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D.

DIETARY SCALE AT STOKE.

(Produced by Brother Loetus.)

Breakfast.—Sunday—Cocoa or coffee, bread and jam or butter; Monday—Tea, bread and jam

Breakfast.—Sunday—Cocoa or coffee, bread and jam or butter; Monday—Tea, bread and jam or butter, porridge, milk and sugar; Tuesday—Tea, bread and jam; Wednesday—Same as Monday; Thursday—Same as Tuesday. Friday—Same as Monday; Saturday—Same as Tuesday.

Dinner.—Sunday—Cold beef or mutton, steamed potatoes and vegetables, pudding; Monday
—Stew of mutton or beef, potatoes and vegetables, bread; Tuesday—Same as Monday; Wednesday—Mutton or sausage, potatoes and vegetables, pudding; Thursday—Same as Monday; Friday—Tea, bread and butter, mashed potatoes, cheese; Saturday—Same as Monday; Tea.—Sunday—Tea, bread and jam or butter; Monday—Tea, bread and golden syrup; Tuesday—Tea, bread and butter; Wednesday—Tea, bread and dripping; Thursday—Tea, bread and jam; Friday—Tea, bread and golden syrup; Saturday—Tea, bread and butter.

Fruit-nie in the season.

Fruit-pie in the season.

CAVERSHAM DIETARY SCALE.

Breakfast.—Monday, Wednesday, and Friday—Porridge, bread, dripping, coffee; other days same, without porridge.

Tea.—Bread, treacle or dripping, five days; Sunday, jam; Thursday, butter; Friday, buns as

Dinner.—Monday—Irish stew; Tuesday—Barley soup, meat, rice-pudding; Wednesday—Boiled beef, dumplings, potatoes; Thursday—Roast beef, suet-pudding, potatoes; Friday—Meatpies, rice or bread puddings; Saturday—Stew; Sunday—Cold mutton, pickles, plum-pudding. Also other vegetables five days.

BURNHAM DIETARY SCALE.

Breakfast.—Bread and milk three times a week; porridge four times a week; with each morning bread and dripping and coffee.