

Q. What is butter?

A. It is a mixture of the fatty matter of milk with a certain quantity of caseine and whey. It is a wholesome, nourishing and easily digested food. On exposure to the air, butter undergoes an immediate change. A litre (quart) of milk should yield 30 grammes (1 ounce) of butter.

Q. How much nutriment does cheese contain?

A. Cheese contains much nitrogen, and is a good restorative food. Fresh cheese is very nutritious; old cheese is less nutritious, though rather easy of digestion, and facilitating the digestion of the other foods. It is dangerous to eat tainted cheese.

Q. Is broth a food?

A. Broth has no nutritive value, and is not, consequently, a real food; but it is a nervous stimulant, and so may restore and sustain strength and facilitate the digestion of food eaten after it.

Q. Say a word or two about condiments?

A. Condiments are substances the flavor and stimulating properties of which improve the taste of foods and render them more digestible. The condiments most commonly used