

FOLLOWING is a budget for a family of five: A man and his wife at moderate work; a boy of 12 years; and two other children of 9 and 3 years respectively. This food will provide adequate nourishment for one week. According to well-known authorities, it allows sufficient material for body-building as well as energy for the various activities of the family.

1. MEAT AND MEAT SUBSTITUTES.

4 lbs. lean meat;
2 lbs. fresh fish;
1 lb. salt fish;
1 doz. eggs;
1 lb. cheese;
2 lbs. dried beans or split peas.

2. FATS.

2 lbs. butter or oleomargarine;
1 lb. cooking fat.

3. MILK.

7 quarts whole milk.

4. SUGARS.

3 lbs. sugar;
1 lb. corn syrup, molasses or honey.

5. CEREAL PRODUCTS.

10 lbs. flour;
10 lbs. cereals in other forms.

6. FRESH VEGETABLES.

40 lbs. potatoes;
14 lbs. other fresh vegetables.

7. FRUIT.

14 lbs., according to season.