

score in which we obtained *first place over all dairies in British Columbia by the Provincial Government*, and latterly our record City Health Department score (see pages 2 and 3) are worthy of your consideration.

## *Food Value of Milk*

¶ The price you pay for cow's milk is very small compared with the price paid for other animal products having equal food value. One quart of milk is equal in value to:

¾ lb. of lean beef at 20 cts. per lb.....	15 cts.
8 eggs at 40 cts. per dozen .....	28 cts.
3 lbs. of fresh codfish at 15 cts. per lb...	45 cts.
2 lbs. of chicken at 30 cts. per lb. ....	60 cts.
1 1-3 lb. of oysters at 30 cts. per lb. ...	40 cts.
4-5 lb. loin of pork at 25 cts. per lb. ...	20 cts.
3-5 lb. of ham at 30 cts. per lb. ....	18 cts.

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Average—22¾ cts.

¶ Pure milk is one of the cheapest food products you can buy. It is especially so for babies and growing children. But be sure it is pure milk, for if it is not it will do more harm than good. *You can make sure by visiting the plant from which your milk is secured. A milkman who is giving*