

COOKERY PAGE

THE TODDLER AND HIS DIET.

This month I want to give you some Calorie values of ordinary food-stuffs, by means of which you will be able to calculate the energy value of most dishes. The way to do this is as follows: Take the quantity of each ingredient and calculate its caloric value and add them together. Divide this number by the number of children or persons to eat the dish and you will get the caloric value per portion *viz.*

Ground rice mould for five persons.

1½ pints of milk	...	...	...	...	567
3 oz sugar	...	...	...	...	348
3 oz ground rice	...	...	...	...	306
Rind of a lemon	...	...	...	...	...
					1221

Divide by 5 and the result will be 244, being 244 calories per portion.

Method.—Warm milk, with lemon rind, remove rind, add sugar, shake in rice, stirring all the time, and boil for 10 minutes.

Turn into wet mould and turn out when cold.

CALORIC VALUES OF FOOD STUFFS.

	Calories		Calories
1 oz. Flour	104	1 oz. Tapioca	104
1 oz. Bread	65	1 oz. Apples	12
1 oz. Oatmeal	118	1 oz. Bananas	30
1 oz. Rice	102	Meat average 1 oz.	58
1 oz. Dripping, lard or olive oil	263	Mutton, leg.	68
1 oz. Suet	248	1 oz. Chicken	39
1 oz. Butter	219	Chocolate 1 oz.	151
1 oz. Margarine	224		Indigestible.
1 Egg (hens)	82	1 oz. Almonds	186
½ pint of milk	189	1 oz. Honey	80
1 oz. Cheese	126	1 oz. Cabbage	10.5
1 oz. Bacon	149	1 oz. Cauliflower	9
1 oz. White sugar	116	1 oz. Spinach	7
1 oz. Brown sugar	114	1 oz. Green peas	24
1 oz. Syrup	89	1 oz. Vegetable marrow	3
1 oz. Jam	81		
1 oz. Raisins	74		
1 oz. Sultanas	78		
1 oz. Currants	52		
2 Carrots about 3 oz. each	77		
1 Turnip about 5 oz. before peeling	30		
2 (English) onion about 3 oz. each	82		
1 lb potatoes	386		
1 oz. Macaroni	102		
1 oz. Sago	102		

RECIPES

PEA OR LENTIL SOUP

1 lb lentils or peas
2 Carrots
2 Onions, large
1 flat teaspoonful salt
A few celery stalks
5 pints water or stock
1 Turnip
¼ oz. dripping. Pepper.

Method.—Well wash the lentils and soak for some hours. Put into saucepan with the dripping, and stock. After boiling 2 to 3 hours put in vegetables and when soft put through sieve and then re-heat. Add pepper and serve with a little dried mint.

Ounces of				
	Protein.	Fat.	Carbo-hydrates.	Calories.
	3.46	63	11.49	1899
Per portion ...	.6	.1	1.9	315

IRISH STEW.

2 lbs neck of mutton

2 teaspoonfuls salt.

4½ lbs potatoes

½ pint cold water.

Method.—Trim and cut up the meat and simmer in the water for about 1 hour. Cut the potato into thick slices and add to the water with 6 onions, cut up. Simmer for another hour or until the meat is tender. Add salt and pepper.

Ounces of				
	Protein.	Fat.	Carbo-hydrate.	Calories.
	7.99	5.91	13.66	3853
One portion ...	1.3	1.0	2.3	640

TREACLE SPONGE.

1 lb flour.

6 oz. suet

½ oz. ground ginger.

½ lb treacle or syrup

½ pint milk

2 eggs.

Method.—Mix flour, chopped suet and ginger. Stir in syrup milk and eggs well beaten. Mix well and steam for 2 or 2½ hours.

Ounces of				
	Protein.	Fat.	Carbo-hydrate.	Calories.
	2.46	6.39	18.11	4214
One portion ...	.4	1.1	3.0	700

These recipes are for 6 portions each.

ANNE S. GRAHAM.

(To be continued)

There are two classes of men in the world, those who make fools of themselves and those who don't have to.

It is said a snail requires 14 days to travel a mile.

Hair has a growth of its own, apart from that which animates the human body. This accounts for the growth of hair on the dead long after interment.

Sunstroke is unknown in Florida, although the temperature often reaches 100 degrees Fahrenheit. The moisture of the atmosphere prevents it.