

Fahrenheit. The number of calories which a man needs to sustain him at hard labour is about 3,500 per day. In twenty-five cents' worth of beef at fifteen cents per pound the food value is equal to 1,620 calories. The food value of one dozen eggs at fifteen cents per dozen is 1,860 calories. The food value of five quarts of milk at five cents a quart is 4,062 calories. The food value of twenty-five cents worth of cheese at fifteen cents a pound is 3,455 calories, so that a pound of cheese is the equivalent of about 2½ pounds of the best beef you can buy for food purposes. That is why the Englishman's diet of bread and cheese gives him a well balanced ration at the very lowest cost. That is the reason, you see, why although the cheese market may temporarily pay a low price for it, a large output of cheese is a safe thing in coming years, because it is a cheap food compared with other foods. Men who have to study economy in buying, buy the foods which they like best and which at the same time contain the largest quantity of nutrients for the price paid for them.

TABLE I.*

Nutritive Ingredients contained in twenty-five cents' worth.	Albumin- oids.	Carbo-hy- drates.	Fat.	Calories.
	Lbs.	Lbs.	Lbs.	
Beef, sirloin, 15 cents per lb.....	.2527	1,620
Eggs, 15 cents per dozen.....	.3429	1,860
Milk, 5 cents per quart.....	.45	.58	.50	4,062
Cheese, 15 cents per lb.....	.47	.03	.59	3,455
Butter, 25 cents per lb.....	.0185	3,615
Skim milk, 3 cents per quart.....	.72	1.00	.07	3,495
Oatmeal, 3 cents per lb.....	1.22	5.70	.59	15,370
Beans, 5 cents per lb.....	1.16	2.96	.10	8,075
Cornmeal, 3 cents per lb.....	.77	5.88	.32	13,705
Wheat flour, 3 cents per lb.....	.91	6.24	.09	13,705
Wheat bread, 5 cents per lb.....	.44	2.82	.08	6,400
Potatoes, 1 cent per lb.....	.45	3.80	.02	8,000
Rice, 6 cents per lb.....	.31	3.31	.02	6,795
Sugar, 5 cents per lb.....	4.89	9,100
Standard ration per day for man at moderate work.....	.28	.90	.30	3,455

* For some of the information in Tables I and II, I am indebted to Farmers' Bulletin No. 23, by W. O. Atwater, Ph.D., issued by the United States Department of Agriculture, Washington, D.C.