Numerical Russian Dolls can be viewed as the numerical equivalent of Words in Words. The latter include ME inside COT in comet, RACE inside TRY in Tracey and PEAK inside SING in SpeakKing. One word is surrounded by another, the latter being formed by bringing together letters from the beginning and end of the parent word.

In the numerical version, the numerical total of a letter/group of letters inside the parent is equal to the numerical total of letters from the beginning and end of the parent word. Thus in MATURED T + U = 41, and M + A + R + E + D also = 41. MATURED is listed under 41 below. Words shown in bold offer more than one solution.

Most of the words can be found in the Oxford English Dictionary 2nd Ed. and/or in Websters 2nd Ed.

2 ABA 3 BABA 4 CAABA 5 DADA 6 BEAD 7 ABBED 8 CAGE 9 EBBED 10 FEED
11 AKEE EACHE 12 CAKED JAFFA 13 DALI HIDE 14 LAMB ADEEM
15 JANE ALBAN 16 ALDO HIGH 17 CHIN PLEA 18 CRACK DEEMED or DEEMED
19 ASIDE ABLER FARM BODICE 20 ITCH LASH BACKER PANED \PANDA
21 GUN BIERCE STAB CAMBER 22 HIVE GUANA COGS GIMBAL LARDED
23 JAWL RAVE LINK HERO ALKALI 24 FIXED EASER SLICE LAVAL FILLED
25 KEYED TEASE FALLS DETACHED 26 HAZEL AIOUEA GILES HATER
27 CIRCLED GENEVA HAFTS SEARCH 28 MARIO RHOMB CANNES
29 PHONE HITACHI CHUGS AMPERE 30 BLOOP LAXER KINGS GINGER
31 GERMS HIVER LOPS BIZET MINCER 32 JAWING HOPPED MINIS NEVER
33 RONDO RACOON JENNER CORONA or CORONA
34 RUMP COSHER TENON CLONES 35 ATONABLE JUNKIE PANTS OCELOT
36 FLOUR BAPTISE MARRIAGE RIVER 37 MOVES PUPIL LIKELY SAILOR
38 ASSEMBLE TETHER SEDUCES SPECIES 39 TARTAR or TARTAR SANEST THEFTS THIRDS
40 DUSKY NATTY LOUDENED TITBIT 41 MATURED CRYPT BOOZES JUTLAND
42 DOWSER MUTATED MISERABLE 43 MINTING or MINTING or MINTING YAWNER
\YEARNER RECTIFY
44 YORKS LECTURED SOLELY SMOKEY 45 SCULLER SAUCILY VILIFIER TENDENCY
46 CLAYMORE DRAGONISE UNCANNY 47 SIXERS DESECTION VEILEDLY
48 ENTHUSED CONSIDERED SUNFISH 49 OUTHAUL EFFUSION SACRIFICING
50 SWIRLS SHREWDER YEVERY 51 SWISHES POSHEST WINNERS ROUGHTIES
52 NUZZLE ROMANIAN WILDEBEEST

As the numerical totals get progressively larger, examples can be found in which the inner number total, in particular, can be achieved by arranging the same letters* in different ways.

letters*

46 IRS HEIRSHIP MISREADER TAMARISK COARSI SH GUIDSIRE
OOP POOPING BRACHIOPODA SPOONAGE
LOS ENCLOSES WILSON POLSTEAD (UK) CROSLET DISLOCATED MESOLINE
So far, we have looked at parent words which hold an inside letter/group of letters which has the same numerical total as that formed by bringing together letters from the beginning and end of the word. It is however possible to progress to a higher level. Consider the word HUMMER (listed under 26 below) with its numerical total of 78. This is made up of M + M = 26 inside U + M = 26 inside H + R = 26.

Here are more such triples:

8 CACHED 9 DEIDE 10 AIAIAI 11 CAECHEDD 12 BEAGLED
13 CABBAGEHEAD 14 DEFENCE 15 BIGHEDDED 16 DECAPOD 17 PHOBA
18 McBRIDE 19 ANISEED 20 PANTED 21 CLUBBER 22 DELVER
23 SAW-BACKED 24 SALT-CAKE 25 TRUDGE 26 HUMMER 27 SANDWICH
28 PHRASIAL 29 INELEGANT 30 LAMPMAKER 31 LABELLINGS 32 MECHANISES
33 Isothere 34 Perfumer 35 Prejudices 36 Quarries 37 Leoninely
38 Storers 39 Statement 40 Ungulates 41 Premammary 42 Unsmelling
43 Mercurating 44 Solidarity 45 Self-Revealing 46 Untenderly
47 Vorticity 48 Woundingly 49 Impervious 50 Tongue-Wagging
51 Overstridden 52 Subdivisional

Finally, some Russian Dolls are special in that they are also Words in Words. In the word WISE, not only does W + E = 28 = I + S, but WE and IS are words in their own right. Here are others of the genre:

13 HALE 14 MAIDA 15 Faned 16 Chagal 17 Apache 18 Deemed
19 Adolph 20 Abides 21 Bodiced 22 Cahier 23 Nodded 24 Adios
25 Sepia 26 Forage 27 Float 28 Denise 29 Toned 30 Reclang
31 Holder 32 Scribal 33 Other 34 Sumo 35 Barton 36 Backless
37 Helipads 38 Solated 39 Tassar 40 Salient 41 Carpets 42 Bucolics
43 Minging 44 Sprayed 45 Tealeaves 46 Rewinds 47 Declinormal
48 Reeroofs 49 Swaying 50 Howlers 51 Poshest 52 Ruralite

Above, the numerical total of letter groups has been limited to 52. This is partly arbitrary and partly because 52 is the highest number which can be represented by just two letters, specifically ZZ. There is no other reason not to proceed beyond 52 as, indeed, is demonstrated by Rothschild 58.