

casein gathers in lumps, and may with difficulty be digested. When cows' milk has been boiled before being taken into the stomach, the casein is likely to be precipitated in a more flocculent form, and so the milk is more easily digested. Lime tends to prevent the curdling of the casein in lumps, doing so both by neutralizing the acid and also by retarding coagulation. For this reason limewater is frequently added to milk.

MENUS CONTAINING MILK

It has been estimated that a man doing an average amount of manual labor requires in his daily food about 0.28 of a pound of protein, and in addition, enough fats and carbohydrates to make the fuel value 3500 calories. Men with less muscular work require less, those fighting a wasting disease like tuberculosis need more.

To illustrate the ways in which milk may be combined with other food materials to form daily dietaries consisting of the proper proportions, a few menus as compiled by the United States Department of Agriculture at Washington are given.

No. 1. MENU FOR FAMILY EQUIVALENT TO FOUR MEN AT MODERATE MUSCULAR WORK.

FOOD MATERIALS	WEIGHT	COST	PRO-TEIN	FUEL VALUE
	lbs. oz.	Cts.	pounds	calories
<b>Breakfast</b>				
Beef Liver.....	1 0	6	0.216	665
Hot Biscuit.....	1 8	4½	.140	2595
Butter.....	2 2	3		434
Milk, 1 quart.....	2 0	6	.033	325
Coffee.....		2	.010	410
<b>Total.....</b>		<b>21½</b>	<b>.339</b>	<b>4429</b>
<b>Dinner</b>				
Beef Brisket, boiled..	2 8	15	.313	3950
Potatoes.....	2 0	3	.036	650
Apple Pie.....	1 0	5	.033	1250
Bread.....	8	1½	.048	603
Butter.....	1	1½		217
Skim Milk, 1 quart....	2 0	3	.033	170
<b>Total.....</b>		<b>29</b>	<b>.463</b>	<b>6840</b>
<b>Supper</b>				
Corn Meal Cake.....	6	1	.033	621
Skim Milk.....	2 0	3	.065	340
Bacon.....	8	8	.046	1390
Coffee.....		2	.010	410
<b>Total.....</b>		<b>14</b>	<b>.157</b>	<b>2761</b>
<b>Total per day.....</b>		<b>64½</b>	<b>1019</b>	<b>14030</b>
<b>Total for one man.....</b>		<b>16</b>	<b>.255</b>	<b>3507</b>

No. 2. MENU FOR FAMILY EQUIVALENT TO FOUR MEN AT MODERATE MUSCULAR WORK.

FOOD MATERIALS	WEIGHT	COST	PRO-TEIN	FUEL VALUE
	lbs. oz.	cts.	pounds	calories
<b>Breakfast</b>				
Oatmeal.....	0 6	2	0.059	697
Skim Milk, 1 pint.....	1 0	1½	.034	170
Sugar.....	2	½		232
Bread.....	1 0	3	.095	1205
Sausage.....	10	6	.080	1358
Butter (24 cents a lb.)..	1	1½		217
<b>Total.....</b>		<b>14½</b>	<b>.268</b>	<b>3879</b>

	lbs.	oz.	cts.	lbs.	calories
<b>Dinner</b>					
Beef Flank, stew.....	2	8	15	.430	2988
Potatoes (60 cents per bushel).....	3	0	3	.054	975
Cabbage.....		12	1	.013	105
Corn-meal Pudding..					
Corn Meal.....	2	4	½	.022	44
Skim Milk, 1 quart.....	2	0	3	.068	340
Molasses.....		12	1	.020	987
<b>Total.....</b>			<b>22½</b>	<b>.604</b>	<b>5809</b>
<b>Supper</b>					
Beef, warmed in gravy	1	8	3	.086	598
Hot Biscuit.....	2	0	6	.340	2600
Butter.....		2	3		434
Milk, 1 quart.....	2	0	6	.033	325
<b>Total.....</b>			<b>18</b>	<b>.259</b>	<b>3957</b>
<b>Total per day.....</b>			<b>55</b>	<b>1.134</b>	<b>3645</b>
<b>Total for one man.....</b>			<b>14</b>	<b>.285</b>	<b>3411</b>

No. 3. MENU FOR FAMILY EQUIVALENT TO FOUR MEN AT MODERATE MUSCULAR WORK

FOOD MATERIAL	WEIGHT	COST	PRO-TEIN	FUEL VALUE
	lbs. oz.	cents	pounds	calories
<b>Breakfast</b>				
Corn Meal.....	0 5	1	0.022	414
Milk.....		6	.012	64
Sugar.....		2		232
Toast.....	10	2½	.059	753
Butter (24 cents per lb.)	2	3		434
<b>Total.....</b>		<b>8</b>	<b>.093</b>	<b>1894</b>
<b>Dinner</b>				
Beef Roll (for roasting)	3 0	15	.417	2280
Potatoes.....	1 8	2	.026	488
Beets.....		8	.007	85
Bread.....	10	2½	.059	753
Butter.....	2	3		434
<b>Total.....</b>		<b>23½</b>	<b>.509</b>	<b>4040</b>
<b>Supper</b>				
Beans, baked.....	2 0	6	.446	3180
Pork.....		12	.012	2556
Potatoes, fried.....	1 8	2	.026	488
Lard.....		2	.1	537
Bread.....	10	2½	.059	753
Butter.....		2	3	434
<b>Total.....</b>		<b>20½</b>	<b>.543</b>	<b>7948</b>
<b>Total per day.....</b>		<b>52</b>	<b>1.145</b>	<b>13885</b>
<b>Total for one man.....</b>		<b>13</b>	<b>.285</b>	<b>3471</b>

No. 4. MENU FOR FAMILY EQUIVALENT TO FOUR MEN AT MODERATE EXERCISE

FOOD MATERIALS	WEIGHTS OF FOOD			
	With small amount of milk		With large amount of milk	
	lbs.	oz.	lbs.	oz.
<b>Breakfast</b>				
Bananas, apples, pears.	1	12	0	12
Cereal.....		4		4
MILK.....		8		8
Sugar.....		2		2
Broiled Sirloin Steak..	1	4	0	12
Baked Potatoes.....	1	8	1	8
Hot Rolls.....	1	0	1	0
Butter.....		2½		2½
EXTRA MILK.....			1	8