

TABLE II.*

NUTRITIVE Ingredients contained in twenty-five cents' worth.

Albaminoids.	Carbo-hydrates.	Fats.	Calories.
Beef, sirloin, 15 cents per lb.			
Eggs, 15 cents per dozen.			
Milk, 5 cents per quart.			
Cheese, 15 cents per lb.			
Butter, 25 cents per lb.			
Skim milk, 3 cents per quart.			
Oatmeal, 3 cents per lb.			
Beans, 5 cents per lb.			
Cornmeal, 3 cents per lb.			
Wheat flour, 3 cents per lb.			
Wheat bread, 5 cents per lb.			
Potatoes, 1 cent per lb.			
Rice, 6 cents per lb.			
Sugar, 5 cents per lb.			
Standard Ration per day for man at moderate work.			

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Calories.

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8,075
13,705
13,705
6,400
8,000
6,785
9,100
3,455

23, by W.