



THE fancy meat items, such as liver, heart, sweetbreads, etc., are rich in mineral matter, containing from 1 to 1½% or 2% of mineral nutrients. The iron content ranks well up with the richest sources, such as spinach, eggs, etc.; and the phosphorus is very valuable. Liver, kidneys, heart, and sweetbreads contain two of the vitamins in relative abundance.

Swift & Company, U. S. A.