

1. MEAT AND MEAT SUBSTITUTES.

4 Lbs. LEAN MEAT.—

This weight does not include bone and fat. When these are purchased with the lean, the weight ordered should be increased accordingly. If much fat is attached to the meat, the order for cooking fat should be lessened.

As we are asked to conserve beef and pork of all kinds for overseas, these should be avoided when possible.

When obtainable, considerable variety is possible with mutton, sausage, poultry, rabbit, game, tongue, heart, liver, kidneys and sweetbreads.

2 Lbs. FRESH FISH.—

This may be any fresh caught or frozen fresh fish, e.g., cod, mackerel, herring, white fish, skate, lake trout, hake, pollock, etc.

1 Lb. SALT FISH.—

Salt codfish, finnan haddie, red herring, etc.

1 DOZ. EGGS.—

These may be replaced by—

- 2½ pints whole milk with ½ lb. frozen or fresh fish;
- or 2 qts. buttermilk with 1½ oz. fat;
- or 2 qts. skim milk with 1½ oz. fat;
- or 8 oz. cheese with 6 oz. frozen or fresh fish;
- or 1¼ lbs. frozen or fresh herring with 1 oz. fat;
- or 4 oz. dried codfish with 3 oz. fat.

1 Lb. CHEESE—

This may be replaced by—

- 6½ pints whole milk;
- or 2 lbs. fresh or frozen fish with 5 oz. fat;
- or 4 oz. dried codfish with 5 oz. fat;
- or 4 qts. skim milk with 3 oz. fat;
- or 1⅓ lbs. lean meat with 3 oz. fat.

2 Lbs. DRIED BEANS AND SPLIT PEAS—

- 12 oz. split peas with 1½ oz. fat may replace 1 lb. lean meat;
- 5 oz. split peas with 1½ oz. fat may replace 1 qt. whole milk;
- 1 lb. split peas with 5 oz. fat may replace 1 lb. cheese;
- 12 oz. split peas with 1½ oz. fat may replace 1 doz. eggs;
- 15 oz. dried beans with 1¼ oz. fat may replace 1 lb. lean meat;
- 6 oz. dried beans with 1½ oz. fat may replace 1 qt. whole milk;
- 1⅓ oz. dried beans with 1½ oz. fat may replace 1 doz. eggs;
- 1¼ oz. dried beans with 5½ oz. fat may replace 1 lb. cheese.