

FRIDAY

Dinner.—2 lbs. haddock fried in lard, potatoes, onions, tapioca or sago pudding, from $\frac{1}{4}$ lb. sago, $4\frac{1}{2}$ cups of milk; 1 slice of bread each.

Tea.—5. boiled eggs, 2 slices of bread each, stewed apples, milk and tea as above.

SATURDAY

Dinner.—Tomatoes and macaroni, potatoes, cottage pudding from $\frac{1}{2}$ cup of milk, 1 egg, flour, lard, baking powder, 1 slice of bread each.

Tea.—Bean soup from 7 cups of milk and beans; 2 slices of bread, cheese butter, jam, $\frac{1}{4}$ cup of milk and tea for adults.

SUNDAY

Dinner.—1 lb. liver baked, onions, potatoes; roly-poly from suet, milk and water, flour, sugar; 1 slice of bread each.

Tea.—Barley and vegetable soup, with 1 cup of milk; 2 slices of bread each, stewed prunes, 1 cup of milk per child, tea and $\frac{1}{4}$ cup of milk per adult.

NOTES.—14 quarts of milk per week, 2 quarts per day, 10 cups. Loaf of bread equals 17 slices, $\frac{1}{2}$ inch thick. Average price given for potatoes, eggs and butter. Other cheap meats are tripe, pork and beans, salt cod cooked in milk, fresh herring, tommy cod, beef kidney stewing mutton, stewing veal.

CLOTHING BUDGET

	MAN	\$ cts.	Per Year \$ cts.
1 cap (2 years)		0 69	
1 felt hat (2 years)		1 25	0 97
1 overcoat (2 years)		10 50	5 25
1 rubber coat (2 years)		6 00	3 00
1 suit (2 years)		12 95	6 47 $\frac{1}{2}$
1 sweater (2 years)		4 00	2 00
3 working shirts		0 69	2 07
2 white shirts		1 00	2 00
1 pair pants		1 89	1 89
2 collars		0 17 $\frac{1}{2}$	0 35
2 pair overalls		1 89	3 78
1 tie		0 35	0 35
6 handkerchiefs		0 06 $\frac{1}{2}$	0 37 $\frac{1}{2}$
6 pair hose		0 50	3 00
1 pair gloves		0 79	0 79
1 pair mittens		0 50	0 50
2 pair shoes		3 45	6 90
2 pair summer underwear		0 69	0 69
2 pair winter underwear		1 55	3 10
2 pair pyjamas		1 25	2 50
1 pair braces		0 90	0 90
1 pair garters		0 20	0 20
2 pair rubbers		0 50	1 00
1 tooth brush		0 40	0 40
Repairs to shoes		2 50	2 50
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	WOMAN		
2 hats		1 00	2 00
1 winter coat (3 years)		12 00	4 00
1 rubber coat (2 years)		6 00	3 00
1 serge dress		5 00	5 00
2 wash dresses		1 75	3 50
3 aprons		0 75	2 25
6 handkerchiefs		0 10	0 60
6 pair stockings		0 59	3 34
2 summer vests		0 39	0 78
2 summer knickers		0 59	1 18
2 winter vests		0 59	1 18
2 winter knickers		0 79	1 58
1 pr. wool gloves		0 83	0 83
1 pr. rubbers		0 50	0 50

[Mr. Howard T. Falk.]