

a great variety of ways in which cheese may be used as a condiment and as a cheap source of the proteins. Milk, both raw and cooked, has been used in this way for ages, but the true food value of cheese does not seem to have been as fully realized.

SUMMARY.

Milk contains all of the four nutrients—proteins, fats, carbohydrates, and mineral matter—in nearly the proper proportions to serve as a complete food. It is too bulky to form the whole food of an adult person, but it is well adapted for various uses in combination with other food substances, and in the preparation of different dishes used as food. It also has the advantage of being a cheap food.

SKIM MILK is a cheap source of digestible proteins, and when taken with bread or used in cooking it forms a very cheap and nutritious addition to the diet. Two and a half quarts, or five pounds, of skim milk will furnish nearly the same amount of protein and have about the same fuel value as a pound of round steak. Buttermilk has about the same nutritive value as the skim milk, and both substances are so cheap that they could be used in large quantities with economy.

CHEESE is one of our most concentrated foods. More than one-fourth of its weight is protein, about one-third fat, and one-third water. It is not only valuable for the amount of protein, or muscle-forming material, and fat it contains, but, also because of the ease with which it can be kept and prepared for the table and for the variety of ways in which it may be served.

Unfortunately there is a wide-spread belief that cheese is indigestible, but extensive experiments have fully demonstrated that it is as fully digested as milk or meat. With this in mind, it may be pointed out that one pound of cheese will furnish about as much protein and fat as one gallon of milk, or as much nourishment as two pounds of fresh meat, two pounds, or fifteen eggs, or three pounds of fish. It may not agree with every person, but the same may be said of many other foods. Yet it is not desirable that cheese should entirely replace these other protein foods, unless strict economy in the diet is essential. Meat and gravy form a natural relish for vegetables, just as cheese does for the breads. Both have their place in our dietaries. At the same time, economy would be effected if cheese was used in at least one meal a day with the deliberate intention of procuring the essential proteins from this source rather than from the more costly meats.