

2. FATS.

MARGARINE AND BUTTER.—These are interchangeable as regards fat content.

COOKING FATS may include dripping, rendered fats, and commercial cooking fats and oils. These may replace butter or margarine if about one-eighth less is used. Butter and margarine contain water and do not go as far.

Children should not be deprived of butter unless furnished with plenty of milk.

3. MILK.

1 QT. WHOLE MILK.—This may be replaced by—

- 1 qt. skim milk with $1\frac{1}{2}$ oz. fat;
- or 1 qt. buttermilk with $1\frac{1}{2}$ oz. fat;
- or 1 qt. sour milk with $1\frac{1}{2}$ oz. fat;
- or $6\frac{1}{2}$ oz. lean beef.

Whole milk is much better for children than meat.

Condensed milk will not replace fresh milk for children.

4. SUGAR.

Corn syrup, honey, and molasses may replace sugar if one-quarter more is used.

As we are asked to conserve sugar for overseas, corn syrup should be substituted wherever possible.

5. CEREAL PRODUCTS.

10 LBS. FLOURS.—

These include wheat, rye, barley, oats, corn and buckwheat flours.

Great variety of bread is possible by substituting for part of the wheat flour one or more of the others. Whenever obtainable the other flours should be used freely.

Potato flour and cornstarch will not replace the other flours, but may be used for cakes and thickening liquids.

As we are asked to conserve wheat for overseas every effort should be made to secure other flours.

10 LBS. CEREALS IN OTHER FORMS.—

These include oatmeal, rolled oats, white cornmeal, yellow cornmeal, barley and rye meals and rice.

These may be used for breakfast cereals, but much also may be used for breads and cakes, puddings and pancakes, e.g., oatcake, corn breads, buckwheat muffins, barley scones, rice pancakes.

If bread is purchased deduct 10 oz. flour for each pound of bread bought.

NOTE—The above replacement quantities are not exact equivalents, but they are near enough for practical use in providing for variety and economy.