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D. H. FRASER, Secretary, Northport, Ont.

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Creamery Department

Butter makers are invited to send
contributions to this department to
ask questions on matters relating
to better making and to suggest
subjects for discussion. Address
letters to Creamery Department.

Value of a Pound of Butter

By H. R. Wright

The other day I met a fellow who
was mad. He said his grocer had
asked him to pay 40c for a pound of
butter and he'd be blankly blanked if
he'd do it, because the price was out-
rageous; and furthermore he had
heard that a large manufacturer of
butter had said that butter never
ought to go above 30c a pound, any-
way. I tried to jolly him a little
about that large manufacturer of but-
ter and found out that the man in
question was not only large physically,
but manufactured a large amount of
butter. Then I got to thinking seri-
ously about the value of butter.

Of course, everybody knows, and
the writer is no exception, that the
high price of butter in the winter
time caused, in a general way, by
its scarcity, and everybody knows
that the law of supply and demand
must in the long run fix the money
price of this staple food; but it occur-
red to me that it might be wise to see
whether from a food standpoint one
could really afford to pay 40c a pound
for butter.

WHAT FOODS ARE FOR

Foods, whether for man or beast,
serve one of two purposes, either to
repair the waste of the body—that is,
to furnish construction material to re-
build the body from day to day; or
furnish the motive power for the ac-
tivities of the body. It is perfectly
well known that no one food can
complete food in itself. No one food can
furnish both the construction mate-
rials and the motive power in just the
right proportions, so that, even if it
is discovered that one food can be
bought for less money than another,
it does not at all follow that we shall
be able to use the single cheapest food
and so economize to the greatest de-
gree possible.

It's a human fashion, founded upon
this truth, to eat a variety of foods,
so that for purposes of comparison
we may ignore this fact and find the
food value of each food and then com-
pare, even if it is a fact that neither
is a full substitute for the other. In
the processes of digestion, exactly the
same chemical change takes place as
when a substance burns, and in both
cases heat and energy are produced.
It is, therefore, possible to estimate
the food value by the amount of lat-
ent heat contained in the article of
food considered. The unit of measure-
ment is called a calorie.

The government standard of the
possible energy of good nutrients is
as follows: One pound of protein
yields 1,514 calories. One pound of
fat yields 4,087 calories. One pound
of carbohydrates yields 1,315 calories.
The number of calories of food value
required for a day's food is about
3,800.

VALUE OF DIFFERENT FOODS

Having thus set forth what the wise
men have given us as a proper unit
of measurement of food value, we
have only to get their statements of
food values in calories to enable us to
determine the respective monetary
values based solely upon economy,
leaving out palatability, suitability
and a good many other things that we
may discuss later. A recent govern-
ment bulletin, whose authority is un-
questioned, gives the following food
values for a number of the most usual
foods:

Milk, 310 calories per pound; skim-
milk, 165; cheese, 1,090; eggs, 700;
dosen eggs, 1,050; pork chops, 1,800;
beef steak, 1,130; smoked ham, 1,940;
bacon, 5,000; oysters, 335; fresh fish,
325; oat breakfast food, cooked, 285;
macaroni, cooked, 415; white bread,
1,215; corn bread, 1,205; sugar, 1,860;
potatoes, 385; celery, 85; onions, 225;
olive oil, 4,080; lard, 4,080; butter,
3,410.

From this authentic table it appears
that butter compares very favorably
with a good many other very common
foods. If we consider their relative
food values in connection with their
well known prices, this is leaving out
of account everything but strict
economy of purchase, and the absolute
value of the food in calories.

If we pay 40c a pound for butter,
we must, if we are strictly economical,
get the same number of calories of
food value for our 40c when we ex-
pend it for other foods. To do so we
must get for 40c approximately 11
pints, 5 1/2 quarts of milk at 7.37c;
3 pounds of beef steak at 14.2c; 3 1/2
pounds pork chops or other similar
pork at 16.8c; 10 pounds of fresh fish
at 4.14c; 3 dozen eggs at 12.9c; 7
quarts of oysters at 5.8c.

COMPARISON FAVORABLE TO BUTTER

Some of these prices are ridiculous,
and not one of them is easy to secure
in the city and town markets. Prices
in my own city are such that one
could, with food economy, pay some
extraordinary prices for butter. Take
a look at some possibilities based upon
what our people actually pay for some
foods:

Milk at 10c per quart equals butter
at 55c.

Beefsteak at 18 to 25c equals butter
at 48 to 75c.

Fresh fish at 10 to 20c equals butter
at \$1 to \$2.

Pork at 18 to 20c equals butter at
45 to 50c.

Eggs at 15 to 35c equals butter at
75c to \$1.05.

It is therefore apparent that in
comparison with these well known
universally used foods, butter is an
economical food at 40c a pound.

A further comparison that is cheaper
value of butter with the food value of
the vegetables and with bread, also
with olive oil and lard, show that per
calorie, food value may be obtained in
these products for much less than in
butter. For example, lard is much
cheaper per pound and per calorie than
butter, but one will hardly buy
lard to spread upon his bread for that
reason. A pound of sugar has as
many calories of food value as a
pound of smoked ham or a pound of
cheese or a dozen and a half of eggs
or a pound of butter, and may
always be bought for far less money,
but it does not therefore, from a practical
standpoint, take the place of
either the ham or the eggs or the
cheese or the butter.

The reason why people do not live
on bread alone, but demand both
bread and butter, is the universal
fact that the appetite craves and the
body needs require both. Potatoes
at 40c a bushel cost one-seventh as
much as butter at that price per
pound, but that don't enable us to
live upon potatoes alone. But pork
chops and beefsteak and eggs and
place of butter, but very greatly to
the disadvantage of the purchaser's
pocket book, if we consider present
prices.—Creamery Journal.

We keep a dairy book, in which we
make entries of all butter sold, name
of purchaser, and price received.
Then we know how we stand at
the end of the year.—E. C.

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to Farm and Dairy.

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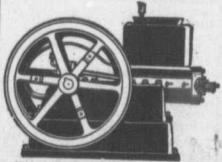
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