

Preparation of Foods
for
Factory Employes

Compiled by
General Service Department
The National Lamp Works
of the General Electric
Company, Cleveland, Ohio

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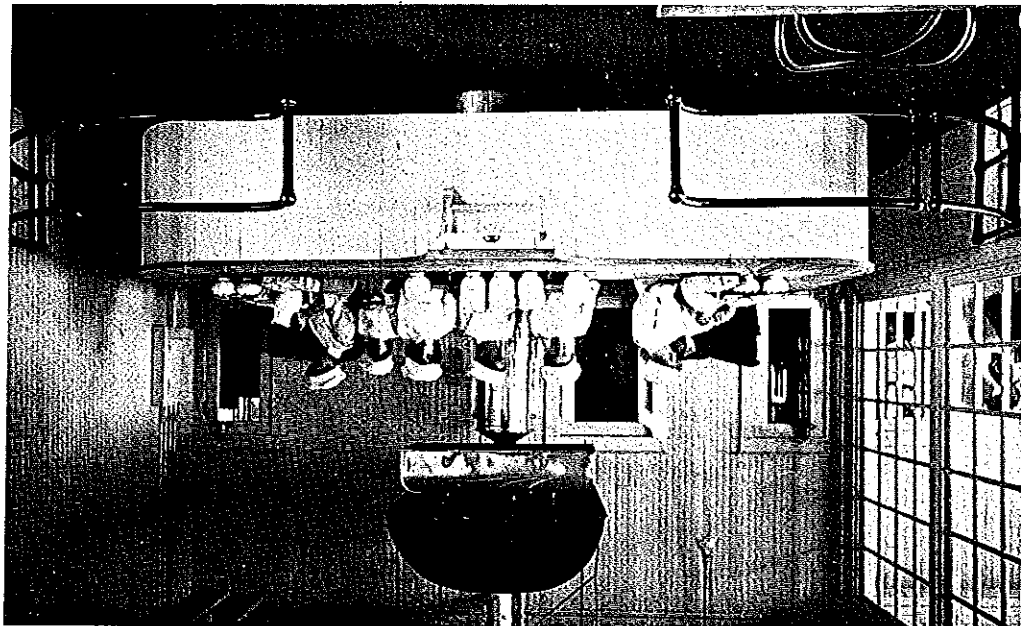
Introduction

Careful research has shown that in a factory where 300 are employed (75% being women) that 80% of the total will use the Lunch Room daily. The Cafeterias shown in this book are in 15 sections and can be combined to make any shape of cafeteria—(either a one, two or four-way). With this equipment any number of employes can be served in seven minutes.

The menu consists of—

SOUP
CRACKERS
COFFEE
MILK
SANDWICHES
ICE CREAM
CAKE

Each recipe has been scientifically worked out according to proper food values and to supply the correct number of portions for 300 employes.



Standard Two-Way Cafeteria

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Preparation Cafeteria Foods

Abbreviations Used in Cooking

Teaspoon.....	t.	Gallon.....	gal.
Tablespoon.....	tb.	Ounce.....	oz.
Cup.....	c.	Pound.....	lb.
Pint.....	pt.	Peck.....	pk.
Quart.....	qt.	Minute.....	m.
Hour.....	h.		

Measurements

8 t.....	1 tb.	2 c.....	1 pt.
16 tb.....	1 c.	2 pts.....	1 qt.
2 gills.....	1 c.	4 qts.....	1 gal.
	8 qts.....		1 pk.

Make all measurements level, using a case knife to obtain a level measurement.

A cupful is a standard half pint filled level with the top.

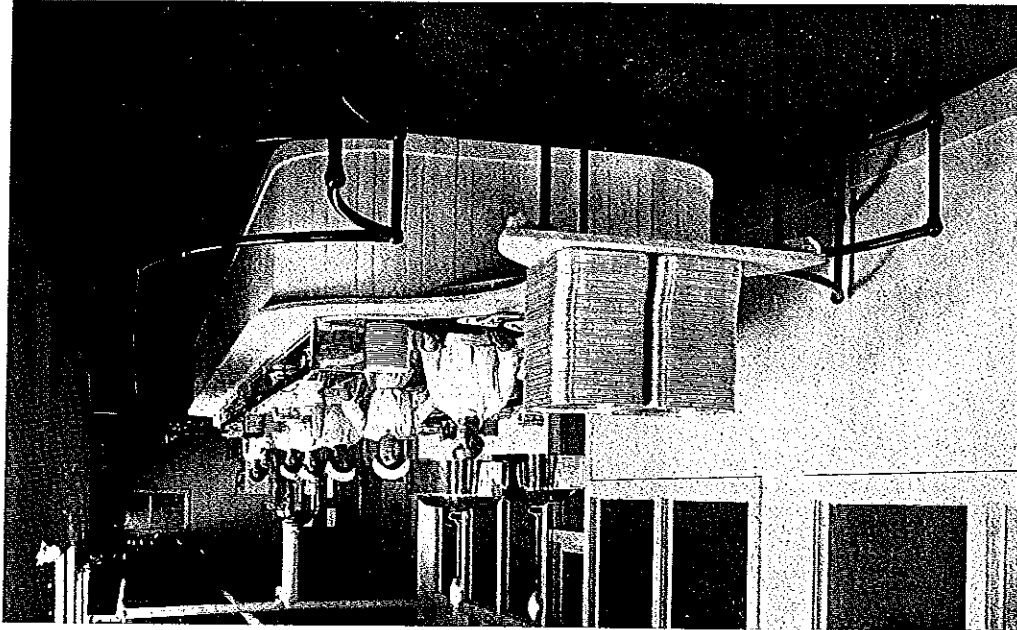
Half a spoonful is obtained by dividing through the middle lengthwise.

Quarter of a spoonful is obtained by dividing a half crosswise.

Third of a spoonful is obtained by dividing twice crosswise.

SOUPS

In soup making use the water in which vegetables and cereals are cooked. It contains valuable nutrients. Also, chop any lean meat which may be used and add it to the other soup ingredients. The solid portion of meat contains much nutriment.



Detached Two-way Cafeteria

SPLIT PEA SOUP

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 qts.	Split Peas (8 lbs.)	3571.2	12896
9½ gals.	Water		
1 qt.	Onions (1 lb. 2 oz.)	28.57	224
1 tb.	Baking Soda		
2 gals.	Milk (16 lbs.)	957.44	5024
2½ c.	Flour (10 oz.)	127.2	1002
2 lbs.	Fat (1 lb. butter and 1 lb. oleomargarine)	36.32	6976
2 t.	Pepper		
½ c.	Salt		
	128 Portions	4720.73	26122
	One Portion	36.88	204

Pick over and wash the peas, add the water and soak over night. Add the onions and baking soda. Cook gently (or in a double boiler) in the water in which the peas were soaked. When the peas are soft press them through a strainer, using a potato masher. Heat the milk in a double boiler. Heat the butter and oleomargarine in a large saucepan or kettle. (Stir with a wooden spoon; do not brown the fat.)

When the fat bubbles, add the flour and seasoning (which have been mixed together). Stir until perfectly smooth. Add a portion of the hot milk, stir constantly and cook until the mixture thickens. Then add another portion of the hot milk and proceed as before. Add this to the strained peas and heat until boiling. Add more seasoning if necessary.

Serve hot.

A ham bone may be cooked with the peas.

VEGETABLE SOUP

Quantity	Ingredients	Calories Derived from Protein	Total Calories
10 lbs.	Soup Bones		
⅓ c.	Salt	262.16	6800
1 t.	Pepper		
5 gals.	Water		
5 lbs.	Lean Beef	2141.00	7795
1 gal.	Water		
3 lbs.	Pearled Barley	462.60	4890
3 gal.	Water		
2 qts.	Carrots (3 lbs.)	48.96	477
2 qts.	Turnips (3 lbs.)	48.96	472
2 qts.	Onions (2½ lbs.)	57.15	447.75
1 head	Cabbage (Small 2½ lbs.)	63.50	301.5
2 qts.	Tomatoes (4 lbs.)	87.04	412
4 qts.	Potatoes (7½ lbs.)	244.80	2280
	128 Portions	3416.17	23715.25
	1 Portion	26.6	185.27

Use soup bones, salt, pepper corns and water, to make soup stock. Clean the bones, cover with 2½ gallons cold water, add seasoning and cook at simmering temperature for six or eight hours. Drain off the stock, add 2½ gallons more cold water. Cook at simmering temperature for one-half hour. Drain into the "first" stock. Let it stand in the refrigerator until needed. Before using, remove all fat.

Chop the meat (before or after cooking), add one gallon cold water, and cook at simmering temperature until tender.

Cook the pearled barley in water until tender. Wash, pare, and cut vegetables by passing through the coarsest knife of a meat chopper. Cover with boiling water and cook until tender. Add to soup stock, cooked meat and barley. Add more seasoning if necessary.

Serve hot.

Substitute rice, macaroni or spaghetti, for the barley.

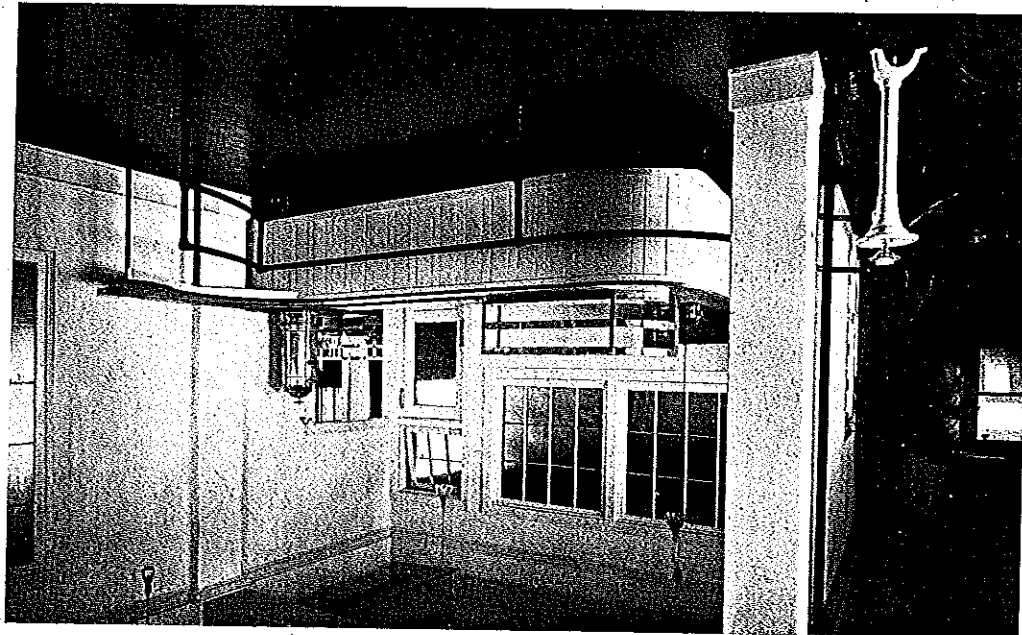
POTATO SOUP

Quantity	Ingredients	Calories Derived from Protein	Total Calories
½ bu.	Potatoes (30 lbs.)	979.20	9120
4½ gal.	Water (including water in which potatoes were cooked)		
4½ gal.	Milk (36 lbs.)	2154.24	11304
1 qt.	Onions (1 lb. 2 oz.)	28.57	224
1½ lbs.	Fat (¾ lb. butter and ¾ lb. oleomargarine)	27.24	5232
4½ c.	Flour (1 lb. 2 oz.)	228.60	1803.4
1½ c.	Salt		
1½ tb.	Pepper		
3 tb.	Celery Salt		
2 c.	Chopped Parsley		
	128 Portions	3417.85	27683.4
	One Portion	26.7	216.2

Wash and pare the potatoes. Cover with boiling water and cook *gently* until tender. Mash the potatoes. Chop the onion. Heat the onion and milk in a double boiler. Make a sauce of the fat, flour, seasoning and hot milk (see Split Pea Soup). Add the mashed potatoes, stir until perfectly smooth. Heat the mixture until it boils, add the chopped parsley, and if necessary, more seasoning.

Serve hot.

Standard One-way Cafeteria



BEAN SOUP (10 Gallons)

Quantity	Ingredients	Calories Derived from Protein	Total Calories
7½ qts.	Dried Beans (15 lbs.)	6123.60	23460
12 gal.	Water		
2 t.	Baking Soda	28.57	224
1 qt.	Onions (1 lb. 2 oz.)		
½ c.	Dried Celery Leaves or Celery Salt		
	Cayenne		
4 t.	Pepper		
½ c.	Salt		
1 tb.	Mustard (dry)	101.6	801.5
2 c.	Flour (½ lb.)		
2 lbs.	Fat (1 lb. butter and 1 lb. oleomargarine)	36.82	6976
	128 Portions	6290.09	31461.5
	One Portion	49.14	245.8

Soak the beans over night in water; drain excess of water. Then add fresh water, baking soda, sliced onions and celery leaves. *Slowly* cook the beans until they are very soft. Press the beans through a strainer, using a potato masher. Heat the butter and oleomargarine in a large saucepan or kettle. (Stir with a wooden spoon; do not brown the fat.)

When the fat bubbles, add the flour and seasoning which have been mixed together. Stir until perfectly smooth. Add a portion of the strained bean mixture, stir constantly, cook until it thickens. Then add another portion of the strained beans and proceed as before. After the last portion of strained beans is added, allow the soup mixture to reach the boiling point. Add more water and salt if necessary. Serve hot.

CREAM OF TOMATO SOUP

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 gal.	Strained tomatoes (32 lbs.)	696.32	3296
¾ oz.	Baking Soda		
6 gal.	Milk (48 lbs.)	2872.32	15072
2 lbs.	Flour	406.4	3206
2 lbs.	Fat (1 lb. butter and 1 lb. oleomargarine)	36.82	6976
1 c.	Salt		
1½ tb.	Pepper		
	128 Portions	4011.36	28350
	One Portion	31.94	223

Heat the tomatoes to boiling point. Add the baking soda, stir. Keep the tomatoes hot. Heat the milk in a double boiler. Make a sauce of the fat, flour, seasoning and hot milk (see Split Pea Soup). Keep the sauce hot. *Just before serving* remove both the tomatoes and the sauce from the fire. Blend the ingredients.

Serve *at once*.

CREAM OF BEAN SOUP

Quantity	Ingredients	Calories Derived from Protein	Total Calories
10 lbs.	Soup Bones	262.16	6800
1/2 c.	Salt		
1 t.	Pepper		
5 gal.	Water	2141.00	7795
5 lbs.	Meat—Lean Beef		
1 gal.	Water	612.36	2346
1 1/2 lbs.	Dried Beans		
1 t.	Baking Soda	1436.16	7536
3 gal.	Water		
1/2 c.	Salt	76.32	601.2
1 t.	Pepper		
3 gal.	Milk (24 lbs.)	27.24	5232
1 1/2 c.	Flour (6 oz.)		
1 1/2 lbs.	Fat (1/2 lb. butter and 1 lb. oleomargarine)	4555.24	30310.2
3 tb.	Worcestershire Sauce		
	128 Portions	35.59	236.8
	One Portion		

Prepare the soup stock and meat (see Vegetable Soup). Soak the beans over night in water; drain excess of water. Then add the fresh water and baking soda, and cook slowly until the beans are very soft. Press the beans through a strainer, using a potato masher. Heat the milk in a double boiler. Make a sauce of the fat, flour, seasoning and hot milk (see Split Pea Soup). Add the strained beans, cooked meat and soup stock. Heat. If necessary, add more seasoning.

Serve hot.

COCOA

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 c.	Cocoa (1 lb.)	391.92	2256
4 c.	Sugar (2 lbs.)		
1 gal.	Water (2 qts. cold water and 2 qts. boiling water)	1486.16	7536
3 gal.	Milk (24 lbs.)		
4 t.	Salt (level)	1823.08	13420
	128 Portions		
	One Portion	21.5	157.9

Mix cocoa and cold water. Boil gently for 30 minutes, stirring occasionally. Heat the milk in a double boiler, then add the sugar and the cooked cocoa mixture to it. Heat for 30 minutes. Do not remove the scum. Before serving, add the salt, and beat surface with a Dover egg beater.

Serve hot.



Standard Four-way Cafeteria

Preparation of Foods for Factory Employees

EGG SANDWICHES

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 l'ves	Sandwich Bread (128 slices)	1792	12800
32	Eggs (4 lbs.)	863.68	2380
3 tb.	Salt		
¼ c.	Butter	6.72	1807.4
	Cayenne		
4 t.	Dry Mustard		
1 tb.	Vinegar		
	64 Sandwiches	2662.40	16487.4
	One Sandwich	41.6	257.6

Place eggs in hot water; let simmer—not boil—for 40 minutes. Drain hot water from them, add cold water and allow to remain in water until cool. Remove the shells, chop the egg white and mash the egg yolk. Add to the prepared eggs the butter (which has been melted), cayenne, mustard and vinegar. Mix thoroughly and spread on bread.

HAM SANDWICHES—I

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 1' ves.	Sandwich Bread (128 slices)	1792.00	12800.0
4 lbs.	Boiled Ham	1466.88	5126.4
3/8 lb.	Butter	12.52	2323.2
1/2 c.	Salt		
1/2 c.	Dry Mustard		
3 tb.	Cayenne (use sparingly)		
	Vinegar		
	64 Sandwiches	\$271.4	20249.6
	One Sandwich	51.1	\$16.4

Pass the boiled ham through a meat grinder. Cream the butter, add the seasoning and vinegar. Blend thoroughly then add the minced ham. If necessary, add more salt.

For plain Ham Sandwiches, use 1/4 ounce of butter for each sandwich (two slices bread).

HAM SANDWICHES—II

Quantity	Ingredients	Calories Derived from Protein	Total Calories
3 lbs.	Boiled Ham, Chopped	1099.44	3948
1 c.	SAUCE		
	Fat (1/2 c. butter and 1/2 c. oleomargarine)	9.08	1744
1 1/2 c.	Flour (3/8 lb.)	76.2	601
1 1/2 qts.	Milk (3 lbs.)	179.52	942
	Cayenne (sparingly)		
1 1/2 tb.	Dry Mustard		
4 1' ves.	Sandwich Bread (32 1/4-inch slices per loaf)	1792.00	12800
	64 Sandwiches	\$156.24	19980
	One Sandwich	49.3	\$11.4

Make a sauce of the ingredients indicated, in the following manner:

In a saucepan, melt the fat. Add the flour, cayenne and mustard and mix thoroughly. Add a small portion of the milk. Heat until it thickens, stirring constantly. Add more of the milk, heat and stir as before. Continue until all the milk has been added.

Chop the ham in a food chopper. Mix with the sauce. Cool and spread between slices of bread.

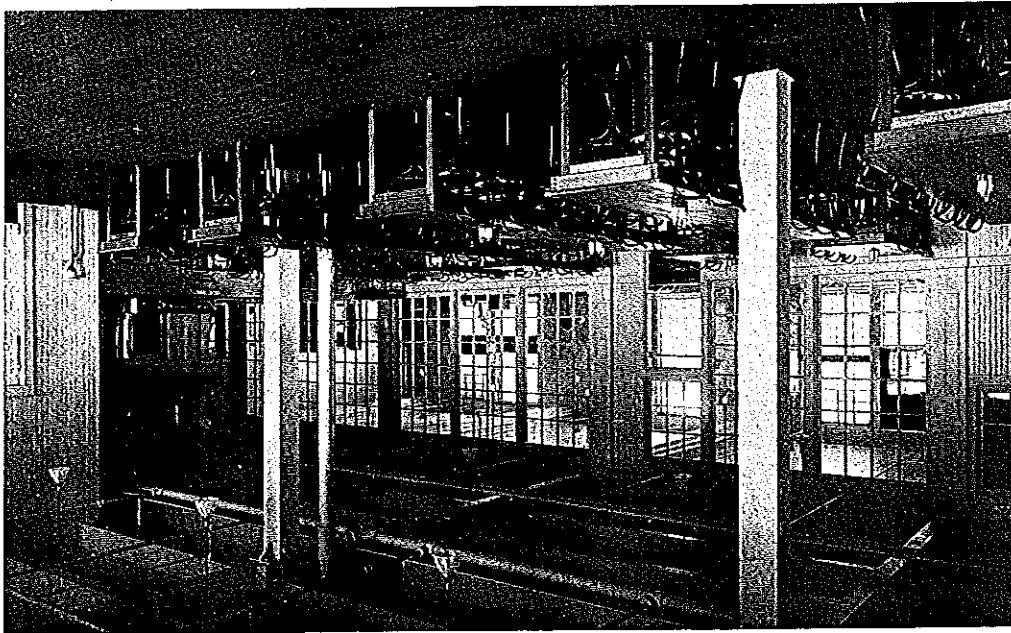
Cheese and Peanut Sandwiches

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 l'ves	Sandwich Bread (128 slices)	1792	12800
1 lb.	Cheese	582.56	1994
1 lb.	Salted Peanuts	468.12	2487
1/2 c.	Vinegar		
	Salt, if required		
	Cayenne Pepper (use sparingly)		
	64 Sandwiches	2782.68	17281
	One Sandwich	48.47	270

Pass the cheese and peanuts through the meat grinder. Add the vinegar and seasoning. Mix thoroughly.

Cut the bread into 1/2-inch slices. Spread generously with the cheese mixture. If not served at once, wrap the sandwiches in dry towels and then cover with towels wrung out of hot water.

Standard Type Cafeteria Lunch Room



Salmon Sandwiches

Quantity	Ingredients	Calories Derived from Protein	Total Calories
4 cans	Salmon (4 lbs.) SALAD DRESSING	1581.92	3556.0
1/2 c.	Fat drained from Salmon	25.4	200
1 c.	Flour (1/8 lb.)	29.92	157.0
1 c.	Milk (1/2 lb.)		
2 t.	Vinegar		
1 t.	Salt		
1 t.	Mustard		
	Pepper		
2	Eggs (4 oz.)	53.92	143.8
2	Lemons—juice		
	Cayenne		
	Salt, if needed		
4 loaves	Sandwich Bread (32 1/2-inch slices per loaf)	1792.00	12800.0
	64 Sandwiches	3483.16	16361.8
	One Sandwich	54.4	263.46

Remove the salmon from the can and drain the oil into the top of a double boiler. Add the flour, salt, mustard and pepper to the oil and mix thoroughly. Heat until it thickens, stirring constantly. Add part of the milk, stir and heat until it thickens. Add more milk, and repeat stirring and heating until all the milk has been added. Then add the vinegar and the eggs (which have been beaten). Cook over hot water and set aside to cool.

Remove bits of bone from the salmon. Add the salad dressing, lemon juice, cayenne and salt (if needed). Spread the mixture between slices of bread.

Cottage Cheese Sandwiches

Quantity	Ingredients	Calories Derived from Protein	Total Calories
2 qts.	Cottage Cheese (2 lbs.)	755.2	992
1 1/2 pts.	Olives (1 lb.)	14.52	993
1 can	Pimientos (small)		
	SALAD DRESSING		
1 c.	Milk (1/2 lb.)	29.92	157
4 tb.	Flour (1 oz.)	12.72	100.2
3 tb.	Fat (1 tb. butter and 2 tb. oleomargarine)	1.68	326.8
1 t.	Salt		
1/2 t.	Mustard		
1/2 c.	Vinegar		
1	Egg (2 oz.)	26.96	74.4
4 loaves	Sandwich Bread (32 1/2-inch slices per loaf)	1792.00	12800.0
	64 Sandwiches	2633.00	15443.4
	One Sandwich	41.1	241.5

Make a salad dressing of the ingredients indicated in the recipe. Follow the method of making the salad dressing given in Salmon Sandwiches, substituting butter and oleomargarine for the oil drained from the salmon.

Remove the stones from the olives. Chop the olives and pimientos in a food chopper.

Mix the cottage cheese, olives, pimientos and salad dressing. Spread between slices of bread.

Pickles may be substituted for olives.

Sweet Sandwiches

Quantity	Ingredients	Calories Derived from Protein	Total Calories
3 lbs.	Raisins (seeded)	141.48	4689
1 lb.	Figs (dried)	78.00	1437
4 c.	Sugar (2 lbs.)	0.00	3628
½ c.	Flour (2 oz.)	25.44	200.4
4	Oranges—juice (10½ oz.)	0.00	138.6
8	Lemons—juice & rind (12 oz.)	0.00	133.2
¾ c.	Water		
4 l'ves	Sandwich Bread (32 ½-inch slices per loaf)	1792.00	12800.00
	64 Sandwiches	2036.92	23026.2
	One Sandwich	31.8	359.8

Chop the raisins and figs in a food chopper. Heat the fruit juice and water. Put the flour and sugar in the top part of a double boiler and mix thoroughly. Add the hot fruit juice and water to the sugar mixture. Cook the mixture over hot water for 15 minutes, stirring until it thickens. Add the chopped fruits and continue cooking until the fruit is heated through. Cool and spread between slices of bread.

Sardine Sandwiches

Quantity	Ingredients	Calories Derived from Protein	Total Calories
10 cans	Sardines (1 doz. Sardines in a can, 7 lbs.)	2920.96	8547.0
1½ doz.	Eggs (2¼ lbs.)	485.82	1338.7
4	Lemons—juice (6 oz.)	0.00	66.6
	Salt		
	Pepper		
	Cayenne		
4 l'ves	Sandwich Bread (32 ½-inch slices per loaf)	1792.00	12800.0
	64 Sandwiches	5198.78	22752.3
	One Sandwich	81.23	355.5

(For method of cooking the eggs, see Egg Sandwiches.)

Chop the eggs in a food chopper.

Remove the bones from the sardines and break the fish into pieces. Add the sardines and the oil in which they were canned, to the chopped eggs. Add the lemon juice and seasonings. Spread between slices of bread.

ENERGY REQUIREMENT

The energy requirement, for an average person, exercising moderately, is 2500 to 3000 Calories per day. Estimating one-third of the day's rations as the energy requirement of one meal, the energy requirement of a meal becomes 833 to 1000 Calories.

It has been estimated that from 10 to 15 per cent of the energy requirements should be furnished by protein: i. e., nitrogenous food.

The ratio of the fuel value of protein, or nitrogenous food to the fuel value of fat and carbohydrate, or non-nitrogenous food, is termed *nutritive ratio*. In formulating diets, it is helpful to have the nutritive ratio given with the total energy requirement. Expressing ratio in the form of a fraction and using "one" as the numerator, the above nutritive ratio may be written as:

$\frac{1}{9}$ to $\frac{1}{5.7}$ average nutritive ratio: i. e., for every Calorie produced by protein from nine to five and seven-tenths Calories should be produced by fat and carbohydrate.

The above energy requirement and nutritive ratio have been taken as the basis for "Food Combinations for Lunches." The calculations are based on the factors:

- 1 gram protein yields 4 Calories.
- 1 gram fat yields 9 Calories.
- 1 gram carbohydrate yields 4 Calories.

Food Combinations for Lunches

	Calories Derived from Protein	Total Calories
1 portion vegetable soup	26.6	185.27
1 cheese and peanut sandwich	43.47	270.00
1 large banana	5.3	100.00
1 piece cake (2 oz.)	14.0	200.00
1 glass milk	7.65	150.00
Nutritive ratio, $\frac{1}{8.3}$	97.02	905.27
1 cup cocoa	21.5	157.9
1 egg sandwich	41.6	257.6
1 portion ice cream ($\frac{1}{8}$ qt.)	8.9	244.00
1 portion cake (2 oz.)	14.0	200.00
Nutritive ratio, $\frac{1}{8.3}$	86.0	859.5
1 portion split pea soup	36.88	204.0
1 ham sandwich	51.1	316.4
1 portion ice cream ($\frac{1}{8}$ qt.)	8.9	244.0
1 portion cake (2 oz.)	14.0	200.0
Nutritive ratio, $\frac{1}{7.7}$	110.88	964.4
1 portion vegetable soup	26.6	185.27
1 ham sandwich	51.1	316.4
1 portion ice cream ($\frac{1}{8}$ qt.)	8.9	244.0
1 portion cake (2 oz.)	14.0	200.0
Nutritive ratio, $\frac{1}{8.7}$	100.6	945.67

Preparation of Foods for Factory Employees

Food Combinations for Luncheons—Continued

	Calories Derived from Protein	Total Calories
1 portion potato soup.....	26.7	216.2
1 ham sandwich.....	51.1	316.4
1 large banana.....	5.3	100.0
1 portion cake (2 oz.).....	14.0	200.0
1 cup cocoa.....	21.5	157.9
Nutritive ratio, $\frac{1}{1.35}$	118.6	990.5
1 portion cream of tomato soup.....	31.34	223.0
3 soda crackers.....	9.4	100.0
1 ham sandwich.....	51.1	316.4
1 large banana.....	5.3	100.0
1 portion cake (2 oz.).....	14.0	200.0
Nutritive ratio, $\frac{1}{1.14}$	111.14	939.4
1 portion cream of bean soup.....	35.59	236.8
1 egg sandwich.....	41.6	257.6
1 large orange.....	6.2	100.0
1 large banana.....	5.3	100.0
1 portion cake (2 oz.).....	14.0	200.0
Nutritive ratio, $\frac{1}{1.0269}$	102.69	894.4
1 portion bean soup.....	49.14	245.8
2 slices bread.....	28.0	200.0
$\frac{1}{2}$ oz. butter.....	0.5	100.0
1 portion ice cream.....	8.9	244.0
1 large banana.....	5.3	100.0
Nutritive ratio, $\frac{1}{.87}$	91.84	889.8

Preparation of Foods for Factory Employees

Food Combinations for Luncheons—Continued

	Calories Derived from Protein	Total Calories
1 portion potato soup.....	26.7	216.2
1 ham sandwich.....	51.1	316.4
1 portion cake.....	14.0	200.0
2 apples, medium.....	7.7	100.0
Nutritive ratio, $\frac{1}{.74}$	99.5	892.6
1 cup cocoa.....	21.5	157.9
1 ham sandwich.....	51.1	316.4
1 portion ice cream ($\frac{1}{2}$ qt.).....	8.9	244.0
1 portion cake (2 oz.).....	14.0	200.0
Nutritive ratio, $\frac{1}{.86}$	95.5	918.3
1 portion bean soup (10 oz.).....	49.14	245.8
1 cottage cheese sandwich.....	41.1	241.5
1 portion ice cream ($\frac{1}{2}$ qt.).....	8.9	244.0
1 portion cake (2 oz.).....	14.0	200.0
Nutritive ratio, $\frac{1}{.72}$	113.14	931.3
1 portion bean soup (10 oz.).....	49.14	245.8
1 ham sandwich—II.....	49.3	311.4
1 portion ice cream ($\frac{1}{2}$ qt.).....	8.9	244.0
1 portion cake (2 oz.).....	14.0	200.0
Nutritive ratio, $\frac{1}{.72}$	121.34	1001.2

Food Combinations for Lunches—Continued

	Calories Derived from Protein	Total Calories
1 portion split pea soup (10 oz.)	36.88	204.0
1 slice bread	14.00	100.0
¼ oz. butter	.25	50.0
1 sweet sandwich	31.80	359.80
1 cup cocoa	21.5	157.9
Nutritive ratio, $\frac{1}{7.3}$	104.43	871.7
1 portion vegetable soup (10 oz.)	26.60	135.27
1 sardine sandwich	81.23	355.50
1 portion ice cream ($\frac{1}{8}$ qt.)	8.90	244.00
1 portion cake (2 oz.)	14.00	200.00
Nutritive ratio, $\frac{1}{6.5}$	130.73	984.77
1 portion potato soup (10 oz.)	26.7	216.2
1 salmon sandwich	54.4	268.46
1 portion ice cream ($\frac{1}{8}$ qt.)	8.9	244.00
1 cup cocoa	21.5	157.90
1 large banana	5.3	100.0
Nutritive ratio, $\frac{1}{7.4}$	116.8	981.56
1 portion split pea soup (10 oz.)	36.88	204.00
3 soda crackers	9.4	100.00
1 salmon sandwich	54.4	268.46
1 large orange	6.20	100.0
1 portion cake	14.0	200.0
Nutritive ratio, $\frac{1}{6.2}$	120.88	867.46

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