

TABLE III.—Comparative expensiveness of actual nutrients of foods, illustrated by costs of protein.

[The costs of the nutrients (actual nutritive ingredients) in a given food material may be computed by comparing the amounts of the several nutrients, protein, fats, and carbo-hydrates, it contains, with its market price, one pound of protein being assumed to cost, on the average, five times as much, and a pound of fats, three times as much, as a pound of carbo-hydrates. The computed costs of the same nutrient, *e. g.*, protein, in different foods, thus affords a basis for comparing the relative expensiveness of the foods, as in the figures below.]

Meats, vegetables, etc.	Prices per pound.	Cost of protein per pound.	Fish, etc.	Prices per pound.	Cost of protein per pound.
Beef:			Salmon:		
Sirloin, medium fatness.....	\$0 25	\$1 08	Early, in season .....	\$1 00	\$5 72
Same, at lower price.....	20	86	Same, when plenty.....	30	1 72
Round, rather lean.....	18	70	Shad.....	12	98
Same, lower.....	16	62	Shad, when abundant.....	8	65
Corned, lean.....	18	56	Bluefish.....	10	98
Flank, <sup>1</sup> very fat.....	15	36	Haddock.....	7	94
Mutton:			Halibut.....	15	87
Leg.....	22	1 07	Mackerel.....	10	80
Side, medium fatness.....	20	50	Mackerel, when abundant.....	5	40
Pork: <sup>1</sup>			Cod.....	8	67
Very fat.....	16	30	Cod, at lower price.....	6	50
Smoked ham.....	18	48	Alewife.....	3	19
Milk, 8 cents per quart.....	4	61	Canned salmon.....	20	70
Cheese:			Salt mackerel.....	12 5	46
Whole milk.....	18	38	Salt cod.....	7	38
Skimmed milk.....	8	19	Salt cod, lower.....	6	33
Wheat flour, best.....	5	19	Oysters, <sup>2</sup> 25 cents per quart.....	12 5	1 56
Corn (maize) meal.....	3	12	Oysters, <sup>2</sup> 50 cents per quart.....	25	3 12
Oatmeal.....	5	15	Lobsters.....	12	2 00
Beans.....	5	14			
Potatoes, <sup>1</sup> 50 cents per bushel.....	0 8	14			
Potatoes, <sup>1</sup> \$1 per bushel.....	1 7	28			

<sup>1</sup> Contains very little protein.

<sup>2</sup> Shell contents, edible portion.

**108.—HOW TO AVOID A SOFT OR MUDDY TASTE OF CARP.**

**By E. Z. BUTCHER.**

[From a letter to Prof. S. F. Baird.]

We catch large buffalo-fish sometimes in summer, in hot weather, out of ponds with muddy bottoms. To prevent the muddy taste that some complain of in carp, I find this the best way: Kill the fish as soon as caught, clean directly, soak in ice water a few minutes, then sprinkle with salt slightly, and hang up to dry. The above will make them *firm, sweet, and good*. I know whereof I speak, as I have bought, dressed, and sold fish for ten years; and those who complain of carp, if dressed and served as above, would not know them as the same fish.

SOLOMON CITY, KANS., *March 7, 1884.*