

NUTRITIVE VALUE OF TEN POUNDS OF SEVERAL FOODS *

	Proteids,	Fats,	Carbo- hydrates,	Calories.
<i>a.</i> Beef (ground)	1.87	.88	...	7,200
Beans (dried)	2.23	.18	5.91	15, 41
<i>b.</i> Cabbage	.18	.03	.19	1, 400
Potatoes	.18	.01	1.53	3, 250
Flour (roller process)	1.13	.11	7.16	16, 450
<i>c.</i> Shaggy Mane (<i>Cepurus comatus</i>)	.01	.025	.134	987
Oyster Agaric (<i>Pleurotus ostreatus</i>)	.051	.012	.828	1, 811
Morel (<i>Morchella esculenta</i>)	.001	.05	.306	955
Common Cultivated Mushroom (<i>Agaricus campestris</i>)	.18	.03	.46	1, 316
Oysters	.61	.14	.33	2, 350

*Atkinson, Geo. F.—Mushrooms, Edible, Poisonous, Etc.

WHAT MUSHROOMS ARE.

All of us are acquainted with green plants such as trees, flowers and grass, and when we think of plants it is these which we have in mind. But there are other plants which are not green and which do not produce flowers or seeds, and are often more or less inconspicuous. They are associated with the spoiling and decay of food, wood, etc. When a piece of bread is left in a warm, moist place, it soon becomes covered with blue or black mold. This mold is a plant belonging to a class of plants known as fungi. In like manner wood, straw or leaves if kept moist, are soon covered with a growth of fungi which may form large, woody or fleshy masses.

The term mushroom is used to mean these large, woody or fleshy fungi. They may be seen growing on the trunks of trees, on stumps, or fallen logs, coming out of the leaf mold on the forest floor, or in the grass in yards, lawns, fields and pastures or along the roadside. The plants may look like round balls, or shelves or brackets, or caps supported on slender stems, or branched and coral-like. In color they may vary from white through pink, red, yellow, blue, brown to nearly black, but never grass green.

It is seldom that we see the entire plant. The part we usually see is the fruiting body, which compares to the whole plant much as an apple to an apple tree. The feeding part, called the spawn or mycelium, consists of fine white or colored threads running all through the material upon which the plant is growing.

PARTS OF A MUSHROOM.

In order to understand the structure of the mushroom let us examine the common cultivated kind. (Fig. 1).

What we commonly call a "mushroom" is the fruit body of a fungus grow-