I here present a few of the numerous solutions of this problem.

Food materials	Quantity lbs	Proteids oz.	Fats oz.	Carbohydrates oz.	Cost
Oatmeal	2	4.438	1.978	21.460	14
Graham bread	4	5.184	0.460	34.132	24
Milk-whole	5	2.730	3.030	3.920	20
Sugar	1	0	0	15.531	9
Beef (brisket)	3	9.168	5.988	0	48
Potatoes	2	0.636	0.048	6.676	11
Corn starch	1	0.192	0.002	13.618	13
Total	18	22.348	11.506	95.337	1.39

This ration show the following departures from the calculated amounts.

Proteids 2.748 oz. excess.
Fat 2.306 " "
Carbohydrates 0.663 " deficiency.

The energy value is :

Proteids 22.348 × 116 = 2592.368 calories.
Fats 11.506 × 264 = 3037.584 "
Carbohydrates 95.337 × 116 = 11059.092 "

Total 16689.044 "
Calculated 15838.000 "

Excess 851.044 "

On the whole this is a sufficiently close approximation to theoretical requirements, and since a little waste is almost unavoidable in cooking and serving, it may be regarded as satisfactory.

The cost is $1.39 for 5 people per day.

Here is another attempt at solution:

Food materials	Quantity lbs.	Proteids oz.	Fats oz.	Carbohydrates oz.	Cost.
Ham	1	2.960	2.832	0	34
Eggs	1	2.068	1.938	0	26
Bread (fine)	4	4.360	0.344	36.992	28
Butter	½lb	0.061	6.696	0.040	21
Milk	3	1.638	1.818	2.352	12
Codfish	3	8.025	0.144	0	45
Sugar	1½	0	0	23.297	13½
Corn starch	1	0.192	0.002	13.618	13
	15½	19.304	13.774	96.298	$1.92½

This ration shows the following departures from calculated amounts.

Proteids .....0.296 deficiency.
Fats.....4.574 excess
Carbohydrates 0.298 excess

Energy value.....17046
Calculated.....15838

Excess..... 1208 calories