

two parts skim milk would owe its nutriment more to the milk than to the oysters. Bread made with skim milk would contain more protein than when made with water. A lunch or meal of bread and skim milk is very nutritious, as the following computation shows:

COMPOSITION AND COST OF A LUNCH OR MEAL OF BREAD AND SKIM MILK.

Food Materials.	Amount.	Estimated Cost.	Protein.	Fuel Value.
Bread.....	10 oz.	Cents. 3	Pound. .06	Cal. 755
Skim Milk.....	1 pt.	1	.03	170
Total.....	.....	4	.09	925

"The commonly accepted standard for a man at ordinary muscular work calls for 0.28 pound of protein and a fuel value of 3,500 calories per day, so that the above lunch furnishes very nearly one-third of a day's nutriment and at a cost of about 4 cents. If whole milk were used instead of skim milk, the cost would be about 6 cents and the fuel value 1,080 calories, while the protein would remain the same in amount.

"The following lunch, such as might be obtained in a restaurant or lunch room, will serve for the purpose of comparison:

ESTIMATED COST AND NUTRIENTS OF A RESTAURANT LUNCH.

Food materials	Amount	Estimated cost	Protein	Fuel value
	Ounces	Cents	Pound	Calories
Soup.....	8	.....	0.01	75
Beef.....	2	.....	.02	275
Potatoes.....	2	.....	....	100
Turnips.....	1	.....	....	15
Bread.....	4	.....	.02	300
Butter.....	$\frac{1}{2}$	.....	....	100
Coffee:				
Milk.....	1	.....	....	20
Sugar.....	$\frac{1}{2}$	.....	....	55
Total.....	....	15 to 20	.05	940

"It will thus be seen that the 15-cent lunch containing nine different food materials did not have any greater nutritive value than the 4-cent lunch of bread and skim milk."

The constituent of our food which cost the most, has the greatest physiological value, and which is most apt to be lacking in ordinary dietaries, is protein. Skim milk has nearly all the protein of the whole milk. It has practically all the value of the whole milk for building and repairing tissues, for the making of blood, muscle and bone, and about half the value of the whole milk for supplying heat and muscular energy. When these facts are fully understood, skim milk will doubtless be more wisely utilized.