

## **Nutritive value of milk / B. Leggett.**

### **Contributors**

B. Leggett (Firm)

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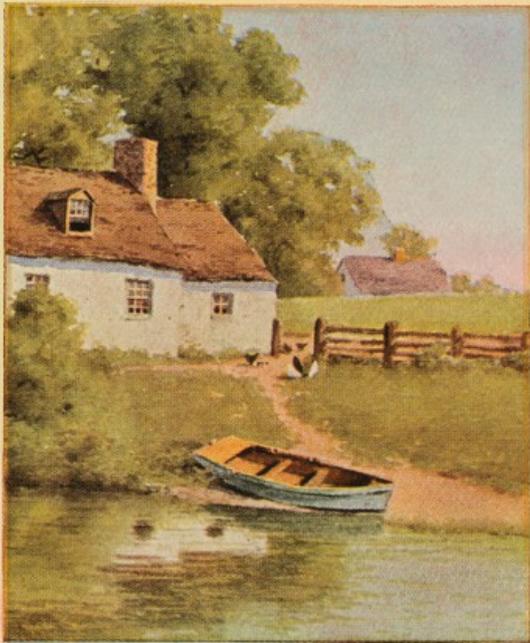
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THE OLD MILL POND

### Nutritive Value of Milk

Measured in terms of pro-  
duction of energy and heat  
**ONE QUART**  
of Milk is equal in food value to  
any of the following:

- 15/16 lb. of lean beef
- 10 eggs
- 2½ lb. potatoes
- 5 lb. cabbage
- 5/12 lb. wheat flour
- 3½ lb. fresh codfish
- 2½ lb. chicken
- 6½ lb. turnip
- 5/24 lb. butter
- 5/12 lb. cheese

**FOR HEALTH AND  
BEAUTY'S SAKE—**

**Drink More Milk**

**B. Leggett,**

*Dairyman  
and  
Grocer,*

**NORMANBY.**