

OUR EATS

A Timely Article on a Matter of Vital Importance

(By Private R. A. Boddy)

What it costs to feed one man per day is shown in the following war menu. When this menu is compared with the corresponding peace menu we find that the former is slightly the cheaper, although war prices are at least double the peace prices.

I might mention in passing that foods are classed according to their heat value, the greatest source of which is from the starch constituents next in order from the fat, and lastly the constituent which produces growth.

Our hospital diet includes meat and potatoes our very highest priced foods. Meats include beef, bacon, fish, and rabbits, all of which are dearer than cereals, beans, peas, and rice. Jam does not come into the list as a food, except perhaps for the sugar contained; but a little of jam is necessary to keep the digestive system open.

Rolled oats top the list for cheapness, and comparing these with the meats they are nearly as rich in flesh producing material, lower in fat, but they are very rich in starch which the meats are without. Cheese contains more of the three constituents than meat, and in value ranks just about two to one. Cheese heads the list in food value pound for pound. Beans, peas and lentils are the poor man's beef, being high in flesh building and containing starch, along with a little fat. Salt is valuable for chlorine which aids digestion. War bread contains, as well as flour, beans, peas, corn, and rice.

The following is a typical daily war ration. The prices were submitted by the Army Canteen Committee. The war menu was taken from the hospital diet sheet:—

<i>War Menu</i>	D.	<i>Peace Menu</i>	D.
Cereals 1 oz., milk $\frac{1}{2}$ pint ...	2	Cereals and milk ...	$2\frac{1}{2}$
Bread 10 oz., margarine 1 oz. ...	3	Bacon 2 oz., fish ...	2
Meat 10 oz., potatoes 4 oz. ...	$5\frac{1}{2}$	White bread, butter ...	$3\frac{1}{2}$
Tea $\frac{1}{4}$ oz., sugar ...	1	Beef sirloin, potatoes ...	14
Cheese 2 oz., jam 1 oz. ...	5	Pie or pudding ...	2
Bacon 2 oz. ...	$1\frac{1}{2}$	Tea and jam ...	2
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