

with the reduction in the cost of 100 calories in some of the other foods. At the bottom of the table the cost of 100 calories of heat in our ordinary Canadian cheese, cottage cheese and bread are given for comparison.

A comparison has also been made on the basis of the cost of one pound of protein in each of the various dishes. These are as follows:

1. Bacon and Eggs	\$2.32
2. Cheese Souffle	1.55
3. Scrambled Eggs and Cheese	1.25
4. Cheese Sauce on Toast	1.28
5. Cheese Gnocchi	1.19
6. Macaroni and Cheese	1.04
7. Hash	1.00
8. Beef Loaf	32.9c.
9. Cheese Soup	76.1
10. Cheese Custard on Toast	72.3
11. Milky Cheese Toast	67.8
12. Welsh Rabbit	67.3
13. Cheese Pudding	66.7

Compare with:

Porterhouse Steak	4.00
Bread44
Cheese, Cheddar71

At the bottom of the above table the cost of one pound of protein in cheese, steak and bread are given. From this it will be seen that bread furnishes the cheapest protein, then cheese and steak in the order named. It is also evident that the cost per pound of protein in the various dishes must vary largely as one or other of these constituents predominates.

There are really two classes of foods in the above list, those which are valuable solely for their protein and fat, and those which contain a certain amount of the cheaper carbohydrate materials derived from bread, wheat or potatoes. Thus, the following are interchangeable dishes in the dietary, and may be directly compared with one another:

Hash—a mixture of meat and potatoes	} with	{	Cheese Custard on Toast. Macaroni and Cheese. Cheese Pudding. Welsh Rabbit. Cheese Sauce on Toast. Milky Cheese Toast.
			or
Beef Loaf and Bacon and Eggs.	} with	{	Cheddar Cheese. Cottage Cheese. Scrambled Eggs and Cheese. Cheese Souffle. Cheese Soup.

Bread, as a representative of the cereals as a class, is one of the cheapest sources of heat and protein to the body, and cheese and milk, especially skim milk, are the cheapest source of animal protein. The two together can be used to make a well balanced diet, perfect in every way from the food ingredients' standpoint, but lacking in variety and in palatability. The physical condition of cheese renders it difficult to make into tasty cooked dishes without mixing with other materials, especially with eggs, and as eggs are among the most expensive foods, this naturally increases the cost of the cooked preparation. There are, all together,