

Childs

DIETETICS

(No. 45)

OYSTERS ARE SIMILAR TO MILK IN COMPOSITION, EASILY DIGESTED AND QUICKLY TURNED INTO ENERGY.

THEIR Piquant SEA TANG IS SO APPETIZING THAT THEY RICHLY DESERVE THEIR SOBRIQUET—SUCCU- LENT BIVALVES.

OLD LATIN RECORDS OF FEASTING DESCRIBE MANY ELABORATE WAYS IN WHICH OYSTERS WERE SERVED AT THE EMPERORS' TABLES.

AT CHILDS THEY ARE SERVED IN THE GOOD, WHOLESOME, MODERN WAYS—

LIGHTLY BREADED AND FRIED TO A GOLDEN BROWN, OR STEWED IN RICH, CREAMY MILK.

Childs

SUPPER
MENU

VALUE OF SHEEP

THE TWO THOUSAND INHABITANTS OF THE FALKLAND ISLANDS LIVE IN A BARREN, WIND-SWEPT LAND,

YET THEY ARE PROSPEROUS AND HAPPY, FOR THEY OWN OVER SIX HUNDRED THOUSAND SHEEP.

WITH SHEEP, THEY CAN PURCHASE THE LUXURIES OF THE LANDS BEYOND THE SEA;

AND WITH SHEEP, THEY CAN JOIN WITH THE PATRONS OF CHILDS IN THEIR ENJOYMENT OF LAMB CHOPS.

DELICIOUSLY BROILED LAMB CHOPS WITH HOME FRIED POTATOES, AND OF COURSE, A CUP OF CHILDS FAMOUS COFFEE.

Standard Dishes

(200)	Toast, Dry or Buttered	10
(350)	Milk Toast	20

BEVERAGES

(85)	Coffee	10	(153)	Malted Milk	10
(70)	Postum	10	(211)	Milk, per glass	10
(18)	Individual Pot of Tea	10			
(200)	Hot Chocolate with Whipped Cream	15			

(100) Cream, 5 cents per ounce [1, 2, 4 or 7 oz. portions]

DAIRY DISHES

	Crackers		Flaked Cereals	
	Boiled Rice		Shredded Wheat	
(330)	With Bowl of Milk	20		
(540)	With Bowl of Half Milk and Half Cream	30		
(540)	With Pitcher of Cream	35		

SANDWICHES

(230)	Minced Ham	15	(270)	Oyster	20
(230)	Sliced Ham	20	(220)	Fried Egg	—
(230)	Roast Beef	20	(230)	Sliced Chicken	30
(225)	Corned Beef	20	(620)	Club	60

OYSTERS

(135)	Fried Oysters	35
(110)	Broiled Oysters	40
(325)	Oyster Stew	40

SALADS

HAM, BACON, EGGS, ETC.

(323)	Corned Beef Hash, Browned,	20
(300)	Bacon, Broiled	20
(400)	Fried or Broiled Ham	25
(190)	Plain Omelet	25
(180)	Scrambled Eggs	25
(165)	Two Eggs, Boiled, Fried or Poached	25
(250)	Hamburger Steak	30
(302)	Onion Omelet	30
(315)	Ham Omelet	30
(289)	Spanish Omelet	30
(100)	Broiled Lamb Chop	40
(380)	Bacon and Eggs	45
(350)	Ham and Eggs	45

VEGETABLES

(200)	Potatoes	10	(140)	Creamed Carrots	10
(150)	Onions	10	(100)	Stewed Tomatoes	10

Supper Special

(125)	Vegetable Soup	10
(250)	Chicken Soup with Rice	15

Fresh Fish

(240)	Baked Spaghetti with Cheese	10
(200)	Baked Beans, N. Y. or Boston Style	10
(350)	Baked Beans, N. Y. or Boston Style, with Pork	15
(265)	Fried Liver with Onions or Potatoes	15
(350)	Baked Beans with Ham or Corned Beef	20
(275)	<i>Beef or Lamb Stew with Vegetables</i>	25
(250)	Chicken Croquette, Cream Sauce, Potatoes	25
(300)	Hot Chicken Sandwich with Vegetable	25
(325)	Hot Roast Beef Sandwich with Vegetable	25
(440)	Liver and Bacon with Potatoes	25
(320)	Fresh Country Sausage with Mashed Potatoes	25
(190)	<i>Fried Oysters with Potato Salad</i>	25
(400)	Fried Ham, Mashed Potatoes	25
(300)	Sirloin of Beef, Pot Roasted, Mashed Potatoes	30
(540)	Vegetable Dinner	30
(600)	Fresh Country Sausage, Apple and Griddle Cakes	30
(550)	<i>Fresh Country Sausage with Buckwheat Cakes</i>	30
(400)	Corned Beef Hash with Poached Egg	30
(300)	Small Veal Steak Saute with Potatoes	50

(135) Bread and Butter Sandwich Five Cents.

(200)	Home-made Rolls	10	(250)	Corn Muffins	10
(200)	Bran Muffins	10	(200)	White or Graham Bread	10
(300)	Butter Cakes	10			
(700)	<i>Griddle Cakes (Wheat, Buckwheat or Cornmeal)</i>	15			
(130)	Rice Pudding	10			
(400)	Doughnuts	10			
(240)	Cornstarch Pudding	10			
(200)	Stewed Apricots	10			
(100)	<i>Apple Sauce</i>	10			
(100)	Creamed Tapioca Pudding	15			
(350)	Layer Cake	15			
(100)	Sliced Banana	15			
(200)	Stewed Prunes	15			
(200)	<i>Ice Cream</i>	15			
(200)	Fresh Baked Apple	15			
(150)	Cup Custard	15			
(70)	Orange Juice	15			
(340)	<i>Pies in Season</i>	10 & 15			
(70)	Sliced Orange	—			
(70)	One-half Grape Fruit	—			

MINIMUM CHECK 20c. from 12 to 2 p. m.

Figures in parentheses indicate approximate calories as computed by an expert in nutrition. For more detailed information patrons are referred to our Dietetic Food List, available upon request.