I shall illustrate a ration for our supposed family of 5 persons on this basis;

3 men require.....	Proteids	12.6:	Fats	9:	Carbohydrates	48 oz.
2 women require....	Proteids	7.0:	Fats	4.	Carbohydrates	30 oz.
Total.....		19.6 "		13 "		78 "

This may be furnished by :

		Proteids	Fat	Carbohydrates	Cost.
Rolled Oats	1lb	1.893	1.058	11.416oz	9
Milk	3	1.638	1.818	2.352	12
Ham	½	1.480	1.416	0	17
Bread	3	3.270	0.258	27.774	21
Eggs	1	2.068	1.938	0	26
Round steak	2	6.528	3.200	0	64
Sugar	½	0	0	7.766	4½
Corn starch	½	0.096	0.001	6.809	6½
Lamb	1	2.848	3.616	0	25
	12½	19.821	13.305	56.087	$1.85

Energy furnished.....14637 calories
Energy required.....14754 calories

Difference..... 117 deficiency

I do not pretend to recommend in detail, any particular ration. The reader who has carefully studied what has been said, will have no difficulty in calculating very various rations from the data given; and it should furnish an interesting exercise to anyone seeking household economy, to select, such combinations as will satisfy nature's demands, and, at the same time, form palatable dishes.

It is to be remembered that cooking has much to do with the appetizing character of food, and with its digestibility, consequently with its usefulness to the organism.

Many of the food materials given in the table are not practically available in the form in which they are purchased. This is the case with flour, lard, and others. These are rather to be regarded as constituents of food than as food itself. The housewife who makes tea-cakes, from flour, lard, sugar, etc., can easily calculate the food value of her product, as well as its cost, if she weigh in the ingredients, and also weigh the finished article. The food value of a complex cake if properly baked, is exactly the sum of the food values of the ingredients.

Several matters of importance in this connection, can only be mentioned here. To deal fully with them, would too greatly extend this essay; and would distract attention from the single purpose for which this has been written; namely the importance of giving attention to the nutrient value of our food; and the outlining of a simple method of calculating this value, and of correlating it to the actual cost of available food materials.

Briefly, the matters referred to are the following:

1. Many foods and food materials are on the market in patented or proprietary forms. As a rule, these particular foods are very desirable; frequently they are the choicest forms in which the special article can be purchased. But they are relatively costly, and, regarded from the simple standpoint of nutrient value, they cannot be recommended to housewives whose main object in buying is to secure maximum food value at lowest cost. And it is mainly for this class that I have written.