

Bread and Cereals—		
14 lbs. bread..	12	1 68
2 lbs. flour..	7	14
1 lb. macaroni..	8	8
1 lb. rice..	9	9
$\frac{1}{2}$ lb. cornmeal..	6	3
$3\frac{1}{2}$ lbs. oatmeal..	6	21
$\frac{1}{2}$ lb. sago..	10	$2\frac{1}{2}$
$\frac{1}{2}$ lb. tapioca..	10	$2\frac{1}{2}$
$\frac{1}{2}$ lb. barley..	10	5
$\frac{1}{2}$ lb. split peas..	10	$2\frac{1}{2}$
$\frac{1}{2}$ lb. beans..	9	14
2 lbs. sugar..	7	
Sweets—		
1 lb. jam..	$12\frac{1}{2}$	$12\frac{1}{2}$
$\frac{1}{2}$ lb. corn syrup..	9	$4\frac{1}{2}$
Fats—		
$1\frac{1}{2}$ lbs. butter..	46	69
1 lb. lard..	21	21
$\frac{1}{2}$ lb. suet..	18	9
$\frac{1}{2}$ lb. cocoa..	16	8
1 tin peanut butter..	25	25
$\frac{1}{2}$ lb. tea..	60	15
$\frac{1}{2}$ pkg. cornstarch..	12	3
$\frac{1}{2}$ pkg. baking powder..	32	4
$\frac{1}{2}$ tin pepper..	9	$2\frac{1}{4}$
$\frac{1}{2}$ bag salt..	10	$2\frac{1}{4}$
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MENUS FOR ONE WEEK AS PER ALLOTMENT

MONDAY

Breakfast.—Large bowl of porridge, sugar, 2 slices of bread each, butter, 1 cup of milk per child, tea and $\frac{1}{4}$ cup of milk per adult. Repeat.

Dinner.— $1\frac{1}{2}$ lbs. round steak in stew, dumplings, tomatoes, cornstarch pudding and jam.

Tea.—5 boiled eggs, $\frac{1}{2}$ lb. stewed prunes, 2 slices of bread each, milk and tea as above.

TUESDAY

Dinner.—3 lbs. corn beef, carrots, 10 potatoes; corncake made from 1 egg, $\frac{1}{2}$ cup of milk, sugar, salt, lard, cornmeal, white flour; corn syrup, milk and tea as above.

Tea.—Pea soup with water beef was boiled in and 1 cup of peas, i.e. $\frac{1}{2}$ lb.; 2 slices of bread each, baked apples, milk and tea as above.

WEDNESDAY

Dinner.—Cold corned beef, carrots, 10 potatoes, 1 slice of bread each, rice pudding from $\frac{1}{2}$ cup of rice, $4\frac{1}{2}$ cups milk, sugar.

Tea.—Macaroni and cheese, with 1 cup of milk; cocoa $2\frac{1}{2}$ cups of milk, 1 cup of water; currant buns, from 2 cups of flour, water, sugar, currants, baking powder, lard; 2 slices of bread each, jam, tea and $\frac{1}{4}$ cup of milk per adult.

THURSDAY

Dinner.— $1\frac{1}{2}$ lbs. round steak minced, $\frac{1}{4}$ cup of boiled rice, 1 turnip, suet pudding from flour, suet, raisins, baking powder, $\frac{1}{2}$ cup of milk, with corn syrup, 1 slice of bread each.

Tea.—Fried potatoes, 2 slices of bread each, stewed figs, 1 cup of milk per child, tea and $\frac{1}{4}$ cup of milk per adult.

[Mr. Howard T. Falk.]