

ounces of butter. The replacement of meats by milk is illustrated in menu No. 4, in which a diet with a rather small quantity of milk, is so changed as to include a much larger amount. Thus at breakfast a pint and a half of milk is made to take the place of half a pound of broiled steak. For dinner a quart of skim milk is necessary, or a glass for each person unless some is used in the cooking.

In planning a well balanced diet it is necessary to consider several points. When any considerable quantity of fat or starchy food is used, there should be provided as well some material rich in protein, if economy is to be practised in the digestive process. Thus such combinations as bread and butter, liver and bacon, pork and beans have been found by experience to be advantageous, and when lean meats or fish are being used, such materials as rice, tapioca, sugar and butter are necessary in order to bring the fuel value up to the required standard.

Milk may be used in many other ways as well. Various dishes naturally suggest themselves to every housewife and a very considerable variety may be provided. Among other ways in which milk may be used are the following:—

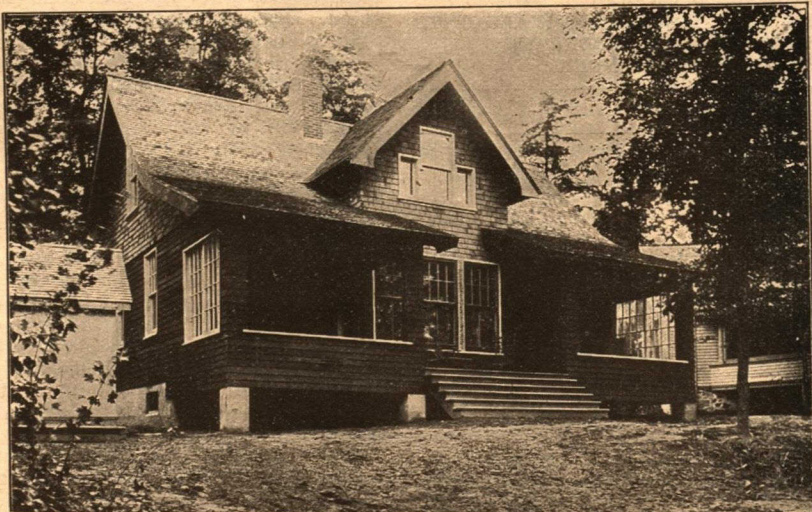
1. Porridge of all kinds made with milk instead of water.
2. Milk broths flavored with vegetable such as corn, peas, tomatoes, asparagus, onion, celery, etc., and with lobster, oyster, chicken, etc.

3. Milk flavored with tea, coffee, cocoa.
4. Frozen milk, egg-nog, milk albumen.
5. Rice, tapioca, sago, etc., baked in milk.
6. Custards, junket, gelatine pudding made with milk.

SUMMARY

Milk then is valuable as a food in tuberculosis:—

1. Because it is a well balanced ration.
2. Because it may be used in so many forms, either alone or in conjunction with other foods.
3. Because the quantity used may be increased or diminished with ease and without inconvenience.
4. Because it may be readily modified so as to contain larger or smaller quantities of its different ingredients.
5. Because it may be so readily substituted for water in cooking, with very evident advantage.
6. Because it is a comparatively cheap food.
7. Because it can be used continuously for a long period.
8. Because its products, butter, cheese, skim milk, butter milk, etc., are in themselves valuable foods.
9. Because it is very digestible.
10. Because it can be easily procured by all classes in almost any locality.



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