



How Do You Spend A Ten Dollar Bill?

The housewife who is conscientiously trying to feed her family wisely, so as to assure them the best of health and at the same time keep down her food bill, will make milk the most important food in her menus.

Dr. Henry C. Sherman, of Columbia University says: "In every dollar you spend for food, use 44 cents in the purchase of dairy products."

The following are Dr. Sherman's recommendations for the correction of the average American menu:

	% now used	Should be
Meat and Fish.....	35%	12%
Milk and its products.....	20%	44%
Bread and cereals.....	15%	13%
Vegetables and fruit.....	13%	17%
Eggs.....	6%	6%
Sugar.....	5%	3%
Miscellaneous.....	6%	5%

Following the above suggestions ten dollars would be spent as follows:—

Milk and its Products.....	\$4.40
Vegetables and fruit.....	1.70
Bread and cereals.....	1.30
Meat and fish.....	1.20
Eggs.....	.60
Miscellaneous.....	.50
Sugar.....	.30

Eat More Milk. Both your health and your pocketbook will note the difference

