struction and maintenance of bridges in another and separate organization, wherein they have no representation, therefore

Be it Resolved, That we protest against the same, and request our representatives in the legislature to so amend that law as to eliminate the aforesaid provision.

Resolved, That it is the sentiment of this Institute that Senate bill No. 113, presented by Hon. Levi Withee, of La Crosse, whereby the several towns and villages in the State shall build and maintain their own bridges, should become a law, and hereby request our representatives in both branches of the legislature to give it their support.

C. P. Goodrich,  
H. C. Taylor,  
L. E. Scott,  
Committee.

All of which were unanimously adopted.

WOMEN'S DEPARTMENT.

Cooking School.

Held at Sparta in Connection With the Closing Farmers' Institute, March 14, 15, 16, 1899.

Conducted by Miss M. L. Clarke, Supt. of Milwaukee Cooking School, Milwaukee, Wis.

Stenographic report by Miss E. M. Close, Madison, Wis.

TUESDAY AFTERNOON.

Miss Clarke was introduced to the audience by Mrs. Longwell, Chairman of the Ladies' Committee at Sparta, in a few well-chosen words, and addressed the ladies as follows:

Miss Clarke—Ladies of Sparta and Committee: — I believe the cooking school is no new feature to you, as you had Mrs. Jamison with you last year. It is a pleasure for me to follow in her footsteps; she is a pupil of whom I have very great reason to be proud, and I have always found where she has been the ladies are much interested in cooking school work; they realize that cooking means more than something to please the palate—it means the application of the principles of nutrition.

For our lesson this afternoon we will prepare and discuss the following dishes:

A Balanced Ration  
Salt Fish  
Pork Gravy  
Egg Sauce  
'Sonset Potatoes  
Carrots in Lemon Butter  
Ginger Pudding  
Doublet Sauce  
Salt Cod Fish.

Recipe—Wash the pieces and soak for several hours, over night, if it is very dry. Put the skin side up to let the salt escape more freely. Change the water and set on the stove where it will not boil for at least an hour. Increase the heat gradually after the fish begins to be tender, and let simmer for ten minutes at the last. Half an hour before serving lift the fish from the
water and cover closely to keep hot until wanted. Return the water to the fire and use it for cooking 'Sconset potatoes.

We have chosen for the first topic today, as you see by the announcement on our program, a balanced ration. Those of you who have been in the habit of attending Institutes will understand what is meant; we are applying the principles which these gentlemen have been studying and applying for years to their stock, their horses, cattle, etc., to our family life. For the main dish or meat of our meal we have chosen salt cod, as being one of the most nutritive of fishes, and also because it is one of those that is always with us. There is never any difficulty in obtaining salt cod. It is almost as nutritive in its salted form as fresh, although it loses a little of its digestibility.

The fish should be put to soak in fresh cold water. Albumen begins to coagulate at about 158 degrees, and to get the very best results, that is the very largest per cent. of the nutritive elements of the fish, we want to keep the temperature low; we do not want it to get much above 160 degrees until the last ten minutes, when we bring it just to the simmering point, which would be a little below 212 degrees.

The food value of codfish is very great, and that fact has caused it to be much sought after. When it is scarce the temptation on the part of the dealer is to substitute a cheaper fish in its place. The most common substitute is haddock, which is much the same as cod. The texture of haddock is even more delicate, and is as pleasant to the taste as cod, only it is not as expensive, and I have a decided objection to paying ten cents for haddock when it is really worth only six to eight cents. It is not as objectionable a substitute as hake, which is a great deal coarser, lacking in flavor and of much less nutritive value. And not content with selling hake for cod I have known them to substitute catfish and dogfish, which are coarse meated and undesirable.

When buying codfish you are at the mercy of the dealer unless you test it, and this can just as well be done when it is dry as after it is soaked. Take a little piece of the fish and rub it between the thumb and finger. If it is cod the fibres will loosen and become woolly, but will not go to pieces. Other fish will crumble readily between the fingers. This that I have is probably haddock and haddock is a good fish.

'Sconset Potatoes.

Recipe—Scrub and pare the potatoes and lay them in cold water for two hours before cooking. Drop them into the boiling water from which the salt codfish was taken, and boil gently until tender, about thirty minutes. Try them with a sharp pointed knife, it will not break them like a fork. Drain off all the water and sprinkle with a little more salt. Dry off on a hot plate for two or three minutes before serving.

'Sconset is the name of a town in the extreme Eastern end of the Island of Nantucket, noted for its good potatoes and good chowders, and along the coast of Massachusetts and Maine, especially the northern part of it, it is common to cook potatoes in this way. After the fish has been cooked the water, which is flavored with the fish, is brought again to the boiling point, the pared potatoes are dropped into it and cooked as usual.

Is there any one here who has never made laundry starch? You mix the starch with a little cold water, and then what do you do? Add more cold water and let it boil? Why should you not do that? Because it makes the starch
sticky and you do not like it. Suppose you put your potatoes or starchy food into water that is not boiling. It becomes sticky, it is paste, and no amount of after cooking will ever correct it. Then just lay it down for a foundation principle, that foods consisting mainly of starch should always be put into boiling water to begin cooking.

The potatoes were pared this morning and left to soak because it is late in the season; they need to absorb the water that has been lost by evaporation. Do you try with a fork? And don’t you very often break the potato in many pieces? When you put a wedge into a substance it is with the object of splitting it; the fork is a wedge, so instead of using it take a sharp knife to try potatoes; they will not split and they will not show the place where they were pierced.

Potatoes should be thoroughly drained; I think that is as essential as cooking, for if a little water is left in the kettle it is rapidly converted into steam and absorbed by the partially dried surface of the potato, and they are not dry and mealy as they should be.

**Pork Gravy.**

Recipe—Allow one tablespoon of quarter-inch dice of fat salt pork for each serving of fish. Cook slowly in an iron frying pan till they are perfectly crisp, but not colored. Serve scraps and fat together in a hot sauce bowl.

The salt pork for the 'Sconset potatoes is diced and put to cook in a warm frying pan, and cooked until it is crisp and tender. You must not neglect this pork while it is cooking; it needs constant attention to keep it from scorching. You should shake the frying pan to turn the diced pork that the pieces may be browned on all sides.

You have noticed that you cannot keep an edge on a knife that is used in hot fat. That is because the heat of the fat takes the temper out of the knife, as it is so much higher than the heat at which it was tempered.

**Question—Do you put it on in a hot frying pan?**

**Miss Clarke—**It is not necessary to have it hot, but if it was a heavy iron pan I would heat it a little at first. This is stamped steel and heats through almost like a piece of paper.

**Question—Then you want to draw the fat out of the pork?**

**Miss Clarke—**Yes, we want all the fat out, and when the pork is cut in these quarter-inch dice it comes out very quickly.

**Question—Do you want the very fat pork, or the streak of fat and streak of lean?**

**Miss Clarke—**Just as you prefer it. Either is good. When the clear bits of fat turn white they are ready to use. It should be taken up before it has a chance to get yellow. As soon as the potatoes are in the dish in which they are to be served this sauce is poured over them and allowed to stand.

**Question—Is it a loss to allow the pork to brown?**

**Miss Clarke—**It is a loss of flavor, but not of fuel value. The instant we begin to brown pork we increase the difficulty of digestion. Browning carbonizes it, and the fat is partially disorganized or disintegrated.

**Question—How would the lean meat of fresh pork answer instead of salt pork?**

**Miss Clarke—**If it is liked equally well, it would be good, but some fat is needed to make the fuel ration sufficient. I think it is necessary to have both thoroughly cooked, and have it slightly browned.

**Question—Do you cook the pork quickly or slowly?**

**Miss Clarke—**If it is cooked quickly it
does not have time to draw the liquid fats from the fibre of the meat, and in cooking it in slices we want to have the meat thoroughly heated through and allow all liquid fats to be drawn out before we try to make it crisp. In any case it should not be a dark brown.

Question—Could you use bacon?
Miss Clarke—I think so, but the smoky flavor would not be as pleasant as the salt pork. I do not think I should like it as well.

Question—Do you keep turning it?
Miss Clarke—Yes, if I see it is browning too much I turn it so that all sides will brown alike.

Our pork gravy is now ready, the fish has been removed from the kettle and the potatoes boiled in the fish water. We are now ready to put together our material for the egg sauce, or drawn butter.

Egg Sauce.

Recipe—Cook two tablespoons of flour and two tablespoons of butter till well parched. Add one pint of boiling water; beat well and boil five minutes. Add salt and pepper to taste and just before serving as much butter as will blend, about three tablespoons. Add three hard boiled eggs coarsely chopped and serve at once.

The flour should be sifted once before measuring, and rounding tablespoons of butter and flour cooked together until parched. Cooking the starch a long time increases its digestibility. If corn is ground into flour it will cook in less time; in the form of flour the starch grains can be sufficiently cooked in from twenty minutes to half an hour.

We are all familiar with popcorn, which when shelled from the cob into a closed basket, cooks in a few minutes so that it makes a wholesome and palatable food. On this same principle the flour is put into boiling hot fat; the boiling point of the fat being 400 degrees instead of 212, as in water, the starch grains pop open, and the flour cooks very quickly.

One pint of boiling water is then measured and poured slowly into the sauce pan, stirring steadily. The sauce is done as quickly as you can put it together. This is the basis of a great many other fine sauces. The French call it the mother of all sauces. If you do not wish to use it at once let it stand over hot water to keep hot and grow mellow, but it is ready to serve at once. Add salt and pepper to taste.

The eggs are cooked on the same principle as the albumen in fish. They were put into warm water to cook when the fish was put on, and cooked for an hour; not boiled, but left to "coddle."

Carrots in Lemon Butter.

Scrape the carrots, cut in one inch sections and soak in cold water till crisp. Cook in six times their measure of boiling salt water till tender enough to pierce with a broom straw. Drain and return to a hot place with one tablespoon butter, one-half saltspoon salt, one teaspoon sugar and a dust of pepper for each pint of carrots. Let it simmer covered until the butter has been absorbed. Pour over one tablespoon lemon juice and one teaspoon chopped parsley just before sending to the table.

These carrots, which have been cut into nearly half-inch cubes, should be treated the same way as the potatoes—put to soak in cold water and for the same reason. In the case of the carrots we have gotten ready to cook this afternoon, we had a pint to begin with, and now we have a pint and a half; they have absorbed enough water to increase their bulk one-half, and they will cook in a correspondingly
shorter time, and be more tender when they are cooked.

When putting the carrots on to cook add one pepperspoon of bicarbonate of soda, then cover closely and let them boil gently, giving them plenty of water. I should like a kettle large enough to cook them in six or eight times their volume of water.

Question—How much cold water do you soak them in?

Miss Clarke—I do not measure; probably two quarts, always enough to cover them.

Carrots have a great deal of flavor, and carbonate of soda dissolves some of it, and softens the woody fibre. Vegetables are classified as the starchy and woody fibre. Rice, potatoes, etc., belong to the starchy vegetables; carrots, turnips, onions, etc., to the woody fibre vegetables. They must be treated differently in cooking. Carrots have a woody fibre and we want to soften this in order to cook it more quickly and thoroughly. Try them with a broom straw at the end of 45 to 60 minutes, and if they are tender change the water in which they are cooking. Renew the water at the same temperature as nearly as possible. Cold water toughens the vegetable, and it will not become tender again. Put salt in the second water in which they are cooked so that they will be well seasoned.

None of the woody fibre vegetables are wholesome for food unless cooked so tender that they can easily be pierced with a broom straw. I believe that is one reason why children do not like vegetables. I really think that they are often not sufficiently cooked.

Question—Do you think bicarbonate of soda is better than the common soda?

Miss Clarke—It is better than saleratus. If you want to experiment with the brands on the market taste it, and see if it has an acrid, burning taste on your tongue. Then take a little of the bicarbonate of soda and compare it. It should have a pleasant, smooth taste. Saleratus I do not consider at all in the question of foods for human beings.

**Ginger Pudding.**

Recipe—One-third cup butter, well creamed, with one-half cup sugar, whisk in one egg well beaten, mix and sift 2 1/4 cups flour 3 1/2 level teaspoons baking powder, 1/4 teaspoon salt, two teaspoons ginger, one cup milk and one cup dry preserved ginger, cut small. Steam two hours in a buttered mold.

This pudding I am making to-day is a variation of cottage pudding. The baking powder is one of your old favorites, Dr. Price’s. These three spoons are made to hold exactly 1 teaspoon, 1/2 teaspoon and 1/4 teaspoon respectively. Being fastened with an eyelet, the cluster of spoons can be hung over the kitchen table, within easy reach. The use of such small conveniences will do a great deal to make cooking easy.

Question:—Are they for sale?

Miss Clarke—Certainly. Tell any enterprising house furnishing man about them and he will be delighted to secure a supply.

After you have creamed the butter and sugar add one egg well beaten, then the milk and flour alternately, being careful to keep the batter soft, adding the milk faster than the flour. In this way the batter will be smooth, soft and creamy.

For our fruit we are going to use preserved ginger. It has been cut in short pieces preparatory to mixing into the batter.

Question—Where do you get this prepared ginger?
Miss Clarke—It is kept by grocers and confectioners.

Question—Can it be kept on hand?

Miss Clarke—Yes, it is crystallized and will keep perfectly as long as it is dry. It will not keep in my house, because we are all too fond of it. It is a very wholesome fruit, and I am very glad to speak of that, because so many dislike to use spices and the more indigestible fruits. Ginger is a tonic and is slightly stimulating, but it is not an irritant like cloves or other hot spices.

This is ready now to put into forms. If you are at home give it time to cook in one large mold, but because I wish to serve it this afternoon, and to hurry it, I am putting it in several small molds. You can use a pudding pan, or cook it in a cake dish with a chimney in the middle. If cooked in a large mold it will take two and a half hours, but in these small ones it will cook in an hour.

Question—May I ask how you prepared that ginger?

Miss Clarke—I cut with a sharp-knife across the grain. It is vegetable fibre, and if stripped with the grain it is stringy and tough, so should be cut across the grain.

Question—Could you use a chopping bowl?

Miss Clarke—Yes, I think so.

Question—Could you put it in a grinder?

Miss Clarke—I don’t believe you would want it so fine as that. We want some of the little bits of fruit to show. The pudding should be kept boiling steadily the first hour. This is an important point in steamed bread or pudding, as the lightness depends upon continuous cooking at first.

Doublet Sauce.

Recipe—One-fourth cup butter, 1/2 cup cream, two cups coffee C sugar. Rub the butter to a cream, add the cream and sugar alternately, beating until all is light and frothy. Flavor with ginger or chocolate.

The flavoring should be put in at once. The majority of housekeepers put it in the last thing, but I advise putting it in with the butter because it holds the flavor. We all know how butter will absorb odors and flavors, so that we must be very careful how it is kept. On this same principle putting the flavoring in with the butter helps to hold it. If you cannot work the flavoring into the butter readily, you may add a little sugar for the purpose of holding it.

Question—What kind of flavoring do you use?

Miss Clarke—Jamaica ginger. We use the preserved ginger root for the fruit in our pudding, and Jamaica ginger for the flavoring of the sauce.

Question—Won’t that make the dish too strong of ginger?

Miss Clarke—I do not think so. I will let you be the judge of that when the pudding is served. I soften the taste of the ginger a little by the cream in the sauce. Cream is a wonderful emollient for softening sharp flavors and making them palatable. Keep the cream until we use all the butter and sugar, and then add it slowly, a little at a time.

Question—What is gravity cream?

Miss Clarke—I was told by an old dairyman at Milton Junction that any cream that simply rose to the surface without agitation was properly classed as gravity cream.

Question—Does that include the Cooley creamer?

Miss Clarke—Yes, any process where milk is set in pans, either deep or shallow, and allowed to rise naturally, without agitation. It does not include
cream that is separated by centrifugal force.

This sauce is also very nice made of other things than cream; in summer time crushed fruit—strawberries and raspberries, are very nice.

I do not believe it is possible to get really good results with this sauce without beating. It needs hard, rapid beating to bring it to a good condition.

Question—Would you get the same result by using white of an egg instead of cream?

Miss Clarke—I have never tried it. It would not taste so good, I know. It needs some of the richness of the cream, and albumen does not add that richness.

Question—Will this be a hard sauce?

Miss Clarke—No, it is creamy; it will not be oily, but creamy. It is made very much on the principle of a mayonnaise dressing. You must stop beating when you see it is just beginning to crack. Then put it aside and let it stand in a place just warm enough to keep it soft.

**A Balanced Ration.**

We have called this a balanced ration to-day, and for just a few minutes we have time to consider what is meant by a balanced ration. And here is where our friends in the Institute have gotten the start of us by a good many years. They say with the utmost assurance that the best ration for their stock is one to six. What does this mean? Bread and butter? A pound of butter to six pounds of bread? Many are at a loss to know. I wonder how many ladies are here who can tell what it means? Are you going to let these gentlemen get ahead of you? Is their stock more valuable than your children? Is it a bit better worth while for them to have a few dollars extra from feeding their cattle, horses and sheep, etc., in just the right way, than it is for you to have healthy, handsome children, good tempered husbands, and brothers, and be well and strong yourselves?

In looking over an audience I often see faces that look as if they wish they never had to cook another meal. Of course there are none here, but it is sometimes the case. This would not be so if each one was really well; they would rejoice in their work if they were, just as children rejoice to run, play, leap, just from the mere delight of living; or as the highbred horse, when he is harnessed and led out, will arch his neck, lift his feet, not wanting to touch the ground, rejoicing at being called out to work. Do you feel that way with a big day's work ahead of you? This condition can be brought about by better food, a better balanced food ration.

A farmer supplies protein from clover hay and grain, fat from corn, and so on, but human beings go to entirely different sources for their nitrogenous elements, taking it chiefly in its transmuted form, in the shape of beef, milk and eggs.

Of the grains wheat is the richest in flesh-formers, though rye and oats are extremely valuable. From them we get material to form muscle tissue, build bones and nerves, starch to furnish muscle power, heat and fatty tissue, and fat to serve for fuel. They all serve as fuel, and yield energy in the form of heat and muscular strength and form fatty tissue, but each element has its own special work for which it is best adapted.

We get fats not only from meat, but the fats of milk, [butter, cream] oil of buckwheat and oatmeal. These are very rich in oily substances. Nuts are also very rich in oils, and are desirable food when taken as part of the meal.
and recognized as such, rather than as an indulgence between meals or after a sufficient dinner.

The carbohydrates form fat, rather than muscle. The principal use of carbohydrates is to supply heat and energy. The carbonates and phosphates of lime and soda are wonderful assistants in the digestive processes, besides furnishing bone material.

Question—How much of these elements ought people to have?

## Nutrients and Potential Energy of Food Material in Lesson 1

<table>
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<tr>
<th>Item</th>
<th>OZ.</th>
<th>Protein%</th>
<th>Fats%</th>
<th>Carbohydrates%</th>
<th>Minerals%</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Salt Cod</td>
<td>16</td>
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<td>4.7</td>
<td>0.4</td>
<td>0.0</td>
<td>1.2</td>
</tr>
<tr>
<td>Fat Salt Pork</td>
<td>4</td>
<td>0.7</td>
<td>19.1+</td>
<td>1.8</td>
<td>0.0</td>
<td>0.2</td>
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<td>Eggs</td>
<td>64</td>
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<td>4.1</td>
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<td>0.3</td>
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<td>Milk</td>
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<td>1.7</td>
<td>1.35</td>
<td>2.4</td>
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<td>0.35</td>
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<tr>
<td>Flour</td>
<td>9</td>
<td>0.25</td>
<td>0.62</td>
<td>42.5</td>
<td>0.35</td>
<td>0.35</td>
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<td>Potatoes</td>
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<td>0.5</td>
<td>53.25</td>
<td>2.5</td>
<td>2.5</td>
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<tr>
<td>Butter</td>
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<td>0.75</td>
<td>63.8</td>
<td>3.75</td>
<td>2.62</td>
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<td>Sugar</td>
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<td>0.</td>
<td>96.7</td>
<td>0.8</td>
<td>0.8</td>
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<td>Carrots</td>
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<td>0.3</td>
<td>15.15</td>
<td>1.2</td>
<td>1.2</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>36.9</td>
<td>90.67</td>
</tr>
</tbody>
</table>

**FULL DAILY RATION, FAMILY OF 6 = 15810 C. DINNER SHOULD FURNISH 3/5 = 9486 C.**

Miss Clarke—As much as possible. We talk of the proportion of foods for stock being one to six, that is, one measure of nitrogenous food to six parts of carbohydrates and fats. We need to feed people in the same proportion. For children from 2 to 6 years old 55 per cent. of nitrogenous material, 40 per cent. fat and 200 per cent. carbohydrates. Probably the reason for the large per cent. of carbohydrates is found in the much greater activity of the human animal. The sole duty of the young lamb, the young of any stock, is to grow. Are you satisfied to have your children do nothing but grow? Never to say bright, cute and sensible things? They are sent to the Kindergarten to learn science, disguised as games. We want them not only to grow physically, but to use their brains. You see there is a much greater activity than in the case of other young animals, and the amount of work that is required is not at all to be measured by what we regard as our work. Think how hard it is for us to acquire a language. How many of you ever attempted to learn Russian, or German? You remember the wearisome hours you have spent over the inflections, words, and their relations to each other? Yet these babies are learning a language and in order that this work may be done they require a large per cent. of proteids to furnish the material for
growth and at the same time furnish the material used in activity. They are extremely active in muscular exercise. Do you not remember saying to a child, "will you never keep still?" "do be quiet," "be still a minute." Where do they get the power for that activity? The large per cent of carbohydrates called for in dietary No. 1 is meant to furnish just that energy with-

out checking growth. Given food tables such as are published in Farmers’ Bulletin No. 74, on Milk as Food, and others, prepared by Prof. Atwater, and the daily bill of fare can be calculated with some certainty. The following chart was compiled from tables contained in "The Science of Nutrition," by Edward Atkinson.

WEDNESDAY AFTERNOON, MARCH 14, 1899.

Miss Clarke—We have only a little time this afternoon, but can take for our subject eggs and their composition, and then suggest some different ways of preparing them for food.

These different ways of preparing eggs can be classified under a few simple forms—First, cooking in water or steam, poaching in water, stock, milk, etc. This may be so varied as to give an almost unlimited number of apparently new dishes. Second, cooking by dry heat, as in the many forms of omelets, baked and fried eggs, and, third, such made dishes as have eggs for their principal ingredient, escalloped eggs for instance or curried eggs or Scotch Woodcock. Urbain Dubois has lately published a book giving 300 ways of preparing eggs, but this number is mostly obtained by the great variety of sauces and garnishes used. The following recipes will be given to-day:

Breakfast Eggs    Golden-rood Eggs
Breakfast Eggs on Toast
Pretty Poached Eggs    Egg Timbales
Oyster Omelet

COMPOSITION OF EGG.

<table>
<thead>
<tr>
<th></th>
<th>Whites</th>
<th>Yolk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>84.8</td>
<td>51.5</td>
</tr>
<tr>
<td>Albuminates</td>
<td>12.0</td>
<td>15.0</td>
</tr>
<tr>
<td>Fats</td>
<td>2.0</td>
<td>30.0</td>
</tr>
<tr>
<td>Mineral Matter</td>
<td>1.2</td>
<td>1.4</td>
</tr>
<tr>
<td>Extractives, Pigments, etc.</td>
<td>2.1</td>
<td></td>
</tr>
</tbody>
</table>

By referring to the table of the composition of eggs (the white in the left hand column and the yolk in the right), you can see that the albuminates of white and yolk do not vary much. The white contains much more water than the yolk. The greater nutritive value lies in the yolk, chiefly on account of the large amount of fat it contains, 15 times as much as is contained in the white. The mineral matter is nearly evenly distributed; but the coloring matter and the flavoring is in the yolk only.

One of the German chemists of whom Mrs. Kedzie spoke, studying foods and their values, gives 750 grains as the average weight of a hen’s egg, but some of the Wisconsin eggs I am using this afternoon must weigh much more, they are so large. All food materials contain a certain proportion of waste. In eggs for every 100 grains of weight we must allow about 10 grains of shell. In your 100 grains there will be 22 and a fraction of albuminates and fats, and 67.2 of water, so that you see how large a per cent. there is of nutrients, and one pound of eggs used as food will average about the same in value as one pound of the very best quality of butcher’s meat; not tenderloin steaks, but the most nutritive part.

While we are eager to know just how