

FOOD *for the* WORKER

THE FOOD VALUES AND COST
OF A SERIES OF MENUS AND RECIPES
FOR SEVEN WEEKS

BY

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WITH A FOREWORD BY

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COST OF SUPPLIES

STATEMENT

The list of supplies is given by the week because the workman or artisan is usually paid weekly. The supplies to be purchased are computed from the amounts required by the recipes used in the menus.

The materials for our recipes were purchased in the winter of 1914, and the prices of individual recipes were estimated on the basis of 1914 figures. Since then there has been a rapid and striking advance in cost of food materials, so that in our supply sheet we have shown the changes in price from January, 1914, to November, 1916. We have given three columns of prices; first, the 1914 prices of the food commodities we have used in the preparation of our menus; second, prices for July, 1916; and third, prices for November, 1916. It will be seen that there is a total increase of 3.7 per cent of July, 1916, prices over January, 1914, prices, and a further increase of 8.3 per cent of November, 1916, prices over July, 1916, prices, making prices for November, 1916, 12 per cent higher than those for January, 1914, the time at which our recipes were worked out. It will be necessary, therefore, in view of the fluctuating prices of foodstuffs, to re-reckon costs of food materials for future use.

The purchases total an average of \$7 per week for the seven weeks for five people. As some of the recipes serve more than five people (see page 29), the cost of supplies, as shown on the following sheet, is slightly more than this average. The cost for the first week is the highest, as general supplies must be laid in. Some of these supplies, as shown on the sheet, are carried over the seven weeks' period, and the value of the surplus on hand is deducted from the first seven weeks and may be charged against the following week.

		AMOUNTS PURCHASED						
Unit		1st wk.	2d wk.	3d wk.	4th wk.	5th wk.	6th wk.	7th wk.
Staples:								
Bread	loaf	15½	18	15½	18½	16½	18	18½
Eggs	dozen	11½	8½	11½	10½	10½	9	8
Milk	quart	11	8½	11½	10	10½	9	8
Tea	pound	½						
Coffee	pound	1		1			1	
Cocoa	½ lb. can	½			½			
Sugar	pound	4	6	4	4	6	4	4
Flour (bag)	24½ lbs. (1 bag)	1 bag						1 bag
Cereals:								
Barley	pound				½			
Corn meal	pound	3		1	1		1	
Cracked wheat	pound	4						
Cream of wheat	28 oz. pkg.	1			1		1	
Farina	15 oz. pkg.	2		1		1	1	
Hominy	pound	1	1				1	1
Macaroni	lb. pkg.		1				1	
Rice	pound	2	1	1		2	1	
Rolled oats	pound	1	½	1	½	1½		1
Shredded wheat	package	2	1		1	1		
Tapioca	pound		1					
American cheese	pound	½				½	1	
Cream cheese	package						1	
Meat:								
Round	pound	1½	2	2	1	2½	2	2
Stew	pound	2½	2½	5				
For beans	pound	½						
Lamb (forequarter)	pound	3						
Flank	pound		3		1½			
Brisket	pound					3		
Corned beef	pound						2	
Smoked shoulder	pound							3½
Fish:								
Fresh haddock	pound		2			3½		
Canned salmon	can			1				
Salt codfish	pound						½	1
Fats:								
Oil	½ pint		½					
Oleomargarine	pound	2	2½	1	1½	2	2	1
Suet	pound		½				½	
Vegetable fat	24 oz. can	1		1		1		
Legumes:								
Beans	pound	1½		1½	2			
Lentils	pound			½		1		1
Lima beans	pound				2		1	
Split peas	pound	1				1		

COST OF SUPPLIES

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7 Weeks' Total Purchases	Jan., 1914	Prices per July, 1916	Unit Nov., 1916	Total Cost as per July, 1916 Prices	Amount Required as per Recipes	Surplus on Hand at end of 7th Week	Value of Surplus on Hand
120½ loaves	\$.10	\$.10	\$.10	\$12.05			
5½ dozen	.24	.24	.37	1.22			
68 quarts	.10	.10	.10	6.81			
½ pound	.30	.30	.30	.10			
3 pounds	.25	.25	.25	.75	2½ lbs.	½ lb.	\$.083
1 pound	.19	.19	.19	.38			
32 pounds	.055	.085	.075	2.72			
2 bags	1.20 (lb. rate)	.95 (bag rate)	1.30	1.90	26½ lbs.	22½ lbs.	.85
½ pound	.05	.05	.06	.02			
6 pounds	.03	.03	.0325	.18	5½ lbs.	½ lb.	.007
4 pounds	.05	.05	.05	.20	3½ lbs.	½ lb.	.025
3 packages	.14	.14	.17	.42	4½ lbs.	½ lb.	.06
5 packages	.05	.10	.10	.50	4 lbs.	1½ lb.	.069
4 pounds	.03	.03	.03	.12			
2 packages	.09	.09	.09	.18	1½ pkgs.	½ pkg.	.045
7 pounds	.09	.09	.09	.63	6½ lbs.	½ lb.	.023
5½ pounds	.04	.04	.05	.21			
5 packages	.10	.10	.10	.50			
1 pound	.09	.09	.09	.09			
2 pounds	.21	.24	.26	.48			
1 package	.05	.05	.06	.05			
13 pounds	.18	.18	.22	2.34			
10 pounds	.14	.16	.16	1.60			
½ pound	.15	.15	.15	.05			
3 pounds	.18	.18	.18	.54			
4½ pounds	.16	.20	.20	.90			
3 pounds	.20	.20	.20	.60			
2 pounds	.20	.20	.20	.40			
3½ pounds	.15	.15	.15	.53			
5½ pounds	.06	.08	.08	.44			
1 can	.14	.14	.14	.14			
1½ pounds	.12	.12	.18	.21			
½ pint	.10	.10	.10	.10			
11 pounds	.24	.24	.25	2.64	10½ lbs.	½ lb.	.12
½ pound	.10	.10	.10	.09			
3 cans	.24	.28	.33	.84			
5 pounds	.08	.08	.13	.40			
2½ pounds	.14	.20	.20	.50			
4 pounds	.09	.09	.13	.36	3½ lbs.	½ lb.	.023
2 pounds	.06	.09	.11	.18			

COST OF SUPPLIES

		AMOUNTS PURCHASED						
Unit		1st wk.	2d wk.	3d wk.	4th wk.	5th wk.	6th wk.	7th wk.
Vegetables:								
Beets	2 pounds	2½	¾	¾	2½	2½		2½
Corn (canned)....	can							1
Cabbage	pound	1	1				2½	
Carrots	2 pounds	1	3½	2	1½	½		
Greens	peck				1	1		1
Lettuce	head		1					
Onions	3 pounds	3		3			3	
Peas (canned)....	can		1					
Potatoes	peck	1		1			½	
	3 pounds							
Tomatoes (fresh)..	2½ pounds			2½	2½	2½		2½
Tomatoes (canned)	can	2		2		1	3	1
Turnips	2 pounds		1		1½	½		
Fruit:								
Apples (fresh)....	3 pounds	10	3	7	5½	2½	1½	4½
Apples (dried)....	pound						1	
Apricots	pound	1½			1½			
Bananas	dozen	10			5		3	5
Berries	box				1	1		
Dates	pound		1½			2		
Lemons	dozen	½		½	½			1½
Oranges	dozen						½	
Prunes	pound	2	2	2		1	2	
Raisins	lb. pkg.	1			2		1	
Rhubarb	pound	1	1			1	1	
Miscellaneous:								
Baking powder	½ lb. can	½						
Cornstarch	lb. pkg.	1				½		
Crackers	pound		½					
Gelatine	package	1				1		
Jelly	glass		1					
Junket	package (10 tablets)	1					1	
Molasses	quart	1	1			1		
Peanuts	pint		1				1	
Salt	5 pounds	5						
Spices:								
Allspice	½ pound	½						
Cinnamon	½ pound	½						
Ginger	½ pound	½						
Nutmeg	½ pound	½						
Mustard	½ pound	½						
Soda	½ pound	½						
Vanilla	bottle	1						
Vinegar	quart	1						
Cost of purchases		\$11.32	\$7.03	\$6.93	\$6.13	\$7.75	\$7.31	\$6.64

COST OF SUPPLIES

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7 Weeks' Total Purchases	Prices per Unit			Total Cost as per July, 1916 Prices	Amount Required as per Recipes	Surplus on Hand at end of 7th Week	Value of Surplus on Hand
	Jan., 1914	July, 1916	Nov., 1916				
12½ pounds	.05	.05	.10	.32			
1 can	.12	.12	.12	.12			
3½ pounds	.04	.04	.04	.14			
8½ pounds	.05	.05	.05	.22			
3 pecks	.125	.125	.25	.39			
2 heads	.05	.05	.10	.10			
9 pounds	.05	.08	.15	.24	8½ lbs.	½ lb.	.013
1 can	.15	.15	.15	.15			
2½ pecks	.25	.25	.50	.63			
	.05	.05	.10				
9 pounds	.09	.09	.09	.36			
9 cans	.08	.09	.12	.81	8½ cans	¾ can	.067
2½ pounds	.05	.05	.05	.07			
34 pounds	.10	.10	.10	1.14			
1 pound	.12	.12	.17	.12	¾ lb.	¾ lb.	.04
3 pounds	.14	.14	.18	.42			
1 ½ dozen	.15	.15	.15	.31			
2 boxes	.10	.10	.10	.20			
5½ pounds	.10	.10	.15	.53			
1½ dozen	.15	.15	.20	.18			
½ dozen	.30	.30	.25	.13			
9 pounds	.10	.10	.10	.90			
5 packages	.11	.11	.11	.55			
4 pounds	.03	.03	.03	.12			
1 pound	.21	.21	.21	.42	¾ lb.	¾ lb.	.105
1 pound	.08	.08	.08	.08	½ lb.	½ lb.	.04
½ pound	.08	.08	.08	.02			
2 packages	.12	.12	.12	.24			
2 glasses	.10	.10	.10	.20			
1 package	.08	.08	.08	.08	2 tblts.	8 tblts.	.06
4 quarts	.14	.14	.14	.56	3 ½ qts.	1 ½ cups	.04
1 pint	.05	.05	.05	.05			
5 pounds	.05	.05	.05	.05			
½ pound	.08	.08	.08	.08	⅓ box	⅓ box	.07
½ pound	.10	.10	.10	.10	⅓ box	⅓ box	.09
½ pound	.09	.09	.09	.09	⅓ box	⅓ box	.08
½ pound	.10	.10	.10	.10	⅓ box	⅓ box	.09
½ pound	.10	.10	.10	.10	⅓ box	⅓ box	.09
½ pound	.07	.07	.07	.07	⅓ box	⅓ box	.05
1 bottle	.25	.25	.26	.25			
1 quart	.10	.10	.10	.10	½ pt.	1 ½ pts.	.08
Gross total of 7 weeks' expenditures.....					\$53.11		
Less: Value of surplus.....					2.22		
Net total of 7 weeks' expenditures.....					\$50.89		