

OUR DAILY MEALS

We all know that to live we must have food, but we do not all realize that we must eat the right kinds of food to be at our best and to work efficiently.

It is true that a great many families are not well nourished, not because they do not spend enough money for food, but because they do not get enough food value for the money spent. The average housewife of to-day finds that it takes a great deal of thought and care to make wise choice of food that will best suit the needs of her family and yet keep within the amount of money that she can afford to spend.

Many housewives have increased the cost of their food supply through lack of thought in buying. The cost of food is no measure of its food value. A high-priced article may have little food value, while a low-priced article may have high food value.

In buying food, to insure that the different kinds of food are provided so that the family may be *well fed* at the *lowest cost*, one-fourth to one-third of the money should be spent for bread or cereal foods. A pint of milk should be allowed for each member of the family, and the same amount that is spent for milk should be spent for meat, fish or meat substitutes, and as much again should be spent for fruit and vegetables.

THE DAY'S FOOD

A man of average size, who is moderately active, is likely to be well fed on a diet which includes the following:

One pound or a little less of bread or cereal food, such as wheat, corn, hominy, rye, oatmeal, barley, buckwheat, or rice preparations.

Two ounces or 4 tablespoons of fat, such as butter, oleomargarine, corn oil, cottonseed oil, peanut oil, olive oil, meat drippings, etc.

Two to 3 ounces or 4 to 6 tablespoons of sugar, syrup, corn syrup, molasses, maple sugar or syrup, honey, etc.

About $\frac{1}{2}$ pound of meat as purchased, poultry, fish, eggs, cheese, dried peas, beans, lentils, cowpeas, peanuts, etc.