

FANCY MEATS IN NEWEST DISHES

While not strictly comparative, the two tables given below furnish striking evidence of the high food value to be derived at low cost from the minor portions of meat, as compared with prime parts.

Lean beef.....	670	calories	per lb.
Side of beef.....	1,180	"	" "
Mutton.....	1,260	"	" "
Pork.....	1,435	"	" "
Veal.....	640	"	" "
Ham (cured).....	1,735	"	" "
Ox-heart.....	1,206	"	" "
Fresh ox tongues.....	1,122	"	" "
Sheep heart.....	873	"	" "
Sheep liver.....	911	"	" "
Sweetbreads.....	847	"	" "
Smoked and salted ox-tongues.....	1,859	"	" "

“**C**OOKERY means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality.”

There was no thought of world-wide war or its after effects in Ruskin's mind when he wrote those words. But to-day they come home with peculiar force to women who are face to face with food problems outside the range of all their experience and with responsibility on their hands for the revolution of the eating habits of nations.