

Nutritive value of milk / B. Leggett.

Contributors

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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
3¼ lb. fresh codfish
2½ lb. chicken
6¼ 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.