

Records of Experiments in Catering
and
Dietary Studies

by

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and
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The following experiments were conducted between November 30th, 1905 and April 4th, 1906, for the purpose of ascertaining the amount of materials used, their composition, cost, fuel value expressed in calories, and nutritive ratios; also the amount of labor and time required in catering.

The record is of six experiments:

Number I.

Football banquet given November 30th, 1905 to fifty persons. This was the first meal for the team after being for several weeks on rigid training diet. The materials were in season, therefore the prices were reasonable. The work of preparation was done entirely by two women assisted in serving by seven others.

Hours required for preparation	13-1/2
" " " serving	1-1/2
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Total	15

Number II.

A wedding luncheon given December 18th, 1905 to thirty-five persons. The prices of materials were reasonable taking into consideration that it was the beginning of the winter season. The work of preparation was done by two assisted in serving by six.

Hours required for preparation	7
" " " serving	1
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Total	8

Number III.

A wedding dinner given January 17th, 1906 to twelve persons.

Some materials being out of season made the cost greater than it would otherwise have been. Two prepared this dinner and one assisted in serving.

Hours required for preparation	14
" " " serving	2
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Total	16

Number IV.

A study of dietaries for one week, from February 6th to February 13th, 1906, for twelve girls boarding at the Young Women's Christian Association Home. The menus are such as are regularly served. The work of preparation and serving was done by the girls in the Home, and an accurate daily record kept.

Number V.

Refreshments served to Choral Union, Band, and Orchestra, of the Kansas State Agricultural College, on March 19th, 1906. Two hundred persons were served. The work of preparation was done by four with six to serve.

Hours required in preparation	4
" " " serving	1
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Total	5

Number VI.

A dinner served by two senior girls. One of the regular senior dinners, the material being furnished by the department. The planning of menu, work of preparation, and serving being done by the

girls.

Hours required for preparation	3
" " " serving	1
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Total	4

Experiment Number I.

Menu

Oyster soup		Crackers
Turkey	<u>Pickles</u>	Gravy
Bread	Dressing	Butter
Peas	Sweet potatoes	Cranberries

Mince Pie

Apple-Nut-Celery Salad		Wafers
Ice Cream		Cake
Coffee		Wafers
	Salted Nuts	
	Chocolate Fudge	

Recipes for Experiment Number I.

	Oyster Soup	
Oysters		4 quarts
Milk		8 quarts
	Dressing	
Bread		8 loaves
Stock		4 quarts

Gravy

Flour	2 cups
Stock	32 cups

Peas

Peas	7 cans
Flour	1 cup
Milk	2 quarts
Butter	1/2 cup

Mince Pies

Mince meat	1 gallon
Flour	4 cups
Lard	1 cup
Butter	1 cup

Cranberries

Cranberries	4 quarts
Sugar	18 cups

Apple-Nut-Celery Salad

Apples	1 peck
Nuts	2 pounds
Celery	5 packages

Salad Dressing

Vinegar	2 cups
Sugar	1/2 cup
Cream (double)	2 cups

Ice Cream

Cream	5 quarts
Milk	4 quarts
Sugar	2-1/2 cups

Cake

Eggs	15
Butter	1-1/2 cups
Sugar	10-1/2 cups
Milk	4-1/4 cups
Flour	7-1/2 cups

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Coffee

Coffee	2 lbs.
Egg Shells	15

Fudge

Sugar	6 cups
Chocolate	6 oz.
Butter	1/4 cup

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Oysters	6.	3.3	1.3	230	16	96.	52.8	20.8	3680	\$2.00
Milk	3.3	5.	4.	325	16	52.8	80.0	64.0	5200	.40
Crackers	9.8	73.1	9.1	1925	2	19.6	146.2	18.2	3850	.20
Pickles	.5	2.7	.3	70	3	1.5	5.4	.6	140	.50
Turkey	16.1		18.4	1075	50	805.0		920.0	53750	10.00
Bread	9.3	52.7	1.2	1205	6	28.83	316.2	7.2	7250	.25
Flour	10.8	74.8	1.1	1640	1/2	5.4	37.4	.5	820	.01-1/8
Sweet potatoes	1.8	27.4	.7	570	28	50.4	767.2	19.6	15960	.40
Cranberries	.4	9.9	.6	215	8	3.2	79.2	4.8	1720	.50
Peas	3.6	9.8	.2	255	7	25.2	68.6	1.4	1785	1.05
Sugar (loaf)		100.0		1800	4		400.0		7200	.20
Sugar (gran.)		100.0		1800	9		900.0		16200	.50
Mince Meat	4.8		6.7	970	8	38.4		53.6	7760	1.00
Butter	1.0	85.0	85.0	3605	1/2	.5		42.5	1852	.30
Lard	2.2	94.0	94.0	4010	1/2	1.1		47.0	2005	.05
Flour	10.8	74.8	1.1	1640	1	10.8	74.8	1.1	1640	.021/4
Eggs	11.9		9.3	635	2	23.8		18.6	3270	.25
Butter	1.0	85.0	85.0	3605	3/4	.75		63.7	2703	.22
Sugar		100.0		1800	5-1/4		535.0		9450	.32

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Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Milk	3.3	5.	4.	325	2	6.6	10.	8.	750	\$.04
Flour	10.8	74.8	1.1	1640	2	21.6	149.6	2.2	3280	.05
Bread	9.3	52.7	1.2	1205	10	93.0	527.0	12.0	12050	.50
Butter	1.0		85.0	3605	2	2.0		170.0	7210	.60
Apples	.3	10.8	.3	220	16	4.8	172.8	4.8	3520	.25
Nuts	4.9	13.0	17.3	885	2	9.8	26.0	34.6	1770	.40
Celery	.9	2.6	.1	70	2-1/2	2.25	6.5	.05	140	.25
Cream	2.5	4.5	18.5	910	1	2.5	4.5	18.5	910	.20
Vinegar										.02-1/2
Sugar		100.0		1800	1/4		25.0		450	.01-2/3
Wafers	9.8	73.1	9.1	1925	2	19.6	146.2	18.2	3850	.25
Lettuce		For Garnishing			1/4					.10
Salted Nuts	25.8	34.4	38.6	2560	4	113.2	97.6	154.4	10240	.80
Cream	2.5	4.5	18.5	910	10	25.0	45.0	185.0	9100	1.00
Milk	3.3	5.0	4.0	325	8	26.4	40.0	32.0	2600	.16
Sugar		100.0		1800	1-1/4		125.0		2250	.08
Sugar		100.0		1800	1-1/2		150.0		2700	.08
Chocolate	12.9	50.7	48.7	2860	3/8	4.8	8.4	18.3	2572	.15
Butter	1.0		85.0	3605	1/4	.25		2.1	901	.01-2/3
Coffee					2					.70
Cream	2.5	4.5	18.5	910	4	10.0	18.0	74.0	3640	.40
Total					329	1462.95	3018.4	1797.8	219749	\$25.4525

Nutritive Ratio 1:6.49 Cost per Capita .469¢ Calories per Capita 4291.28 Pounds per Capita 4-1/4

Experiment Number II.

Menu

Pineapple and Cherry Salpicon of Fruit

Creamed Oysters in Fontage Cups

Pickles

Chicken Croquettes

Peas

White Bread and Butter Sandwiches

Ice Cream

Cake

Coffee

Recipes for Experiment
Number II.

Salpicon of Fruit

Pineapples 4 cans
Cherries (candied) 1 pint
Sugar 1 cup

Creamed Oysters in Fontage Cups

Oysters 2 quarts
Milk 2 quarts
Flour 1 cup
Butter 1/4 cup

Fontage Cups

Eggs 2
Flour 2 tblspn.
Butter 1 tblspn.

Chicken Croquettes

Chicken meat 3 cups
Flour 4 tblspn.
Butter 1 tblspn.
Milk 1 cup

Creamed Peas

Peas	4 cans
Butter	4 tblspn.
Milk	2 cups
Flour	4 tblspn.

Bread and Butter Sandwiches

Bread	2-1/2 loaves
Butter	2 cups

Ice Cream

Cream	3 quarts
Milk	1 quart
Sugar	1 cup

Angel Cake (Mrs. Hill's)

Egg whites (about 10)	1 cup
Sugar	1 cup
Flour	1 cup
Cream of Tartar	1/2 tspn.
Flavoring	1 tspn.

Fruit Cake

Butter	1 lb.
Sugar	1 lb.
Flour	1 lb.
Eggs	10
Currants	1-1/2 lbs.
Raisins	1-1/2 lbs.
Citron	3/4 lb.
Nutmeg	1
Allspice	1 tspn.
Cloves	1/2 tspn.
Cinnamon	1 tspn.
Mace	1/2 tspn.
Orange (juice and rind)	1
Lemon (juice and rind)	1

Coffee

Coffee	1 lb.
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Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Pineapple	.4	36.4	.7	715	4	1.6	145.6	2.8	2860	.80
Cherries	1.2	40.9	.3	785	1	1.2	40.9	.3	785	.50
Sugar		100.0		1800	1/2		50.0		900	.03
Oysters	6.2	3.7	1.2	255	2	12.4	7.4	2.4	470	.50
Milk	3.3	5.0	4.0	325	8	26.4	40.0	3.2	2500	.08
Flour	10.4	75.2	1.0	1635	1/4	2.6	18.8	.25	408	.005
Butter	1.0		85.0	3605	1/8	.03	10.6		451	.04
Pickles	.5	2.7	.3	70	2	1.0	5.4	.6	140	.25
Eggs	13.4		10.5	720	1/5	2.7		2.1	124	.03
Flour	10.4	75.2	1.0	1635	1/32	.03	24.0	.003	51	.0025
Butter	1.0		85.0	3605	1/32	.003		2.7	112	.01
Chicken	21.5		2.5	505	1-1/2	31.7		5.7	762	.18
Flour	10.4	75.2	1.0	1635	1/16	.6	4.7	.06	102	.00-1/8
Butter	1		85.0	3605	1/32	.003		2.7	112	.01
Milk	3.3	5.0	4.0	325	1/2	1.6	2.5	2.0	162	.03
Peas	3.6	9.8	.2	255	4	14.4	39.2	.8	1020	.60
Milk	3.3	5.0	4.0	325	1	3.3	5.0	4.0	325	.02
Butter	1.0		85.0	3605	1/8	.12		10.6	451	.04
Flour	10.4	75.2	1.0	1635	1/16	.6	4.7	.06	102	.00-1/8

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Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Bread	9.1	53.3	1.6	1225	2-1/2	32.7	133.2	4.0	2662	.25
Butter	1.0		85.0	3605	1	1.0		85.0	3605	.36
Cream	2.5	4.5	18.5	910	6	15.0	27.0	11.1	5460	.60
Milk	3.3	5.0	4.0	325	2	6.6	10.0	8.0	650	.04
Cake	6.3	65.9	10.7	1795	5	31.5	329.5	53.5	8975	.40
Fruit Cake	5.9	64.1	10.9	1760	5	29.5	320.5	54.5	8800	.75
Coffee					1					.35
Cream	2.5	4.5	18.5	910	2	5.0	9.0	37.0	1820	.20
Sugar		100.0		1800	1		100.0		1800	.06
					50.7	221.586	1327.0	200.07	453922	\$ 6.08
			Nutritive Ratio							
			1:8.01							
			Calorie value per capita							
			1296.9							
			Cost per capita							
			17¢							
			Number pounds per capita							
			1.69							
			Number hours labor required							
			8.							

Experiment Number III.

Menu

Oysters on Half-shell

Bouillon

Fish

Hollandaise Sauce

Potato Balls

Brown Bread

Butter

Cheese Souffle

Duck

Jelly

Pineapple Frappe

Roast of Veal

Macaroni

Peas in Fontage Cups

Rolls

Butter

Ice Cream in Individual Moulds

Cake

Coffee

Wafers

Cheese

Recipes for Experiment Number III.

Bouillon

Beef Extract	1/4 jar
Water	6 cups

Hollandaise Sauce

Juice of Lemon	1
Eggs, yolk	2

Brown Bread (Mrs. Hills)

Yellow Corn Meal	1 cup
Rye Meal	1 cup
Entire Wheat Flour	1 cup
Molasses	2/3 cup
Thick Sour Milk	2 cups
Soda	2-1/2 tspn.
Salt	1 tspn.

Cheese Souffle.

Cheese	1/4 lb.
Eggs	6
Milk	1 cup
Flour	4 tblspn.
Butter	4 tblspn.

Pineapple Frappe
(Mrs. Hill's)

Pineapple	6 cups
Sugar	2 cups
Lemon juice (3)	1/2 cup

Creamed Peas in Fontage Cups

Peas	2 cans
Milk	1 cup
Flour	1/4 cup
Butter	2 tblspn.

Parker House Rolls
(Mrs. Hill's)

Scalded Milk	1 cup
Yeast	1/2 cake
Water (warm)	1/4 cup
Sugar	1 tblspn.
Butter	2 tblspn.
Salt	1/2 tspn.
Flour	

Ice Cream

Cream	2 quarts
Milk	1 quart
Sugar	1 cup

Cake (white)
(Mrs. Hill's)

Eggs	5
Butter	1/2 cup
Sugar	2 cups
Milk	1 cup
Flour	2 cups

Icing (Caramel)

Sugar	1-1/2 cups
Milk	3/4 cups

Chocolate Cake (Devil's Food)
(Mrs. Hill's.)

Flour	2 cups
Butter	1/2 cup
Sugar	2 cups
Eggs	4
Milk	1 cup
Chocolate	1/8 lb.

Icing (Boiled)

Egg White	1
Sugar	1-1/2 cup

Coffee

Coffee	1/2 lb.
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Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Oysters	6.2	3.7	1.2	234	2	12.4	7.4	2.4	468	\$.25
Bouillon	2.2	.2	.1	50	2 tspn.	.15	.021	.005	10	.02
Fish(Halibut)	15.3		4.4	470	5	66.5		22.0	2350	1.25
Lemon Juice		9.8		180	1/6		1.6		30	.02
Potatoes	6.8	46.7	39.8	2675	1	6.8	46.7	39.8	2675	.02
Brown Bread	5.4	47.1	1.8	1050	2	10.8	94.2	3.6	3100	.0466
Butter	1.0		85.0	3605	1/2	.5		42.5	1802	.15
Cheese	25.9	2.4	33.7	1950	1/4	6.5	.6	5.6	485	.05
Flour	10.4	75.2	1.0	1635	1/4	2.6	18.9	.25	408	.005
Milk	3.3	5.0	4.0	325	1	3.3	5.0	4.0	325	.02
Duck	13.7		12.3	725	8	109.6		98.4	5800	1.20
Jelly	1.2	59.8		1135	1/2	.6	29.9		567	.04
Wafers	8.7	74.6	8.6	1910	1/2	4.3	37.2	4.3	955	.06
Pineapple	4.4	9.3	.3	200	2	.8	19.4	.6	400	.50
Sugar		100.0		1800	1/2		50.0		900	.03
Veal	19.7		14.4	975	5	98.5		72.0	4875	.50
Macaroni	13.4	74.1	.9	1665	1/2	6.7	37.05	.4	832	.10
Peas	3.6	9.8	.2	255	2	7.2	19.6	.4	510	.30
Milk	3.3	5.0	4.0	325	1/2	1.6	2.5	2.0	162	.015
Flour	10.4	75.2	1.0	1635	1/16	6.0	4.7	.06	102	.001

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Rolls	9.7	59.9	4.2	1470	1-1/8	10.9	67.3	4.7	1654	\$.06
Butter	1.0	85.0	85.0	3605	1/4	.25		21.0	901	.08
Cream	2.5	4.5	18.5	910	4	10.0	18.0	74.0	3640	.40
Milk	3.3	4.0	5.0	325	2	6.6	10.0	8.0	650	.04
Eggs	11.9	9.3	9.3	635	1/2	5.8		4.6	317	.09
Butter	1.0	85.0	85.0	3605	1/4		.25	23.7	901	.07
Sugar		100.0		1800	1		100.0		1800	.06
Milk	3.3	4.0	5.0	325	1/2	1.6	2.0	2.5	162	.01
Flour	10.8	74.8	1.1	1640	1/2	5.4	37.4	.55	820	.005
Sugar		100.0		1800	3/4		75.0		1350	.045
Milk	3.3	4.0	5.0	325	3/8	1.2	3.0	3.9	244	.002
Flour	10.8	74.8	1.1	1640	1/2	5.4	37.4	.55	820	.005
Butter	1.0	85.0	85.0	3605	1/4	.25		28.7	901	.07
Sugar		100.0		1800	1		100.0		1800	.06
Eggs	11.9	9.3	9.3	635	2/5	9.7		3.7	254	.08
Milk	3.3	4.0	5.0	325	1/2	1.6	2.0	4.5	162	.01
Chocolate	12.9	30.3	48.7	2860	1/8	1.8	3.7	6.1	357	.025
Eggs	11.9	9.3	9.3	635	1/20	.2		.16	31	.005
Sugar		100.0		1800	3/4		75.0		1350	.002
Coffee					1/2					.175

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Wafers	8.7	74.5	8.6	1910	1/6	1.4	12.6	1.4	317	\$.02
Cheese	25.9	2.4	33.7	1950	1/4	6.5	.6	5.6	485	.05
Cream	2.5	4.5	18.5	910	1	2.5	4.5	18.5	910	.10
Sugar		100.0		1800	1/2		50.0		900	.05
					49.6	32395	1076.55	66891	52590	\$ 6.02
				Nutritive						
				Ratio 1 : 8.2						
				Calorie value per capita						
				4382.5						
				Cost						
				" "						
				501¢						
				Number of pounds per capita						
				4-1/12						
				Number of hours of labor required						
				16.						

Experiment Number IV.

Inventory February 6th, 1906.

Corn	3 cans
Salmon	2 "
Peas	4 "
Tomatoes	1 "
Dr. Price's Food	4-1/8 lbs.
Butter	3/4 "
Flour	25 lbs.
Sweet Potatoes	4 "
Eggs	1/4 "
Crackers	1/4 "
Lemons	1-1/2 lbs.
Apricots	1 lb.
Celery	1/2 lb.
Oranges	3/4 lb.
Apples	1 lb.
Cheese	1/8 lb.
Cornstarch	1/2 lb.
Raisins	1 box

Tuesday, Feby. 6th.

Breakfast.

Dry Cereal	Sugar and Cream
Broiled Steak	Brown Sauce
Bread	Butter
Coffee	

Lunch.

Scalloped Eggs	Corn
Bread	Butter
Prunes	Cocoa

Dinner.

Baked Hamburg	Potatoes
Creamed Salsify	Butter
Cabbage Salad	Wafers
Tapioca Cream	

February 6th.

Breakfast
(served 11)

Meat	1 lb.
Eggs	1/8 lb.

Lunch
(served 10)

Apples	1/2 lb.
Meat	1/10 lb.
Corn	1/4 lb.

Dinner
(served 9)

Tomatoes	2 cups
Prune seeds	1/2 lb.

Wednesday, Feby. 7th.

Breakfast.

Cream of Wheat	Sausage	Raisins
Bread	Coffee	Butter

Lunch.

Scalloped Eggs	Pickles
Bread	Butter
Canned Pears	Cocoa

Dinner.

Steak	Brown Sauce	Scalloped Celery
Bread	Apple Salad	Butter
Baked Custard		Wafers

February 7th.

Breakfast
(served 9)

Cream of Wheat & Raisins	1/4 lb.
(Sausage (not wasted)	3/4 lb.)

Lunch
(served 9)

Nothing wasted.

Dinner
(served 11)

Scalloped Celery	1 cup
Meat	3/4 lb.
Salad	1/2 cup
Gravy	1 cup

Thursday, Feby. 8th.

Breakfast.

Dry Cereal	Sugar & Cream
Vermicelli Egg on Toast	
Muffins	Coffee

Lunch.

Cold Ham	Baked Potatoes
Bread	Butter
Cocoa	Apples

Dinner.

Veal Cutlets	Sweet Potatoes
Corn	
Bread	Butter
Cabbage Salad	Wafers
Apricots	

February 8th.

Breakfast
(served 11)

Egg Yolks	1/2 cup
White Sauce and egg	1/2 cup
Bread (muffins)	1 lb.

Lunch
(served 11)

Nothing wasted

Dinner
(served 11)

Meat	1/8 lb.
Sweet Potatoes	3/5 lb.
Corn	1/2 cup
Gravy	1 cup

Friday, Feby. 9th.

Breakfast.

Cream of Wheat	Dates
Biscuits	Pork Steak
Coffee	Butter
	Syrup

Lunch.

Scalloped Salmon	Cream Tomato Soup
Bread	Butter
Oranges	

Dinner.

Baked Hamburg	Mashed Potatoes
Bread	Brown Sauce
	Butter
Corn Starch Pudding	Apple Salad
	Wafers

February 9th.

Breakfast
(served 11)

Meat	1/2 lb.
Gravy	3/4 cup

Lunch
(served 11)

Salmon	1/4 lb.
Orange Peel	1 lb.
Tomato Soup	4 cups

Dinner
(served 10)

Meat	1/4 lb.
Brown Sauce	1 cup
Potatoes	1/2 lb.

Saturday, Feby. 10th.

Breakfast.

Dry Cereal	Sugar & Cream
Scrambled Eggs	Bananas
Bread	on
	Toast
	Butter
Coffee	

Lunch.

Cold Hamburg	Pickles	Scalloped Potatoes
Bread	Apples	Butter

Dinner.

Veal Cutlets	Tomatoes	Sweet Potatoes
Bread	Cabbage Salad	Butter
Prunes		Wafers

February 10th.

Breakfast
(served 11)

Dry Cereal	1/10 lb.
Eggs	1/8 lb.

Lunch
(served 11)

Apple Parings	1/2 lb.
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Dinner
(served 11)

Meat	1/2 lb.
Cabbage	1/10 lb.
Bread	1/12 lb.
Tomatoes	1 cup

Sunday, Feby. 11th.

Breakfast.

Cream of Wheat	Raisins
Bread	Creamed Meat on Toast
	Butter
	Coffee

Dinner.

Fish Turbans	Cauliflower	Macaroni & Cheese
Bread	Bananas	Butter
Gelatin		Kisses

Breakfast
February 11th.
(served 12)

Cream of Wheat 1/8 lb.
Toast 1/6 lb.

Dinner
(served 12)

Cauliflower (scalloped) 1-1/2 lb.
Gelatin 1/4 lb.

Monday, Feby. 12th.

Breakfast.

Dry Cereal Bananas
 Sausage
Bread Butter
 Coffee

Lunch.

Macaroni & Cheese Tomatoes
 Pickles
Bread Butter
 Oranges

Dinner.

Beef Roast Brown Sauce
 Mashed Potatoes
Bread Butter
 Cabbage
Corn Starch Pudding Wafers

February 12"

Breakfast
(served 10)

Brown Sauce 1 cup

Lunch
(served 12)

Tomatoes 3/4 cup

Dinner
(served 12)

Cabbage 1/4 lb.
Potatoes 1/6 lb.

Experiment Number IV.

Inventory for February 13th.

No Graham Flour or Corn Meal used	
Cream of Wheat	1 box
Dry Cereal	1 box
English Walnuts	1/2 lb.
Macaroni	1/2 lb.
Raisins	1-1/4 lb.
Flour	20 lbs.
Sugar	8 lbs.
Lemons	6 "
Oranges	4 "
Eggs	3-1/2 lbs.
Cabbage	1-1/2 lbs.
Sweet Potatoes	2 "
Irish Potatoes	4 "
Tomatoes	8 cans
Corn	12 cans
Peas	3 "
Corn Starch	1/8 pkg.
Cocoa	3/4 lb.
Cocoanut	1/6 lb.
Graham Wafers	1/10 lb.
Soda Crackers	1/8 lb.

Experiment Number IV.

Orders for the Week.

<u>Article</u>	<u>Amount</u>	<u>Cost</u>
Cooked Ham	2 lbs.	\$.60
Roast (rib)	7-1/2 lbs.	.80
Sausage	4-1/2 lbs.	.45
Pork Steak	4-1/2 "	.45
Porter House Steak	2-1/2 "	.31
Veal Cutlets	2-1/2 "	.31
Hamburg	5 "	.50
Cauliflower	3 "	.30
Celery	3 "	.30
Cabbage	4 "	.20
Sweet Pickles	4 "	.50
Corn	12 cans	.80
Tomatoes	12 "	1.35
Sugar	20 lbs.	1.00
Cocoanut	1/2 "	.20
Butter	6 "	1.68
Cream of Wheat	2 "	.25
Cheese	1 "	.20
Macaroni	1/2 "	.15
Graham Crackers	6 "	.60
Soda Crackers	1 "	.10
Eggs	6 doz.	.90

<u>Article</u>	<u>(con.) Amount</u>	<u>Cost</u>
Bananas	1-1/2 doz.	\$.30
Oranges	1/2 "	.15
Pears	2 cans	.30
Dates	1/2 lb.	.10
Apples	2 pecks	1.00
Potatoes	1/2 bu.	.35
Vinegar	1 gal.	.20
Pepper	1/4 lb.	.10
		<hr/>
		\$ 15.10

Experiment Number V.

Menu.

Peanut Sandwich Ham Sandwich
 Coffee
 Ice Cream Nabiscos

Recipes for Experiment Number V.

Peanut Sandwiches

Bread 17 loaves
 Butter 4 lbs.
 Peanuts 4 lbs.

Ham Sandwiches

Cream 2 cups
 Sugar 1/2 cup
 Bread 17 loaves
 Butter 4 lbs.
 Vinegar 2 cups

Coffee

Coffee 4 lbs.
 Eggs 5 "

Ice Cream

Cream 5 gallons
 Milk 2 "
 Sugar 8 cups

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro. Carb.	Fat	Cal.	Cost
Ham	22.5		2.1	1305	8	180.0	16.8	10440	\$ 1.60
Peanuts	25.8	24.4	38.6	2510	4	103.2	154.4	10240	.80
Bread	9.3	52.7	1.2	1205	35	327.5	1844.5	41175	1.75
Butter	1.0		85.0	3605	8	8.0	680.0	28840	2.40
Cream	2.5	4.5	18.5	910	6	15.0	111.0	5460	.60
Coffee					4				1.40
Eggs	13.4		10.5	720	1/2	6.7	5.2	360	.06
Sugar		100.0		1800	1/4			450	.015
Cream	2.5	4.5	18.5	910	1	2.5	18.5	910	.10
Vinegar					1/2				.025
Nabisco wafers	7.6	72.9	11.6		10	76.0	116.0	19850	2.50
Sugar		100.0		1800	3		300.0	5400	.50
Cream	2.5	4.5	18.5	910	40	100.0	740.0	36400	4.00
Milk	3.3	5.0	4.0	325	16	52.8	64.0	5200	.52
Sugar		100.0		1800	4		400.0	7200	.25
						139-3/4	2199.1	132225	\$16.12
						Nutritive Ratio 1: 9.2 Calorie value per capita 661.1 2 Cost \$.086 Pounds " " .68			

Experiment Number VI.

Menu.

Bouillon

Veal Souffle

Potato Sticks	Rolls
Fish Fillets with Hollandaise Sauce	
Rice Croquettes	Apple Jelly
Apple, Celery, Nut Salad	Wafers
Ice Cream in Individual Moulds	Cake
Coffee	Wafers
Cheese	

Recipes for Experiment Number VI.

Bouillon

Beef Extract	1/4 tspn.
Water	1 cup

Veal Souffle

Veal	1/2 lb.
Eggs	3
Milk	1 cup
Flour	1/4 cup
Butter	1 tblspn.

Parker House Rolls
(Mrs. Hill's)

Scalded Milk	1/5 cup
Yeast	1/10 cake
Water (warm)	1/20 cup
Sugar	1/5 tblspn.
Butter	2/5 tblspn.
Flour	

Hollandaise Sauce

Lemon Juice	1/4 cup
Egg Yolk	1

Rice Croquettes

Rice	1/4 cup
Egg	1

Apple Jelly

Apples (juice)	2 cups
Sugar	1 cup

Apple, Nut, Celery Salad

Apples	1
Nuts (almonds)	1/4 lb.
Celery	1 package (small)

Dressing

Vinegar	1/4 cup
Eggs	1
Sugar	1 tspn.
Cream	1/4 cup

Ice Cream

Cream	2 cups
Milk	1 cup
Sugar	1/4 cup

Cake

Eggs	2-1/2
Milk	1/2 cup
Sugar	3/4 cup
Butter	1/4 cup
Flour	1-1/4 cup

Icing

Egg (whites)	1
Sugar	1 cup
Water	1/3 cup

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Bouillon	4.4	1.1	.4	120	1/2	2.2	.5	.2	60	\$.02
Veal	19.7	14.4	14.4	975	1/2	8.8		7.2	487	.05
Eggs	13.4	10.5	10.5	720	1/3	4.8		3.5	240	.03
Milk	3.3	5.0	4.0	910	1/2	1.6	2.5	2.0	450	.01
Flour	10.4	75.2	1.0	1635	1/16	.6	1.7	.06	102	.00-1/8
Butter	1.0	85.0	85.0	3605	1/32	.003		2.7	112	.01
Potatoes	6.8	4.0	39.8	2675	1/4	1.7	11.7	9.9	669	.005
Fish	15.3	4.4	4.4	470	1	15.3		4.4	470	.25
Rolls	9.7	59.9	4.2	1470	1/2	4.8	24.9	2.1	735	.01
Apple Jelly	1.3	18.0	.3	355	1/8	.04	2.2	.04	44	.01
Rice	2.8	24.4	.1	525	1/8	.35	3.05	.12	65	.02
Eggs	13.4	10.5	10.5	720	1/10	1.34		1.05	72	.01
Bread Crumbs	10.9	53.6	1.3	1255	1/8	1.36	6.7	.16	157	
Celery	1.1	3.3	.1	85	1/4	.25	.8	.025	21	.05
Apples										
Almonds										
Vinegar					1/4					.005
Sugar		100.0		1800	1/96		1.0		19	.0022
Cream	2.5	4.5	18.5	910	1/8	.3	.6	2.3	114	.02
Lettuce					1/40					.00-1/5

Food Material	Pro.	Carb.	Fat	Cal. per lb.	No. lbs. used	Pro.	Carb.	Fat	Cal.	Cost
Eggs	13.4		10.5	720	3/5	8.1		6.3	432	\$.06
Milk	3.3	5.0	4.0	325	1/2	1.6	2.5	4.0	162	.005
Sugar		100.0		1800	1-3/4		175.0		31500	.10
Butter	1.0		85.0	3605	1/4	.25		21.0	901	.08
Flour	10.4	75.2	1.0	1635	1/2	5.2	37.6	5.0	827	.0125
Cream	2.5	4.5	18.5	910	1	2.5	4.5	18.5	910	.10
Milk	3.3	5.0	4.0	325	1/2	1.6	2.5	2.0	167	.01
Sugar		100.0		1800	1/4		25.0		450	.015
Coffee					1/6					.06
Cream	2.5	4.5	18.5	910	3/8	.9				
Sugar		100.0		1800	1/6		16.0		300	.007/18
Cheese	25.9	2.4	33.7	1950	1/10	2.59	.24	3.37	195	.01
Wafers	8.7	74.5	8.6	1910	1/10	.87	7.45	.86	191	.00-1/8
Totals					9.5	23.06	294.19	63.73	8121.5	\$.00-1/8
Nutritive Ratio 1:8.5										
Calorie value per capita 5142										
Number pounds " " 2.3										
Cost " " .26¢										
Number of hours labor required 4										