

SCIENTIFIC FEEDING

DORA C. C. L. ROPER



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AUTHOR

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E-ISBN: 978-625-8727-17-3

This e-book has been published publicly and without any expectation of financial gain.

Editor-in-Chief: Ferit RESULOĞULLARI

Cover and Page Design: Vizetek Publishing

Material Type: Electronic Book (Online / Web Based)

Electronic Publication Format: Adobe Ebook Reader



Seyranbağları Mah. İncesu Cad. 10/2 Çankaya/ANKARA

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Publisher Certificate No: 41575

·DEDICATION·

THESE PAGES ARE DEDICATED TO ALL WHO READ THEM,
WITH THE EARNEST DESIRE TO MAINTAIN HEALTH
AND PREVENT DISEASES WHICH ARE CREATED
BY WRONG AND INTEMPERATE
EATING AND DRINKING



Eat not to dullness;
Drink not to elevation.

—Benjamin Franklin



Man is composed of what he has
assimilated from his spiritual
mental and physical
food



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INTRODUCTORY NOTE TO SECOND EDITION

Before the manuscript for the first edition of "Scientific Feeding" went to the press, it was reviewed by several presidents of Mothers' Clubs and other women organizations; they realized that it would fill a long-felt want in the home and a large number of advance subscriptions were sent in.

After publication the gratifying demand for this work necessitated the preparation of a second edition within a month.

DORA C. C. L. ROPER, D. O.

INTRODUCTION

THIS is a practical and hygienic cook book for all who consider life and health valuable. Intelligent homekeepers, nurses, managers of institutions and factories, all who are interested in furnishing the most nutritious food at the least cost, or wish to distribute such a work, will find this book worth its weight in gold.

After twenty years of persistent study, combined with practical work as nurse and physician in private and in institutions, beginning in Germany, I am able to-day to present this valuable work, and hope that it may be placed in the hands of every home-maker in the country. It is designed for the purpose of modifying the cost of living and of eliminating, to some degree, the hardships and drudgeries of our women. It is excellent for school feeding, and presents the keynote to health and longevity, helping to prevent mental, physical, and moral diseases.

The great facilities for research work in the modern laboratory offer a wide field for the study of preventive medicine and hygiene. The world is beginning to recognize the fact that a large number of diseases are the result of wrong conditions. Improper eating, drinking, sleeping, unsuitable work, excess of amusement, and wrong educational systems are to blame for a large number of germ diseases and chronic ailments.

The body is the temple of the soul, therefore the laws of hygiene (concerning our internal and external body) are divine. Many of the orthodox teachings and divine laws in reference to hygiene, fasting, and feeding are a safe guide for the prevention of disease.

It has been my object to present a practical and sane method of living, free from fads and the teachings of one-sided extremists. All natural foods are wholesome, if properly combined, prepared, proportioned, and selected with care to agree with the temperament, environment, age and climatic conditions. I have devoted a special chapter to economical menus for people of moderate means, and have endeavored to show how it is possible to feed a family of five on a moderate sum, without injury to health. The amount of food and the proportions agree with what is demanded by modern standard dietaries.

A large number of cook books have been written during the last one hundred years to tickle the palate. Much valuable time has been wasted and many innocent victims have paid the price for the sins of gluttony, caused by modern methods of living.

The most learned and advanced thinkers are turning their attention more and more to scientific dietetics. The question of feeding is one of the most important subjects our present generation has to deal with. It is my desire that this book may contribute to this cause, and that it may awaken thousands of mothers and daughters to appreciation of the dignity and importance of their life work.

PREFACE

The human body is a wonderfully complex and mysterious establishment, presided over by life. It is composed of the dust of the earth, organized by creative power.

The elements composing the human body are: Oxygen, hydrogen, carbon, nitrogen, chlorine, sulphur, phosphorus, fluorine, calcium, sodium, magnesium, silicon, iron and potassium.

Our bodies are maintained by food, air, light, activity, rest and sleep.

The union of oxygen with one or more of these elements is called oxidation. If the process of oxidation within our bodies goes on rapidly we feel warm and energetic; if it goes on slowly, the degree of heat and energy is less; in fever there is rapid oxidation; in people who suffer with chronic diseases there is incomplete and slow oxidation.

In order to produce harmony between the elements in the body, it is not only necessary to breathe pure air, and eat wholesome foods, but it is equally important to have those food elements, which are taken into our body, selected in the right quantity, quality and combination. It is further necessary to have them prepared in the mouth by mastication and insalivation. If this is done, the chemical affinity or combining power of the foods is satisfied, and digestion, absorption, sanguification, circulation, oxidation, assimilation, excretion and chlorification will go on perfectly.

In order to keep our bodies in perfect health, we must understand their laws. The structures and functions of the body are intimately connected, and one is dependent upon the other.

Life at the beginning is a tiny cell; as it multiplies into other cells, it forms blood vessels, nerves, muscles, bones, lungs, liver, brain, heart, and stomach, until the body is completed. The growth of the body is from within, before and after birth. The natural food for the infant is mother's milk, the next best is the milk of a wet-nurse, whose child is about the same age as the one to be nursed. Artificial preparations of milk from a cow, goat or donkey is the next best.

The appearance of the teeth indicates that the feeding of solid food can be begun. The kind of food required for the child as well as for the adult differs with different individuals. A normal and healthy mother will be directed by her instincts, reason and judgment to choose the right food for herself as well as for her infant.

An old saying goes, "God created foods, the devil created the cooks." A few thousand years ago, when the art of cooking was in its infancy, physicians and surgeons were not in such demand as to-day. The preparation of foods for the average household in those days consisted mainly of boiled cereals prepared with salt and water, boiled and roasted meats, and baked breads. Such articles, if eaten in proper combination with raw fruits, greens, and nuts, will keep the appetite at the normal state. The principal victims of disease in those days were the kings, the idle rich and the very poor. Since civilization has progressed, and the rights of man are more equalized, the whole race is in danger of degeneration through the invention of fashionable and artificially prepared foods.

In this age of refinement, our teeth, which were made to last as long as our bodies, begin to decay before we are matured. Foods are ingested into our bodies instead of being digested. Public hygienists and technical bacteriologists work hard, trying to prevent such diseases as diphtheria, scarlet fever, tuberculosis, typhoid fever, and many other infectious and epidemic diseases, resulting from unclean food and water, and imperfect sewage systems.

Even with the purest of milk, meat, and water, we can make a filthy garbage can of our intestinal tract by the ingestion of foods which do not harmonize chemically, the result being decomposition. Right here we have all the dangers of modern diseases and pus formation, resulting in appendicitis, phlebitis, ovaritis, cancer, Bright's disease, and all the above mentioned diseases, without having to look further for the garbage can on the back porch or the sewage system in the yard. The waste products from our tables, and the excretions from our bodies would be less

dangerous to health if the selection, combination, and preparation of our food were more natural. The excretions of properly fed animals are not so dangerous to our health; why should ours be?

The hygienic rules as taught by the orthodox Jew in reference to the combination and preparation of foods are wise. He is not allowed to mix milk and meat, meat and fish, and many other articles of food which do not combine well chemically. The Jewish methods of killing animals and the preliminary preparations—such as the watering and salting of meats before cooking—are also more hygienic. They eliminate part of the toxins of the meat, which have been in close contact with the air.

Since life and personal health are generally in charge of woman, the right place for every girl under eighteen or twenty years is at home or in school. No young girl under this age should be allowed to enter a profession, workshop, or business college. An occupation which by long hours of work over-develops a certain set of muscles and nerves before maturity, will produce an abnormal development and an unstable temperament. Co-education at this age is also harmful, the result being premature development, and elopement marriages, or arrested sexual development and extreme independence, or marriage and continual suffering, owing to physical defects and lack of knowledge of the care of the human body, and of domestic science.

Every woman is a born nurse. How valuable would it be, then, to give every young girl, beginning at the age of twelve, a rudimentary course in nursing and in the care of children; in the art of selecting, combining, and preparing foods; and in the art of housekeeping. An industrial high school course with such technical work as is suitable for woman's sensitive brain would develop her brain and body in every direction and make the future woman a healthy mother of healthy offspring. Those muscles and nerve centers which have been well developed during puberty will be the strongest throughout life.

The store, the factory, the office, and the business college are no places for a girl under twenty years of age. If for some reason she has no desire to follow her natural calling in life, there will be plenty of time to prepare herself for other work after the age of twenty.

If a law could be enforced to compel every woman to present a certificate of health and maturity, and a diploma of qualification when applying for a marriage license, much unnecessary misery, disease, and many untimely deaths could be avoided.

The feeding as well as the mental, moral and physical training of children is the natural profession for women. Children have in them all the possibilities for good and evil. Mistakes during this period will affect the child throughout its life. Thousands of infants and young children are killed every year by wrong feeding and environment. A large percentage of brilliant and exceptional children fill the jails and insane asylums. Idleness, stupidity, and criminal tendencies are **diseases**, and **diseases can be avoided by right living**. Children with hereditary weaknesses require double care and attention; but remember the wonderful law of nature works always toward the normal; the good tends to overcome the bad.

If the brain of a child becomes starved by the use of sweet-meats, and clogged by the use of rich condiments and highly seasoned food, or by an excess of starchy foods, there is always great danger, and more so, if the child is exceptionally bright and active. A large amount of arterial blood is sent to the brain, and if this blood contains much waste matter, the eliminating organs will soon be overworked and all kinds of diseases are liable to follow, such as brain fever, softening and subluxation of bones, epilepsy, chorea, meningitis, paralysis, tuberculosis of the lungs, bones, and mesentery.

Many young women who, through wrong food, environment and unsuitable educational systems, have dwarfed their bodies, find motherhood a great burden. They have to pay the penalty for the sin that is committed on them. Their children will not be so strong, and will have less resisting power, and their grandchildren, if there be any, will land in the institutions for the incurable, if the careless feeding and wrong habits are kept up by each succeeding generation. On the other hand, if the progress of degeneration is checked by right living, the work and time invested will be well repaid during one generation.

PART ONE

CHAPTER I.

“THE BLOOD IS THE LIFE.”

Its Structure and Function Depend on the Building Material.

Foods are substances which, when introduced into the system, supply the necessary material for growth, renewal and maintenance of the vital structures. Food is anything that nourishes.

Foods must contain the same elements found in our bodies. The body requires a combination of different food elements in proper proportion to produce a suitable diet. Foods are divided into five classes: water, protein, fats, carbohydrates and mineral matters.

Air and sun are also foods, but are not generally spoken of as nutrient.

WATER.

Our bodies consist of about two-thirds water. It helps to regulate the body processes, and supplies building material. Watery fruits and vegetables contain pure distilled water. The amount of water required for the average individual differs greatly. If water is added to our foods in the cooking process, a lesser amount is required for drinking. Wholesome, non-stimulating food will call for a normal supply of water between meals.

PROTEINS.

These are sometimes called albumen, and they supply the body with nitrogen, sulphur and phosphorus. They are great tissue builders; they also furnish energy and heat, in combination with fats and carbohydrates.

Sources of Proteins:

Legumes, lean meats, nuts, cheese, whites of eggs, fish, and the glutes of the grains. Milk contains proteins in the right proportion with fats and sugars to make it suitable as a food for infants. Oats, wheat, and rye contain more protein than other grains, and if no other protein foods are on hand, these can maintain health for a long time without harm. (For combinations, see introduction of “Poor Man’s Bill of Fare.”)

FATS.

They are obtained from the vegetable and animal kingdoms. They supply heat and energy in the most concentrated form, and are also flesh-builders. In diseased conditions, where economy of nerve force is required, fats in combination with acids, minerals and gelatine can form a substitute for part of the protein foods.

CARBOHYDRATES.

These are found in large percentage in cereals and in fruits which contain stones and seeds, and in underground vegetables, including the lighter starches, such as sago, agar agar, sea moss and gum. Milk can serve as a carbohydrate for special conditions; being evenly proportioned with fats and protein it contains little waste. A certain amount of carbohydrate foods in the form of cereals is necessary in our daily diet, as they are rich in lime and fat—yielding material which is required for ligamentous and other elastic tissue. People who live on fruits, greens and nuts, or on fruits, greens and meats only, require a larger amount of protein food, in order to make up for the loss of cereals.

MINERAL MATTER.

In an organic form, we find mineral matter in large proportions in green leaf vegetables, small fruits and berries, bran, rye, green peas, string beans, tomatoes, yolks of eggs and in all the outer skins of legumes, grains and fruits. The importance of the mineral elements in our foods has been little understood, so far. Of late, health reformers are beginning to realize that many serious diseases, such as tuberculosis, insanity and malnutrition, are the result of mineral starvation. Three-fourths of these valuable minerals are removed from our foods daily by modern milling, bleaching, and polishing of rice, wheat, corn and all the other grains. Not alone the minerals, but necessary volatile oils, acids, and ferments are removed by these processes. Refined white flour and sugar have been on the market for the last hundred years; and much time and health have been wasted with the writing of fashionable cook books, and the manufacture of anemic snow white cakes, crackers, biscuits and soft putrefying puddings and desserts, prepared with skim milk, sugar and eggs. The deficiency of minerals in these products has created an abnormal desire for salts, spices, and chemically pure sugar, followed by an additional craving for intoxicating beverages and liquors. The latter articles cannot enter into the composition of perfect teeth and bone, or gray nervous tissue; therefore, the result is premature death and many new diseases.

It is my desire to present in this book such food combinations as perfect as can be produced from food material with our present methods of milling and preliminary treatment. Many people have become so delicate in structure that they cannot use coarse breads and cereals; therefore, a variety of different cereal foods have been included. Vegetable foods, such as are rich in minerals, have been added to the breakfast foods in place of sugar and beverages. In order to supply the body with the necessary amount of minerals, we must learn, to eat greens for breakfast, until our so-called breakfast foods have improved in quality.

All foods possess potential or latent energy. The sun is the great positive element, and plants store up the sun's energy. It is transferred to us through the eating of plants and animal foods. Through the process of oxidation this energy is set free in our bodies, and appears as heat and muscular power. This energy contained in foods is known as heat or fuel value, and is expressed in terms of a heat unit or calorie. A calorie is the amount of heat necessary to raise one kilogram of water, one degree centigrade. This is spoken of as a large calorie, which is used in determining the energy value of food. The small calorie is $\frac{1}{1000}$ of a large calorie.

The physiological fuel and energy value of the different foods is as follows:

1 gram of Protein	yields 4 Calories
1 gram of Fat	yields 9 Calories
1 gram of Carbohydrates	yields 4 Calories

To determine the energy value of a food or combination of foods it is necessary to know first its composition. Then determine the weight of protein, fat, and carbohydrate in grams and multiply these weights accordingly.

CHAPTER II. STUDY OF FOODS.

The average homekeeper knows little of the nutritive value and chemical composition of the food she buys. The desire to tickle the palate enters more into the selection of food than reason or judgment. Others, who have studied along certain lines without the fundamental training for this work, often make greater mistakes in the selection and combination of foods than if they had not studied the subject at all.

It is not sufficient to know just which foods are suitable to the individual and which are harmful; it is necessary to have a fairly well balanced diet which contains the correct proportions of protein and non-protein elements.

The following pages present briefs on the value and chemical nature of different foods not mentioned in recipes:

VEGETABLE FOODS.

These are divided into several classes. They are: Legumes, cereals, roots, bulbs, tubers, leaf, flower and fruit vegetables. All plants are made up of a mass of cells, each consisting of a membranous wall, enclosing a gelatinous mass, in which lie imbedded the nucleus or center of cell activity and minute grains of starch or other material which the plant has manufactured.

In young plants these cell walls are called cellulose; later wood cells begin to develop. The wood cells grow into fibrous material, called woody fibre. In poorly grown or stale vegetables this woody tissue becomes very hard and thick, and therefore is indigestible. For this reason it is best that all green vegetables are grown quickly and eaten while they are fresh. When fresh they will snap crisply. Peas, green corn and string beans will cook in one-third of the time if used directly after gathering, instead of being kept for several days before using.

THE LEGUMES.

The legumes are rich in vegetable protein, and differ from flesh foods on account of being richer in protein and minerals and less stimulating. They are free from animal intoxication.

DRIED PEAS.

Green peas are richer in minerals than yellow peas, beans or lentils, the protein being in the form of legumin and easier to digest. They are very purifying and should be eaten freely, especially during the cold winter or rainy season. They are a suitable food for the brain-worker as well as for the muscular-worker, and can be prepared in many different ways. Yellow peas are an excellent food for muscular-workers.

DRIED BEANS.

They contain more of the protein than peas, lentils or beef. They are therefore a very rich food and should not be consumed in large quantities. The brown, red, and black beans are richer in iron and minerals, and are therefore more suitable in cold weather. The hulls of all legumes are difficult to digest, therefore it is important to soak legumes before cooking. In countries where the water is hard, it is well to have soft water on hand for the cooking of legumes. If rain water cannot be obtained, boil a kettle of water each day and set aside to cool for cooking purposes. Legumes may be soaked with hot or cold water. Green lima beans should be put to cook in boiling water without soaking, like all green vegetables.

LENTILS.

They are rich in iron and should be used freely in cold weather. Boiled onions are a good addition, in place of fat meat.

GREEN PEAS AND BEANS.

Green peas differ from other green vegetables. They are richer in protein and can serve as a meat substitute during the summer. String-beans resemble the green leaf vegetables in their composition, but do not contain sufficient protein to serve as a meat substitute. They are very purifying to the liver and intestines, and should be eaten freely by people of a bilious temperament.

CABBAGE.

Cabbage is rich in minerals. It can be made very indigestible by careless preparation. Raw cabbage is easily digested if chopped very fine and mixed with grated potato and mayonnaise dressing. Cooked cabbage should be treated with acid and mixed with the yolk of an egg if it disagrees. Some people prefer sprouts to cabbage. They resemble each other very much in composition. Cabbage contains more water and cellulose. It is best to use only the innermost part of cabbage, if it disagrees.

CAULIFLOWER.

This belongs to the cabbage family. It is rich in sulphur and is one of the most easily digested vegetables, if properly prepared. If it disagrees, treat it with acid or serve it for breakfast instead of for dinner.

CELERY.

Celery contains valuable minerals and is soothing to the nervous system. Celery roots are rich in fat and a healing food for people with kidney, liver, and intestinal trouble. The green stalks of celery root should never be thrown away. They can be tied into a bunch and cooked with soups of meat or legumes. Celery is a very valuable food for people with a bilious temperament.

ASPARAGUS.

This is an easily digested vegetable and resembles celery. As a food for medicinal purposes it may be eaten raw or cooked.

CARROTS AND PARSNIPS.

They resemble each other, carrots being richer in sugar; the parsnip contains a little gluten. They may be eaten in the raw state with good effect.

TURNIPS.

Turnips contain some valuable minerals, but being rich in sugar and water, they are liable to ferment in weak stomachs, especially if eaten with lean meats, white breads or other foods, which are poor in fat. They should not be eaten in the middle of the day by people who do active work. If they disagree at night, they may be eaten for breakfast in combination with fat meats or stale bread and butter. Yellow turnips are richer in nutriment than white turnips. Raw turnips are wholesome if

they agree. Never combine turnips with other starchy foods at the same meal, such as potatoes, rice, white flour preparations, apples or cucumbers.

CORN.

Green corn is rich in fat and protein, and can form a perfect meal during the summer if combined with tomatoes. Do not cook the corn if it is agreeable raw. Canned corn should be used with care for people with intestinal weaknesses. If used for soups it should be strained and diluted with an equal amount of hot water before thickening.

TOMATO.

The tomato stimulates peristalsis and is a wonderful tonic for the liver. It is one of the most perfect fruits, rich in oxalic acid and iron, and unsurpassed as a medicinal food. It contains a vegetable calomel and serves as a purifier for the liver in bilious conditions. It can be prepared and combined in many different ways. It may be one of the first articles given to a patient after an operation, serving as a food and tonic; it counteracts the sweetish taste of the chloroform and prevents fatty degeneration of the liver.

Whether a food is eaten raw or cooked it is important that it be ripe. (Not ripened on the market.) For people with weak digestive organs, the best way to serve tomatoes is in the form of sterilized strained juice over toast in combination with milk or in the form of soup from canned strained tomatoes. The theory that tomatoes are liable to produce cancer is entirely unfounded. Any kind of food if eaten in excess and wrongly combined will aid in the progress of disease, but all natural foods rightly combined are wholesome if eaten according to needs of the individual.

Tomatoes combine well with fatty foods,—eggs, cheese, meats and fish.

LETTUCE.

This is the most desirable greens on our tables and combines well with almost any kind of food. Being rich in minerals and alkaloidal extracts, it tends to render the digestive fluids alkaline and promotes oxidation and nutrition. If lettuce is eaten in proper proportion with other foods at the morning or noon meal, it has a sedative effect and keeps an excitable constitution better balanced throughout the day. People with delicate stomachs should not eat lettuce at the evening meal. All raw salads prepared from greens and super-acid fruits are best eaten at the beginning of the meal, or with the meat dish at the morning or noon meal.

CUCUMBERS.

They are a valuable food and should be eaten almost daily by growing children and anemic people, especially if much muscular work is required. The cucumber is considered an indigestible article of food by people with perverted appetites. The way in which the cucumber is usually prepared in the average household renders it unfit to eat. The extraction of the natural juice and the treatment with salt make the cucumber tough and indigestible, and, if eaten in combination with half a dozen other articles, it produces indigestion. Cucumbers should never be eaten at night.

NUTS.

Nuts are high in nutritive value, and are better evenly combined with non-protein elements than flesh foods are. They are rich in fat and minerals, and form an ideal diet in combination with raw fruits and greens. They are not sufficiently appreciated as a food, and receive much unjust criticism as to their digestibility. All nuts are wholesome. The right combination and proportion, and the time

of day when eaten, are of great importance. The kind of activity as well as individual peculiarities have much to do with likes and dislikes or requirements of certain foods.

ALMONDS AND BRAZIL NUTS.

These nuts feed the higher nerve centers and generate a high quality of intelligence.

WALNUTS, PINE KERNELS AND CHESTNUTS.

These are excellent for those who wish to put on flesh. Care must be taken not to overtax the liver. People who have been accustomed to a large amount of bread or other starchy foods should begin with a small amount, and substitute them for bread. If they disagree, use lemon, cranberries, oranges or fruit salads with them. Walnuts supply the larger nerve structures. They are well balanced in all the elements and are excellent for people doing hard, muscular work. Sweet dried fruits also form a good combination with nuts. Chestnuts resemble cereals on account of being rich in starch. They contain less protein, fat and minerals than other nuts, and therefore combine well with such foods as supply these elements. Baked and boiled chestnuts are generally more agreeable than raw ones. Pine nuts are rich in both protein and fat.

COCOANUTS.

They are rich in starch and fat and resemble the cereals closely.

HAZELNUTS.

They are a valuable food, but require thorough mastication.

THE PEANUT.

The peanut is a very nutritious nut, but rather difficult of digestion for some people. It resembles beans and peas, and is sometimes classed as a legume. Excess of nuts at one meal, or nuts which have been poorly masticated, may cause severe disturbances of the liver and stomach. If the teeth are poor, the nuts may be ground, but even then great care must be exercised to insure their proper insalivation. Cooked nut foods and all vegetarian dishes to which strained legumes, nut-butter, eggs and other rich foods are added, should not be indulged in by people with weak stomachs.

NUT-BUTTER.

Great care should be exercised in the preparation of foods with nut-butter. Never spread it on bread without first diluting it with an equal amount of water. Do not keep it on the shelf like ordinary butter after it has been mixed with water; prepare only sufficient to last for twenty-four hours, and keep it on ice.

FRUITS.

There are three classes of fruit: acid, sub-acid, and sweet fruits.

Fresh raw fruits, if eaten in the right proportion with other articles, are wholesome. The habit of eating a large amount of acid fruits at the beginning of the morning meal is not necessary. If a heavy meal is eaten in the evening, remaining half digested in the stomach over night and

putrefying, then acid fruits will cleanse the stomach in the morning. The better way is to go to bed with an empty stomach and there will be no need of cleansing in the morning. People of a highly nervous temperament should not eat the very sweet fruits at the morning or noon meal, as at this time they are too stimulating.

Hot house fruits out of season are health destroying. Certain fruits, such as apples, plums, tomatoes, apricots, grapes, figs, bananas and cranberries, will keep for a long time in the natural state, if properly preserved. Some of them can be dried and used in the winter. Fresh fancy summer fruits are not required during the winter by healthy individuals, neither are canned fruits, jams or jellies.

The canning of fruits during hot summer days is a health destroying occupation and a waste of time and money. Fresh fruits prepared with a large amount of water and sugar are little better than beer, wine and whiskey. If such fruits are eaten with yeast bread, potatoes and a variety of other foodstuffs, they set up fermentation and burden the eliminating organs. A few jars of sterilized fruit juice should be prepared and kept on hand for medicinal purposes only.

Fruits are an important article of diet, but few people know how to use them wisely. A large percentage of deaths in young children is due directly to the wrong use of fruits. Many forms of infantile paralysis, intestinal disease and malnutrition in general are due to the lack of knowledge of the scientific combination of fruits with other articles of food, so as to furnish a wholesome meal.

Many teachers of Domestic Science and writers in monthly magazines seem to have forgotten, entirely of what an ordinary mixed diet should consist. Their bills-of-fare are becoming more complex all the time. We find combinations, such as banana fritters, custard, meat, potatoes, nuts, milk, biscuits, dates, several kinds of vegetables, puddings, cheese, coffee, cake and ice cream, suggested for **one meal** (sometimes less, other times more than this). Any intelligent, thinking person must realize that such a mixture, besides being a great waste, will turn the stomach of the strongest individual into a yeast pot. Those with strong eliminating organs, who take plenty of outdoor exercise and recreation of some kind, may be able to throw off the excess of poison for a long period, while others endowed with less vigor will suffer from the effects within a short time.

People who live on cooked foods consisting mainly of meat, bread, sugar, soups, puddings, cooked cereals, milk, etc., should realize that they have already filled their systems with foods which contain a large amount of water, and therefore will overburden their intestines and kidneys by adding a liberal amount of fruits to such a dietary. There is always great danger of fermentation and putrefaction, especially if constipation sets in, and here we have all the dangers of modern diseases, which begin with mal-nutrition, be it from under-or over-feeding. Only the most perfect specimens of men and women are safe from danger. Why? Because their instincts lead them to choose the right articles in the right combination, and at the table they know "when to stop," while an individual with weak sensory nerves does not feel the effects of satisfaction from the food until dullness, pain or discomfort appear. It is from this latter class mostly, that we have our health reformers, while the former class with their perfect battery, which can turn the poorest food materials into first grade tissue, look on us as diet cranks and faddists.

The man who ate three square meals all his life, indulged in tea, coffee, liquor and tobacco, was never sick and lived to be 100 years old, probably could have lengthened his years to 300, had he not been so dangerously strong.

The menus suggested in this book are made up carefully and scientifically, so that each individual can easily find a diet suited to his temperament, environment, age and occupation. Nuts contain a high percentage of protein, and therefore form an ideal dietary in combination with fruits. Meats, eggs, cheese, cream and fish are the next best articles suitable to combine with fruits; raw greens are an excellent addition, but breads, puddings, sugars, beverages, mushes and cooked vegetables are better left out at a meal if an abundance of fruits are taken, especially at dinner, or the amount of watery foods taken into the body during twenty-four hours will not be in the proper proportion to the solids. Dry legumes are very rich in protein, but being dissolved with water during the cooking process are less suited to combine with raw fruits, especially for those suffering with

flatulence or kidney disorders. Apples, tomatoes and vegetables combine best with legumes. Apples and tomatoes, being of the most perfect type of foods, combine well with all classes of protein foods, including cereals. They should be staple articles in every household. As to other fruit combinations, study recipes and menus, and keep in mind that no matter how valuable an article may be, excess is a poison.

Those who live mainly upon dry foods, such as uncooked cereals and nuts, can safely make their morning and evening meal of fruits alone, while others who live like the average, if they attempt to make a meal of fruits alone, and continue to do active work, will soon fail in health.

BERRIES.

All berries are rich in minerals and feed the brain cells. They contain traces of protein. Blackberries and huckleberries are rich in volatile oils and iron, and are of great medicinal value. They are excellent for the evening meal in the form of gruels and drinks.

People with digestive troubles should be careful in combining raw blackberries with other foods. They are rich in protein and may take the place of part of the meat dish on hot summer days. They should never be used as a dessert after a heavy meal.

STRAWBERRIES.

Strawberries are the first fruit to make their appearance in the spring. They are rich in iron and valuable acids. As they are in season for a long time they should not be eaten to excess, never more than once per day. From three to eight ounces, according to age, is sufficient for one meal. If perfectly fresh, they combine well with fresh cream or milk. Yeast bread, red meats or legumes should not be eaten at the same meal with strawberries. Berries which have undergone slight decomposition should be placed in a mason fruit jar with a little water and be sterilized. This juice will keep for several days in a cold place and can be used for the flavoring of milk, or for softening zwieback which is to be served with cream or milk. If the juice has undergone fermentation reboil it before using. It may be used for fruit puddings or fruit gruels or be mixed with other fruit juices. In this way everything is utilized and nothing wasted.

CHERRIES.

The cherry season is short. Therefore, they should be eaten almost daily. All varieties are wholesome. If desired, several kinds may be mixed at one meal. They combine well with egg foods, whole wheat, cornmeal and fish. They may be eaten at the beginning or at the end of a meal or by themselves. People with weak stomachs should not eat them at night.

BLACKBERRIES.

They are a valuable and nutritious fruit and can form a perfect meal in combination with light cereal foods. They have little preservative properties and therefore should be eaten only when perfectly fresh. For young children or people with intestinal weakness, only the juice should be used in the form of wine or gruels.

RASPBERRIES.

They are a light and delicious fruit. They combine well with milk, egg foods, or nuts, and can be served morning, noon or night.

PEACHES, PEARS AND APRICOTS.

They are all three rich in sugar and cellulose, and can form a substitute for part of the cereal foods during hot summer days. (See recipes for Salads.)

THE PINEAPPLE.

The pineapple contains bromaline and is of medicinal value in the treatment of certain stomach disorders. It is not a necessary article for the table of people of moderate means.

BANANAS.

They are a very nutritious fruit and can partially replace the cereals. If combined with green leaves, and lemon, they can form a perfect meal. The bitter substance which is contained in the inner skin of the banana should be scraped off with a knife and added to the bulk, as it counteracts the sweet flavor of the banana and adds to its digestibility. Baked bananas are not necessary for a healthy stomach.

APPLES.

They are among the most perfect of fruits. People who have difficulty in digesting a sufficient amount of cereals should eat apples almost daily. If raw apples disagree, they can be made agreeable by combining them with fat meats or oil in the form of a salad. Baked apples and apple sauce are also good, provided they are not spoiled with too much sugar. Some apples are fibrous and muscle-feeding; others are richer in phosphates and valuable minerals. For salads use tart apples.

GRAPES.

Grapes are a valuable fruit for the table if eaten in the right proportion with other foods which contain fat and protein. They are rich in sugar and tartaric acid. As a medicinal fruit they may be eaten in large quantities by themselves.

NECTARINES.

Like the pineapple, they belong to the luxurious fruits and are adapted for people with a large purse. They are rich in sugar and starch, with a small amount of cellulose.

ORANGES, GRAPEFRUIT, LEMONS AND LIMES.

They all belong to the citric acid group, and are of all the fruits, the richest in valuable acids, which in the process of digestion are converted into salts, rendering the blood more alkaline. The latter three should be used in greater quantities in countries near the coast or in low and damp districts, especially during the rainy season. The outer skin is rich in volatile oils and is useful in the preparation of fruit-and-milk soups. The white rind is useful as a medicine, for patients who suffer from malaria. A small amount of it chewed while sipping a glass of fresh milk will greatly add to the digestibility of the milk and serve as a germicide to the liver. The juice of one-quarter of a lemon may be taken in connection with the skin of one-half a lemon, in combination with a glass of milk. During fever, the skin should be carefully expectorated.

FRUIT JELLIES.

If prepared from fruit juice and cane sugar only, they are powerful stimulants and have little food

value, for the reason that they arouse the nerve cells to extreme activity and rapid oxidation. They furnish no food for the nerve cells, and the nutritious elements in the other food materials taken in combination with these jellies pass out of the body without being assimilated, or produce congestion and inflammatory conditions. Even natural stimulants, in the form of raw fruits, can become harmful if taken, in excess, or in the wrong combinations, unsuitable to the individual requirements. If the glycogen-making function of the liver becomes overburdened, the result will be diabetes, neuralgia or starch-poison.

COMPOTES OR STEWED FRUITS.

They are more wholesome and economical than jams and jellies, which are prepared with large amounts of sugar.

They are best served with the meat dish or with some substantial pudding. If served with sponge cake at the end of a meal, the digestive juice becomes acid, and produces fermentation and malnutrition.

PLUMS.

Green, red and blue plums are all valuable fruits. The blue plum is rich in iron, minerals, and sugar, and is, next to apples and tomatoes, one of the most perfect fruits. It has great preserving qualities and if picked on a dry, sunny day and placed carefully in straw in a dry, cold place, will keep until Christmas. For combination, see menus and salads.

People who have distress from eating raw plums should let them alone or eat them in the dried state only.

FIGS AND DATES.

They have an average of thirty per cent water, are rich in sugar and contain some protein and saline matter. They are an excellent food for people who are fond of sweets. They are more wholesome than canned summer fruits. However, they should not be indulged in during hot summer days, or in the spring time when the brain needs relaxation.

THE WATERMELON.

This is the largest of the melon fruits, containing sugar, salts, cellulose and distilled water. It is an excellent food during hot weather. People who suffer from chronic kidney disorders should only indulge in it in small quantities at a time, and never combine it with mushy or other starchy foods. A few drops of lemon is a good addition, in place of free salt.

MUSKMELON.

This fruit is also rich in sugar and cellulose. What has been said of watermelon in reference to combination also applies to this fruit.

CRANBERRIES.

Cranberries, like gooseberries, currants and lemons, are purifying to the blood and very valuable as a food in malarial districts. Cranberries combine well with oatmeal, cornmeal, pork, chicken, turkey and veal. Use no more sugar for the preparation than is absolutely necessary to counteract the tart taste. Cranberry jelly prepared with pure sugar is unwholesome. Raw cranberries and raw celery are a good combination for salad.

CEREALS.

Cereals are the most perfect products of the vegetable kingdom, and make fairly well balanced foods. They are deficient in fat, with the exception of corn and oats. In the processes of milling and cooking, cereals have been more abused than any other foods, by depriving them of their valuable minerals, and by compounding them into soft putrefying puddings or rich cakes. Concentrated or predigested cereals, as advertised under the name of breakfast foods, cannot take the place of ordinary rolled, whole, or steel cut cereals; they have lost valuable salts and lime during the process of baking and they also deprive the walls of the stomach of the normal stimulus, which is necessary for thorough utilization.

Well boiled cereal foods in the form of dumplings, macaroni, noodles or whole cereals are stimulating and heating to the whole alimentary tract, they take longer to digest, and are more thoroughly utilized by the system. Predigested cereals and zwieback are more suitable for the evening meal, or at the end of the noon meal, when the body has expended energy. Shredded wheat and zwieback may be used with benefit for breakfast, if a sufficient amount of raw fruits or greens is eaten with them, but if they are used in combination with other predigested foods, such as milk or sugar, it gives the intestine nothing to do. For the evening meal, toasted breads and cereals combine well with such foods as supply the lack of lime, fats and minerals: cream, fruit-gruels, yolks of eggs, gelatine, sago, milk and green foods.

WHEAT.

Wheat can be used the year around. In cooking cereals it is very important to start with the right quantity of water, and allow each starch granule to burst by fast boiling during the first twenty or thirty minutes. After this, let it cook slowly for twenty or thirty minutes longer, or until it is done. It is not necessary to cook cereals for several hours in order to make them fit for the human stomach. If well boiled cereals disagree, they are generally poorly prepared and allowed to get pasty before the starch granules have burst, or else they are combined with raw sugar and cream, which produces fermentation.

RYE.

Rye is richer in minerals and contains less starch than wheat. It is not superior to wheat, but it is one of the oldest and most perfect foods, and is the staff of life to some of the healthiest and strongest races of the old world. It is laxative, and because of this it is more suitable for certain individuals than for others. Rye is a good winter food; during the summer we have many valuable berries which supply the system with certain minerals, therefore we require less of rye bread, or rye preparations, during this time of the year.

Rye combines well with all starchy fruits and vegetables, which are deficient in minerals, such as potatoes, pumpkins, squash, melons, turnips, carrots, beets, bananas, cucumbers, rice and corn. It also combines well with sweet fruits. Apples, pork, veal, lamb, cheese, eggs, cream, milk, bacon and oily foods are all good additions to rye. Boiled rye and starchy foods are unsuitable combinations.

Whole rye or wheat bread should never be eaten fresh. It should be kept in a bread box, with good ventilation, in a dry place, or near the stove. Sun dried bread is the best.

OATS.

Oats are rich in fat and lime, and like wheat and rye belong to the most perfect foods. A fireless cooker is a convenient apparatus for the preparation of oats and wheat. They should be thoroughly

cooked for at least half an hour before setting them into the fireless cooker.

RICE.

Rice, although low in protein and fat, is one of the most easily digested of all cereals, and is especially suitable for brain workers and people of sedentary habits. This book contains a large number of different recipes for the preparation of rice.

SAGO AND TAPIOCA.

They are manufactured from certain palms and roots, and belong to the lighter forms of cereals. They are easily digested if soaked for several hours before cooking, and can be partially substituted for the heavier cereals. Cornstarch, arrowroot, potato-flour and agar agar belong to the same class. They are all valuable for the sick and for young children.

BARLEY.

Barley is also rich in lime; it should take a more prominent place among food substances than it does. Pearl barley should be soaked with soft water before cooking. If it is to be strained, mash it up thoroughly with a potato masher, and pour more boiling water over it after the first liquid is strained off.

ANIMAL FOODS.

EGGS.

Eggs contain all the elements necessary for the building up of a young animal; they also contain all the elements which can be found in the human body. The eggs of hens are used most commonly. The chemical combination of the whole egg and that of the brain and nervous system have much in common. The white of the egg contains about eighty per cent water, twelve of albumen, a small amount of fat and some salts. For medicinal purposes, eggs should be fresh, directly from the nest. Eggs are deficient in minerals and should be combined with foods which are rich in minerals.

CHEESE.

Cheese is one of the most economical and nutritious of foods, and a true meat substitute. To serve cheese after a dinner is a wasteful extravagance, and dangerous to health. Cheese combines well with bread, macaroni, potato and other cereals; raw greens are also a good addition. Cooking or baking cheese makes it indigestible. Grated or sliced is the best way to serve it. People who have difficulty in digesting cheese should always combine it with raw apples, onions, or tomatoes and lettuce, in the form of a salad. If it still disagrees, leave out the cereals entirely at the meal, or use black bread with it. A combination of cheese, eggs and milk in the form of a Welsh rarebit makes a heavy and indigestible meal, and should only be indulged in by people who are very strong, and exercise a great deal out of doors.

MEAT.

People who live almost entirely on cooked foodstuffs and white flour bread, find meat a necessary article of food, and consume it in larger quantities than would be necessary, if whole wheat bread and raw fruits and greens were used. Under the present systems of forced and

improper feeding of animals, and the preservation of meats by cold storage, flesh foods are becoming more dangerous. There is no need for such an excess in the production of meat, except to satisfy our habits. If human beings and animals are fed by force, they are not healthy. Flesh, eggs and milk from animals which are fed by force, are unwholesome and inferior in quality.

Under certain conditions and in cold climates, meat is a necessity, therefore the feeding of animals should be under the observation of health officers. We need quality more than quantity.

Pork, although condemned by many people as unfit for food, is a wholesome article, if the animal is fed upon dry, substantial food. Pork requires a longer time to digest than other meat, and therefore it should not be eaten at the evening meal. Pork was considered as an unclean food by the ancient Jews; perhaps the reason for this was that the Jew's system did not require pork, because of his constitution and the climatic conditions. Fat pork is a specific food for the kidneys; it is less stimulating and easier to oxidize than any other meat.

Beef is perhaps the most economical meat for family use. A good quality of meat should contain both fat and lean. All meats should be well soaked and washed before cooking. Cold meats are sometimes more agreeable than hot meats.

Veal, lamb, chicken and game are all wholesome meats if eaten in moderation and at the right time of the year. Fresh meats should not be served oftener than once per day, or better still, three times per week. The internal organs and glands, such as the lungs, liver, kidneys, tongue and stomach, are very nutritious. Sausages, if prepared from fresh, clean meat, and not highly seasoned, are cheaper and more nourishing than canned meats, and often preferable to fresh meat, which has hung a long time in a meat shop. The internal organs contain much lime and organic salts, as they feed the glands of the body; they should be well soaked before cooking, in order to drain the thick and impure blood out of them.

Beefsteak, chops and roasts should be slightly salted before they are cooked. Free salt sprinkled on meat, or other dry foods, before serving, is injurious to the lining of the stomach and blood vessels; lemon can be used instead. Many people have an abnormal craving for salt. This is a symptom of anemia; the system lacks minerals. The only way to supply the necessary elements is by taking salt in the organized state in raw greens and fruits. Free salt can satisfy such craving temporarily, but it creates an abnormal thirst. Raw apples, tomatoes and all other acid fruits, in combination with greens, are the best additions to meats.

FISH.

Fish is a valuable article of food. It is less stimulating than lean meat, and easier to digest and oxidize; for this reason it can be recommended for brain workers. It contains a large amount of phosphorus and nitrogen, and if properly combined with foods which are rich in minerals, such as apples, tomatoes, lemons and greens, fish is quickly utilized. Fish and whole rye bread is also an excellent combination. Fish being soft, it is necessary that it be thoroughly masticated. Fish can become very dangerous as a food when not fresh.

MILK.

Milk is found indispensable in some cases of sickness, especially in fevers. The greatest care should be exercised in getting clean, fresh and perfect milk, and in keeping it in a cold, clean atmosphere after delivery. Milk may be given as a food, raw, boiled, sterilized, pasteurized, or peptonized, and can be modified with water or other foods in many different ways. The best and most suitable method of preparing it for the patient must be left to the attending physician.

The color of perfect milk is yellowish white, **not blue white**. Its odor is pleasant. A drop of milk poured into a glass of fresh water will go to the bottom if it is good milk. In order to ascertain if the milk is alkaline, neutral or acid, put a small piece of red litmus paper into it, and if it turns strongly blue the milk is alkaline. If a blue litmus paper turns strongly red, the milk is acid. Perfect milk

should be neutral or slightly alkaline. After the milk has stood for several hours it gradually becomes more acid.

Milk which is acid in reaction, or blue in color, is unfit as a food for children and invalids. If a mother is uncertain as to the quality of the milk she is feeding her child, she should have it examined by the city chemist.

Milk, even if handled very carefully, contains many germs. Therefore, on hot days it is better to sterilize the milk for an infant, even if the child is in perfect health, or able to take raw milk. If the milk can be obtained directly from the cow two or three times per day, it may be given raw on those occasions. If it has stood a little while, it may be heated quickly to 155 degrees F. over a hot fire, while stirring it.

CERTIFIED MILK.

This is a high grade of sanitary milk which comes from special dairies, where great care is taken to keep everything in perfect sanitary condition. The cows are kept in perfect health and are fed upon food which produces milk perfect in composition. There are, however, milkmen who have principle enough to supply their customers with milk of good character and perhaps of as high a grade as that from inspected dairies.

I have, in my practice, often come in contact with people who were informed by their milkmen that certified milk required no boiling or sterilization. Some people are impressed with the idea that certified milk has already undergone some sort of preparation. The fact that in these days milk laboratories can be found in many large cities, may easily bring confusion of mind as to "what the milk is certified for," especially to those who are not acquainted with the preparation of milk and do not know the difference between raw and sterilized milk, if they buy it. Such instructions should be given by better authorities than those who deliver milk, or the label should state "what the milk is certified for." Certified, or any other raw milk, which is over eight hours old, is not a fit food for infants.

BOILED MILK AND CREAM FOR TABLE USE.

Put the desired amount of milk or cream, or mixed milk and cream, into a clean saucepan, stir over a hot fire until it reaches the boiling point or to about 200°F. Then pour into a pitcher and set in a pan of cold water; stir until the milk is cold. Set on ice or in a cold place for 24 hours. Milk prepared in this way is the only wholesome kind to use in addition to boiled cereals and fruit puddings. It is also often preferable to raw cream and milk, in combination with raw fruits. If the milk is to be used on cereals for the morning meal, it can be reheated or used directly after boiling. If hot milk is added to cereals, the sugar will not be missed.

If boiled milk or cream has stood for 24 hours it has become unfit for further use unless it is reboiled. If putrefaction has set in, boiled milk can become more dangerous as a food than raw milk which has stood for the same length of time; therefore careful handling of boiled milk as well as other boiled foods is of the utmost importance. (See Chapter on Hygiene and Economy, under Left-Overs.)

In many foreign countries it is a general custom in every household to boil milk directly after delivery, for the infant as well as for table use. To do differently means uncleanliness. Modern invention of coolers and ice-boxes in every house, and delivery of milk in bottles, has gradually done away with this custom. Many of our present generation of house-wives are so little acquainted with practical housekeeping that they consider food fit for use as long as it has not soured, notwithstanding the many changes it has undergone on the pantry shelf. Raw cream is fit for use only directly after it has left the separator. Raw milk should not be considered fresh and wholesome for table use longer than eight or ten hours after milking, and then only with the most careful handling. Following this precaution, morning milk, which is delivered during the day, should

not be used raw later than five or six o'clock in the evening. Remember that all milk begins to turn acid as soon as it comes in contact with the air. The longer it stands the more acid it will be, besides being laden with germs. The process of cooking or scalding raw milk checks the fermenting processes and renders the food more alkaline, especially if it is to be taken with cereals or fruit puddings and gelatines.

Cooked milk is not a natural food, but neither are cooked cereals. Raw milk is quickly digested, while boiled milk takes several hours to digest, and so do boiled cereals. A combination of raw milk, or cream, and cooked cereals will force the stomach to absorb the milk immediately, while the remainder, poorly masticated and filled with germs, will tend to produce an acid process rather than an alkaline. If sugar is added to raw milk and cereals, the process of intestinal fermentation is complete. If the glandular system and the eliminating organs are strong, they will work harder in order to rid the system of this excess of acid; but if the constitution is not able to stand the strain of wasteful nervous expenditure, discomfort and disease will be the result! Enlarged tonsils are often the first sign of danger. We cannot invent customs of feeding that interfere with natural laws without paying the penalty.

MISCELLANEOUS FOODS.

FATS.

Fats are derived from the animal and vegetable kingdom; they are rich in carbon and hydrogen, but poor in oxygen. Emulsified fats are present in cream, nuts and the yolks of eggs. Oleins are mainly found in oils obtained from fruits, nuts and vegetables. Butter contains mainly palmitin. Suet, from beef and mutton, consists of stearin and palmitin. Lecithin is found in yolks of eggs and in some nuts; it is a highly complex compound, and a food for the brain and nerve substance. Suet and mutton fat contain much stearin, and are harder to digest by some people than other fats. However, the digestibility of a food depends much upon the individual requirements, and a little self study will soon convince each what forms of fat are best suited to his needs. As a rule, people of large bone structures require a greater amount of fat in their food than those not so constructed.

Fats are changed into fatty acids and glycerine by the secretion of the bile and pancreatic juice, and in combination with the intestinal juices form soluble soaps. In acute diseases fats should be taken only in the form of butter, milk, or cream, in limited quantities. Fatty foods are beneficial for children suffering with scrofula or rickets, and in all chronic, wasting diseases.

People who do much indoor work, or those who are not able to digest a sufficient amount of protein or cereals, require more fats. The latter can be made easily digestible if rightly combined and prepared in the form of soups, warm sauces, boiled custards and mayonnaise dressing. In this way the fat globules are equally divided in the food and can be better emulsified than if eaten in the solid form, or in combination with white bread or other unsuitable articles. Cream, and the lighter nuts, combine well with sweet foods, while oils, yolks of eggs, meat fats, and solid fats, combine well with foods which are rich in minerals and oxygen.

People who are unable to furnish their table with expensive fats, such as butter, olives, cream, olive oil, bacon, eggs, eel and other delicacies, should use the cheaper forms of fats, as corn, oats, herring, walnuts, cream-cheese, cottonseed oil, bran, leaf lard, vegetable butter, middle rib of beef, blood and liver sausages. Meat products, prepared from the internal organs of the animal, are rich in lime and fat, and, if prepared from fresh meats of healthy animals, they are often preferable to canned and cold storage products, or to meat which hangs in a meat-shop for a week. However, every one who buys these articles should investigate the source and manner of preparation for himself.

SUGAR.

Artificial sugar is not a necessary article of food for the healthy individual who is able to supply his body with fresh and dried fruits the year round.

True candies are: figs, dates, raisins and other tropical fruits. The delicious summer fruits are better eaten without sugar. Undoubtedly nature did not mean for us to indulge in sweets during hot days, or she would have provided us more plentifully with them. All the spring fruits are tart: people who wish to improve the taste of berries add sugar to them at the expense of health. Our forefathers, who did not enjoy such luxuries, had better health than our present generation. The sugar-cane in its natural state is a valuable food. It contains gluten and minerals, such as are found in other vegetables, and if eaten in this form it is more wholesome than refined sugar. The gluten and minerals are destroyed by chemical processes which are necessary to produce sugar from the cane and beet. Pure, crystalized sugar cannot sustain life, unless it is eaten in the proper proportion, with foods which contain gluten, minerals and fats.

Sugar which contains minerals cannot crystalize; it remains syrup, therefore the latter is more wholesome than sugar. In order to produce beets, which are richer in sugar and poorer in salts, certain methods of manuring are employed. The profit gained by this method is a financial one. The consumer is the loser.

If artificial sugar is united with cocoa or other bitter, sour, nutritious substances it will serve as a food; therefore, sugar in the form of a prepared food such as chocolate, gelatine and gruels is wholesome for those who require cooked foods. If the sugar industry were diminished, the canning and stewing of fruits would also be diminished, and we would have fewer tea and coffee drunkards. All this gluttony in stimulating beverages and sweet fruit sauces was not indulged in by the masses a hundred years ago, therefore the constitution of the average individual at that time was much stronger.

Many parents are impressed with the idea that their children require a large amount of sweets, in order to make them grow. We cannot force nature without paying the penalty. At maturity, we reap what has been sown for us, or what we have sown for ourselves.

SPICES.

Spices are a species of aromatic vegetables and fruits used for the seasoning and preservation of foods. Their flavor is pleasant and stimulating to the mucous membrane of the mouth.

The odoriferous substances yielded from these plants are: the volatile oils and ethers of peppermint, roses, orange flower, lavender, camphor, lemon, bitter almond, wintergreen, cinnamon, cloves and a number of others. They are used for perfumes, medicines, confections, and in the art of cookery. Many of the spices used for food are dried, as bay leaves, thyme, marjoram, vanilla beans, dried skins of lemons and oranges. Ground spices or liquid extracts should be used sparingly. Many of them are adulterated. Free salt and ground spices create an abnormal desire for water and food, and they injure the mucous membrane lining of the blood vessels and glandular structures, and obstruct the capillaries.

People who cannot relish their food without these artificial appetizers should fast a while, or replace them by natural stimulants, as tomatoes, apples, lemons and greens. Few people realize the harm that is done by the number of salt, sugar and pepper holders that are placed on the table at every meal, to say nothing of the dozens of boxes of ground spices that fill the kitchen shelf. A pinch of pepper on gravies, milk soups, or other nutritious dishes, if mixed thoroughly with the food, assists in the coagulation of soft nitrogenous foods and prevents putrefaction, but excess of it, or if sprinkled on dry food, is very harmful.

The best way to use spices is to buy them whole, in the fresh or dried state, and chop, grate, or grind them when needed. Vanilla beans, bitter almonds, bay leaves, cinnamon bark and many others may be used whole and removed before serving.

Children's food should never be covered with pepper or other stimulating spices. Under our

present system of living salt has become a necessary adjunct to our food. Legumes, cereals or any other foods which require a large amount of water for cooking need an additional amount of salt. It should be added before the food is removed from the fire, so that the salt will be properly dissolved and combined with the food. Moderate amounts of preserved, salted meats and fish are valuable as antiseptics, if combined with soft, cooked, nutritious foods in the form of soups and gravies, or with milk foods, eggs, cereals or legumes. Salt used in this way will not hurt the lining of the alimentary tract and other tissues, as free salt does when it is sprinkled on lettuce, meat, potatoes or other dry food. Never use salted, smoked or preserved meats or fish in excess. If possible, investigate the source and manner of preparation of preserved foods.

DESSERTS.

Desserts have only been mentioned in the form of steamed puddings, gelatines, oranges, grapes or bread and butter in combination with black unsweetened coffee. Artificially prepared desserts in the form of attractive, soft puddings and other rich mixtures flatter the palate and renew the appetite. The true enjoyment of eating is in the satisfaction of hunger. The craving for desserts indicates a desire to stimulate certain nerves, which force the contents of the stomach into the intestine and destroy the digestive processes or produce decomposition, hasten absorption, and exhilarate the brain with the toxins hereby produced.

Those who desire to correct the habits of intoxication in themselves or in others should consider whether the abnormal craving is for merely physical pleasure or for the satisfaction of starved and overworked brains and bodies, and the change should be brought about accordingly. To drop a long acquired habit at once may prove harmless to one person and very fatal to another.

The worn-out digestive organs need to be toned up and developed gradually, either by stimulating fruits or fruit juices or by tonics in the form of bran-tea and malt-coffee.

People who have vigorous appetites and strong digestive organs may eat a few nuts at the end of the meal until the appetite has been restored to normal. For those who like sweets, a large number of recipes have been given for fruit salads and light cooked dishes. Many can be served as whole meals for the evening, or in combination with milk broths or soups.

MUFFINS AND PANCAKES.

Many people who find pancakes indigestible will do well to observe the time when they are most agreeable. If they are made with eggs, cream, and water, or with rich milk, and properly prepared and combined with suitable articles, they are generally agreeable to the most sensitive stomach.

People of sedentary habits, or those who do brain work mainly, should not eat pancakes or muffins for breakfast.

All ingredients, as well as the vessel, should be cold. The batter should also be made in a cold place or out of doors. The oven, the baking pans and the oil in which the cakes are baked, should be as hot as possible.

BREAD.

Bread made from white flour and yeast is the staff of death. Few people realize that if they wish to use white bread as a food the proper amount of minerals, fats and nitrogen must be added, in order to make it a perfect food. Yeast bread, if eaten with jams and jellies in large quantities between meals, is health destroying and dwarfs the body. It is also unwise to eat white bread in combination with other starches, as rice, potatoes and soft puddings. The average individual who takes plenty of out-door exercise may get along well for years on such mixtures and suffer no inconvenience, but people with poor eliminating organs or chronic ailments, or those who do much indoor work, do well to use yeast bread in moderation, especially if prepared from white flour.

Baked and boiled cereals are more nutritious than bread. In the fermenting process which takes place in rising bread, valuable substances such as lime and salts are lost. It is rendered more acid, and therefore unfit as a food for people with weak stomachs. If yeast bread is combined with foods which render the fluids of the stomach alkaline, it is less harmful.

SOUPS.

Many American housekeepers do not know how to prepare soups and do not like them. The fact that people of many nations in the old world, with smaller incomes than the average American working man, use soups daily, once or twice, and are far superior in physical strength and endurance to the latter, who lives mainly on beefsteak, white bread, potatoes, sugar, tea and coffee, should convince every one that nutritious soups are an important article of diet. Close study and persistent effort will enable every homekeeper with small means to learn how to prepare a soup that is palatable and nutritious. The daily use of white bread and butter is expensive. Besides it produces diseases, imperfect bodies and premature old age.

All who are in the habit of eating more than their systems require and especially those who indulge in large amounts of bread at dinner, would do well to begin their meal with a soup. Legume and cream soups will furnish a satisfactory meal by themselves. For combinations, see "Menus."

PART TWO

PREPARATION OF FOODS.

TABLE OF MEASURES AND WEIGHTS.

A standard measuring cup contains 8 ounces or $\frac{1}{2}$ pint.

1 tablespoon	=	3 teaspoons
2 tablespoons	=	1 ounce
8 tablespoons	=	4 ounces or $\frac{1}{2}$ cup
16 tablespoons	=	8 ounces or 1 cup

All ingredients measured by the cup, tablespoon or teaspoon are measured level.

1 pound (English weight)	=	425 grams or 16 ounces
1 pound (Metric system)	=	500 "
2 pounds (Metric system)	=	1000 "

CHAPTER I. GREEN VEGETABLES.

Green vegetables furnish a large amount of easily digested carbohydrates and contain much mineral matter in which meats and cereals are deficient. That they add to the highest purity of our blood has been proven by the fact that many blood and skin diseases have been cured by the application of specific greens alone. However, no matter how valuable an article is, it should be used according to the needs of the individual. As vegetables also contain a large amount of water, it is not wise for one who has to perform active mental or physical labor to indulge in a large amount of cooked, especially underground, vegetables at the noon meal. At this time of the day the system requires the most nutritious foods in the form of proteid elements, no matter whether the meal consists of cooked food, cold or warmed over. Green peas and corn are best eaten at the noon meal, as they are rich in proteid elements. Asparagus, tomatoes, string beans and leaf greens are also suitable at this time of the day, provided some nutritious food of the proteid class is served with them. For further combinations, see "Left Overs" and Menus.

The blanching of vegetables, as advised by some authorities, will always remove valuable constituents of the plant. The blanching and ventilation of vegetables during the process of cooking is advised, in order to make them more wholesome. All artificially prepared foods will lose certain constituents through the process of cooking, and this loss is generally made up by additional flavoring or sauces. Vegetables which are cooked in very little water and kept well covered (not ventilated), will lose less of their natural qualities, and the injurious gases which do not escape by this process can be made harmless through the addition of fats, in the emulsified form, as sauces, the yolk of an egg, lemon or cream.

In the consumption of food, as well as the custom of dress and education, some people have reached that stage of refinement where degeneration begins. We cannot refine natural food without paying the penalty for it, which means the producing of disease and the shortening of life. The excessive use of refined sugar, alcohol and other artificial stimulants, has produced a dislike for fatty foods by many people, so that they refuse to eat sauces, or fat meats in any form, the only fat they use being butter. While the latter is a valuable food, it often cannot be assimilated by the system if spread on white bread, or mixed with cooked vegetables; it generally serves only as a lubricant. If butter is eaten in excess, especially in the summer, it clogs the system. Some people prepare vegetables and soups with melted butter for the sake of convenience. This is a waste, since a tablespoonful of butter or other fat properly emulsified as directed under butter sauces will often give more nutriment than one-quarter of a pound of butter wasted by soaking into toast or other cooked foods.

The American method of cooking green vegetables in a large amount of water and throwing it away, then seasoning them with butter and spices and serving them with lean meat and white bread, produces a starvation diet. In such a meal, the important mineral matter and the fats in vegetables and whole wheat grains are left out, and are supplemented by an excess of starches and water in the form of bread, beverages and desserts. Additional fats should be added scientifically and combined with foods which are rich in minerals and acids.

All vegetable water, especially that of canned or sterilized fruits and vegetables, is very wholesome and antiseptic. Strained, sterilized tomato, currant, gooseberry and strawberry juices are unsurpassed as a liver medicine in some conditions. These same foods will lose their medicinal value if stewed in an open kettle. They should be prepared in Mason jars or cans. After opening, these fruit juices may be kept in earthenware on ice for twelve hours, and served again. After this they should be reboiled or sterilized, in order to check fermentation. For the sick, the same precaution should be taken with keeping fruit juices as with milk.

When using canned vegetables, never throw away the water, if it is not to be used for dressing. Add it to soups or use it in place of beverages. Pea, bean and asparagus water may be made very palatable if cream is added. See preparation of legume teas under "Fluids."

In preparing vegetables for the sick, the finest of all dressings is the yolk of an egg and lemon juice, with a small amount of butter. The fat in the yolk of the egg being emulsified in a perfectly natural state, it feeds the mucous membrane of the entire alimentary tract and blood vessels. Besides neutralizing the gas producing tendencies of the foods, it aids in the digestive and assimilating processes and feeds the nerve sheaths. In all chronic conditions, which are the result of hardening of the arteries, a large amount of the yolk of eggs, combined with lemon and oil, may be used. There are a few vegetables which do not combine well with the yolk of an egg, such as turnips, carrots, beets and onions. These contain a large amount of sulphur and iron, which is also found in the yolk of the egg. Fat meats are good additions to the last mentioned vegetables, except onions, which are rich in oil themselves. If underground vegetables are served in the form of purees, they should be mashed very fine or rubbed through a colander; the butter which is added should not be allowed to boil. Peas, beans, cauliflower and cabbage are most likely to disagree if served with butter only. Butter sauces, cream sauces, yolks of eggs and lemon are the best additions to make them agreeable.

Some people prefer vegetables cooked in oil. Those whose systems can digest a large amount of fat will find them agreeable.

ARTICHOKES.

Wash them thoroughly and remove the outside leaves. Drop into salted boiling water and cook for 20 or 30 minutes. Add a few drops of vinegar to the water while boiling. Serve warm with a white sauce or let cool and serve with French or mayonnaise dressing.

ASPARAGUS.

Wash and cut them into inch pieces until the hard part of the stem is reached. Boil them for 20 minutes, or until tender. Serve warm with butter, milk, cream, or egg sauce, or cold with French or mayonnaise dressing. The asparagus may be scraped and tied into bundles when boiling.

BEETS.

Remove the green tops and wash them carefully. Do not prick the skin, as the juice will then escape and injure the color as well as the flavor. Young beets will be tender in about one hour, older ones take two to three hours. When done, peel and slice. Serve with a butter or cream sauce, or plain, with butter and chopped parsley. For salad, cut into slices and pour over them boiling vinegar, diluted with one-half water. Add whole spices if desired.

MASHED BEETS.

Prepare like the above. When tender, peel and mash very fine with a potato masher, and add butter and a few drops of lemon juice.

BEET GREENS.

Wash the tops and boil in a very little water until tender. A small piece of salted or smoked lean meat may be boiled with them to give them a better flavor. Chop fine and flavor with butter and lemon juice. A brown butter sauce may be prepared from the water in which the greens have been boiled; when done mix with the finely chopped greens, and let it boil a second, and flavor with lemon.

ROASTED CARROTS.

Wash, scrape, and cut them lengthwise into halves and quarters, then cut crosswise into inch

pieces or smaller. Cover with boiling water and cook for 10 or 15 minutes, with a little salt. Drain off the water (add to soups); brown some fat and flour, add to it soup stock, whey or the water which was drained off, and roast the carrots in it until done. Cover them tightly and add more fluid while roasting, if necessary. Flavor with chopped parsley.

CARROT PUREE. No. 1.

Steam or cook the carrots with salt and as little water as possible. A small piece of lean bacon or cornbeef may be added for flavoring. When done, mash very fine with a potato masher. Flavor with butter and a little pepper and parsley or lemon.

CARROT PUREE. No. 2.

Prepare like the above, and add one potato to three medium-sized carrots. If the potatoes require less time to cook, add them when the carrots are half done. This preparation may be especially recommended for chronic invalids or for those who have a dislike for the sweet flavor of the vegetable.

CREAMED CARROTS. No. 1.

Cook like carrot puree. When tender, make a butter sauce with the water; add parsley and hot cream, if desired.

CREAMED CARROTS. No. 2.

Cook like number one, thicken with flour or corn starch, and add some hot cream and parsley. Serve, like soup or vegetables, for breakfast or supper, with dry whole wheat or black bread. Butter is not required at the meal if cream is used. If the butter and cream are emulsified as in sauces, they are more wholesome.

PEAS.

Wash the peas while in the pods, then shell. Boil the pods in a very little water for 15 minutes, then take out and put the peas to boil in the same water. Add a little salt and sugar when almost done. Prepare further like creamed carrots. Some people prefer them with no dressing except butter. Those who have difficulty in digesting starch and wish to cut out the bread at the meal may use sauces or cream dressings with their vegetables, especially in the winter.

MIXED PEAS AND CARROTS.

Put the peas on to boil, and when half done, add an equal amount of carrots which have been cut into half inch pieces. Prepare with a butter sauce like creamed carrots, and add chopped parsley. This will afford a perfect meal for dinner in spring or summer. A few bread or flour dumplings may be served with it. The latter should be cooked with the peas 10 minutes before serving. Salted or smoked meats give them a good flavor.

PEAS AND CODFISH (Saxon Dish).

Cook the peas with a very little water, and add meat broth while they are boiling. Boil some fresh codfish in a separate saucepan, and when done remove the skin and bones, cut into pieces and mix with the peas. Prepare a butter sauce from the liquid remaining on the peas. Carrots may be added.

PEAS WITH LAMB.

Boil the lamb with sufficient water to cover it. Add salt and onion. When half done, put it to boil with the peas, which should have been boiled with water in another saucepan for 10 minutes. When meat and peas are done, remove the fat, thicken with flour and add the pea water to make a butter sauce. Flavor with parsley. Use the meat broth for soup or add the yolk of an egg or two, and serve in cups.

MIXED VEGETABLES (Leipsiger Dish).

Use asparagus tops, young French carrots, peas, and cauliflower. Cook each vegetable separately with salt, in as little water as possible. When done, drain the water from each and use for soup. Mix the different vegetables in one dish and pour browned butter over them. Serve with Lobster Curry. A butter sauce may be prepared from the vegetable water in place of brown butter. Bread or flour dumplings may be served with it. Lean meat is also a good combination.

CAULIFLOWER.

Cauliflower should be avoided by those who have delicate stomachs, at the evening meal. It should be perfectly fresh and put into salted water for an hour before cooking, in order to take out any hidden insects. It should be boiled 20 to 30 minutes; if steamed it takes a little longer. Flavor with salt and a little sugar while boiling. Serve with brown or melted butter and lemon, or prepare a butter sauce with soup stock and the yolk of an egg, or with cream. Season with pepper. Serve with chipped beef or grated cheese for breakfast, or with lean meat for dinner. Left over cauliflower may be baked in the oven with cheese or bread crumbs, and served for breakfast. Tomato sauce is also suitable as a dressing. Cold cheese is a better combination with the latter than cream sauce or baked cheese.

STRING BEANS.

They are very purifying and should be eaten often, by people of a bilious tendency. Select young string beans, pull off the string on each side and break in pieces an inch long. Boil in slightly salted water and prepare like green peas. They may be mixed with carrots. Ribs of beef or lamb can be cooked with them as described in recipe for peas. For other combinations, see "Boiled Mixed Dinners."

SPINACH.

This is also a very valuable vegetable. Besides being rich in iron and phosphates, it is laxative, and excellent as a medicinal food for constipation. Wash it thoroughly. For a delicate stomach use the leaves only. Steep in as little water as possible, chop very fine or rub through a colander; season with pepper, salt, lemon and butter, or prepare with a brown or white butter sauce from soup stock, or spinach water. Gelatine may be used in place of soup stock by dissolving the gelatine in the vegetable water. Smoked or salted lean meat may be cooked with it for flavoring. Serve with eggs or lean meat.

SPINACH (Saxon Dish).

Boil in as little water as possible, and chop fine. Then chop fine some well watered salt herring or other salt fish. Prepare the spinach with a butter sauce made from soup stock, add the fish and serve on toast. Dried bread crumbs or browned flour mixed with butter, without the liquid, may be added to any of the green leaf vegetables.

MUSTARD GREENS.

Dandelions, yellow dock, horse radish tops and lettuce may be prepared in the same manner as spinach.

OKRA.

Wash and remove the stems. Boil in salted water for 40 or 50 minutes. Prepare with a butter or cream sauce.

STEWED CUCUMBERS.

Wash and peel them. Then cut into pieces and cook with as little water as possible, until tender. Serve with fish or lean meat for dinner, or with whole wheat or rye bread for breakfast.

CELERY ROOT.

Wash and boil the roots with the skins. When tender, peel them and cut into slices. Prepare with a butter sauce made with soup stock or serve with French dressing. Flavor with parsley.

BLACK CARROTS.

Wash and scrape. Boil in salt water to which a little vinegar has been added. Prepare with a butter sauce, or mash fine. Serve with tongue, croquettes or boiled beef.

EGG PLANT.

Cut in slices about an inch thick. Make a batter of eggs, salt and flour; dip the slices of egg plant in the batter, and fry in hot fat. Serve with lean meat, for dinner or supper, or serve with green salad for breakfast.

STUFFED GREEN PEPPERS.

Cut off the stem end and remove the seeds. Fill the peppers with a dressing such as is given in recipes for bread dumplings or meat croquettes. Place them in a baking dish with two tablespoonfuls of oil or fat; when brown add a little flour and some soup stock, cover the dish and bake in an oven for about 50 minutes. The inner part of the peppers may be mixed with the filling.

ONIONS.

For stewing use small or medium sized onions. Boil them in salt water, drain off the water and serve with butter and lemon, or prepare a butter or cream sauce. They are best eaten for breakfast or dinner with some salted meat, and wheat or rye bread.

RAW ONIONS.

People who like onions and find they disagree on account of the strong acids, should grate them and mix thoroughly with sauces, or French or mayonnaise dressing.

FRIED ONIONS.

Chop the onions very fine in a wooden bowl. Then heat some butter and oil and fry them until

light brown and pour over steak or mix with potatoes.

PARSLEY.

Chop enough to last for several days. Melt some butter and add the parsley, and let boil up once. When cold put on ice. This saves time, though it is best to prepare the parsley fresh for each meal.

MUSHROOMS.

Wash and dry them, then roll in flour and fry in fat until brown. Add some soup stock and steep until done. Cover well. If the stock is too thin, add a little browned flour; season and serve on toast.

RED CABBAGE.

Wash and cut in quarters. Mince very fine and put on to boil in a little water; let it cook for 20 minutes in earthen ware, then add three to five ounces of fat or oil, some vinegar, sugar, salt and caraway seed. Let all cook for several hours. A few apples may be cooked with the cabbage and taken out when done. The latter may be served for breakfast. When the cabbage is done, thicken with browned flour and let cook 10 minutes longer. Onion may be added if desired. A piece of salt pork is also a good addition in place of oil.

WHITE CABBAGE. No. 1.

Prepare the same as red cabbage.

WHITE CABBAGE. No. 2.

Cut in quarters and boil in a little water with a small piece of lean salted smoked meat, or without meat. When tender, drain and serve with butter and the yolk of an egg and lemon, or with an egg sauce or tomato sauce.

SPROUTS.

Remove the outside leaves and put to boil in a little salt water. When tender, drain and season with butter and lemon. The yolk of an egg may be added. A butter or egg sauce is also good.

COOKED CORN.

Remove the leaves and put in cold salt water for 30 minutes. Then boil for 20 minutes. Corn is best when eaten raw. It is very nutritious and will afford a perfect meal during the summer with tomato salad and lettuce.

CANNED CORN.

Thicken the corn with flour and water. Add a small amount of hot cream and season with salt and pepper or a few spoonfuls of tomato juice. If no cream is desired, drain off the liquid and thicken like butter sauce. Canned corn, being a rich and soft food, should not be mixed with many other foods at the same meal. It is more suitable for the morning or noon meal than for supper.

KOHLRABI.

Peel, slice thin, and stew in a very little water. When nearly done, add some hot soup. Prepare

with a butter sauce. Chop fine some green leaves of the plant previously boiled and add. Serve with boiled beef.

VEGETABLE OYSTER.

Wash, scrape and boil in salt water until tender—about 40 minutes. Prepare with butter, milk or cream sauce, or mash fine and fry like potato balls. Season with lemon or pepper.

TURNIP PUREE.

Prepare like carrot puree. Cook with as little water as possible.

ROASTED TURNIPS.

Prepare the same as roasted carrots. They combine well with mutton.

FRIED PARSNIPS.

Scrape, wash and cut in slices, lengthwise. Boil in salt water for 5 minutes, then drain and fry in smoking hot fat. They can be turned in batter if desired. They may be fried without cooking, like sweet potatoes.

KALE.

This is a desirable vegetable in cold weather. It is purifying and very valuable during the rainy season, in malarial districts. Remove the leaves from the stems, wash and boil in salt water, using as little water as possible. Chop very fine and prepare like spinach. A little smoked meat may be added.

SQUASH.

If young and tender it does not require peeling. Wash, cut into small pieces and steam. When done, mash fine and season with salt, pepper and cream, or butter, and a few drops of lemon. It may be cut in slices and fried in oil, or dipped in butter and fried like egg plant.

TOMATO PUREE.

Cut some fresh, firm tomatoes into several pieces. Cook in a double boiler with as little water as possible. Rub through a sieve with a spoon or potato masher. From 3 to 6 ounces of thick puree is sufficient at a meal, for the average adult. For medicinal purposes, tomatoes may be eaten in large quantities.

CANNED STEWED TOMATOES. No. 1.

They are more wholesome if not cooked. Place a can of tomatoes in hot water to heat, drain off the liquid, and serve with meat, fish, eggs or cheese. The liquid may be kept for soup.

STEWED TOMATOES. No. 2.

Heat a can of tomatoes, thicken with flour and water, and let boil 10 minutes. Add some butter and flavor with onion, and small amount of sugar if desired.

STEWED TOMATOES. No. 3.

Prepare as number two, thicken with bread or cracker crumbs, instead of flour.

STEWED TOMATOES. No. 4.

Heat a can of tomatoes. Then heat some butter and oil in a flat saucepan, thicken with mixed flour, flavor with onion, add the tomatoes gradually, and let boil a few minutes.

STUFFED TOMATOES.

Wash the tomatoes and cut off the upper part with a sharp knife. Scrape out the pulp and fill the tomatoes with cold chopped meat mixed with onion and mayonnaise dressing. Garnish with lettuce and serve with bread and butter, or as an entree.

SAUERKRAUT.

Wash the sauerkraut in cold water several times. People with sensitive stomachs should boil it for a short time. Then drain off the water and put on to boil again. If no meat is served with it, use a few tablespoons of oil, lard, butter, or goose fat. Add onions and a little sugar or some apples for flavoring. Cook from one to two hours. Then add a little flour dissolved in cold water, or two raw grated potatoes. Remove the apples before serving. The latter may be eaten for breakfast or supper. If the onions disagree, remove them before serving. Good combinations with sauerkraut are: Pea puree, pork, bacon, liver, liver-pudding, white fish, and oysters stewed or fried.

CABBAGE ROLLS.

Wash some large cabbage leaves. Fill them with finely chopped left-over meat, mixed with eggs. (See recipe for croquettes.) Then tie the rolls together with a string. Steam in a shallow dish with as little water as possible. Serve with an egg sauce. Flavor with mace.

POTATOES.

Potatoes consist mainly of starch and water. They are more expensive than wheat, rye, oats, barley and corn. They should not be eaten oftener than once a day, or better three times a week. People who do hard physical or mental work should not eat potatoes at the noon meal. Fat meats, eggs, fish and greens combine well with potatoes; if they are served with lean meat, some fatty substance in the form of butter, cream or gravy should be eaten with them. Fried potatoes are not wholesome. The best way to prepare them is to boil or bake them in the skins, or boil or mash them in cream or buttermilk.

POTATO SALAD.

Boil or steam some potatoes with their jackets on. When done, peel and slice them into a deep bowl while warm; then sprinkle over them a little salt, pepper, and finely chopped or grated onion, and pour over them some boiling hot vinegar diluted with one-half water and mixed with melted butter or oil. Cover with a saucer and shake well; let stand for twenty or thirty minutes. If there is too much liquid, pour off some and mix the remainder with mayonnaise dressing and chopped parsley, if desired.

SWEET POTATOES.

Boil the potatoes in the jackets, let cool, peel, slice, and fry in one-half butter and one-half oil.

Serve with cranberry sauce, lettuce, and lean meat.

Sweet potatoes may be peeled and sliced in the raw state, and fried in half oil and half butter. Serve as above. They are very suitable for breakfast.

CREAMED POTATOES.

Select small potatoes and boil in the skins. Add some salt. When done, peel and cut into thin slices. Bring some milk to a boil, and thicken with corn starch dissolved in water, or prepare a butter sauce with butter, flour and milk. Add the potatoes and some finely chopped parsley. Serve with fish or salted preserved meat.

CRUST POTATOES.

Use small, imported German potatoes. Boil with the skins, peel and turn in yolk of eggs and rye nuts; fry in oil and butter. Serve with sprouts, or spinach and meat.

STEAMED POTATOES.

Peel small sized potatoes, wash and put into a steamer or colander. When done pour into a dish, and mix with chopped parsley and fresh butter. Serve with fish.

FRENCH FRIED POTATOES.

Peel and cut into long strips or thin slices. Put into salt water on ice for half an hour. Fry in boiling oil.

MASHED POTATOES.

Peel, wash, and boil or steam the potatoes; when done, mash fine, and add some hot cream or cold buttermilk, and a little salt, also a piece of butter.

MASHED SWEET POTATOES.

Prepare the same as white potatoes.

POTATO BALLS.

Beat 2 eggs with an egg beater, mix with one cup of left-over mashed potatoes, shape into balls and fry in hot fat. Serve with bacon, fish, or sausage, for breakfast.

POTATO PUDDING.

Prepare the same as potato balls. Put the mass into a pudding dish and cover with rye nuts, grated cheese, or a beaten egg mixed with rye nuts, and bake half an hour.

POTATO AND APPLE PUREE.

Prepare as for mashed potatoes. Use apple sauce in place of milk or cream, mix well and add a liberal piece of butter. Serve with sauer roast, veal cutlets or sausage. It is good for breakfast with bacon.

CHAPTER II. LEGUMES AND MEATS.

BAKED BEANS.

Pick over the beans carefully, wash and soak them in soft water as directed in chapter on legumes. If the beans are to be cooked with fat, scald or parboil the meat first, add it to the beans after they have cooked for about an hour. If the beans require long cooking, take the meat out when it is tender. When the beans are tender, pour them into a bean-pot or round pan, cover the top with part of the fat meat cut into slices, or pour some cooking oil over the beans, and add a few whole onions. Bake for about an hour. Onions and fat meat eaten at the same meal are liable to disagree, therefore serve the onions at another time, or use them only for flavoring purposes.

BAKED LENTILS OR PEAS.

Prepare in the same manner as baked beans. They require less fat for cooking, and are more palatable if served without meat than are beans. Onions are rich in oil, therefore if plenty of onions are used, the meat is not missed so much. In cooking legumes, it is best not to add the salt until they are nearly done, because the salt hardens the water. If legumes are preferred cooked instead of baked, it is better to add a thickening of flour and butter before serving, otherwise they may produce flatulent dyspepsia.

Legumes lose their natural flavor and stimulus in the drying and soaking process, therefore they are not palatable or easy to digest without some form of fat and appetizing raw salad, which supplies the needed stimulant. Many people add sweets to legumes or make them more indigestible by adding ground nuts and other rich foods to them, as in many vegetarian dishes. Such foods are a dangerous burden to a weak stomach and liver. Heavy protein foods require an acid medium for proper digestion and utilization. If legumes are used in the form of soups and purees, nothing should be added but a little flour, dry toast, fats, or raw vegetables. If we wish to be strict vegetarians we must live upon raw foods. If we wish to live on cooked foods, a moderate amount of meat is necessary for most people.

LIMA BEANS. No. 1.

Soak some lima beans in soft water. Cook in a small amount of water with a little salt. When tender, dissolve some cornstarch with cold water and add to the beans; boil for 10 minutes, then add a few tablespoonsful of hot cream and remove from the fire. Flavor with chopped parsley, if desired. Serve with frankfurter or other lean, smoked meats. Mashed or raw carrots are also a good addition.

LIMA BEANS. No. 2.

Prepare like the foregoing. Drain off the water and add a piece of butter, the yolk of an egg, a little lemon juice and parsley, if desired.

LIMA BEANS. No. 3.

Prepare like the foregoing. Drain off the water and prepare a butter-sauce, mix with beans and serve plain, or add the yolk of an egg, a little lemon, and parsley.

PEA PUREE.

Soak $\frac{3}{4}$ cup of dried green peas in soft water. Boil with 1 quart of water and 1 onion for about an

hour. Bake in a bean-pot for 1½ hours or longer; add more water if necessary. Keep the peas covered. When done run through a colander and add 1 teaspoonful of butter. This makes about ¾ of a cup of puree. One-third of this portion is sufficient for a sick person or a young child. Serve on toast, or with raw carrots, or cold fat meat.

BEAN AND LENTIL PUREE.

Prepare and serve like the foregoing. A small veal or mutton bone may be boiled with it. The puree must not be greasy.

SOUR ROAST.

Let a quart or less of vinegar come to a boil, dilute it with one-half the amount of boiling water, add some bay leaves, cloves, whole pepper, onions, or any other flavoring, and pour over a piece of beef (rump piece) which has been slightly rubbed with salt. Let it stand for several days. Then take it out of the liquid, cover with bacon or suet, and put into hot fat. After it has roasted for a while, stir a large tablespoonful of flour into the fat, add some water, and the spiced herbs. Cover well, and let it roast two or three hours. Add water or buttermilk to the gravy, if desired. Serve with potato dumplings, lettuce and stewed prunes.

VEAL CUTLETS.

Sprinkle some lemon juice over the chops, then beat up several yolks of eggs, turn the chops in them, dip in rye nuts and fry in hot fat for ten minutes. Serve with lettuce and tomatoes, or with boiled potatoes, lettuce, stewed prunes or apple sauce.

CHICKEN IN GELATINE.

Put a small veal bone to boil with the chicken. When tender, take a part of the broth, add some vinegar to it, boil for ten minutes with onions and spiced herbs. Cut the chicken into pieces, place in a deep bowl, and pour the hot broth and vinegar over it. Cool and serve the next day. Use about ½ cup of vinegar to 1 quart of broth.

Another way is to pour pure, hot vinegar over the meat in the bowl, let it stand an hour or longer, then pour off the vinegar, and pour enough broth on the meat to cover it. Meat preserved in this way will keep on ice or in a cool place for a week. The meat and gelatine may be brought to a boil again at the end of the week. This will preserve it for a longer time. Goose may be prepared in the same manner.

LAMB OR PORK IN GELATINE.

The loin is the best part for this purpose. Prepare with veal bone like chicken.

PORK CUTLETS.

Prepare the same as veal cutlets. Fry with plenty of onions.

KIDNEY HASH.

Put the kidney into cold water for an hour, then scald with boiling water and boil in the soup together with a soup bone. When done, mince fine and prepare with a brown flour gravy. Serve on toast.

TRIPE.

Cut into small pieces and boil with a very little water, and a pinch of salt. When done, add some sweet whey or tomato juice. Heat some butter or oil, thicken with flour and add the liquid gradually, as for butter sauce. Season with chopped parsley.

HAMBURG STEAK.

Grind some round steak in a meat grinder. Shape into flat cakes and fry in hot fat with plenty of onions. Turn from side to side while frying.

STEAMED LIVER.

Liver must be fresh in order to be wholesome. During hot weather it may become dangerous as a food after it is one day old. Remove the toxic blood by placing the liver in water or sour milk for one hour. Change the water several times. Then remove the skin and tie some bacon or suet over it. Roll in flour and steam in fat for 20 minutes. Then add sufficient boiling water to half cover the meat. Flavor with bay leaves, salt, pepper and plenty of onions, also add a little vinegar and sugar, and steam for about an hour. Keep the saucepan well covered. Serve with potatoes or with apple and lettuce salad. The gravy can be strained and used the next day for breakfast or supper. See recipe for flavoring of sauces.

HASH.

Chop fine any kind of left-over, cold meat. Mix with one-third portion of grated or mashed potatoes, and add plenty of finely chopped onion and parsley. Brown some flour and butter, add a little soup stock and mix with the meat. Cook and serve on toast or with salad of greens.

FRIED CALVES' LIVER.

Slice the liver and put in cold water or sour milk for at least an hour. Change the water several times, then dry the liver and fry on a hot, oiled skillet, with onions. Serve with a salad of apples and lettuce, with French or mayonnaise dressing.

TONGUE.

Soak the tongue over night in cold water. Boil from three to four hours and serve with dried mushrooms and brown flour gravy.

CROQUETTES.

Chop fine some left-over meat, mix with one-half or one-third dried bread-crumbs, a little salt, pepper and mace. Then add several beaten eggs, mix well, form into balls, roll in egg and cracker-crumbs, and fry in hot fat. Drain on paper or in a wire sieve.

TONGUE IN GELATINE.

Fresh left-over tongue may be kept for a while by preserving it in gelatine with veal bone.

BRAINS.

Brains are very nutritious, but they are not a wholesome food for people with chronic indigestion. They should be served on dry toast and eaten with sour salads of fruits and greens.

SALISBURY STEAK.

Secure some fresh, thick, sliced, round steak. Scrape, or grind in a meat-cutting machine, and mould into flat, round cakes. Have an iron spider very hot and oiled to prevent sticking. Lay the meat cake in, and turn from side to side till cooked sufficiently.

CREAMED CHIPPED BEEF.

Bring to a boil some soup stock from veal or mutton bone, thicken with cornstarch or white flour, boil 10 minutes, and add one-quarter or one-third part of hot cream. Cut or chop the dried beef fine, pour over it some boiling water, let stand a minute, then drain, and mix the beef with the cream gravy. Add a pinch of pepper, if desired. In place of cream, milk and butter may be substituted and prepared like butter sauce.

BREADED GOOSE.

Use goose which has been cooked in sour gelatine. Take the pieces out of the bowl and warm in order to remove the gelatine. Then beat up several yolks of eggs, turn the meat in it, then roll in flour or rye nuts, and fry in hot fat. Serve with apple sauce or tomato puree.

HAM HASH.

Take equal parts of mashed potatoes and finely chopped boiled ham. Mix with several well beaten eggs and fry in the form of a large flat cake. Serve with macaroni.

MEAT CAKE.

Soak some stale bread in cold water. Press out very dry and mix fine. Add some finely chopped onions, parsley, and a little pepper, and mix with one-third or one-half of finely chopped left-over or fresh meat. Mix all well and shape into a loaf. Bake in an oven with moderate heat. Add boiling water and fat. Baste occasionally, and bake one hour. When done, thicken the gravy with a little flour. Serve for dinner with salad of greens.

SMALL MEAT CAKES.

Prepare the same as the foregoing. Shape into small balls and fry in hot fat.

TURKEY.

Wash and clean the turkey, stuff it with tart apples, cut into quarters, to which a half cup of dried currants and half cup of bread-crumbs or rye nuts have been added. Sew it up, flavor and cover with sliced salt-pork or bacon. Fill the pan one-third full of boiling water, add onions, cover and roast from two to three hours. Add more water, if necessary. Serve with cranberry sauce. Use the gravy left in the pan the next day, with steamed potatoes or rice, for breakfast or dinner.

TURKEY STEW.

Cut off the wings, neck, and legs, before roasting the turkey. Put to boil with a small veal bone, add the giblets and stew until tender. Prepare a butter sauce from the broth. Flavor with onion and parsley.

TURKEY IN GELATINE.

Prepare like turkey stew, and finish like chicken in gelatine.

RIBS OF PORK WITH APPLE FILLING.

Prepare the same as turkey, sew the ribs together and roast two to three hours.

STUFFED TURKEY NECK.

Cut off the neck from a large turkey. Stuff it with a bread dressing to which the giblets, fat and liver of the turkey have been added. Roast it in the same pan with the turkey or prepare it for another meal.

LIGHT BREAD DRESSING FOR TURKEY OR CHICKEN.

Remove the crust from a small loaf of graham bread. Crumble up the soft part and mix with chopped parsley, onion, garlic, thyme, marjoram, sage, salt, one well beaten egg and one-half cup of finely chopped fat of the bird, or suet. This is sufficient for an 8-pound turkey. This dressing is especially good for people with delicate stomachs.

BOILED BACON.

Select firm, eastern bacon. Wash thoroughly with cold and warm water. Let it come to a boil, throw away the water and pour on some fresh water. Boil about an hour. Let it cool on a platter and use the next day. Warm, fat meat is not wholesome for a delicate stomach.

FRIED BACON.

Parboil the bacon for one-half hour. Follow directions for boiled bacon. Let it cool and slice for frying. If the bacon is preferred raw, pour some boiling water over sliced bacon, let stand 5 minutes, pour off the water and fry or broil in the oven.

LEAF LARD.

Chop some leaf lard very fine and let it stand in cold water for several hours, or over night. Fry in an iron skillet, with apples and onions, until crisp and brown. Strain the lard into a bowl and serve the residue warm with stale black bread. Spread the lard on black bread.

BACON FAT.

Remove the fat from boiled or fried bacon and spread on stale black bread. Combine with raw apples. This is good for breakfast.

CHAPTER III.

FISH, CHEESE AND EGGS.

Fish should be cleansed as soon as it is caught, or directly after delivery from the market, and preserved with salt until ready for cooking. If the fish is to be fried, the salt should be washed off, the fish thoroughly dried and rolled in egg and rye nuts, or flour. If the fish is to be boiled, the salt should also be washed off, and the water for seasoning be flavored with spiced herbs. If more salt is necessary, add it to the water.

BOILED FISH.

Prepare as directed in the foregoing.

Fish in gelatine can be prepared with veal bone as directed for chicken. For gravies with boiled fish, see chapter on "Sauces."

SHELL FISH.

Shell fish, as well as all other fish, should be eaten only when in season. People with chronic constipation and torpid liver should avoid shell fish because they are soft, and easily putrefy. Oysters and clams are a very valuable food for the sick, and also for the pregnant woman. They are rich in lime substances and nourish the glands of the body. They should be served in combination with lemon and greens, or be prepared with milk.

PICKLED HERRING.

Clean and wash the fish. Place in a colander and add salt. Let stand for several hours. Then, wash the fish and dry; roll in flour and fry in hot fat or oil. Serve warm with lemon, or lay in a stone jar. Add a few bay leaves, whole peppers, and raw onions. Bring some vinegar to a boil with an equal amount of water, pour over the fish and add the fat in which the fish have been fried. If they are kept for several weeks, an extra amount of fat should be added for covering, so as to exclude the air.

FISH CAKES.

Any left-over fish may be made into a nutritious dish for the morning, noon, or evening meal.

Take equal quantities of finely chopped fish and grated potato, beat up several eggs with a little salt and pepper, add some thick cream, and flavor with grated onions. Form into balls with a tablespoon and fry in hot fat. Serve with rice, or with a salad of apples, or tomatoes and lettuce.

CODFISH CAKES.

Take one-third of shredded or finely chopped codfish with two-thirds of grated potatoes; prepare as in the foregoing recipe.

COTTAGE CHEESE.

Put some whole, or skim milk, into a pan and set in a cool room, which has plenty of fresh air. Do not cover the pan. If the room is exposed to dust, put a few long sticks over the pan and cover with a cheese-cloth. When the milk begins to get thick, set the pan into a larger pan with warm water, and keep it in a warm place or in the oven until the curd separates; it must not become hard. Then put a cheese-cloth on a colander and pour the milk into it. Let stand for several hours, until the whey is thoroughly drained off. Then chop fine some green peppers or onions, mix with the

cheese, add a little salt and pepper, and serve with apple or potato salad or spread on sandwiches. A few teaspoonsful of sugar and caraway seed may be added in place of the onion and pepper.

SOFT BOILED EGGS.

Put the eggs into cold water, place on the stove, and when the water begins to boil, the eggs will be done.

BOILED EGGS. No. 2.

Pour boiling water over them and let stand on a hot stove for 10 minutes.

BOILED EGGS. No. 3.

Pour boiling water over the eggs and let them stand on a hot stove for 15 to 30 minutes.

SCALLOPED EGGS.

Prepare a plain white sauce, mustard or horse-radish sauce. Cut some hard boiled eggs in halves, pour the sauce over them. Serve with potatoes.

OMELET.

Mix a tablespoonful of flour with a half cup of warm milk or water, and a little salt. Beat up two eggs, mix well with flour and water, then pour into a hot pan in which some butter has been melted. Cover and bake on the stove with moderate heat for eight or ten minutes. Turn if desired. Serve with lettuce and fruit sauce.

SCRAMBLED EGGS.

Beat together one-half cup of soup stock, milk or water, and 3 eggs. Add one-half tablespoonful of flour and mix well. A little chopped, cold, salted meat may be added. Pour all into a hot pan with melted butter, and stir until it is stiff.

CHAPTER IV. SOUPS.

LEGUME SOUPS.

Soups prepared from legumes, fruits or cereals require an addition of fat in the form of butter, oil, the yolk of an egg, cream, or fat meat.

A soup of peas, beans, corn or lentils may be prepared from left-over food or fresh cooked legumes. To one cup of cooked legumes add three to five cups of hot water or weak soup stock, boil or mix well, then strain. Heat one or two tablespoonsful of butter or half butter and half cooking oil, add to this one or two tablespoonsful of mixed flour, let boil, then add the hot broth at short intervals, stirring to prevent lumps. When all the broth is used, let the whole boil a few minutes. Remove from the fire, flavor with lemon juice, pepper, bay leaves, chopped fresh thyme, sage or parsley, and serve.

To these soups an addition of hot cream may be made before serving, if desired. They form a perfect and an economical meal without the addition of meat, eggs, fish or other protein foods. Celery, lettuce, raw apples and crackers with butter are a good addition. They should be well masticated, and the soup eaten with them very slowly.

BEAN SOUP.

Wash 1½ cup of black, white, red or mixed beans and soak in 1 quart of warm soft water over night. The next day add about 5 pints of cold or boiling water to the beans, let come to a boil; add two finely cut onions and a potato, parsley or other flavoring. Then wash ½ pound of bacon several times with hot and cold water and put on to boil in sufficient water to cover it. Let boil 5 or 10 minutes, pour off the water and put the bacon into the bean soup. Let all boil for about an hour; when the meat is tender, take it out and put on a plate to cool. Let the soup simmer slowly for 3 hours or longer; then strain. Let stand a little while, remove the fat and mix it with 2 or 3 tablespoonsful of flour in a clean saucepan over the fire, add the strained bean soup gradually, let all boil a few minutes and serve. If the soup is desired thin, use only a part of the fat and a little flour. A cupful of strained tomato juice and chopped parsley may be added before serving. This should make five soup plates full. Serve with fried bread or bread and butter and raw carrots.

CREAM OF BEAN SOUP.

Prepare like the foregoing. Leave out the meat, butter, flour, and tomatoes; mix with one-fifth part or less of hot cream before serving. Add plenty of chopped parsley.

PEA SOUP AND CREAM OF PEA SOUP.

Prepare like bean soup. Flavor with celery roots or stems.

TOMATO SOUP.

Strain a can of tomatoes and heat. Add an equal amount of boiling water or soup stock. Heat some oil, butter or fat; add flour, boil a few seconds; then add the tomato juice gradually and a little salt. Boil all 3 to 5 minutes, then serve. It must be of the consistency of gravy. Raw cucumbers and celery are a good addition.

CREAM OF TOMATO SOUP.

Prepare like the foregoing. Add ¼ part or more of hot cream before serving. If milk is used, it

must be more in proportion than cream.

CREAM OF TOMATO SOUP. No. 2.

Mix 1 quart of hot water or veal stock with 1 quart of strained hot tomato juice. Dissolve 2 to 3 tablespoons of cornstarch in cold water and stir into the boiling fruit juice. Boil 10 minutes, and season with salt and a little sugar, if desired. Remove from the fire, add hot cream, mix and serve. Good in the summer.

HUCKLEBERRY SOUP.

Wash one quart of huckleberries and boil with two quarts of water and a piece of cinnamon. When done strain or leave the berries in the soup. Shape some dumplings with a dessert spoon and boil in the fruit soup until they rise to the top. Use recipe for flour dumplings No. 1. Cherry soup from fresh cherries may be prepared with dumplings instead of thickening.

BLACKBERRY SOUP.

Prepare the same as the foregoing or see recipe for blackberry gruel.

CHERRY SOUP.

Remove the stones from one quart of cherries, and bring two quarts of water to a boil with a stick of cinnamon, pour in the cherries and let them simmer for 20 or 30 minutes. Add enough sugar to counteract the tart taste and thicken with a little cornstarch. Cool and serve with zwieback. If used for supper on hot days it should be prepared in the morning, and allowed to cool. Beaten whites of eggs with a little sugar may be placed on top. Serve on soup-plates.

DRIED CHERRY SOUP.

Soak some dried cherries for several hours. Cook with the desired amount of water and a little sugar and cinnamon. Finish as the foregoing. This is excellent for convalescents during the winter.

PLUM SOUP.

Wash one pound of blue plums and boil with three to four pints of water, a stick of cinnamon and sugar until well done. Thicken with cornstarch, or with sago which has been soaked. Cook 15 to 20 minutes or longer. Run through a colander and add a piece of butter. Cool and serve with zwieback and beaten whites of eggs, if desired. Hot cream may be added in place of butter.

BEEF SOUP. No. 1.

Select a rump piece, wash thoroughly, put into boiling water, add some salt, and skim. Chop fine some green onions, celery, asparagus, parsley, carrots, turnips, add to the soup; young peas, bay leaves, whole pepper and chopped bacon may be added. Cover tightly, and boil slowly for two or three hours. Then brown several tablespoonsful of flour in the same amount of butter, add to the soup, and boil ten minutes longer. Strain and serve. A glass of Madeira or white wine may be added.

BEEF SOUP. No. 2.

Prepare like number one. Instead of brown flour, add one-half cup of barley which has been soaked and boiled in a small amount of water for an hour. Then add to the soup, boil all together

for an hour or longer, strain and serve. A good addition to boiled beef is a salad of celery root, or apples, or potato dumplings.

CLEAR SOUP, WITH RICE.

Select some fresh chicken, beef, lamb or several kinds of meat. Wash thoroughly, and put into boiling water, add salt and skim. Flavor with potatoes, onions, or any kind of greens which is most desirable. Boil two or three hours and strain. Boil some rice with salt water in a separate saucepan, bake in the oven until well done. Remove from the fire, add a piece of butter, the yolk of an egg and some grated nutmeg. Stir all well, pour into a dish, serve with the soup like mush and milk.

Clear broth beaten up with yolks of several eggs may be served in cups.

VEGETABLE SOUP, WITH MEAT.

Wash a piece of bacon or ham thoroughly, cover with cold water and bring to a boil. Pour the water off and put on again in boiling water. When the meat is half done add some bay leaves, carrots, celery, young peas, asparagus, parsley, cauliflower, and dried prunes or pears and cinnamon. When the vegetables are tender, brown some butter and flour, mix with finely chopped marjoram and thyme; add to the soup, boil a few minutes longer, and serve. This is excellent in the spring-time. For people with digestive troubles, the soup must be strained. A few raw yolks of eggs may be beaten up with the soup before serving, if desired.

SOUP STOCK.

Wash some beef, mutton or veal bone thoroughly. Put to boil in cold water, skim and cook for four hours or longer. When done, strain into several stone jars or bowls. Let cool and set on ice. When preparing soup, cook the desired amount of vegetables in a little salt water; when tender, add the soup stock, bring all to a boil and strain. This stock can also be used for the preparation of vegetables and purees, especially for people who do not eat meat. Add one-half to one whole cup of stock to the vegetable water and prepare with a butter sauce.

KIDNEY SOUP WITH RICE.

Use soup stock or prepare a clear strong meat soup from middle rib or soup bone to which one or two kidneys have been added. For flavoring tie the tops of celery roots and green onions into a bunch and cook in the soup. The celery and onions can be eaten as a vegetable if desired. Serve with plain water rice as directed for clear soup.

PIGEON SOUP.

Take old pigeon for soup. Flavor with asparagus or young peas. Boil some rice in a little water and salt separately; when half done, add it to the (pigeon) soup and cook an hour longer. Raw yolks of eggs may be added to the soup before serving.

POTATO SOUP. No. 1.

Boil potatoes with salt water and an onion; pour off water, mash potatoes fine, and add the potato water. Bring to a boil some fresh cream and milk in a separate saucepan, and add it to the potatoes. Flavor with a little pepper, and chopped parsley.

POTATO SOUP. No. 2.

Boil the potatoes in plenty of water with salt and onions; drain off water, mash potatoes, and return to the potato water. Then melt some butter, thicken with flour, add the hot potato soup to it gradually, and boil all a few minutes. Bring some fresh milk and cream to a boil, add it to the soup, and flavor with chopped parsley and pepper.

CLAM CHOWDER.

Prepare like potato soup number two, and add clams and hot cream.

OATMEAL SOUP, WITH HAM.

Wash one-half a cup of steel cut oats with cold water. Bring to a boil with two or three quarts of water; add salt, celery, parsley, onions, and about six potatoes. Wash a piece of bacon or ham with plenty of fat on it, parboil it in water for ten minutes, then put it into the soup; boil all for about two hours. Mash and strain. Take off the grease, mix with flour, add the strained soup to it gradually, let boil a few minutes. It can be prepared without meat. This is an economical and nutritious dish.

BARLEY SOUP.

Prepare the same as oat meal soup. Fat meat may be used in place of ham.

KNORR'S PEA SOUP.

Knorr's pea soup can be bought in all first class grocery stores. Time for preparation, twenty minutes. It may be improved by adding hot cream or gelatine to it, or by thickening it with butter and flour. Bean, lentil, green corn, tomato, and several other soup extracts of Knorr's can be prepared in the same manner and improved in many ways if desired. They are very nutritious and save time and labor.

BEER SOUP. No. 1.

Wash and chop fine some dried currants and raisins, put them to boil with one pint of white, stale bread, three pints or more of cold water, a piece of cinnamon, a little salt, a few spoonful of sugar and about a pint bottle of imported root beer. Boil very slowly for one-half hour or longer, run through a colander. Add some hot cream or a piece of butter and two yolks of eggs.

BEER SOUP. No. 2.

Bring to a boil a pint of imported root beer and a pint of water. Flavor with a piece of cinnamon. Mix two or three tablespoonsful of white flour with cold water, and put into the boiling beer, add some sugar and salt. Boil eight to ten minutes. Remove from the fire, add to it a cupful of hot cream while stirring. Serve with zwieback.

BEER SOUP. No. 3.

Prepare like beer soup number one, in place of white bread use stale black bread or one-half of each. This is excellent for constipation.

MILK SOUPS.

Milk soups may be prepared with rice, buckwheat, barley, tapioca, oats, wheat, flour, corn, macaroni or rye. Oats and barley should be soaked. Rich milk with one-half water is preferable to skim milk or poor milk. Bring the desired amount of milk and water to a boil, stir the grains into it,

and boil one-half to one hour. Whole vanilla, cinnamon, or lemon rind may be boiled with it. Salt should not be added until done. It may be flavored with grated bitter almond, fine pepper, mace or nutmeg, or extract of vanilla or other flavoring. Concentrated flavorings should not be added until it is removed from the fire. Yolks of eggs may be added before serving. (Oats, barley and buckwheat do not mix well with eggs.) Sugar is not necessary for milk soups, but if it is desired, it should be added while boiling.

BUTTERMILK SOUP.

Mix some white flour with cold buttermilk, stir over the fire until it boils, add sugar and boil ten minutes. Add hot cream or yolks of eggs or flavoring before serving, as desired.

MILK SOUP WITH MACARONI.

Break some macaroni into boiling salted water, boil fast for 45 minutes. When done, add an equal part of buttermilk or sweet milk. Thicken with a little rice flour.

MILK SOUP WITH FLOUR DUMPLINGS.

Prepare some flour dumplings with or without eggs. Drop into boiling salted water when done, add some hot milk or buttermilk. Thicken with a little flour, add salt and serve. Sweet dried fruits can be added.

BUTTERMILK SOUP WITH RICE.

Cook some rice with water as directed for "Water Rice"; when done add one quart of buttermilk to one quart of cooked rice, mix well and stir over the fire until it boils. Add one-third cup of sugar and simmer with a piece of cinnamon or vanilla for half an hour longer. Add more salt if necessary. Some dried soaked cold prunes, currants or raisins may be mixed with the soup before serving. This forms a perfect meal for dinner on hot summer days or for supper in winter or summer.

ASPARAGUS SOUP. No. 1.

Cut off one-third of the upper end of the asparagus, then wash, cut in pieces and put to boil in water, add some salt; when tender thicken with mixed flour, let boil 10 minutes. Add one-third rich hot milk, flavor with pepper. Serve.

ASPARAGUS SOUP. No. 2.

Prepare as No. 1; when tender, heat some butter, thicken with mixed flour, add the asparagus water gradually and boil a few minutes. Then remove from the fire, stir several yolks of eggs with a little cold water on a soup plate, add the asparagus soup gradually. Flavor with lemon and serve.

BARLEY SOUP. No. 1.

Soak a cup of pearl barley. Boil with two quarts of water, some celery, onions, and finely cut carrots; cook for two hours or longer. Mash all through a colander, add more boiling water if necessary. It must be thick like gravy. Add a piece of butter or a little cream, and serve.

BARLEY SOUP. No. 2.

Prepare like the foregoing, add more hot water when straining. Melt some butter or fat, add one or two tablespoonsful of mixed flour, and part of the barley soup, and cook. When done, mix with

the balance of the barley soup. Let all boil up for a few minutes and serve. Add plenty of chopped parsley.

BARLEY SOUP. No. 3.

Prepare like number one or two, boil without vegetables. Leave the barley in it or strain. Mix with cold stewed prunes before serving. Add cream, if desired.

CARROT SOUP.

Scrape and wash some young carrots. Cut into small pieces and stew in water with a little salt. When done, mash up fine and run through a colander. Prepare with butter, flour and soup stock. Add plenty of chopped parsley, also raw pea juice, if desired.

SPINACH SOUP.

Prepare from spinach water, with butter and flour. When done, add a few tablespoonsful of finely chopped spinach. Flavor with grated onion and lemon.

MIXED VEGETABLE SOUP.

Chop up some celery, onion, potatoes, and parsley stems. Simmer in water slowly for 30 minutes. Strain, and prepare with butter and flour. Add plenty of chopped parsley. Finely cut cauliflower, string beans, and peas can be prepared in the same manner. For people with delicate stomachs the pulp of the vegetables should never be pressed through.

BREAD SOUP. No. 1.

Soak some stale white and black bread in boiling water for half an hour. Put on to boil with more water. Cut up a few apples with the skin and add a stick of cinnamon, a little sugar, salt, and some lemon rind. Simmer for 30 minutes or longer. Press through a colander and add some cold soaked raisins or currants and a piece of butter, also the yolk of an egg, if desired.

BREAD SOUP. No. 2.

Prepare like the foregoing. Leave out the apples. Add hot cream or milk in place of butter and egg. Use dried soaked currants or prunes, if desired.

BREAD SOUP. No. 3.

Prepare as the foregoing. Add imported root beer, omit the apples, and use more sugar. Strain and add hot cream or the yolk of an egg and butter. Good for constipation.

BRAN SOUP. No. 1.

Use equal parts of stale bread and bran. Prepare like the foregoing. Leave out the egg.

BRAN SOUP. No. 2.

Prepare like the foregoing. Use more water, and strain. Melt some butter, thicken with mixed flour, add the hot broth gradually. When done, remove from the fire and mix with soaked cold raisins and a few drops of lemon.

BRAN SOUP. No. 3.

Use one cup of bran, four cups of water, four tablespoons of milk sugar. Strain and thicken with butter and flour as directed for Bran Soup No. 2. Omit the fruit. A little lemon may be used if desired. Good for invalids.

CHAPTER V. CEREALS, NOODLES AND DUMPLINGS.

BUCKWHEAT GROATS.

Wash one cup of buckwheat groats several times with cold water, add about six cups of boiling water and two teaspoonsful of salt. Boil rapidly for 20 minutes or until it thickens, then allow it to cook 50 or 60 minutes longer on the stove or in the oven. Serve with hot cream. Cooked or stewed dried prunes may be eaten with it, or added to the mush just before serving. Buckwheat is a winter food. People who suffer from eruptions on the skin after eating buckwheat should let it alone.

STEEL CUT OATS.

Prepare the same as buckwheat groats. Rolled oats may be used instead.

ROLLED OATS WITH CRANBERRY SAUCE.

Boil two cups of rolled oats with a quart of water and a teaspoon of salt for 20 minutes. Cover and set in the oven, or cook on the stove for about 40 minutes. Remove from the fire, add a piece of butter and a few drops of lemon juice. Serve on soup plates, pour over it cranberry sauce, prune or apricot jam. Eat cold boiled bacon with it, or raw celery or nuts at the end of the meal. It is good for dinner or breakfast.

RYLAX WITH PRUNE JAM.

Prepare like the foregoing. Omit the lemon. Serve with prune jam and fat meat, or with celery or nuts, or with hot cream.

ROLLED WHEAT.

Prepare and serve like rolled oats. Cranberries, prunes, apricots, or apple sauce, are all good additions. The yolk of an egg may be added to the wheat when mixing it with butter.

BRAN MUSH.

Bring one and one-half to two cups of water to a boil, add one-half teaspoon salt. Drop in one shredded wheat biscuit and one-half cup of bran. Mix all well and boil one minute. Serve with hot cream.

BRAN AND RYE MUSH.

Put one-half cup of rylax into boiling, salt water, and cook 20 minutes. When done, moisten one-half cup of bran with a little hot water, and mix with the rye mush. Serve with hot cream.

RAW WHOLE WHEAT.

Soak one-half cup of whole wheat in three-quarters or one cup of warm water over night. Keep the water warm, if possible. A small amount of salt may be added. Serve with cream and dates, or with bananas, carrots, or nuts.

BOILED WHOLE WHEAT.

Soak some whole wheat over night. Boil for several hours with sufficient water and salt. Serve like the foregoing.

POLENTA (ITALIAN DISH).

Stir some yellow corn meal into boiling, salted water in an iron pot. Boil for about 40 minutes and stir well to prevent burning. Eat with a fork, and serve with cheese for breakfast or dinner.

RICE FLOUR. No. 1.

Mix a cup of rice flour with cold water, then add three or four cups of boiling water while stirring. Boil 15 to 20 minutes. Before removing from the fire, add some dried currants, which have been soaked for a while. Put on a soup plate, and pour over it some hot cream.

RICE FLOUR. No. 2.

Use pure rice flour, or one-half cornstarch and one-half rice flour. Prepare as number one. Before serving, mix with a piece of butter and the yolk of one or several eggs, and flavor with vanilla, lemon or bitter almonds. Put on a soup plate, and pour over it hot cream.

CORN MEAL MUSH.

Stir one and one-half cups of corn meal into four cups of boiling salted water; cook 30 minutes; finish like foregoing. Use lemon for flavoring.

BARLEY.

Soak a cup of pearl barley over night in soft water, and the next day boil it in five or six cups of water for two hours or longer. Flavor with onion, if desired, and if it does not become thick enough, dissolve a little rice flour with cold water, and add it to the barley ten minutes before removing from the fire. Serve with cream or with fresh beef, or salted meat and lettuce for breakfast or dinner.

BREAD AND MILK.

Bring some fresh, whole or skimmed milk to a boil, pour on dried black bread or crusts, and add a little salt. Let it stand for 10 minutes and serve on soup plates.

CRACKER AND MILK.

Prepare like the foregoing, or pour one cupful of boiling salted water over one large unleavened cracker, let stand 5 minutes. Then add one cupful of hot milk and serve.

DIRECTIONS FOR BOILING RICE.

Wash one cup of rice, and pour into seven or eight cups of boiling, salted water. Boil rapidly until the grains burst; then cover and put into a hot oven or on a platter, and cook for 20 or 30 minutes. Remove from the fire and add a piece of butter and the yolk of an egg, or serve the rice with hot cream. Dried currants, raisins, apricots or prunes may be mixed with the rice. If eaten in place of mush, pour the rice on soup plates, and add hot cream.

MILK RICE.

Allow a pint of water and a pint of fresh milk to come to a boil with vanilla or cinnamon, and put

into it three or four tablespoonsful of Japan or Carolina rice, which has been soaked for several hours. Boil rapidly until the starch granules burst, then boil slowly for forty minutes longer. If it is not thick enough, mix a little cornstarch in cold water, and add to the rice when nearly done. The yolk of one or more eggs may be added before serving, if desired. It may be eaten plain in the form of a thick gruel or with a fruit sauce. It will serve as a whole meal for children, morning, noon, or evening. A few nuts, or some celery, may be eaten at the end of the meal.

RICE CREAM.

Cook one cup of rice like plain, water rice with a stick of cinnamon or vanilla. When done, add the yolks of several eggs and a piece of butter, or some hot cream and two tablespoonsful of sugar, or one-half cup of soaked currants or raisins. Stir over the fire until it boils again. Serve hot or cold with fruit sauce.

ALMOND RICE.

Cook rice with water as directed for boiling rice. When done, remove from the fire, and mix with it some almond butter stirred smooth with a little water. Some dried currants or apricots previously soaked may be mixed with the rice. In combination with a dish of lettuce it will serve as a whole meal. A few whole almonds may be eaten at the end of this meal.

APPLE RICE.

Boil rapidly for 30 minutes one-half cupful of rice with three cupsful of water and a little salt. Peel three medium sized apples, cut them into small pieces after removing the cores, and add to the rice with one tablespoonful of sugar. Cook on the stove or in the oven until the apples are tender. Remove from the fire, add a piece of butter, and serve with preserved or fresh meat, eggs, fish or cheese. A stick of cinnamon may be boiled with the rice for flavoring.

APRICOT RICE.

Prepare as apple rice, and let the rice boil until tender. Then drain a few preserved or canned apricots and add them to the rice, also a piece of butter or one-half cup of hot cream. Mix well. Serve with lean meat, eggs, or cheese.

CHERRY RICE.

Prepare like apple rice, and use ripe black cherries, or canned cherries. Omit the juice. A tablespoonful of sugar may be added to the fruit while boiling. It is necessary to have the rice boiled in sufficient water, and long enough to allow each grain to burst before the fruit is added, or the acid of the fruit will prevent the rice from softening. Butter alone, or butter and the yolk of an egg, should be added when acid or sub-acid fruits are mixed with cereals. Serve with sterilized cream or with eggs, or eat nuts at the end of the meal.

CURRANT RICE.

Prepare like cherry rice. Add fresh ripe or dried currants in place of cherries. Serve with sterilized cream or with fried or boiled eggs, or with bacon.

RHUBARB RICE.

Prepare like the foregoing. Use sterilized rhubarb which has been cooled. Serve with sterilized cream.

TOMATO RICE.

Prepare like apple rice. Use one-half to one cupful of strained, canned tomato juice. Omit sugar. An onion may be boiled with the rice, if desired. Serve with fried eggs or fish, and greens.

BROWN RICE.

Brown the rice in butter to a light yellow color. Add sufficient boiling water and salt, and boil one-half hour or longer. Dried mushrooms may be added, if desired. Serve with meat, fish, or eggs.

CARROT RICE.

Put some rice to boil in water with salt. Cut young French carrots into small pieces and add; both will be done about the same time. Add finely chopped parsley and a piece of butter. Serve with peas puree and fat meat, or with fish.

MACARONI WITH CREAM.

Break up some macaroni and put in a saucepan, adding boiling water and a little salt. Boil for 30 minutes, and add more water if necessary. Dissolve some rice flour in a little cold water and thicken the macaroni, then cover and bake in an oven for 30 minutes or longer. Heat some rich cream in another saucepan and mix with the macaroni, and serve. Flavor with a little pepper, or finely chopped, salted, lean meat or parsley.

MACARONI WITH STOCK.

Prepare as the foregoing, boil 30 minutes, then add some stock and a little strained tomato juice. Cover and put in the oven again for 30 minutes. Serve with grated cold cheese.

NOODLES.

Beat two eggs with two large tablespoonsful of water and a little salt. Mix with sufficient white flour to make a stiff paste. Put some flour on a wooden board, knead the dough and add more flour until hard and dry; then roll out as thin as possible, dry in the sun or on a table, and cut into fine strips. Boil in salted water for half an hour. Serve with boiled beef or preserved salt meat, or with grated Swiss cheese and lettuce.

DUMPLINGS.

LIGHT FLOUR DUMPLINGS.

Cream a tablespoonful of butter, and add to it a whole egg and the yolk of one egg, some salt, nutmeg, chopped parsley, and two tablespoonsful of flour. Stir well for several minutes. Form small dumplings with a spoon, put into hot soup and boil eight minutes.

POTATO DUMPLINGS. No. 1.

Cream a tablespoonful of butter, add to it three yolks of eggs, a cup of cold grated potato, and one cup of dry bread crumbs. Flavor with lemon, rind, salt and nutmeg, and mix the beaten whites of two eggs with it. Roll out into small dumplings, and boil eight minutes in soup or water.

POTATO DUMPLINGS. No. 2.

Mix two cups of cold grated potato with two-thirds of a cup of flour and one-half cup of creamed butter, adding the yolks of four eggs, the whites of two eggs, and salt and flavoring. Mix well and form dumplings. Boil in hot water for about 15 minutes. Serve with roasts.

BREAD DUMPLINGS. No. 1.

Put some stale white bread or rolls to soak in cold water and press out as dry as possible. Add a tablespoonful of creamed butter, the yolks of two or three eggs, salt and nutmeg. Add the beaten whites of two eggs. Form dumplings with a spoon and boil in water, soup or fruit juice until they swim on top. Serve with stewed prunes or apricots.

BREAD DUMPLINGS. No. 2.

Remove the crust from one-third of a loaf of milk bread and soak the soft part in cold water for 5 minutes. Put it into a clean cloth and force out the water. Cream three tablespoonsful of butter, or melt some soup fat, mix with the bread and stir it very smooth. Let it cool, and add the yolks of four eggs, salt, a little mace, some finely chopped parsley, and onion, if desired. Then beat the whites of two eggs, mix with the mass and form dumplings with a dessert spoon. Put them into the boiling soup and cook for about 5 minutes or until they swim on top.

BAKED CORN MEAL DUMPLINGS.

Boil in two cups of milk or water two cups of white corn meal with a tablespoonful of butter, stirring all the time, until the mass is very thick. Let cool. Flavor with lemon rind and nutmeg, and mix with three or four well beaten eggs. Shape into dumplings with a spoon, turn in rye nuts or bread crumbs, and bake in butter. Serve with sugar and cinnamon, or with apricot, apple or wine sauce.

MIXED DUMPLINGS.

Mix over the fire one and one-half cupsful of flour with two cupsful of milk and a large tablespoonful of butter, until it does not stick to the saucepan. Let it cool, add the yolks of four eggs, salt, cinnamon, a tablespoonful of sugar, one-half cupful of finely cut fried bread crust and bacon, then the beaten whites of eggs. Form medium sized dumplings with a tablespoon, and boil in salted water for 5 or 6 minutes. Serve with stewed pears, cranberries or prunes. They are also good with sauerkraut.

FLOUR DUMPLINGS. No. 1.

Mix one cupful of flour with one-half cupful of melted butter, one cupful of hot water, and some salt. Stir well on a hot stove until no more lumps appear. Cool a little, then mix with several yolks of eggs, and flavor with mace, chopped parsley or other spices. Dip a spoon in hot water and form dumplings of the desired size. Put into boiling salt water or on top of stewed fruit, and boil 6 or 10 minutes, or until they rise. The spoon must be dipped into hot water each time before forming a dumpling. Serve with peas or stewed fruit.

FLOUR DUMPLINGS. No. 2.

Mix one cup of white corn meal and one cup of flour with a little cold water, and stir it into boiling milk. Let it soak for 5 minutes or until it is thick. Then add a piece of butter, salt, and flavoring; let cool, mix with several yolks of eggs, and shape dumplings with a spoon, and put into boiling soup or blackberry juice. Boil about 10 minutes, or until they swim on top.

FLOUR DUMPLINGS. No. 3.

Mix some white flour, or three-fourths white and one-fourth rice flour, with baking powder and salt. Shorten with butter and fat like dough for pie. Roll out, enclose some apples and bake in the oven for 20 minutes or longer.

FLOUR DUMPLINGS. No. 4.

Mix some flour with baking powder and salt. Stir to a light paste with cold water, adding several eggs or yolks of eggs. Boil with meat stew or in water.

CHAPTER VI.

BREADS, CAKES AND PUDDINGS.

POMPERNICKLE OR BLACK BREAD.

Prepare a sponge with a pint of white flour, three-fourths of a yeast cake, a little salt and sugar, and a pint of warm water. When light, add two quarts of rye meal, a tablespoonful of salt and about one quart of water. Mix well, and let rise over night. The next morning add about one quart of warm rye meal, and one of white flour; knead the dough for at least one-half hour. Let rise again, knead a little more, and shape into loaves. When light, bake in a hot oven, for about an hour. Pure rye meal may be used in place of one-fourth white flour.

WHOLE WHEAT BREAD.

Prepare the same as black bread. Use whole wheat flour in place of rye meal.

LIGHT WHOLE WHEAT BREAD.

Make a sponge from one cupful of luke warm water and one cake of yeast, with enough white flour to make the thickness of sponge cake. Cover and set in a warm place, about 90 degrees F. When foamy, add about three pints of luke warm water, or milk which has been scalded and cooled to luke warm, about two teaspoonsful of salt, a little sugar and a piece of butter or fat. Stir into it with a spoon sufficient white flour to make it of the same consistency as the first sponge. Beat it from 10 to 15 minutes, dust the top with flour, and put it into a warm place to rise. When light, add enough whole wheat flour to make a stiff dough. Put it on bread-board with flour to prevent sticking, knead for half an hour or longer, and let it rise again. When light, shape in loaves without kneading, put into pans and prick top with a fork several times. When sufficiently raised, bake in hot oven for about an hour. Cover top with pieces of oiled paper, the first 20 or 30 minutes. When done, put the bread on a sieve or in towels to cool.

LIGHT GRAHAM BREAD.

Prepare in the same manner as light whole wheat bread.

WHITE BREAD.

Prepare the same as whole wheat bread, using pure, rich milk, cream and water, or sweet whey. Add a large piece of butter or cocoanut. Use white flour instead of whole wheat, mix it with one-fourth white corn meal, or rice flour.

COFFEE CAKE.

Prepare the same as white bread, using less flour, and add a few well beaten eggs, the grated rind of several lemons and oranges, or flavor with nutmeg, dried fruit, vanilla, mace or bitter almonds. Serve with fresh, sweet milk, or with scalded milk, as a whole meal for supper.

All breads and cakes made with yeast are more nutritious and wholesome when stale, on account of the evaporation of water and the changes which take place in the bread. They should be kept in tins with holes on all sides, to allow a perfect circulation of air. The tins should be placed in the sunlight, or on a high, dry place near a stove. In many foreign countries pompernickle is kept for many months during the winter by placing it on top of high stone ovens near the ceiling. It finally assumes a sweet taste similar to that of nuts.

Bread and cake may be kept sweet and free from mildew for a long time in the following way:

Cut it with a sharp knife, when about four days old, into slices about one inch thick, then place it on a large, wire screen in the hot sunshine, cover with a cheese cloth, and let it lie for several hours, turning each slice until thoroughly dry. Then place the slices in an upright position in a square box made of wire screening, and keep in a dry or sunny place, covered with a light cloth. The box may be placed in the sunshine several times a week.

ROMAN MEAL BREAD.

Prepare the same as whole wheat bread, and use Roman meal instead of whole wheat flour.

BISCUITS.

Mix one quart of white flour with one-fourth of entire wheat flour, corn meal, or rice flour. Mix it thoroughly with two level teaspoonsful of salt, and four of baking powder. Rub into it two tablespoonsful of vegetable fat or butter. Mix with rich milk and prepare as usual. Serve with salted, preserved meat and eggs, or with rich cheese and olives and salad of greens.

POP-OVERS.

Grease the iron gem pans, and place on the stove or in the oven, to have them very hot. Then beat two eggs very light, mix a cup of rich milk with a cup of flour, and a half teaspoonful of salt; add the eggs and beat with an egg beater until all is very light. Pour the mixture into the pans, filling two-thirds full, and bake in a quick oven. This will make about eight pop-overs.

BRAN MUFFINS.

Mix one cupful of white flour with one-half cup of graham flour and one and one-half cups of finely sifted bran. Rub into it three tablespoonsful of butter; then add one and one-half cups of sour milk, a teaspoonful of soda, a little salt and three tablespoonsful of molasses. Put into hot muffin tins, and bake in a hot oven.

BRAN BREAD.

Beat the whites of three eggs to a stiff snow, add a little salt, and mix with two tablespoonsful of fine, sifted bran, and two of fine rye nuts. Put the mixture on a pie tin and bake in a very moderate oven. Leave the door open. Serve with apple salad and lettuce.

BOSTON BROWN BREAD.

Mix together one cup of coarse corn meal, one of rye flour, one of graham flour, and a teaspoonful of salt. Dissolve two teaspoonsful of soda in two cupsful of sour milk and mix with the flour, adding three-fourths cup of molasses. Pour into narrow, oiled tins, and steam for four hours. Serve with lettuce, celery and apple, or tomato salad, and nut butter.

WHITE MUFFINS.

Use mixed flour, or rice and wheat as suggested for white bread. Mix with baking powder and salt. Use two eggs and about one and one-half cups of rich milk to about three cups of flour. Serve with tomato or peas puree and lettuce for breakfast or supper.

PASTRY FOR TARTS OR PIES.

Mix one and a half cups of white flour with one-half cup of rice flour. Add one-half teaspoonful of

salt, shorten the flour with three tablespoonsful of butter and three of oil. Then add to it the yolks of two eggs beaten with sufficient ice cold water and a little rum to make a paste which is not very stiff. Roll it several times, then cover and put it in the ice box for an hour.

SAND TART.

Mix one-half pound of white flour and one-half pound of rice powder, or wheat starch. Keep in a warm place. Melt one pound of butter, cool and cream with one pound of sugar, adding ten yolks of eggs, alternating with the flour. Stir the mass for one-half hour, add the rind of two lemons, the juice of one-half lemon, and two tablespoonsful of rum. Beat the whites of ten eggs, mix lightly with the dough, and add a teaspoonful of baking powder. Bake in a moderate oven for one and one-half to two hours. During the first half hour have more heat at the bottom than at the top. During the last half hour have little or no heat at the bottom. The cake tin should not be moved.

The tart may be baked in layers or on round tins and be mixed with different colors, if desired.

PLAIN CAKE.

Cream one-half cup of butter with one-half cup of sugar, add two eggs, two cups of flour, two teaspoonsful of baking powder, a little salt, one cup of water, one-half cup of raisins or currants, and any kind of flavoring. Bake in cake tins. Cake prepared with water is more wholesome than with milk.

FROSTING.

Cream equal quantities of butter and chocolate. Spread on the layers when cold. Frosting prepared from pure sugar is unwholesome.

STRAWBERRY SHORT CAKE.

Prepare a light biscuit dough, bake in tins and cover with strawberries and whipped cream. Use no more sugar than is necessary.

FRUIT CAKE.

Chop up one cup of currants, citron, and raisins, and mix with one cup of flour. Sift one cup of flour with a teaspoonful of soda, one of cinnamon, and a little salt. Cream one-half cup of butter with one cup of brown sugar, one-half cup of molasses and two well beaten eggs; add the flour, fruit and one-half to three-fourths cup of strong black coffee. Stir well and bake in a moderate oven for one hour.

MIXED FLOUR.

Mix two cups of white flour with one cup of rice flour and one of cornstarch. Sift and keep in a tin box for sauces and soups.

RYE NUTS. No. 1.

Remove the outer crust from a loaf of stale pompernickel and grate the soft part on a grater. Pour the crumbs on a large piece of paper, and dry in the sun or in an oven. Keep in a dry place, in a tin with good ventilation.

RYE NUTS. No. 2.

Cut a loaf of stale pompernickel into thin slices and remove the crusts. Cut the inside into small strips, lengthwise and crosswise. Allow it to dry thoroughly in a moderate oven or in the sun, and while still warm, grind it through a coarse meat grinder. Place it again in an oven or in the sun to dry, or brown slightly. If desired as fine as grape nuts, grind it again or sift it, and keep in a dry place. It may be mixed with one-half grape nuts. Use as directed in menus and recipes. The outside crusts may be dried in the oven or sun, and kept in tins. The crusts are an excellent addition to milk soups or other soft foods.

SUN DRIED BREAD.

Cut stale pompernickel, whole wheat or white bread into slices, then cut in strips crosswise and lengthwise to the size of lump sugar. Allow it to dry in a moderate oven or in the sun. Keep in a dry place in sacks or tins. Use with milk as directed in recipes. It may be dried in slices and eaten in place of fresh bread.

FRIED BREAD.

Cut into strips as directed in the foregoing recipe. Fry in hot oil, or butter and oil. Serve with legume or fruit soups.

CRUSTS.

Cut some stale whole wheat or black bread into slices. Remove the outer crusts with a sharp knife and dry them in an oven. Keep in a tin box in a dry place.

IMPERIAL STICKS.

Cut stale buttered bread into long narrow sticks, and brown in the oven.

CORN BREAD. No. 1.

Three-fourths of a cup of white or yellow corn meal, one and one-fourth cups of white flour, one teaspoonful of salt, two tablespoonsful of butter or one-half oil and one-half butter, two teaspoonsful of baking powder, two well beaten eggs, one and one-half cups of rich milk, and sugar, if desired. Bake in a quick oven for 30 minutes.

CORN BREAD. No. 2.

Bring one quart of water to a boil, and add a teaspoonful of salt. Stir about one cup of coarse yellow corn meal into it and let boil 30 or 40 minutes. Then take it off the fire, beat thoroughly with a spoon, and cool until lukewarm. Add a large tablespoonful of oil or butter, a little lemon juice and four yolks of eggs. Stir well, and add the beaten whites of the eggs. Put the mixture into a flat, oiled pan and bake or heat on a griddle. Small cakes may be formed from the batter and baked in an oven or fried until browned nicely. The whites of eggs may be left out, if desired. Serve with salads of lettuce, watercress, tomatoes or apples, or with fruit sauces. Acid and super-acid fruits combine best with this bread.

CORN BREAD. No. 3.

Prepare the same as number two, using white corn meal. Flavor with cinnamon, vanilla or bitter almond, and mix with dried, soaked fruits as currants, finely cut apricots, or prunes, or serve with a fruit sauce prepared from blackberries, huckleberries or the above mentioned fruits.

DOUGHNUTS.

Use four eggs, a small cup of sugar, two cups of rich fresh milk, a teaspoonful of salt, and about one quart of flour finely sifted with two teaspoonsful of baking powder. Add grated lemon rind or cinnamon, for flavoring. Beat the dough until very light. Drop by the tablespoonful into hot fat. Stewed cold prunes or apricots may be placed in the middle of each doughnut. They may be served with fruit soups, fruit sauces, or green salads for dinner in the summer, or for supper in the winter.

CEREAL OMELET.

To two cupsful of left-over boiled wheat add two well beaten eggs, half a teaspoonful of salt, finely chopped parsley and onion. Heat butter and oil in a frying pan, and pour into the mixture. Cook by moderate heat until firm. Serve with crisp bacon, if desired.

HOMINY CAKES.

Prepare the same as Cereal Omelet or mix with eggs only, and serve with fruit sauce.

BREAD OMELET.

Remove the crust of one-half loaf of stale milk bread. Soak the bread in cold milk or water for 5 minutes. Lay it in a cloth and press out as dry as possible. Cream one-half cup of butter with one-half cup of sugar; add one-half cup of dried currants, one-half cup of almond meal, the rind of one or two lemons or oranges, four yolks of eggs, some cinnamon or mace and a little salt. Mix well, and add the beaten whites of four eggs. Heat a large flat pan, oil it well, sprinkle with rye nuts and pour in the batter. Bake on a medium hot stove, turning the omelet, or bake in the oven. Serve with fruit sauce and green salad.

SNOW BALLS.

Place four eggs in warm water. Mix two cups of flour with a cup of warm water, salt, and one-half cup of melted butter. Stir it over the fire until the flour does not stick to the saucepan. Let cool and mix with the eggs. Beat the dough for about ten minutes. Shape balls with two tablespoons, and bake in the oven or fry in hot, deep fat. Sprinkle with sugar and serve for afternoon tea or for supper.

EGG TOAST.

Soak slices of stale bread in milk, and beat up some eggs with a little salt and cinnamon. Turn the soaked bread into the egg, and fry in hot butter. The milk and eggs may be beaten up together and the bread soaked in it before frying. Serve with apple, cranberry or apricot sauce, or with syrup and lettuce. This is suitable morning, noon or night.

RICE FRITTERS.

Mix some left-over rice with several well beaten eggs, and the grated rind of a lemon. Bake on a hot griddle. Serve with fruit sauce and lettuce, morning, noon or night.

UNLEAVENED GERMAN PANCAKES. No. 1.

Use six eggs, six tablespoonsful of flour, one and one-half cup of warm milk, one-half cup of cream, and a little salt. Mix well the yolks, salt, cream, milk and flour, then add the whites of the

eggs beaten stiff. The dough must be of the consistency of thick cream. Bake in thin layers in half butter and half oil, in a small pan. Serve with lettuce and fruit sauce or with French dressing at the noon meal.

GERMAN POTATO PANCAKES. No. 2.

Grate five large raw potatoes and one onion. Mix two tablespoonsful of white flour with a little warm water and a cup of rich cream, add salt and mix with the potatoes. Then add three whole eggs beaten well, and fry in hot fat like griddle cakes, until brown. Serve with apple sauce, or lettuce and French dressing.

GERMAN PANCAKES. No. 3.

Mix one pint of white flour and one-fifth pint of rice flour with one pint of rich warm milk, or with one-half milk and one-half warm water, and a teaspoonful of salt. Beat four whole eggs, add to the mixture and beat with an egg beater for a few minutes, until perfectly smooth. Bake on a small, shallow, iron, griddle, using about four tablespoonsful of the mixture for each cake. The fat used for frying must be boiling hot. Pile on a plate standing over hot steam until all are done. Cut in sections and sprinkle with sugar, if desired. Serve with green salads or apples, or with apple, apricot or cranberry sauce.

PLUM PANCAKES.

Prepare the batter a little thicker than the foregoing. Peel and slice some blue plums very thin, mix with the batter and bake as above.

GERMAN PANCAKES WITH BACON.

Cut some bacon into narrow short strips. Fry until crisp, place in a bowl and mix with a piece of butter or with oil. Keep it in a warm place while baking the pancakes. Pour some fat and six pieces of bacon into the pan for each cake, and bake the same as German pancakes. Do not allow a metallic spoon to remain in hot fat.

APPLE PANCAKES.

Peel some apples and cut in thin slices. Mix with the dough as directed for German pancakes and fry on both sides. If fewer eggs are used, take a little more flour.

CHERRY PANCAKES.

Remove the stones from ripe black cherries. Prepare the dough as directed for German pancakes, mix the cherries with it and fry in hot fat.

BUCKWHEAT CAKES.

Mix prepared or unleavened buckwheat flour with sweet cream or one-half cream and one-half water, and bake on a hot griddle. Serve with fruit sauce or French dressing at the morning or noon meal.

ROMAN MEAL CAKES.

Soak two tablespoonsful of dried currants in a little hot or cold water. Mix one-half cup of flour with one teaspoonful of baking powder, a little salt, and one cup of Roman meal. Beat two eggs

very light, with about one-half cup of water, mix with the flour and currants and bake in hot fat. Serve fruit sauce with them.

MATZOOON PUDDING.

Soak matzoon in cold water or milk for several minutes. Then press out dry, stir until fine and mix with several well beaten eggs, cream, or butter, and raisins, chopped apples, currants, lemon rind or any other flavoring. Heat a cupful of oil or suet in a high iron pot, put the pudding mixture into it and bake in a moderately hot oven for about one hour. Serve warm with fruit sauce or wine sauce.

MATZOOON CAKES.

Prepare the same as the foregoing. Shape into small balls with two tablespoons and fry in hot fat.

FISH PUDDING.

Cream three-fourths of a cup of butter, add to it four eggs, nutmeg, salt, parsley, two cups of bread crumbs, four cups of finely chopped left-over codfish or salmon, and some lemon juice. Mix well and steam one and one-quarter or one and one-half hours. Serve with a butter sauce prepared with soup stock.

MEAT PUDDING.

Prepare like fish pudding. Use four cups of finely ground meat in place of fish.

LIVER PUDDING.

Prepare like fish pudding. Use three and one-half cups of grated or ground left-over liver and one-half cup of finely chopped cold, fat meat or suet. Serve with caper or tomato sauce.

POTATO PUDDING.

Cream one-half cup of butter with one-half cup of sugar, add the yolks of six eggs, two cups of grated potatoes, salt, cinnamon and the rind of one lemon; then add one cup of black or white bread crumbs and the beaten whites of six eggs. A half cup of almond meal mixed with a few bitter almonds may be added to the mixture, if desired. Bake this pudding for about sixty or seventy minutes, or boil two hours. Serve with stewed prunes or apple sauce.

PLAIN BREAD PUDDING.

Soak some stale bread in cold water, press it out thoroughly and stir smooth over the fire, with some butter or fat. When cool, add salt and several well beaten eggs or some flour, syrup and chopped suet, mix well and add any desired flavoring or sugar. Tie in a cloth and boil for two hours in salt water, or with white beans. Serve with stewed fruit.

RICE PUDDING.

Cook some rice as directed for water or milk rice. When cool, cream some butter with an equal amount of sugar, and add several well beaten eggs, lemon rind, cinnamon, a little bread crumbs, some raisins or currants and some sweet or sour cream, or melted butter. Bake for about an hour.

SAGO PUDDING.

Soak the sago and cook with one-half water and one-half milk. Finish like rice pudding.

FLOUR BREAD PUDDING.

Mix over the fire two cups of flour with two cups of milk or water, and three-fourths of a cup of melted butter, until the batter loosens from the bottom of the saucepan. Let it cool a little and add the yolks of four eggs, two tablespoonsful of sugar, two cups of bread crumbs, salt and mace. Then beat the whites of four eggs, mix and add one-half glass of cognac. Pour the mixture into an oiled pudding pan and steam two and one-half hours. Serve with stewed plums, pears, or cherries.

CORN MEAL PUDDING.

Bring two cups of milk to a boil, and mix four cups of yellow or white corn meal with a pint of cold water. Stir into the boiling milk and add two tablespoonsful of butter. When it is thick, remove from the fire and cool. Cream half a cup of butter with three-fourths cup of sugar, add the yolks of four or five eggs, salt, lemon rind, several grated bitter almonds, and the beaten whites of the eggs. Put into a pudding pan and steam from two to two and one-half hours. In place of bitter almonds use lemon juice, if desired. Serve with white or red wine sauce, or with stewed apricots or cranberries.

RICE FLOUR PUDDING.

Prepare the same as corn meal pudding.

APPLE-BREAD PUDDING.

Grease a pudding dish and fill with alternate layers of mixed bread crumbs and apple sauce. Begin with bread crumbs, using whole wheat or rye nuts. Mix the apple sauce with a large piece of butter, while still warm. When the dish is filled, beat up two eggs with a tablespoonful of sugar, one-half cup of cream, a little salt and some cinnamon; pour it over the top and bake in moderate hot oven for forty or fifty minutes. It affords a perfect meal for the evening. If served at noon, eat some nuts at the end of the meal.

BAKED BREAD PUDDING.

Pour two pints of hot milk over two cups of bread crumbs, cool a little, then cream one-half cup of butter with one-half cup of sugar, mix with the bread crumbs, adding three well beaten eggs, a teaspoonful of salt, a little nutmeg or cinnamon, the juice of one-half a lemon and the rind of two lemons. Mix well together, and bake in a buttered dish for fifty or sixty minutes. Serve with wine sauce, lemon, cherry or any kind of fruit sauce. Dried fruits may be mixed with the batter. Serve for supper, using broth, meat soup, or cream soup at the beginning of the meal. Celery is an excellent addition to almost any food at the evening meal.

VEGETABLE PUDDING. No. 1.

Prepare as baked bread pudding. Use legume soup in place of milk, leaving out the sugar. Use butter or cream and mix with two tablespoonsful of peanut butter or other nut butter or walnut meats. The eggs can be omitted. Flavor with finely chopped onions, celery and parsley. Pour on oiled pie tins and bake thirty to forty minutes. Serve with tomato sauce or string beans for dinner.

VEGETABLE PUDDING. No. 2.

Boil some rice with salt and water. Add a cupful of thick legume puree and finish like the foregoing.

STEAMED BREAD PUDDING.

Soak some stale bread in cold water, press out dry, and stir smooth. Melt one-third of a cup of fat and one-half of a cup of butter, and mix the bread with it on a hot stove, stirring until it loosens from the saucepan. Cool a little, and flavor with mace, nutmeg, lemon rind or cinnamon and salt. Add several well beaten eggs and some finely cut dried fruit. Mix well and steam from one to one and one-half hours. Serve with lettuce and fruit sauce. In place of fruit and the above flavoring, chopped parsley, onions and pepper, bacon, anchovy, capers or codfish may be used. Serve with tomato or apple sauce.

SUET PUDDING.

Mix four and one-half cups of flour with three cups of milk, one-half pound of finely chopped suet, four well beaten eggs, four tablespoonsful of sugar, a teaspoonful of salt and the rinds of two lemons. Grease a pudding pan, sprinkle some black or white bread crumbs into it, pour in the batter and steam for two hours. Serve with stewed fruit, cherries, pears, or plums, or with wine sauce, for dinner.

UNCLE TOM'S PUDDING.

Mix one-half a pound of flour with one-half a pound of syrup. Then chop fine one-fourth of a pound of suet, and mix with a little flour. Beat one-half a pint of milk with two eggs, and add a half cup of sugar, salt, mace, cinnamon, cloves and one tablespoonful of soda. Mix well and pour into a pudding dish, and steam for two hours. Serve with wine sauce No. 1 or with fruit sauce.

BLACK BREAD PUDDING.

Cream one cup of butter with three-fourths of a cup of sugar, and add the yolks of five eggs, three-fourths of a cup of dried currants or raisins, the rind of a lemon, a little cinnamon and cloves, salt, three cups of grated black bread and one-half a glass of wine or brandy. Mix well and add the beaten whites of the five eggs. Oil a pudding pan and pour the mixture into it. Steam two and one-half hours, and serve with vanilla, or white wine sauce. A cupful of rich cream, diluted almond butter or one-half cup of almond meal may be mixed with the batter, if desired.

PLUM PUDDING. No. 1.

Moisten two cups of bread crumbs with a little cream, and add two cups of finely chopped suet, two of currants, two of raisins, one of sugar, one-half cup of almond meal, one-half cup of finely chopped orange and lemon rind, a little nutmeg, salt, one-half glass of brandy and two or three well beaten eggs. Mix all well and steam in a cloth or pudding pan for five hours.

PLUM PUDDING. No. 2.

Use two cups of flour, one-half cup of bread crumbs, one cup of rich milk, and a little fruit. Mix and boil like No. 1. The almond meal may be left out.

CHAPTER VII.

SAUCES AND SALAD DRESSINGS.

SAUCES.

Sauces are a necessary addition to cooked foods, especially in cold weather. The proper utensils used for sauce making are wooden spoons and flat, round bottomed saucepans.

Good fresh butter, oil and dry flour are necessary to make nutritious sauces. Flour for thickening should boil at least ten minutes. If the flour is to be cooked with fat before the liquid is added, only a few minutes of boiling is necessary, for the reason that fat, when boiled, reaches a higher temperature than water or milk. Mixed flour is preferable to pure wheat flour. Sauces prepared from soup stock, vegetables or fruits and gelatines are a better addition to meats than brown gravies, which are prepared from the small amount of juice which is extracted from the meat by roasting. Sauces prepared in the latter way are too rich as a food if eaten in combination with meat; they are a perfect meal by themselves if eaten in combination with whole wheat bread and greens.

BUTTER SAUCE. No. 1.

Melt three tablespoonsful of butter, or half butter and half oil, mix with two tablespoonsful of flour over the fire, and boil for a few seconds. Then add gradually a pint of boiling water or soup stock or hot whey, while stirring it. Boil a few minutes. Flavor with salt, onion, chopped parsley, celery, nutmeg, bay leaves, anchovy-paste, lemon, chopped salted meat or whatever flavor is desired. Serve with meat or fish.

BUTTER SAUCE. No. 2.

Prepare like the foregoing. Use milk in place of water, or soup stock.

TOMATO SAUCE.

Prepare as number one, using strained tomato juice instead of water. Serve with meat, fish, or grains.

CAPER SAUCE.

Prepare as number one, add capers and lemon before serving.

HORSE RADISH SAUCE.

Prepare as number one, adding dried currants and grated horse radish at the last minute. This is excellent with boiled beef or fish.

MUSTARD SAUCE.

Prepare as number one, adding two to four teaspoonsful of prepared mustard a minute before serving. Serve with hot or cold boiled beef, or with hard boiled eggs.

MUSHROOM SAUCE.

Prepare as number one, add the desired amount of dried mushrooms, which have been soaked in water for several hours, and boil for ten minutes. Serve with poultry, game or rice.

CREAM SAUCE. No. 1.

Prepare as number one; remove from the fire, add a few tablespoonsful of hot cream, or the yolk of one or several eggs, which have been diluted and stirred with a little cold water. Flavor with mace, pepper, nutmeg, parsley, lemon, or vanilla. Serve with macaroni, boiled fish, plum pudding, French toast, chipped beef, salted meat or boiled onions.

CREAM SAUCE. No. 2.

Thicken some water or soup stock with flour. Cook ten minutes, and add hot cream and flavoring.

ALMOND SAUCE.

Prepare with hot water as directed for butter sauce. Stir smooth a tablespoonful of almond butter or paste with two tablespoonsful of cold water, remove the sauce from the fire, add the almond butter and stir thoroughly. Serve with baked apples, rice, or bread.

OLIVE SAUCE.

Prepare as butter sauce. Soak some olives in warm water, remove the stones and add to the sauce, boiling all a few minutes. Serve with duck, game, fish or meat.

DRIED CURRANT SAUCE.

Soak the currants in boiling water, and let stand thirty minutes. Prepare a plain butter sauce from butter, flour, and hot water, and when done mix the currants with it. It can be prepared with soup stock or fish-water, and served with boiled white fish or boiled beef.

BACON SAUCE.

Cut some bacon into pieces about the size of lump sugar. Fry until brown. Pour the fat into a stone jar and put the bacon on a plate. Mix a tablespoonful of the bacon fat and one of butter with a tablespoonful of flour, and add hot water, whey, or soup stock. Flavor with chopped parsley or strained tomato juice and add the bacon.

FLAVORING OF MEATLESS SOUPS AND SAUCES.

Soups and sauces prepared with flour and water may be improved by an addition of left-over meat gravies or with crisp bacon and flavored with finely cut onions.

MINT SAUCE.

Wash half a handful of young fresh mint, pick the leaves from the stalks, and chop them very fine. Make a plain butter sauce with soup stock, and add vinegar and sugar to suit the taste. Then remove from the fire, mix with the chopped mint, and serve with lamb or mutton.

LEMON SAUCE.

Wash a lemon, remove the peel and steep in three cups of water for fifteen minutes. Add the juice of one or two lemons and the necessary amount of sugar. Dissolve three teaspoonsful of

cornstarch with a little cold water and stir into the lemon juice. Boil ten minutes. Remove from the fire and mix with a tablespoonful of butter while warm. The lemon rind can be grated and added to the sauce instead of boiling the rind. This is good for steamed puddings. The yolk of an egg may be added.

CHERRY SAUCE.

Remove the stones and steep the cherries in water with a stick of cinnamon. Add a little sugar and thicken with cornstarch or arrowroot. Strain or leave the cherries in it.

DRIED CHERRY SAUCE.

Soak the cherries and prepare as the foregoing. Strain, if desired.

WHITE WINE SAUCE.

Mix a teaspoonful of flour with two tablespoonsful of sugar, a little cinnamon, and ten ounces of wine. Then beat up four eggs, mix with the wine and beat over a hot fire with an egg beater until it foams. (It must not boil.) Then pour into a large dish and beat until nearly cold. Serve with steamed puddings.

RED WINE SAUCE.

Prepare like white wine sauce. Add a little more sugar, and a teaspoonful of brandy, if desired.

SALAD DRESSINGS FOR MEATS, CEREALS, FISH, VEGETABLES AND FRUITS.

They can be prepared from oil, butter, eggs, cream or nut butter. Dressings prepared from nut butter are especially good during the summer months. They can be prepared by making a plain butter sauce with flour and water, and adding nut butter before serving, or by diluting nut butter with water to the desired consistency. They may be flavored with orange or lemon juice. If a sweet flavor is desired, boil a little water with sugar, then add the juice of lemon or oranges and mix with nut butter. Serve hot or cold.

FRENCH DRESSING.

Mix three tablespoonsful of olive oil with one of vinegar, or with the juice of one lemon and one grated onion. To this may be added sugar, pepper, salt, parsley or mustard, if desired. The proportion of oil and vinegar may be changed according to the taste. For fruit salads, lemon should always be used instead of vinegar. For raw vegetables, the dressing should not be poured over the salad until ready to serve.

MAYONNAISE DRESSING. No. 1.

Put into a high narrow bowl the yolk of an egg and one whole egg, a tablespoonful of flour, one of olive oil, one of vinegar, and a little mustard; beat with an egg-beater about five minutes, or until it becomes thick, adding slowly one cup of cottonseed or olive oil while beating it. Flavor with lemon juice, onion and salt, to suit the taste. Keep on ice.

MAYONNAISE DRESSING. No. 2.

Stir one or several yolks of eggs and mustard with a fork on a soup plate for several minutes. Slowly add some olive oil, and if it becomes too thick, add lemon juice, then salt, sugar and onion, if desired. Keep on ice.

MAYONNAISE DRESSING. No. 3.

Make dressing number two. Add salt and sugar to suit the taste, and one cup of thick cream. Keep on ice.

MAYONNAISE DRESSING. No. 4.

Take the yolks of three hard boiled eggs and one raw yolk. Stir as smooth as butter, with one teaspoonful of mustard, one of sugar, one of grated onion, a little salt and pepper, the juice of a lemon or some good vinegar, then add slowly one-half or one cupful of olive oil. If the dressing is too thick add some cold veal jelly until it has the right consistency. Keep on ice.

MAYONNAISE DRESSING. No. 5.

Grate one medium sized cold boiled potato, stir one or two hard boiled eggs through a strainer and mix with the potato. Add the yolk of one or more eggs, stir well, then slowly add some olive oil, mix with lemon juice or vinegar, and flavor.

MAYONNAISE DRESSING. No. 6.

Cream one-fourth of a pound of butter, add the yolk of one raw egg, and the finely grated yolks of two hard boiled eggs. Mix well, and add finely chopped parsley, onion, a little mace and some lemon juice. Serve with cold meat or fish, or spread on bread.

MAYONNAISE DRESSING. No. 7.

Prepare butter and eggs as directed in number six, adding finely chopped boiled ham, sardellen, anchovies or well soaked salt herring. Eat with cold meat, or spread on bread.

MAYONNAISE DRESSING. No. 8. (BOILED.)

Mix two tablespoonsful of flour with five yolks of eggs, then add a half cup of butter or a cup of cream, a little salt and pepper, (sugar if desired), three to four tablespoonsful of vinegar and one to two cups of soup stock. Pour into a double boiler and stir over a hot fire until thick, then remove and stir until cool. Finely chopped parsley, capers, pickles, or olives may be added. If lemon is desired, use half the amount of vinegar while boiling, and add the lemon juice after it has been removed from the fire.

MAYONNAISE DRESSING. No. 9. (BOILED.)

Boil a small veal bone in three or four pints of water, adding salt, several onions, whole pepper and some spiced herbs. When, nearly done, add three to six tablespoonsful of good vinegar, strain and add the yolks of several eggs. Stir until cool, and place on ice. Serve with cold fish or meat. If the sweet-sour taste is liked, a little sugar may be added to the broth while boiling. Ripe olives are also a good addition.

SYRUP DRESSING. No. 1.

Add the juice of one lemon, orange, or grapefruit, to one-half cup of maple or table syrup. Mix well and serve with pancakes. This is more nourishing and wholesome than pure sweets. Do not prepare more than enough for one meal at a time.

SYRUP DRESSING. No. 2.

Let a half cup of syrup and a small tablespoonful of vinegar come to a boil. Add one finely chopped onion. Remove from the fire and cool, adding the desired amount of oil, and mixing well. This is good for lettuce and watercress. Serve with pancakes, meats, fish, or baked rolled oats, or with rye or wheat. If lemons or oranges are used in place of vinegar, do not allow the latter to boil. Prepare fresh for each meal. Do not use vinegar or onions with fancy fruits.

CHAPTER VIII.

SALADS.

Salads consisting of **mixed** nuts or **mixed** boiled vegetables are not wholesome for delicate people.

LETTUCE SALAD.

Lettuce should be kept in a cool, dry place and not left in water longer than 15 minutes. It may be served alone as a salad mixed with French dressing or served in combination with fruits, starchy foods or other vegetables, and eaten in addition to meats and fish or cheese. Watercress salad can be prepared and served in the same way as lettuce salad.

MEAT SALAD.

Use any kind of cold left-over meat, cut into small pieces or chopped fine, mixed with dressing and garnished with green leaves.

FISH SALAD.

Cut some left-over fish in small pieces, mix with dressing and garnish with leaves.

CUCUMBER SALAD.

Peel and slice the cucumbers thin and pour French or mayonnaise dressing over them. They may be combined with lettuce, tomatoes, chopped parsley or onions.

TOMATO SALAD.

Prepare and mix like cucumber salad. Serve with French or mayonnaise dressing.

BOILED VEGETABLE SALAD.

Use left-over asparagus, string beans, cow beans, lima beans, green peas or cauliflower. Pour over them French dressing half an hour before serving, adding lettuce and mayonnaise dressing when ready to serve.

SPINACH SALAD.

Take some fresh leaves of raw spinach or use cold boiled spinach, and mix with French dressing.

CHEESE SALAD.

Chop up some tart apples, arrange lettuce in a salad bowl, pour in the apples, and sprinkle over it grated Swiss cheese.

NUT SALAD.

Chop or grind in a nut grinder some almonds or walnuts. Arrange lettuce and chopped apples in a salad bowl, sprinkle the nuts over it, and serve with celery and raisins. The French dressing may be omitted.

EGG SALAD.

Arrange lettuce in a salad bowl. Cut up hard boiled eggs, pour over them French or mayonnaise dressing. Caper or olives may be added.

ANCHOVY BUTTER.

Soak the fish for 20 minutes or longer, wash, clean, and chop fine. Add several finely chopped yolks of hard boiled eggs, and parsley, if desired. Cream some sweet butter and mix with the chopped fish and eggs. Spread on stale slices of bread. Serve with lettuce or celery, and hard boiled eggs. Apples and tomatoes combine well with all kinds of fish.

The anchovy butter may be mixed with mayonnaise dressing and served in egg shells cut in halves.

EMPIRE SALAD.

Ingredients: One large well soaked salt herring, two raw apples, two cold boiled potatoes, one cup of cold boiled chopped veal or beef, six hard boiled eggs, three boiled beets, three stalks of celery or one boiled celery root, onions, parsley, and two tablespoonsful of mustard. Chop fine each of the ingredients separately. Set apart three tablespoonsful of chopped whites of eggs, yolks of eggs, beets and parsley. Mix all the other ingredients well and add about one cup of mayonnaise dressing. Put the salad on a platter or into a large glass dish; garnish with lettuce and olives and make designs of green, red, white, and yellow with left-over ingredients. Let the salad stand in a cold place for several hours before serving. If it stands too long, the taste of the herring becomes too strong.

DRIED FISH SALAD.

Soak in warm water for 15 minutes some dried smoked herring or salmon. Cut in small pieces, mix with mayonnaise or French dressing, and garnish with lettuce. The fish may be left whole and served with apple salad.

CABBAGE SALAD.

Use the innermost part of a head of cabbage. Cut and chop very fine, add lemon and olive oil, and mix with mayonnaise dressing. A cold grated potato may be added for those who have difficulty in digesting cabbage.

TOMATO AND WATERCRESS SALAD.

Carefully wash some watercress, dry, and mix with equal parts of sliced tomatoes. Use French or mayonnaise dressing.

DANDELION SALAD.

Carefully wash and mix with finely cut green onions and French dressing.

YELLOW DOCK SALAD OR SOUR GRASS.

Wash and serve plain or mix with lemon and olive oil.

HERRING SALAD. No. 1.

Remove the skin and bones from a smoked herring. Cut the fish into small pieces, and mix with thinly sliced apples or tomatoes, and salad dressing. Garnish with lettuce. Serve with soda crackers or with wheat or rye bread.

CELERY SALAD.

Cut the tender white stalks into small pieces. Add chopped apples and nuts or salad dressing.

ANCHOVY SALAD.

Soak the fish for half an hour, remove the bones, fins, and head. Chop up green onions and parsley. Cut tomatoes or apples into small pieces and mix with equal parts of fish, add the onions and mix with French or mayonnaise dressing. Lettuce and hard boiled eggs cut in halves may be mixed or served with it.

HERRING SALAD. No. 2.

Prepare the same as anchovy salad. Use pickled herring.

RADISH SALAD. No. 1.

Wash and slice some radishes, mix with chopped onions, finely cut chipped beef or any left-over meat or ham. Garnish with lettuce, and serve with French or mayonnaise dressing.

OLIVE SALAD.

Stone and slice some ripe olives. Mix with equal parts of thinly sliced tomatoes and French or mayonnaise dressing. Serve on lettuce.

RHUBARB SALAD.

Wash the rhubarb, cut the red part of it into one inch pieces and mix with mayonnaise dressing.

APPLE SALAD.

Arrange some lettuce in a salad bowl, add chopped or sliced apples, onions and parsley, and mix with French or mayonnaise dressing. Grapenuts or ryenuts may be sprinkled over it. Serve with fish, meat or cheese.

ASPARAGUS SALAD.

Cut off the tips of raw asparagus, arrange some lettuce or watercress in a salad bowl, and mix with French or mayonnaise dressing. Sliced tomatoes may be added. Boiled asparagus may be prepared in the same way.

MUSHROOM SALAD.

Arrange some lettuce or watercress in a dish, select fresh mushrooms, wash and mix with French dressing, and pour over the green leaves.

BANANA SALAD.

Arrange lettuce and sliced bananas in a salad bowl, adding a French dressing of lemon and olive oil. Ryenuts or grapenuts may be sprinkled over it. Scrape off the inside of the skin of the bananas, and mix with it.

ORANGE SALAD.

Peel some oranges, slice them crossways, remove the seeds, put into a bowl and grate some of the orange rind over them. Serve plain or with lettuce, and pour a French dressing of lemon and olive oil over it.

PINEAPPLE SALAD.

Peel and slice crossways, serve with lettuce and lemon or with sweet cream.

PINEAPPLE AND APPLE SALAD.

Mix equal parts of sliced apples and pineapples. Serve like the foregoing or with nuts.

PINEAPPLE AND ORANGE SALAD.

Mix equal parts of sliced oranges and pineapples. Serve like the foregoing.

APPLE AND BANANA SALAD.

Prepare and serve like the foregoing, with cream or nuts.

ORANGE AND BANANA SALAD.

Scrape off the bitter pulp of the inside of the skin of the banana, mix with sliced oranges and bananas, and serve like the foregoing.

FRUIT SALAD IN GELATINE.

Prepare some lemon or orange gelatine. Let cool and pour over the sliced fruit. Set on ice and serve plain or with cream.

CRANBERRY AND CELERY SALAD.

Wash and cut some celery the size of cranberries. Mix with an equal amount of cranberries, and serve plain or with lemon and olive oil.

PEACH SALAD.

Wash and slice some peaches. Serve with cream or lettuce, lemon, and olive oil. Fried beachnut bacon and shredded, puffed or raw rolled wheat are a good addition, if lemon and oil is used.

APRICOT SALAD.

Prepare and serve in the same manner as peach salad.

CRANBERRY AND BANANA SALAD.

Cook some cranberries, strain, and thicken with a little cornstarch. Cool and pour over sliced bananas. Serve with raw celery.

CRANBERRY AND PEAR SALAD.

Combine like the foregoing or use baked pears. Raw cranberries with raw pears and celery is also good.

BANANA AND GRAPE SALAD.

Slice some bananas and mix with an equal quantity of green grapes. Garnish with lettuce, and add lemon and olive oil, if desired.

RADISH SALAD. No. 2.

Mix some chopped or sliced radishes with French or mayonnaise dressing, and add lettuce or celery. Serve for breakfast with whole wheat bread and butter, or with raw wheat flakes.

BEET SALAD.

Mix some left-over sliced beets with French dressing. Serve with cold fat pork or bacon for breakfast or dinner. Celery and whole wheat or black toast with butter make a good combination in place of the meat.

MIXED SPINACH SALAD.

Wash some fresh tender spinach leaves. Cut fine and mix with French dressing, mint and onions. Tomatoes may be added. Serve with hard boiled eggs.

CARROT SALAD.

Grind, chop or slice the carrots and mix with French dressing. Add chopped parsley, lettuce or celery. Serve with rye or wheat flakes or with bacon.

RAW CORN.

Remove the husks from fresh raw corn and place it in cold salted water for 15 minutes. Cut from the cob with a sharp knife, and serve plain or with tomatoes, lettuce and French dressing. This affords a perfect meal for dinner during the summer.

CELERY ROOT SALAD.

Scrub the roots with a brush and boil in the skins until tender. Peel, cut into slices, heap in a high bowl, and pour a little diluted vinegar or lemon juice over them. Let stand for 15 minutes, pour off the acid and mix with French or mayonnaise dressing. This is good for diabetic patients.

CEREAL SALAD. No. 1.

Mix a cupful of raw rolled wheat, oats or rye with a cup of finely grated or chopped carrots. Add a few drops of lemon or orange juice, and a little olive oil. Lettuce, celery or parsley may be mixed or eaten with it.

CEREAL SALAD. No. 2.

Wash and chop lettuce or celery, and apples. Mix with French or mayonnaise dressing. Then add an equal amount of rolled raw cereals and serve. Parsley or watercress may be added. A syrup dressing or onions combine well with it. Peaches and apricots may be used in place of apples and carrots. Onions should not be used with peaches or apricots.

CHAPTER IX. GELATINES AND TOASTS.

GELATINE PREPARATIONS.

Gelatine is a valuable food for the sick. The nutritive value of gelatine is under-estimated. While it alone cannot sustain life, it is superior to beef tea, and if eaten with other articles which supply the elements which it lacks, it can partially take the place of meat and other nitrogenous foods for sick people and for people of sedentary habits. For people who do hard labor gelatine is of little value.

FRUIT GELATINE.

To prepare fruit gelatine the acid and super-acid fruits are best, and **no more sugar** should be used than is necessary. Gelatine preparations must be kept on ice, or in a very cold place, and not be prepared in large quantities, as they easily putrefy. For the sick and for children, it should not stand longer than twenty-four hours, and it should not be kept in metallic dishes. The best time to serve gelatine is for the evening meal. It may be served with sterilized cream, and zwieback or wafers.

Prepare some gelatine according to directions on package. Add to it juice from preserved apples, cherries, raspberries, strawberries or currants.

GELATINE PUDDING MADE WITH SOUR MILK.

Prepare some white gelatine with two cups of water. Take twice the amount of gelatine directed and add one-half cup of sugar. Remove from the fire, cool slightly, then add two cups of sour milk which has been beaten, and mix all well. Flavor and set in a cool place. Serve with sweet cream and zwieback.

WHIPPED SOUR MILK.

Beat one quart of thick, sour milk with an egg beater for 10 minutes. Serve with zwieback in soup plates. Three-fifths tablespoonful of powdered sugar and a little cinnamon may be added, if it is agreeable.

Whipped sour cream may be prepared the same as sour milk.

WHIPPED SWEET CREAM.

Whip one quart of sweet, thick cream with two-fifths of a tablespoonful of powdered sugar, add a little vanilla, if desired. Serve with fruit gelatines or ground white figs, stewed prunes, baked apples or raw fruits, such as peaches, strawberries, raspberries or bananas.

BANANA GELATINE.

Prepare some gelatine with orange, cranberry or lemon juice. When nearly cold, cut up some bananas and mix with the gelatine. Flavor and set on ice, serve with whipped or sterilized cream.

PINEAPPLE GELATINE.

Prepare some gelatine with lemon or orange juice. When nearly cold, add some fresh or canned pineapple. Serve with whipped or sterilized cream, and zwieback.

BEER GELATINE.

Prepare with rye beer in the same way as the fruit juice. Take one pint of beer to one pint of water. Use the imported root beer.

BLANC MANGE

Prepare some gelatine with milk, sugar and a little salt. Remove from the fire, set on ice, and mix with boiled custard when cool. Flavor with vanilla or bitter almond.

CALVES' FOOT JELLY.

Wash a calf's foot several times in hot and cold water. Bring to a boil and pour off the first water. Bring to a boil again, add some salt, and cook from two to three hours. Strain through a cheese-cloth. The next day remove the fat, bring to a boil again, add one to two cups of wine, the juice and rind of several lemons or oranges, and sufficient sugar to counteract the sour taste. Pour into a dish which has been oiled, and set on ice. It may be served with whipped cream or the beaten whites of eggs, and shredded wheat or zwieback.

SNOW PUDDING.

Soak some gelatine according to directions. Add a pint of boiling water, some tart fruit juice and the necessary amount of sugar. Let it come to a boil, stir and strain, and let stand in a cold place for several hours. When it begins to set, beat up the whites of two eggs with a little salt or lemon juice, and sugar, and mix with the gelatine. Pour into molds and set on ice. Serve with whipped cream or custard sauce.

RICE GELATINE.

Boil one cup of rice in about three pints of water with a little salt, for 40 minutes. Soak gelatine, half the amount directed on the package, and when soft, add the strained rice water to it, bring to a boil, sweeten to taste, and put into molds or cups. Serve with whipped or sterilized cream and zwieback. Merk's sugar of milk should be used if prepared for the sick.

TOMATO GELATINE.

Strain a can of tomatoes, mix with soaked gelatine and bring to the boiling point, adding lemon or salt, if desired. Put into molds and set in a cool place. Serve with cold meat or fish, olives and greens.

BARLEY GELATINE.

Prepare like rice gelatine. Half rice and half barley may be used. Dried raisins or currants may be added, if desired.

WHEAT GELATINE.

Cook three tablespoonsful of Cream of Wheat with two or three pints of water and some salt. Boil 20 to 30 minutes. Strain and prepare like rice gelatine. Flavor according to desire. If the rind of a lemon is used, boil with the gelatine. This gives it an excellent flavor.

BUCKWHEAT GELATINE.

Wash the buckwheat groats several times with cold water, then soak or put into boiling water at once. Boil from 30 to 40 minutes. Flavor to taste. Finish like the foregoing. It is very good during the winter.

OAT GELATINE.

Wash and soak one cupful of steel cut oats in two quarts of water. Add some bran, if desired. Boil 30 to 40 minutes with a little salt, and drain and strain. Do not press the starch through. Prepare like rice gelatine.

BRAN GELATINE.

Soak one cupful of bran in three pints of soft water for several hours, or over night; one-half cupful of rylax or black crusts may be added. Bring to a boil slowly and let simmer for 15 or 20 minutes. Soak some gelatine, a little less than the directions call for. Add the strained bran juice and a few dried currants which have been soaked in boiling water. If sugar is desired, add a small tablespoonful. Let it come almost to the boiling point, add salt, and put into molds. Serve plain or with sterilized cold cream.

RYE GELATINE.

Prepare like bran gelatine, using less bran. Toast thoroughly brown three or four slices of stale pompernickel and soak with the bran. If boiling water is used for soaking, less time will be required for it. A stick of cinnamon gives the rye a good flavor. Rylax may be used in place of pompernickel.

PEA GELATINE.

Wash and soak over night one cupful of whole dried green peas in three pints of soft water. The next day let them slowly come to a boil and add cut-up onions, carrots, celery or parsley, and salt if desired. Simmer slowly in earthen ware for one hour at least. Strain and prepare with gelatine as directed in the foregoing. Do not press the peas hard through a strainer; allow only a little pulp in the broth. Serve with zwieback spread with almond butter or with a little finely ground walnut meat.

COFFEE GELATINE.

Pour two pints of boiling water on four or five tablespoonsful of coarsely ground coffee. Steep (not boil) for five minutes, then strain. Soak some gelatine according to directions on package. When soft, mix with the hot coffee, add sugar to suit the taste, and let it come almost to the boiling point. Mix well and pour into molds or cups, which have been rinsed in cold water. Serve with whipped or sterilized cream, and zwieback or Nabisco.

CEREAL COFFEE GELATINE.

Prepare some strong cereal coffee according to directions on package. Prepare like the above. A small amount of coffee may be mixed with the cereal coffee, just before removing from the fire.

CHOCOLATE GELATINE.

Grate eight tablespoonsful of chocolate, put into a pint of cold sweet milk, bring to a boil, and add

a few tablespoonsful of sugar. Soak some gelatine, and when soft, add one pint of hot milk and heat to the boiling point. Then mix with the hot milk containing the chocolate, pour into molds or cups, and set in a cool place. Serve with cream, zwieback or Nabisco.

For invalids, it is better to prepare the gelatine and chocolate in water instead of milk, and serve with whipped or sterilized cream.

WINE GELATINE.

Use part wine, sherry or claret. Prepare like fruit gelatine. Serve with cream or custard sauce, and wafers.

BREAD GELATINE.

Toast two slices of white and two slices of black bread. Pour three pints of boiling water on them. Simmer for half an hour. Soak some gelatine, and when dissolved, strain the bread-water and add to the gelatine. Bring to a boil, add sugar, and flavor with a little wine or lemon juice. Pour it into molds and cool.

BEAN GELATINE.

Prepare like pea gelatine with or without flavoring. Lima beans or horse beans are best in summer; small white beans in the fall; red, brown, or black beans are best in cold weather, as they are richer in iron and minerals. They can all be served plain with toast or zwieback and butter, cream or nut preparations. Black toast or crusts combine better with lima and white beans than white toast or bread.

LENTIL GELATINE.

Prepare like the foregoing. Flavor richly with onions. Serve with white toast.

TOASTS.

WATER TOAST.

Use zwieback, or toast some stale white bread over the open fire. Lay on a plate and pour over it quickly boiling water, slightly salted, and drain off at once. Serve plain, or spread with sweet butter, or the yolk of an egg.

TOMATO TOAST.

Prepare like the foregoing, spreading with tomato puree in place of butter. Drink with it rich fresh milk. This is excellent for people who have difficulty in digesting milk. Strained hot tomato juice may be used in place of water.

BARLEY TOAST.

Prepare like tomato toast. Use thick, barley jelly prepared from pearl barley, or soften the toast with barley water.

RICE TOAST.

Use thick rice jelly prepared from Carolina rice. Flavor with cinnamon, if desired.

RYE OR BRAN TOAST.

Make a strong tea from toasted black bread and bran, and prepare like the foregoing.

PRUNE TOAST.

Soften some black or white toast with boiling water, and add a little salt. Spread with thick prune juice. Sterilized cream may be added.

APRICOT TOAST.

Prepare the same as prune toast. Add cream or a piece of butter and the yolk of an egg.

APPLE TOAST.

Use thick apple sauce. Prepare the same as apricot toast. The four last recipes are excellent for constipation.

MILK TOAST.

Scald some fresh milk. Add a stick of cinnamon, if desired. Pour over white or black toast.

CREAM TOAST. No. 1.

Prepare like water toast. Bring some fresh cream to a boil with a stick of cinnamon. Add when the toast is soft. Use black or white toast.

CREAM TOAST. No. 2.

Prepare a white sauce from butter, salt, flour and hot water, as directed in "Sauces." Add one-fourth of a cup of hot cream and pour over black toast, which has been softened with one-half cup of hot water.

CREAM TOAST. No. 3.

Use sweet whey in place of hot water, and prepare as No. 2. The cream may be omitted.

CELERY TOAST.

Cut some celery and cook until tender. Soften the toast with the celery water. Prepare a plain butter sauce and add cream, if desired. Mix with the celery and pour over the toast.

CLAM TOAST. No. 1.

Soften the toast with hot clam broth and strain, if desired. Mix the remainder with hot cream and pour over the toast.

CLAM TOAST. No. 2.

Soften the toast with clam broth. Prepare a white sauce from the remainder, add hot cream and pour over the toast.

OYSTER TOAST.

Prepare like the clam toast, with or without cream.

SPINACH TOAST.

Cut off the stems and select only fresh tender leaves. Cook and chop as fine as possible, flavoring with butter and lemon juice. Soften some black or white toast with broth or spinach water, and add the spinach. Serve with hard boiled eggs for dinner. If it is desired for supper, and if the patient's stomach is delicate, use only the hard yolks. Fried beachnut bacon may be added. If the flavor of onion is desired, remove the onion before serving. This is good for constipation.

EGG TOAST. No. 1.

Beat one egg with three tablespoonsful of water or soup stock, and a little salt. Let the toast soften in it and fry to a golden brown in one-half butter and half vegetable fat or oil.

EGG TOAST. No. 2.

Use cream or unsweetened condensed milk. Beat up with eggs, salt and cinnamon, and prepare like the foregoing. This is good for diabetic patients.

CHAPTER X. FRUITS, PUDDINGS AND GRUELS.

STERILIZED DRIED FRUITS.

Place some dried cherries, apricots, currants or prunes in a Mason jar. Fill to the top, cover with water, and let stand over night. The next day set the jar into a water bath, heat to the boiling point, then cool. Enough can be prepared to last for several days. The juice may be used again for soaking, or it can be used for fruit gruels.

SOAKED FRUIT. No. 1.

Wash some dried fruit, put into a bowl, pour over some hot or cold water, place over it a little saucer with a weight upon it; in this way it requires less water; let stand over night. It is ready for use the next morning, and may be mixed with boiled cereals in place of sugar.

SOAKED FRUIT. No. 2.

Place some dried fruit in a bowl, pour over it some hot cereal coffee. Use in the same way as number one. This is excellent for people suffering with fermentation of the stomach. The cereal coffee acts as a preservative.

FIG BUTTER. No. 1.

Wash some dried figs, dry them; then cut into small pieces, and grind on a nut grinder. Mix with one-fourth (in quantity) of ryenuts. Serve with whipped or sterilized cream.

FIG BUTTER. No. 2.

Prepare as the foregoing. Mix with about one-third or one-fourth of ground nuts, also with ryenuts, if desired. Serve with lettuce.

RAISIN OR CURRANT BUTTER.

Prepare like figs. Mix with ground nuts. Serve with lettuce or with chopped apples.

GROUND DATES.

Remove the stones and prepare as above. Mix with ryenuts or orange juice. Serve with lettuce and sliced bananas or nuts.

GROUND DRIED PRUNES.

Prepare like figs. Mix with ryenuts. Serve with cream or with nuts and lettuce.

BAKED APPLES.

Wash and remove the core; then place in a baking tin, stem end down; pour over some water and a little sugar, if desired, bake in a moderate oven until tender. Let cool and serve plain with butter and bread or with whipped or sterilized cream.

BAKED PEACHES.

Prepare the same as baked apples, and serve with cream.

AMBROSIA.

Mash baked apples very fine and rub through a colander. Mix with soaked or stewed raisins, if desired. Serve in place of apple sauce with beaten whites of egg or whipped cream and zwieback.

BAKED APPLES IN GELATINE.

Prepare in the usual way, pour some fruit or rye gelatine over them.

APPLE SAUCE. No. 1.

Wash some tart apples, cut into four pieces and remove the seeds; steep with a little water and sugar until tender. Then mash fine with a potato masher and run through a colander. Add a piece of butter while warm. Apple sauce prepared in this way is more wholesome than prepared from apples that have been peeled.

APPLE SAUCE. No. 2.

Soak some dried apples over night, steep for 30 or 40 minutes with a piece of cinnamon and a little sugar, and mash fine with a potato masher. Add a piece of butter. Let cool and serve with fish, eggs, boiled beef or cheese.

APPLE SNOW.

Prepare some apple sauce from dried or fresh apples, run through a colander; when cool, mix with the snow of whites of eggs. Serve with zwieback.

APRICOT SNOW.

Prepare same as apple snow.

APRICOT SAUCE.

Wash some dried apricots thoroughly, cut into small pieces, soak over night, then simmer slowly until soft. Run through a colander and add a piece of fresh butter while warm. Serve with French toast, corn bread, corn cakes, steamed puddings or omelet; also good with fish and meats, especially fat meats.

GOOSEBERRY COMPOTE.

Remove the stems, wash the berries and pour some boiling water on them. Let stand 5 minutes; then pour off the water and add fresh boiling water, a stick of cinnamon and the necessary amount of sugar. Thicken with cornstarch. Serve with unleavened pancakes.

GOOSEBERRY PUDDING.

Prepare the gooseberries in the same manner as for compot, but use more water. When done, strain and thicken with cornstarch. Let boil 10 to 15 minutes. Serve hot or cold with cream.

STEWED BLACKBERRIES.

Wash a pint of blackberries, put on to cook with about two pints of boiling water and a stick of cinnamon. Let simmer slowly and add a few tablespoons of sugar. When nearly done thicken with a little cornstarch. Cool and serve with milk rice, custard or pancakes.

STEWED HUCKLEBERRIES.

Prepare the same as stewed blackberries. Strain, if desired.

BAKED APPLES IN OIL.

Wash some tart apples, wipe and core them. Have some vegetable oil, goose grease or lard boiling hot, drop in the apples and cook until tender. Let cool and reheat when needed.

BEER GRUEL.

Soak a half cup of instantaneous tapioca with a half cup of water for 10 minutes. Bring a cup of water and a cup of beer with a stick of cinnamon to a boil, stir in the tapioca, let boil to minutes, add sugar and salt. Then remove from the fire, add three to five tablespoonsful of fresh hot cream and serve. A piece of butter and the yolk of an egg can serve as substitute for the cream. Serve with zwieback.

APPLE TAPIOCA.

Prepare as the foregoing, from apple cider or unfermented apple juice. Serve with cream or with butter and the yolk of an egg. Hot or cold. Serve with zwieback or wafers.

TOMATO TAPIOCA.

Use one cup of strained tomato juice to one of water. Prepare as the above. Serve with cream and zwieback.

BERRY TAPIOCA.

Cook one quart of raspberries or blackberries with two quarts of water, a piece of cinnamon, add three-fourths to one cup of sugar, let boil slowly, then, strain and cool. Reheat and prepare with instantaneous tapioca. Pour on a soup plate, pour sterilized cream over it. In cold weather, the cream as well as the tapioca should be served warm.

RHUBARB PUDDING.

Wash the stalks and cut off the green end. Cut the remainder in small pieces and steep in earthenware with a stick of cinnamon. When, tender, strain and add the necessary amount of sugar. Dissolve some cornstarch, arrowroot or agar-agar with cold water and stir into the fruit juice. Let boil 10 minutes and serve warm on soup-plates with sterilized cream or put into molds and cool. If it is eaten warm, it is preferable to let the fruit juice cool first, then reheat and add the thickening.

APPLE PUDDING.

Save all the peeling from several days; add a few whole apples. Cook with water, strain and prepare like rhubarb pudding.

CURRENT, RASPBERRY OR PEACH PUDDING.

Prepare the same as the foregoing. If peaches or peach skins are used, do not press much of the pulp through. It is better to use more peeling than whole fruits. In serving peach or apple salad, the peelings can be saved from a day or two and preserved by stewing them in a little water until ready for use.

LEMON FILLING FOR PIE.

Stir the yolks of three eggs with one-half cup of sugar, add the grated rind and juice of two lemons or one lemon and one orange, then add two tablespoons of cornstarch, one of butter and one and one-half cup of hot water. Stir in a double boiler over the fire until it is thick. Then pour it into the baked crust. Beat the whites with a tablespoon of sugar and a little lemon juice. Put over the top and brown in the oven.

STRAWBERRIES WITH WHIPPED CREAM.

Select fresh ripe berries and wash. Put the desired amount on flat medium-sized plates. Beat up some cream with the whites of several eggs and a little powdered sugar. Cover the berries with the cream and serve with wafers or triscuit.

PEACHES AND PEARS WITH WHIPPED CREAM.

Peel and slice them. Prepare and serve the same as the foregoing. These dishes are not good for delicate stomachs.

PLAIN JUNKET.

Warm one pint of milk to blood heat, flavor as desired; stir in one junket tablet which has been dissolved in a little water and pour into a dish; set on ice. Serve with cranberry or prune sauce and wafers.

WINE GRUEL.

Bring equal parts of white or red wine and water to a boil, flavor with lemon rind or cinnamon, add sugar, thicken with instantaneous tapioca or with potato flour. Serve plain or add a piece of butter and the yolk of an egg.

WINE GRUEL OF PORT OR SHERRY.

Soak some plain sago or tapioca for about three hours, then pour into boiling water, add sugar, lemon rind, and a pinch of salt. When almost done, add port or sherry (one to three ounces to one person). Serve plain, or with butter and the yolk of an egg.

WINE GRUEL OF RED CLARET.

Bring equal parts of wine and water to a boil, thicken with potato flour or instantaneous tapioca, add sugar and a little salt, add a small amount of preserved raspberries or strawberries, jam or jellies, or sliced pineapple. The whites of several eggs beaten to a snow with a little salt may be mixed with it before serving. Zwieback or wafers is a good addition.

RICE GRUEL. No. 1.

Mix two to three tablespoonsful of rice flour with a little cold water, add to it a pint of boiling water, two level tablespoonsful of sugar of milk, salt to taste, boil fifteen to twenty minutes. Put on a

soup plate, pour hot or cold sterilized cream over it.

RICE GRUEL. No. 2.

Prepare as number one. After removing from the fire, add a piece of butter, and the yolk of an egg, mix thoroughly, then put on a soup plate. Serve with or without cream.

CHOCOLATE CORNSTARCH.

Bring a pint of water to a boil, mix with two tablespoonsful of chocolate, let boil two minutes, then thicken with two tablespoons of cornstarch. Flavor with salt and vanilla. Pour on a soup plate. Serve with sterilized cream, hot or cold.

BOILED CUSTARD.

Bring one pint of sweet cream or rich milk and one pint of water to a boil with a piece of vanilla. Then mix one tablespoonful of cornstarch with a little cold water and three yolks of eggs, two tablespoonsful of sugar, and a little salt. Add all to the boiling milk, stir over the fire or in a double boiler until it thickens. Remove and beat until nearly cold. Put on ice. It may be served with zwieback and fruit juice or with fresh berries. For dyspeptics, it is better if prepared with water and butter instead of milk and served with sterilized cream.

BLACKBERRY SAGO.

Boil one quart of blackberries with about two quarts of water and some sugar very slowly, then strain and cool, bring to a boil again, prepare with instantaneous tapioca or plain sago. The latter must be well soaked. Serve warm with zwieback or wafers and sweet butter.

APPLE SAGO.

Boil tart apples with the skin in plenty of water; when tender strain and cool. Reheat, flavor with cinnamon and sugar. Prepare with instantaneous tapioca or plain sago. After removing from the fire add orange juice, lemon, butter and the yolk of an egg or serve with sterilized cream.

ONION GRUEL. No. 1.

Cut fine three or four onions, stew them in a quart of water very slowly and keep them well covered. When tender strain; heat butter or olive oil and thicken with mixed flour; add the onion broth slowly, let boil a few minutes. Flavor with salt and lemon. One-half soup stock and one-half onion broth may be used. Cream can be added if desired.

ONION GRUEL. No. 2.

Put one-half of a cup of barley to soak, boil with four dried or green onions. Add salt, and strain.

BREAD GRUEL. No. 1. (WITH BARLEY.)

Soak and boil one-half cup of barley with salt in three pints of water, very tender, until there remains about a cup of liquid. Strain this. Then, take some French bread or soda crackers, pour sufficient boiling water and a tablespoonful of milk sugar or cane sugar on it, let stand until it is perfectly soft, or until the water is all soaked into the bread. Then add the cup of barley water, let all boil for a few minutes or until bread and barley are well united. It may be strained, if desired.

BREAD GRUEL. No. 2. (WITH BRAN.)

Take a cup of select bran, simmer slowly with two pints of water and a little salt, while boiling, add three tablespoonsful of milk sugar or a teaspoonful of can sugar. Strain, finish like bread gruel number one. Add dried soaked sweet fruit, if desired.

BREAD GRUEL. No. 3. (WITH OATS AND BRAN.)

Take one-third of steel cut oats and two-thirds of bran. Prepare like bread gruel number one. Add sweet fruits, if desired.

OATMEAL GRUEL. (WITH BRAN.)

Soak a half cup of steel cut oats or rolled oats and a cup of bran. Put on to boil with three pints of cold or boiling water and salt. Let boil slowly for three-fourths of an hour. Strain, add butter and serve. This is excellent for nursing mothers. Use more water if it is desired thin.

CORNMEAL GRUEL.

Put one-half to three-fourths of a cup of corn meal to boil with three pints of boiling water and some salt. Let boil fast during the first ten minutes, then set aside and boil slowly for twenty or thirty minutes. Remove from the fire, add a small tablespoonful of butter, the yolk of an egg and a few drops of lemon; the rind of the lemon may be grated over it. Mix all well, pour on a soup plate, eat plain or with hot sterilized cream. The butter, egg and lemon, may be left out, and cream added only.

CODFISH GRUEL.

Soak two tablespoonsful of shredded codfish for twenty minutes, change the water several times. Add boiling water and flavor with onion. Heat butter or olive oil, thicken with mixed flour, add the onion water slowly, at last the soaked codfish. Let all boil a few minutes. Chopped parsley and hot cream may be added, if desired. Serve with toast.

BARLEY GRUEL.

Soak a half cup of pearl barley, put on to boil with three pints of water, add salt and three tablespoonsful of milk sugar. Let boil slowly for one hour, then strain. Heat a tablespoonful of butter, thicken with mixed flour, add the barley gruel gradually, let all boil a few minutes, then serve.

WHEAT GRUEL.

Put two to three tablespoons of cream of wheat or farina into a saucepan. Add a pint of boiling water, a pinch of salt, and a tablespoon of milk sugar. Let boil half an hour. Remove from the fire and mix with a teaspoon of butter or two to three ounces of hot cream. Dried soaked raisins or currants may be added.

GLUTEN GRUEL.

Prepare as directed on package. Add cream or butter and the yolk of an egg.

RAW CEREAL GRUEL.

Soak one-half to one-third cup of flaked raw cereal with a cup or more of warm salted water. Let stand for several hours or over night in a warm place. Serve plain or with sweet dried fruits and fresh cream.

MIXED FLOUR GRUEL. No. 1.

Mix two tablespoonsful of mixed flour with a little cold water, add two to three cups of boiling water, salt and a tablespoonful of milk sugar. Let boil ten to fifteen minutes, remove from the fire. Add two to four ounces of hot cream. Flavor with vanilla, cinnamon, grated lemon rind or bitter almond.

MIXED FLOUR GRUEL. No. 2.

Put to boil the same amount of flour as in number one. Use a cup of rich milk and one and one-half of water instead of water alone. Flavor and serve.

ARROWROOT GRUEL.

Prepare the same as mixed flour gruel. Add hot cream.

NUT GRUEL. No. 1.

Mix two tablespoonsful of mixed flour with a little cold water, add two to three cups of boiling water, salt, and a teaspoonful of sugar, if desired. Boil 10 to 15 minutes. Stir a tablespoonful of almond-butter or combination nut-butter with one or two tablespoonsful of water to a smooth paste, add the gruel gradually, mix all well and serve.

NUT GRUEL. No. 2.

Heat a tablespoonful of butter in a flat saucepan, thicken with mixed flour, add two cups of boiling water, and salt, let boil a few minutes. Stir smooth a teaspoonful of almond-butter with cold water, add the gruel, mix well, flavor with lemon, if desired.

SAGO GRUEL.

Wash and soak a half cup of sago for several hours in a cup or more of cold water. Put into three cups of boiling water, add salt, a tablespoonful of milk sugar, or a teaspoonful of cane sugar, a stick of cinnamon, vanilla or lemon rind. Boil the sago 20 to 30 minutes. Remove from the fire, add three to six ounces of hot cream. Less sago may be used and a tablespoonful of rice flour dissolved with cold water added to it while boiling.

CORNSTARCH GRUEL.

Mix two tablespoonsful of cornstarch with a little cold water, add three cups of boiling water, salt, a tablespoonful of milk sugar or a teaspoonful of cane sugar, boil 10 to 15 minutes. Add two to three ounces of hot cream. One-half of rice flour and one-half of cornstarch may be used in place of pure cornstarch. Flavor as desired.

MILK GRUEL. No. 1.

Mix a tablespoonful of rice flour and one of cornstarch with a little cold water. Add one quart of boiling milk. Boil 10 to 20 minutes. Add salt and flavor, as desired.

MILK GRUEL. No. 2.

Bring one pint of milk and one pint of water to a boil. Dissolve two or three tablespoons of white flour with a little cold water and stir into the hot milk. Let boil 10 to 15 minutes. A stick of cinnamon, vanilla or lemon rind can be boiled with the milk. If the flavor of almonds is desired, grate one bitter-almond on it after it is removed from the fire. The yolk of an egg may be added, if desired.

PEPTONIZED GRUEL.

Prepare a gruel from any farinaceous article. Pour into a bowl and allow it to stand until lukewarm. Add peptonized powder according to direction.

CHAPTER XI. FLUIDS.

STERILIZED MILK.

Put the desired amount of milk into clean sterilized bottles, put in cotton stopper, set on a grate and heat in a water bath to 170° F. or 212° F. Keep the milk at this temperature for 40 minutes or longer, then remove from the fire; when the water has cooled take out the bottles and place them on ice.

Recipes for the preparation of different forms of peptonized milk can be found in the directions given with digestive ferments, when bought at the drug store.

KUMYSS.

Dissolve one-fourth of a cake of compressed yeast in a little warm water. Take a quart of fresh blood-warm milk, add to it a tablespoonful of sugar and the yeast. Put the mixture into beer bottles with patent stoppers, filling them to the neck. Place them for about twelve hours in a room suitable for raising bread, at a temperature of about 70°, then put the bottles on ice, up side down, until wanted.

RICE WATER.

Wash one-half a cup of Carolina rice several times with water, then soak or put on to boil at once with three pints of water. Boil slowly for about an hour, strain, and sweeten, or flavor as desired. Serve plain or with one-fifth part of sterilized cream.

BARLEY WATER.

Prepare in the same manner as rice water.

EAGLE BRAND CONDENSED MILK.

It can be prepared in many different ways, and mixed with barley-water, and cream, or used for sweetening in the preparation of gruels.

TOAST WATER.

Toast a slice of stale wheat or black bread until thoroughly brown. Break into small pieces and pour on it two or three cups of boiling water. Cover tightly, and set aside for twenty minutes or longer. Strain, and flavor to suit the taste. Serve hot or cold.

TOAST AND APPLE WATER.

Prepare like toast water, and add the peelings of one or two apples before pouring on the boiling water.

LEMONADE.

Boil a quart of water for several minutes with three to five tablespoonsful of sugar, and the rind of one lemon. Remove from the fire, add the juice of two or three lemons or oranges, strain and cool. Fresh clean cold water may be added to suit the taste. This is excellent in fevers, where much fluid food is required. It may be served hot or cold.

BRAN TEA.

Soak over night a cupful of Ralston's select bran in one quart of soft warm or cold water. The next day strain it and serve raw, or put it on to boil, simmer for one-half hour, then strain. Serve hot or cold. The bran may be mixed with oats or rye nuts when put to soak, and may be used raw or boiled. Hot bran tea with cream is excellent as a substitute for tea. It can be prepared without soaking.

BEEF JUICE. No. 1.

Broil one pound of thick round steak, cut into small pieces and press the juice out with a lemon squeezer or meat press. It may be served with or without lemon juice and be diluted with warm water, if desired. When heating, do not coagulate the albumen by boiling, but place the cup or bottle containing the juice in a kettle of warm water.

BEEF JUICE. No. 2.

Grind or chop some round steak, put into a quart jar and fill with warm water. Place the jar in warm water and let stand three or four hours. The temperature must not rise above 155° F. Strain through a cheese-cloth, and flavor with a little lemon or salt.

BEEF BROTH.

Wash a beef bone thoroughly with hot and cold water. Put on to boil and cook very slowly for three or four hours. It may be flavored with onion, potato or soup greens. Strain through a fine strainer or cheese-cloth. Serve hot or cold. If a few teaspoonsful of hot sterilized cream or the yolk of an egg is added before serving it will improve the taste and make it more nutritious.

JULIENNE BROTH.

Soak the desired amount of dried vegetable. Prepare as directed on package. Add some soup stock or beef extract before serving.

VEAL BROTH OR JELLY.

Take a bone of veal without meat, wash it thoroughly first with cold and then with warm water. Bring to a boil with cold water and pour off the first water. Bring to a boil again with hot or cold water, skim carefully, add salt, and let it simmer gently for several hours. Strain through a fine sieve or cheese-cloth. When cool set on ice. If thickening is desired, cook one-half a cup of Cook's flaked rice in an equal amount of water, and add a little salt. Mix with one-half a cup of veal jelly, and serve. A few tablespoons of cream may be added to it, or the broth may be served clear with zwieback.

BROTH WITH EGG.

Stir the yolk of an egg with two tablespoonsful of cold water until well mixed. Then gradually add eight to fifteen ounces of broth. Stir constantly to prevent the egg from curdling. If the whole egg is desired, beat it with an egg-beater and prepare in same way. Less than eight ounces of broth to one egg will make it too rich. A few drops of lemon may be added.

TOMATO AND VEAL JELLY.

Mix an equal amount of strained veal broth and strained tomato juice. Let cool and serve. If

freshly strained canned tomatoes are used, do not cook the tomatoes. If it stands longer than twelve hours, bring to the boiling point in order to prevent fermentation.

VEAL JELLY.

Veal jelly may be flavored in many different ways. It is better to cook the stock with salt only. In this way the flavor can be changed each time by adding vegetable broth obtained by boiling vegetables in a small amount of water and straining. Onions are a very good flavoring. A great variety of vegetables should not be used at one time.

MALTED MILK. No. 1.

Put two teaspoonsful of malted milk into a cup, pour on some boiling water and add a pinch of salt and one-fourth of a cup of cream.

MALTED MILK. No. 2.

Prepare as the foregoing, omitting the cream. Serve plain, or add a few drops of lemon juice.

UNFERMENTED BEER.

Soak a cup of bran and a slice of thoroughly toasted black bread for several hours in a quart of water. Add a stick of cinnamon, bring to a boil and let simmer slowly for 20 minutes or longer. Strain and serve hot or cold.

CAMOMILE TEA.

Put a tablespoonful of tea into a teapot and pour on it one-half a pint of boiling water. Allow it to stand on a hot platter or over steam for 5 minutes. Then strain and serve.

FENNEL TEA.

Prepare the same as camomile tea.

BUCKTHORN TEA.

Put two tablespoonsful of buckthorn bark into a teapot, pour on it a cup of boiling water, and allow to steep from 10 to 15 minutes. Strain and serve warm (not hot).

WHEY. No. 1.

Soak one of Hansen's rennet tablets in a little cold water. Heat one quart of skim milk or fresh milk until it is lukewarm. Crush the tablet and mix with the milk, and stand on a warm place for 5 minutes or until it is thick. Then heat over the fire until the whey separates. Strain and throw away the curd.

WHEY. No. 2.

Heat some fresh milk until it is blood-warm. Add Fairchild's essence of pepsin, according to directions.

IRISH MOSS.

Wash and let it soak for several hours, or over night. Boil for 10 minutes, strain through cheese-cloth, and add one-half or two-thirds of a cup of hot milk. Flavor as desired.

RAW GREEN PEA JUICE.

Wash some fresh green peas in the pods and grind through a meat grinder, allowing the liquid to drain into a bowl.

LEMON WHEY.

Heat a pint of fresh milk to about 200° F., remove from the fire and squeeze into it the juice of one-half a lemon. Let stand for a few minutes, beat with a fork, and strain through a cheese-cloth. Serve hot or cold.

ALBUMEN WATER.

Add to the white of one fresh egg eight ounces of water and a little lemon juice or brandy, and shake thoroughly. Keep on ice.

FLAXSEED TEA.

Add a quart of water to two tablespoonsful of whole flax seed. Boil one or two hours with one or two tablespoonsful of sugar. Strain and add lemon juice or cream, to suit the taste.

APPLE BARLEY WATER.

Soak a cup of barley over night. Put to boil with two quarts of water, add a little salt and the skins of two or three apples, and a little sugar. Boil slowly for an hour or until it becomes red in color. Strain, and add lemon juice, if desired. Serve hot or cold.

WATER EGGNOG. No. 1.

Beat the whole of an egg with one-half a cup or less of water. Flavor with lemon juice.

WATER EGGNOG. No. 2.

Beat the yolk of an egg with one-half or a whole cup of water. Flavor with lemon juice.

LEMONADE WITH EGG.

Take some lemonade prepared from oranges and lemons and add to it the yolk or the whole of an egg. The acid taste must dominate the sweet taste.

MILK EGGNOG.

Beat up the whole or the yolk of an egg with a little water and some brandy, sherry, cognac or whiskey, and one or two teaspoonsful of sugar. To this add eight to ten ounces of rich raw or sterilized milk, or one-half cream and one-half water. Flavor with nutmeg or bitter almond.

FRUIT LEMONADE.

Boil some water with a little sugar and the rind of a lemon, orange or apple. Add to it some

preserved strawberry, cherry, pineapple, currant or raspberry juice, and seltzer water, or add a mixture of several different fruit juices. This is excellent for fever patients, but not for people suffering with lung or heart diseases.

ALMOND MILK.

Blanch one cup of almond meats, chop or grind them coarsely, and pour over them a quart of hot water. Let stand several hours or over night, press through a cheese-cloth, and keep on ice. A few bitter almonds may be added.

BEER LEMONADE.

Wash a half cup of dried currants or raisins, put on to boil with a pint of water, a tablespoonful of rye nuts or black toast, a piece of cinnamon, some lemon rind and one or two tablespoonsful of sugar. Simmer slowly for fifteen minutes, add a pint of Munchener's Spatenbraü, let it boil for one minute, and strain. Keep in a cool place. Serve hot or cold.

STRAWBERRY MILK.

Wash two cups of fresh strawberries. Put into a milk-pitcher and add two quarts of fresh raw or cold boiled milk, a little vanilla and a small piece of ice. Strain, serve with zwieback or shredded wheat. Sugar may be added, if desired. This is more wholesome than ice cream.

EGG WINE.

Mix thoroughly the yolk of three eggs with three teaspoonsful of sugar. Add a pint of white or red wine or one-half of wine and one-half of water. Serve with zwieback or wafers.

TEA.

Rinse the teapot with boiling water. Take a teaspoonful of black Japan tea, add a pint of boiling water, and let stand over steam for one or two minutes. Strain, and serve hot or cold with lemon juice or cream.

COFFEE.

Grind very coarsely two tablespoonsful of fresh coffee beans. Pour two cups of boiling water on them, let stand 5 minutes (do not boil), then strain. Serve black or with cream. Tea and coffee should be used for medicinal purposes only.

MALT OR CEREAL COFFEE.

Take one-half cup of instantaneous Postum or Kneipp's malt coffee, pour three or four cups of boiling water on it. Let stand from 5 to 15 minutes, then strain. Serve hot or cold, with or without cream. People who wish to leave off coffee may add a teaspoonful of coffee beans to the cereal coffee a few minutes before straining. In this way they will gradually lose the desire for coffee. Bran tea or legume tea may be substituted for black tea or coffee.

COCOA. No. 1.

Dissolve one teaspoonful of cocoa and one of sugar in a little boiling water or milk and add a cup of rich milk. Let all boil a few minutes. Hot or whipped cream may be added before serving.

COCOA. No. 2.

Dissolve one-half a teaspoonful of cocoa and one teaspoonful of milk sugar in a little boiling water, add one cup of hot rich milk or one-half cup of cream and water, and boil a few minutes. Add more cream, if desired.

COCOA SHELLS.

Boil cocoa shells for twenty minutes, then strain. Use as a substitute for tea or coffee.

BEAN TEA.

Use white, brown or black beans; soak one-half cup of beans in warm soft water over night. The next day put on to boil in a quart of water, cook slowly for one hour or longer, and keep covered well. Then strain and serve plain, or add some hot cream to it. Small white and lima beans are excellent in the summer.

PEA AND LENTIL TEA.

Prepare the same as bean tea. Dry green peas are richer in minerals than yellow peas. Yellow peas contain more starch.

PART THREE

CHAPTER I. FOOD REQUIREMENTS.

It is important that the diet should contain the proper amount of protein, starches and fats, suitable to the individual needs. Age, weight, size, occupation, season and climate must all be considered. The majority of civilized men and women consume from two to three times the amount of food necessary. Numerous and careful researches regarding food requirements have been made during the last fifty years.

The composition of American food materials and the dietary standards of Professors Voit and Atwater can be found on the last pages of this book.

The recent experiments of Professor Chittenden, of Yale University, have demonstrated that 60 grams of protein, with the necessary amount of fats and carbohydrates to yield from 1500 to 2500 calories per day, is sufficient. These requirements are regarded as presenting the minimum of what is necessary for the maintenance of health, strength and activity. To take more food than the body requires means not only waste of food, but an unnecessary strain upon the body, by this excess, which must be gotten rid of at the expense of energy, that could be more profitably expended for other purposes.

The sample menus given on following pages are taken from the results of my own experimental work with different people, under different conditions, and of weights varying from 130 to 160 pounds. They were people in poor health, suffering from lack of nutrition brought about by unsuitable food, such as too much protein or starchy foods; insufficient fats and minerals in the food; excess of cooked foods; improper combinations and wrong time for eating. Some improved in health and strength immediately after the change of diet, and were able to do from eight to twelve hours of active work, while others found it necessary to take a rest and develop their stomachs gradually by a change to raw foods.

I am convinced that the amount of protein presented in the sample bills of fare is sufficient for the average individual, provided the food is properly masticated, digested and assimilated, and not forced down by artificial stimulants and poisonous beverages. The amount of carbohydrates and fat required differs greatly with different temperaments and individual peculiarities, and must be determined by the individual himself. Those who can use a considerable amount of cereals and fruits require less fat, while others who are not so well able to digest large amounts of starchy foods and fruits require more fats.

Cooked foods are more easily digested than raw foods, but the nutritive value is very definitely influenced by the process of cooking; therefore it is important to consume as much food as possible in the raw state.

Sample of Daily Food Requirements (roughly described):

TABLE 1.

	Grams	contain Protein	Fats and Carbohydrates
Milk	50	2	4
Rice, barley, noodles or corn	100	12	40
Lean meat	250	54	32
Greens	125	3	6
Bread	200	14	56
Butter	50	—	34
Oil, ½ cup (or fat meat)	150	—	102
Fruit	300	—	18
Eggs	100	12	16
		97	308

TABLE 2.

Milk	50	2	4
Rice or any other cereal	100	12	40
Greens	125	3	6
Potatoes or carrots	100	2	11
Cheese (or nuts or legumes)	100	25	36
Oil, ½ cup (or fat meat)	150	—	102
Fruit	300	—	18
Bread	300	21	84
Butter	50	—	34
		65	335

SAMPLE MENUS

I. BREAKFAST.

(Winter.)

Pearl barley with hot cream and French prunes. Two soda crackers.

	Portion of food containing calories	
Pearl barley (measured raw)	1/3 cup	450
Cream	1/2 cup	230
French prunes	5 1/2	100
Soda crackers	4	100
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DINNER.

Tomato and lettuce salad with mayonnaise dressing. Baked beans with lemon and fat meat.
Carrots.

Tomatoes	2 raw	100
Lettuce	1/4 head	10
Oil	4 tablesps.	400
Egg	1 whole	60
Beans	1/2 cup (raw)	300
Fat meat	1/4 lb.	650
Carrots	1 large	50
Lemon	Juice of 1/2	8
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SUPPER.

Tomato cream soup with toast and raw celery.

Butter	1 tablesp.	105
Strained tomato juice	1 cup	100
Cream	1/2 cup	230
Toast	2 small slices	75
Celery	3 stalks (raw)	25
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II. BREAKFAST.

(Summer.)

Strawberries, two boiled eggs with shredded wheat or toast, or raw wheat flakes.

Strawberries	1 cup	60
Eggs	2	120
Shredded wheat	2	200
Butter	1 tablesp.	105
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DINNER.

Apple and celery salad with French or mayonnaise dressing. Boiled codfish with white sauce. Bread and butter. Black unsweetened coffee.

Apple	1 large	100
Celery	2 stalks	16
Oil	4 tablesps.	400
Egg	1	60
Lemon	½	8
Fish	⅓ lb.	130
Butter	2 tablesps.	200
Flour	1 tablesp.	30
Black Bread	2 large slices	200
		<hr/>
		1144

SUPPER.

Muskmelon with lemon. Creamed chipped beef on toast.

Melon	½	60
Lemon	Juice of ¼	4
Chipped beef	3 slices	50
Cream	½ cup	230
Toast	1 large	100
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		444

III. BREAKFAST.

(Summer.)

Banana, apple and lettuce salad with French or mayonnaise dressing. Stale black bread.

Apple	1 large	100
Lettuce	¼ head	10
Banana	1	100
Oil	2 tablesps.	200
Lemon	Juice of ¼	4
Black Bread	1 slice	100
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		514

DINNER.

Cream of wheat porridge with hot cream. Almonds and raisins.

Cream of wheat (raw)	⅓ cup	250
Cream	3 ounces	273
Almonds	12 large	120
Raisins	12 large	100
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		743

SUPPER.

Strawberries with a large glass of raw mixed milk and cream and zwieback.

Strawberries	2 cups	120
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Zwieback	2	100
Cream	4 ounces	230
Milk	8 ounces	165
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		615

IV. BREAKFAST.

(Summer or Winter.)

Steel cut oats or wheat with butter or hot cream. Two large carrots or cucumbers.

Oats (measured raw)	$\frac{1}{3}$ cup	100
Butter	1 tablesp.	105
Carrots	2 large	100
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		305

LUNCH OR DINNER.

Sandwiches with butter and sliced American cheese or one-half blood or liver sausage and two apples.

Black or whole wheat bread	2 large slices	200
Butter	3 tablesps.	315
Cheese	$\frac{1}{4}$ lb.	450
Apples	2 large	100
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		1065

SUPPER.

Green pea soup with fried bread and stewed prunes.

Peas (measured before soaking)	$\frac{1}{2}$ cup	80
Onion	1	6
Bread	2 small slices	75
Fat for cooking and frying	4 tablesps.	400
Flour for cooking and frying	2 tablesps.	60
Prunes	6	120
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		741

V. BREAKFAST.

(Summer or Winter.)

Banana salad with lettuce and French dressing, grapenuts or ryenuts.

Banana	2 medium	200
Lettuce	$\frac{1}{4}$ head	10
Olive Oil	2 tablesps.	200
Lemon	Juice of $\frac{1}{2}$	8
Grapenuts	1 tablesp.	30
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		448

DINNER.

Strained barley soup with prunes, beefsteak, sprouts and butter sauce, toast and black coffee.

Barley (before soaking)	1/3 cup	450
Prunes	5	100
Butter	1 teasp.	105
Beefsteak	1/4 lb.	160
Sprouts	3/4 cup	30
Butter Sauce	1/2 cup	135
Toast	1 large slice	100
Butter	1 teasp.	35
		<hr/>
		1115

SUPPER.

Baked apple with cream, puffed wheat or corn flakes mixed with pieces of butter, two soft boiled eggs, one-half cup of black coffee.

Apple	1 large	100
Cream	1/4 cup	115
Puffed wheat	3/4 cup	75
Butter	1 tablesp.	105
Eggs	2	120
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		515

FOOD FOR THE AGED

Many people at the ages of sixty and seventy still lead an active life, while others retire from activity at forty-five or fifty. Therefore, the food must conform to the person's mental and physical requirements. If the teeth are poor and the digestive powers are weak, the food should be light, consisting mainly of well cooked cereals, baked potatoes, rice, cooked greens, a small amount of meat, raw fruits and raw greens in combination with fatty foods, as salads, milk and buttermilk, toasted breads and soups. The total fuel requirement depends upon whether the individual leads a quiet or active existence. For a person who lives mainly indoors, and makes little use of the muscles of the arms, shoulders and trunk, 1000 to 1200 calories is sufficient for twenty-four hours. If more food is eaten than the body requires, the excess will manifest itself by the development of chronic ailments and obesity, or feeble-mindedness.

The morning and evening meals should consist of fluid and semi-fluid foods, or of toasted breads and salads. Meats, eggs (except the yolks), cheese, beans, peas and nuts should be eaten only during the middle of the day in small quantities. One can cut down his amount of food greatly by thoroughly chewing each morsel. The demand for protein at this period is small, while the amount of fat should be increased. A few sample bills of fare may be of assistance to those who wish to make a study of food requirements for themselves or for others.

MENUS FOR THE AGED

I. BREAKFAST.

Apple salad with lettuce finely chopped, onion and mayonnaise dressing, bacon and crusts.

	Portion of food containing calories	
Apple	1 medium	72
Lettuce	$\frac{1}{8}$ head	5
Onion	$\frac{1}{4}$ piece	
Oil	4 tablesps.	100
Lemon or vinegar	About 2 teasp.	4
Yolk of egg	1	48
Bacon	2 ounces	325
Crusts	2	50
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		604

DINNER.

Clear soup with rice and egg. One lamb chop with sprouts, and one triscuit with butter.

Soup	1 cup	100
Rice (measured before soaking)	2 tablesps.	100
Yolk of Egg	1	48
Lamb chop	1 small	100
Sprouts	$\frac{1}{2}$ cup	20
Butter sauce	$\frac{1}{2}$ cup	135
Triscuit	1	35
Butter	1 teasp.	35
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		573

SUPPER.

One large glass of buttermilk, kumyss, peptonized hot milk or Dr. Metchnikoff's sour milk, with one slice of graham toast.

Milk	12 ounces	247
Graham toast	1 large slice	100
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		347

II. BREAKFAST.

Raw cranberries and celery with olive oil, one slice of graham or whole wheat toast with butter and unsweetened black malt coffee.

Cranberries	¼ cup	10
Olive oil	2 tablesps.	100
Toast	1 large slice	100
Butter	1 tablesp.	105
Raw Celery	2 stalks	16
		<hr/>
		331

DINNER.

Rice with cream or tomato sauce, eight almonds or one large zwieback with one level tablespoonful of almond butter and raisins.

Rice	3 tablesps.	150
Hot cream	2 ounces	115
Almonds	8	80
Raisins (large)	8	80
		<hr/>
		425

SUPPER.

Calves'-foot and tomato jelly with graham toast or puffed wheat and milk or black malt coffee.

Jelly	½ cup	50
Puffed Wheat	1 cup	100
Milk	8 ounces	165
		<hr/>
		315

III. BREAKFAST.

Raspberries or strawberries, plain shredded wheat with cream.

Raspberries	½ cup	30
Shredded wheat	1	100
Cream	2 ounces	115
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		245

DINNER.

Potato or apple salad, and lettuce with mayonnaise dressing, fish, black crusts and black coffee.

Potatoes	2 medium	150
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Oil	4 tablesps.	400
Yolk of egg	1	48
Lemon or vinegar	About 1 tablesp.	5
Raw onion (finely chopped)	½ piece	3
Crusts	3	75
		<hr/> 681

SUPPER.

Cook's flaked rice gruel with hot cream, cream toast or vegetable cream soup.

Flaked rice	1 cup	100
Hot cream	2 ounces	115
Hot water	1 cup	
		<hr/> 215

IV. BREAKFAST.

Cooked string beans with butter sauce and parsley, fried bacon and triscuit with butter.

String beans (cut up)	½ cup	20
Butter sauce	½ cup	135
Fried bacon	2 ounces	200
Triscuit	1	35
Butter	1 teasp.	35
		<hr/> 425

DINNER.

Barley soup with crackers, pea puree on toast, stewed prunes with cream.

Barley	3 tablesps.	270
Butter	1 teasp.	35
Cracker	1	25
Pea puree	2 tablesps.	100
Toast	1 large	100
Prunes	5	100
Cream	2 ounces	115
		<hr/> 745

SUPPER.

Bran tea with cream. A piece of cake or a slice of light egg toast.

Bran	½ cup	110
Cream	1 ounce	58
Egg	1	60
Soupstock	¼ cup	25
Butter for frying	1 tablesp.	105
		<hr/> 358

CHAPTER II.

DIET DURING PREGNANCY.

A healthy woman will be guided by intuition as to the selection of food suited to her condition. Unfortunately, only a few women are properly matured in these days of forced education and unnatural occupations for young girls during the age of puberty.

The craving of pregnant women for pickles, spices and certain fruits out of season indicates an anemic condition. The individual longs for an article, of which her mind is most conscious, to bring about satisfaction.

Pregnant women require a larger amount of phosphates, lime and other minerals in their food, especially during the first four months. The amount of food taken should be rather less in quantity; and the starches and sweets should be cut down as much as possible, unless the mother has to perform a large amount of physical work.

Vomiting during the early months of pregnancy is generally due to excess of starches and indigestible foodstuffs. The eliminating organs not being able to throw off the excess of waste, the system rids itself of it through the effort of the liver, before the waste enters the blood stream.

A suitable diet depends much upon the constitution of the mother. In severe cases of vomiting or headache, a diet should be prescribed by a physician.

DIET FOR THE MOTHER AFTER LABOR.

This is another important period for the welfare of the mother as well as of the infant. Improper feeding during the first month after the child is born is responsible for many nervous breakdowns of the mother, at the time when she should be in the best of health and ready to take charge of her infant. A healthy new born infant can stand an enormous amount of abuse in the matter of feeding before it is sent to an early grave, or before the foundation is laid for a life of long suffering.

The mother's milk during the first month of the infant's life is richer in cream and sugar than in the later months. Therefore, such foods should be given as yield these elements to the milk. The mother herself, having expended a large amount of energy, demands a food rich in lime, fats, sugar and organic salts. The physiological enlargement of the abdominal organs must be treated with great care.

As a rule, no food is required during the first few hours except water. In exceptional cases where the mother is greatly exhausted, a glass of fresh milk or some warm stimulating food may be served.

The food during the first four days should consist largely of strained water gruels, prepared from steel cut oats and bran, or from rolled wheat or cream of wheat. Stewed prunes, toast, soft boiled eggs or other egg foods should be served once per day at the noon meal. Fresh milk is best given during the afternoon or evening or at 10 a. m. A slice of toast may be served with it. If the milk of the mother is scanty, serve water gruels several times per day. If the mother has too much milk, fluid foods should be restricted and a dry diet adopted. After the fourth day add rice, baked potatoes, fish and a small amount of meat to the diet. Avoid drinking milk or other liquid food, except a little water with the dinner. If milk or broth is desired, take it at the beginning of the meal. Avoid artificially prepared desserts at the end of the meal. Use oranges or grapes as desserts, or a little black coffee and toast.

Suggestive Menus for Breakfast during the First Week.

1. Three-fourths of a pint of barley gruel with or without cream, 2 crusts.
2. Eight ounces of cornmeal mush with egg and dried fruit. 4 ounces of hot cream. 2 crusts.

3. Stewed or soaked French prunes with whole wheat bread and butter. 10 ounces of bran tea or Kneipp's malt coffee with cream and milk-sugar.
4. One pint of bran and oatmeal gruel with butter, soaked French prunes, 2 black crusts.
5. Eight ounces of fresh raw or boiled milk with 3 ounces of barley water and a slice of toast.
6. Rice flour with egg and currants and hot cream and 2 crusts.
7. Rylax with hot cream, soaked prunes or raisins.
8. Bread soup with hot cream, soaked prunes or raisins.
9. Rice with hot cream and soaked prunes or raisins.
10. Malt coffee with toast and butter. Soft boiled eggs.

Menus for Dinner during the First Week.

1. Cream toast, light rice, or cornmeal with egg.
2. Soup of asparagus or green peas with toast.
3. Soft boiled eggs with toast, baked apple.
4. Cream of bean or lentil soup, bread and butter.
5. Broth with egg. Fish with baked potatoes, apple sauce with toast and butter.
6. Spinach with boiled eggs and bacon. Bread and butter.
7. Barley soup with crackers. Lamb chop with sprouts and yolk of one egg.
8. Chicken soup with rice. Chicken with string beans, stewed prunes.

Menus for Supper during the First Week.

1. Strained barley or oatmeal gruel with cream.
2. Cream of wheat or farina with cream.
3. Sago or tapioca with cream and zwieback.
4. Malt coffee or bran tea with cream and zwieback.
5. Boiled custard with fruit sauce and zwieback.
6. Cream of pea or lentil soup with celery.
7. Cream toast or shredded wheat with cream.
8. Cream of tomato soup with zwieback and celery.

If food is required between meals, give plain milk, bran tea, or malt coffee with cream and zwieback.

CHAPTER III. CARE AND FEEDING OF CHILDREN.

THE NURSERY.

The nursery should be well lighted and ventilated, and if possible be located on the southeast side of the house. The windows should be broad and not too low. The wall-paper should be a cheerful green or blue with designs of lighter shades, and the rug of brown or tan color. Avoid all bric-a-brac, useless curtains, and other hangings which tend to darken the room, gather dust and absorb odors. The furniture should be adapted to the size and needs of the child. During the first four years the meals are best served in the nursery, or at a time when the parents are not at the table. It avoids much unnecessary excitement and temptation, and if the child is under the constant care of the mother it will give her relief during these hours. All children between the ages of four and ten should have their evening meals served alone, or else be so well trained as not to expect to eat the same food as the adults.

PREPARATION OF FOOD FOR INFANTS.

MILK.

In preparing modified milk or other fluid foods for infants, where top milk is used, it is very important that the milk contain the same amount of cream for each feeding, or else digestive disturbance and irregularity of bowel movements will occur.

If milk, fresh from the cow and run through the cooler, is put into bottles or jars and kept at the same temperature, the same percentage of top-milk will be obtained daily. Five hours is generally sufficient to obtain the desired quality. The best means of removing it is by a spoon or siphon.

If raw milk is used without being sterilized, the desired amount for each meal should be put into sterile bottles directly after delivery and lightly covered by cheese-cloth or cotton and kept on ice or other cold place. In this way each bottle will contain the same amount of cream.

PREPARATION OF MODIFIED MILK (RAW).

Put the desired amount of top-milk into as many bottles as are required for feeding during twelve hours. Prepare a solution of water and milk-sugar by dissolving the sugar with the desired amount of boiling water. Let cool and keep on ice for twenty-four hours. At each feeding, add the prescribed amount of water to the milk, shake and heat in a water bath. Add a tablespoonful of lime water or barley water. If the milk cannot be obtained fresh twice per day, it is safer to scald the milk which is used during the night.

All milk, even if handled carefully, contains a large number of germs. When one is not certain that the cows from which the milk is obtained are healthy, the milk should be sterilized. During the summer it is safer to scald or sterilize all milk for infants.

SCALDED MILK (MODIFIED).

Dissolve the desired amount of milk sugar in boiling water in a clean saucepan, add the milk, stir over a quick fire until it foams, which means that the milk is heated to about 200° F. The most harmful germs are generally destroyed by this process. Pour the milk into a clean pitcher and set the latter in a pan of cold water. Stir the milk until cold and change the water several times. The stirring makes the milk homogeneous and easier to digest. If any scum has formed on top, through careless preparation, the milk should be strained through a cheese-cloth before putting it into bottles. Put a cotton stopper in the bottles and set on ice. Milk prepared in this manner is generally

suitable for the average healthy infant.

STERILIZED MILK (MODIFIED).

Dissolve the milk sugar as directed for scalding milk. Add the desired amount of milk, top-milk or cream, and prepare as directed in the chapter under "Sterilized Milk."

PASTEURIZED MILK.

Put the desired amount of milk or milk and cream mixture into sterile bottles, put on a stopper and set in a water bath; heat the water to 155° or 170° F., and keep it at that temperature for 30 minutes. Then remove the bottles at once, cool them in a pan of cold water and set on ice.

BOILED MILK.

Put the desired amount of milk, or modified milk, into a clean saucepan, stir over a hot fire and boil from 2 to 5 minutes. Then cool by setting the pitcher into a pan of cold water; stir until cold and set on ice. This is excellent for infants as well as for the sick who suffer with diarrhoea. The milk may be modified with arrow-root, barley water or rice flour gruel, which has been boiled with salt and water and a stick of cinnamon. Milk-sugar should be boiled with the gruels, two level tablespoonsful to a pint of boiling water.

ESKAY'S FOOD.

Prepare as directed on label or use like the foregoing in place of arrow-root.

DR. BIEDERT'S MILK AND CREAM MIXTURES.

1st month—4 ounces of cream, no milk, 12 ounces of water, 3 tablespoonsful of milk-sugar.

2nd month—4 ounces of cream, 2 ounces of milk, 12 ounces of water, 3 tablespoonsful of milk-sugar.

3rd month—4 ounces of cream, 4 ounces of milk, 12 ounces of water, 3 tablespoonsful of milk-sugar.

4th month—4 ounces of cream, 8 ounces of milk, 12 ounces of water, 3 tablespoonsful of milk-sugar.

5th month—4 ounces of cream, 12 ounces of milk, 12 ounces of water, 3 tablespoonsful of milk-sugar.

6th month—no cream, 16 ounces of milk, 8 ounces of water, 2 tablespoonsful of milk-sugar.

DIRECTION FOR PREPARATION.

Put the desired amount into a saucepan and scald, as directed under "Scalding Milk," or put into bottles and pasteurize or sterilize.

If the bowels of an infant are too loose, lessen the amount of cream, and add more milk in place of it. If the child is constipated, add more cream and use less milk. If it disagrees, add oatmeal, rice, rye, barley or legume water. For preparation, see "Teas," in Chapter on Fluids. Use one-half the amount of water, as directed above, add the other half in the form of tea. Prepare the tea

separately, and add the desired amount to each bottle when heating. Camomile tea is often beneficial for a few days. It can be added in the same manner as other teas, or given without sugar or cream, when colic appears. The latter way is preferable to too much hot water, when the infant is suffering with colic.

ORIGINAL RECIPE FOR DELICATE INFANTS.

Mixture of Cream, Milk, Water, Milk-Sugar, Rice Flour and Pearl Barley—(Condensed Milk, if Required).

Dissolve two tablespoonsful of rice flour in a little cold water, stir into twelve ounces of boiling water, add one-fourth of a teaspoonful of salt, and boil for 20 minutes. Pour into a pitcher and keep on ice for 24 hours. Use.

Soak one-fourth of a cup of pearl barley for several hours, or over night. Boil with a quart of water and a little salt for one and one-half hours. This will make about ten ounces of barley water when strained. Keep the barley water and rice flour gruel in separate pitchers. If an additional amount of condensed milk is found more agreeable, add one tablespoonful of Eagle Brand Condensed Milk to the barley water in place of milk-sugar, before straining it.

Prepare the milk as follows: Dissolve two tablespoonsful of milk-sugar in ten ounces of boiling water, add four ounces of cream and four of milk, stir the milk and water in a saucepan over a quick fire until it foams, and pour into eight clean warm bottles which have been set in a kettle of hot water. Put cotton stoppers in the bottles, and pour enough water into the kettle so that it is even with the milk in the bottles. Let it stand on a hot stove and keep the water at the temperature of 170° to 200° F. for half an hour. Then set the kettle on the floor and when the water is cold, remove the bottles and put them on ice. At each feeding, add one ounce of the prepared barley water, and a tablespoonful of rice flour gruel to the bottle; shake well, and heat by setting the bottle in warm water. This will make about 28 ounces of food for 24 hours, or 3½ ounces per bottle for eight feedings during 24 hours. This quantity is required for the average child during the second month. Ten feedings are generally required during the first month.

During the first week of the infant's life use 5 ounces of cream, 5 ounces of water, 8 ounces of rice and barley water, and no milk. This makes 18 ounces of food for 24 hours, or about 2½ ounces per bottle for ten feedings during 24 hours. If a larger quantity is desired during the first month, add 2½ ounces of water and 2 ounces of milk to the cream mixture, then gradually change to the proportion given in above formulas. As the child grows older, increase the amount of milk to 12 or 15 ounces until the age of ten months. After that age 42 ounces of food is required during 24 hours, and the child is generally able to begin with semi-liquid or solid food. The rice flour alone, or any other cereal gruel or water may be used in place of barley and rice, but the latter is found especially beneficial for delicate infants with whom plain modified milk disagrees.

It is often desirable to change the cereal occasionally. Use oats, rye and barley during the winter and the lighter cereals during the summer. Other suitable foods for the infant are bran or rye tea with or without milk or cream, and broths from veal or mutton with the yolk of an egg (10 ounces of broth to one yolk). Strained steel cut oats and bran are excellent for a while where milk or cream are found to disagree.

During the period from the tenth to the fifteenth month the healthy infant requires an addition of solid food. The appearance of the teeth indicate when it should begin. The change must be made gradually from liquid to semi-liquid and finally to solid food. The middle of the day is the best time to begin with the change of food. Lean meat is not a necessary food for children, therefore it is mentioned only occasionally for those who think their children must have it. On the other hand, legumes are a very important food for young children, and their use should begin during the second year. They are easily digested if prepared in the form of soups and purees, and combined as directed in the different menus. They should not be given at night.

SECOND PERIOD: FROM THE TENTH TO THE FIFTEENTH MONTH.

During this period the infant should sleep three times during the day: From 8 to 10 a. m., from 1 to 3 p. m., and from 6 to 8 p. m. If the child should not awaken for the last feeding and sleep until 4 or 5 a. m., give the feeding at 4 a. m. instead of between 8 and 10 p. m. If it should be in the habit of awakening during the middle of the night, change the habit by awakening it at 10 p. m. Reduce the quantity of milk given at this time gradually to 3 or 4 ounces, and finally replace it by water.

If the child should sleep from 6 p. m. to 6 a. m. without awakening, it does not require the extra feeding; four meals are sufficient.

Some children require five meals until they are two years old. With intelligent study and simple regularity the mother can make her work very easy. She can transform delicate children into strong, vigorous ones, avoid disease and many unnecessary doctor bills.

Do not begin the habit of stuffing the child with bread and crackers every time it cries. If it desires something to bite upon give it a teething-ring. Give the child as many meals as it requires, but avoid feeding between meals. Give it cold or slightly warmed water between meals. Do not force the child to drink water. If fed correctly it will call for the necessary amount of water. If a child is too heavy in weight for its age, reduce the amount of milk. Give it strained oatmeal, bran and barley gruels, with butter or cream. Some children require three pints of milk during 24 hours, between the tenth and fifteenth months, while others are satisfied with one and one-half pints of milk and four to six ounces of cream. If broths or other nutritious liquids are substituted for milk, the amount of milk required for the day would be less than that mentioned above. Never force the child to eat food; when it awakens in the morning it generally requires food immediately. When it awakens for its dinner, let it play for a while until it calls for food. If it refuses food, leave out a meal once in a while, or reduce the number of meals to suit the appetite.

MENUS FOR THE SECOND PERIOD: FROM THE TENTH TO THE FIFTEENTH MONTH.

I.

Between 6 and 8 a. m.—Plain or diluted milk.

Between 10 and 12 a. m.—Flaked rice gruel with sterilized cream.

Between 2 and 3 p. m.—Ten to twelve ounces of plain or diluted milk.

Between 5 and 6 p. m.—One cup of broth with egg, one-half slice of toast with butter.

Between 8 and 10 p. m.—Ten to twelve ounces of plain or diluted milk.

II.

Between 6 and 8 a. m.—Gruel of steel cut oats with one-half part of sterilized cream.

Between 10 and 12 a. m.—Bread gruel with butter or cream.

Between 2 and 3 p. m.—Ten to twelve ounces of plain or diluted milk.

Between 5 and 6 p. m.—Sago gruel with zwieback and butter (prepared with unfermented beer).

Between 8 and 10 p. m.—Ten to twelve ounces of plain or diluted milk.

III.

Between 6 and 8 a. m.—Strained barley gruel with sterilized milk.

Between 10 and 12 a. m.—Prune toast with beachnut bacon. Between 2 and 3 p. m.—

Plain or diluted milk.

Between 5 and 6 p. m.—Sago gruel with cream and crackers or zwieback.

Between 8 and 10 p. m.—Plain or diluted milk.

ADDITIONAL MENUS SUITABLE BETWEEN 10 AND 12 A. M.

1. Cream toast.
2. Barley and bread gruel.
3. Bran and oatmeal gruel.
4. Cream of tomato soup with crackers.
5. Toast with creamed chipped beef.
6. Baked oats with prune jam and beachnut bacon.
7. Baked cornmeal with egg and cranberry sauce.
8. Light egg toast.
9. Soft boiled egg and toast.

MENUS FOR THE THIRD PERIOD: FROM THE FIFTEENTH TO THE TWENTY-FOURTH MONTH.

I.

Between 7 and 8 a. m.—Strained steel cut oats with sterilized cream.

Between 11 and 12 a. m.—Ten to twelve ounces of plain or diluted milk.

Between 1:30 and 2:30 p. m.—Light rice with sterilized cream and crackers.

Between 5 and 6 p. m.—A cup of unfermented beer and toast with butter.

Between 8 and 9 p. m.—Ten to twelve ounces of plain or sterilized milk.

II.

Between 7 and 8 a. m.—Cream of wheat with sterilized cream.

Between 11 and 12 a. m.—Broth with egg, and toast with butter.

Between 1:30 and 2:30 p. m.—Juice of one-half an orange, black bread pudding, celery.

Between 5 and 6 p. m.—A cup of plain milk and two graham crackers.

Between 8 and 9 p. m.—Ten to twelve ounces of milk, plain or diluted, with rice or barley water.

III.

Between 7 and 8 a. m.—Cornmeal mush with cream.

Between 11 and 12 a. m.—A cup of unfermented beer with zwieback and butter.

Between 1:30 and 2:30 p. m.—Three to five strawberries, one to one and one-half egg with toast and cereal.

Between 5 and 6 p. m.—A cup of plain milk with zwieback and calves' foot jelly.

Between 8 and 9 p. m.—Ten to twelve ounces of milk.

IV.

Between 7 and 8 a. m.—Bread soup with cream or butter.

Between 11 and 12 a. m.—Plain milk with unsweetened graham crackers.

Between 1:30 and 2:30 p. m.—Strained bean soup with buttered toast.

Between 5 and 6 p. m.—A cup of milk with crackers, or cream of tomato soup.

Between 8 and 9 p. m.—Plain or diluted milk per bottle.

V.

Between 7 and 8 a. m.—Rylax with sterilized cream.

Between 10 and 12 a. m.—Plain milk and crackers.

Between 1:30 and 2:30 p. m.—One-third to one-half cup of raspberries, eggs with toast and butter.

Between 5 and 6 p. m.—Plain milk and crackers.

Between 8 and 9 p. m.—Plain or diluted milk.

VI.

Between 7 and 8 a. m.—Turoena with cream and black crusts.

Between 10 and 12 a. m.—Plain milk and crackers.

Between 1:30 and 2:30 p. m.—Pea puree on toast, celery.

Between 5 and 6 p. m.—Plain milk and crackers, or tomato soup with cream.

Between 8 and 9 p. m.—Plain or diluted milk.

VII.

Between 7 and 8 a. m.—Black cream toast or shredded wheat with cream. Between 10 and 12 a. m.—Plain milk or broth and crackers.

Between 1:30 and 2:30 p. m.—Light rice pudding, three ounces of strained tomato juice.

Between 5 and 6 p. m.—Unfermented beer, stale bread and butter.

Between 8 and 9 p. m.—Plain or diluted milk.

VIII.

Between 7 and 8 a. m.—Rice with sterilized cream or butter and egg.

Between 10 and 12 a. m.—Plain milk with crackers.

Between 1:30 and 2:30 p. m.—Two leaves of lettuce, one carrot, one tablespoon of bean puree on toast.

Between 5 and 6 p. m.—Cream of tomato soup with zwieback.

Between 8 and 9 p. m.—Plain or diluted milk.

ADDITIONAL MENUS FOR DINNER DURING OR AFTER THE THIRD PERIOD:

1. One-half orange, one or two ounces of boiled fish, one-half of an apple, one to two tablespoons of raw rylax.
2. One-half of an apple, one or two eggs, one to two tablespoons of raw rylax.
3. Cereal salad with carrots and fish.
4. Legume soup, butter and bread, raw carrots.
5. Well boiled macaroni, one to two tablespoons of cold grated cheese.
6. Light rice with cold grated Swiss cheese.
7. Cereal salad with apple and eggs.
8. Lettuce, baked potatoes, beachnut bacon and one egg.
9. Mashed carrots, two tablespoons of young green peas, bacon, toast with butter.
10. String beans with stale bread and butter, bacon and egg.
11. Finely chopped spinach, bacon, egg, stale bread, butter.
12. Three to five cherries, light omelet.
13. Cereal salad with chopped apples, two to three tablespoons of cottage cheese.
14. Baked oats with prunes or cranberry sauce and bacon.
15. Whole wheat with sterilized cream and celery.
16. Peach and cereal salad, beachnut bacon and one egg.

ADDITIONAL MENUS FOR SUPPER DURING OR AFTER THE THIRD PERIOD.

1. Rice with egg and clear soup.
2. Gruels prepared with milk, cream, bran, bread, egg or soup stock.
3. Plain milk with stale bread or zwieback.
4. Huckleberry or cherry soup with whites of egg, and zwieback with butter.
5. Cream of tomato or thin pea soup with celery or zwieback.
6. Vegetable soups of asparagus or of strained canned corn.
7. Rice flour with egg, currants and cream.
8. Chocolate cornstarch with cream and black crusts.
9. Apple-sago or cornstarch with egg and cream, and zwieback.
10. Calves' foot jelly with tomato, zwieback with milk.
11. Cook's flaked rice gruel with cream and cracker.
12. Boiled custard with fruit sauce and black crusts.
13. Potato soup with cream and black crusts.
14. Clam broth with cream and zwieback, or with Grant's crackers.
15. Melon with lemon, finely chopped chipped beef on toast.
16. Poached eggs on toast.
17. Fruit or vegetable soups with cream or egg.
18. Milk soups or milk gruels with black crusts.

19. Beer soups with egg or cream and zwieback.
20. Fruit toast with rich milk.
21. Broth with egg triscuit or zwieback with butter.
22. Red fruit pudding with cream and zwieback.
23. Baked apples in gelatine with cream and zwieback, or with Grant's crackers.
24. Thin legume soups with cream or butter.

Some children are able to digest all the above mentioned foods before they are three years old; others are not. Certain foods are agreeable to certain temperaments and disagreeable to others. No exact rules can be laid down. Reason and judgment must guide the mother in the selection of foods as well as in other details.

GENERAL SUGGESTIONS.

Unleavened crackers, raw cereal flakes and stale sundried pompernickle or whole wheat bread are the best dry cereal foods for children. If cooked cereals are served, crackers and wheat bread are not necessary at the same meal. A few black crusts or raw vegetables combine better with cooked cereals.

Soda crackers or thoroughly toasted unsweetened zwieback may be given occasionally for the evening meal in combination with sago, fruit gruels or jellies.

Do not feed a child fresh breads and cakes which contain soda, yeast or baking powder.

A child over three years of age may eat occasionally unleavened fruit cake, pancakes and fruit tarts which are prepared with eggs.

Never allow a child to eat ice-cream at the end of a heavy meal. Serve it at the beginning of the meal or during the afternoon.

Four meals per day is generally the best plan for a child, as long as it sleeps during the day-time. If it is fed on plain, non-stimulating food it generally takes a nap up to the age of 4 or 5 years, and sometimes later, while a child that is fed upon meats, beef juices, meat soups and excess of starch and sweets often refuses to sleep during the day-time at the age of two.

Meats and sweets or excess of any kind of food irritate the sensitive nerves and produce restlessness and sleeplessness in the child, and much unnecessary work and sleepless nights of the mother. Any normal healthy child can be trained in the matter of eating, sleeping, evacuation of the bowels and in other details like clock-work, if the proper conditions are furnished.

At the end of the third year the child may begin to eat well baked beans, peas or lentils several times per week during the winter. They should be given at the noon meal, in combination with raw or finely mashed carrots, or with a tomato salad and raw greens. No more than two tablespoonsful should be given at one meal. Systematic training in chewing is absolutely necessary for a good digestion. If legume foods should cause gas on the stomach, they must be strained and given in the form of soups or purees. Walnuts may also be used. Give two or three at the end of the meal. For combination, see "Menus for Adults." The amount of food should be increased gradually. At the age of 12 or 14, a child may eat nearly as much as an adult.

Moving picture shows, car and automobile rides require more nervous energy than strolling in the woods. Instead of supplying the system with plain nutritious foods, such as milk, nut preparations or wholesome sandwiches on such occasions, the excitable nerves are generally more stimulated by artificial foods: candies, cookies, sweet graham crackers, gums or by exhilarating (pure fruit?) lemonade or germ laden ice-cream.

Artificial lights and amusements of this kind, associated with nerve starvation, cause much eye trouble in children. Think of the amount of nervous and muscular energy expended during those hours in comparison with walks or other kind of natural amusements!

If the chewing of gum, candies and other fancies is permissible in cars and theatres, why not wholesome foods? A small satchel will hold an aluminum can with milk, a few napkins and other wholesome food products. If confectionery and ice-cream parlors and cheap restaurants were supplanted by hygienic food laboratories and pure water stands, saloons would soon be on the decrease.

WRONG MANAGEMENT.

The dyspeptic business men and women who have no time or power to digest a meal during the middle of the day are generally the victims of early habits acquired when at school.

We cannot try to change the fixed and immovable laws of nature without paying the penalty. Nature will keep us in order and control our machine, if we fulfill her laws. The sun is in sympathy with our digestive forces; therefore we should rest from labor during the middle of the day, so that the muscles of the stomach may be able to give all the circular movements, and others that are necessary, to thoroughly mix the food with the stomach juices for rapid digestion. Solid foods of the protein class, can only undergo perfect digestion if eaten in the middle of the day. They require many hours to digest, and in this way they are ready for oxidation and assimilation at night, when the air is cool. The body can rest, and the lungs and heart can work better when the stomach is emptied. While on the other hand, if the heaviest meal is taken at night, it is either too rapidly digested by physical force, or it is left half digested in the stomach over night. It congests the liver and kidneys, produces fermentation, robs lungs, heart and skin of their nerve force, and creates an abnormal appetite the next morning for an excess of energy-giving food, or it produces a languid feeling and loss of appetite. Such a system of living is responsible for the large number of acute and chronic diseases and consumption, while those who seemingly keep in good health under such conditions do surely shorten their life.

Perfect health and comfort are worth more than earthly possessions, and those who strive earnestly to possess and retain health will find a way to change their system of living. There is strength in union, and if a sufficient number of sensible people demanded different hours for school-children and for people who work indoors, it would be possible to obtain them.

During hot summer days or in the tropics the noon hour is not always the best for the heaviest meal of the day, but neither should it be spent for work. Two meals per day is the best plan on hot days. An individual who is always keyed up to the highest point during the middle of the day, and expends the best of his energy for work, cannot expect anything else but bankruptcy.

For people who desire two meals per day, the best time for breakfast is between nine and ten in the morning, and for dinner between three and four in the afternoon.

If three meals are taken, hard muscular workers, or those who are employed out of doors, do well to substitute for their dinner a substantial cold or warm lunch. If through lack of time and convenience a child cannot have its dinner before 4 p. m., it is better off without it. Remember that a cooked dinner consisting of meat, potatoes and vegetables is not at all necessary for the child's welfare and development, and cooked vegetables should never be forced upon it if it prefers to eat them raw. Healthy children have keen instinct, and unless their appetite has become perverted by sweets and other artificial, unnatural foods, they are more likely to select the right kind of food than the average adult.

This book gives a large number of menus, consisting of raw foods, which can be quickly prepared when the child comes home from school. Nuts, fruits and raw vegetables form an ideal diet for the summer. Baked beans, peas and lentils warmed over, or jellied fish, egg foods, cheese or steamed puddings in combination with a warm soup or raw apples form a perfect meal during cold, winter days. If the dinner is eaten between the hours of 3:30 p. m. and 4:00 p. m., no more food is necessary. If it is served at noon, give milk or soup between 5 and 6 p. m. Children should take at least one-half an hour's rest before eating, when coming home from school. The better way would be to allow children two hours for their noon meal or curtail the hours of school work from 9

a. m. to 1 or 2 p. m. Such is the custom in many European countries, and there is no reason why it could not be practiced here.

Children between the ages of eight and fourteen should retire between 7 and 8 p. m. If they get sufficient sleep and are properly fed, children's diseases need not be feared.

CHAPTER IV. LIGHT LUNCHES AND SANDWICHES.

LIGHT LUNCHES.

Menus for children, students at college and men and women who have to toil indoors. They can be had in almost any good cafeteria, or be prepared quickly on a gas or alcohol stove:

1. Corn and tomato soup with black crusts.
2. Cream of tomato soup with zwieback.
3. Green pea soup with zwieback and celery.
4. Broth with egg. Sandwiches with bologna or cold meat.
5. Buttermilk with graham toast.
6. Fresh milk with tomato toast.
7. Fruit gruel with white of eggs, and bread or toast with butter.
8. Strained canned tomato juice with whole wheat toast and butter.
9. Orange juice, green leaf vegetable with fried bacon and soft boiled eggs.
10. Pineapple salad with whipped cream and toast.
11. Apple or banana salad with lettuce and French or mayonnaise dressing, orange juice.
12. Potato salad with lettuce and soft boiled eggs.
13. Strawberries, raspberries or blackberries with rich fresh milk and zwieback or toast, butter and eggs.
14. Cherries and egg food.
15. Cream cheese with apples and sandwiches.
16. Fig or date butter with ryenuts and rich fresh milk or sandwiches.
17. Raw huckleberries (one-half to one cupful) with butter and stale bread.
18. Lettuce with two or three bananas and one-half to one glass of strained cranberry juice.
19. Apple salad with lettuce and almond cream or whole almonds.
20. Apples, raisins and six to twelve nuts.
21. Gelatine of fruit, or bread and bran with cream and toast.
22. Clam broth or cream soup with toast and raw celery.
23. Musk melon with lemon and berries.
24. Baked apples in gelatine with fish salad.
25. Ambrosia or apple sauce with whites of eggs and toast.

LUNCHES FOR THEATRES.

Cocoanut wafers, macaroons prepared with almond paste, Hershy's chocolate, white figs and rye nuts, sandwiches with fruit butter or ground dried fruits and nuts.

AFTERNOON DRINKS AND DAINTIES.

Postum, weak tea, bran tea with cream, unfermented apple juice, fresh apple cider.

FOODS—Fruit cakes, tarts, cream puffs, cream rolls, zwieback, Huntly and Palmer biscuits, nabiscos, sandtarts, ice-creams, fruit gelatines.

SANDWICHES.

The sandwich is an important part of the bill of fare. It is not necessary to eat a cooked dinner in order to have a square meal, but for those who work indoors and are unable to take walking exercises before or after their noon meal, it is important to take some warm fluid or semi-fluid food in the form of broth, milk or soup as an entree or with their meal. With the convenience of modern inventions of gas, alcohol and electric stoves, or patented bottles which keep food warm for hours, this is easily obtained.

An endless variety of nutritious lunches can be prepared from left-over or fresh vegetables, meats, fish, eggs and cheese, or from raw cereals, nuts, fruits and greens. The bread used for sandwiches should always be stale or sun dried and be kept in a dry place in a tin box with good ventilation.

MENUS FOR LUNCH OR SUBSTITUTES FOR DINNER.

Grated Cheese with Apples and Buttered Bread.

1. Grate two to four ounces of Swiss or American cheese and carry in a glass jar or paper bag. At lunch-time peel one or two apples, cut them up in small pieces and mix with grated cheese. Eat with buttered bread.

Meat Sandwiches with Olives and Mayonnaise Dressing.

2. Prepare a salad from left-over meat, mixing with olives and dressing, or slice the meat and put between layers of bread, and mix the olives with mayonnaise dressing.

Scrambled Eggs on Sandwiches, and Cherries.

3. Eat the cherries at the beginning or at the end of the meal; lettuce is a good addition.

Ground Nuts with Apples and Raisins.

4. Grind six to twelve nuts in the morning and keep in a jar or paper bag. At lunch-time cut one apple into small pieces, add twelve raisins and the ground nuts. Eat with or without bread and butter. It is best to use only one kind of nuts at a time. Celery is also a good addition.

Nut and Date Sandwiches.

5. Remove the stones from one-half dozen or more dates, cut the dates into small pieces and mix with one-third or one-half the amount of chopped or ground walnuts. Spread on buttered bread or eat the bread with it. Apples combine well with it, either as a substitute for bread or in combination with it. In place of whole nuts, nut-butter may be used; the latter should always be diluted with an equal amount of water.

Figs, raisins or dried currants can be used in the same way as dates. Lettuce and celery are good additions.

Tomatoes with Popcorn, Bread and Butter.

6. Prepare a salad with tomato and lettuce, or strain some canned tomatoes. The latter can be carried conveniently in a small Mason jar. Always open the jar a little, if left to stand in a store or office, so the air can circulate through it. Take one cup of tomato juice in combination with one-half pint or more of warm, buttered popcorn. Eat bread and butter with it, if desired.

Egg Sandwiches with Watercress and Olives.

8. Slice some hard boiled eggs and lay on buttered bread. Mix some olives and watercress with mayonnaise dressing, and serve with the bread. Egg sandwiches combine well with sliced or potted ham, or with anchovy or herring—butter, or with apples.

Cottage or Cream Cheese Sandwiches.

9. Spread thin slices of rye or black bread with cheese. Combine with apples or olives, with or without lettuce and mayonnaise dressing.

Cabbage Salad with Bread, Butter and Bologna.

10. Prepare the salad in the morning, mix with mayonnaise dressing and carry in a glass or jar. Prepare the bread with butter and thin slices of bologna or ham. Eat the cabbage salad as an entree or with the sandwiches. Hard boiled eggs are a good addition.

Potato Salad with Black Bread and Butter and Bologna.

11. Serve the salad as an entree. Prepare thin slices of pompernickle with butter and bologna or ham, and combine with hard boiled eggs. Nuts may be substituted for eggs.

Peanut and Olive Sandwiches.

12. Remove the stones and cut the olives into small pieces, mix with diluted peanut butter, and season with lemon.

Spread on rye bread.

Egg Sandwiches with Ham or Chipped Beef.

13. Chop some ham or beef very fine. Prepare some eggs for scrambling, mix with the meat and finish like scrambled eggs. When cold spread on sandwiches.

Raw Beef Sandwiches.

14. Wash some freshly cut round-steak, dry and scrape. Spread on buttered triscuit or soda cracker. Combine with lettuce and French dressing. Serve at once.

Sandwiches with Sausage.

15. Spread thin slices of rye or black bread with butter. Cover with liver sausage, blood sausage or metwurst. Goose fat or leaf lard can be substituted for the butter or be omitted. Combine with tart apples. Onions and lettuce is also a good addition.

Meat Sandwiches with Tomatoes and Cucumbers.

16. Cut some cold boiled or roasted lean meat into thin slices and lay on buttered bread. Eat cucumbers with it.

**CHAPTER V.
FOOD COMBINATIONS AND MENUS.**

DO NOT MIX.

Meat and Cheese.

Cherries and Milk.

Fancy Summer Fruits and Onions.

Fancy Summer Fruits and Cucumber.

Nuts and Excess of Starchy Food.

Potatoes and Tomatoes.

Potatoes and Tart Fruits.

Potatoes and Fresh Yeast Bread.

Potatoes and White Bread.

Potatoes and Underground Vegetables.

Cooked Greens and Raw Greens.

Meat and Dates or Figs.

Pork and Sago.

Cucumber and Sago.

Strawberries and Tomatoes.

Strawberries and Beans.

Bananas and Corn.

Fat Pork and Cucumbers.

Pork and Sweet Fruits.

Pork and Fancy Fruits.

Pork and Corn.

Meat and Fish.

Raw Fruits and Cooked Vegetables.

Milk and Cooked Vegetables.

Milk and Meat.

Fresh Raw Fruits and Cooked Cereals.

Cooked Vegetables and Nuts.

Cheese and Nuts.

Boiled Eggs and Nuts.

Boiled Eggs and Canned Corn.

Boiled Eggs and Bananas.

Boiled Eggs and Fresh Pork.

Boiled Eggs and Cheese.

Bananas and Pork.

Bananas and Cucumbers.

Skim-milk and Fruit.
Cheese and Bananas.
Beans and Bananas.

GOOD COMBINATIONS.

Raw Fruits and Raw Cereals.
Raw Fruits and Raw Cereals and Nuts.
Raw Fruits and Raw Greens and Nuts.
Raw Cereals and Nuts.
Raw Cereals and Raw Milk.
Raw Cereals and Raw Vegetables.
Boiled Cereals and Boiled Milk.
Boiled Cereals and Boiled Cream.
Raw Greens and Meats or Eggs.
Boiled Greens and Meats or Eggs.
Fats and Acids.
Meats and Acids.
Cheese and Apples.
Cheese and Rye.
Eggs and Salted Meat.
Eggs and Acid Fruits.
Eggs and Greens.
Nuts and Apples.
Nuts and Bananas.
Almonds and Rice.
Nuts and Raisins.
Nuts and Dried Currants.

The harmony and disharmony between the different foods as mentioned above are only stated in a general way. Certain combinations are absolutely harmful to every individual, others are either harmful to certain temperaments, or, to mix them would mean a waste in the animal economy of the body.

REMARKS.

Use only one rich protein food at any meal.

Exceptions: A few nuts which are rich in fat may be eaten at the end of a meal where lean meat is served.

Milk and milk soups may be taken at the beginning of a meal where meat is served, but they should never be mixed with the meat dish or used at the end of a meal where meat is served.

CHAPTER VI.

LAXATIVE FOODS.

Fruit juices, plums, tomatoes, apples, pears, grapes, figs, fruit-soups, fruit-gruels, raisins, gelatines, corn, oats, spinach, oranges, carrots, parsnips, bran, oil, butter, cream, olives, yolks of eggs, pecans, walnuts, Brazil nuts, cucumbers, onions, greens.

CONSTIPATING FOODS.

Skim-milk, liquid foods, fine flour bread, potatoes, tapioca, white of eggs, gluten, mush, lean meat and cheese made from skim-milk.

MENUS.

A menu which is one-sided or combined wrongly, that is, one in which either protein, carbohydrates, minerals or fluids are provided in excess, leads to waste of nervous energy as well as to waste of nutritive material. A wrong combination creates an abnormal appetite for too much or too little food.

Each person should learn by experience to select the kinds of food which yield him nourishment and avoid those which disagree.

MENUS FOR BREAKFAST.

People who feel the need of laxative foods during the spring season will find here a number of suitable breakfast menus to choose from:

1. Cooked spinach or yellow dock or mustard greens or dandelion leaves with rye or wheat bread and butter. Eggs or bacon, if desired.
2. Finely mashed boiled beets or turnips or potatoes or carrots or parsnips with plenty of parsley and bacon or ham or cornbeef or chipped dried beef.
3. Rhubarb salad and lettuce with French or mayonnaise dressing. Cornmeal cakes or muffins.
4. Mushroom salad with lettuce and French dressing. Bread and butter.
5. Cooked cereal of rice or wheat or rye with hot cream or butter and cucumbers cut in halves.
6. Sliced bananas and grapefruit with nut dressing or with mayonnaise dressing.
7. Cabbage salad with mayonnaise dressing, hard boiled eggs and bread with butter.
8. Strained canned tomato juice and bananas with lettuce.
9. Fish cakes with steamed potatoes, parsley and butter. Black crusts.
10. Baked or plain boiled cauliflower with cold boiled beef or chipped beef.
11. Boiled cauliflower with tomato sauce and stale bread with butter and grated cheese.
12. Tomato puree with fried parsnip balls, black toast with butter.
13. Radishes, green onions, whole wheat bread and butter.
14. Asparagus salad with ham hash, bread and butter.
15. Cream of potato soup with black toast or raw carrots or celery.

16. Salted mackerel with creamed potatoes, a glass of milk, celery.
17. Apple salad with mayonnaise dressing, a slice of stale bread and a glass of milk.
18. Lettuce with syrup dressing and German pancakes with bacon.
19. French rolls with butter and boiled ham, black malt coffee.
20. Warm apple pie with lettuce and cheese, black malt coffee.
21. Apple salad, corn bread, creamed chipped beef.
22. Shredded wheat with strawberries and milk or cream.
23. Lettuce, baked potatoes, fish salad with mayonnaise dressing.
24. Warmed-over macaroni with tomato puree and cold grated cheese.
25. Macaroni with cream sauce and frankfurter.
26. Codfish cakes with cream rice or apple rice or apple salad.
27. Omelet with lettuce and stewed prunes or syrup dressing.
28. Apple rice with bacon or eggs or fish croquettes, celery.
29. Boiled onions with black bread and butter and bologna or frankfurter.
30. Bread fritters with apple sauce or with lettuce and syrup dressing.
31. Bacon with string beans, bread and butter, stewed prunes.
32. Lettuce with mayonnaise dressing and baked potatoes with creamed beef.
33. Celery with French dressing and fried sweet potatoes with cranberry sauce.
34. Corned beef hash with eggs and triscuits with butter.
35. Lettuce with syrup dressing and buckwheat cakes.
36. Grated carrots with lettuce and unfired bread with butter or nut-cream.
37. Turnip salad with lettuce and unfired bread with butter or nut-cream.
38. Lettuce with French dressing and cornmeal patties with cranberry sauce.
39. Lettuce with French dressing and mashed potatoes with buttermilk and bacon.
40. Apple salad with lettuce and black bread with cheese.
41. Pear salad with cranberries and celery. Unfired bread with butter or nut-cream.
42. Lettuce with French dressing and baked potatoes and eggs.

WHAT SHALL WE DRINK WITH OUR MEALS?

This question is often asked. It depends entirely on the quality and combination of food which is eaten.

A diet consisting of a variety of solids and vegetables with excessive fluids gives the stomach nothing to do; the contents pass at once into the intestines. Such mixtures are ingested instead of being digested; they cannot be fully utilized because the stimuli upon the drainage of the body is lacking.

If dry foods are eaten, such as sandwiches, rice, macaroni, potatoes or dry cereals, without the addition of fruits, vegetables or soups, a small amount of liquid should be taken. Such simple foods do not form a perfect meal, therefore milk or broths are preferable to water. Water is best taken from five to fifteen minutes before the meal or from one to two hours after meals. Black malt coffee is sometimes beneficial if one-half cupful is taken after or with meals. It acts like a tonic, especially if the liver is sluggish.

CHAPTER VI.

MENUS FOR DINNER.

Select menus suitable for the season of the year. In the spring-time use more of eggs, lamb, fish, green peas, spring chicken and egg-foods in the form of pancakes, omelets and puddings. During the summer eat very little meat. Use nuts, fish, eggs and milk foods. As the weather gets colder use more protein foods and carbohydrates. During the winter use a larger amount of dried legumes, nuts and meats, and more fatty foods. Add fruits and vegetables which are in season.

1. Apple salad with lettuce and broiled steak, shredded wheat with butter.
2. Cream of pea soup. Beef or roast pork with potato dumplings, stewed prunes.
3. Broiled chops with young peas and creamed potatoes. Oranges.
4. Tomato salad with lettuce. Veal with mushrooms and rice. Toast and coffee.
5. Cream of tomato soup. Veal chops with peas, stewed prunes.
6. Broth with egg. Spinach, hard eggs, tongue. Grapes or oranges.
7. Sweet potatoes with roast beef, tomato puree, celery. Black toast with coffee.
8. Apple salad with watercress, fish with shredded wheat or bread and butter.
9. Tomato jelly salad. Beef croquettes with tomato sauce and rice, celery.
10. Cream of potato soup. Cold beef with stewed prunes, bread and butter.
11. Bean soup. Cabbage or sprouts with mutton, bread and butter.
12. Raw oysters with lemon and apple salad, whole wheat bread and butter, celery.
13. Boiled veal or mutton with caper sauce and stuffed peppers, celery.
14. Barley soup with cracker. Roast duck with apple stuffing. Grapes or oranges.
15. Macaroni with grated cold cheese and lettuce salad.
16. Rice with grated cold cheese and lettuce salad.
17. Baked fish, boiled potatoes with parsley. Black toast with butter and coffee.
18. Meat soup with bread and butter. Fish salad. Apples or oranges.
19. Clam chowder. Omelet with lettuce and fruit sauce.
20. Pea soup with fried bread. Roast goose with apple sauce.
21. Baked potatoes with kidney stew. Black toast with butter.
22. Potato salad with lettuce and fish, black crusts.
23. Apple salad. Roast chicken with cranberry sauce. Steamed pudding with wine sauce.
24. Rice or barley soup with crackers. Corned beef with cabbage and creamed potatoes.
25. Tomato or apple salad with lettuce. Nuts.
26. Rice with tomato sauce. Nuts.
27. Rice with almond butter. Almonds.
28. Banana salad with rye nuts and lettuce. Nuts.
29. Pineapple salad with lettuce. Nuts.
30. Beef or fruit soup. Macaroni with cream.
31. Apple salad with lettuce, smoked eel with black bread.

32. Corned beef, boiled eggs, potatoes and cabbage.
33. Knorr's pea soup with crackers. Stuffed peppers.
34. Roast pork ribs with apple filling. Oranges, black bread with butter, coffee.
35. Meat croquettes, beets, black bread and butter.
36. Roast chicken with sprouts. Cranberry sauce. Steamed rice pudding.
37. Green peas with dumplings and fried bacon, celery.
38. Tripe with tomato sauce and sprouts, triscuit with butter.
39. Apple salad with blood sausage, bread and butter.
40. Tomato salad with lettuce and fish, bread and butter.
41. Lamb stew with dumplings and green peas.
42. Lettuce salad. Mashed carrots and baked beans with lemon.
43. Pork with sauerkraut and dumplings.
44. Raw carrots and lettuce salad. Pork and lentils.
45. Beefsteak with eggs and potatoes, celery.
46. Pea soup with crackers. Fish with apple salad, celery.
47. Rice with frankfurters. Nuts.
48. Sour roast with potato dumplings and lettuce salad. Stewed prunes.
49. Broth with egg. Apple salad with onions and lettuce, pork chops.
50. Pea soup with toast. Fish with apple rice. Black coffee and crusts.
51. Apple salad with onions and lettuce, liver sausage, black bread.
52. Milk soup. Plum pudding with brandy sauce, celery.
53. Game or pork with sauerkraut and potato dumplings.
54. Tongue with mushroom sauce and baked potatoes. Crusts and coffee.
55. Apple salad with cottage cheese, olives, bread and butter.
56. Boiled beef with string beans, steamed potatoes with white sauce.
57. Baked oatmeal with cranberry sauce and celery.
58. Carrot salad with lettuce. Lima beans with cold pork. Oranges.
59. Fish with potato salad and black crusts. Grapes.
60. Roast mutton with peas and baked potatoes, celery.
61. Bean soup with raw carrots, bread and butter.
62. Barley soup with soda crackers. Swiss cheese and apple salad.
63. Lettuce salad with omelet and stewed prunes or cranberries.
64. Tomato and lettuce salad with pork tenderloin. Oranges, bread and butter.
65. Mashed carrots or beets with lemon, and fat or lean pork. Green grapes.
66. Pea soup with fried bread. Calves' liver with apple salad.
67. Lentil soup with fried bread. Codfish balls with apple sauce.
68. Rice and tomato soup. Boiled beef with horse-radish sauce and cabbage.
69. Milk soup. Bologna, toast and butter.

70. Salad of tomatoes or apple with mayonnaise dressing. Roasted chestnuts.
71. Calves' tongue with mushroom sauce and rice. Crackers with butter.
72. Lettuce salad. Fried eggplant with lemon and beefsteak, string beans.
73. Blue or white cabbage with cold or warm roast pork and baked potatoes or apples.
74. Cabbage rolls with potatoes and white sauce. Bread pudding.
75. Raw sweet corn and tomato salad with French dressing. Bread and butter.
76. Chicken soup with rice. Roast chicken with stuffed apples and cranberry compote, celery.
77. Green pea soup with fried bread. Breaded sour goose with potatoes and apple sauce.
78. Bean soup with cream. Apple dumplings with lemon sauce.
79. Celery and apple salad with mayonnaise dressing. Baked squash with lemon and beefsteak. Grapes.
80. Boiled cabbage with egg dressing. Bread pudding with stewed prunes or fruit sauce.
81. Apple and pineapple salad with whipped cream. Almonds and raisins.
82. Apples and lettuce salad. Buckwheat pancakes with syrup dressing. Nuts.
83. Corn bread, 3 to 6 ounces of canned strained tomato juice. Nuts.
84. Cream of corn soup with black crusts. Nuts.
85. Potato salad with cottage cheese and lettuce.
86. Boiled or steamed bread pudding with tomato sauce or fruit sauce.
87. Lentils with onions. Apple bread pudding, black coffee.
88. Tomato soup with crackers. Warm pop corn or roasted chestnuts.
89. Fresh codfish with horse-radish sauce and boiled potatoes. Black bread with butter.
90. Peanut roast with tomato sauce and celery.
91. Polenta with apricot or cranberry sauce and cheese.
92. Boiled whole wheat with butter or hot cream and cucumbers. Nuts.
93. Baked rolled oats with cranberry sauce, celery.
94. Smoked goose breast with apple salad and black bread.
95. String bean soup. Lima beans or cow beans with bacon. Oranges.
96. Asparagus salad. Spring lamb with caper sauce, bread and butter.
97. Cherry soup. German pancakes with lettuce and syrup dressing.
98. Blackberry soup. Cereal or bread omelet with lettuce and syrup dressing.
99. Milk soup with sago. German pancakes with gooseberry compote.
100. Wine soup with wafers. Fish-pudding with apple sauce.
101. Milk soup with buckwheat groats. Boiled fish with potatoes and currant sauce.
102. Plum soup with zwieback. Steamed or plain bread pudding.
103. Bread soup with apples. Liver pudding with tomato puree.
104. Celery-root salad with crusts. Plum pudding with wine sauce.

105. Bran or bread soup. Apple salad with grated cheese.
106. Milk or huckleberry soup. Unleavened apple pancakes.
107. Clabber milk with cream and grapenuts or stale bread. Nuts if desired.
108. Corn bread with apple salad and lettuce. Nuts.
109. Plain milk rice with currants. Nuts.
110. Oatmeal soup. Ham with kale and fried potatoes.
111. Bread dumplings with stewed prunes or pears, celery.
112. Fried herring with potato salad. Apple-bread pudding.
113. Buttermilk soup with dried fruit. Nuts if desired.
114. Meat cakes with mashed carrots or beets and lettuce salad.
115. Peas with codfish, butter and bread.
116. Vegetable pudding with tomato puree and yellow dock.
117. Bread fritters with lettuce and syrup dressing or stewed prunes.
118. Baked oats or barley with bologna. Nuts if desired.
119. Whole wheat or rice with bologna. Nuts if desired.
120. Plum salad with raw rolled rye or wheat. Walnuts.
121. String bean salad. Fish pudding with tomato puree or apple sauce, celery.
122. Salisbury steak with fried parsnip and lettuce salad.
123. Steamed mashed pumpkin with pickled tongue or corned beef. Black bread with butter.
124. Watercress salad. Pork tenderloin with tomato puree and roasted yellow turnips.
125. Lettuce salad with mayonnaise dressing. Apple or tomato rice with fish or boiled beef.
126. Lettuce or celery salad with mayonnaise dressing. Currant or cherry rice with fried eggs.
127. Asparagus with cream sauce and cold boiled ham and bread.
128. Empire salad. Bread pudding with wine sauce.
129. Kidney soup with rice and egg. Cooked celery-roots and kidney hash on toast.
130. Huckleberry soup with white of egg. Roman meal cakes with lettuce and syrup dressing.
131. Dried cherry soup with zwieback. Steamed or baked rice pudding with lettuce and syrup dressing.
132. Barley soup with prunes. Cold sliced beef with mustard sauce and string beans.
133. Asparagus salad. Broiled chicken with tomato puree, triscuit with butter.
134. Blackberries with one glass of rich milk and bananas. Nuts if desired.
135. Banana and apple salad with lettuce, French or mayonnaise dressing. Nuts.
136. Tomato and cucumber salad with lettuce, French or mayonnaise dressing. Fish with bread and butter.
137. Watercress salad with French dressing. Veal stew with mushrooms and rice.
138. Cabbage salad with mayonnaise dressing. Hard boiled eggs with whole wheat

bread and butter.

139. Kidney soup with rice. Brown kidney stew on toast with asparagus.

140. Noodle soup. Boiled brisket with horse-radish sauce, bread and butter.

141. Bread soup with cream. Cold sliced boiled meat with string beans, triscuit with butter.

142. Cherry soup. Corn meal pudding with lemon sauce.

143. String bean soup. Fried left-over pudding with fruit sauce.

144. Blue fish with steamed potatoes, parsley and butter. Apple-bread pudding.

145. Spinach with egg. Fried fish with crust-potatoes and apple sauce. Oranges, toast with butter, black unsweetened coffee.

146. Green pea soup with fried bread. Pickled tongue with fried parsnips and lettuce salad. Green grapes.

147. Fish croquettes with apple salad. Steamed rice pudding with wine sauce. Black unsweetened coffee.

148. Apple snow on leaves of lettuce. Boiled white fish with drawn butter sauce and steamed potatoes, Roman meal cakes with apple sauce. Black unsweetened coffee.

149. Stuffed tomatoes with lettuce. Plum pudding with butter sauce, celery. Black coffee.

150. Lettuce and apple salad with grated Swiss cheese. Pumpkin pie with black coffee.

151. Artichokes with mayonnaise dressing. Broiled steak with baked potatoes and sprouts. Blue or red grapes.

152. Rice and tomato soup. Fillet of beef with mashed potatoes and stewed dried mushrooms. Apple tart with black unsweetened coffee.

153. Creamed onions. Fried chicken with cranberry compote and endive salad. Triscuit with butter, black unsweetened coffee.

154. Tomato and celery salad with mayonnaise dressing. Baked beans with lemon. Boston brown bread, coffee.

155. Apple sago with whites of egg and cream. Baked white fish with lemon and creamed potatoes. Apple pudding, black coffee.

156. Cantaloupe with lemon. Sliced bananas with whipped cream. Pecan or almond nuts.

157. Green pea broth with crackers and butter. Fried oysters with sauerkraut, bread and butter. Apple fritters with black unsweetened coffee.

158. Tomato and lettuce salad. Navy or butter beans with carrot puree and fried beachnut bacon. Toast with butter and black unsweetened coffee.

159. Broth with egg and crackers with butter. Macaroni and cheese with sprouts. Tomato gelatine.

160. Eggs with spinach and buttered toast. Cherry pie with black unsweetened coffee. Oranges.

161. Tomato puree and cabbage rolls with fried parsnips. Fruit gelatine.

162. Banana and date salad with lettuce. Pecans.

163. Barley soup. Baked fish and potato puree. Fried black toast with butter and unsweetened coffee.

164. Veal broth with sago. Veal with bread dressing, stewed prunes or rhubarb. Black coffee.

165. Watermelon. Meat croquettes with mashed or pickled beets, celery.

166. Cherries, apricot and lettuce salad. Nuts.

167. Cream of tomato soup. Corn bread with spinach and boiled eggs. Baked apples in gelatine.

168. Cream of celery soup. Cold boiled beef with olives and endive salad. Bread pudding with wine or fruit sauce.

169. Cream of potato soup. Smoked eel with apple and lettuce salad. Oranges, black toast and black unsweetened coffee.

CHAPTER VII.

MENUS FOR SUPPER.

1. Rice soup with crackers. Plum pudding with wine sauce.
2. Corned beef with sprouts, zwieback with butter and apple sauce.
3. Clam chowder with soda crackers and fruit.
4. Milk soup with black toast. Grapes.
5. Apple salad with bacon and black toast. Oranges.
6. Pea soup with crackers or raw celery. Grapes.
7. Apple salad with fish and black toast. Grapes or oranges.
8. Stewed prunes with cream and shredded wheat.
9. Artichokes with dressing. Creamed beef on toast.
10. Potato soup with shredded wheat and raw celery.
11. Barley soup with soda crackers and raw celery.
12. Sprouts with pickled tongue. Banana gelatine.
13. Lettuce with omelet and apple sauce.
14. Beef soup with rice. Boiled beef with sprouts, prunes.
15. Tomato soup with shredded wheat, raw celery.
16. Milk-rice with soda crackers or stale black bread.
17. Broth with egg and toast. Puffed wheat with butter and fried bacon.
18. Three-fourths to one pint of fresh milk with tomato toast.
19. Meat soup with rice and egg. Triscuit, butter.
20. String bean salad with mayonnaise dressing. Bran bread with butter, bacon.
21. Milk-or apple-rice with codfish cakes. Raw celery.
22. Cream of pea soup with soda crackers. Raw celery.
23. Date and lettuce salad with bread and butter.
24. Buckwheat gruel with cream and toast with honey or syrup.
25. Huckleberry pie with fresh milk or malt coffee.
26. Sago gruel with milk or cream and toast with apricot jam.
27. Baked bananas with black or bran bread and butter, malt coffee.
28. Blue grapes. Left-over steamed pudding with wine sauce.
29. Black stale bread with fig butter and rich fresh milk.
30. Fruit soup of plums or huckleberries, with whites of egg and toast with butter.
31. Bread soup with cream or butter, and soaked French prunes.
32. Whey or buttermilk soup, with soaked French prunes.
33. Stewed prunes with cream. Lemon pie with black malt coffee or milk.
34. Poached or soft boiled eggs, with bread and butter.
35. Apple or cranberry pie with hot or cold milk.
36. Baked apples with cream. Shredded wheat or bran bread with butter, bacon.

37. Warm chocolate pudding with cream and one glass of milk with toast.
38. Red fruit pudding with cream. One glass of milk with toast.
39. Potato soup with black bread, raw celery.
40. Apple or cranberry pie. Pine kernels.
41. Fruit or vegetable toast with fried bacon. Oranges.
42. Knorr's pea soup with cream and crackers. Raw celery.
43. Musk or watermelon. Creamed chipped beef, triscuit with butter.
44. Warm boiled custard with fruit sauce, black crusts or toast.
45. Barley soup with soda crackers. Creamed fish with baked apples.
46. Green pea soup with fried bread. Fruit cake and cereal coffee, raw celery.
47. Broth with egg. Steamed pudding with fruit or tomato sauce, raw celery.
48. Clam broth with crackers. Egg toast with fruit sauce.
49. Buckwheat gruel with cream. Fish with apple sauce and toast with butter.
50. Sago gruel with cream. Huckleberry pie with milk or coffee.
51. Baked bananas. Apple bread pudding with milk or coffee.
52. Blue grapes. Fried steamed pudding, or hominy cakes with fruit sauce.
53. Rice with milk. Black toast with fig butter or honey.
54. Blue plum soup with sago and whites of egg. Pumpkin pie with coffee.
55. Bread soup. Chops or beef with apple salad and mayonnaise dressing.
56. Pea broth. Tripe with tomato or whey sauce and toast with butter.
57. Melon with lemon or berries. Codfish cakes with bread and butter.
58. Cream of corn soup with tomato toast.
59. Rice flour with hot cream or milk. Toast with eggs.
60. Milk rice with soda crackers or toast.
61. Clear broth with crusts. Eggs and macaroni with fruit sauce.
62. Apple salad, puffed wheat with butter and fried bacon.
63. Broth with egg and cracker. Sprouts with lamb, toast with butter. Oranges.
64. Fresh milk with tomato toast.
65. Apple or tomato salad with mayonnaise dressing. Fish with lemon and toast with butter.
66. Apple and celery salad. Fruit cake with black coffee.
67. Raspberries or strawberries, dry toast or shredded wheat, one or two glasses of rich fresh milk.
68. Tomato or blackberry toast, with one or two glasses of rich milk.
69. Fruit gelatine with cream. Sandwiches, black coffee.
70. One or two glasses of sterilized blackberry juice with zwieback. Omelet with fruit sauce.
71. Clabber milk with cream and dry toast. Nuts if desired.
72. Lemon pie with fresh milk, or sand tart with fruit salad.

73. Raw huckleberries and zwieback with sweet butter. Nuts if desired.

74. Asparagus or artichokes with mayonnaise dressing. Sandwiches.

75. Boiled skim-milk with black bread.

76. Meat soup with barley. Apple salad or bread with Swiss cheese or cream cheese or cottage cheese.

For additional menus see recipes of soups, gelatines, salads, fish, sandwiches and egg foods.

Many of the above menus are suitable for children and for people of sedentary habits.

For those who require a liberal amount of nutritious food, it is easy to make up a number of additional menus from light protein foods for the evening meal, such as: Cream cheese, cottage cheese, Swiss cheese, fish, lamb chops, meat cakes (prepared from left-over cooked meats), eggs, pancakes (prepared with eggs or cream), fried egg-toast, sausages, legume soups, etc. Apples, tomatoes and prunes combine well with all the above mentioned foods.

CHAPTER VIII.
POOR MAN'S BILL OF FARE.

Suitable for people who perform hard manual labor, out of doors, and for those who are not steadily employed.

Sample Menu.

How to feed a family of five (2 adults and 3 children under 12 years of age) on \$5.00 per week or 14 cents per person per day—71 cents per day for all.

BREAKFAST.

Cereal salad with apples and onions.

		Cost in Cents.
Rylax or rolled wheat	2½ cups	2½
Apples	3 large	5
Cotton seed oil	3 tablespoons	2
Lemon	½	1
Onion	1 whole	½

DINNER.

Lettuce with syrup dressing. Dried green peas with dumplings and fried bacon.

Lettuce	1 head	2
Syrup	3 tablespoons	1
Lemon or vinegar	2 tablespoons	—
Cotton seed oil	3 tablespoons	2
Onion	1 whole	½
Peas	1 pound	5
Flour	1½ cups	3
Bacon	½ pound	15

SUPPER.

Cream of tomato soup with dry toast.

Tomatoes	1 can	8
Soup stock	1 quart	5
Milk	1 quart	8
Butter	3 tablespoons	4
Flour	4 tablespoons	½
Toast	7 large slices	4
TOTAL		69 Cents

If porridge with milk is desired for breakfast, substitute a quart of milk in place of apples, oil, lemon and onion. Use one and three-fourths cup of rolled wheat or rye in place of two and one-half cups. If sugar is necessary, add fifteen prunes or five level tablespoons of sugar. During the summer, substitute carrots or cucumbers for the sweets. Raw, sweet or sub-acid fruits do not combine well with cooked cereals. Raw fruits and raw cereals is a better combination.

In order to reduce the cost of living to 10 cents per person per day or 50 cents per day for all, leave out the fat meat costing 15 cents, and some of the butter, replacing it by cooking oil. It is easy to modify the diet or add to it in a given direction. If more protein is required, a boiled egg or a few nuts may be added to the breakfast. If more fuel is needed, it can be added in the form of soup, fruits or fat. In comparing the value of 1 pound of legumes with 1 pound of lean meat and the additional fatty and green foods that are necessary with a meat diet, the housewife will realize that she must either have a big purse for the bills of fare with meat, or starve her family if they do not like legumes.

Ten cents per day is a small sum for a useful citizen to live on, yet thousands of people are compelled to do so every year, and for these the following pages might be of assistance.

Economical management, self-denial and abstinence from luxuries are the lessons to be studied. Look over the chapter on protein foods carefully. Never economize in these in order to buy cake, pastry or sweets. All who, for some reason or other, have to fight off starvation, will find that whole wheat bread and pure water or oatmeal porridge are the most perfect foods to keep them in fair health. They prevent diseases which might be the result of such

conditions. To keep up on tea, coffee, sugar, white bread and liquor might result in dangerous breakdowns, insanity, murder and suicide. Coffee, tea and alcohol are medicines; they are valuable at times for the sick, when the system cannot digest food, or under conditions where not sufficient natural food can be obtained. On such occasions they may prevent disease and death.

HOUSEHOLD BOOKKEEPING

	Income	Expenditure	Protein Foods	Cereals Bread Potatoes	Green Vegetables	Fruits Fats	St
1							
2							
3							
4							
5							
6							
7							
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24							
25							
26							
27							
28							
29							
30							
31							
Tot'l							

Monthly total receipts, \$

Savings, \$

Knowledge of bookkeeping is a necessity for systematic homekeeping. The experience gained from a household book with careful planning for one year is of more value than the experience gained from five years of unsystematic housekeeping. Wise management of a home will enable a family with a moderate income to enjoy comforts and pleasures, of which a family in better circumstances, but with poor and unwise management, is deprived.

“Time is money,” therefore careful planning of the time that is expended for work, rest, recreation and outdoor life is as important as management of finances. Many women waste much valuable time with nonsensical details in the line of cleaning, cooking and fancy sewing. This abnormal amount of manual work and neglect of mental development is generally followed by worry and poor health, as the result of an anemic brain. In those conditions mental healers perform miraculous cures either by changing the activity of the mind or by paralyzing it to the extent of ignoring the plain facts of nature, and by denying the testimony of the senses.

The modern household is full of unwholesome things,—too many pictures, carpets, curtains and other ornaments, and too many salted, peppered, sugared and greasy artificial foods, with a lot of unnecessary dishes and utensils. A

woman who enjoys spending all her time in drudgery, values herself below the poorest paid day-laborer.

To save time and strength means investing time and strength on more important subjects, such as harmonious conversations, out of door exercise, attending lectures, and the teaching of the laws of health and hygiene to the young, which cannot be begun too early. Unsystematic management of household work and the care of children has broken up many a home.

HOW TO FEED A FAMILY OF FIVE (2 ADULTS AND 3 CHILDREN) ON \$3.50 PER WEEK OR 10 CENTS PER PERSON PER DAY DURING FALL AND WINTER.

Staple foods for two weeks.		Cost in cents.
Flour	10 pounds	35
Graham or whole wheat bread	3 loaves	15
Rye bread	1 loaf	10
Sugar	1 pound	05
Cereal coffee	1 package	20
Coffee beans	¼ pound	10
Bran	1 package	15
Roman meal	1 package	15
Rolled or steel-cut oats	1 package	10
Rice	2 pounds	10
Potatoes	4 pounds	20
Tomatoes	3 cans	25
Bacon	½ pound	15
Dry peas	2 pounds	10
Dry beans	2 pounds	10
Lentils	1 pound	05
Corn meal	3 pounds	10
Dried prunes	4 pounds	25
Cheese	½ pound	10
Onions	1 pound	05
Macaroni	1 pound	10
Salt	1 bag	05
Vinegar	1 pint	05
Cotton seed oil	2 quarts	50
Apples	6 pounds	25
Syrup	1 pint	05
Pumpkin	1	10
Eggs	½ dozen	25
Rolled rye	1 package	15
Butter	2 pounds	45
Corn starch	1 package	10
Rolled wheat	1 package	10
Total		\$4.95

SATURDAY.

Breakfast.—Roman meal cakes with lettuce and syrup dressing.

Dinner.—Hot skim-milk with black crusts. Macaroni with grated cheese.

Supper.—Meat soup with tomatoes and rice. Fried bread with apple sauce.

Cost of additional foods for Saturday: One gallon of skim-milk 5 cents, lettuce 5 cents, beef brisket 15 cents,—total 25 cents.

SUNDAY.

Breakfast.—Baked pumpkin, lettuce salad with raw rolled rye.

Dinner.—Warmed-over macaroni with soup stock, meat with tomato sauce.

Supper.—Hot skim-milk with black crusts or stale bread.

Cost of additional foods for Sunday: None.

MONDAY.

Breakfast.—Oatmeal porridge with butter or left-over boiled skim-milk.

Dinner.—Mixed boiled dinner of beans, potatoes and carrots.

Supper.—Soup from left-over scraps of tomatoes and meat, thickened with fat and flour, or pumpkin pie and black coffee or hash.

Cost of additional foods for Monday: Carrots and parsley 5 cents,—total 5 cents.

REMARKS: A portion of the skim-milk should be boiled on Sunday and balance be put in a pan for cottage cheese.

On Monday put one-half of the two pounds of beans in an earthen pot to bake before the carrots and potatoes are added. Preserve the baked beans with oil and keep in a cool place until Thursday.

TUESDAY.

Breakfast.—Rice with carrots and frankfurters.

Dinner.—Green pea soup. Codfish with butter sauce and potatoes with parsley.

Supper.—Left-over soup. Egg toast with stewed prunes or apple sauce.

Cost of additional foods for Tuesday: Frankfurters, 5 cents, fish, 15 cents,—total 20 cents.

WEDNESDAY.

Breakfast.—Corn meal mush or cakes with raw or stewed apples or prunes.

Dinner.—Cottage cheese with apple or potato salad and lettuce.

Supper.—Bread soup. Apple pancakes with lettuce salad.

Cost for additional foods for Wednesday: None.

THURSDAY.

Breakfast.—White or black toast with whey sauce (use whey which is drained from cottage cheese).

Dinner.—Lettuce salad. Raw carrots with baked beans. Brown bread with butter.

Supper.—Tomato and meat soup with toast. Celery.

Cost of additional foods for Thursday: Lettuce 5 cents, carrots 5 cents, parsley and celery 5 cents, Boston brown bread 10 cents, soup bone 5 cents,—total 30 cents.

FRIDAY.

Breakfast.—Oatmeal porridge with butter and syrup.

Dinner.—Milk soup with Roman meal. Fried herring and potatoes with parsley.

Supper.—Lentil soup with fried bread.

Cost of additional foods for Friday: Skim-milk 5 cents, herring 10 cents,—total 15 cents.

Total expenditure for the first week, 95 cents.

SATURDAY.

Breakfast.—Corn meal cakes with lettuce and syrup dressing.

Dinner.—Potato soup (prepared with fat, flour and skim-milk). Noodles with stewed prunes.

Supper.—Hot skim-milk with stale bread.

Cost of additional foods for Saturday: None.

REMARKS: Bake bread from one-half of the ten pounds of flour, mix with Roman meal instead of whole wheat flour.

SUNDAY.

Breakfast.—Bran muffins with stewed prunes.

Dinner.—Water rice with raisins or currants. Nuts.

Supper.—Corn starch pudding with stewed prunes and black crusts.

Cost of additional foods for Sunday: 1 pound of nuts 10 cents, raisins 5 cents,—total 15 cents.

REMARKS: Prepare the corn starch pudding on Saturday. Use balance of skim-milk with one-half water, a piece of butter, the yolk of an egg, some salt and a little sugar.

MONDAY.

Breakfast.—Rolled rye with butter and syrup.

Dinner.—Noodles with tomato sauce and liver.

Supper.—Potato soup with parsley and toast. (Prepare with fat, flour and left-over gravy from liver.)

Cost of additional foods for Monday: Liver 15 cents,—total 15 cents.

TUESDAY.

Breakfast.—Corn bread or fried mush with lettuce and syrup dressing.

Dinner.—Dried peas with flour dumplings and bacon sauce. Stewed prunes if desired.

Supper.—Corn meal porridge with skim-milk.

Cost of additional foods for Tuesday: Skim-milk 5 cents, lettuce 5 cents,—total 10 cents.

WEDNESDAY.

Breakfast.—Oat meal porridge with butter.

Dinner.—Lima beans with frankfurters and raw carrots.

Supper.—Stale bread with prune jam. Fresh milk diluted with barley water.

Cost of additional foods for Wednesday: Beans 5 cents, frankfurters 10 cents, fresh milk 10 cents, carrots and parsley 5 cents,—total 30 cents.

THURSDAY (Thanksgiving).

Breakfast.—Rolled wheat porridge with butter.

Dinner.—Apple salad with lettuce. Blood or liver sausage with rolled rye or black bread or baked oatmeal with cranberry sauce and celery.

Supper.—Tomato and lentil soup with fried bread.

Cost of additional foods for Thursday: Lettuce 5 cents, sausage 15 cents,—total 20 cents.

FRIDAY.

Breakfast.—Porridge from any kind of cereal with butter.

Dinner.—Cooked greens (pick some mustard or yellow dock on the street). Bread or flour dumplings with creamed fresh or salted codfish.

Supper.—Milk soup from stale bread and skim-milk.

Cost of additional foods for Friday: Fish 10 cents, skim-milk 5 cents,—total 15 cents.

Expenditure for staple foods	\$4.95
Additional expenditure for first week	.95
Additional expenditure for second week	1.10
Total	\$7.00

Staple Food for Two Weeks:

		Cost in Cents.
Baking powder	1 can	15
Dried apples	2 pounds	15
Pearl barley	2 pounds	10
Flour	10 pounds	35

Sugar	1 pound	05
Rice	2 pounds	10
Eggs	½ dozen	25
Apples	6 pounds	25
Leaf lard	2 pounds	10
Shoulder of mutton	3 pounds	15
Dried peas	2 pounds	10
Beans	2 pounds	10
Lentils	2 pounds	10
Bacon	½ pound	15
Corn meal	3 pounds	10
Rolled rye	1 package	15
Oats	1 package	10
Wheat	1 package	10
Onions	1 pound	05
Cabbage	1 head	05
Lettuce	3 heads	05
Black bread	1 loaf	10
Whole wheat flour	2 pounds	10
Buckwheat flour	1 package	15
Potatoes	4 pounds	20
Cotton Seed Oil	2 quarts	50
Cheese	½ pound	10
Apples	6 pounds	25
Butter	½ pound	20
Tomatoes	3 cans	25
Milk delivered for two weeks	1 quart per day	1.25
Crackers	1 package	05
Nuts	2 pounds	20
	Total	\$6.05

SATURDAY.

Breakfast.—Mixed rolled rye and wheat porridge with butter and syrup.

Dinner.—Cabbage with mutton and bread and butter.

Supper.—Soup of mutton with rice and crackers. One-half quart of milk with barley water and toast for two children.

Cost of additional foods for Saturday: None.

REMARKS: Prepare sufficient bread for two weeks. If cabbage is left over, prepare it with fat, vinegar and flour and keep for Tuesday.

SUNDAY.

Breakfast.—Lettuce with syrup dressing and buckwheat cakes.

Dinner.—Rice soup with milk and raisins. Nuts.

Supper.—Left-over meat soup and bread for three. Milk and toast for two children.

Cost of additional foods for Sunday: None.

MONDAY.

Breakfast.—Oatmeal porridge with hot milk.

Dinner.—Lettuce with syrup dressing. Roman meal cakes. Hash of mutton.

Supper.—Baked apples in oil with black bread and residue of leaf lard with fried onions. One pint of milk and toast for two children.

Cost of additional foods for Monday: None.

REMARKS: Cut the leaf lard very fine, fry it in a pan with apples and a little oil.

TUESDAY.

Breakfast.—Cornmeal mush with hot milk.

Dinner.—Bean soup with bread. Cabbage and frankfurters.

Supper.—Pearl barley porridge with milk and cracker (for all).

Cost of additional foods for Tuesday: Frankfurters 5 cents,—total 5 cents.

WEDNESDAY.

Breakfast.—Three raw apples with black bread and lard.

Dinner.—Noodles and kidney stew. Bread if desired.

Supper.—Cream of green pea soup with bread and celery.

Cost of additional foods for Wednesday: Celery 5 cents, kidney 5 cents,—total 10 cents.

THURSDAY.

Breakfast.—Mixed rolled rye and wheat porridge with hot milk.

Dinner.—Mixed boiled dinner of beans, carrots and potatoes.

Supper.—Milk of soup for all.

Cost of additional foods for Thursday: Carrots and parsley 5 cents,—total 5 cents.

REMARKS: Keep one-half of the beans separate and bake for Sunday.

FRIDAY.

Breakfast.—Cornmeal pancakes with lettuce and syrup dressing.

Dinner.—Cream of corn soup. Meat croquettes and stewed dried apples. Bread.

Supper.—Bread soup with milk (for all).

Cost of additional foods for Friday: Canned corn 10 cents, Hamburg steak 5 cents, skim-milk 5 cents, lettuce 5 cents,—total 25 cents.

REMARKS: Prepare the corn soup with fat and flour, then add hot skim-milk. Use one pint of fresh milk for the bread soup and the balance skim-milk.

Total Expenditure for the week 50c.

SATURDAY.

Breakfast.—Oatmeal porridge with hot milk.

Dinner.—Baked noodles with milk and frankfurters.

Supper.—Mustard greens or yellow dock with lentils. Milk and toast for two children.

Cost of additional foods for Saturday: Frankfurters 5 cents, total 5 cents.

SUNDAY.

Breakfast.—Three raw apples and black bread with lard.

Dinner.—Lettuce salad with French dressing. Baked beans and bread.

Supper.—Milk toast for all.

Cost of additional foods for Sunday: Lettuce 5 cents, milk 5 cents,—total 10 cents.

REMARKS: Re-boil the skim-milk from Friday for cooking or baking.

MONDAY.

Breakfast.—Lettuce with syrup dressing. Cornmeal pancakes.

Dinner.—Milk soup with Roman meal. Bran biscuits with cheese and stewed dried apples.

Supper.—Cream of tomato soup with toast and celery.

Cost of additional foods for Monday: Celery 5 cents,—total 5 cents.

TUESDAY.

Breakfast.—Chopped apples with syrup dressing and raw rolled rye.

Dinner.—Cream of lentil soup. Tripe with tomato sauce and potatoes.

Supper.—Toast with apple sauce and hot milk diluted with barley water.

Cost of additional foods for Tuesday: Tripe 10 cents,—total 10 cents.

WEDNESDAY.

Breakfast.—Rolled wheat porridge with butter.

Dinner.—Mustard greens and unleavened pancakes with syrup or fruit sauce.

Supper.—Cream of pea soup with toast.

Cost of additional foods for Wednesday: Skim-milk 5 cents,—total 5 cents.

REMARKS: Flavor the greens with bacon. Use skim-milk and three eggs for the pancakes. Set part of the skim-milk for cottage cheese.

THURSDAY.

Breakfast.—Oatmeal porridge with hot milk.

Dinner.—Lima beans with potatoes and frankfurters or bologna.

Supper.—Apple pie with hot milk.

Cost of additional foods for Thursday: Frankfurters 5 cents,—total 5 cents.

FRIDAY.

Breakfast.—Buckwheat cakes with lettuce or yellow dock and syrup dressing.

Dinner.—Lentil and tomato soup. Cottage cheese with apple salad.

Supper.—Bread pudding with fruit sauce.

Cost of additional foods for Friday: Lettuce 5 cents,—total 5 cents.

Expenditure for staple foods	\$6.05
Additional Expenditure for first week	.50
Additional Expenditure for second week	.45
<hr/> Total	<hr/> \$7.00

HOW TO FEED A FAMILY OF FIVE ON \$5.00 PER WEEK OR 14 CENTS PER PERSON PER DAY DURING THE FALL AND WINTER.

Buy the same staple foods as suggested for the foregoing menus; add to it: Oranges, bananas, cream, peanut-butter, eggs, bacon, cheese, tomatoes, apples, rice, peas, celery, string beans, grapes or other fruits or vegetables.

HOW TO FEED A FAMILY OF FIVE (2 ADULTS AND 3 CHILDREN) ON \$3.50 PER WEEK OR 10c. PER DAY DURING SPRING AND SUMMER.

		Cost in Cents.
Stale, whole wheat, graham and white bread	3 loaves	25
Flour	10 pounds	35
Stale black bread	2 loaves	15
Cereal coffee	1 package	20
Coffee beans	½ pound	10
Bran	1 package	15
Roman meal	1 package	15
Cream of wheat	1 package	20

Rice	6 pounds	25
Potatoes	4 pounds	20
Tomatoes	3 cans	25
Bacon	½ pound	15
Green dried peas	2 pounds	10
Lima beans	2 pounds	10
White beans	2 pounds	10
Corn meal	4 pounds	10
Dried prunes	2 pounds	10
Salt	1 bag	05
Vinegar	1 pint	05
Cotton seed oil	1 quart	25
Apples	6 pounds	25
Syrup	1 pint	05
Rolled rye	1 package	15
Rolled wheat	1 package	10
Corn starch	1 package	10
Butter	½ pound	20
Eggs	2 dozen	35
Peanut butter	1 jar	25
Dried apricots	2 pounds	10
Onions	1 pound	05

\$4.85

REMARKS: Use plenty of parsley, pick green leaves such as mint, yellow dock, mustard greens and others on the road or in the country. Keep the eggs on ice or in salt water in a cool place.

SATURDAY.

Breakfast.—Mustard greens on toast.

Dinner.—Lettuce salad with baked beans and bread with butter.

Supper.—Rice and tomato soup with cracker or fried bread.

Cost of additional foods for Saturday: Lettuce 5 cents,—total 5 cents.

SUNDAY.

Breakfast.—Cereal salad with apples, onions and lettuce.

Dinner.—Steamed pudding with apricot sauce.

Supper.—Fresh milk and toast with tomato or apricot jam.

Cost of additional foods for Sunday: Milk 10 cents,—total 10 cents.

MONDAY.

Breakfast.—Cream of wheat porridge with butter and raw cucumbers.

Dinner.—Green pea soup with raw carrots. Left-over pudding.

Supper.—Buttermilk rice with prunes.

Cost of additional foods for Monday: Carrots 5 cents, buttermilk 5 cents,—total 10 cents.

REMARKS: Cook sufficient pea soup for two meals. (Use two-thirds of the two pounds of peas.)

TUESDAY.

Breakfast.—Mashed potatoes with buttermilk and bacon sauce. Black toast.

Dinner.—Apple salad with peanut dressing and raw rolled rye or wheat.

Supper.—Cream of pea soup with toast and celery or parsley.

Cost of additional foods for Tuesday: Fresh milk 10 cents,—total 10 cents.

REMARKS: Use a pint of milk for the left-over pea soup.

WEDNESDAY.

Breakfast.—Cornmeal mush with hot milk.

Dinner.—Lima beans with carrots, potatoes and parsley.

Supper.—Yellow dock (raw or cooked) and egg toast with stewed prunes.

Cost of additional foods for Wednesday: Carrots 5 cents,—total 5 cents.

THURSDAY.

Breakfast.—Mashed turnips or carrots and toast with butter.

Dinner.—Lettuce salad with unleavened apple pancakes.

Supper.—Meat soup of lamb with rice and tomatoes. Toast with butter.

Cost of additional foods for Thursday: Shoulder or neck of mutton 15 cents, lettuce 5 cents,—total 20 cents.

REMARKS: Cut the meat in five pieces, cover with a little hot vinegar for half an hour, pour off; then add soup stock and keep in gelatine until Saturday.

FRIDAY.

Breakfast.—Cream of wheat porridge and butter.

Dinner.—Cooked spinach with fish and baked noodles.

Supper.—Strawberries with toast and scrambled eggs.

Cost of additional foods for Friday: Fish 15 cents, strawberries 10 cents,—total 25 cents.

Total expenditure for the week

85c.

SATURDAY.

Breakfast.—Left-over noodles with tomato sauce.

Dinner.—Raw cabbage salad with mayonnaise dressing and lamb in gelatine. Bread.

Supper.—Cream of tomato soup with fried bread and celery.

Cost of additional foods for Saturday: Cabbage 5 cents, celery 5 cents,—total 10 cents.

SUNDAY.

Breakfast.—Creamed boiled cabbage with stale bread or toast.

Dinner.—Fruit salad of apricots or peaches and lettuce with rolled rye and nuts (4 to 8 walnuts per person).

Supper.—Pancakes or cornmeal patties with fruit sauce.

Cost of additional foods for Sunday: Nuts 10 cents, fruit 10 cents, lettuce 5 cents,—total 25 cents.

MONDAY.

Breakfast.—Rice soup of buttermilk or milk with prunes.

Dinner.—Mixed boiled dinner of lima beans, carrots and potatoes.

Supper.—Egg toast or pancakes with fruit sauce.

Cost of additional foods for Monday: Skim-and buttermilk 10 cents, carrots 5 cents,—total 15 cents.

REMARKS: Use part of the milk for pancakes. Leave some for clabber milk.

TUESDAY.

Breakfast.—Stale bread with peanut-butter and apples.

Dinner.—Clabber milk with zwieback, doughnuts or pancakes (prepared with eggs).

Supper.—String beans and meat stew with dumplings.

Cost of additional foods for Tuesday: String beans 10 cents, meat 10 cents,—total 20 cents.

WEDNESDAY.

Breakfast.—Cherries with corn bread or egg toast.

Dinner.—Yellow dock on toast. Steamed rice pudding with fruit sauce.

Supper.—Raspberries and fresh milk with toasted bread.

Cost of additional foods for Wednesday: Cherries 10 cents, raspberries 10 cents, milk 10 cents,—total 30 cents.

THURSDAY.

Breakfast.—Left-over yellow dock and Roman meal cakes or bran muffins.

Dinner.—Julienne soup with fried bread. Apple rice with peanut sauce. Raw celery.

Supper.—Asparagus with French dressing or butter sauce and frankfurters or chipped beef and bread.

Cost of additional foods for Thursday: Asparagus 10 cents, meat 5 cents, celery 5 cents,—total 20 cents.

FRIDAY.

Breakfast.—Rolled wheat porridge with butter.

Dinner.—Baked noodles with tomato sauce and lettuce.

Supper.—Milk soup with black crusts.

Cost of additional foods for Friday: Lettuce 5 cents, skim-milk 5 cents,—total 10 cents.

Expenditure for staple foods	\$4.85
Total Expenditure for first week	.85
Total Expenditure for second week	1.30
<hr/>	
Total	\$7.00

Staple Foods for Two Weeks.

(Cost in Cents.)

Stale whole rye and wheat bread	5 loaves	.40
Roman meal	1 package	.15
Cream of wheat	1 package	.20
Rice	6 pounds	.25
Potatoes	4 pounds	.20
Raw tomatoes	3 pounds	.10
Bacon	½ pound	.15
Green dried peas	2 pounds	.10
Cow beans	2 pounds	.10
Lentils	2 pounds	.10
Corn meal	4 pounds	.10
Salt	1 bag	.05
Vinegar	1 pint	.05
Lemon	½ dozen	.10
Cotton seed oil	1 quart	.25
Olive Oil	1 bottle	.25
Apples	6 pounds	.25
Rolled rye	1 package	.15
Rolled wheat	1 package	.10
Corn starch	1 package	.10
Butter	1 pound	.20
Eggs	2 dozen	.45
Peanut butter	1 jar	.25
Baking powder	1 can	.15
Radishes	2 bunches	.05
Green onions	2 bunches	.05
Walnuts	2 pounds	.25

Lettuce	3 heads	.05
Celery	1 bunch	.05
Carrots	2 bunches	.05
		<hr/>
		\$4.70

A few staple foods, such as coffee, bran and a few cereals, are supposed to be left over from the last two weeks. Use peanut butter in place of butter.

SATURDAY.

Breakfast.—Green onions and radishes with bread and butter.

Dinner.—Tomato salad and lettuce. Creamed horse beans with parsley. Bread.

Supper.—Rice and tomato soup. Celery.

Cost of additional foods for Saturday: None.

SUNDAY.

Breakfast.—Mashed carrots. Lettuce salad and horse beans.

Dinner.—Apple and lettuce salad. Nuts (4 to 8 per person).

Supper.—Lemon pie with black malt coffee.

Cost of additional foods for Sunday: None.

MONDAY.

Breakfast.—Cream of wheat with butter.

Dinner.—Lamb or beef stew with dumplings. Celery.

Supper.—Green pea soup with fried bread or left-over dumplings.

Cost of additional foods for Monday: Meat 10 cents,—total 10 cents.

REMARKS: Prepare enough pea soup for the next day.

TUESDAY.

Breakfast.—Fruit salad of apricots, peaches or plums, and lettuce with rolled raw wheat or rye.

Dinner.—Pea roast or steamed bread pudding with tomato sauce. Celery.

Supper.—Fresh berries and toast with milk.

Cost of additional foods for Tuesday: Fruit 5 cents, lettuce 5 cents, celery 5 cents, berries 10 cents, milk 10 cents,—total 35 cents.

WEDNESDAY.

Breakfast.—Roman meal cakes with lettuce and syrup dressing.

Dinner.—Buttermilk soup with rice and raisins. Nuts (4 to 6 per person).

Supper.—Egg toast and lettuce with fruit sauce.

Cost of additional foods for Wednesday: Raisins 5 cents, buttermilk 5 cents,—total 10 cents.

THURSDAY.

Breakfast.—Water or muskmelon. Raw rolled rye mixed with chopped apples and lettuce.

Dinner.—Cherries and unleavened pancakes with syrup dressing.

Supper.—Green grapes and black bread with cream cheese.

Cost of additional foods for Thursday: Melon 10 cents, cherries 10 cents, grapes 5 cents, cheese 10 cents—total 35 cents.

REMARKS: Leave one-half of the cream cheese for Saturday.

FRIDAY.

Breakfast.—Rolled rye and wheat porridge with hot milk and raw cucumbers.

Dinner.—Cucumber salad. Green peas with dumplings and creamed fish.

Supper.—Bread soup (with buttermilk).

Cost of additional foods for Friday: Fresh milk 10 cents, buttermilk 10 cents, peas 5 cents, cucumbers 5 cents, fish 10 cents,—total 40 cents.

Total expenditure for the week

\$1.30

SATURDAY.

Breakfast.—Stale bread with cream cheese and left-over raw greens.

Dinner.—Meat croquettes (of soup meat) with creamed beets and bread.

Supper.—Rice and tomato soup with soup stock. Celery.

Cost of additional foods for Saturday: Soup bone 5 cents, tomatoes 10 cents, beets 5 cents, celery 5 cents,—total 25 cents.

SUNDAY.

Breakfast.—Salad of chopped apples and celery with mayonnaise dressing and raw rolled wheat or rye.

Dinner.—Cherry-or currant-or apple-rice. Nuts.

Supper.—Tomato salad and egg toast.

Cost of additional foods for Sunday: Fruit 5 cents,—total 5 cents.

MONDAY.

Breakfast.—Corn meal mush with hot milk.

Dinner.—Tomato salad. Stewed lentils with creamed onions.

Supper.—Lentil and tomato soup with toast or bread.

Cost of additional foods for Monday: Milk 10 cents,—total 10 cents.

REMARKS: Dilute the left-over lentils and tomatoes with water, add onions. Cook for 20 minutes, run through a colander, mix with flour and fat, add hot milk.

TUESDAY.

Breakfast.—Creamed potatoes with frankfurters and parsley.

Dinner.—Cherries and corn meal pudding with lemon sauce.

Supper.—Milk soup of rice with black crusts.

Cost of additional foods for Tuesday: Cherries 5 cents, frankfurters 5 cents, skim-milk 5 cents,—total 15 cents.

REMARKS: Use left-over corn meal for pudding; add 4 to 5 eggs.

WEDNESDAY.

Breakfast.—Raw cabbage salad with mayonnaise dressing and bread with butter.

Dinner.—Meat stew with dumplings and lettuce salad.

Supper.—Bran muffins and tomato puree. Boiled skim-milk.

Cost of additional foods for Wednesday: Meat 10 cents, lettuce 5 cents, cabbage 5 cents,—total 20 cents.

THURSDAY.

Breakfast.—Cream of wheat gems and lettuce with syrup dressing.

Dinner.—Mixed boiled dinner of string beans, potatoes and pears. Cornbread.

Supper.—Corn starch pudding with boiled hot or cold milk and black crusts.

Cost of additional foods for Thursday: Beans 5 cents, milk 10 cents, pears 5 cents,—total 20 cents.

FRIDAY.

Breakfast.—Rolled rye porridge with butter and syrup.

Dinner.—Bread dumplings or fritters with pea puree or stewed pears.

Supper.—Creamed cabbage with frankfurter and bread.

Cost of additional foods for Friday: Frankfurter 5 cents,—total 5 cents.

Expenditure for staple foods	\$4.70
Total Expenditure for first week	1.30
Total Expenditure for second week	1.00
<hr/> Total	<hr/> \$7.00

HOW TO FEED A FAMILY OF FIVE ON \$5.00 PER WEEK OR 14 CENTS PER PERSON PER DAY DURING SPRING AND SUMMER.

Buy about the same staple foods as suggested for the foregoing menus. Use less bread and cooked porridge or mushes. Buy more starchy fruits, such as bananas, stone fruits, melons and raw vegetables; combine them with toasted bread or raw cereal flakes. For those who eat two meals per day and have a late breakfast, it is better to combine fruits with nuts for breakfast in place of cereals. Use rich milk or cream with fruits for supper in place of those foods suggested in menus for supper. For other combinations study menus.

SUGGESTIVE MENUS DURING THANKSGIVING WEEK.

WEDNESDAY.

Breakfast.—Fried sweet potatoes with fried bacon and apple sauce.

Dinner.—Stuffed turkey neck with cranberry sauce.

Supper.—Tomato soup with fried bread.

THANKSGIVING.

Breakfast.—Creamed onions with bread and butter.

Dinner.—String bean salad with French dressing. Turkey with apple dressing, celery, cranberry compote. Plum pudding with sauce. Black coffee.

Supper.—Apple pie with black coffee.

FRIDAY.

Breakfast.—A fast or some fruit juice.

Dinner.—Plain water rice with turkey gravy.

Supper.—Green pea soup with fried bread.

SATURDAY.

Breakfast.—Roman meal cakes with cranberry sauce.

Dinner.—Brown flour soup from turkey bones. Left-over plum pudding.

Supper.—String bean salad. Baked squash with fried bacon.

REMARKS: Cut the turkey into pieces and preserve in gravy.

SUNDAY.

Breakfast.—Apple salad with lettuce and mayonnaise dressing. Bread.

Dinner.—Green pea soup. Mince pie and cheese.

Supper.—Fruit cake with coffee.

MONDAY.

Breakfast.—Codfish cakes with apple-or tomato-rice.

Dinner.—Boiled onions. Turkey with steamed potatoes and gravy. Celery.

Supper.—Squash or pumpkin pie with black coffee.

TUESDAY.

Breakfast.—Buckwheat groats with hot cream.

Dinner.—Turkey hash or salad with tomatoes and lettuce.

Supper.—Huckleberry soup with sago or dumplings.

RECIPES FOR MIXED BOILED DINNERS.

They are much appreciated in many foreign countries by people of moderate means. The housekeeper who does her own work can save much time by introducing a few of these menus at her table. The preparation of foods in this manner requires less water, it is more of a steaming process, and fewer dishes and utensils are needed.

Dishwashing becomes a burden in many a large household and the intelligent homekeeper studies economy in all directions.

I ask in advance that you try the recipes; lay aside prejudice against some of the good old-fashioned dishes, to which you are not accustomed, and stop wasting your time over new and fashionable recipes that ruin your health. Simplicity and knowledge are a great help for a low purse.

I.

Lima Beans with Carrots and Potatoes.

Soak one pound of lima beans in rain or soft water over night, cook for half an hour, add salt, and then add five good sized carrots cut to the size of the beans. Cook both for half an hour, then add four or five potatoes and cook all together until done. Thicken the broth with corn starch, add chopped parsley and butter. A tablespoon of vinegar and sugar may be added to the sauce if the flavor is desired. The carrots may be cooked by themselves; when done, add the water to the beans and potatoes, pour a little diluted vinegar over the carrots, let stand 20 minutes, drain off the vinegar and add the carrots to the beans and potatoes. This is preferable for people who dislike the sweet taste of the carrots. Serve with pork, bacon, frankfurters or without meat. Bread is not needed at this meal, as potatoes and carrots furnish sufficient carbohydrates. If bread is desired, it should be eaten in place of dessert with a little unsweetened black coffee or malt coffee.

II.

Small White or Brown Beans with Carrots and Potatoes.

Prepare the same as the foregoing. The time for cooking beans depends on the quality. The carrots should not be added until the beans are nearly done.

III.

Dried Green Peas with Carrots and Pork.

Prepare the same as the foregoing. Young green peas or string beans may be used in place of dried ones. The latter are excellent during the summer in combination, with salted pickled herring or creamed chipped beef.

IV.

Green Dried Peas with Dumplings.

See recipe for bread or flour dumplings. Cook the dumplings in salted water and serve with the peas in place of meat or prepare a pea soup and boil the dumplings in the soup. This makes a perfect meal for dinner.

Use one-fourth to one-half a cup of dried peas per person, according to size and age of the individual. Green fresh peas may be substituted in the summer. Fried bacon is a good addition.

V.

Dumplings with Potatoes and Prunes.

Steam the potatoes. Prepare some nutritious dumplings from flour or bread with eggs. Heat some butter, bacon fat or oil, add finely chopped onions, fry until brown, remove from the fire and add two tablespoons of syrup and some lemon juice or vinegar. Pour the potatoes and dumplings on a dish, mix with stewed cold or warm prunes, pour the syrup sauce over it and serve. Serve with lettuce. The syrup sauce can be thickened with flour and strengthened with the water in which the dumplings have been cooked; the prune juice can be added in place of the syrup. Serve with fried bacon. Good during the summer.

VI.

Potatoes, Macaroni and Prunes.

Cook the macaroni until very tender, drain off the water, combine and serve in same manner as the foregoing.

VII.

Fried Dumplings.

Cut left-over dumplings into thin slices, fry in hot fat or butter until brown. Flavor with onions if desired.

PART FOUR

CHAPTER I. DISEASE.

Disease is that condition of the body where there is any departure from the normal, in function, or structure. It may be local or general, and may tend to recovery, death or life-long suffering.

Many so-called forms of dyspepsia are brought about by improper eating, or by eating when not hungry or when tired. In such cases, a regulated life and the right selection, combination and preparation of foods is the only means to correct it.

ULCERATION OF STOMACH AND INTESTINE.

Causes: After effects from acute diseases, worry, envy, excesses of eating or drinking, bony displacements, anemia and overwork. The patient should consult a physician at once. If certain areas of the glandular structure of stomach or intestine have been destroyed once, the normal structure cannot be restored; but with good care and proper dietetic measures great improvement can take place. Excess of starchy foods is always harmful. Particles of food not well masticated can cause much disturbance. The presence of fats in large amounts or wrongly combined with other foods will also retard digestion; they cause the pyloric orifice to contract more, and leave the food contents in the stomach for a long time, and in this way cause fermentation and putrefaction.

Dyspepsia and indigestion are the beginnings of a disordered metabolism and if neglected the results are: Nervous prostration, insanity, consumption, pelvic disorders, difficult child-birth, weak offspring, different forms of tumors and cancers and a multitude of fashionable and epidemic diseases.

CONSTIPATION.

The recognized rule is that the bowels should be evacuated once per day. Nevertheless, there are a number of people whose bowels act only every second or third day, and whose health is not impaired thereby. Healthy people who live on natural foods, such as raw fruits, nuts and grains, or on simple cooked foods with a moderate amount of meat, as a rule will not find it necessary to resort to artificial means for evacuation of the bowels.

People, whose diet consists mainly of meats, cooked vegetables and potatoes mixed with fermentable substances, or those who mix meat with milk and sweets or soft puddings will find it absolutely necessary to have a daily evacuation of the bowels, in order to retain perfect health.

CHRONIC CONSTIPATION.

Different habits of diet have a great effect upon evacuations. People who suffer from chronic constipation without any particular ailment or disease may often be greatly benefited by adding a greater amount of fruits or vegetables to their diet. Others find it necessary to discard cooked fruits for a while and take oily substances. Some people are constipated from insufficient protein elements in their food. The original cause may have been mechanical obstruction. Morbid anatomy and morbid physiology go hand in hand. Therefore, if proper hygiene and diet does not correct the condition, the patient should consult a physician for special treatment.

MALARIA.

Malaria is a germ disease, but like many other germ diseases, the primary cause is lowered resistance, caused by poisoned air and adulterated food stuffs. Protection against adulterated food stuffs depends upon enforcement of pure-food laws, and the training of every housekeeper in the art of domestic science. Impure milk, whether poisoned by the milkmen or handled carelessly by the housekeeper, cannot be turned into good blood. The same is true of other food stuffs.

Dry, pure air is absolutely necessary for the patient who suffers with malaria. Dwelling places near which are stagnant pools, rain barrels, marsh land or stores where decayed fruits and vegetables are housed, are dangerous to people who are afflicted with malaria or any other germ disease. Mosquitoes are held responsible for both malaria and yellow fever. They breed in warm weather, wherever stagnant water is found. To prevent a disease that is spread by animal or vegetable parasites we must direct our effort against the breeding places of these disease carriers. Coal oil, poured upon the surface of stagnant water on streets, or near our homes, is a great help in preventing the multiplication of mosquitoes. Screens on dwelling houses, dry basements, plenty of sunshine in the home and the prevention of accumulation of vegetable refuse can do much toward protection from these parasites.

People who are afflicted with partial congestion of the portal circulation have stagnant and poisoned blood, and are more liable to contract malaria than those whose liver is in good working order. Many people are under the impression that they have liver trouble if they put more work upon this organ than it is able to do. Overtaxing of any part of the body will finally result in congestion and disease.

If mechanical obstructions are responsible for sluggish conditions of the liver, they should be remedied by anatomical and physiological adjustment. Deep breathing is of the greatest importance in all diseases affecting the abdominal organs. Fresh air at night is as important as during the day. During rainy weather have a fire going during the night in order to keep the air dry. Protect the body with warmer clothing after sunset, and wear light woolen underwear if necessary to avoid chills during sleep.

The diet should be light and nutritious. Avoid all rich condiments, spices, soft puddings containing milk and eggs, yeast breads and cakes. Some cases should avoid milk, cheese, shellfish and other foods rich in protein.

THE FOLLOWING SUGGESTIONS MAY BE HELPFUL TO INVALIDS WHO SUFFER FROM CHRONIC AFFECTIONS OF THE LIVER AND INTESTINAL INDIGESTION.

1. Spend at least four hours per day out of doors.
2. Take short walks before and after dinner and before and after supper. Take deep breathing exercises by open windows before breakfast, and exercise the lower limbs while in bed.
3. Have breakfast at 9 a. m. and supper between 4 and 5 p. m.
4. Never work or eat when the hands and feet are cold.
5. Relax and breathe deeply with face down for 20 minutes, three times per day before meals.
6. During damp or rainy weather rest more, eat more greens, citrus fruits and fatty foods, and little or none of those foods which are rich in protein, such as cheese, whites of eggs, lean meats, nuts, beans, canned corn and milk foods, and select protein foods for the noon meal in the form of green pea or lentil soup, with or without tomatoes, or fat cold pork, fish or bacon in combination with apples, mashed beets, carrots or yellow turnips with lemon, hard yolks of eggs and fried bacon. Rice with tomato sauce and cold fat meat is also good. Black stale bread is best.
7. For breakfast use fats in the form of mayonnaise dressing with raw apples and tomatoes and plenty of onions, also fat meat if desired, and corn meal mush with eggs and cranberry sauce and celery; or the above mentioned green leaf vegetables. Celery roots, raw or cooked, with lemon and toasted bread and butter or fried bacon is also good. Use raw carrots, cranberries and beets with greens and French dressing. Raw cabbage is also good.
8. For supper select your food according to your appetite. If you are warm, active and

energetic, take some raw fresh milk with zwieback and tomato or cranberry juice, or suck the juice of one-half or one-fourth of a lemon or grapefruit with it, white and yellow skin and all, expectorate the residue. Bran tea, barley or oatmeal water with one-fourth sterilized cream is good. If you are cold and chilly eat a plate of warm soup made of tomatoes or plums, huckleberries, string beans or asparagus (treated with lemon), or potato soup, or eat green cooked leaf vegetables with lemon and fried bacon, toasted or puffed wheat, and butter.

9. During the dry, frosty season, when the sun is bright during the middle of the day, eat a moderate amount of those foods forbidden under No. 6, combine them rightly, and take walks in the sunshine after dinner.

10. Mornings and evenings eat about the same foods as suggested in the foregoing.

11. Dress the body according to the changes of temperature.

12. Avoid over-heated rooms, and stay in bed until the sun rises, if necessary.

13. Keep the bowels in good order by enemas.

14. Black malt coffee prepared with a few whole or crushed coffee beans is of medicinal value if taken in small quantities after meals, especially after the noon meal; it acts as a tonic to the liver. Raw cranberries may be substituted if desired.

The above mentioned suggestions are for extreme cases of liver degeneration. They also apply to many chronic, so-called incurable diseases where the protein and starches of the diet should be limited in quantity to the minimum, compatible with the requirements of the individual.

There are cases of liver trouble where there is no interference with the glycogenic and oxidizing action of the liver, and where an entirely different diet is required. Therefore, no patient should attempt to treat a disease by a book, without having his case diagnosed by a physician and receiving advice as to the special diet required.

TUBERCULOSIS.

It is one of the most fatal diseases that affects men and animals. It is due to a germ called the bacillus of tuberculosis. This germ, however, is not the primary cause for the development of the disease. Wrong environment, unclean air and food are the causes that multiply these germs. Hereditary weaknesses play an important part, but the disease itself is never inherited. Lowered vitality, infection through milk and meat, and careless spitting are in a large measure responsible.

Children of parents who suffer from tuberculosis may grow up into healthy and strong individuals, if the proper conditions are furnished. Tendencies to disease are universally manifest in the weaker structures, and this weaker resisting power is the exact measure of the power inherent in heredity.

Tuberculosis may affect the lungs or manifest itself in different parts of the body, and is known under the following names: Potts disease or curvature of the spine; hip joint disease, when it affects the hip joint; white swelling or knee joint disease; ankle joint disease; lupus or skin disease; scrofula, when it affects the glands of the neck; tuberculous ulceration, when it affects the inside of the intestine; tuberculous peritonitis, when it affects the outside of the intestine; and consumption, when the lungs are involved.

PREVENTION OF TUBERCULOSIS.

The House We Live In.

Sunlight is the best known disinfectant. The direct rays of the sun destroy tubercular germs and the majority of other micro-organisms. Plants cannot grow without sunshine. Human beings cannot enjoy health in dark dwelling places, without sunlight. The houses we live in should contain a large

number of windows and glass doors, so as to permit all rooms to be permeated with sunlight. It is a pity that modern houses, with all their conveniences and sanitary arrangements, have so little provision for proper sterilization by sunlight.

Many new modern houses are provided with a lot of unnecessary closet room, pantries and double stairways, halls and other accessories, which shut up impure air and prevent proper ventilation. Instead of living in large, luxurious houses, our health and comfort could be greatly improved by the investment of more space in artistically constructed gardens. Smaller houses, long and narrow in form, or wide and short, according to the location and size of the lot, could be daily disinfected and sterilized from cellar to attic by the rays of the glorious sun. A building of this kind may consist of two, four, eight, ten or more rooms, with one or three floors, and can offer comfort for one family, or be divided into apartments or flats. A house should be built on porous ground.

A lower floor, with parlor and spare bedrooms, is more easily ventilated and kept clean than a high basement with poor flooring, and no provision for proper airing or the admission of sunlight.

The mother of a family who has to do her own work in a two-story house could save much time and strength by having her kitchen and dining room on the upper floor, with hall and stairway and glass door in the center of the house, which would enable her to attend to the door from above. A house so constructed could easily be provided with porches for sleeping, and a place for the children to play during the morning hours, and in this way relieve the mother of many unnecessary steps.

Large, beautiful gardens call for work which is mixed with brains, while large houses with fashionable accessories call for slavery and compel one woman to become the servant of another woman.

All human beings are born with a pair of arms, which by gradual development enable them to care for their bodies in matters of feeding, dressing, hygiene and comforts. Assistants in the home are required for the child, the sick and the helpless.

Modern inventions relieve us partly of house-cleaning and laundry work, and modern methods of simple feeding and luxurious airing will relieve us from solving the servant problem and prevent diseases that are created by wrong living.

TREATMENT OF TUBERCULOSIS.

Clinical experience with hygiene and diet have proved that they are the most important factors in the treatment of disease.

A certain class of patients who are in the early stages of this disease may be benefited by a liberal diet, but the larger percentage of sufferers really have indigestion and can only gain benefit by cutting down their diet and by living upon plain, non-stimulating food. The amount of carbohydrate foods should be decreased and the amount of fats increased. Olive oil in combination with raw vegetables, acid fruits and raw eggs and fat meats should be given daily. They are best taken for breakfast. The heavier protein foods should be eaten at the noon meal in combination with a small amount of cereals and raw greens. The evening meal should consist of broths with egg, cooked green vegetables, toast and bacon, or of milk foods. If extra milk is required it should be given with a keen appetite. Food eaten without relish cannot be properly oxidized and assimilated.

People who are compelled to work while sick should take some extra milk between 10 and 12 a. m. and during the afternoon. Milk may be taken raw or boiled, according to the individual requirements. The bowels should be kept in order by enemas and laxative foods.

RICKETS.

This is a condition where there is interference with the nutrition of the bones. The bones, like other parts of the body, are injured by lack of nourishment; they become soft and yielding like wax,

and are drawn by the muscles into deformity. The animal matter which enters into the composition of the skeleton is in great excess, and the earthy (or mineral matter) is deficient in proportion. Causes for such conditions are: Lack of lime and minerals in the food, before or after birth; impure or inferior milk; fermenting foods; excess of starchy foods, sweets and meats; insufficient greens, legumes and nut-foods in the mother's food, and overwork of the mother before or after birth of the child; damp and impure air and unhealthy dwellings. The first symptoms of this disease or a tendency to it can sometimes be detected in a child during the first year by soft and flabby muscles, excess of fat, difficulty and backwardness of learning to walk, and in cutting teeth, extremely narrow chest, continual digestive disturbances with constipation or greenish looking evacuations, and catarrh of the bowels. Softening of the bones of the head is often present.

The prevention and treatment of this disease demands careful regulation of the diet, sufficient sleep, pure air, dry, sunny dwellings, warm baths, massage and salt rubs. If the child perspires much on the upper part of the body during sleep, avoid feather pillows and keep the lower limbs warm by artificial heat if necessary. Avoid pressure on the head by placing a narrow pillow about two inches in width under the neck, and no pillow under the head. Keep the child in the lying position as much as possible. Do not carry it on the arm except when necessary, and never force it to stand or walk against its own will.

The diet should consist of milk and cream with well cooked strained pearl barley and steel cut oats or bran, a moderate amount of toast, calf's-foot jelly, eggs, strained legumes and fat meats. Raw greens, fruits and nuts should be given as soon as the child is able to digest them without difficulty. Always select the food in the right combination and never allow excesses of any kind. The bowels must be kept regular by enemas.

OBESITY.

Obesity is a constitutional disease, due to excess of food in general or to excess of wrong food and interference with the nerve supply controlling the oxidation processes.

Thousands of people who suffer from this "fat habit" could cure themselves by proper attention to hygiene and diet. A normal individual who lives right, thinks right and is engaged in useful work, does not need to carry useless fat around with him.

Do not take the advice of a friend who promises relief with dangerous drugs and salves, or excessive steam-baths and violent exercises. A diet suitable in quality and quantity to the particular constitution, useful activity, alternated with sufficient rest and recreation, and plenty of sunlight and dry, fresh air, are the only means to bring permanent results. A change of occupation is necessary at times. The dry diet, consisting of the necessary amount of proteins, with a large amount of raw greens or fruits and fats, and abstinence from tea and coffee and foods which are rich in starch and sugar, will bring relief to the majority of people who have a tendency to grow stout.

There are special conditions which require special treatment, such as tonic baths, massage, sun-baths, osteopathic treatments and special prescribed diets and exercises which cannot be discussed here.

CHAPTER II.

CARE AND FEEDING OF CONVALESCENTS.

Convalescence depends much upon the proper food. Fevers require that the patient's strength should be kept up. If the body has been overfed on certain articles, these must be stopped, and those elements which are needed must be administered in the form of food, water, air and so on. The fever is nature's method of throwing off disease,—and if properly guided it does not become dangerous. A physician should be sent for at once. The diet prescribed for the patient and the directions in regard to quantity, temperature and time of administration should be carried out in every detail, just like other directions in regard to nursing. Many a patient has been seriously injured or even killed through the administration of foods which were forbidden by the doctor. At times there is a special desire for a particular kind of food. It may be an indication that the system requires it, and such craving should always be reported to the doctor, and if possible the physician will suggest such a food or some substitute which will answer the purpose.

The temperature of the food should be tested before serving. Blood warm is generally the best. The tray should not be loaded with a variety of foods. The patient should not be tempted with food unless forced feeding is indicated.

If the tongue is coated, give a little water with lemon juice before breakfast, especially if milk foods are to be eaten. If the appetite is not keen, do not take milk foods for breakfast.

VOMITING.

If vomiting occurs or is continued for any length of time, it may be checked by giving cold weak tea or black coffee at frequent intervals, or a few drops of brandy in a tablespoonful of ice water. In many cases it is better for the patient to have his breakfast in bed for some time after recovery, especially if the exertion of dressing is tiresome or the temperature of the room is unsuited to the patient's condition. A mild warm room is preferable to an overheated one.

DIET.

Diet for the sick may be classified as liquid, semi-liquid and solid foods. A liquid diet is generally given only during acute illness or after operations. The kind of food, as well as the amount and intervals at which it should be given, are usually prescribed by the attending physician. Therefore, only a few suggestions are given.

If nourishment by enema is necessary, predigested substances are the best; peptonized milk and malt extracts or well prepared, strained gruels of bran and oats, or of bran alone, to which one to two teaspoonsful of brandy have been added. Black cereal coffee or weak black coffee are often excellent where stimulation is desired. The amount should be from one to three ounces at a time, and the temperature should be luke warm. It must be injected very slowly.

If the patient is of a nervous temperament, or suffers from irritability of the stomach, he should have as little animal food as possible, especially for breakfast. As a rule a well prepared water gruel satisfies the demands of the body until the noon hour. It acts as a sedative and rests the whole body, and in this way more nervous energy can be expended for digestion at the noon meal.

There are some exceptions; for example, if a patient has had a restless night and is exhausted, he may have a cupful of freshly prepared whey or bran-tea with milk or cream before his breakfast. As a rule such conditions should not appear during convalescence, and may be prevented by intelligent nursing and avoidance of unnecessary company.

The greatest care should be taken not to allow a patient to eat rapidly or to take large quantities at one time, and also to avoid foods which produce fermentation.

SUGGESTIVE MENUS.

1. Breakfast.

A cup of whey with or without lemon, and albumen water.

10 to 11 A. M.

Five to ten ounces of milk, diluted with gruel or tea.

Dinner.

Gelatine prepared from barley, rice, bran or legumes and a little zwieback.

3 to 4 P. M.

Cocoa or milk (5 to 10 ounces) with zwieback.

Supper.

Malt coffee with hot cream and milk-sugar and zwieback.

If food is required at 10 p. m. or during the night, whey, blackberry juice, broth, apple water, orange juice, egg-wine, tea, coffee or lemonade may be given if allowed.

2. Breakfast.

Water gruel prepared from barley or bran, rye or steel cut oats, cream of wheat or rice. Malt coffee with triscuit.

10 to 11 A. M.

Broth with the yolk of an egg or fresh milk with crackers or crusts.

Dinner.

Gelatine of wheat or toast with sterilized cream and zwieback or ryenuts.

3 to 4 P. M.

Milk, coffee, cocoa or eggnog with zwieback or crackers.

Supper.

Chicken or clam broth with one or two tablespoonsful of cream, ryenuts or zwieback.

Allow the patient to return to simple solid foods gradually. If he tires easily of one thing, as much variety as possible should be introduced into the diet, but as a rule no more than three or four articles should be served at one meal.

3. Breakfast.

Onion gruel, bread gruel, codfish gruel or cornmeal gruel.

10 to 11 A. M.

Milk or barley water with cream and toast.

Dinner.

Toast with poached egg. Asparagus with lemon or cream dressing.

3 to 4 P. M.

Malt coffee, black or with cream, zwieback or unleavened biscuits with butter.

Supper.

Strained pea soup or cream of tomato soup with zwieback or raw celery.

4. Breakfast.

Bread soup prepared with prunes or imported root beer. (Excellent for constipation.)

10 to 11 A. M.

Milk or veal broth with the yolk of an egg, and crusts or zwieback.

Dinner.

Puree of dried green peas, beachnut bacon, zwieback, raw celery.

3 to 4 P. M.

Cold water or malt coffee.

Supper.

Beer or wine gruel or boiled custard with zwieback.

5. Breakfast.

Gruel of Cook's flaked rice or shredded wheat with butter, or hot sterilized cream.

10 to 11 A. M.

Whey or broth.

Dinner.

Spinach on toast, two eggs, beachnut bacon.

3 to 4 P. M.

Raw bran, oatmeal water, almond milk or hot or cold water.

Supper.

Sago gruel prepared with blackberries, apples or huckleberries (strained), and zwieback with butter.

6. Breakfast.

Cereal gruel prepared with two-thirds water and one-third milk or one-fifth cream.

10 to 11 A. M.

Water, whey or tea of beans, peas, lentils or bran.

Dinner.

A raw or baked apple with fish. Lettuce with mayonnaise dressing.

3 to 4 P. M.

Water, bran water or milk.

Supper.

Soup of carrots, peas or asparagus with toast.

7. Breakfast.

Cereal coffee, bran or legume tea, one slice of whole wheat toast, or stale bread. One egg.

10 to 11 A. M.

Vegetable water or whey.

Dinner.

Green pea soup with raw celery. Raw oysters and crackers with butter.

3 to 4 P. M.

Almond milk, bran water or cold or hot water.

Supper.

Baked apple with sterilized cream. Cream of celery soup with toast.

8. Breakfast.

Milk or water gruel with crusts.

Dinner.

Apple salad and lettuce with sweet breads. Orange juice.

Supper.

Cream of tomato soup or clam broth with toast and raw celery.

9. Breakfast.

Melon. Codfish cakes, raw apples or ambrosia.

Dinner.

Pea or lentil soup. Squab on toast with tomato or apple salad and lettuce.

Supper.

Cream toast or fruit soup or whey soup.

10. Breakfast.

Lettuce or watercress or celery with or without dressing. Baked potatoes, one or two eggs and beachnut bacon.

Dinner.

Broth with egg. Cream cheese with apple salad, black toast, olives.

Supper.

String beans, creamed chipped beef, crackers or triscuit.

11. Breakfast.

Green grapes, banana salad with lettuce and French dressing.

Dinner.

Three ounces of strained tomato juice, young peas with bacon or white fish, triscuit with butter

and black cereal coffee.

Supper.

Sliced pineapple with gelatine and cream. Black toast.

12. Breakfast.

Gluten gruel, cream of wheat, or whey gruel.

Dinner.

Beefsteak with egg and spinach. Toast with butter.

Supper.

Milk or fruit soup or green cooked vegetables with bacon.

13. Breakfast.

Asparagus with French or cream dressing, chipped beef or boiled codfish with one or two tablespoonsful of raw wheat or rye flakes.

Dinner.

Strained tomato juice with buttered toast, or a piece of cucumber. Lamb chops with sprouts and the yolk of an egg.

Supper.

Cook's flaked rice gruel with cream or butter and the yolk of an egg.

14. Breakfast.

Lettuce, creamed potatoes with parsley and boiled ham.

Dinner.

Tomato and lettuce salad with dressing. Scrambled eggs with string beans and bacon.

Supper.

Baked apples in gelatine with cold sterilized cream and unsweetened graham crackers.

15. Breakfast.

Fruit salad of peaches or apricots with almond cream and grapenuts or ryenuts.

Dinner.

Boiled beef or chicken with mushroom sauce and rice.

Supper.

Pea soup with buttered toast. Raw celery.

16. Breakfast.

Lettuce, egg toast with cranberry or apricot sauce.

Dinner.

Tomato soup. Lima beans with the yolk of an egg and lemon. Raw celery and parsley.

Supper.

Green grapes and black toast with butter or fruit pudding with sterilized hot or cold cream.

ADDITIONAL MENUS.

I.—Light Rice with Egg and Soda Crackers—233 Calories.

Wash two tablespoonsful of rice, boil rapidly in one pint of water with a little salt until the grains burst. Then boil slowly in the oven or on the stove (uncovered) until the rice is dry. Remove from the fire and add one teaspoonful of butter, the yolk of one egg and a few drops of lemon juice. Serve plain with two soda crackers or one small round zwieback.

		Calories.
Rice	2 tablespoons	100
Yolk of egg	1	48
Butter	1 teaspoon	35
Crackers	2	50
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II.—Light Rice with Egg and Cranberry Sauce—263 Calories.

Prepare the same as No. I. Pour two tablespoonsful of cranberry sauce over the rice.

Cranberry Sauce, Sterilized—190 Calories.

Put one cup of cranberries into a pint jar, add two and one-half tablespoonsful of sugar and sufficient water to fill the jar; screw tight and cook in a water bath for 40 minutes or longer. Let cool and run through a colander.

III.—A Large Glass of Mixed Milk and Cream with Cranberry or Tomato Toast—525 Calories.

Heat two small round or one long zwieback and soften with two tablespoonsful of tomato or cranberry sauce. Serve on a plate and drink the milk with it.

		Calories.
Milk	8 ounces	165
Cream	4 ounces	230
Zwieback	2 small	100
Fruit Juice	2 tablespoons	30
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IV.—Cream Toast of Whole Wheat Bread or Shredded Wheat—390 Calories.

Dissolve one tablespoonful of milk sugar in one-half or three-fourths cup of boiling water and pour over one slice of whole wheat bread or biscuit. Let stand a minute, then add four ounces of hot cream, and serve.

		Calories.
Cream	4 ounces	230
Biscuit	1 ounce	100
Milk Sugar	1 tablespoon	60
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V.—Cornmeal with Egg and Cranberry Sauce—271 Calories.

Cook three tablespoonsful of cornmeal in one pint of water with a little salt, for 30 or 40 minutes.

Remove from the fire. Then add one teaspoonful of butter, the yolk of one egg and a few drops of lemon. Pour on a soup plate and serve with two tablespoonsful of cranberry sauce and one soda cracker or two black crusts.

		Calories.
Cornmeal	3 tablespoons	108
Yolk of egg	1	48
Butter	1 teaspoon	35
Crackers or Crusts	2	50
Cranberry Sauce	2 tablespoons	30
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VI.—Apple Soup No. 1, with Two Black Crusts—440 Calories.

Heat a tablespoonful of olive oil and one of butter, mix with a tablespoonful of white flour, gradually add one pint of boiling water and stir.

When done, wash and grate one red Oregon apple with the skin. Add the grated apple to the soup, also a pinch of salt, a teaspoonful of sugar and a stick of cinnamon. Let all boil for about 10 minutes. Remove from the fire, add another teaspoonful of butter and a few drops of lemon; mix well, pour on a soup plate and serve with two crusts.

If the stomach is very delicate, the soup must be strained.

		Calories.
Apple	1 large	100
Flour	1 tablespoon	30
Olive Oil	1 tablespoon	100
Butter	1 tablespoon	105

Butter	1 teaspoon	35
Sugar	1 teaspoon	20
Crusts	2	50
		<hr/>
		440

VII.—Apple Soup No. 2, with Black Crusts—535 Calories.

Prepare as the foregoing. Add one-half cup of hot cream before serving; mix well. Omit the extra teaspoonful of butter, oil and lemon.

VIII.—Apple Soup No. 3, with Black Crust—488 Calories.

Prepare as No. 1. When done, dilute the yolk of one egg with a tablespoonful of water on a soup plate, stir well and gradually add to the soup, also add a teaspoonful of butter and a few drops of lemon.

IX.—Apple Soup No. 4, with Black Crusts—515 Calories.

Prepare as No. 2, omitting the sugar. This is good for diabetic patients.

X.—Apple Soup No. 5, with Black Crusts—468 Calories.

Prepare as No. 3, omitting the sugar. This is also good for diabetic patients.

XI.—Veal Soup with Sago. Zwieback with Butter—478 Calories.

Wash and soak three tablespoonsful of sago in one-half a cup of cold or warm water for several hours. Then boil it in one cup of water with a little salt. When the sago becomes too thick, add one cup of veal stock. Let it all boil together until the sago is done. Then remove from the fire, add a teaspoonful of butter and combine with the yolk of egg as directed for Apple Soup No. 2; also add a few drops of lemon. If flavoring is desired, boil a finely cut carrot and some parsley in the water before the sago is added. Remove the vegetables before serving. Celery is also good for flavoring. Onion does not combine well with sago. A great variety of vegetables in soup is not good for patients.

Use different ones each time, and the patient will relish it better.

		Calories.
Sago	3 tablespoons	90
Broth	1 cup	100
Butter	1 teaspoon	35
Yolk of egg	1	48
Zwieback	2 small	100
Butter	1 tablespoonful	105
		<hr/>
		478

XII.—Veal Soup with Cream. Crusts or Zwieback—453 Calories.

Prepare like the foregoing, omitting the lemon, butter and egg, and using three ounces of hot cream.

XIII.—Veal Soup with Green Peas and Zwieback.

Soak one-fourth of a cup of dry green peas in soft water over night. Boil them in about one pint of water until tender. Then add one cup of veal stock and more water if the peas are dry. Let all boil for one-half an hour longer, then strain.

If the soup is for very young children or invalids, do not press much of the pulp through. Put one zwieback on a soup plate, pour some of the soup over it, then add one or two ounces of hot cream and serve.

The broth may be mixed with the cream and served in a cup, and the zwieback eaten with it.

XIV.—Cream of Celery Soup No. 1—293 Calories.

Wash the celery stalks, scrape and cut into one-inch pieces. Boil in a very little water, with a pinch of salt. When tender, put the celery into one cup and the water into another cup. Squeeze the juice of one-half lemon on the celery stalks and let stand for 10 or 15 minutes. Heat a tablespoonful of butter and mix with a tablespoonful of mixed flour, and add the hot celery water. If there is not sufficient fluid, add more boiling water. When done, remove from the fire, add another teaspoonful of butter, then add the celery; mix well.

If the lemon makes it too sour, pour some boiling water over the celery, and let it drain through a colander. When ready to serve, combine the soup with the yolk of an egg, as directed in Apple Soup No. 3.

If vegetables cause fermentation, they are less liable to do so if treated with acids as directed above.

		Calories.
Celery	3 stalks	25
Butter	1 tablespoonful	100
Mixed Flour	1 tablespoonful	35
Yolk of Egg	1	48
Butter	1 teaspoon	85
		293

XV.—Cream of Celery Soup No. 2—343 Calories.

Prepare and finish like the foregoing. Add one-half cup of beef, mutton or veal broth in place of hot water.

XVI.—Cream of Celery Soup No. 3, with Two Black Crusts. 436 Calories.

Prepare like No. 1, omitting lemon, egg and extra butter, and using three ounces of hot cream instead.

XVII.—Cream of Celery Soup No. 4, with Two Black Crusts.

Cook the celery as directed in No. 1. Add two teaspoonsful of cornstarch with water, and three ounces of hot cream.

XVIII.—Cream of Asparagus Soup with Black Crusts.

Prepare in the same manner as cream of celery soup, in four different ways.

XIX.—String Bean Soup, with or without Zwieback.

Select young, tender string beans, wash, trim and shred fine or break into one-half inch pieces. Cook in a very little water. Finish like Cream of Celery Soup, with or without lemon, egg or cream.

Add plenty of chopped parsley just before removing from the fire. This soup is very purifying to the liver and intestines, but should not be given to fever patients.

XX.—Cream of Cauliflower Soup with Black Crusts.

Prepare the same as Cream of Celery Soup. The use of lemon is important for people who suffer with gas and flatulent dyspepsia.

XXI.—Whey Gruel No. 1, with Zwieback.

Heat one and one-half cupsful of sweet or slightly sour whey to the boiling point. Melt a tablespoonful of butter, mix with a tablespoonful of mixed flour and add the hot whey gradually. Boil a few minutes. Remove from the fire, add the yolk of an egg and a few drops of lemon juice. If sour whey is used, add a tablespoonful of cane-sugar while it boils, or mix the gruel with a few soaked or stewed prunes or with dried currants. Add cream in place of egg and butter, if desired.

XXII.—Whey Gruel for Two Persons—503 Calories.

Wash one-fourth of a cupful or four tablespoonsful of sago several times with cold and warm water until the water becomes clear, then soak in one-half cup of cold or warm water for several hours over night. Bring two cups of whey to a boil with the peeling of one-half a lemon or a piece of cinnamon bark. Stir in the sago, let boil 20 minutes, and add one-fourth teaspoonful of salt. Remove from the fire and add a teaspoonful of butter, the yolk of an egg diluted with a tablespoonful of cold water, and a few drops of lemon, or leave out the egg, butter and lemon, and add three ounces of hot cream. Mix well, pour on soup plates and serve with soda crackers or zwieback, or one-half of a raw red Oregon apple. One tablespoonful of sugar may be added if allowed. Sour whey may be used instead of sweet whey.

		Calories.
Sago	¼ cup	120
Whey	2 cups	200
Butter	1 teaspoon	35
Yolk of egg	1	48
Zwieback	2	100
		503

XXIII.—Cornstarch Gruel with Whey.

Dissolve two tablespoonsful of cornstarch in a little cold water. Add one cup of water to a pint of whey, heat and stir in the cornstarch and boil 10 to 15 minutes. Finish the same as sago gruel. Rice flour, arrowroot, white flour or mixed flour may be used instead.

TABLE OF COMMONLY USED FOODS, GIVING CALORIC VALUE.

Almonds, 10 large	100
Apples, 1 medium	92
Bacon, 1 pound	2260
Broth, 1 cup	100
Bananas, 1 large	100

Barley, 1 tablespoon, raw	90
Beans, dried, ½ cup, raw	300
Beefsteak, ¼ pound (round)	160
Bran, 1 cup	220
Butter, 1 tablespoon	105
Blue Fish, 1 pound	400
Carrots, 1 large	50
Celery, 12 stalks	100
Codfish, 1 pound	400
Cornmeal, 1 tablespoon	36
Crackers, 1 Uneda	25
Cheese, 1 pound American	1800
Cream, ½ cup from separator	230
Cucumbers, 1 large	40
Currants, 1 cup (dried)	700
Dates, 10	260
Eggs, 1 whole	60
Eggs, 1 yolk	48
Eggs, 1 white	12
Figs, 10 large white	600
Rice-flour, 1 tablespoon	55
Wheat-flour, 1 tablespoon	30
Mixed flour, 1 tablespoon	35
Cornstarch, 1 tablespoon	40
Gelatine, 1 tablespoon	80
Greens, 1 cup	40
Grapenuts, 1 tablespoon	30
Honey, 1 tablespoon	100
Kumyss, 8 ounces	100
Lamb chops, 1 small	100
Lemon, 1 whole	16
Lettuce, 1 head	40
Macaroni, 1 cup (raw)	300
Milk, 8 ounces	165
Oats, rolled, 1 cup (raw)	300
Oats, steel cut, 1 cup (raw)	900
Orange, 1 large	100
Oil, 1 tablespoon	100
Peanuts, 15	100
Peaches, 1	50
Peas, ¼ pound (dried)	350
Peas, green, 1 cup	150
Prunes, 5 (dried)	100
Potatoes, 1 large	100
Raisins, 10 large	100
Raspberries, 1 cup	60
Rice, 1 tablespoon	50
Syrup, 1 tablespoon	50
Sugar, 1 tablespoon	60
Tomatoes, 1 large	50

Walnuts, 8	100
Wheat, rolled, 1 cup (raw)	250
Whey, 1 cup	100

PART FOUR

APPENDIX.

MENTAL HYGIENE AND DIET.

Proper growth and activity of the brain and nervous system are promoted by a healthy flow of blood. Pure air and sufficient protein food properly combined and proportioned with carbo-hydrate and fatty foods, rich in phosphates and minerals, are essential. Choose more of the lighter form of protein and starchy foods, as fish, eggs, almonds, green peas, bacon, a moderate amount of lamb and beef, rice, sago, wheat, and vegetable gelatines. Foods rich in minerals are celery, apples, tomatoes, greens, oranges, and practically all the fresh fruits and vegetables, especially the small berries. Melons and starchy vegetables in large quantities are suitable for muscular workers. Use as little as possible of so-called pure chemical substances, such as refined sugar and flour.

Avoid poisonous beverages, tobacco and all forms of drugs. Sleep at least nine hours in a well ventilated room, facing east or south. Avoid constipation. Combine mental work with moderate amounts of useful and enjoyable exercise, or physical work. Protect the eyes from strong artificial light. Keep the feet warm. Relax before and after meals. A certain amount of manual labor is absolutely necessary for the brain-worker. It favors deep breathing and creates a demand for more air and water, and thus improves digestion, oxidation and nutrition. The body poisons are carried off quicker and nervous headaches and despondency are avoided. Short walks out of doors before retiring are very beneficial for people who suffer with cold hands and feet.

“THE IMMIGRANT.”

All who leave the land of their birth should make themselves acquainted with the art of living and the peculiarities of the new country in which they intend to live.

To depart entirely from their old customs and habits is as dangerous as to neglect the study of the new environment or the failure to adopt necessary changes.

In some States the climatic conditions of the United States are very changeable; we have extreme heat and cold, and excess of rain with wind storms and dryness changing within a short time. West of the Rocky Mountains we have a mild sea air. In the Southern States and near the Pacific Coast we have low districts where malaria and catarrhal conditions are easily acquired.

Tropical fruits and vegetables which are looked upon as luxuries in Northern Europe are necessary articles of food in the country where they grow, therefore the stranger should make himself acquainted with such foods and by degrees learn to eat them.

In countries where the days are extremely hot and the nights are cold, the selection of foods should be made accordingly. Fats produce more than twice the amount of energy than carbohydrates, therefore they are more suitable during the early part of the day. During the middle of the day select foods of the protein class, in proper proportion with fruits and raw greens. For the evening meal use the stimulating sub-acid and sweet fruits in combination with light protein and cereal foods.

HEALTH HINTS FOR BUSY PEOPLE.

1. Keep the feet warm, the head cool and the stomach not too full.
2. Take walks out of doors daily and breathe deeply.
3. Do not wear tight shoes or tight corsets.
4. Masticate your food thoroughly. Select, combine and prepare it rightly. Do not overeat.
5. Avoid fresh breads, inferior cakes and pastry.
6. Do not eat unless you are hungry.
7. Do not over-indulge in athletic or any other kind of exercise.

8. Remember that natural feeding, pure air and sufficient sleep call for natural breathing and natural exercise.

9. Unnatural feeding and late hours create disease or nervousness.

10. Don't take drugs for sleeplessness.

11. Tired feeling in the morning is the result of nerve starvation and auto-intoxication.

12. The house we live in should be constructed for health and comfort, rather than for style.

13. Sleep by open windows. Night air is as pure as day air. Protect yourself from dampness by an open fire if necessary.

14. Do not dress and wash in a cold bath room. Have your wash bowl in the bed room.

15. Sewer gas from a small pipe in a well ventilated bed room is not harmful, as it is carried off in the air. Have the stopper placed in the hole when not in use.

16. Dress by an open fire or in a sunny room. A chill before breakfast produces indigestion and a desire for unnecessary hot foods.

17. Never sleep by night lamps or any other artificial light. They are injurious to the eyes and absorb oxygen.

18. Teach a growing child that selecting and preparing his food is an important occupation.

19. Do not allow a child to fill his body with trash.

20. Pure water is as important as pure food. If you boil your water the minerals are deposited on the bottom of the kettle instead of in the system for bone-making material.

21. Milk is a food, not a drink; it should never be taken in addition to, or at the end of, a heavy meal.

22. Many people object to boiled milk on account of a theory that it tends to constipate. Do not dwell on theories; find out the effect for yourself. Potatoes, toast and many other cooked foods are constipating also. Why not object to those?

23. Raw foods are more nutritious than cooked foods, if they are pure and fresh and can be digested without difficulty.

24. A change from cooked to raw foods might produce diarrhoea or constipation. The latter condition is generally not dangerous. Constipation from cooked foods is more dangerous.

25. A daily evacuation of the bowels is not always a sign that the stomach and intestines are in good working order. The bowels can be forced to move by the eating of too rich foods.

26. Some people are clearer in mind on a vegetarian diet, while upon others it has no such effect at all.

27. A healthy individual does not need to confine himself to a special system of diet. Avoid dangerous experiments carried on for orthodox reasons.

28. Rich soaky cooked nut foods are not health foods. If you want to be a vegetarian, live on raw foods.

29. Some people thrive on raw foods while others do not. The best time to begin with raw foods is in childhood.

30. Hot house plants cannot digest raw foods. Open your doors and windows and learn to breathe first. Fresh air and sunshine are necessary for the change of food.

31. If your teeth are poor, substitute a food-chopper or grinder for your foods.

32. The most perfect foods, such as apples, tomatoes, wheat, oats, rye, legumes and nuts seldom disagree with a healthy individual, provided they are used wisely.

33. Sunlight is a great disinfectant. Dark rooms are a breeding place for tuberculous germs.

34. Daily out-of-door exercise in the sunshine will increase health and reduce the coal bill. Without exercise our food can be of little benefit to us.

35. By natural feeding, overwork is not possible. The body demands rest when its strength is exhausted.

36. Artificial stimulants are deceivers. They make a man feel strong when he is weak. They produce artificial heat and will-power and an abnormal temperature; they lead to overwork, abnormal development and degenerate brains and bodies.

37. Natural will-power can direct its force wherever it is wanted, be it for work or rest; it can sustain on bread and water for many days.

38. Without substance there can be no power. Substantial food, fresh air, water and natural exercise develop strong bodies and minds.

39. Artificial sweets, white bread and poisonous beverages develop butterflies that crave excitement and artificial life.

40. The world is full of people that are without substance, power or principle. They earn their living the easiest way they can. Wrong feeding is responsible for such conditions.

41. Social reformers and humanitarians cannot solve problems until they have learned how to feed the race.

42. Many people are under the impression that if a certain food is recommended as especially healthful, over-indulgence must be beneficial.

43. All natural foods are wholesome; over-eating produces discomfort and disease.

44. Some fruits and vegetables have high medicinal values. Specific foods prescribed in large quantities are useful for certain ailments, but not for a healthy individual.

45. Each individual is a law unto himself. Two different people afflicted with a disease of the same name may require entirely different treatment. Human beings cannot be standardized like inert machines.

46. Canned fruits out of season are not a necessary article of food; they are of value as a medicine.

47. If certain foods do not agree, or produce indigestion, study their combination and preparation carefully, also the proportion, and time of the day when most suitable. If this does not prove satisfactory, leave them alone.

48. Don't buy cheap or inferior food of any kind.

49. Don't always believe your dealer as to the quality of the product. Investigate for yourself.

50. Don't use fruits in excess if you lead a very active life. The right proportion is the key note to maintain balance.

51. Excessive fruits and rest is a prescription for sickness.

52. If no great hunger is felt at a meal, do not eat nuts or any kind of foods classed as protein. Neither stuff yourself with liquid foods. A fast or fruits or fruit juices are the best under such conditions.

53. Do not offer a guest more food than he desires. It may be polite, but it is an unwholesome fashion.

54. Drink sufficient pure natural water between your meals. There is danger in over-drinking as well as in under-drinking.

55. A definite employment, practical and loving sympathy with our fellow men and faith in the almighty power of creation is a good prescription for imaginary diseases.

56. There is a great medicinal force in a mind of peace. If you suffer from chronic ailments

brought on by overwork, seek rest and solitude, and exercise your soul. The latent powers within you can be awakened by right study. Give up wrong thoughts and habits.

57. Hard arteries are the result of high-pressure life.

58. Restlessness and sleeplessness are the result of an acid or toxic condition of the blood.

59. The liver is the great filter and germ destroyer of the body. Co-operate with nature and treat your liver right. Germs are not attracted to healthy people.

60. Many lung diseases are often the result of an abused liver.

61. Mouth-breathing is the result of structural and functional derangement.

62. Children that are allowed to sit with cold feet in the school room cannot keep their health or study their lessons.

63. A destructive or mischievous child can be corrected by proper food and sufficient suitable employments.

64. Defective teeth and eyesight are often the result of improper feeding. Glasses cannot make up the deficiency.

65. Cleanse the mouth and teeth on arising and after each meal.

66. If you wish to prevent colds, stop overloading your stomach.

HYGIENE ECONOMY AND SANITATION.

The pantry shelf with its contents is responsible for many acute diseases and ptomaine poisoning by unhygienic and careless handling and preservation of foodstuffs.

A closet for the preservation of food should be located on the north or east side of the house if possible. It should have several long and narrow windows from top to bottom, so as to allow plenty of air and light. The shelves should be constructed of wire, zinc or wooden slats, and be removable.

Raw fruits and vegetables should never be kept in the same closet with cooked food. Milk and butter should not be kept near meat or other cooked foods. Potatoes, carrots and underground vegetables should be kept out of doors or in a dry basement. They may be preserved in a box with dry sand.

Onions should not be left in a paper bag; hang them up in the sun or keep them in a flat box in a dry place. Onions which have been cut should never be used again for food, unless the cut side has been preserved in vinegar or oil.

All raw foods which have a thick skin have better keeping qualities than those with a thin skin; therefore, fancy summer fruits should be eaten while fresh on the same day they were picked. No more should be bought than can be eaten the same day, or else they should be preserved by sterilization.

Green vegetables should be used fresh if possible, and not kept longer than three or four days. Never keep them in the house or pantry.

Apples or other winter fruits should be kept in a dry store room out of doors, in the attic or in a dry basement.

The white film that often gathers around grapes is a breeding place for diphtheria germs. Wash thoroughly before eating all fruits which have been stored in houses or at the market. Do not prepare more raw food than can be eaten at one meal. Never allow it to stand after it is cut.

Many housekeepers think it important to scald their dishes, but do not know that it is far more important to sterilize or reboil cooked foods which have stood on the shelf for 18 or 24 hours and sometimes longer. Such foodstuff is dangerous long before the process of fermentation can be

detected by the sense of smell or taste.

Some foods begin to undergo changes immediately after cooling; therefore, cooked foods left over, with the exception of a few, should be reboiled before serving again. Rice or other cereals should be stirred over the fire for a while and then baked in the oven until they are thoroughly sterile. The care of milk has been discussed in the chapter on food. Soups which are preserved with fat will keep wholesome for several days without reboiling. Fruits and fruit juices should not stand longer than 24 hours. Eggs are best preserved in bran or lime-water or on ice if kept for a week or longer. Boiled or thoroughly roasted meats will keep wholesome for 36 hours in a cold place. During the summer meat should not be kept from one day to another.

If left-over meat is cut from the bone and cooked up in gravy or soup stock or preserved in gelatine (with fat to cover it), it can be kept wholesome for 4 or 5 days and longer, according to the manner of preservation. Half cooked chops and beefsteak should never be kept in the same manner they are served. They should be cooked thoroughly in fat or gravy before being put away. All meats should be freshly cut and cooked the same day after delivery, or be preserved by partly cooking or roasting, until the next day. Many housekeepers keep roasts, chops and beefsteak until it looks blue and green with putrefaction before it is cooked. Never buy meat which has an unnatural color. Be sure that your butcher does not use poisonous substances to keep the meat from decomposition. Visit your butcher often and investigate how often he gets a fresh supply of meat. This is of more benefit than to save time by telephoning.

Never allow sliced bacon to lie in the ice box or pantry for several days. It becomes rancid and is unfit for food. Buy your bacon in bulk and slice it with a sharp knife when wanted.

Do not keep sliced meat of any kind longer than one day in cold weather. Do not keep it in hot weather without preserving it in gravy or fat or by sterilization.

Do not keep a tight cover on a dish, jar or bottle which contains raw or cooked food, unless the air within is sterile.

Allow cooked food to stand open until it is cool, then put the cover over two-thirds of its opening or cover with a cheese-cloth or a colander.

If milk or cream is delivered in bottles, remove the cover immediately after delivery. If the air where it stands is dusty, protect the milk with cotton or cheese-cloth. Treat boiled milk in the same manner.

Cooked foods which have poor keeping qualities should not be kept for further use, or no more should be prepared than can be eaten at one meal. To this class belong cooked underground or leaf vegetables, custards, soft puddings, milk and egg foods and gelatines. Damp or rainy weather is more favorable for decomposition of foodstuffs than dry weather.

Whites of eggs should not be kept longer than 18 or 24 hours. They must be preserved in a very cold place and be utilized at the earliest opportunity. They are like all proteins, more dangerous than starches if left to ferment, whether the fermentation begins on the pantry shelf or in the stomach. White of egg can be used in many different ways. It may be beaten to a froth and served on fruit-soups or fruit pies, or it can be taken in place of broth at the beginning of a meal. Add a tablespoon of water and a few drops of lemon or orange or apple or cranberry juice to one white of an egg and beat up with a fork, or drink without beating. White of egg can also be utilized for brancakes.

If a variety of left-over food is on hand which cannot be combined into one dish, it is better to serve different food to each member rather than to divide each article for all; the latter custom may be more polite, but it is not wise to mix a great variety of foods at one meal.

Left-over skim-milk is best utilized for cheese, pancakes, whey gruel, whey or milk sauce, or be boiled and served with stale rye or corn bread. Vegetables prepared with milk do not make a good combination. Soft puddings prepared with skim-milk, sugar and eggs, are not very wholesome unless the necessary amount of fat is added in the form of butter or suet. Skim-milk and fruit is not

a good combination.

Left-over potatoes can be utilized in many different ways: for fish-cakes, pancakes, hash, potato-dumplings, creamed potatoes or for salad. Fried cooked potatoes are not a good food for the noon meal, especially for children or people doing active work.

Baked legumes if preserved with fat meat or oil can be kept on hand for a week and be rebaked two or three times per week.

PRESERVATION OF EGGS FOR THE WINTER.

Put one layer of common salt or bran one inch deep on the bottom of a wooden pail or washtub. Then grease the eggs with parafine or oil and place them with the small end down, so that they will not touch the bottom of the tub. Fill with enough salt to cover the eggs one inch.

PRESERVATION OF EGGS. No. 2.

Preserve the eggs with salicylic acid, which can be bought in the drug store. Follow directions on package.

CHILDREN.

A child should have his face and hands washed before and after each meal. He should not be allowed to carry foodstuffs and candy about the house, or touch carpets and furniture with sticky and greasy fingers. If he requires food between meals, give him four or five meals per day, but have him eat his food in the proper place.

The breeding of flies, mosquitoes and other disease carriers is greatly favored by allowing children to eat at any and all times without napkins or special preservation of their dress or without cleaning their hands before and after eating or before and after playing with animals and pets.

The American child is given too much consideration at the table. There is a great difference between the saying "I don't like a certain food" and "I don't want it," because there are things which taste better.

To leave one's plate half full of foodstuffs and ask for or accept another food is fashionable, but before the law of our Creator it is unclean and disrespectful.

The physiological laws of our bodies are based on very economical plans; nature utilizes everything and wastes nothing. Cooked foodstuffs, whether they are wasted within our bodies by over-indulgence, or in the garbage can, create decomposition and germs.

Cooked green foods and mushes are neither wholesome foods for chickens or pet animals. Natural food is dry, and animals which are fed on dry food produce a better quality of milk, eggs and flesh than animals which are fed upon slops.

DISHWASHING.

Dishwashing is a work which takes up so much time in every household, that it is a subject which should receive some attention.

The housekeeper who serves a considerable amount of raw food saves much time and strength by relieving herself of greasy dishes and saucepans.

Scrape off the fragments from plates and utensils and prepare one basin with hot soapsuds and another with rinsing water of clear hot or cold water. People whose time is valuable can save much work by placing the dishes from the drain-board upside down on a shelf prepared from wooden slats, or set them in a wire basket and let them dry without wiping.

If the dishes are not washed immediately after each meal, place the silverware and knives in a high bowl or quart measure and let them soak in hot or cold water. Remove all foods from metallic utensils immediately after the meal is over. Never allow metallic spoons to stand in fruit sauce, salt or in any kind of prepared food. Acids dissolve metal and in this way may produce poisoning.

In contagious diseases all dishes should be sterilized. Burn up all particles of left-over food, put the dishes into a narrow pail and boil with plenty of water and soda for an hour or longer.

DISINFECTION OF EXCRETA.

Use solutions of carbolic acid or chloride of lime. Mix with equal quantities of the excreta and allow it to stand for several hours before it is disposed of.

WHITEWASH FOR WOODWORK.

Soak one-fourth of a pound of glue in cold water over night. Dissolve some lime with cold water, add a few handfuls of salt. Heat the glue until it is dissolved and add to one bucket of whitewash. This makes a smooth and healthy paint. Use for rough or smooth woodwork, twice per year in laundry, basement or cellar or pantry.

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**Quoted from Farmers' Bulletin No. 142, by W. O. Atwater, Ph. D. U. S. Department of
Agriculture.**

TABLE I.—Average composition of common American food products.

Food Materials (As Purchased)	Refuse %	Water %	Protein %	Fat %	Carbohydrates %	Ash %	Fuel
							Value per lb. Calories
Animal Food.							
Beef, fresh:							

Chuck ribs	16.3	52.6	15.5	15.0	—	0.8	910
Flank	10.2	54.0	17.0	19.0	—	.7	1,105
Loin	13.3	52.5	16.1	17.5	—	.9	1,025
Porterhouse steak	12.7	52.4	19.1	17.9	—	.8	1,100
Sirloin steak	12.8	54.0	16.5	16.1	—	.9	975
Neck	27.6	45.9	14.5	11.9	—	.7	1,165
Ribs	20.8	43.8	13.9	21.2	—	.7	1,135
Rib rolls	—	63.9	19.8	16.7	—	.9	1,055
Round	7.2	60.7	19.0	12.8	—	1.0	890
Rump	20.7	45.0	13.8	20.2	—	.7	1,090
Shank, fore	36.9	42.9	12.8	7.3	—	.6	545
Shoulder and clod	16.4	56.8	16.4	9.8	—	.9	715
Fore quarter	18.7	49.1	14.5	17.5	—	.7	995
Hind quarter	15.7	50.4	15.4	18.3	—	.7	1,045
Beef, corned, canned, pickled, and dried:							
Corned beef	8.4	49.2	14.3	23.8	—	4.6	1,245
Tongue, pickled	6.0	58.9	11.9	19.2	—	4.3	1,010
Dried, salted, and smoked	4.7	53.7	26.4	6.9	—	8.9	790
Canned boiled beef	—	51.8	25.5	22.5	—	1.3	1,410
Canned corned beef	—	51.8	26.3	18.7	—	4.0	1,270
Veal:							
Breast	21.3	52.0	15.4	11.0	—	.8	745
Leg	14.2	60.1	15.5	7.9	—	.9	625
Leg cutlets	3.4	68.3	20.1	7.5	—	1.0	695
Fore quarter	24.5	54.2	15.1	6.0	—	.7	535
Hind quarter	20.7	56.2	16.2	6.6	—	.8	580
Mutton:							
Flank	9.9	39.0	13.8	36.9	—	.6	1,770
Leg, hind	18.4	51.2	15.1	14.7	—	.8	890
Loin chops	16.0	42.0	13.5	28.3	—	.7	1,415
Fore quarter	21.2	41.6	12.3	24.5	—	.7	1,235
Hind quarter, without tallow	17.2	45.4	13.8	23.2	—	.7	1,210
Lamb:							
Breast	19.1	45.5	15.4	19.1	—	.8	1,075
Leg, hind	17.4	52.9	15.9	13.6	—	.9	860
Pork, fresh:							
Ham	10.7	48.0	13.5	25.9	—	.8	1,320
Loin chops	19.7	41.8	13.4	24.2	—	.8	1,245
Shoulder	12.4	44.9	12.0	29.8	—	.7	1,450
Tenderloin	—	66.5	18.9	13.0	—	1.0	895
Pork, salted, cured, and pickled:							
Ham, smoked	13.6	34.8	14.2	33.4	—	4.2	1,635
Shoulder, smoked	18.2	36.8	13.0	26.6	—	5.5	1,335
Salt pork	—	7.9	1.9	86.2	—	3.9	3,555
Bacon, smoked	7.7	17.4	9.1	62.2	—	4.1	2,715
Sausage:							
Bologna	3.3	55.2	18.2	19.7	—	3.8	1,155
Pork	—	39.8	13.0	44.2	1.1	2.2	2,075

Frankfort	—	57.2	19.6	18.6	1.1	3.4	1,155
Soups:							
Celery, cream of	—	88.6	2.1	2.8	5.0	1.5	235
Beef	—	92.9	4.4	.4	1.1	1.2	120
Meat stew	—	84.5	4.6	4.3	5.5	1.1	365
Tomato	—	90.0	1.8	1.1	5.6	1.5	185
Poultry:							
Chicken, broilers	41.6	43.7	12.8	1.4	—	.7	305
Fowls	25.9	47.1	13.7	12.3	—	.7	765
Goose	17.6	38.5	13.4	29.8	—	.7	1,475
Turkey	22.7	42.4	16.1	18.4	—	.8	1,060
Fish:							
Cod, dressed	29.9	58.5	11.1	.2	—	.8	220
Halibut, steaks or sections	17.7	61.9	15.3	4.4	—	.9	475
Mackerel, whole	44.7	40.4	10.2	4.2	—	.7	370
Perch, yellow, dressed	35.1	50.7	12.8	.7	—	.9	275
Shad, whole	50.1	35.2	9.4	4.8	—	.7	880
Shad, roe	—	71.2	20.9	3.8	2.6	1.5	600
Fish, preserved:							
Cod, salt	24.9	40.2	16.0	.4	—	18.5	325
Herring, smoked	44.4	19.2	20.5	8.8	—	7.4	755
Fish, canned:							
Salmon	—	68.5	21.8	12.1	—	2.6	915
Sardines	[1]5.0	53.6	23.7	12.1	—	5.3	950
Shellfish:							
Oysters, "solids"	—	88.3	6.0	1.3	3.3	1.1	225
Clams	—	80.8	10.6	1.1	5.2	2.3	340
Crabs	52.4	36.7	7.9	.9	.6	1.5	200
Lobsters	61.7	30.7	5.9	.7	.2	.8	145
Eggs:							
Hens' eggs	[2]11.2	65.5	13.1	9.3	—	0.9	685
Dairy products, etc.:							
Butter	—	11.0	1.0	85.0	—	3.0	3,410
Whole milk	—	87.0	3.3	4.0	5.0	.7	310
Skim milk	—	90.5	3.4	.3	5.1	.7	165
Buttermilk	—	91.0	3.0	.5	4.8	.7	160
Condensed milk	—	26.9	8.8	8.3	54.1	1.9	1,480
Cream	—	74.0	2.5	18.5	4.5	.5	865
Cheese, Cheddar	—	27.4	27.7	36.8	4.1	4.0	2,075
Cheese, full cream	—	34.2	25.9	33.7	2.7	3.8	1,885
Vegetable Food.							
Flour, meal, etc.:							
Entire-wheat flour	—	11.4	13.8	1.9	71.9	1.0	1,650
Graham flour	—	11.3	13.3	2.2	71.4	1.8	1,645
Wheat flour, patent roller process							
High-grade and medium	—	12.0	11.4	1.0	75.1	.5	1,635
Low grade	—	12.0	14.0	1.9	71.2	.9	1,640
Macaroni, vermicelli, etc.:	—	10.3	13.4	.9	74.1	1.3	1,645
Wheat breakfast food	—	9.6	12.1	1.8	75.2	1.3	1,680

Buckwheat flour	—	13.6	6.4	1.2	77.9	.9	1,605
Rye flour	—	12.9	6.8	.9	78.7	.7	1,620
Corn meal	—	12.5	9.2	1.9	75.4	1.0	1,685
Oat breakfast food	—	7.7	16.7	7.3	66.2	2.1	1,800
Rice	—	12.3	8.0	.3	79.0	.4	1,620
Tapioca	—	11.4	.4	.1	88.0	.1	1,650
Starch	—	—	—	—	90.0	—	1,675
Bread, pastry, etc.:							
White bread	—	35.3	9.2	1.3	53.1	1.1	1,200
Brown bread	—	43.6	5.4	1.8	47.1	2.1	1,040
Graham bread	—	35.7	8.9	1.8	52.1	1.5	1,195
Whole-wheat bread	—	38.4	9.7	.9	49.7	1.3	1,130
Rye bread	—	35.7	9.0	.6	53.2	1.5	1,170
Cake	—	19.9	6.3	9.0	63.3	1.5	1,630
Cream crackers	—	6.8	9.7	12.1	69.7	1.7	1,925
Oyster crackers	—	4.8	11.3	10.5	70.5	2.9	1,910
Soda crackers	—	5.9	9.8	9.1	73.1	2.1	1,875
Sugars, etc.:							
Molasses	—	—	—	—	70.0	—	1,225
Candy ^[3]	—	—	—	—	96.0	—	1,680
Honey	—	—	—	—	81.0	—	1,420
Sugar, granulated	—	—	—	—	100.0	—	1,750
Maple sirup	—	—	—	—	71.4	—	1,250
Vegetable: ^[4]							
Beans, dried	—	12.6	22.5	1.8	59.6	3.5	1,520
Beans, Lima, shelled	—	68.5	7.1	.7	22.0	1.7	540
Beans, string	7.0	83.0	2.1	.3	6.9	.7	170
Beets	20.0	70.0	1.3	.1	7.7	.9	160
Cabbage	15.0	77.7	1.4	.2	4.8	.9	115
Celery	20.0	75.6	.9	.1	2.6	.8	65
Corn, green (sweet) edible portion	—	75.4	3.1	1.1	19.7	.7	440
Cucumbers	15.0	81.1	.7	.2	2.6	.4	65
Lettuce	15.0	80.5	1.0	.2	2.5	.8	65
Mushrooms	—	88.1	3.5	.4	6.8	1.2	185
Onions	10.0	79.8	1.4	.3	8.9	.5	190
Parsnips	20.0	66.4	1.3	.4	10.8	1.1	230
Peas (Pisum sativum), dried	—	9.5	24.6	1.0	62.0	2.9	1,565
Peas (Pisum sativum), shelled	—	74.6	7.0	.5	16.9	1.0	440
Cowpeas, dried	—	13.0	21.4	1.4	60.8	3.4	1,505
Potatoes	20.0	62.6	1.8	.1	14.7	.8	295
Rhubarb	40.0	56.6	.4	.4	2.2	.4	60
Sweet potatoes	20.0	55.2	1.4	.6	21.9	.9	440
Spinach	—	92.3	2.1	.3	3.2	2.1	95
Squash	50.0	44.2	.7	.2	4.5	.4	100
Tomatoes	—	94.3	.9	.4	3.9	.5	100
Turnips	30.0	62.7	.9	.1	5.7	.6	120
Vegetables, canned:							
Baked beans	—	68.9	6.9	2.5	19.6	2.1	555
Peas (Pisum sativum), green	—	85.3	3.6	.2	9.8	1.1	235

Corn, green	—	76.1	2.8	1.2	19.0	.9	430
Succotash	—	75.9	3.6	1.0	18.6	.9	425
Tomatoes	—	94.0	1.2	.2	4.0	.6	95
Fruits, berries, etc., fresh: ^[5]							
Apples	25.0	63.3	0.3	0.3	10.8	0.3	190
Bananas	35.0	48.9	.8	.4	14.3	.6	260
Grapes	25.0	58.0	1.0	1.2	14.4	.4	295
Lemons	30.0	62.5	.7	.5	5.9	.4	125
Muskmelons	50.0	44.8	.3	—	4.6	.3	80
Oranges	27.0	63.4	.6	.1	8.5	.4	150
Pears	10.0	76.0	.5	.4	12.7	.4	230
Persimmons, edible portion	—	66.1	.8	.7	31.5	.9	550
Raspberries	—	85.8	1.0	—	12.6	.6	220
Strawberries	5.0	85.9	.9	.6	7.0	.6	150
Watermelons	59.4	37.5	.2	.1	2.7	.1	50
Fruits, dried:							
Apples	—	28.1	1.6	2.2	66.1	2.0	1,185
Apricots	—	29.4	4.7	1.0	62.5	2.4	1,125
Dates	10.0	13.8	1.9	2.5	70.6	1.2	1,275
Figs	—	18.8	4.3	.3	74.2	2.4	1,280
Raisins	10.0	13.1	2.3	3.0	68.5	3.1	1,265
Nuts:							
Almonds	45.0	2.7	11.5	30.2	9.5	1.1	1,515
Brazil nuts	49.6	2.6	8.6	33.7	3.5	2.0	1,485
Butternuts	86.4	.6	3.8	8.3	.5	.4	385
Chestnuts, fresh	16.0	37.8	5.2	4.5	35.4	1.1	915
Chestnuts, dried	24.0	4.5	8.1	5.3	56.4	1.7	1,385
Cocoanuts	^[6] 148.8	7.2	2.9	25.9	14.3	.9	1,295
Cocoanuts, prepared	—	3.5	6.3	57.4	31.5	1.3	2,865
Filberts	52.1	1.8	7.5	31.3	6.2	1.1	1,430
Hickory nuts	62.2	1.4	5.8	25.5	4.3	.8	1,145
Pecans, polished	53.2	1.4	5.2	33.3	6.2	.7	1,465
Peanuts	24.5	6.9	19.5	29.1	18.5	1.5	1,775
Pinon (<i>Pinus edulis</i>)	40.6	2.0	8.7	36.8	10.2	1.7	1,730
Walnuts, black	74.1	.6	7.2	14.6	3.0	.5	730
Walnuts, English	58.1	1.0	6.9	26.6	6.8	.6	1,250
Miscellaneous:							
Chocolate	—	5.9	12.9	48.7	30.3	2.2	2,625
Cocoa, powdered	—	4.6	21.6	28.9	37.7	7.2	2,160
Cereal coffee infusion (1 part boiled in 20 parts water) ^[7]	—	98.2	.2	—	1.4	.2	30

[1] Refuse, oil.

[2] Refuse, shell.

[3] Plain confectionery not containing nuts, fruit, or chocolate.

[4] Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible material, skin, seeds, etc. The amount varies with the method of preparing the vegetables, and cannot be accurately estimated. The figures given for refuse of vegetables, fruits, etc., are assumed to represent approximately the amount of refuse in these foods as ordinarily prepared.

[5] Fruits contain a certain proportion of inedible materials, as skins, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as refuse. In others, as apples and pears, more or less of the edible material is ordinarily rejected with the skin and seeds and other inedible portions. The edible material which is thus thrown away, and should properly be classed with the waste, is here classed with the refuse. The figures for refuse here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

[6] Milk and shell.

[7] The average of five analyses of cereal coffee grain is: Water 6.2, protein 13.3, fat 3.4, carbohydrates 72.6, and ash 4.5 per cent. Only a portion of the nutrients, however, enter into the infusion. The average in the table represents the available nutrients in the beverage. Infusions of genuine coffee and of tea like the above contain practically no nutrients.

TABLE II.—*Food consumption of persons in different circumstances, and proposed dietary standards.*

(Quantities per man per day.)

	No. of Studies Incl. in Av'ge	Actually Eaten			Digestible			Fuel Value Calories	Nutritive Ratio /:
		Protein gms	Fat gms	Carbohydrates gms	Protein gms	Fat gms	Carbohydrates gms		
Persons with Active Work.									
Rowing clubs in New England	7	155	177	440	143	168	427	3,955	5.6
Bicyclists in New York	3	186	186	651	171	177	631	5,005	6
Football teams in Connecticut and California	2	226	354	634	208	336	615	6,590	6.6
Prussian machinists	1	139	113	677	128	107	657	4,270	7
Swedish mechanics	5	189	110	714	174	104	693	4,590	5.3
Persons with Ordinary Work.									
Farmers' families in Eastern United States	10	97	130	467	89	124	453	3,415	8.2
Mechanics' families in United States	14	103	150	402	95	143	390	3,355	7.5
Laborers' families in large cities of United States	12	101	116	344	93	110	834	2,810	6.3

Laborers' families in United States (more comfortable circumstances)	2	120	147	534	110	140	518	8,925	7.6	
Russian peasants	—	129	33	589	119	31	571	3,165	5.4	
Swedish mechanics	6	134	79	523	123	75	507	3,380	5.5	
Professional Men.										
Lawyers, teachers, etc., in United States	14	104	125	423	96	119	410	3,220	7.1	
College clubs in United States	15	107	148	459	98	141	445	3,580	7.8	
German physicians	2	131	95	327	121	90	317	2,680	4.3	
Japanese professor	1	123	21	416	113	19	403	2,345	4	
Men with Little or no Exercise.										
Men (American) in respiration calorimeter	11	112	80	305	103	76	296	2,380	4.5	
Men (German) in respiration apparatus	5	127	80	302	117	76	293	2,430	4	
Persons in Destitute Circumstances.										
Poor families in New York City	11	93	95	407	86	90	895	2,845	6.9	
Laborers' families in Pittsburg, Pa.	2	80	95	308	74	90	299	2,400	6.8	
German Laborer's family	1	52	32	287	48	30	278	1,640	7.2	
Italian mechanics	5	76	38	396	70	36	384	2,225	6.6	
Miscellaneous.										
Negro families in Alabama and Virginia	39	86	145	440	79	188	427	3,895	9.3	
Italian families in Chicago	4	103	111	391	95	105	379	2,965	6.5	
French Canadians in Chicago	5	118	158	345	109	150	335	3,260	6.2	

Bohemian families in Chicago	8	115	101	360	106	96	3499	2,800	5.3
Inhabitants Java village, Columbian Exposition, 1893	1	66	19	254	61	18	246	1,450	4.7
Russian Jews in Chicago	10	137	103	418	126	98	405	3,135	5
Mexican families in New Mexico	4	94	71	613	86	67	595	3,460	8.7
Chinese dentist in California	1	115	113	289	106	107	280	2,620	4.9
Chinese laundryman in California	1	135	76	566	124	72	549	3,480	5.7
Chinese farm laborer in California	1	144	95	640	132	90	621	3,980	6.2
United States Army ration, peace	—	120	161	454	110	153	440	3,730	7.1
German Army ration, peace	—	114	39	480	105	37	466	2,275	5.2
Dietary Standards.									
Man at hard work (Voit)	—	145	100	450	133	95	437	3,270	4.9
Man at moderate work (Voit)	—	118	56	500	109	53	485	2,965	5.5
Man with very hard muscular work (Atwater)	—	175	[8]	[8]	161	[8]	[8]	5,500	7.2
Man with hard muscular work (Atwater)	—	150	[8]	[8]	138	[8]	[8]	4,150	6.2
Man with moderately active muscular work (Atwater)	—	125	[8]	[8]	115	[8]	[8]	3,400	6.2
Man with light to moderate muscular work (Atwater)	—	112	[8]	[8]	103	[8]	[8]	3,050	6.1

Man at "sedentary" or woman with moderately active work (Atwater)	—	100	[8]	[8]	92	[8]	[8]	2,700	6.1
Woman at light to moderate muscular work, or man without muscular exercise (Atwater)	—	90	[8]	[8]	83	[8]	[8]	2,450	6.1

[8] Fats and carbohydrates in sufficient amounts to furnish, together with the protein, the indicated amount of energy.

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