Break the eggs into a bowl, and sprinkle the parsley on top of the cheese. Melt the butter in a frying pan over gentle heat. Turn in the eggs, and immediately sprinkle the cheese over them. With a bread-bladed knife begin to scrape the mass from the bottom as it sets. The object is to cook the mass without mixing the yolks and whites too thoroughly, and yet avoid hardening them. When the mass is jellied, turn at once into a hot vegetable dish, or over toast on a platter, and serve at once.

Cost for 6 persons is	26 cents
" per 100 calories is	2 "
" of 1 lb. proteid from this food is	$1.35

The following recipes of common dishes that do not contain cheese are given for comparative purposes:

Beef Loaf—With Gravy.

1½ lb. lean beef minced.
1 egg.
3 tablsp. dripping.
1½ teasp. onion juice.
1½ tablsp. chopped parsley.
1½ teasp. salt.
3 tablsp. flour.

Cost for 6 people is	30.1 cents
" per 100 calories is	2.31 "
" of 1 lb. proteid from this food is	$2.9 "

Bacon and Eggs.

1½ lb. bacon	37½ cents
6 eggs	18½ "
Cost for 6 people is	56 cents
" per 100 calories is	1.23 "
" of 1 lb. proteid from this food is	$2.32

Note.—Above assumes that all the bacon fat is sent to the table and consumed.

Hash.

2 lbs. cold potatoes.
2 lbs. cold cooked lean beef.
3 tablsp. dripping.
1 cup water or gravy.
Salt, pepper.

Cost for 6 people is	25.4 cents
" per 100 calories is	1.46 "
" per 1 lb. proteid from this food is	$1.00

In the following table the various dishes the receipes of which are given above are arranged acording to the cost of 100 calories of heat:

1. Beef Loaf	2.31 cents
2. Scrambled Eggs and Cheese	2. "
3. Hash	1.46 "
4. Cheese Souffle	1.6 "
5. Bacon and Eggs	1.23 "
6. Cheese Custard on Toast	1.1 "
7. Cheese Soup	1.1 "
8. Cheese Gnocchi	.94 "
9. Macaroni and Cheese	.92 "
10 Cheese Pudding	.77 "
11. Welsh Rabbit	.77 "
12. Cheese Sauce on Toast	.72 "
13. Milky Cheese Toast	.56 "
Dishes to compare with:	
Cheese, Cheddar	.93 "
Cottage Cheese	.98 "
Bread	.33 "

On this basis of comparison beef loaf is the most expensive. Flour and bread, rich in starch, which has a fuel value equal to protein, have, however, much to do