

**WEIGHT OF PROTEIN, FAT, AND CARBOHYDRATES, AND THE FUEL VALUE
OF \$1.00 WORTH OF EACH FOOD.**

	Price per lb.	Refuse %	Protein lbs.	Fat lbs.	Carbo- hydrates lbs.	Fuel Value cal.
Milk	6c. quart	—	1.38	1.69	2.21	13,009
Milk	8c. quart	—	1.04	1.27	1.66	10,402
Skimmed milk	10c. gallon	—	8.4	.30	5.1	17,070
Buttermilk	10c. gallon	—	8.0	.50	4.8	17,362
Butter	25c. pound	—	0.04	8.4	—	14,422
Cheese	17c. "	—	1.63	2.16	.24	12,593
Beef, fore quarter (wholesale)	6c. "	18.7	2.41	2.91	—	16,762
Beef, hind quarter (wholesale)	8c. "	15.7	1.92	2.29	—	13,235
Beef, flank	8c. "	10.2	2.12	2.37	—	13,944
Beef, sirloin	13c. "	12.8	.92	.90	—	5,509
Veal, cutlets	15c. "	3.4	1.34	.50	—	4,612
Mutton, chops	16c. "	16.0	.84	1.80	—	9,158
Lamb, hind quarter	18c. "	15.7	.92	.90	—	5,509
Ham, smoked	18c. "	13.6	.79	1.85	—	9,276
Ham, smoked and cooked	30c. "	—	.67	.75	—	4,405
Eggs	25c. dozen	11.2	.79	.56	—	3,853
White bread	2½ lbs. 10c.	—	2.10	.5	12.2	28,710
Rolled oats	7 lbs. 25c.	—	3.5	1.9	20.0	51,730
Farinas	6 lbs. 25c.	—	2.3	.24	18.7	40,070
Potatoes	90c. bag	20.0	2.18	.10	15.6	33,492

In some respects the figures are hardly fair, as some of the foods have to be cooked, whereas the bread is ready for use. If the weight of protein, fat, and carbohydrates furnished by one dollar's worth of flour had been given, they would have been about double that furnished by bread, and much larger than that supplied by oatmeal. However, as the figures stand, it is evident that bread is one of our cheapest foods, and when we take into consideration its palatability and high digestibility, it may well be termed the "staff of life."

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