>CARBO.</td>
<td>CAL.</td>
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<td>FAT</td>
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<td>CAL.</td>
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</tr>
<tr>
<td>Dr. Prices 14oz.</td>
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<td>198.29</td>
<td>20.61</td>
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<td>Cracked Wheat</td>
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**Nutritive Ratio 1:7.8**

**Calories per day per person—2529.25**