The Nature Cure Cook Book

AND

A B C of Natural Dietetics

BY
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AND
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FOREWORD

In this volume we do not intend to advance dogmatic, one-sided assertions concerning the many-sided and difficult problems of hygiene and nutrition, but we shall turn on these, from various angles, the light of rational inquiry so that the reader may be able to draw his own conclusions and to test them in practical experience.

THE AUTHORS.

INDEX TO PART I

	PAGES
Key to Our System of Recipe Marking	1
Advantages of our System	1-2
Classification of Foods	3
Illustrations of Recipe Marking	4-5
What Constitutes a Natural Diet	6
Diet Prescriptions Made Easy	6
A Timely Warning	9-10
Uncooked Food vs. Cooked Food	11
Cause and Cure of Beri-Beri	13-14-15
Vitamines	13-14
Cooking Does Not Destroy All Organic Molecules	15-16
Advantages of Raw Food Diet	11-17
Dangers of Extreme Raw Food Diet	16
Raw Foods and Their Medicinal Properties	18
Fruits	18-19
Lemon Juice the Most Efficient Antiseptic	19-20
Fruit Juices the Best Medicine for Babies	20
Sweet Fruits	20-21
Berries	21-22
Nuts	22-23
Vegetables	23-24
Uncooked Cereals	24
Medicinal Vegetables	25
Carrots and Beets, Good Worm Remedies	25
Pumpkin Seeds, Good Tape-Worm Remedies	25
Flaxseed Tea for Colds	25
Rutabaga Syrup for Colds	26
Kidney Tonics	26
Onion and Grated Potato Poultice for Inflammation	26-27
Cottage Cheese and Gruel Poultices	27
Horseradish and Pineapple Good Counter-Irritants	27
Natural Laxatives	27
Foods and Thirst	27-28
Popular Superstitions	28
Strawberries and Cucumbers—Purifiers, not Poisons	28

PAGES

Grapefruit Does Not Contain Quinine 29
Tomatoes Do Not Make Cancer 29
No Opium in Lettuce 29

Simple Vegetable Salads and Dressings 30
Vegetable Salads 30
Salad Dressings 31-33

Soups (Introductory Article) 33
Meat Soups 33
Vegetable Soups 34

Recipes, Soups Made With Legumes 35-38
Soups Made With Milk 38-46
Soups Made With Vegetable Stock 47-55
Sweet Soups and Fruit Soups 55-60
Uncooked Soups 60-63
Accessories to Soups 64-66

Salads (Introductory Article) 67-68

Recipes, Salads 69-103
Salad Dressings 103-110

Croquettes (Introductory Article) 111-113
General Directions for Making Croquettes 111
Frying or Baking—Which Is Best 112
Frying in Oil 112
Skillet or Pan Frying 112
Baking 112

Recipes, Croquettes, Roasts 113-127
Sauces for Croquettes, Roasts, etc 127-133

Vegetables (Introductory Article) 134-136
Leafy and Juicy Vegetables 134
The Preparation and Cooking of Vegetables 136

Recipes, Vegetables 136-211
Asparagus 136-139
Beans 139-142
Beets 142-143
Cabbage 143-148
Carrots 149-152
Cauliflower 152-155
Celery 155-157
Celery-Cabbage 155

PAGES

Recipes, Vegetables—Continued

Corn 157-161
Cucumbers 161-162
Egg Plant 163-166
English Vegetable Marrow 166
Kale (Brussels Sprouts, Rose Kale) 166-167
Mushrooms 167-169
Onions 169-173
Parsnips 173-174
Green Peas 174-177
Green Peppers 177-179
Potatoes 179-187
Sweet Potatoes 187-189
Salsify (Oyster Plant) 189-191
Spinach 191-194
Squash and Pumpkin 195-196
Tomatoes 197-205
Turnips 205-207
Mixed Vegetables 207-211

Recipes, Desserts 212-262
Sauces for Puddings and Custards 262-266

Cereal Foods (Introductory Article).....267-274
White Flour and Polished Rice 267
The Structure and Chemical Properties of a Kernel of Wheat 269
Bohemian Rye 272
Rye Meal 272
Graham Flour 272
Whole Wheat Flour 272
Gluten Flour 273
Protose 273
Breakfast Foods 274

Recipes, Cereals 274-275

Breads (Introductory Article).....275-277

Recipes, Breads 277-280
Hot Breads 280-283

Leguminous Foods (Introductory Article).....284-287
Nuts 286

PAGES

Recipes, Peas, Beans, Lentils.....287-288
Rice, Macaroni, Spaghetti (Introductory Article)..... 289
How to Cook Rice 289
Recipes, Rice, Macaroni, Spaghetti.....289-298
Dairy Products (Introductory Article).....299-304
Milk 300
Buttermilk 301
Sour Milk 302
Cream and Butter 302
Baby Feeding 302-303
Cheese 304
Recipes, Cheese Dishes.....305-307
Eggs (Introductory Article).....308-309
Recipes, Eggs 309-317
Recipes, Sandwiches 318-325
Recipes, Beverages 326-334
Sample Menus (Containing Raw Foods Only)..... 334
Sample Menus (Containing Cooked and Raw Foods)....334-336

INDEX TO PART II

A B C of Natural Dietetics

CHAPTER I. Two Sides to Every Question..... 339
Why We Favor a Vegetarian Diet..... 339
Meat Contains All Waste and Morbid By-Products of Animal Body 339-340
Stimulating and Irritating Effects of Meat Poisons 340
Effects of Fear on Animal Food 341-342
Arguments of the Antis 342
Proof That Meat Eating Is Injurious from Everyday Experience in Medical Practice 342-344
Abstinence from Meat Followed by Loss of Craving, and Dislike 345

PAGES

Why We Sometimes Deviate from a Strictly Vegetarian Diet 346

What Are the Indications of Meat Requirement?..... 347

The Characteristics of Negative and Positive, and Their Differing Requirements 347-350

Cases Illustrating Effects of Negative Diet.....350-353

Why Vegetarianism Will Triumph in the Future..... 354

CHAPTER II. Is It Worth While to Pay Attention to Diet? 355

Differing Opinions 355

Advice of Physicians and Metaphysical Healers.....355-356

"Eat What Agrees With You."—"Does It Taste Good?" 356

Is Appetite and Craving a True Guide in Food Selection? 357

What Is Natural Food? 358-359

Starving America 360-363

"Stuffing Treatment" Injurious 361-362

Importance of Mineral Elements in the Vital Economy....360-363

CHAPTER III. For What Do We Eat and Drink?.... 364

Is Vital Force Derived from Food, Medicines and Tonics?.364-369

The Vital and Material Conceptions of Vital Force.....365-367

The True Functions of Food and Drink..... 368

"Vital Force" Active After Death in Spiritual Body..... 368

CHAPTER IV. The Functions of Food and Drink in the Economy of the Body..... 370

Group I—Starches; Group II—Sugars and Dextrines.....371-372

The Sources of Animal Heat.....372-375

Dr. Powell's Theory of "Vito-Motive Force".....375-379

Our Conception of Vital Force..... 379

Group III—Fats and Oils 379-380

Group IV—Proteids 380-383

Group V—Positive Mineral Elements 384

Polarity 385

Bulk 385

Dietetics in a Nutshell 385a-385b

CHAPTER V. Digestion and Assimilation..... 386

The Successive Stages of Digestion and Assimilation.....386-387

Digestion of Starches 387-389

PAGES
Digestion of Fats 389
Digestion of Proteids 390-391
DIAGRAM—The Processes of Digestion.....392-393

CHAPTER VI. The Relationship of Electro-Magnetically Negative Food Elements to Disease Producing Acids, Colloids, Alkaloids and Ptomaines..... 394

Diagrams 394-395

CHAPTER VII. The Tensing and Relaxing Effects of Foods Upon the Digestive Organs and the System as a Whole.....397-402

Group IV—Proteids 398-399
Groups I and II—Carbohydrates 399
Group III—Hydro-carbons 400
Group V—Organic Salts 400-401
Nature's Wise Provision for the Varying Seasons..... 401

CHAPTER VIII. Standard Foods.....403-407

Milk and Arterial Blood the Only Standard Food Combinations in Nature 403
Mineral Elements Ignored by Medical Authorities 405
Milk Normal Food Combination for Growing Animal—Arterial Blood for Full Grown Animal.....406-407
Cow's Milk More Normal Than Human Milk..... 407

CHAPTER IX. The Magnetic Properties of Foods.....408-413

What Is Electricity and Magnetism? 408-409
What Is Matter? 408
What Is Chemical Affinity? 409-410
The Law of Polarity—The Fundamental Law of Nature... 410
Positivity and Negativity of Foods and Medicines.....411-413
Quotations from "The Great Psychological Crime"....411-413
Effects of Fasting, Solitude, Introspection, etc.....412-413

CHAPTER X. Polarity of Foods and Medicines.....414-428

The Proteid Question 414-419
The Transformation of Sunlight Into Chemical Energy...417-419
Polarity and the Life Elements 419-422
What Is a Calorie? 422

PAGES

The Four Life Elements as They Manifest in the Ascending Kingdoms of Nature 420
Animal Magnetism 422
The Second Factor of Positive Polarity—The Positive Alkaline Mineral Elements 423-428
Iron 423
Sodium 424-425
Calcium (Lime) 426
Magnesium 426
The Relationship of Positive Alkaline Salts to Negative Food Materials 427
Potassium 428

CHAPTER XI. Classification of Foods According to Their Electro-Magnetic Qualities 429-440

Class I.
Animal Foods—Positive 429-432
Eggs 429
Analytical Food Tables 430-431
Flesh Foods 432

Class II.
Leafy, Juicy Vegetables—Positive 433
Roots and Tubers 434

Class III.
Berries—Positive 435

Class IV.
Juicy Fruits—Positive 435

Class V.
Sweet Alkaline Fruits—Medium Positive 436

Class VI.
Nuts—Negative 436

Class VII.
Legumes—Very Negative 437

Class VIII.
Grains—Very Negative 438
Polished Flour and Rice 438
Negative Vegetarian Diet 438-439
Rice Diet of Oriental Races Not a Well Balanced Diet 439
What Constitutes a Well Balanced Vegetarian Diet? 440

PAGES

CHAPTER XII. The Psychology of Digestion.

Normal and Abnormal Cravings 441-442
Idiosyncrasies 443
Mental Dyspepsia 444-445

CHAPTER XIII. Miscellaneous Articles.

Over-Eating 446-447
Fasting Imperative in Acute Diseases.....447-448
Cornaro 448
To Salt or Not to Salt?.....449-455
American Dietary Deficient in Organic Salts..... 450
Table Salt Does Not Show in Iris.....450-451
Products of the Soil Often Deficient in Mineral Elements..452-453
Necessity of Mineral Fertilizers.....452-453
Region of Salt Famine 453
Fermented Bread 455-459
Mono-Diet 459-460
Mastication 462-463
Fletcherizing 462-463
Frequency of Meals 463
Drinking 464
Distilled Water 464
Drinking at Meals 465-466
Mixing Starches with Acid Fruits and Vegetables.....466-467

Additional information on the subjects treated in this volume will be found in "Nature Cure, Philosophy and Practice," by H. Lindlahr, M. D. (price, $2.15, postpaid): Chapter VIII, The Treatment of Acute Diseases by Natural Methods; Chapter XV, Natural Dietetics; Chapter XVI, Acid Diseases: the Relationship Between Foods and Acid Diseases; Chapter XVII, Fasting.

PART I

NATURE CURE COOK BOOK

NATURE CURE COOK BOOK

KEY TO OUR SYSTEM OF RECIPE MARKING

Another cook book? Yes, but a cook book different from all others. It not only provides a number of wholesome and palatable recipes, but it may be used as a guide by physicians and patients, by students of the science of dietetics, by all those who wish to apply intelligent instead of haphazard methods in the selection, combination and preparation of their food.

This cook book is based on the system of dietetics originated by the German School of Nature Cure. Drs. Lahmann, Hensel and others found a solution of the problem of scientific food selection and combination which stands every test of theoretical inquiry and of practical application.

Many vegetarian cook books are now on the market, but it seems that none of them fully satisfy the demands of the public, and there are good reasons for this. Some of these books contain hardly anything but recipes composed of starches, fats, sugars and proteins. Recipes for the preparation of fruits and vegetables, which represent the mineral group in our system of dietetics, are conspicuous only by their absence. Others contain only raw food dishes. Still others give misleading advice and make erroneous statements. One of the best vegetarian cook books, for instance, advises that all leafy vegetables "be thoroughly cooked and pressed out" in order to remove the harsh flavors.

Such treatment, of course, leeches the organic salts and thus removes the most valuable elements of nutrition in the vegetable.

No matter, however, how good and true the theoretical directions, nor how carefully prepared the recipes, most persons find it difficult to apply the principles of natural dietetics in the kitchen. While they may fully understand the theory of food selection and combination, they do not know the chemical composition of the different food materials, and therefore find it impossible to select and combine to the best advantage.

The same is true of physicians, and students of dietetics. Though they may understand thoroughly how starches, fats, proteins and organic salts should be combined, in order to meet the requirements of the body for the various elements of nutrition, they often have not sufficient knowledge of food analysis to prescribe or carry out a system of rational food combination, such as taught, for instance, in "Natural Dietetics." They would be at a loss to know in what proportions starches, proteins, organic salts, etc., are contained in wheat, beans, nuts, bananas, apples, or other food material, unless they had made a special study of food chemistry.

Furthermore, the physician who possesses this knowledge cannot impart it to the nurse or cook who has to provide the food for the patient.

This difficulty is increased in cases of sickness and invalidism, when special care in the proper selection and combination of food becomes a necessity, and when errors in diet are far-reaching in their harmful consequences.

In order to overcome these difficulties and perplex-

ities of the physician, the nurse, the cook and the patient, in an easy and thoroughly practical way, we have hit upon the following plan:

We have divided all food materials into the following five groups: (See diagrams on pages 385a, 385b.)

Group I (St.) Starches.
Group II (S.) Sugars, Dextrines.
Group III (F.) Fats, Oils.
Group IV (P.) Proteids: Albumin, Gluten, Myosin, Hemoglobin, etc.
Group V (M.) Positive Mineral Elements: Potassium, Sodium, Iron, Lime, Magnesium, Manganese, Lithium, etc.

Every recipe in this cook book, underneath its title, will be marked in such a way as to show the various food elements which it contains, in the order of their amounts and importance. In order to make easier reading and to avoid confusion, we shall use in these markings the initial letters of the food elements, instead of the numbers of the groups, viz.:

St.—for starches (Gr. I).
S.—for sugar (Gr. II).
F.—for fats (Gr. III).
P.—for proteids (Gr. IV).
M.—for positive mineral elements (Gr. V).

For instance, if starches outweigh the other food elements in a recipe, St. will be placed first and the other elements after, in the order of their importance in the recipe. If the organic, mineral salts constitute the predominating food elements Group M. will have first place. The food elements which are present in a recipe in considerable quantities will appear in black

face type. Those which are present in negligible quantities will appear at the end of the line, separated by a dash (—), in pale, ordinary type. For instance, **St. S. P.**—F. M.

In the following we give a few practical illustrations:

Combination Salad

Groups **M. F.**

Ingredients: Lettuce, cucumbers, tomatoes, Spanish onions, lemon juice, olive oil.

Wash lettuce, removing defective leaves. Slice cucumbers, tomatoes and Spanish onions rather thin, arrange on the lettuce; serve with a dressing made of two parts olive oil to one part lemon juice.

Lettuce, cucumbers, tomatoes and onions contain large quantities of the five positive mineral elements. Mineral elements are also predominant in the lemon juice of the dressing. The olive oil, on the other hand, contains nothing but different kinds of fats. Accordingly this recipe is marked Groups **M. F.** (Group M., mineral elements; Group F., fats and oils). Both groups are present in considerable quantities, therefore both appear in black face type.

Our Health Bread

Groups **St. P.**—M. F. S.

This bread contains about forty per cent starches, ten per cent protein (gluten), five per cent cereal fats and vegetable oil, three per cent sugar, which has formed in the fermentation of the dough, and ten parts per thousand of positive mineral salts. Starch and protein, occurring in the largest amounts, are placed first in the marking and appear in black face type. Fats,

sugar and mineral elements being present in small amounts only, appear in the order named after the dash, in ordinary type.

Milk

Groups **M. S. F. P.**

In explanation of this formula we will give the contents of milk in round figures (see diagrams on pages 430, 431). There is no starch in the milk. The starches of the ingested food materials through the processes of digestion have been changed into dextrine and sugar.

Group II. Carbohydrates: (Sugars) milk-sugar, 6 per cent.

Group III. Hydrocarbons: Fats, 4 per cent.

Group IV. Proteins: Casein, 3½ per cent.

Group V. Positive Mineral Elements: Potassium, Iron, Sodium, Lime, Magnesium, altogether 23 parts per thousand. The Mineral Group is placed first in the marking because milk is a positive food, that is, the milk is rich in the positive mineral elements in comparison to the negative food elements of the first four groups.

In studying these percentages one must not become confused by the fact that the mineral elements are present only in minute quantities, in parts per thousand, while the other food elements occur in much larger quantities in parts per hundred. The positive mineral elements, though occurring in foods and in animal and human bodies in small quantities only, are nevertheless of immense importance in the vital economy of the body. They are therefore given first rank in the markings of the recipes whenever they occur in similar or in higher proportions to those in

milk. Milk aside from red (arterial) blood of animals is the only normal or standard food combination, and therefore our yardstick in measuring and estimating the chemical composition of other food combinations.

What Constitutes a Natural Diet?

Doctors and laymen who are not acquainted with the principles of natural dietetics ridicule the idea that it is possible to prescribe a diet "which will fit everybody." A careful study, however, of the explanatory articles in this volume will show that there must be a combination of food elements which in certain well-defined proportions will fit the demands of the normal, human body. This combination must conform in its component elements to the chemical composition of milk or red (arterial) blood. In other words, any meal or diet, temporary or continuous, in order to be "normal" or "natural," must conform in its chemical composition to that of milk or arterial blood. If we express this food combination in percentages of our food groups the formula would read as follows:

A natural diet, which is to fill the demands of the human organism, must consist one-half of the food materials of Group V (Mineral Elements) and one-half of the food elements of Groups I, II, III, IV (Starches, Sugars, Fats and Proteins).

Any meal or diet composed in the foregoing proportions conforms to what we designate as normal or natural in food combinations.

Diet Prescriptions Made Easy for the Doctor

It will be seen that, no matter to what school of medicine a physician belongs or what may be his ideas

on the diet to be used in different diseases, the system embodied in this cook book will enable him to give his diet prescription in a few words, with absolute precision, covering every possibility of food selection and combination.

Formerly, in a case of—say—Bright's disease, the doctor could give only very general directions. He would, perhaps, say to the patient: "Exclude from your diet all foods that are rich in protein, such as meat, eggs, gluten, etc."

But the patient or the nurse might not always know what foods are rich in protein, or whether a particular recipe contained protein in objectionable quantities. Furthermore, they might not know what to substitute for the foods containing protein so as to provide the patient with a variety of nourishing and appetizing dishes.

Under the plan proposed in this book, the physician, if he prefer a low protein diet, rich in organic mineral salts, will write his diet prescriptions as follows:

℞. Groups: M.—one-half.
St. and S.—one-fourth.
F.—one-fourth.

If, on the other hand, the physician should, in a case of diabetes, wish to reduce the carbohydrate foods and increase those rich in protein, his prescriptions would read as follows:

℞. Groups: P.—one-half.
F.—one-fourth.
M.—one-fourth.
Avoid St. and S.

As before stated, it is not possible to carry out these

directions to the letter, that is, to exclude any of the five groups entirely. While most food materials predominate in the elements of one or two groups, they generally contain small amounts of the elements of the other groups in various combinations. The latter appear in the markings in pale face type.

For instance, the substance of wheat consists almost entirely of starches and proteins, but it also contains fats and organic mineral salts in comparatively small quantities (starches, 65 per cent; proteids, 10 per cent; fats, 2 per cent; organic salts, 8 to 10 parts per thousand).

The patient, or whoever is to carry out the doctor's directions in the kitchen, will always find it an easy matter to do this intelligently and consistently with the help of this cook book. All that needs to be done is to compare the diet prescription with the group markings of the different recipes and to select those that conform most closely to the doctor's prescription.

It will be seen that this system of marking all recipes (of which there are over 900 in this cook book) allows the widest possible range of choice in the selection, combination and mode of preparation of foods. If there be restrictions in the use of certain food elements in certain diseases as, for instance, the exclusion of starchy food in intestinal indigestion, the group markings will indicate plainly and at a glance all those recipes which should be excluded and those which may safely be used.

We have purposely allowed considerable latitude in the use of the dairy products, eggs, spices and condiments in the different recipes for the sake of those who may be in the stages of transition from a meat diet to the natural regime, and also for the sake of

those who do not care to apply the principles of vegetarianism to the fullest extent. Those who desire to carry out the vegetarian or raw food idea more strictly and consistently may modify or exclude the use of dairy products, spices and condiments in the recipes to suit themselves.

A Timely Warning

This may be the place for a timely warning. Do not become finical or hypochondriacal over this matter of food selection and combination. The man who eats with a scale by his side, weighing every bite of food he takes, is to be pitied. His over-anxiety prevents the natural enjoyment of food, and tends to produce mental and nervous dyspepsia.

It is not possible to conform exactly, by weight and measure, to the prescriptions and group markings given in this book, nor is it necessary in order to secure good results. What we are trying to supply (and what has been lacking heretofore) is **a rational system of food classification** which can be understood and applied by anybody possessed of ordinary intelligence in order to procure for himself or for those entrusted to his care the diet that is most suitable for the individual conditions and requirements.

If those who follow the general directions for food selection and combination given in this book will keep fairly close to the proportions indicated in the group markings of the recipes, they will always be within safe limits and need not worry about the fitness of their diet.

In cases of serious illness and digestive troubles, it is always best to consult a competent physician about the dietetic and other treatment. It must also be re-

membered that even the most wholesome foods, in the best possible combination, cannot be properly digested and assimilated if the digestive organs are in a sluggish, atrophic condition. In such cases these organs must be made more alive and active through natural methods of treatment.

UNCOOKED FOOD VS. COOKED FOOD

Though this is a "cook book," we find it necessary to begin its pages with a recommendation of uncooked food. Much can and should be said in favor of raw or unfired food, versus cooked food. Less boiling, roasting and fermenting and more of raw food would undoubtedly do away with a great deal of weakness and disease.

Nature did not create man with a cookstove by his side. Man existed on this planet for ages before he knew how to start a fire, and in those days of unfired food he was, undoubtedly, like all the rest of God's creatures who live in the freedom of Nature, healthier and stronger physically than the present-day diseased and degenerate product of artificial living and hyper-civilization.

This does not mean that we advocate a return to savagery and barbarism. But we do claim that we can combine with the highest attainments of modern civilization, the simple and rational ways of living and of treating human ailments which will insure health of body and mind, the highest efficiency, and the greatest possible capacity for the enjoyment of life.

The constant use of cooked, highly spiced and fermented food takes away the relish of natural uncooked food. It deprives man of the natural instinct and intuition for the right selection and combination of foods. The majority of people reared in this country from infancy up, on the most unwholesome and

haphazard food combinations, have lost the capacity for sensing and enjoying the delicate flavors of fruits, nuts and vegetables. Mankind for ages has lived almost entirely on cooked and highly seasoned foods and stimulants. This has atrophied the taste buds in the tongue and palate. Their natural sensitiveness for the finest flavors of fruits, nuts, vegetables and other uncooked foods can be restored only by using the latter much more liberally in the daily dietary.

Foods taken in the natural uncooked state have a wonderfully vitalizing and stimulating effect upon the weakened and partially atrophied digestive organs. Many of our extreme cases of chronic indigestion do best on a raw food diet. The followers of Nature Cure have always emphasized the superiority of raw food over cooked food. Now comes advanced science, as in so many other instances, and brings the scientific proofs for that which the Nature Cure people have taught and practiced for many years.

Prominent chemists have discovered that foods contain in various chemical forms, and in exceedingly small proportions, certain substances which they have called "vitamines." The word translated into English means "living substance." It is assumed that these vitamines are molecules highly charged with vital energy, the essential element in nutrition. (See Part II, Chapters III and IV.)

It will be seen that these "new discoveries" are nothing else but the re-statement of what we have taught these many years, namely, that foods possess nourishing value, only by virtue of the life elements and the sun energy locked up in their molecules. In this connection the following article from the Britanica Year Book for 1913 will be of great interest.

Cause and Cure of Beri-Beri

"Few events in pathology, during late years," says Dr. Paget, "have been more notable, or more happy, than the discovery of the cause of this endemic disease. Beri-beri, a form of peripheral neuritis, with loss of muscular power, emaciation, and exhaustion, has been one of the scourges of the tropics. In the Federated Malay States the estimate has been made of 45,000 deaths from beri-beri in the course of 30 years. In the Philippines it has been a long-standing evil. During the Russo-Japanese War, it accounted for a very large part of the sickness among the Japanese.

"In 1909 Fraser and Stanton published their Etiology of Beri-beri. Working on the lines suggested by C. Hose and Braddon, they traced the cause of the disease to the use of 'milled' rice, i. e., rice which has been 'polished' by the removal of its husk and outer layers. Fowls or pigeons fed on polished rice alone quickly showed signs of the disease; but if the polishings of rice were added to their food they quickly recovered. Further observations, by De Haan, Chamberlain, Eijkmann, and others, showed that the disease was not due simply to the absence of phosphates from the rice. It was due to the loss of a substance which is present as a mere trace in the husks; indeed, there are no more than ten grains of it in a ton of rice. Funk, working at the Lister Institute, has lately isolated this substance, and has given it the name of 'vitamine.' We are told that a pigeon fed on polished rice alone will, in three or four weeks, show signs of the disease. If, when death seems immi-

nent, a minute dose of vitamine be given, the bird quickly recovers.

"The wonder does not end here. For this work on beri-beri throws light on epidemic dropsy, scurvy, rickets, etc. Indeed, Funk has isolated from limes a substance similar to vitamine, and present in about one in 100,000 parts of the fruit. This 'vitamine of the lime' has a favorable action alike on beri-beri and on scurvy."

Dr. Paget asserts that the practical value of these studies is already evident. In the Philippines, since the American occupation, the change of food from polished to unpolished rice has practically stamped out the disease beri-beri. Similar results are reported by Dr. Heiser in regard to a leper colony at Culion. "The disease had been so common in this colony, since its founding in 1906, that it caused one-third of the deaths. But after the use of unpolished rice was made compulsory no deaths occurred from the disease, and persons already affected were quickly cured by the addition of rice-polishings to their food."

The discoverers of "vitamines" have found that boiling destroys a great many of these highly organized substances, and that temperatures higher than the boiling point kill most of them. It has been proved that animals will die of starvation when fed exclusively on foods in which the vitamines have been destroyed, through exposure to very high temperatures, and through chemical action. It is claimed that scurvy, rickets and beri-beri are among diseases attributable to lack of vitamines in food.

Vitamines, the carriers of the life elements, are located largely in the outermost dark coverings of the rice kernel. In the various grains, also, the vitamines

are present in much greater proportion in the outer dark layers and in the hull than in the interior substance.

These discoveries of chemical and medical science seem to indicate that the positive "organic mineral salts," located in the outer parts and hulls of rice and grains, are the carriers of "vitamines." Thus, step by step, now here, now there, orthodox science confirms the teachings of Nature Cure, which the leaders of this movement discovered by common sense reasoning and practical experience.

All the dairy products, including eggs and honey, are very rich in vitamines, or, as we express it, in the vito-chemical life elements and in animal magnetism. They are to be preferred to the flesh foods, because they can be relished raw, while the boiling and roasting of the meat destroys and dissipates a large portion of its vitamines. This is especially true of meat soups.

While the statements in the previous paragraphs are powerful arguments in favor of raw food, on the other hand, the claims of the raw food enthusiasts, that all the life elements in the food are dissipated and destroyed through cooking and that all the organic mineral elements become inorganic through cooking, are untrue. Cooking is only a mechanical process of sub-division, not a chemical process of transformation. The "organic" life molecules of vegetable and animal matter cannot be broken down entirely by mechanical processes; this requires chemical action. For instance, no matter how long we boil sugar, in a watery solution, the sugar will still be sugar. Contact with yeast ferment, however, will change the sugar into alcohol and carbonic acid. The boiling is a purely mechanical

process, while the fermentation involves a chemical transformation of the fermenting substance.

If the claims of the raw food people were true, humanity would long ago have become extinct as a result of living on cooked food.

We cannot, therefore, agree with the extremists who exclude from their diet all cooked foods, and sometimes even the dairy products. A mixed cooked and raw food diet, with liberal allowances of the dairy products, seems to agree best with the majority of our friends.

An extreme raw food diet has a tendency to create hyper-sentitive conditions physically, mentally and psychically. It also limits considerably food selection and combination, thereby tending to monotony. This is especially true in places where a variety of palatable raw foods cannot be obtained all the year around.

There is, however, another drawback to too much cooked food in the dietary. A study of the chemical composition of the cooked dishes in this book will show that many of them though prepared from the fruits and vegetables belonging to the mineral group (V), are combined with food materials of the other groups in such a way that the latter predominate over the former. This would make it a difficult matter to comply with the teachings of natural dietetics, when living on cooked foods alone. The starches, sugars, fats and proteins would predominate over the foods of the mineral group.

The only way, therefore, to comply with our general formula for a natural diet, consisting one-half of the organic mineral group (V), and one-half of the other four groups combined, is to have in any one meal only

from one to three cooked dishes, and in combination with these a liberal amount of raw relishes, salads and other uncooked foods, belonging to group five.

We recommend, and serve in our Sanitarium regimen, one meal daily consisting of raw foods only.

All the juicy fruits and vegetables that can be relished and digested in the natural state are not only excellent foods, but the best medicines for the human body.

In the following chapter we shall call attention to and describe the medicinal properties of the foods best suited for eating in the natural state, without cooking, spicing, or fermenting.

RAW FOODS AND THEIR MEDICINAL PROPERTIES

Fruits

The most delicious and wholesome raw foods are the juicy fruits. While they run low in starches, fats and proteids, they contain large amounts of the positive organic mineral salts (vitamines).

They are, therefore, Nature's own medicines,—splendid tonics, natural stimulants, cholagogues, purifiers, antiseptics, anthelmintics and febrifuges. The only medicines we ever prescribe in inflammatory, febrile diseases, aside from homeopathic remedies, are acid fruit juices, diluted in water.

The finest medicinal fruits are the acid and sub-acid varieties, such as lemons, oranges, limes, grapefruit, pineapples, tangerines, apricots, apples, green gages, plums, and certain sub-acid varieties of cherries, pears, peaches, nectarines, etc. While these fruits contain highly organized acids, such as malic, oxalic and citric acid, they are very rich in the positive, alkaline mineral elements, and have, therefore, an acid-binding and acid-eliminating effect upon the system.

The prevalent idea, encouraged by many physicians, that acid fruits and vegetables cause rheumatism and other acid diseases, is entirely without foundation. This mistaken idea has arisen from the fact that all juicy fruits and vegetables are rich in alkaline organic salts, which dissolve the acid deposits in the tissues and throw them into the circulation. This

temporarily overloads the blood stream with acids in solution, irritating the tender membranes of joints, muscles, brain and nerve tissues, and thus creating the various symptoms of collaemia or acute uric-acid poisoning. As a result the urine shows an increase in acids, xanthins, indican, and other forms of systemic poisons, which without these explanations are regarded as "deleterious effects of vegetarian and raw-food diet."

This increased elimination is unavoidable, if the patient is ever to be cured of his chronic rheumatism and other acid diseases—yet fruits and vegetables are blamed for causing rheumatism.

Lemon Juice the Most Efficient Antiseptic

The fruit acids, instead of being injurious to the system, are powerful solvents for morbid accumulations of an alkaline nature.

In the treatment of wounds and bedsores, even of a most serious nature, we never use anything but lemon juice diluted in water: the juice of one-half lemon in a cup of boiled or filtered water.

Lemon juice is the finest natural antiseptic in existence, and at the same time wholesome food, while most of the medicinal antiseptics and germicides are powerful protoplasmic poisons, which benumb and kill, not only disease germs, bacteria and parasites, but also the healthy cells and tissues of the body. If lemon juice is such an efficient antiseptic externally, it must have similar effects internally. This is true, not only of lemon juice, but also in a modified degree of all other acid and sub-acid fruits and vegetables.

Our treatment of wounds is, in other respects, alto-

gether contrary to the teachings of the orthodox medical schools. While they bury wounds under many layers of bandages, soaked in poisonous antiseptics, we expose them as much as possible to air and light. The results are simply marvelous. Many wounds and sores, which had entered upon the advanced stages of necrosis, under the orthodox antiseptic treatment, and old varicose ulcers of many years' standing, we have healed perfectly with the simple lemon juice, and air and light treatment. If somebody tells you this is all contrary to the teachings of advanced medical science, just try for yourself and profit by your personal experience, which is, after all, the only proof worth considering.

Fruit Juices the Best Medicines for Babies

All Nature Cure babies, from the second week of their mundane existence, are given acid fruit juices in between the milk feedings. This is the best cure for rachitic diseases, because in the fruit juices the infant receives an abundant supply of the bone and tissue building materials. To give lime water, iron, sodium and other minerals in the inorganic mineral form, when the luscious fruits contain all these elements in the live, organic, "vitamine" combinations, is, to say the least, very short sighted. The acid fruits also contain considerable amounts of fruit sugars,—the finest forms of organic sugar in nature.

Sweet Fruits

The sweet, alkaline fruits, such as figs, dates, grapes, persimmons, melons, cantaloupes, and certain varieties of peaches, pears, etc., are very rich in highly refined,

organic sugars, all ready for assimilation, and contain considerable amounts of the positive, organic mineral salts. They are, therefore, nourishing, purifying and stimulating.

Dates rank highest in sugar, but are comparatively poor in organic salts. Figs make a much better showing, while they contain in round figures sixty per cent of saccharine elements, they are also very rich in the positive organic salts, containing over ten parts per thousand of sodium, seven per thousand of lime, four per thousand of magnesium. This explains their excellent relaxing, laxative properties. Sweet grapes rank low in proteids, but high in sugar. They contain about one per cent nitrogenous elements, no fats, about sixteen per cent of sugar, and rank fairly high in organic salts,—about twenty parts per thousand.

The value of the grape cure, like that of the milk cure, lies largely in the fact that it is a mild and pleasant form of proteid and starch starvation. The grape sugars burn up (oxidize), and the alkaline mineral elements neutralize and eliminate the acid by-products of starch and proteid digestion.

The Berries

The berries are still richer in the positive, alkaline mineral elements than the acid and sub-acid fruits. Therefore, they possess great medicinal values. The country people in Germany gather in their seasons, the different kinds of berries, and preserve and dry them for use in the winter.

Huckleberries, blueberries, blackberries, raspberries, strawberries, gooseberries, elderberries, currants and cranberries, besides being delicious raw foods, make

excellent soups, drinks, and desserts, and are to be classed among Nature's finest remedies. They run from 40 to 100 parts per thousand in the positive, alkaline mineral elements.

The wide-spread belief that the seeds of berries and fruits are responsible for many cases of appendicitis, is another fairy tale. The best way to prevent appendicitis is to live largely on seed-containing fruits and berries, and on other kinds of raw food. The small seeds which are swallowed readily act as scourers of the intestinal tract. They stimulate the peristaltic movements of the bowels and are natural laxatives. Appendicitis, in ninety per cent of all cases, is caused by a sluggish, atrophic condition of the intestines.

Huckleberries, blueberries, and blackberries are excellent medicines, not only for diarrhoea, but for all other ailments of the digestive tract. In severe diarrhoea, dysentery, bloody flux and cholera morbus, no food whatsoever should be taken,—only water mixed with acid fruit or berry juices. Blackberries and raspberries make delicious drinks and are fine tonics for weak stomachs.

Nuts

Nuts are by far the richest foods in Nature. They contain only about five per cent of water; all the rest of their substance is solid nourishment. On an average, they contain from ten to twenty per cent of proteins, fifty to sixty-five per cent of fats, five to ten per cent of carbohydrates, and from ten to twenty parts per thousand of the positive mineral elements.

The most costly beefsteak contains only from twenty to thirty per cent of nourishing substance, and seventy per cent of impure water.

Nuts, on the other hand, are three times richer than meat in fats and proteins, and their delicious flavors are enjoyed best when eaten raw. They are, therefore, the finest substitutes for meat in the diet of the vegetarian and fruitarian. The only danger lies in eating too many of them. They should be taken in moderate quantities only, and always in combination with foods of the mineral group.

No wonder many people say "nuts do not agree with me," when they eat them by the handful after a heavy meal of meat, potatoes and vegetables. The vegetarian uses nuts, not with meat, but in place of meat.

Many nut recipes will be found among "salads," "croquettes," "roasts," and "sandwich" fillings.

Vegetables

The leafy, juicy vegetables which grow in and near the ground rank lower in proteins and starches and still higher in the positive mineral salts, than the fruits and berries. They are, therefore, best suited to balance in the diet the acid-producing starches, sugars, fats and proteins. The mineral salts, contained in the juicy vegetables in larger amounts than in any other class of foods, are the real blood, bone and nerve builders, the most valuable antiseptics, blood purifiers and generators of the positive, electro-magnetic energies in the body.

In the divisions, "Salads" and "Vegetables," we have described the best ways of preparing vegetables, uncooked and cooked. Among these recipes will be found the most delicious raw food combinations of berries, fruits, nuts and vegetables.

None of the vegetables belonging to group five, which are relished raw, are improved by cooking. The cooking more or less destroys the vitamines and dissipates to some extent the vital energies latent in the vegetable protoplasm.

Uncooked Cereals

Seeds are highly charged with the sex principle, which in physical matter is the highest expression of the Life Force. All seeds, such as cereals, nuts, legumes, etc., which can be used as foods are, therefore, especially rich in the life elements, in vital magnetism or vitamines, and these vital energies remain unimpaired and most effective in the uncooked foods.

While the digestive apparatus of the majority of people, through the constant use of cooked and highly spiced foods, has lost the ability to thoroughly digest and assimilate the raw starches of cereals, it is good practice to partake at one or more meals every day of some raw cereals, ground or cracked fresh in a hand mill, or soaked, dried and flaked in a grain and nut flaker. Flaked and rolled grains can be bought in every well-equipped grocery. A mixture of rolled oats, wheat and rye in about equal proportions, with additions of pine nuts and raisins, makes an excellent and palatable substitute for baked bread. The flaked grains may be mixed according to individual taste and fancy, with various kinds of nuts, raisins, figs, dates, or other uncooked fruits and berries. A great variety of palatable and tempting uncooked strength-food dishes can be prepared in that way.

MEDICINAL VEGETABLES

Carrots and Beets Good Worm Remedies

Carrots and beets are very rich in organic sugars and mineral salts, and are, therefore, excellent blood-builders, purifiers and anthelmintics. They are valuable foods in all forms of anemic and acid diseases.

Children should be allowed to eat all the raw carrots and beets they desire, especially when afflicted with intestinal parasites.

Pumpkin Seeds, Good Tape-worm Remedy

Peeled pumpkin seeds, administered after sufficient preparation by natural living, treatment and fasting, will harmlessly and promptly remove tape-worms, round-worms, pin-worms and other parasites. Santonin, filix mas., and other poisonous anthelmintics may kill the worms, but they also paralyze the intestines, in many instances, causing lifelong intestinal constipation and indigestion.

Flaxseed Tea for Colds

Flaxseed tea is a valuable remedy for colds, croup and catarrhal diseases. It has a soothing and healing effect upon the raw and sore membranes of the throat, and upon the digestive and urinary organs. Take a few tablespoonfuls of this tea when needed to allay the soreness in the throat and bronchi. The best way to prepare this tea is to boil a tablespoon of flaxseed for

five minutes, then strain and add some honey and lemon juice.

Rutabaga Syrup for Colds

Rutabagas furnish another splendid remedy for colds, croups and catarrhs. Take a large rutabaga, scrub clean with vegetable brush but do not peel, then wipe dry. Remove top and scoop out center, leaving a shell about an inch and a half in thickness. Fill cavity with unrefined brown sugar or with pure maple sugar. Now place in a very slow oven or on top of a cookstove for eight to twelve hours, in such a way that the sugar and the juice of the rutabaga forms a thick syrup. Care must be taken that the applied heat is not too great, lest it bake the root and dry up the syrup. If the sugar absorbs too fast, more must be added. A teaspoonful of this syrup should be taken whenever needed to allay the irritation and soreness in the throat and bronchi.

Kidney Tonics

Teas made from watercress, asparagus or juniper berries have a relaxing effect upon the urinary organs and are therefore valuable aids to promote the flow of scanty urine. Warm relaxing sitz baths and hot compresses over the bladder are also valuable aids in relieving retention of urine. If the urinary organs are affected by inflammatory conditions, cooling compresses and sitz baths must be applied.

Onion and Grated Potato Poultices for Inflammations

Slightly fried onions make excellent drawing and soothing poultices for inflammations in the middle ear.

Grated raw potatoes applied as poultices are the best of all remedies in the worst forms of inflammations of the eyes such as glaucoma, trachoma, gonorrhoeal infection, iritis, etc. The raw potato poultices must be renewed before they become hot and dry.

Cottage Cheese and Gruel Poultices

Fresh cottage cheese and oat gruel poultices, warmed to blood heat, make good ripening and drawing poultices for runabout abscesses, boils, furuncles, carbuncles and infected wounds.

Horseradish and Pineapple Good Counter-Irritants

Grated horseradish and pineapple and mustard make good drawing counter-irritant poultices for inflammations in the throat, lungs, and other organs of the body. The juice of pineapples (raw or cooked) is a good remedy for colds, coughs and croup.

Natural Laxatives

The best natural laxatives are figs, prunes and raisins, raw or stewed. In febrile conditions and when solid food cannot be taken, give the juices. Raisin juice acts better on some people than figs or prunes.

Still others are aided greatly by eating young, green onions, Spanish onions, scraped sweet apples, or by taking raw rhubarb juice.

Foods and Thirst

Those who adopt a vegetarian diet soon find that they are not as thirsty and do not require nearly as

large an amount of fluids as they did under the meat diet. The following explains why this is so.

The juicy fruits and vegetables contain on an average about ninety per cent of water. These fruit and vegetable juices, prepared in Nature's own laboratory, supply in the best possible form the demand for fluids in the animal and human body. They are cooling, refreshing, and saturated with the most valuable medicinal elements found in Nature.

These vegetarian foods, therefore, are non-heating and non-irritating, and contain in themselves large amounts of pure and wholesome fluids. Flesh foods, as we have learned, are saturated with uric acid, poisonous alkaloids and ptomaines, which have a stimulating, heating and irritating effect upon the system. This is further increased by the spices and condiments necessary to cover the unpleasant odor and taste of the flesh. Large amounts of fluids are required to counteract the heating and corroding effects of these systemic poisons, and to "wash" them out of the system.

Herein lies the reason why a meat diet creates abnormal thirst and is most conducive to the forming of the drink habit, while the adoption of a fruit and vegetable diet is the best remedy for the abnormal craving for drugs, tobacco, and spirituous liquors.

POPULAR SUPERSTITIONS

Strawberries and Cucumbers—Purifiers, Not Poisons

Strawberries, cucumbers, tomatoes, and other medicinal fruits and vegetables are called poison foods by writers on hygienic subjects of the Woods-Hutchinson type, because they produce skin eruptions, diarrhoeas and other forms of acute elimination.

Cucumbers, as they come from the garden, are medicine to the human body, especially in diarrhoeas and cholera morbus. They are homeopathic to such conditions. It is wrong to soak them in salt, pepper and vinegar. In their natural state they are great purifiers, counteracting the poisons of flesh foods, alcohol and tobacco. Because they eliminate the noxious accumulations of these poisons in a somewhat drastic manner many physicians and popular ignorance regard them as harmful and poisonous. This is "blaming the broom for raising the dust." When properly prepared, or rather when not prepared at all, aside from cleansing, they rank among the most wholesome products of the soil.

The rinds of the cucumbers contain a valuable kidney tonic and should not be removed if tender and palatable.

Grape fruit does not contain quinine, though, like all other acid and sub-acid fruits and vegetables, for reasons elsewhere explained, it is an excellent remedy in all inflammatory febrile diseases.

Tomatoes do not make cancer, but help to cure it. Most of our cancer patients, at one time or another while undergoing treatment, usually during the healing crises, develop a strong appetite for tomatoes, and we always encourage them to satisfy this craving to the fullest extent.

No Opium in Lettuce

Lettuce is a splendid remedy for soothing tired and irritated nerves, and for relieving insomnia. Its sedative qualities, however, are not due to opium. Lettuce does not contain the slightest trace of opium, but it is very rich in the positive, alkaline mineral elements.

These neutralize and eliminate the poisonous acids and alkaloids which irritate and over stimulate the brain and nervous system, and cause all kinds of nervous troubles.

Peaches do not contain prussic acid. It is true that the seed of the peach contains minute quantities of this poison—not enough to be harmful—but the luscious flesh of the peach does not contain the slightest trace. It is too bad that people should be frightened from enjoying one of Nature's most delicious and wholesome products through this foolish superstition.

Neither do watermelons cause malaria. This is a wide-spread, superstitious belief among southern people, for whom plenty of fresh watermelons in their season would be the best possible preventive of malaria. True, watermelons, like all other foods, in a condition of decay, may become dangerous to health, but when ripe and fresh this delicious, juicy fruit is one of Nature's finest cooling and purifying medicines—one of the best known cures for malaria and other febrile diseases peculiar to hot climates. If the southern people would use more watermelons and other juicy fruits during the heated seasons, instead of too much lard and other greasy foods—for which they seem to have a curious fancy—they would not be so prone to these maladies.

SIMPLE VEGETABLE SALADS AND DRESSINGS

Vegetable Salads

Though the following recipes appear scattered among the "Salads," we give them here in a condensed form for the benefit of those who look for a collection of simple raw-food recipes.

Any of the following named green vegetables may be served singly or in various combinations with the dressings below, e. g.:

Lettuce is very appetizing with lemon juice and sugar only, or with any of the dressings.

Cucumbers may be sliced in the ordinary way with any of the first seven dressings. They are very palatable when quartered lengthwise and sprinkled with lemon juice and olive oil.

Sliced onions, sliced tomatoes, cucumbers, endive, Swiss chard, young carrots, green peas in the pods, nasturtiums, celery, cabbage slaw, young spinach, parsley, water cress, and dandelions are all good with any of the dressings mentioned, to suit individual taste. Water cress is very palatable with lemon juice and olive oil. The flavor of tomatoes blends well with mayonnaise, or with dressing No. 6.

Salad Dressings

1. Lemon juice.
2. Lemon juice and sugar.
3. Lemon juice and olive oil.
4. Orange juice (with or without olive oil).
5. Rhubarb juice (with or without olive oil).
6. Stir into ½ cup of oil 1 cup of finely chopped onion or parsley; add the juice of 1 lemon and a pinch of salt.

7. Stir into 1 cup sour cream, 3 tablespoons sugar; add lemon juice to taste.

8. Stir into 1 beaten egg, 1 cup sweet cream and the juice of 1 lemon; add sugar to taste.

9. Whip cream, season with lemon juice, a little celery salt and a bit of red pepper (if desired); mix well; a few raisins, chopped fine, may be added.

10. Take the yolk of 1 egg, ½ teaspoon salt, sugar and mustard, and a dash of white pepper (if desired); beat well and add 1 pint cream and the juice of 1 lemon.

11. ½ cup lemon juice, 1 cup water, a little salt and the juice of 1 onion.

12. Take fresh, juicy sweet corn, split down the grains and scrape out the juice and pulp; to the juice thus obtained, add an equal amount of nut cream made by thoroughly mixing peanut butter with water to the consistency of cream; add salt to taste.

13. Grate Spanish onions, add salt, lemon juice, sweet cream or olive oil, and, if desired, a dash of white pepper.

14. Juice of 2 lemons, ½ cup water, pinch of salt and 2 tablespoons olive oil.

15. **Mayonnaise Dressing:** Take the yolk of 1 egg, 1 teaspoon each of salt, sugar and mustard, and stir together (always in one direction), meanwhile adding 1 cup oil, drop by drop, and, lastly, in the same manner, the juice of 2 lemons; keep in a cool place.

16. **French Dressing:** 1 teaspoon salt, 1 of sugar, ½ cup olive oil, 2 tablespoons onion juice and juice of 1 lemon; mix thoroughly.

17. Mix equal parts olive oil, sweet or sour cream, and lemon juice; add a little salt.

SOUPS

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

In the natural diet, we tolerate rather than recommend the use of soups. They are objectionable for several reasons.

Most soups are not relished except when taken hot, and hot foods, especially liquids, have the effect of anaesthetizing, weakening and dilating the stomach. Moreover, like all other liquids, they dilute the digestive juices, all of which tends to weaken and retard the digestion of foods in the stomach.

Soups should be taken slowly and as cool as they can be relished. It is well to take with the soup some solid food, such as whole grain bread, whole wheat croutons or triscuits, or some vegetable relish, such as radishes, onions, celery, etc.

It is not at all necessary to begin every dinner with soup. It should not be served more than two or three times a week. The soup habit should be avoided.

Meat Soups

As far as meat soups are concerned, instead of containing the strength of the meat, as commonly supposed, they contain much of uric acid and other morbid materials with which the animal carcass is saturated, and in addition to this some fats and gelatin, but very little of the protein elements. The latter coagulate and remain in the meat fiber.

Well-informed physicians now admit that soups and meat extracts have more of a stimulating than a nourishing effect upon the system. This artificial stimulation is caused by the poisonous acids, alkaloids and ptomaines contained in the meat. The most valuable constituents of flesh foods, the animal life element or animal magnetism, is largely destroyed and dissipated through boiling.

Vegetable Soups

Pure vegetable soups, properly prepared, are rich in the mineral elements, which are of the greatest importance in the economy of the body, but care must be taken not to boil the vegetable soups longer than necessary, in order to avoid as much as possible the disintegration of the live-organic combinations of the vegetable food elements and the dissipation of the vito-chemical life element (vitamines).

The foundation of vegetable soups is a stock made from different leafy vegetables and roots, with a very small addition of peas or beans to supply the rich flavor of the protein which makes meat soups so palatable.

All vegetables may thus be utilized with the possible exception of the red beet, which would impart a reddish color to the stock. The outer leaves of cabbage, spinach, lettuce, kale, the tops of beets and other roots, the tough portions of celery, asparagus and green onions, which usually go to waste, make excellent soup stock, because they are rich in the mineral salts,—the essential elements in good soup.

To clarify the stock, use crushed egg-shells. This is another by-product of the kitchen that is generally thought fit only for the garbage can; yet the lime and

other minerals contained in the shells of the eggs are valuable elements of nutrition. The egg-shells should be washed, dried in the oven, crushed and kept in a covered jar until required for clarifying soups and cereal coffee.

SOUPS MADE WITH LEGUMES

1. Cream of Bean and Salsify

Groups St. P. M.—S. F.

Sort and wash 1 pint navy beans and soak them over night. Cook with 1 large onion and a handful of parsley in enough water to cover well, until nearly done. Add 12 good-sized salsify roots, peeled and cut into small pieces. Cook one hour longer, adding more water if necessary. Rub through a colander, reheat, and add stock or milk to make 3 quarts. Season, and add butter.

2. Puree of Bean

Groups St. P. M.—F.

Soak 1 pint of navy or kidney beans over night. Cook in enough water to cover until nearly tender. Add 4 or 5 tomatoes and 1 onion cut in pieces. Cook about thirty minutes longer, mash through a colander, add hot milk (if desired), butter and seasoning, and sprinkle with a little chopped parsley.

Note: Olive oil, used instead of butter, imparts a flavor relished by many.

3. Lima Bean Soup

Groups St. P. M.—F.

Follow the directions for Puree of Bean, using lima beans.

4. Mexican Bean Soup

Groups St. P.

Soak 1 pint of brown or Mexican beans over night. Cook until nearly tender. Add 2 potatoes cut into dice and cook until potatoes are soft. Mash through a colander, add ½ teaspoon sugar, and butter and salt to taste.

5. Puree a la Jackson

Groups St. P. M.—F.

Soak 1 pint each of dried peas and beans. Cook about one hour in water enough to cover. Add 1 turnip, 1 large carrot, 2 celery roots (German celery), and 6 potatoes cut indo dice. Cook one hour longer, or until thoroughly done, and mash through a colander. Add plenty of butter or olive oil, seasoning, and chopped parsley.

6. Lentil Soup

Groups St. P. M.—F.

Soak 1 pint of lentils over night. Cook with a bunch of parsley in water enough to cover well for about one hour. Add 1 cup tomatoes, canned or fresh, 1 Spanish onion and 2 carrots cut into dice. Rub through a colander and reheat with water or stock sufficient to make 2 quarts of soup. Brown 2 teaspoons flour in an equal amount of butter and add to the boiling soup. Cook five minutes longer, season to taste, add more butter, and sprinkle with chopped parsley, if desired.

7. Plain Pea Soup

Groups M. S.—St. F. P.

Wash the pods of 1 pint of fresh shelled peas and boil with a few sprigs of parsley or marjoram in water

enough to cover, about thirty minutes. Strain, and cook the peas in this water until tender. Season to taste, thicken with 1 tablespoon flour rubbed smooth in a little cold milk or water, and add 1 tablespoon butter, also hot stock or milk to make 2 quarts. Do not strain. Sprinkle with chopped parsley.

8. Puree of Peas—I

Groups St. P.—F. M.

Soak 1 pint yellow split peas over night; cook in water enough to cover, with 1 small onion and a little celery. Let simmer gently for two hours, then rub through a colander. Reheat, adding water to make 2 quarts. Let boil a few minutes, season, and add butter or olive oil. Serve with croutons.

9. Puree of Peas—II

Groups St. P. M.—F.

Soak 1 pint of dried peas over night (or use 1 quart of fresh shelled peas). Cook in water enough to cover well, with 1 onion and a bunch of savory herbs. When the peas are tender, remove the flavoring, and rub through a colander. Reheat, adding water or stock to make 2 quarts. Season, add butter, sprinkle with finely chopped parsley, and serve with croutons.

10. Puree of Peas—III

Groups St. P.—F.

Soak dried peas over night. When ready to cook cover with cold water. When tender, press through a colander, add butter and salt, and let stand on back of range until it thickens. Puree of beans or lentils may be made in the same manner.

11. Dark Surprise Soup

Groups St. P. F.—M.

Soak over night 1 pint each of black beans and lentils. Let boil gently until soft in water enough to cover, with 1 onion and 1 pod of okra. Mash through a colander and return to kettle. Add water enough to make 2 quarts, and cook for twenty minutes with a little thyme, summer savory and parsley; add butter and seasoning. Before serving, add 4 hard-boiled eggs, chopped fine, and 1 lemon sliced very thin.

SOUPS MADE WITH MILK

12. Cream of Asparagus—I

Groups M. F.—P. St.

Cut the tough ends of about 2 dozen stalks of asparagus into small pieces and cook slowly in 3 pints of water about one hour. Make a cream sauce of 2 tablespoonfuls each of flour and butter, and 2 cups milk. Add to this the strained asparagus water, and the tips and tender parts of the asparagus, which has been cut fine and cooked separately. Season to taste, add butter, and serve.

13. Cream of Asparagus—II

Groups M.—F. P. St.

Cut the tips and tender portions of about 2 dozen stalks of asparagus very fine and cook them in enough water to prevent burning. Heat milk to boiling; thicken with cracker crumbs. Add asparagus, also butter and seasoning to taste. Let boil a few minutes and serve.

14. Cream of Barley

Groups St.—P. M. S. F.

Wash 1 cup **barley** and cook in 1 quart **water** until soft. Peel and grate 1 medium-sized **onion**, and add the **juice** and about half the **pulp** to the **barley**. Let it boil, then rub through a coarse-wire sieve. Add 1 quart **milk** (hot), **butter**, and **seasoning** to taste.

15. Cream of Beet

Groups S. M.—St. F. P.

Peel and cut into small strips 6 good-sized **beets** and 1 **onion**. Add a small piece of **sweet pepper** and a spray of **parsley**. Cook in **water** enough to prevent burning until the **beets** are very tender; remove **pepper** and **parsley**, rub **beets** through a sieve. Reheat, and thicken with a little **flour** and **butter** blended. Add 1 quart hot **milk**, and the well-beaten yolk of 1 **egg**. **Season** to taste.

16. Cream of Carrot

Groups M. S. F.—St. P.

Cut about 1 dozen **carrots** into small pieces. Cook until tender in enough **water** to prevent burning, with a small piece of **butter** added. Mash through a colander and reheat, adding about 3 pints hot **milk**, 2 tablespoons **butter**, and 1 tablespoon **flour** rubbed smooth in a little cold **milk**. Let all come to boiling and **season** to taste.

17. Cream of Celery—I

Groups M. F.—St.

Cut the outer, tough part of 4 stalks **celery** into pieces. Cook slowly in 2 pints **water** about one hour.

To the strained celery stock add about 1 cup finely cut. crisp, white celery, cooked separately in a small quantity of slightly salted water until tender. Thicken with flour blended with butter, and add 1 pint rich cream, heated. Let boil a few minutes and serve.

18. Cream of Celery—II

Groups M. F. S. P.—St.

Cut 2 large stalks celery into small pieces. Cook in a double boiler with 2 pints milk until tender. Mash through a colander and return to double boiler. Add a cream sauce made of 2 tablespoons each of flour and butter and 1 pint milk. Let come to boil, season to taste, and stir in 1 cup whipped cream (unsweetened) before serving.

19. Cream of Cheese (Duchess Soup)

Groups P. F.—S. M. St.

Put 2 tablespoons butter in a saucepan. When melted, add 1 onion, sliced. Cook until soft and creamy, and sift in 2 tablespoons flour, stirring well to prevent lumps. Transfer to double boiler, add 3 pints hot milk, and seasoning to taste. Add 6 tablespoons grated cheese, stirring well. When smoking hot, rub through a fine sieve, reheat, and serve.

20. Cream of Chestnut

Groups F. P.—S. M. St.

Scald and peel chestnuts to make 1 pint. Cook in 1 quart water until soft, then rub through a colander. Add 1 quart hot milk, season, add butter, let cook two minutes, and serve.

21. Cream of Corn—I

Groups S. M. F. P.—St.

To 2 cups **corn**, grated or scraped, add 1 grated **onion** and 3 pints hot **milk**. Cook in double boiler about twenty minutes; add **butter** and **seasoning** to taste.

22. Cream of Corn—II

Groups S. F. M.—P. St.

Simmer 1 quart grated **corn**, in **milk** to cover, about thirty minutes. Add 4 tablespoons **butter**, **salt** to taste, a little grated **onion**, then thin with hot **milk** to make the desired consistency. Before serving add 1 tablespoon of **whipped cream** to each portion, also a little minced **parsley**.

23. Cream of Lettuce

Groups M. F. S.

Wash well and cut fine some **lettuce leaves**, also a small amount of other vegetables, such as **carrots**, **leek** and **onions**. Stew in a little **salted water** until soft, press through a colander; reheat. Just before serving, add ½ cup **cream** and 1 cup finely shredded **lettuce**.

24. Cream of Mushroom—I

Groups P. F.—St. S. M.

Wash well, peel and chop fine 2 quarts **mushrooms**. Add **water** enough to cover, and a small piece of **butter**. Let simmer until nearly done, stirring often. Add ½ teaspoon grated **onion**, and thicken with **flour** blended with **butter**. **Season**, and add enough hot **milk** to make 2 quarts. Let boil two minutes, and serve.

25. Cream of Mushroom—II

Groups P. F.—St. S.

Peel and wash well 1 quart **mushrooms**. Add **water** enough to cover, and boil until tender enough to rub through a coarse sieve. Make a cream sauce, using 2 tablespoons **butter**, 3 tablespoons **flour**, and 1 quart **milk**. Add the **mushrooms**, **season** to taste, and serve with **bread sticks**.

26. Noodle Soup

Groups St. S. F. P.

Heat **milk** in double boiler or over an asbestos mat. Add the desired amount of **noodles**, let boil about twenty minutes, **season**, sprinkle with finely chopped **parsley**, and serve at once.

27. Cream of Onion

Groups M. F. S. P.—St.

Peel and slice 6 **Spanish onions**. Heat 2 tablespoons **butter**, add the **onions**, and stir until they begin to cook. Add 1 cup **water**, cover and let simmer about thirty minutes longer, then add 1 quart hot **milk**. Strain, add ¼ cup **cracker crumbs**, and **seasoning**.

28. Onion Soup

Groups M. F. P. S.—St.

Chop 4 good-sized **onions** and cook very slowly until soft; add 1 quart rich **milk**, heated; **season**, thicken with **cracker crumbs**, add a good-sized lump of **butter** and serve without straining.

29. Browned Onion Soup

Groups M. F. S. P.

Slice **onions**, put in a baking pan with a little **butter**, and let brown well but do not burn. Put the **onions** in a saucepan with hot **milk**, and let simmer about one-half hour. **Season**, add **butter**, strain and serve.

30. Cream of Potato

Groups St. F. P. M.—S.

Cut 6 large **potatoes** into pieces, and cook until soft in enough **salted water** to cover. Mash through a colander, add 1 quart hot **milk**, a lump of **butter, seasoning** to taste, and a little chopped **parsley.**

31. Potato Soup

Groups St. M. F.—S. P.

Pare and cut into dice 3 large **potatoes** and **1 onion.** Cover with cold **water**, add **butter** the size of a walnut, and cook about thirty minutes. Add 1 quart hot **milk.**

Rub 1 tablespoon **butter** into 2 of **flour** with ½ teaspoon **baking powder** added. Make a fairly stiff dough with cold **milk**, roll thin, and cut into small squares or diamonds. Heat the **potatoes** and **milk** to boiling, drop in the **dough**, cover closely, and let boil about ten minutes. **Season**, sprinkle with finely chopped **parsley** or **thyme**, add **butter**, and serve.

32. Cream of Rice

Groups St. F. S. P. M.

Rub 1 cup cooked **rice** through a coarse-wire sieve. Add 3 pints **milk** and the **juice** of 1 **onion**, and heat

to the boiling point in double boiler; add butter and seasoning to taste.

33. Squash Soup

Groups F. S. M. P.—St.

Peel and quarter 1 small squash, remove seeds, cut into pieces and steam until tender; rub through a coarse sieve, and heat to boiling in double boiler with 2 quarts milk. Season with butter and nutmeg, and add the well-beaten yolks of 2 eggs. Serve with croutons.

34. Cream of Tapioca

Groups St. F. M. S. P.

Wash ½ cup tapioca, let soak for two hours in cold water, then put on to cook with 1 onion and 2 stalks celery, chopped fine. Cook until the tapioca is clear, adding more water if necessary. Make a cream sauce of 2 tablespoons each of butter and flour, blended, and 1 quart milk, and add to the soup. Season to taste, and serve.

35. Cream of Tomato—I

Groups M. F. S. P.—St.

Cook 1 can tomatoes, or fresh tomatoes, cut up to make 1 quart, and 1 large onion, with 1 teaspoon sugar added, for about twenty minutes in water enough to prevent burning. Rub through a coarse sieve, reheat, and add a pinch of baking soda. Meantime, heat 3 pints milk to boiling in a double boiler, and thicken with 1 tablespoon flour or cornstarch rubbed smooth in a little cold milk. Add the tomatoes to the milk,

stirring constantly. Season, and add butter the size of a walnut.

36. Cream of Tomato—II

Groups M. F. S. P.—St.

Cook and strain through a coarse sieve 1 quart tomatoes. Reheat to boiling point, and thicken with a little cornstarch. In a saucepan melt 1 large tablespoon butter, sift in 1 tablespoon flour, and let cook until perfectly smooth, then add slowly sufficient hot milk to make 1 quart. Heat to boiling, mix with the tomatoes, season, and add more butter and a little sugar, if desired. This will not curdle.

Note:—Many people experience difficulty on account of the curdling of the milk. The secret of success lies in using fresh milk, and having both the milk and tomatoes at equal temperature at the time of mixing. It is better to add the tomatoes to the milk, not vice versa. If there is any doubt about the freshness of the milk, a small amount of baking soda added to the tomatoes will counteract the acidity; but this addition of inorganic soda to food is undesirable and should be avoided.

37. Cream of Leek

Groups M. F.—St.

Cut leeks in small pieces, cover with water, let simmer until tender, then rub through a fine sieve. Heat ½ cup butter, add 2 tablespoons flour (to 2 quarts of stock); let simmer, but not brown. Add a little of the hot stock and stir until smooth, then add to the soup, which should be of a creamy consistency. Season to taste, and, lastly, add 1 cup hot cream.

38. Salsify Soup

Groups M. S. F. P.—St.

Allow 4 stalks salsify to each plate of soup; scrape and cut into desired pieces; put on to cook with butter and just enough water to cover; when tender, add a sufficient amount of hot milk; let boil about five minutes; season, and serve with crackers.

39. Puree of Carrots

Groups S. M. F.—St. P.

Scrape and slice 6 large carrots; boil in a very small quantity of water with 2 tablespoons butter; when tender, rub through a sieve, add salt and sugar to taste, and hot cream; beat well, let boil up; garnish with minced parsley and serve.

40. Cream of Peas

Groups (green peas) S. M. F. P.—St.

Mash 2 cups cooked peas (fresh or dried) through a coarse sieve. Add 1 grated onion, 3 pints milk, butter, and seasoning to taste. Heat to boiling point and serve with croutons or egg beans.

41. Puree of Sweet Peas

Groups S. M. F. P.

Cook 1 pint of shelled peas and 1 slice of onion, with 1 small teaspoon sugar added, in enough water to cover until soft. Add 3 pints hot milk, or half milk and half water, and let simmer about twenty minutes longer. Thicken with 1 tablespoon each of flour and butter, blended. Let boil a few minutes, season, and mash through a colander. Reheat, sprinkle with chopped parsley, and serve.

SOUPS MADE WITH VEGETABLE STOCK

42. Vegetable Stock (for Clear Soups)

Groups M.—St. S. P.

Wash carefully, using a stiff brush for the roots, ½ cup peas, beans or lentils (not soaked), 2 parsnips, 1 turnip, 4 carrots, 1 sweet pepper, 2 stalks celery (with leafy tops), 1 onion, ½ cabbage, 2 tomatoes, a small handful parsley, 1 bunch wintergreen. Cut into pieces and cook slowly in 3 quarts water from one to two hours. Strain, add salt to taste, and keep in a cool place until needed. Instead of the foregoing combination, any other vegetables may be used (see introduction to soups).

If stock of stronger flavor and darker color be desired, the stalks, roots and tubers may be cut into pieces and browned in the oven or frying-pan with a little butter before cooking them with the green vegetables.

Note:—The shells of eggs, crushed and kept in a jar until required, may be boiled with the vegetables to clarify the stock. For amber stock, use the outer skins of onions.

43. Vegetable Bouillon (Consomme)

Groups M.—F. St. S. P.

Heat rich, clarified vegetable stock; add butter and seasoning to taste, and serve in bouillon cups.

44. Asparagus Soup

Groups M. F.—St. S. P.

Cut about 2 dozen stalks asparagus into small dice, cook slowly until tender, in enough water to prevent

burning. Add hot vegetable **stock** to make 2 quarts. Beat together the **yolks** of 2 **eggs** and ½ cup **cream**; stir the **soup** into this, and serve at once.

45. Barley Soup

Groups M. St.—F. P.

Add 1 quart **water** to 1 cup **tomatoes** cut into pieces, then add **butter** the size of a walnut, ½ cup **barley**, and cook slowly until the **barley** is soft. Add rich vegetable **stock** (hot) to make 2 quarts, and **season** to taste.

46. Celery Soup (German Style)

Groups M.—F. St. S. P.

Cut 4 stalks **celery** very fine, and cook in a small quantity of **water** until tender. Add 3 pints of either **stock** or **milk** (hot), **butter** and **seasoning** to taste.

47. Chervil Soup

Groups M. F. St.—P.

Wash and chop fine 1 large bunch **chervil**. Cook in 2 quarts **stock** about fifteen minutes. Add 2 **potatoes** cut into small diee. Cook until **potatoes** are done, add 2 tablespoons **flour** blended with **butter**, and let come to a boil. **Season** to suit taste.

48. Chestnut Soup—I

Groups F. P. St.—M.

Put 1 pound of **chestnuts** into a stewing pan with about 2 quarts of **water**; let cook until tender, then add 1 cup washed **rice**, a little more **water** and **butter**, and 1 **cream cheese**, grated; when the **rice** is tender, drain through a fine sieve; season and serve.

49. Chestnut Soup—II

Groups **M. F. P.**—St. S.

Chop 1 cup boiled **chestnuts** very fine. Add 2 quarts **stock**, heat, and add **butter** and **seasoning** to taste. If necessary, thicken with **flour** and **butter**, blended. When serving, add 1 tablespoon **whipped cream** (unsweetened) to each portion.

50. Consomme Royal

Groups **M. F. P.**—S. St.

Slice 1 **onion**, add 1 sprig **parsley** and 1 quart **milk**. Cook in double boiler and strain. When cool, add 1 **egg**, slightly beaten, **salt** to taste, and a little **nutmeg**. Reheat, add 3 pints **stock** (hot), 1 tablespoon **Parmesan cheese** (grated or shaved), and serve with squares of hot **buttered toast**.

51. Corn Soup

Groups **M. S. F.**—P. St.

Cook 2 cups sweet **corn**, grated or scraped (**canned corn** may be used), 2 quarts **stock**, about twenty minutes in double boiler; add **butter and seasoning** to taste.

52. Soup a la Creole

Groups **M. F. P. St. S.**

Chop 1 head **lettuce**, 1 **onion**, and a few **sprigs of parsley**, and put them into a saucepan with **butter** the size of an egg. Cover, let stew gently for ten minutes, then sift in 2 tablespoons **flour**, stirring well to prevent lumps. Add slowly 2 quarts boiling **stock**, then 1 cup **mashed potatoes** rubbed smooth with **cream**. Season, and add a pinch of **nutmeg**. Beat 4 **eggs** with

1 cup cream in the tureen; pour the soup over this, stirring constantly. Serve at once with croutons.

53. Einlauf Soup (A German Dish)

Groups M. F. P.—St.

Take as much soup stock as desired. Drop from the end of a spoon or pour slowly through a coarse sieve a thin, smooth batter made with 1 egg, well beaten, 1 tablespoon flour, and a pinch of salt. Let cook for two minutes before serving.

54. Favorite Soup

Groups M. St. P. F.—S.

Cut 1 large onion and 1 carrot into tubes; put into a frying-pan with ¼ cup melted butter; cook slowly a few minutes, then add 6 good-sized tomatoes, cut in pieces; 2 quarts boiling water or stock, 1 tablespoon flour browned in butter, and 1 cup rice. Cook slowly until the rice is tender; season, and serve.

55. Julienne Soup

Groups M. S. St.—P. F.

Cut in small strips, 2 large carrots, 2 turnips, 2 parsnips, a small head of cabbage, 1 Spanish onion, 3 or 4 potatoes, about 6 tomatoes, and 1 stalk of leek. Add 3 quarts of stock and let boil gently for about one hour. Add a generous lump of butter, and season to taste.

56. Lettuce Soup

Groups M. F.—St. S. P.

Cut fine 3 heads of nice, crisp lettuce and 2 green onions. Put into a kettle with 2 tablespoons butter, and cook about five minutes, stirring constantly. Add

3 pints **stock** (hot), let cook slowly about twenty minutes, and **season** to taste. Add 1 cup **whipped cream** (unsweetened) just before serving.

57. Mock Turtle Soup

Groups **M. P. F. St.**

Cut into small dice 1 **carrot**, 2 **potatoes**, 1 **onion**, and 1 stalk **celery**. Cook in **water** enough to prevent burning about fifteen minutes. Add 1 cup **mushrooms**, cut into small pieces, and cook about ten minutes longer. Add **water** or **stock** (hot), to make 2 quarts. Brown 1 tablespoon **flour** in same amount of **butter**, and add to **soup**, with **seasoning** to taste. Let boil a few minutes, then pour over the **yolks** of 2 hard-boiled **eggs**, chopped fine, and 1 **lemon**, cut into dice.

58. Cream of Nut Soup

Groups **M. F. P.—St. S.**

To 1 cup **nut meal** add 3 pints **stock**, stirring well to prevent lumps. Heat, add a little **butter**, and **season** to taste. Beat the **yolk** of 1 **egg** well, stir the **soup** into it, and serve at once.

59. Noodle Soup

Groups **M. St.—P. S.**

Into boiling **stock** drop the desired quantity of **noodles** (see Recipe No. 105). Let boil from **twenty** to **thirty** minutes before serving.

60. Rice Soup—I

Groups **M. St.—F. S. P.**

Heat **stock** to boiling. To every quart add 1 large **tablespoon rice**. Let cook about half an **hour**, and add

butter and seasoning to taste. Green peas or slices of carrot may be added if desired.

Note:—Sago, tapioca, farina and the different kinds of noodles on the market may be used instead of rice.

61. Rice Soup—II

Groups M. St.—F. S. P.

Wash ½ cup rice, add 1 pint cold water; let come to the boiling point and boil hard for five minutes. Add 3 pints of stock (boiling hot), some cooked green peas, or any other cooked vegetable (as, for instance, carrot or cauliflower, cut into dice). Let simmer on back of stove for ten minutes, then add butter and seasoning to taste.

62. Sago Soup, With Egg

Groups M. F. St.—S. P.

To 1 quart soup stock add 1 tablespoon sago. Let cook until sago is clear. Just before serving, add the well-beaten yolk of 1 egg to each quart of soup.

63. Salsify Soup (Oyster Plant)

Groups M. F.—St.

Follow directions for celery soup, substituting salsify for celery.

64. Scotch Kale Soup

Groups M.—F. St. P. S.

Wash well and chop very fine sufficient kale to make 2 cups. Cook in 4 quarts stock about one hour. Add butter, salt, ½ cup rolled oats, and 1 grated onion. Let cook about thirty minutes.

65. Spinach Soup

Groups M.—F. St. P. S.

Follow the directions for **Scotch Kale Soup**, substituting **spinach** for **kale.**

66. Tomato Consomme

Groups **M.**—F. St. S. P.

Cut 10 **tomatoes** into pieces without removing the skin; peel and slice 1 **Spanish onion**; cook with 2 **bay leaves** in about 1 quart water. Strain, **season** to taste, add **butter**, and serve in bouillon cups.

67. Tomato Soup

Groups **M. F.**—St. S.

To 1 quart **tomatoes** cut into pieces (or an equal amount of **canned tomatoes**), add ½ teaspoon **sugar** and 1 **bay leaf.** Cook in 1 quart **water** about thirty minutes, strain, and reheat. When boiling, add 2 tablespoons **flour** blended with 2 tablespoons **butter**; let cook ten minutes, and season with **celery salt.**

Note:—Instead of **flour**, 2 tablespoons **rice** may be used.

68. Tomato Soup With Noodles

Groups **M.** St.—P. S. F.

Peel 5 or 6 **tomatoes**, cut into small pieces, and cook with 2 quarts **stock.** When boiling, add the desired quantity of **noodles** (see Recipe No. 105, page 65), let boil fifteen to twenty minutes, add **butter** and serve.

69. Puree of Tomatoes

Groups M.—St. F. S. P.

Cut into pieces 6 large **tomatoes**, 1 **potato**, 1 **onion**, and 3 or 4 stalks **celery**. Add 1 **bay leaf**, a few sprigs **parsley**, and cook about one hour in enough **water** to prevent burning. Strain through a colander; add **stock** to make 2 quarts, reheat, add **butter**, a little **sugar**, and **seasoning** to taste. When boiling, thicken with 1 teaspoon **cornstarch** dissolved in a little cold **water**.

70. Vegetable Soup

Groups M.—St. S. P. F.

Cut into small pieces **celery stalks**, **cabbage leaves**, 1 small **onion**, **parsley**, **cauliflower**, and any other non-starchy vegetable you may have on hand. To 1 cup vegetables add 1 **tomato** and a few **green peas**. Cook in **water** about thirty minutes. Add 1 or 2 **potatoes** and 1 **carrot** cut into small dice. Cook until **potatoes** are soft, **season** to taste, and serve.

71. Puree of Vegetables

Groups M. S. St.—P. F.

Cut into pieces and cook together in **water** enough to prevent burning, 1 **carrot**, 1 **turnip**, 1 **parsnip**, 2 **potatoes**, 1 stalk **celery**, 2 **tomatoes**, and a small handful chopped **parsley**. When thoroughly done, mash through a colander, add **stock** to make 2 quarts, reheat, add **butter**, and **season** to taste.

whole **cinnamon**, the **juice** and **rind** of 2 **lemons**, and **sugar** to taste. Cook until the **sago** is clear.

86. Gooseberry Soup

Groups **M. St. S.**

Pick and wash 1 quart of **gooseberries** and cook in 3 pints **water** until nearly soft. Add 3 tablespoons of **sago** or **tapioca**; let cook until **sago** is clear, and **sweeten** to taste.

87. Grape Soup

Groups **S. M. St.—F.**

Cook 2 quarts of **Concord grapes**, picked from the stems, in **water** enough to cover well, about thirty minutes. Strain, add ½ cup **sago**, and **sugar** to taste. Let cook until **sago** is clear. If necessary, add **water** to make 2 quarts. Serve with squares of **buttered toast.**

88. Lemon Soup

Groups **M. F. P.—S. St.**

Add the **juice** of 4 **lemons** and the grated **peel** of 1 **lemon**, to 2 quarts of **water.** When boiling, thicken with 1½ tablespoons **cornstarch** dissolved in a little cold **water**; cook about five minutes. Beat the **yolks** of 3 **eggs** and 1 cup **sugar** until light and foamy. Over this pour slowly the boiling **lemon soup**, stirring constantly in one direction.

89. Rhubarb Soup

Groups **M. F. P.—S. St.**

Cook 4 cups **rhubarb**, which has been cut into inch-long pieces, the **juice** of 1 **lemon**, and 4 pints of **water**

until soft. Rub through an enameled colander and reheat. When boiling, add 1 tablespoonful **cornstarch**, dissolved in a little cold **water**. Beat well the **yolks** of 2 **eggs** with 1 cup **sugar**. Pour over this the boiling **rhubarb soup**, stirring constantly in one direction. Add more **sugar** if necessary. Beat well the **whites** of the **eggs** with 1 tablespoon of powdered **sugar**. Heap in little mounds on the soup before serving.

UNCOOKED SOUPS

Note:—For those readers who wish to adhere to a strictly uncooked diet, we have added a few recipes of soups made from vegetables and fruits without the use of fire in their preparation.

As will be noticed, it is possible to make combinations and have variety just as well as in cooked soups. Honey has been used in preference to the commercial sugar, because the latter is not an "uncooked" product. Furthermore, honey imparts a distinct flavor to the food which greatly improves it. It will also be found that, by using vegetables in the uncooked state, the desire for salt is greatly lessened.

Fruits and vegetables containing acid are liable to form poisonous compounds with the metal in tin or copper vessels and granite ware in which the enamel has been cracked. It is therefore advisable to use aluminum vessels or porcelain-lined vessels and utensils.

90. Banana Soup

Groups F. P. S.—St. M.

Into 6 ounces flaked **nuts**, (preferably **pine nuts** or **Spanish peanuts**) stir the **juice** of 1 **lemon**. Let stand about fifteen minutes. Add 4 ripe **bananas**, macerated

with a silver fork, and 1 grated **apple.** Beat well together, flavor with **cinnamon, nutmeg, anise seed,** or a pinch of **ginger,** as preferred; sweeten with **honey.** Add 1 quart hot **water** and serve in heated bowls.

91. Cream of Apple

Groups **M. F. P. S.**

Grate 3 **apples** (do not remove parings), add 6 ounces flaked **pine nuts** or **Spanish peanuts,** flavor with **cinnamon** or **nutmeg** and sweeten with **honey.** Beat together until creamy. Add 1 quart hot (not boiling) **water.**

Note:—Heat the bowls before serving, or place them in larger bowls containing hot water.

92. Cream of Cabbage

Groups **M. F. P.**

Chop very fine enough crisp, tender **cabbage leaves** to make 2 cupfuls. Add 6 ounces flaked **nuts** and rub together with a wooden masher until thoroughly blended. Add 1 teaspoon ground **caraway seed** and a pinch of **ginger** or **paprika.** Let stand about fifteen minutes. Stir into the mixture 1 tablespoon **olive oil** or **peanut oil** and 1 **egg,** well beaten together. Add 1 quart hot (not boiling) **water.** Serve in heated **bowls.**

93. Cream of Peas and Carrots

Groups **S. M. F. P.—St.**

Mix thoroughly 1 cup tender **green peas,** flaked like nuts, 1 cup grated **carrots,** a little **parsley** or **marjoram,** chopped very fine, 1 cup **cucumber juice,** 1 cup **rhubarb juice,** and 2 ounces flaked **nuts.** Add 2 tablespoons **olive oil,** a little **honey,** if desired, and beat well; add

water to make 2 quarts (hot or cold). If hot water is used, serve in heated bowls.

94. Cream of Celery

Groups M. F. P.

Follow the directions for Cream of Cabbage, recipe No. 92, substituting celery for cabbage.

95. Cream of Corn

Groups S. M. F. P.

Beat well together, sweet corn grated from the cobs to make 2 cups, grated radishes or young white turnips to make 1 cup, 1 teaspoon onion juice, finely chopped parsley, 2 tablespoons olive oil, 1 quart milk (either hot or cold); add the olive oil last, and the milk just before serving.

96. Cream of Tomato

Groups M. F. P.

Peel 6 or 8 tomatoes, cut them into pieces and macerate with a silver fork. Add 6 ounces flaked nuts, flavor with parsley or other herbs, and add 2 tablespoons olive oil. Heat by placing in a vessel containing boiling water, and serve in heated bowls.

97. Corn Soup

Groups M. F. S. P.

Beat well together 1 cup sweet corn grated from the cob, 1 cup tomato pulp, and 1 cup each tomato juice and cucumber juice. Add 6 ounces flaked nuts and finely chopped parsley or thyme. Let stand about fifteen minutes. Add 1 tablespoon olive oil, beat all

well together, and add 1 pint hot water. Serve in heated bowls.

98. Oatmeal Fruit Soup

Groups M. S. St. P. F.

Stir together, 3 pints fruit juice (which may be obtained by pressing grapes, juicy berries, cherries, peaches, apples, etc., through a fruit press, or by soaking dried prunes or peaches in water for forty-eight hours), ½ pint orange juice, and 1 pint rolled oats or wheat. Let stand about ten minutes. Add 2 tablespoons olive oil, sweeten with honey as required, beat well, and serve. Use only aluminum or silver spoons.

99. Rhubarb Soup

Groups M. St. F. P. S.

To 1 cup rolled oats or wheat, soaked in an equal amount of water for about three hours, add 1 cup flaked nuts. Mix thoroughly with 3 pints rhubarb juice, obtained by grating the fresh stalks and pressing the pulp through a fruit press. Add honey to taste, and 1 tablespoon olive oil. Let stand about fifteen minutes before serving.

100. Tomato Soup

Groups M. F. S.

Peel 6 or 8 tomatoes and chip them into small chunks. Add some finely chopped celery, and, if desired, thyme or parsley. Add honey to taste, and about 2 tablespoons olive oil. Let stand a while before serving.

ACCESSORIES TO SOUPS

101. Bread Sticks

Groups St. P.

When making bread, take some of the **dough** that is ready to be placed in the pans for the last rising, and roll into "sticks" about half an inch thick and four inches long. Drop the sticks carefully into **salted**, boiling **water**, let boil hard for two minutes, lift out with a skimmer; drain, and place in shallow, buttered baking tins. Bake immediately in a very hot oven until golden brown.

102. Croutons

Groups St. P.

Cut stale **bread** into small dice. Brown in a frying pan or in the hot oven with a little **butter**, stirring frequently to insure browning on all sides.

103. Egg Beans

Groups P. F. St.

Beat 1 **egg** slightly, add ½ teaspoon **salt** and ½ cup **flour**, and stir in 2 tablespoons **milk**; pour through a colander into hot **oil** or equal parts **oil** and **butter**; let the bean-shaped drops of dough fry until golden brown, then drain on soft paper or a clean muslin cloth. Serve cold with **soup**.

104. Mandln

Groups P. F. St.

Beat 1 **egg** slightly, add a pinch of **salt** and 1 cup **flour**. Mix well into a stiff batter, put on a board sprinkled with **flour** and roll out like noodle dough.

Leave on board to dry for about thirty minutes, then cut discs from the dough with a round cutter or thimble, put into a buttered baking pan and brown quickly in a hot oven. Serve cold with soup, or they may be cooked in the soup like noodles. Stars, crescents, diamonds, or other fancy shapes may be cut from the dough with a sharp, pointed knife.

105. Noodles

Groups P. F. St.

To 2 eggs, well-beaten, add 2 tablespoons cold water and enough flour to make a very stiff dough. Roll out as thin as a wafer and dredge slightly with flour. Let dry for half an hour, then either roll, or cut into strips about two inches wide, laying one on top of the other. Cut into fine threads (guiding the knife by keeping the fingers of the left hand against it, at the same time pushing the dough forward). Shake loose and keep on stiff paper in a dry place until needed.

106. Delicious Noodles

Groups P. F. St.

Sift 1 quart flour; beat into it 4 eggs, one by one, and 1 teaspoon salt. Mix well, divide into four equal parts, roll very thin, let dry for about an hour. Make into rolls and proceed as in the foregoing recipe.

Note:—Do not use milk or water in making these noodles.

107. French Dumplings

Groups F. St. P.—M.

Cook together ½ cup butter and 1 cup water; when boiling, sift into it 1 cup flour, stirring constantly until

the mixture slips from the spoon; let cool, and add 3 well-beaten eggs; shape into dumplings with a silver dessertspoon, drop into boiling water, cover closely, and let cook three minutes; take out with a skimmer, one at a time, and put into soup, being careful not to break the dumplings.

SALADS

Key to reference letters: **St.** (Starches). **S.** (Sugars). **F.** (Fats). **P.** (Proteids). **M.** (Mineral Elements).

The leafy, juicy vegetables are most beneficial when eaten raw, prepared with lemon juice and olive oil. Never use vinegar or pepper and salt with raw vegetables. Lemon juice is the most delicious substitute for vinegar. Vinegar, a product of fermentation, is a powerful antiseptic and preservative. It is useful for preserving food in the pantry, but it is not advisable to preserve the food in our stomachs. Vinegar retards digestion, lemon juice promotes it. An exception to this is the digestion of the starches in the stomach which is somewhat retarded by acid fruit and vegetable juices. Mayonnaise and French dressings should be prepared with lemon juice instead of vinegar.

Every meal should contain a considerable proportion of uncooked fruits and vegetables, which are best served in the form of tempting salads. However, we have not confined ourselves to salads made from raw fruits and vegetables, because we wish to make our cook book thoroughly practical in the average home and thereby insure its greatest possible usefulness.

In the summer time salads should take the place, to a large extent, of soups and cooked foods. For luncheon, an appetizing fruit or vegetable salad with whole grain bread and, if desired, a glass of milk or fruit juice, will be found fully satisfying and sufficient for the brain worker, as well as for those engaged in physical labor.

There are certain rules regarding the preparation of salads which should be observed under all circumstances:

(1) Strong condiments and spices should not be used at all or very sparingly only. They over-stimulate and thereby irritate the digestive organs, the nerves and sex centers, interfere with proper digestion and assimilation, and thus result in a corresponding degree of weakness which affects the entire organism.

(2) Lemon juice should be used instead of vinegar, especially in the preparation of raw food salads, for reasons before stated.

(3) Seasoning and dressing should be added at the last moment, just before serving.

A simple and effective way to prepare a salad is to arrange crisp lettuce leaves on a plate or platter and on these put the ingredients of the salad, such as chopped or diced fruits and vegetables, either mixed together or in sections. The dressing may be mixed with the ingredients or added separately. Generally, cream dressing or whipped cream is used with fruit salads, and mayonnaise or French dressing with those composed of vegetables. Chopped or ground nuts, minced parsley, shredded green peppers or pimentoes, sprinkled over the salad, add to its attractiveness, flavor and nutritive value. Ripe olives, small radishes, or grapes halved and seeded, may be used as garnishes.

Sliced **hard-boiled eggs or ripe olives** are a suitable garnish for a vegetable salad, while large, perfect **raspberries** or **blackberries** go well with fruit salads. If **apples** or **pears** are used they should be served immediately or placed in cold water until needed, to prevent discoloration.

108. Alligator Salad

Groups **M. F. P.—S.**

Peel large **pears**, cut into lengthwise slices and stick about 4 or 5 blanched **almonds** in each slice. Arrange in circle on **lettuce leaves** and serve with **mayonnaise dressing.**

109. Almond and Pineapple Salad

Groups **M. F. P.**

To every 2 cups of **pineapple**, cut into small dice, add 1 cup of chopped **celery** and 1 cup of **almonds**, either whole, chopped or flaked. Serve on shredded **lettuce** or **romaine** with **whipped cream**, or mix with **mayonnaise No. 1**, and put a spoonful of **whipped cream** on top. Garnish with **cherries.**

110. Stuffed Apples

Groups **M. F.—P.**

Core ripe, red **apples**, scoop out the centers, mix with chopped **celery**, English **walnuts**, and finely shredded **pimentoes**, moisten well with **mayonnaise**, and fill the **apple shells.** Put a teaspoon of unsweetened **whipped cream** on top of each. Serve on **lettuce** leaves.

111. Asparagus Salad

Groups **M.—F.**

Stew slowly 1 cup each, finely chopped **onions** and celery in 1 cup each **lemon juice** and **water**, until most of the liquid is absorbed; add 1 large tablespoon **butter**, stir until dissolved, then pour over **asparagus**, arranged on **lettuce leaves.**

112. Attractive Salad

Groups M.—P. F.

Rub **Neufchatel** or **cottage cheese** to a paste with a little **cream.** Add grated **onion**, chopped **nuts** and finely cut boiled **beets.** Fill **pimentoes** or **sweet peppers** and serve garnished with **lettuce leaves.**

113. Banana and Berry Salad

Groups S. St. M.—F.

Quarter **bananas** lengthwise, then slice. Mix with an equal amount of **berries** or **grapes** cut in half and serve at once with **whipped cream.** If desired, sprinkle with chopped **nuts.**

Apples cut in small chips or dice will improve the salad for those who enjoy a tart flavor.

114. Banana and Nut Salad

Groups S. St. F. P.—M.

Peel and halve lengthwise, small, ripe **bananas,** dip in **mayonnaise** and roll in ground **walnuts** or **pecans.** Place two on a **lettuce leaf** with a tablespoon of **whipped cream.** Garnish with ripe **olives.**

115. Beet Salad (1)

Groups M. S. St.—F. P.

1 quart chopped **beets, 1 cup** chopped **cabbage, 1** grated, raw **horseradish, 1** cup **sugar** and a little salt and **lemon juice** to suit taste. Mix well and garnish with hard-boiled **eggs**; serve on **lettuce leaves** with **cream dressing.**

116. Beet Salad (2)

Groups S. St. M.—F.

Boil nice **beets.** When cool, cut in fine strips and serve on **lettuce** or tender **cabbage leaves** with **mayonnaise** No. 2. Sprinkle with ground **nuts** or finely shredded sweet **green peppers.**

The **beets** may be sliced one-fourth inch thick and cut into different shapes with fancy cutters.

117. Stuffed Beet Salad

Groups M. S. St.—F. P.

Cook **beets** of equal size. When cold, skin and cut off at one end, so that they will stand. Scoop out centers carefully, fill cavities with equal parts of **cabbage** and **celery,** chopped fine and moistened with **French dressing.** Put a teaspoon of unsweetened **whipped cream** on top and sprinkle with ground **pistachio nuts.** Arrange young **beet leaves** so that the stems will form a square place, with **beets** in center.

118. Bouquet Salad

Groups M. F.—S. St.

Boil nice, white **cauliflower** in **salted** water thirty minutes. Let drain and when cold, divide into small branches. Arrange in salad bowl and garnish with **pickled beets** and Spanish **pimento.** Pour **mayonnaise dressing** over and serve.

119. Cabbage Cups

Groups M. F.

Cut or chop fine, equal portions of **cabbage, apples** and **celery,** moisten with **mayonnaise** or **French dress-**

ing. Serve in the cup-like leaves found near the heart of the cabbage.

120. Cabbage Salad

Groups M. F.—P.

Chop fine 1 small head of cabbage, celery to make 1 pint, and 1 Spanish onion. If desired, add 1 cup of coarsely ground or flaked peanuts. Mix well with equal parts of lemon juice and olive oil and serve on lettuce leaves.

121. Piquant Red Cabbage Salad

Groups M. F. P.

Mix 1 Neufchatel or Philadelphia cream cheese with 1 small red sweet pepper, shredded very fine; add 1 cup chopped celery and 2 cups new red cabbage, chopped or shredded; moisten with a little cream, and serve on tender leaves of white cabbage with mayonnaise or sauce Hollandaise.

122. Shredded Cabbage Salad

Groups M. F.

Shred a small head of white cabbage and put it in cold water for one hour. Drain thoroughly and mix with a dressing made of 1 cup whipped cream, a pinch of cayenne pepper, a little salt, 1 teaspoon sugar and juice of 1 lemon. Serve at once, garnished with ripe olives.

123. Cabbage and Apple Salad

Groups M. F.—P.

Chop together a small head of cabbage and ½ cup nuts, add about 3 good-sized apples, cut into dice. Mix

well with dressing and serve on **lettuce leaves**, or arrange on a platter with a border of **water cress**.

124. Cabbage and Nut Salad

Groups **M. F.**—P.

Chop fine ½ head of tender **cabbage**, let stand in cold **water** for about 1 hour, drain. Add ½ the amount of finely cut **celery**, 1 cup of chopped **nuts**, 1 small minced **onion**, and a dash of **red pepper**. Mix with **cream salad dressing** and serve garnished with **ripe olives** or **pimentoes**.

125. California Salad

Groups **M. F.**—P.

Split in halves 2 nice, full heads of **lettuce**, place in **water** for half an hour, inner surface down to extract insects. Wash carefully and drain. Remove a few of the inside leaves, and fill the hollow with chips of **orange** and **grapefruit**. Along the edges place alternately **Malaga** and **Concord grapes**, split in halves and seeded. Sprinkle finely chopped **nuts** on top, and in the center place a **cherry**. Serve with **mayonnaise** or **French dressing**.

Instead of the **lettuce**, large **apples** or **pears** may be used as a foundation.

126. Calcutta Salad

Groups **M.**—St. P. F. S.

On **lettuce leaves** serve equal parts of diced **apples**, shredded **head lettuce** and cooked **lima beans**, well mixed with **mayonnaise dressing**. Garnish with **white grapes**, halved and seeded.

127. **Cantaloupe Salad (1)**

Groups M. S.—F.

Cut cantaloupes in strips, remove seeds, peel, cut into dice and serve on lettuce with mayonnaise or whipped cream.

128. **Cantaloupe Salad (2)**

Groups M. S.—F. P.

Pare a sweet cantaloupe and remove the seeds, cut in thick strips and serve on lettuce leaves with a French dressing. Force cream cheese through a ricer and sprinkle liberally.

129. **Carrot Salad**

Groups M. F. P.

Grate raw carrots, mix with pine nuts or sprinkle with ground almonds, serve on lettuce leaves garnished with ripe olives. Place a section of lemon on each plate.

130. **Cauliflower Salad**

Groups M. F. P.

Divide a head of cooked cauliflower into small flowers of equal size. Arrange on a platter, cover with mayonnaise, to which finely minced parsley has been added. Make a border of slices or sections of hard-boiled eggs and garnish with lettuce hearts or sprays of parsley and ripe olives.

131. **Celery Salad**

Groups M. F. P.

1 pint celery, chopped or diced, 1 cup chopped almonds, 2 tablespoons shredded pimentoes. Mix with

thin mayonnaise or sour cream. Serve on lettuce garnished with ripe olives or sections of tomatoes.

132. Celery and Almond Salad

Groups M. F. P.

Mix 1 cup minced celery with ½ cup shredded almonds and 1 teaspoon minced pimento; soften with cream; serve with mayonnaise.

133. Celery and Cheese Salad

Groups M. F. P.

Mash 1 cup cream cheese with a little sweet cream until smooth. Mix with 1 cup of chopped celery. Season and mold into little balls. Roll in nut meats. Serve on lettuce leaves with French dressing.

134. Celery and Orange Salad

Groups M. F. P.

1 cup chopped celery, 1 cup chopped English walnuts, 1 of orange cut in cubes; serve with sweet cream dressing.

135. Stuffed Celery Salad

Groups M. F. P.

Select the rounded, inside stalks of celery, cut in four-inch lengths and lay in cold water until required, to make crisp and firm. Drain, wipe dry and fill with Neufchatel or Philadelphia cream cheese, rubbed to a soft paste with cream and seasoned to taste with paprika and onion juice. Serve cold with mayonnaise, garnish with lettuce hearts.

136. **Salad Celestial**

Groups **M. F. P.**

Cut 2 **pears** into dice, add juice of 1 **lime,** let stand about one hour. Add 2 **cucumbers** and 1 small **nutmeg melon,** diced. Mix well with a good **French dressing.** Serve on **lettuce leaves,** garnished with **asparagus tips.**

137. **Cheese Salad (1)**

Groups **M. F. P.**

Rub 1 **Neufchatel** or **Philadelphia cream cheese** to a smooth paste with 1 tablespoon of melted **butter;** add 3 or 4 tablespoons of **sour cream.** Spread over **russet apples** cut in halves, pared and cored, and arranged on **lettuce.**

138. **Cheese Salad (2)**

Groups **P. F. M.**

Form little balls of **cottage** or **cream cheese,** roll in ground **walnuts;** place several balls on a nice, crisp **lettuce leaf,** with a spoonful of **mayonnaise;** sprinkle chopped **parsley** or finely shredded green **sweet pepper** over the whole.

139. **Piquant Cheese Salad**

Groups **P. F. M.**

Add 4 tablespoons of cream to 2 **Neufchatel cheeses,** also 10 drops of **onion juice,** and a little **paprika;** mix well, form into a roll and put on ice to harden; cut in slices and arrange on a platter, cover with strips of **pimento,** and garnish with **lettuce hearts** or small sprays of **water cress.**

140. Cheese and Pineapple Salad

Groups **P. M. F.**

To 1 cup of **cottage cheese**, add an equal amount of **pineapple** cut into cubes; serve on **lettuce leaves** with **mayonnaise** or **French dressing.**

141. Cheese and Date Salad

Groups **S. P.—M. F.**

Stone **dates**, fill cavities with **cream cheese**; arrange on a bed of finely chopped **celery** or **cabbage**; serve with **French dressing.**

Soaked **prunes** may be served in this manner.

142. Cherry Salad

Groups **M. F. P.**

Heat 1 pint of **cherry juice** to boiling; dissolve 1 tablespoon powdered **gelatin** in part of the **juice**, then add the remainder of the juice. When the jelly begins to thicken add 2 cups of **pitted cherries**, 1 dozen **pimento olives** (stuffed olives) cut in rings, 1 small cup diced **celery**, and ½ cup chopped **black walnuts.** Pour into a mold which has been rinsed with cold water. When ready to serve, cut into slices and arrange **on lettuce leaves**, cover with **mayonnaise** to which **whipped cream** has been added.

Individual molds may be used.

143. A Simple Chestnut Salad

Groups **F. P. M.**

Blanch, peel and quarter 3 dozen large **chestnuts**, peel and dice 4 tart **apples**; mix well with **French dressing** or **mayonnaise**; serve in a salad bowl lined with **lettuce leaves** or **romaine.**

144. Cleopatra Salad

Groups St. S. P. M.—F.

Mix together equal parts cooked **lima beans**, green **peas**, **beets** and **potatoes**, cut into dice, **corn** from the cob, and a few shreds of red **sweet pepper.** Serve on tender **cabbage leaves** with **French dressing.**

145. Corn Salad

Groups St. M. S.—F.

Cut sweet **corn** from the cob, mix with an equal amount of cooked **rice**; mix with **mayonnaise dressing** and serve heaped on sliced **tomatoes.**

146. Cream Slaw

Groups M. F.—P. S.

Shred 1 **cabbage** very fine, then sprinkle with **salt**, a little minced **sweet pepper** and **mustard**; put 1 cup of **lemon juice** mixed with **water** into a stewpan; add 1 cup **sour cream**, ½ cup **sugar**, 1 teaspoon **flour**, 2 **eggs**, 1 tablespoon **butter** and a little **salt**; let cook to boiling point, stirring constantly. Pour over the **cabbage** while hot and serve at once.

147. Cucumber and Nut Salad

Groups M. P.

Pare medium-sized **cucumbers**, lay in cold water for an hour, cut in halves (remove seeds if large and hard), fill cavity with chopped **nuts**, mixed with grated **cheese**, and along the center sprinkle finely minced **parsley.** Serve two halves on a plate with a spray of **water cress** and a section of **lemon** at each end.

148. Daisy Salad

Groups P. F.—M.

Cut two-inch rounds of cream or Neufchatel cheese, one-half inch in thickness, and place on crisp lettuce leaves; put grated hard-boiled egg yolk in center of each. Serve dressing in separate bowl.

149. Dandelion Mint Salad

Groups M. F.

Arrange the dandelion leaves on plates and sprinkle with finely chopped mint; serve with French dressing, and add a spoonful of chopped chives.

150. Dandelion and Orange Salad

Groups M. F. P.

Wash the dandelion leaves in very cold water to make them crisp; cut into shreds with scissors; peel and chip sweet oranges in proportions of 1 orange to each cup of shredded dandelion.

For a dressing, rub the salad bowl with a piece of garlic, cut a stalk of leek into fine rings, add a little salt, a dash of cayenne pepper, and 2 tablespoons olive oil. Stir well, add the orange and dandelion, toss together with a wooden fork and spoon. Cover with sliced hard-boiled eggs. This salad should be served as soon as mixed.

151. Eggs and Cheese Salad

Groups F. P. M.

On lettuce leaves arranged on a platter, put a layer of sliced hard-boiled eggs. Grate over this a thick

covering of **cheese**, sprinkle with chopped **pecans**, or, if preferred, finely chopped **pickles**. Garnish with ripe **tomatoes**, cut into sections; serve with **mayonnaise**.

152. Virginia Salad

Groups **M. F. P.**

Peel and cut in half nice ripe **peaches**; remove seed, fill cavity with **Neufchatel** or **cream cheese**, shaped into balls and rolled in chopped **nuts**; arrange on **lettuce** and serve with **mayonnaise** or **French dressing**.

153. Endive Salad

Groups **M. F.**

Use only the tender, white leaves. Wash in very cold water to make them crisp; drain and cut fine. Mix well with **French dressing** made rather sweet, or with **cream dressing**.

154. Ensalada Mixta (Cuban Salad)

Groups **M. F. P.**

On crisp **lettuce leaves** serve a mixture of cooked **string beans** and **asparagus**, cut into bits, slices of raw **onions** and **radishes**, shreds of green sweet **peppers**, and hard-boiled **eggs**, sliced or chopped. Serve with **French dressing**.

155. Favorite Raw Food Salad

Groups **M. S. F. P.**

Grind fine in a vegetable grinder 1 stalk **celery**, 1 sweet **potato**, 1 **carrot**, 1 large **apple**, 1 small yellow **turnip**, 1 **beet**, 1 cup each seeded **raisins**, English wal-

nuts and pecans. Into the mixture stir 1 cup of olive oil and let stand four or five hours, then add the juice of 2 lemons. Mix well and serve on shredded lettuce.

156. **Florida Salad**

Groups M. S. F.

Peel and slice 4 pears, 2 tomatoes, 1 green pepper; add 1 cup green peas; mix with a cream dressing and serve on lettuce leaves.

157. **French Salad (1)**

Groups M. F. P.—S.

2 cups grated carrots, 1 tablespoon capers, 3 hard-boiled eggs grated, and a little minced pimento. Mix thoroughly with a French dressing. Serve very cold on lettuce leaves.

158. **French Salad (2)**

Groups M. F. P.

Cut into dice celery to make 2 cups, 1 onion, 4 apples, 3 large sweet pickles. Chop 1 bunch watercress, 12 olives, 1 cup mushrooms, 3 hard-boiled eggs. Toss together and mix well with French dressing. Serve on lettuce.

159. **Fruit Salad, French Style**

Groups M. S. F.—P. St.

Peel carefully and slice 2 oranges, 2 apples, and 2 bananas. Arrange in layers on individual plates, pour over a little mayonnaise thinned with cream. Garnish with chopped nuts and lettuce hearts, or with watercress.

160. French Fruit Salad

Groups M.—F.

Chop 3 cups apples and 1 cup celery; put a ring of pineapples on lettuce leaves; mix apples and celery with a French dressing and place on pineapple.

161. Fruit Salad (1)

Groups M. S. F.

1 cup seeded white grapes, 1 cup sliced peaches, 1 cup pineapple cut in small pieces; arrange on crisp lettuce leaves; serve with cream dressing; sprinkle with nuts if desired.

162. Fruit Salad (2)

Groups F. P. M. S.

1 pound of English walnuts, 1 pound white grapes, seeded and cut in halves, 1 cup celery, diced, 2 cups chopped apples; combine, and serve with whipped cream dressing.

163. Fruit Salad (3)

Groups M. S. F.—St. P.

Mix well with mayonnaise dressing, 2 oranges, 1 grape-fruit, 2 bananas cut in dice, ½ pound Malaga grapes, cut in halves and seeded, and ½ cup pecans. Chill thoroughly and serve in half shells of oranges or grape-fruit lined with lettuce hearts.

164. Fourth of July Salad

Groups M. St. P.

Hollow out firm, ripe tomatoes, fill with a good potato salad, cover the top with finely chopped hard-boiled white of egg; serve on blue dishes.

165. German Hot Slaw

Groups M.—F. S. St.

Shred 1 medium-sized head of **cabbage** and 1 good-sized **onion**; melt 2 tablespoons **butter** in a stewpan, let cook a few minutes, then add the **cabbage** and **onion**; cover with hot **water** and let boil thirty minutes, then add ⅓ cup **lemon juice** and ½ cup **sugar**; **season** to taste; then add 1 tablespoon **flour** dissolved in **water**; let cook a few minutes longer; serve very **hot.**

166. German Vegetable Salad

Groups M. F.

Cut into small dice the tender portion of 1 dozen stalks of **asparagus**, 1 small **cauliflower**, 1 stalk **celery**, 3 medium-sized **tomatoes**, 1 **Bermuda onion**, 2 juicy **apples.** Mix well with **mayonnaise** and serve on tender **cabbage leaves.**

Variation: On a platter arrange the **asparagus tips** as rays from the center, with **cauliflower** broken into small flowerets between them. In the center heap up the other ingredients to form a mound; add **boiled salad dressing**, and serve garnished with **lettuce hearts** and **radishes**, cut in fancy shapes.

167. Golden Salad

Groups M. F. P.

Wash seedless **oranges**, cut into lengthwise sections, and loosen the pulp with a sharp knife. Arrange the sections to form a design, garnish with blanched **almonds** and **watercress**; serve with **whipped cream** or **mayonnaise.**

168. Stuffed Grapes

Groups S. M.—F. P.

Remove perfect **Tokay** or **Malaga grapes** from the stems, slit the sides with a sharp knife, take out the seeds carefully, fill the cavities with **cream cheese** mixed with a small amount of **French dressing.** Arrange on **lettuce**, and add **mayonnaise.** Garnish with small bunches of grapes.

169. Grapefruit Salad (1)

Groups M. F. P.

Dice or shred **grapefruit** which has been carefully freed from the skin, seeds and membrane; serve on **lettuce** with sweetened **mayonnaise** to which **orange juice** may be added, or with **whipped cream** sprinkled with chopped **nuts**, or with a dressing made of 1 part **lemon juice** to 2 parts **peanut butter.** Shredded fresh **cocoanut** is a desirable addition.

170. Grapefruit Salad (2)

Groups M. S. F.

To **grapefruit** pulp add chopped or diced **celery, apples, bananas, figs** and **dates**; mix with **mayonnaise** or **French dressing** and serve in halved **grapefruit shells**, lined with **lettuce hearts.**

171. Grapefruit and Green Pepper Salad

Groups M. F. P.

Remove the tops from large green **sweet peppers**, scoop out the seeds, fill the cavities with **grapefruit pulp**, finely chopped **celery** and English **walnuts**, using two parts **grapefruit** to one of **celery** and the meat of

2 nuts to each pepper pod. Let stand about one hour. Serve well chilled, with mayonnaise.

172. Greek Salad

Groups M. F.

Parboil 3 green peppers in salted water about ten minutes, then remove seeds and cut in strips; mix with 1 cup celery diced, 6 apples, cut in eighths lengthwise; mix with a French dressing, and serve on sliced tomatoes placed on lettuce leaves. Decorate with whipped cream.

173. Green Salad (1)

Groups M. F. S.

Cut into shreds lettuce, endive, dandelion leaves, romaine, garden cress, tender beet greens, or spinach; mix with nut butter dressing, sweetened to taste with sugar or (preferably) honey.

174. Green Salad (2)

Groups M. F.—P.

Run 1 large cucumber and 1 sweet green pepper through the food chopper, serve on a bed of shredded cabbage or lettuce leaves, with French dressing. Chopped pistachio nuts may be sprinkled over the top, or green olives used as a garnish.

175. Green Peas and String Bean Salad

Groups M. S.—F.

Mix together 1 cup each of cold boiled string beans and green peas; season; add 1 tablespoon mayonnaise dressing; line a salad dish with lettuce leaves, make a mound of the vegetables upon them, and put dressing

on top. Garnish with slices of red radishes, beets or tomatoes; serve very cold.

176. Hallowe'en Salad

Groups M. F. P.

Select 6 nice, firm apples; clean and hollow them and plunge in cold water. Mix the pulp with nuts and celery minced and moistened with mayonnaise. Fill the apple cups and serve on lettuce leaves.

177. Heart Salad

Groups M. S.—F. P.

With a fancy heart-shaped cutter, cut hearts from sliced cooked beets, carrots, tender white or yellow turnips, kohlrabi, or from large pears, apples, or muskmelons, sliced lengthwise. Place the hearts on lettuce leaves and serve with mayonnaise or cream dressing.

178. Kidney Bean Salad

Groups P. F.—St. M.

Soak over night 1 cup kidney beans; cook in slightly salted water until tender, but not mushy; drain, add 1 cup of broken English walnut meats, about 6 minced olives, and ½ cup finely cut celery. Mix and serve on lettuce with mayonnaise or French dressing.

179. Lettuce Salad, French Style

Groups M.—F. P.

Separate the inner leaves of head lettuce, wash well and drain. Arrange on a platter, sprinkle with finely chopped onions and radishes. Garnish with watercress, sliced tomatoes and olives. Sprinkle with chopped nuts and serve with French dressing.

180. Lettuce Salad, German Style

Groups **M. F. P.**

Separate and wash head **lettuce**, place in cold water for about one hour to crisp, then drain; cut up roughly and place in salad bowl; pour over a dressing made of 1 part **lemon juice**, 2 parts **olive oil**, **sugar** to taste, and a pinch of **salt**. Mix well with wooden salad forks. Serve garnished with slices of hard-boiled **eggs**.

181. Marguerite Salad

Groups **F. P. M.**

Cut 6 hard-boiled **eggs** into slices one-eighth of an inch thick; remove the **yolk** carefully; place the **white rings** on **cress** in a circle to overlap each other; mix the **yolks** thoroughly with 2 tablespoons **oil**, a few drops **lemon juice**, and a little **salt**. Heap this mixture into the center of each **white ring**. Serve with **mayonnaise**.

182. Mixed Salad

Groups **M. F. P.—S.**

Combine green **peas**, cooked or raw, **apples**, **celery**, and cooked **beets**, cut into dice, hard-boiled **eggs** and a few **mushrooms**, chopped fine; mix well with **mayonnaise**, and serve on **lettuce**.

183. Mock Lobster Salad

Groups **M. F. P.**

Grate raw **carrots**, adding a little grated **horseradish**, if desired; mix with half the quantity of chopped **celery**, some broken **walnut** or **pecan nuts** and a few

mushrooms; arrange **lettuce hearts** on a platter, place the **carrot** mixture in the center, shaped to roughly represent a lobster. Serve with **mayonnaise** and slices of **lemon.**

184. Mock Pineapple Salad

Groups **M. F.**

Pare large, rather sweet **apples**, cut into thin slices and remove the core with a small, round cutter. Put the slices at once into cold **water** to prevent discoloration. Slice **oranges** of equal size; arrange the fruit on **lettuce**, one slice of **orange** between two of **apple**, with a **cherry** or ripe **olive** in the center. Serve with **mayonnaise** thinned with **orange juice.** The ingredients should be well chilled.

185. Nasturtium Salad (1)

Groups **M. F.**

Shred equal quantities of **lettuce** and **nasturtium leaves**, heap on a platter or individual plates, dot with **nasturtium flowers.** Serve with **French dressing** or **nut butter dressing**, sweetened with **honey**, if desired.

186. Nasturtium Salad (2)

Groups **M. F. S.**

Arrange tender **nasturtium leaves** on a platter; place on them first a layer of sliced **tomatoes**, then a layer of **cucumbers**, sliced or chipped, and lastly young sweet **corn** cut from the cob. Pour over this a **French dressing** and serve garnished with **nasturtium flowers.**

187. Novel Salad

Groups M. F.—S. P.

Arrange slices of **pineapple** on **lettuce** leaves. On each slice put a tablespoon of **mayonnaise**, and in the center 3 or 4 **grapes**, with skin and seeds removed, or ripe **olives**, halved and stoned. Around these sprinkle **Neufchatel** or **cream cheese** which has been pressed through a ricer. Lay strips of **pimento** over the **cheese.**

188. Nut Salad

Groups F. P.—M.

Shell 2 dozen English **walnuts**, throw into boiling **water**, leave for five minutes, then drain and skin them; set on ice until very cold; arrange on **lettuce** leaves and serve with **French** or **mayonnaise dressing.**

189. Okra Salad (Gumbo)

Groups M. F.

Slice boiled **okra pods**, mix with sliced **cucumbers** and **tomatoes**, and serve on **lettuce** with **French dressing.** Shredded green **peppers** may be added.

Another way is to serve the **okra pods** entire, the stems to be used as handles, with **mayonnaise** or **boiled dressing.**

190. Olive Salad

Groups F. P. M.

Run through the food chopper 1 cup each of raw **Spanish peanuts**, **English** walnuts, and stoned **olives**, 1 large **Spanish onion**, 1 **apple** and 1 stalk **celery.** Mix with **mayonnaise** and serve on shredded **lettuce**, garnished with slices of cooked **beets.**

191. Orange Salad

Groups M. F.—S. St.

Peel oranges carefully, slice, remove seeds and tough pith. Serve on watercress, with any preferred dressing.

192. Orange and Date Salad

Groups M. S. F.—P.

Carefully peel and seed 6 oranges and 1 grapefruit; separate the sections and break or cut into small portions; add 1 pound of stoned dates, or ½ pound each of dates and figs cut into bits, 3 apples, diced, and chopped pecan meats. Serve on crisp, white lettuce leaves, with a dressing made as follows:

Yolks of 2 eggs, beaten light, ½ cup powdered sugar, 1 cup orange juice, 1 tablespoon each of lemon and grape juice.

193. "Our Own" Salad

Groups M. S. F.

2 cups green peas, 1 cup celery, cut fine, 1 cup oranges cut into cubes, and 1 cup pineapple; mix with French dressing and serve on shredded cabbage.

194. Peach Salad

Groups M. S. F.—P.

Pare and halve large, ripe peaches, remove stones, and fill the cavities with equal parts of ground nuts and chopped dates or figs. Sprinkle with a few drops of lemon juice, and serve with mayonnaise on crisp, cup-shaped lettuce leaves.

Note:—Peaches filled with red raspberries make a pretty salad and may be served with whipped cream.

195. Peach and Cantaloupe Salad

Groups **M. S. F.**

Fill halved **cantaloupes** with sliced **peaches**, sprinkle with **sugar**, and serve on **lettuce** leaves, with a **whipped cream dressing.**

196. Pear and Plum Salad

Groups **M. S. F.**

Cut medium-sized **pears** into thin slices. (Do not pare unless the skin is very coarse.) Dip each slice in **lemon juice** to prevent discoloration and also to improve the flavor of the salad. Skin **plums** (after putting in boiling water for a few seconds), cut them in halves, remove the stones, and put a little **mayonnaise** in each cavity.

Arrange the **plums** in a circle on a platter lined with **lettuce hearts**, with the pears heaped in the center. Dot with mounds of whipped **cream.** Serve well chilled.

Note:—**Apples** may be used instead of **pears.**

197. Spanish Pepper Salad

Groups **M. F. P.**

Shred 6 **pimentoes**, add 2 cups **celery**, cut into dice, and 1 cup **pecans.** Mix well with slightly sweetened **mayonnaise** and serve on shredded **lettuce.**

Groups **M. F. P.—S.**

Another way to prepare this salad is to add the ingredients to 1 quart of **jelly** made in the usual way from plain **gelatine**, to which has been added the juice of 1 **lemon**, ½ cup **sugar**, and a pinch of **salt.** May be served in individual molds with **mayonnaise** or **boiled dressing.** This will serve from ten to twelve **persons.**

198. Stuffed Pepper Salad

Groups **M. F. P.**

Cut large, green **sweet peppers** in halves, remove seeds, and place in cold water for several hours. When ready to serve, fill with a mixture of equal parts finely chopped **celery, green onions, green peas, tomatoes** and hard-boiled **eggs.** Serve on crisp **lettuce leaves** with **boiled salad dressing.**

199. Pineapple and Celery Salad

Groups **M. F.**

Peel and shred 1 small, ripe **pineapple,** set on ice until thoroughly chilled, then mix with 1 cup crisp white **celery,** cut fine, and 1 red sweet **pepper.** Let stand a few minutes, then mix with **mayonnaise** or **French dressing.** Serve on **lettuce,** garnished with **nut meats.**

200. Pineapple and Cheese Salad

Groups **M. F. P.**

To 1 cup **pineapple,** shredded or cut into small dice, add an equal amount of **Neufchatel** or **cottage cheese** that has been pressed through a potato ricer. Serve on **lettuce** with **mayonnaise** to which **cayenne pepper** or minced **parsley** has been added.

201. Pineapple and Cherry Salad

Groups **M. F.**

Pit **cherries,** mix with an equal amount of **pineapple** cut into cubes; arrange on **lettuce** and serve with whipped **cream,** slightly sweetened. Sprinkle with a dash of **paprika.**

202. Pineapple and Marshmallow Salad

Groups M. S. F.—P.

Clip marshmallows into strips; mix with an equal amount of shredded pineapple and a few pecans; moisten well with boiled salad dressing, sweetened to taste. Serve on crisp lettuce, with a tablespoon of whipped cream on each portion.

203. Pineapple and Pecan Salad

Groups M. F. P.

Peel 1 small pineapple, cut into dice, add sugar to taste, and let stand on ice about one hour. Mix with 1 cup halved pecan meats. Serve on lettuce leaves, with mayonnaise.

204. Piquant Salad

Groups M. F. P.

Cut into small dice 1 Spanish onion, 1 cup mushrooms, about 12 red radishes, and an equal number of green or ripe olives; add some shredded endive and a few capers. Serve on a bed of watercress, with the following dressing:

1 cup sour cream, juice of 1 lemon, 3 tablespoons olive oil, a pinch of salt and a dash of red pepper, if desired.

205. Plum Salad

Groups M. S. F. P.

Pare and pit nice, ripe plums and fill the cavities in each with chopped nuts; arrange on a circle of lettuce leaves. Serve with a whipped cream dressing, and garnish with sliced oranges.

206. Plum and Peach Salad

Groups M. S. F.

Pare nice **peaches**, cut in halves and stone; arrange on a circle of **lettuce** leaves; place half a **plum** (peeled and stoned) on each half. Serve with **whipped cream** or **mayonnaise dressing.**

207. Poinsetta Salad

Groups M. F.—P.

Cut **tomatoes** into six sections like a flower, and lay on **lettuce** like poinsetta blossoms; put **mayonnaise dressing** in the center, insert pieces of **olives** for the **stamens,** and grate **egg yolk** over to represent the pollen; use a bit of **cress** for the stems.

208. Porcupine Salad

Groups M. F. P. S.

On crisp, large **lettuce** leaves put halves of large **pears** or small **cantaloupes,** with skin removed. Cut blanched **almonds** in halves and place them on end all over the pear or melon. At one end fasten **currants** with parts of a toothpick, to represent the eyes. Serve with **mayonnaise** to which **orange juice** has been added.

209. Potato Salad

Groups F. P. St.—M.

Cut **cold boiled potatoes** into dice to make 2 cups; add 3 hard-boiled **eggs** and ½ cup **celery,** chopped rather fine. Mix well with **mayonnaise** and serve in a border of **watercress.**

Instead of mayonnaise, the following dressing may be used:

1 cup **cream**, juice of 1 **lemon**, 1 tablespoon each of **onion juice** and **olive oil**, a pinch of **salt**, and, if desired, a dash of **cayenne**.

210. Potato and Nut Salad

Groups **F. P. St.**—M.

3 boiled **potatoes**, cut into dice, 3 hard-boiled **eggs**, ½ cup **walnuts**, and 12 **olives**, ripe or green, chopped fine. When ready to serve, mix well with **mayonnaise**. Serve very cold on shredded **lettuce**.

211. Princess Salad

Groups **M. F. P. S.**

Mix 1 cup **apples** and 2 of **cucumbers**, cut into dice, 1 cup **pecans**, broken, and 1 cup green **peas**; add **mayonnaise dressing**, and serve on **lettuce**.

212. Rose Salad

Groups **M. F.**

Select ripe **tomatoes** with firm flesh; cut a square plug from the stem end, remove some of the pulp, fill the cavity with **mayonnaise** and replace the plug. Set on end, and with a sharp knife trace the outline of large rose petals on the tomatoes, turning back flesh and skin carefully from the center. Put on ice to chill until serving time.

Separate the leaves of small head **lettuce**, let stand in ice water for an hour to get crisp, then drain and shake in a napkin until dry. Cut tender **celery** into inch-long pieces, shave thin, and put into cold water for about an hour. When drained it will be found to curl.

On individual salad plates put a border of the curled

celery, and in the center place a tomato, surrounded by the lettuce leaves like a rose in its calyx. Sprinkle a small amount of finely chopped pecan meats in the center of the rose to represent the pollen.

213. Sanitarium Salad (1)

Groups M. F.

Cut into dice equal parts of celery, apples, cooked string beans, and a few green peas. Mix with mayonnaise dressing, and serve on shredded cabbage.

214. Sanitarium Salad (2)

Groups M. F.

Put on individual salad plates a layer of crisp lettuce; in the center place a small, partially quartered tomato, surrounded with a wreath of thinly sliced cucumbers. Into the center of each tomato drop 1 small teaspoon of finely minced onion, sprinkled with a pinch of chopped parsley. Serve with mayonnaise dressing.

215. Shamrock Salad

Groups M. F. P.

Remove the seeds from green sweet peppers, wash and dry well; fill with a mixture of Philadelphia cream cheese and chopped nuts; chill and serve in slices on shredded lettuce leaves. Serve with a dressing made as follows:

To 1 pint whipped cream add salt, paprika, the juice of 1 lemon and 2 tablespoons finely chopped parsley. Garnish with hard-boiled eggs.

216. Spanish Salad

Groups M. F. P. S.

6 carrots grated fine, 1 small can pimentoes, chopped fine, 1 bunch green onions cut into dice; mix well with a mayonnaise dressing; sprinkle walnuts on top, and serve on sliced tomatoes.

217. Spinach Salad

Groups M.—F. P.

Wash carefully and drain fresh, tender spinach leaves. Serve heaped on a platter or on individual salad plates. At each place have a dish of nut cream made by stirring water into nut butter until it is of the proper consistency.

218. Spring Salad

Groups M. F. P.

Shred crisp lettuce leaves, add green onions, cut fine, and a little grated horseradish. Serve mixed with French dressing and garnished with slices of hard-boiled eggs.

219. Strawberry Salad

Groups M. S.

Arrange nice strawberries on salad plates; pour over them dressing made of sweetened strawberry and cherry juice to which has been added the juice of 1 lemon. Garnish with sliced oranges and strawberry leaves.

220. Stuffed Celery Salad

Groups M. F. P.

Select the rounded inside stalks of fine **celery**, cut in four-inch lengths and lay in cold water until required, to make crisp and firm. Drain, wipe dry and fill with **Neufchatel** or **Philadelphia cream cheese**, rubbed to a soft paste with **cream** and seasoned to taste with **paprika** and **onion juice**. Serve cold, with **mayonnaise**, garnished with **lettuce** hearts.

221. Stuffed Pear Salad

Groups S. F. P.—M.

Place canned **pears on lettuce** leaves; fill the cavities with **dates** cut fine, mixed with chopped **nuts**; pour over this a **mayonnaise dressing** thinned with **cream**; sprinkle thickly with **cream cheese**, pressed through a ricer.

222. Summer Salad

Groups M. F.—P.

On a bed of **lettuce** or other summer greens arrange a layer of sliced **tomatoes**, or **cucumbers**, or both. On this put a mound of equal parts of **cabbage**, **celery**, and **apples**, chopped fine, mixed with **mayonnaise** or **French dressing**. Sprinkle with ground English **walnuts**.

223. Tip Top Salad

Groups M. F.

Slice very thin 2 young **carrots**, 2 **cucumbers**, about 12 **radishes** and 2 or 3 small **tomatoes**. Arrange in circular layers on crisp **lettuce** leaves or shredded **cabbage**. Serve with **sour cream dressing** or with **mayonnaise**.

224. **Tomato Cups**

Groups M. F.—St. P.

Cut the tops from 6 firm **tomatoes**, remove pulp; cut **1 Spanish onion** into small dice; add 1 cup **bread crumbs**, ½ cup **mayonnaise**, a little minced **parsley**, **seasoning** to taste, and the **tomato pulp**, chopped fine. Mix, fill the shells, and serve on **lettuce** leaves, with **mayonnaise.**

225. **Tomato Salad**

Groups M. F. P.

Slice ripe **tomatoes**, not too thin, and arrange slices on a platter alternately with slices of **Spanish onion.** Garnish with quarter sections of hard-boiled **eggs** and serve with **boiled salad dressing.**

226. **Simple Tomato Salad**

Groups M. F.

Firm, ripe **tomatoes**, sliced or quartered, and served on **lettuce** leaves with **nut cream, mayonnaise**, or any preferred dressing. If desired, sprinkle with minced young **onions** or **parsley.**

227. **Filled Tomato Salad**

Groups M. St. S.

Scoop out **tomatoes**, fill with **potato salad** mixed with green **peas.** Serve on **lettuce.**

228. **Stuffed Tomato Salad**

Groups M. F. P.

Scald firm, ripe tomatoes for one minute, so that the skin can be removed easily. Cut a slice from the top,

take out part of the pulp carefully with a spoon. Fill the tomatoes with cucumbers cut into dice and moistened with cream dressing. On top put a tablespoon of unsweetened whipped cream, and sprinkle with finely minced parsley or hard-boiled eggs. Serve on a bed of water cress.

Note:—Another suitable filling for tomatoes is equal parts of cabbage, celery and apples, chopped fine or cut in small dice. Garnish with shredded green sweet peppers.

229. Tomato and Green Pepper Salad

Groups M. F.

Cut 4 green peppers into lengthwise sections, remove the white inside skin and seeds, pour boiling water over, let stand about ten minutes, drain, cut into small dice of uniform size, and lay in ice water. Peel and quarter 6 ripe tomatoes, thoroughly chilled; arrange the sections on lettuce and sprinkle with the diced peppers, first draining off the water. Serve at once with a good French dressing.

230. Vegetable Salad (1)

Groups M. F.

Serve a combination of sliced cucumbers, tomatoes and Spanish onions, or cabbage, celery and green sweet peppers cut into dice, on lettuce, dandelion leaves, or on shredded young spinach, garnished with water cress or sprigs of parsley. Serve with French dressing, mayonnaise, or a dressing made of 1 part lemon juice to 2 parts honey.

231. Vegetable Salad (2)

Groups M. S.—St. P.

Combine **peas** and young **lima beans** with an equal amount of **celery** cubes; mix with a **French dressing** and serve on **lettuce** leaves; garnish with **beets** cut into fancy shapes.

232. Fancy Vegetable Salad

Groups M. F.—P.

Wash carefully young **carrots, cucumbers, radishes** and small **tomatoes,** but do not peel. Cut in thin slices and arrange on a platter in some fancy design. Garnish with **lettuce** hearts and ripe **olives.** Serve with **French dressing** or **mayonnaise.**

233. Cooked Vegetable Salad

Groups St. S. M.—F. P.

Arrange cooked **beets, potatoes** and **carrots** in circular layers on crisp **lettuce** leaves or large steamed **cabbage** leaves. In the center place a little mound of green **peas;** sprinkle with **parsley** or hard-boiled **eggs,** chopped rather fine. Serve with **mayonnaise.**

234. Uncooked Vegetable Salad

Groups M. F.

Cut or chop separately ½ of a small, firm, white **cabbage, 1 onion,** about 10 **radishes** and 3 **tomatoes.** Toss lightly together, heap on a platter, pour **French dressing** over, and garnish with **lettuce** hearts or serve in a border of **water cress.** Grated **carrot** may be sprinkled over the top in some fancy design, from a piece of stiff paper.

235. Waldorf-Astoria Salad

Groups M. F. P.

Equal parts of **celery** and **apples**, cut into dice, and half the quantity of English **walnuts**, chopped coarsely. Mix with **mayonnaise** and serve on crisp **lettuce** leaves.

236. Watercress Salad (1)

Groups M. F.

Pick over 2 bunches of **watercress**, removing wilted leaves and lower part of stems; keep in cold water until serving time so that it will be crisp. Chop ½ small white **cabbage**, 1 green **sweet pepper** and 1 **onion**, removing the seeds and white inside skin from the **pepper**; put them into a basin of ice-cold **water** for about thirty minutes to reduce the strong flavors. Drain, mix with **lemon juice** and **olive oil** to suit taste; season with **celery salt** and, if desired, a dash of **red pepper**. Serve the chopped vegetables in a border of **watercress**.

Note:—The combined flavor of **cabbage** and **watercress** is delicious.

237. Watercress Salad (2)

Groups M. F.

Wash and pick over fresh **watercress**, mix well with **French dressing** and serve on shredded **lettuce**. Garnish with sections of **orange**.

238. Water Lily Salad

Groups F. P. M.

Cut hard-boiled **eggs** in halves (lengthwise), remove the **yolks**, then cut the whites into thin lengthwise

sections and arrange them on individual salad dishes in a small, cup-shaped lettuce leaf to represent the petals of water lilies. Mash the yolks with a fork, or press through a sieve. For each egg-yolk use 1 teaspoon cream, a few drops of onion juice, salt and cayenne pepper to taste. Mix and form into little balls, place one in the center of each lily, then roughen the surface slightly with a fork. Garnish with nasturtium leaves (garden cress) to represent the leaves and stems of the lilies. Serve with mayonnaise.

239. White Salad (1)

Groups M. F. P. S.

Grate 1 fresh cocoanut, shred 1 small head cabbage and 1 Spanish onion, and cut 4 peeled apples into fine strips. Mix with a whipped cream dressing and serve at once, before the apples become discolored. Garnish with lettuce hearts.

240. White Salad (2)

Groups M. F. P.—S.

Cut equal quantities of celery and fine apples into small dice. Sprinkle thickly with fresh grated cocoanut, and serve on white lettuce leaves or tender cabbage leaves, with a whipped cream dressing.

SALAD DRESSINGS

241. Boiled Salad Dressing

Groups F. P.—M. St. S.

Melt 1 tablespoon butter, sift in 1 of flour and rub smooth. Stir in ½ teaspoon salt, 1 tablespoon sugar and 2 eggs, then add ½ cup each lemon juice and

water. Beat well, set the dish in a pan of boiling water, and cook until the dressing thickens, with occasional stirring. When cool, add 2 tablespoons olive oil or cream. Beat with an egg-beater until light and foamy.

242. Boiled Salad Dressing (With Mustard)

Groups F. P. M.

Into 1 tablespoon olive oil stir 1 teaspoon each of salt, sugar, flour, mustard and the yolks of 2 eggs. Add, slowly, ½ cup lemon juice, and, lastly, 1 cup milk. Put at once in double boiler and cook until it thickens, stirring well.

If mixed as directed, the milk will not curdle. If bottled hot and well corked this dressing may be kept in a cool place for several weeks.

243. Chiffonade Dressing

Groups F. P. M.

Mix 2 tablespoons minced parsley, 2 hard-boiled eggs, chopped fine, a little salt, sweet pepper, 4 tablespoons olive oil, and the juice of 1 lemon. Mix well, and stand on ice until thoroughly chilled. Serve with lettuce or cabbage.

244. Corn Cream Salad Dressing

Groups P. F. S. St. M.

Scrape the juice and pulp from fresh, juicy sweet corn, and add an equal amount of nut butter mixed with water to the consistency of cream. Season with salt or celery salt and cayenne pepper.

245. Cream Salad Dressing (1)

Groups F. P. M.

Into 1 well-beaten egg, stir 1 cup sweet cream and the juice of 1 lemon. Sweeten to taste and add a little salt.

246. Cream Salad Dressing (2)

Groups F. M.—S.

Beat well together the juice of 2 lemons with ½ cup olive oil. Add a pinch of salt, and 1 or 2 tablespoons sugar, according to taste. Lastly, add slowly 1 large cup cream, a little at a time, stirring well.

247. Cream Salad Dressing (3)

Groups M. F.

1 cup cream, juice of 1 lemon, 1 tablespoon each of onion juice and olive oil, a pinch of salt, and, if desired, a dash of cayenne.

248. Sour Cream Dressing

Groups F. S. M.

To 1 cup sour cream add 3 tablespoons sugar, and lemon juice to taste. Mix well.

249. French Dressing (1)

Groups F. M.

Dissolve 1 teaspoon salt in 2 tablespoons lemon juice, then add 3 tablespoons olive oil, beating the mixture with a silver fork until perfectly blended. If desired, a teaspoon of sugar may be added. Best results are

obtained if lemon juice, salt and sugar are beaten separately until creamy, and the olive oil added, drop by drop, and ½ cup sweet cream, beating hard all the time.

250. French Dressing (2)

Groups M. F.

1 teaspoon salt, ½ cup olive oil, 2 tablespoons onion juice, the juice of 1 lemon, and, if desired, a dash of cayenne. Mix thoroughly.

251. French Dressing With Roquefort

Groups F. P. M.

Prepare French dressing; add to it as much grated Roquefort cheese as desired.

252. Mayonnaise

Groups F. M.

Note:—Ingredients should be very cold.

Into a chilled soup bowl put the carefully drained yolk of 1 egg. Add ½ teaspoon mustard, salt and sugar, a few drops lemon juice, and stir at once with a silver spoon. When well mixed, add olive oil, just a few drops at first, then in larger amounts, stirring constantly until about a cup of oil has been added. Now add lemon juice until the desired degree of acidity is reached. When serving, add 1 cup whipped cream.

Finely chopped parsley or grated carrot may be added to mayonnaise to produce novel effects.

253. Delicious Mayonnaise

Groups F. M.

Mash fine the yolk of 1 hard-boiled egg; add 1 teaspoon each of salt, dry mustard, sugar, and the yolk of 1 raw egg; mix the ingredients well, then add oil very slowly, about 1 pint; add lemon juice to suit taste, stirring constantly in one direction all the time; then add 1 cup whipped cream.

254. Mayonnaise Salad Dressing

Groups F. M.—S.

Yolks of 3 eggs, well beaten, ½ teaspoon dry mustard, salt, 3 rounding tablespoons sugar, 8 tablespoons lemon juice, 8 tablespoons water, and butter the size of an egg; cook all together for about five minutes. Thin with cream or fruit juice.

255. Salad Dressing

Groups F. M.

Put 5 tablespoons of lemon juice in a double boiler; add 1 teaspoon each of salt, mustard and sugar, and a pinch of cayenne. Stir until dissolved; add well-beaten yolks of 5 eggs; take from fire, add ½ cup butter; beat until cool. Thin with whipped cream.

256. Salad Dressing

Groups F. M.

Mix together 1 teaspoon salt, 1 teaspoon mustard, 1 tablespoon sugar, and 1 tablespoon olive oil; add slowly the beaten yolks of 3 eggs, ½ cup olive oil and ⅓ cup lemon juice. Cook in a double boiler until the

mixture thickens; while hot, stir gradually into the well-beaten whites of the eggs. This recipe should make 1 pint of dressing.

257. Salad Dressing

Groups F. P. M.—S.

1 egg, ½ cup sugar, 1 tablespoon flour, ½ teaspoon mustard and salt, ½ cup each of lemon juice and water; put together in the order given, beating the egg a little; boil until thick, stirring constantly; add 1 cup whipped cream.

258. Salad Dressing

Groups F. P.—St. M. S.

2 eggs, 1 tablespoon flour, 1 tablespoon sugar, 1 tablespoon butter, 1 teaspoon mustard, ½ cup lemon juice, ½ cup water; mix and cook until it thickens; when cold, add cream or olive oil.

259. Salad Dressing Variations

Groups (according to ingredients).

Mayonnaise or boiled salad dressings may be thinned with cream or fruit juice for variety.

260. Salad Dressing With Onion Flavor

Groups M. F.

To ½ cup oil add the juice of 1 lemon and a pinch of salt. Beat well, then add the juice of 1 large onion, or 1 grated Spanish onion.

261. Salad Dressing With Parsley Flavor

Groups M. F.

Follow directions as in the foregoing recipe, adding finely chopped **parsley** in place of the **onion.**

262. Sanitarium Dressing

Groups F. P.—M.

Mix 1 cup **cream** with 1 cup of **Neufchatel cheese;** add 2 tablespoons of minced **parsley** or **onion,** according to taste.

263. Mustard Salad Dressing

Groups F. M. P.

Into the well-beaten **yolk** of 1 **egg** stir ½ teaspoon **salt,** and 1 teaspoon each of **sugar** and **mustard,** also a dash of **white pepper,** if desired. Beat well, add the **juice** of 1 **lemon** and at the last a large cup of **cream,** little by little. Stir with an egg-beater **until** light and foamy.

264. To Prepare Mustard for Table Use

Groups M. F. P.—S.

Mix together 3 tablespoons each of **mustard** and **sugar,** crushing the lumps; add 1 **egg;** beat until perfectly smooth. Add ½ cup each of **lemon juice** and **water;** let come to boil over a slow fire; add **butter** the size of a walnut, and beat thoroughly.

265. Nut Butter Dressing

Groups F. P. M.—S.

Mix well 1 part **lemon juice** with 2 parts **nut butter. Sweeten** to taste.

266. Thousand Islands Salad Dressing (1)

Groups F.—P. M.

Beat smooth 1 raw egg and the yolk of 1 hard-boiled egg; add slowly 1 cup olive oil, then 3 tablespoons lemon juice, 3 tablespoons chopped pimentoes, and 3 tablespoons chopped olives; add salt and paprika to taste. When ready to serve, add 1 bottle whipped cream. Serve at once on lettuce hearts.

267. Thousand Islands Salad Dressing (2)

Groups M. F. P.

1 cup mayonnaise, 1 cup whipped cream, 2 hard-boiled eggs, 2 sweet peppers, 1 boiled beet and 1 Spanish onion, chopped fine, ½ cup celery, cut fine; mix well and serve on lettuce.

268. Whipped Cream Dressing (1)

Groups F. M.

Whip cream very stiff; to 1 pint of cream add the juice of 1 lemon, a little salt, paprika, and a little grated onion. For variety, 1 tablespoon of chopped green peppers, minced parsley, raisins, ripe olives, or pimentoes may be added.

269. Whipped Cream Dressing (2)

Groups F. M.

Whip cream very stiff; to 1 cup, add 2 tablespoons of boiled dressing, a dash of paprika, and a little lemon juice.

CROQUETTES

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

Croquettes prepared from protein and starchy foods, such as roots, tubers, pulses, cereals and nuts, mixed with vegetables and fruits, take in the vegetarian diet the place of the meat-eater's steaks, chops and roasts. Many of the recipes herein given closely resemble fried meats in appearance and taste, as well as in similarity of elements of nutrition.

While these preparations may not appeal to some of our vegetarian friends, who prefer their food in the natural form, and while these "near meats" may be too heavy for people with weak digestions, we have added a number of recipes of palatable vegetable croquettes and will leave their use or non-use to individual taste and judgment.

General Directions for Making Croquettes

In mixing the ingredients here to be given, for the following recipes, have the mass firm enough not to fall apart, but not compact. Likewise the croquettes should be handled as little as possible in shaping. Large spoons may be used for this purpose. In order to provide a firm and well-browned outer crust, the croquettes should be rolled first in sifted bread or cracker crumbs, then in beaten egg, then again in crumbs.

Frying or Baking—Which is Best?

The ordinary restaurant way of frying breaded chops, oysters, potato croquettes, etc., by dropping them into boiling oil, makes these foods soggy, indigestible and unpalatable. Better than this is careful frying in skillet or pan, but according to our experience, the best way of all to prepare vegetable croquettes is the baking or roasting.

Frying in Oil

The croquettes are placed in a frying basket and submerged in hot oil; when well done, drain and place the basket on soft wrapping paper. There must be enough hot vegetable oil, or pure animal fat (butter or oleomargarine), to cover them entirely. The oil must be very hot, but should not smoke. If done carefully, the hot oil coming in contact with the food will form a soft crust and prevent the oil from soaking in.

After use, the oil may be clarified by heating in it a few slices of potatoes and carefully pouring it from the sediment. It may then be used again, adding more as required.

Skillet or Pan Frying

The croquettes are rolled in bread crumbs and beaten egg as before and placed in a well-buttered or oiled skillet or pan and turned from time to time until well browned.

Baking

Place the croquettes on a hot, buttered gridiron or agate baking-pan, and place in a very hot oven. Let

them brown nicely, then turn and brown on opposite side.

CROQUETTES, ROASTS, ETC.

270. Piquant Baked Bean Croquettes

Groups St. P. M.—F.

Press enough baked **kidney** or **navy beans** through a colander to make 1 quart. Add 2 tablespoons grated **horseradish**, 2 tablespoons **olive oil** or melted **butter**, salt, 1 chopped **sweet pepper**, and, if desired, a little **sage** or **thyme**. Place 2 tablespoons of this mixture on a platter or board covered with sifted **bread crumbs**, make a depression in the center of each, fill with 1 teaspoon of whole **baked beans** and a few drops of **tomato sauce**, cover with another tablespoon of the **mixture**, shape into croquettes, and proceed according to general directions.

271. Baked Bean Croquettes (1)

Groups P. F. St.

Press 1 quart of **baked beans** through a vegetable grinder; mix with ½ cup melted **butter**, 2 well-beaten **eggs**, and a little chopped **parsley**; shape into croquettes, roll in yellow **corn meal**, fry in **butter**, and serve with **cream sauce**.

272. Baked Bean Croquettes (2)

Groups St. P. F.—M.

Press cold **beans** through a sieve; add 2 tablespoons of grated **horseradish**; shape into balls with a teaspoon of whole **beans** in the center of each; roll in sifted **bread crumbs**, then in beaten **egg**, again in crumbs; fry, and drain on paper; serve very hot.

273. Barley Sausage

Groups St. P. F.—M.

To 1 quart of cooked barley add 2 well-beaten eggs, 4 tablespoons melted butter, 1 grated Spanish onion, a little sage or savory and seasoning to taste. Shape into small sausages and brown. Serve with tomato or brown sauce.

274. "Better Than Meat" Croquettes

Groups St. F. P.—M.

Soak over night 1 cup dried peas and 1 pint lentils. Cook slowly until tender, but not mushy; drain; when cold run through a vegetable grinder with 1 onion and a small bunch of parsley. Mix well with 1 cup bread crumbs, 2 eggs, 4 tablespoons cream, seasoning to taste. If desired, add a little sage or savory. Shape into croquettes and fry in equal parts butter and olive oil, or brown in the oven.

275. Cannon Cracker Croquettes

Groups S. M. St. F. P.

To 1 pint of grated raw carrots add 6 crackers, rolled fine, 1 tablespoon melted butter, 2 eggs, 1 tablespoon flour, and seasoning to taste; shape into rolls about the size of cannon crackers, roll in beaten egg and cracker crumbs, and fry in oil until brown and crisp. When ready to serve insert a root fiber from radishes or celery in each end to represent the fuse. Serve on lettuce with slices of lemon.

276. Cheese Loaf

Groups F. P. St.—S.

Grate ½ pound of cheese; mix the contents of 1 can of savory protose with 1 pint coarse bread crumbs; put a layer of this mixture into a well-buttered baking-dish, sprinkle thickly with cheese, add another layer of the crumb mixture, more cheese, and so on until the dish is filled. Dust lightly with salt and a little red pepper, pour over 1 pint of milk, and let stand five minutes; bake in a moderate oven about twenty minutes. Run a knife blade around the edge of the pan, invert the loaf on a heated platter, garnish with sprigs of parsley, and serve with tomato sauce.

277. Chestnut Croquettes

Groups F. P.—M.

Shell large chestnuts, boil, remove the brown skin, then put through a vegetable grinder; to 1 quart ground chestnuts add 4 tablespoons butter, 2 eggs, salt, and a few drops of lemon juice. Shape into croquettes, and fry.

278. Chestnut Pie

Groups F. P. St.—M.

Heat 2 onions, chopped fine, in butter until lightly browned; mix with blanched chestnuts, cut in halves and cooked in water enough to cover until soft. Season to taste, pour into a buttered baking dish lined with mashed potatoes, cover with a layer of potatoes,

heat thoroughly in the oven, letting the top crust get nicely browned.

Note:—This dish is delicious if served with **cranberry** sauce.

279. Chestnut Roast (1)

Groups F. P. St.

Steam 1 pound blanched **chestnuts** until nearly tender; run through a vegetable grinder with 1 cup **English walnut meats**, 1 cup cooked **lentils**, 1 **Spanish onion** and a little **parsley**. Add 4 well-beaten **eggs**, 1 cup **cream**, **salt** to taste, and enough **cracker crumbs** to make the mixture stiff enough for molding. Form 1 or more loaves and bake about forty minutes. Baste occasionally with equal parts melted **butter** and **lemon juice**. Serve garnished with **parsley** and slices of **lemon**.

280. Chestnut Roast (2)

Groups F. P. St.—S. M.

Boil 1 pint of **chestnuts**; remove the shells, add a little **salt**, then grind with 1 **turnip**, 1 **carrot**, 2 boiled **potatoes**, 2 stalks **celery**, 2 **sweet peppers**, and 1 **onion**; **season** and add 3 well-beaten **eggs**, 4 tablespoons melted **butter** and a little **cream**; if too soft, add **cracker crumbs**; shape into a loaf and bake; serve with **brown gravy**.

281. Chestnut Rolls

Groups F. P. St.—M.

1 cup cooked and mashed **chestnuts**, 2 **eggs**, 1 tablespoon minced **onion**, ½ cup **bread crumbs**, ½ cup **cream**, and **seasoning**. Shape into rolls and brown. Serve with **tomato sauce**.

282. Corn Roast

Groups S. F. P. M. St.

1 pint sweet **corn**, scraped from the cob, 2 **eggs**, ½ cup **cracker crumbs**, ½ cup **cream**, and **seasoning**. Stir together and bake in a buttered pan until brown.

283. Corn and Nut Roast

Groups F. P. S. M. St.

2 cups grated **corn**, 1 cup ground **nuts**, 1 cup **cracker crumbs**, 2 **eggs**, ½ cup **cream** and 1 small **onion**, minced; **season**, mix well, shape into loaves and bake.

284. Corn and Nut Loaf, Steamed

Groups F. P. S. St.—M.

Mix 2 cups grated **corn** with 1 cup **bread crumbs**, ½ cup chopped **English walnuts**, 1 cup **milk**, 2 well-beaten **eggs**, and **seasoning**; steam until it becomes firm, turn out on a hot dish and brush over with beaten **egg**, cover with **bread crumbs**, and set in the oven to brown; serve with any **sauce** preferred.

285. Egg Plant Croquettes

Groups St. F. P.—M. S.

Boil 2 **egg plants** until tender, drain and peel while hot; mash, and add 2 tablespoons of **butter**, ½ cup **bread crumbs**, 2 well-beaten **eggs**, and **seasoning**; cool and form into croquettes; dip in **cracker crumbs** and fry.

286. Hungarian Barley

Groups St. P. M. S. F.

Wash 2 cups barley, pour boiling water over, and soak over night; put on to cook with 1 Spanish onion, cut in dice, 2 carrots, 1 can savory protose, 1 sweet pepper, and 3 or 4 tomatoes, cut fine; cook until tender, and serve with brown butter or tomato sauce.

287. Jambalaya Croquettes

Groups St. M. F.—P.

2 cups boiled rice, 2 onions, chopped fine, the pulp of 4 tomatoes; season, add melted butter and 2 well-beaten eggs; mix well and let cool; shape into croquettes, dip in beaten egg and cracker crumbs, and fry. Serve with prunes.

288. Lentil Croquettes

Groups St. P. F.—M.

4 cups cooked lentils, pressed through a colander, 2 eggs, 1 cup bread crumbs, 1 cup onion sauce (see Recipe No. 331, "Sauces for Roasts, etc.") Mix well, season to taste, shape into croquettes and fry. Serve with sauce.

289. Lentil and Mushroom Cutlets

Groups P. St. F.

To 1 quart cooked and mashed lentils add 1 cup each of fresh mushrooms and bread crumbs, ½ cup chopped walnuts, and 2 eggs, well beaten. Season to taste. Shape into cutlets, roll in beaten egg and sifted bread crumbs and fry in butter or olive oil until nicely

browned. Serve garnished with lettuce leaves and a spoonful of jelly, or any preferred sauce.

290. Macaroni and Egg Plant Croquettes

Groups St. F. P. M.—S.

Cook 1 quart of macaroni in slightly salted boiling water about thirty minutes; drain; when cold, run through a vegetable grinder with the same quantity of raw egg plant. Add 3 or 4 eggs, and enough bread crumbs to hold the mixture together. Shape, roll in flour or sifted bread crumbs and fry until nicely browned. Serve with Sauce Hollandaise.

291. Macaroni Loaf, Steamed

Groups P. St. F.—M.

Cook ½ pound macaroni in boiling water thirty minutes; drain and chop fine; add 1 can savory protose, broken into small pieces, 1 egg, seasoning, and 1 cup good white sauce. Put into a buttered mold, and steam two hours. Serve with tomato sauce.

292. Mock Whitefish Cutlets

Groups St. F. P.—S. M.

Boil 4 ounces of ground rice in 1 pint of milk, stirring constantly until it thickens, which will take only a few minutes. Add 2 tablespoons grated cheese, butter and seasoning to taste; spread the mixture about half an inch thick on a platter to cool; this can be done the day before. Cut into shapes like cutlets, roll in sifted zwieback crumbs, and fry in butter to a light brown. Garnish with sprigs of parsley, and serve with melted butter.

293. Mock Veal Roast

Groups St. F. P.—S. M.

Soak 1 cup lentils and 1 cup lima beans over night; drain, and boil until tender; drain again and run through a vegetable grinder with 1 cup shelled peanuts; mix with 2 tablespoons melted butter, 1 cup bread crumbs, 2 eggs, salt, and sufficient milk to make the right consistency. Shape into a loaf and bake in a moderate oven, basting frequently with melted butter.

294. Muk Lou Beh

Groups F. P. St. S. M.

Chop ½ pound of nuts rather fine; put into a frying pan with 2 tablespoons melted butter; let cook a few minutes, then turn into a buttered baking dish; cover with cooked and sliced egg plant and sprinkle with salt, minced onion and parsley; then put a layer of cooked rice, etc., until the dish is filled; cover with well-seasoned vegetable stock; bake in a moderate oven.

295. Nut Croquettes

Groups F. P. St.—M. S.

Mix well 1 cup each of chopped nuts (English walnuts, filberts, almonds and Brazil nuts) and whole wheat bread crumbs soaked in ½ cup of milk, 1 egg, and seasoning to taste. Shape into croquettes, roll in beaten egg and bread crumbs, and fry according to general directions.

296. Nut and Celery Croquettes

Groups F. P. St. M. S.

1 pint ground **nuts**, 2 pints minced **celery**, 1 cup grated **carrots**; add 2 cups **bread crumbs**, ½ cup **flour**, 2 tablespoons melted **butter**, 2 **eggs**, and **seasoning**; mix well, form into croquettes, fry, and serve with **cream sauce.**

297. Nut Loaf

Groups F. P. St.—F. S.

Put through a vegetable grinder sufficient **nut meats** to measure 1½ cups,—**almonds**, **English walnuts**, **hazel** and **hickory nuts** may be used, also **butternuts** and **black walnuts**,—but the latter should be taken sparingly, because of their pronounced flavor; add to the chopped **nuts**, 1 pint stale **bread crumbs**, **salt**, and 1 teaspoon of any kind of **sweet herbs.** Mix well and add sufficient boiling **water** to moisten; cover closely and let stand for ten minutes to swell, then add another cup of hot **water** and turn into a well-greased loaf pan. Bake for one hour in a moderate oven and serve hot with **brown** or **tomato sauce.** This dish may also be served cold, sliced, with **mayonnaise dressing.**

298. Nut Loaf With Rice

Groups St. F. P.—S. M.

Mix together 2 cups cooked **rice** and 1 cup ground **nut meats**; add 2 cups **milk** and a little **salt.** Fill a shallow baking pan, sprinkle with fine **bread crumbs** and grated **cheese** and bake about thirty minutes. Serve with any preferred **sauce.**

299. Fried Nut Loaf

Groups F. P. St.—S. M.

2 cups mashed sweet potatoes, mixed while hot with 1 cup finely chopped or ground nut meats, 1 beaten egg, 2 tablespoons melted butter, seasoning to taste. Press into a square tin; when cold cut into half-inch slices, dip in beaten egg and bread crumbs, and fry quickly until browned in equal parts butter and olive oil.

300. Unfired Nut Loaf

Groups F. P.—St. M. S.

1 cup ground almonds, 2 tablespoons each English walnuts and rolled oats, pounded together. Mix all, moisten with sweet milk or cream, season with celery salt and a little paprika; pack into a mold and place in the refrigerator for one hour. Turn out, garnish with sprigs of parsley, and serve with slices of lemon.

301. Nut and Cheese Roast

Groups F. P. St. S. M.

Chop 1 onion fine, cook a few minutes in a tablespoon of melted butter; add a little water, mix with 1 cup bread crumbs, 1 cup grated cheese, and 1 cup chopped English walnuts; add the juice of 1 lemon, 2 eggs well-beaten; season to taste, and add more bread crumbs if necessary; turn into a buttered baking dish and bake in a moderate oven. Serve with white sauce.

302. Nut Roll

Groups St. F. P. S. M.

Boil 6 good-sized potatoes, then peel and grate them; add 3 dozen rolled crackers, 1½ cups nuts, 1 large

onion chopped, and a little sage; make a hollow in the center, then pour in 4 well-beaten eggs, 2 tablespoons oil, seasoning to taste. Mix thoroughly, then pack into a roll and place in a buttered baking pan; bake in a moderate oven for one hour; baste with melted butter and lemon juice.

303. Nut Scrapple

Groups St. F. P. S.

Stir 1 cup corn meal, ½ cup hominy meal, and a little salt, into a double boiler containing about 1 quart boiling water; stir constantly at first, and cook until thoroughly done, at least one hour; then add 1 cup nuts chopped fine; turn into a buttered pan, set aside to cool; slice into suitable pieces and fry.

304. Parsnip and Walnut Croquettes

Groups F. P. St.—S. M.

Peel and steam 6 parsnips until tender; when cool, press through a colander; add 1 cup of chopped walnuts, ½ cup cream, 2 eggs and seasoning. Form into croquettes and fry.

305. Rice Croquettes With Cheese Sauce

Groups St. F. P.—M. S.

Put 1 cup washed rice into 1 pint of boiling water; cook until tender, then add 1 pint boiling milk, 2 tablespoons chopped pimento, salt to taste, and ½ cup chopped nuts. Shape into croquettes, dip in crumbs and fry. Serve with cheese sauce made as follows:

Melt ½ cup butter; add 4 tablespoons flour, and stir until well blended; then add as much hot milk as de-

sired. Bring to boiling point, add 1 cup grated **cheese, season,** and serve.

306. Rice Roast (White Loaf)

Groups St. M. F. P.

Mix 2 cups cold cooked **rice,** 2 **tomatoes** and 1 **onion,** chopped fine, 1 cup raw **peanut meal;** add **seasoning,** form into loaf, and bake about forty minutes. Baste occasionally with equal parts **hot water** and melted **butter.** Serve with any suitable **sauce.**

307. Rice and Sultana Raisin Croquettes

Groups F. St. S.—P. M.

Pick the stems from 1 cup of **sultana raisins** and wash thoroughly; add 1 cup blanched **rice** and 3 cups **milk.** Let cook until tender, adding more **milk** if needed, and 1 teaspoon salt when half cooked. When tender add the beaten **yolks** of 2 **eggs,** ¼ cup each of **butter** and **sugar** and a little more **rice** if liked; mix thoroughly and set aside to become cold. Form into balls or cylinders, dip in **egg,** roll in **bread crumbs,** then fry in **butter** or **olive oil.** Serve with any preferred **sauce.**

308. Sanitarium Roast

Groups St. P. F. M.—S.

Soak 1 quart of **lima beans** over night; cover with cold **water** and let cook until almost soft; grind fine with 1 cup **walnuts,** then add about 6 chopped **tomatoes,** ¼ cup **olive oil,** and **seasoning** to taste. Shape into loaves and bake in a well-buttered baking pan about forty minutes, then brown. Baste frequently with equal parts **lemon juice** and melted **butter.** Serve hot, garnished with **onion rings.**

309. Stuffed Egg Plant With Nut Sauce

Groups St. F. P. M.—S.

Boil egg plant fifteen minutes; take from the stove and cut in halves. When cool enough to handle, scoop out the pulp (without breaking the shell), mash and season well, adding a large tablespoon of butter. Add a scant pint of grated bread crumbs, 1 teaspoon of onion juice, and 1 well-beaten egg. Fill the shell with this mixture and bake until browned on top. Serve with nut sauce, which may be made by adding 1 cup chopped nuts to any good cream sauce.

310. Vegetarian Croquettes

Groups F. St. P.—S. M.

Blend 2 tablespoons butter with 2 of flour; have ready ½ cup scalded milk, stir in the creamed butter and flour, and cook until smooth and creamy, then add the beaten yolks of 2 eggs, 1½ to 2 cups cold macaroni, minced fine, ½ cup ground roasted peanuts, and seasoning to taste. Mix thoroughly and turn out on shallow dishes to cool; when cold, shape, roll in bread crumbs, and fry in hot oil or cocoa butter; serve with tomato sauce.

311. Vegetarian Sausages

Groups St. P. F.—M.

Cook fresh lima or navy beans. When soft, mash through a colander, add a generous piece of butter, seasoning, and a little powdered sage. Shape into small sausages, dip first in beaten egg, then in cornmeal or sifted bread crumbs. Brown on all sides in butter or olive oil. Serve on lettuce leaves, with any preferred sauce.

312. Vegetable Roast

Groups M. S. St. F. P.

Pare and cut into large dice equal parts of carrots, turnips, parsnips and German celery roots, enough to make 2 quarts, and cook until tender. Chop fine, mix with 1 large Spanish onion and a handful of minced parsley. Add 1 cup cracker crumbs, 1 cup green peas, fresh or canned, 2 well-beaten eggs, ½ cup cream and seasoning to taste. Bake in a well-buttered pan until nicely browned. Serve hot with tomato sauce.

313. Vegetable Turkey

Groups F. P. St. M. S.

2 cups each of mixed nuts, chopped or ground, and coarse whole wheat bread crumbs, 1 cup cream, 2 eggs, salt, paprika and powdered sage. Mix well, shape into a loaf somewhat resembling a dressed turkey. Place in a baking pan, surround with pared and quartered potatoes, and roast about thirty minutes until the potatoes are tender and the loaf nicely browned. Baste with equal parts hot water and melted butter. Transfer carefully to a heated platter, garnish with parsley and sections of lemon. Serve in a border of the roasted potatoes, with brown gravy and cranberry sauce.

314. Yellow Pea Cutlets, With Mint Sauce

Groups St. P. F. M.—S.

Soak 1 pint of yellow peas over night; cook until tender but not mushy, with just enough water to cover, then mash through a colander. Add 1 grated onion, 2 eggs, seasoning, 2 tablespoons horseradish and enough

bread crumbs to make a fairly stiff dough. Shape into cutlets and keep on ice for an hour, then roll in beaten egg and cracker crumbs and fry brown.

For Mint Sauce, see Sauces for Croquettes, Roasts, etc.

SAUCES FOR VEGETABLES AND ROASTS

315. White Sauce

Groups F. St.—S. P.

Rub 1 tablespoon flour and 2 tablespoons butter to a smooth cream. Heat 2 cups water or milk to boiling, and add gradually the flour and butter, stirring constantly until perfectly blended. Add salt to taste and boil one minute. If an especially rich sauce is desired, cream may be used instead of milk.

316. Bread Sauce

(A good way to use stale bread.)

Groups St. P. M. S.

Quarter and cook 1 large onion and 1 green sweet pepper in 1½ pints milk (or half milk and half water) until quite soft, then strain. Pour the strained liquid over stale grated whole wheat bread. In about an hour put the soaked bread in a saucepan, add butter rubbed smooth with a little flour, and more milk, if necessary. Let the whole boil up together, strain, and serve hot.

317. Brown Butter Sauce

Groups F. S. St. P.

Heat 2 tablespoons butter with 1 of sugar in a saucepan. When brown, sift into it 2 tablespoons whole

wheat flour. Stir until smooth and well browned, but prevent burning. Add 1 cup boiling water or stock and season to taste.

318. Brown Gravy

Groups F. M. S. St.—P.

Put a fairly large piece of butter into a skillet, let brown with 1 onion, sliced, and 1 tablespoon sugar. Add ½ cup flour and keep stirring about five minutes. Add sufficient vegetable stock to make the right consistency, season, and strain. 1 cup sour cream may be added if desired.

319. Brown Raisin Sauce

Groups S. M.—St. F.

Cook 1 cup raisins until tender with 6 whole peppers, 2 bay leaves, and a few cloves; thicken with flour blended with butter; season, add ½ cup brown sugar and the juice of 2 lemons.

320. Caper Sauce

Groups F. St.—S. P. M.

To white sauce (made as directed in Recipe No. 315) add 2 tablespoons capers, with an equal amount of juice. If desired, flavor with lemon juice.

321. Chestnut Sauce

Groups F. P.—S. M.

Put ½ pound shelled chestnuts into boiling water for about five minutes, rub off the skins, cook in a small amount of salted water until tender, and rub

through a sieve. Return to the fire, add 1 cup **milk** or **cream**, season to taste, add **butter**, let boil up once, and serve.

322. Curry Sauce to Serve With Vegetables

Groups **M. F.**—St. S. P.

Melt 1 tablespoon **butter** in a saucepan; stir into it 1 large **onion** minced fine; let simmer seven or eight minutes, then add 1 **sour apple**, minced fine; stir for three or four minutes; add 1 cup good **vegetable stock** and cook gently for five minutes; add 1 cup **milk** in which 1 dessertspoon of **curry powder** has been stirred until smooth. Let all boil up at once, strain, **season**, and thicken with **flour** and **butter**, blended.

323. Egg Sauce

Groups **F. St.**—S. P.

To **white sauce** add the **yolks** of 2 hard-boiled **eggs** pressed through a coarse sieve, also a little **minced parsley**.

324. Sauce Hollandaise (1)

Groups **F.**—St. M. S. P.

Make a **white sauce** as directed in Recipe No. 315. Take from the fire, add gradually the **yolk** of 1 **egg**, well beaten, 1 tablespoon **salad oil**, **salt** and **sugar** to taste, and the **juice** of ½ **lemon**. Beat well together and serve at once.

325. Sauce Hollandaise (2)

Groups **F. M.**

Soften 1 cup **butter**, then beat until soft and creamy; add the **yolks** of 3 **eggs**, one by one, and, when these

are thoroughly incorporated, 1 cup **boiling water**; cook in the double boiler until a thick cream, then add the **juice** of 1 **lemon**, one drop at a time; be very sure to add the **lemon juice** slowly, or sauce will curdle; **season** after removal from fire.

326. Horseradish Sauce

Groups **M. S. St.—P.**

To 2 cups **boiling stock** add 1 cup cleaned **currants**; thicken with **cracker crumbs**; add **butter** and **sugar** and as much **grated horseradish** as desired.

327. Cream Horseradish Sauce

Groups **F. S. M.—St. P.**

Make a **cream sauce** according to Recipe No. 315. To 1 quart of **sauce** add 1 cup **raisins**, 1 cup grated **horseradish**, **sugar** and **seasoning** to taste; let boil a few minutes and serve.

328. Mint Sauce

Groups **M. S.**

Mix 1 cup fresh **mint**, chopped fine, ¼ cup **brown sugar**, and ½ cup **lemon juice**, and let stand one hour. Before serving, heat until warm, but do **not boil**.

329. Mushroom Sauce

Groups **P. F.—M.**

Clean and wash 1 quart of fresh **mushrooms**, cut in two, put into a stewpan with a little **salt**, **whole pepper** and **butter**; stew gently for half an hour, then add ½ pint **cream** and the **yolks** of 2 well-beaten **eggs**. Keep stirring until it boils, when it is ready to serve.

330. **Nut Sauce**

Groups F. P. St.—S. M.

Add finely chopped **English walnuts** or **pecans** to **white sauce** or any other suitable **sauce.**

331. **Onion Sauce (1)**

Groups M. F. St. S.—P.

Peel and cut 2 or 3 **onions,** cook in small quantity of **water** until tender, and chop fine. Add **white sauce,** made as directed in Recipe No. 315; **season** to taste, let boil, and serve at once.

332. **Onion Sauce (2)**

Groups M. F.—St. S. P.

Slice **onions,** let brown in **butter,** add a little **flour** and enough **stock** to make the right consistency; cook for a few minutes and **season;** do not strain.

333. **Plain Tomato Sauce**

Groups M.—St. F. S.

Cut up **tomatoes** to make 1 pint, and cook with 1 **onion** about ten minutes. Add 1 tablespoon **flour** blended with an equal amount of **butter.** Let boil a few minutes, then add 1 teaspoon **sugar,** also **salt** to taste. Strain.

334. **Tomato Sauce (1)**

Groups M. St. F. S.

Put 1 pint **tomatoes,** fresh or canned, into an agate or aluminum saucepan. Add 1 stalk **celery,** 1 large

slice **onion**, a sprig of **parsley**, 1 **pepper**, 6 **cloves**, 1 **bay leaf**. Cover, let simmer twenty minutes, and strain through a coarse sieve. Add a pinch of **salt**, 1 teaspoon **sugar**, 1 tablespoon **lemon juice**, and keep in a cool place until wanted. Thicken with **flour** blended with **butter**.

335. Tomato Sauce (2)

Groups M.—S. St. F.

Brown 2 slices **carrot** and 1 sliced **onion** in 2 tablespoons **butter**; add 1 quart **tomato juice**, a few sprigs **parsley**, 1 bay **leaf**, and **seasoning** to taste. Let simmer twenty minutes and strain. Rub 2 tablespoons **flour** to a smooth paste with little **water** and add to the strained liquid. Let boil about three minutes.

336. Tomato Sauce With Raisins

Groups M.—S. St. F.

Cook 5 or 6 **tomatoes** in a small quantity of **water** about ten minutes. Add 1 cup **vegetable stock**, 1 **bay leaf**, a little **salt**, and 1 teaspoon **flour** blended with 1 tablespoon of **butter**. Cook all together until it begins to thicken, strain through a sieve, and add ¼ cup seedless **raisins**. Reheat and serve.

337. Tomato and Pepper Sauce

Groups M. S.

Scald **tomatoes** and rub through a fine sieve; to 1 cup **tomatoes** add 1 **green pepper**, chopped fine, 1 **onion**, 2 tablespoons **sugar**, a little **salt**, and the **juice** of 1 **lemon**; cook about half an hour and serve with **roast** or **croquettes**.

338. **Spanish Sauce**

Groups M.—St. F. S.

To 1 quart of white stock, add 3 onions, 3 peppers, 3 tomatoes cut in strips, and 1 cup mushrooms; let cook until tender; thicken with flour blended with butter, and season well.

VEGETABLES

Key to reference letters: **St.** (Starches). **S.** (Sugars). **F.** (Fats). **P.** (Proteids). **M.** (Mineral Elements).

Leafy and Juicy Vegetables

Leafy and juicy vegetables are the most valuable foods of the mineral salts group (Group V). While the juicy, acid and sub-acid fruits average from twenty to fifty parts per thousand of the positive mineral salts of iron, sodium, lime, magnesium and potassium, the non-starchy, leafy and juicy vegetables average from seventy to one hundred and fifty parts per thousand of these all-important, physiological and medicinal mineral elements.

On pages 400, 401 we have dilated upon the value of these positive, alkaline, mineral elements as neutralizers and eliminators of poisonous acids and alkaloids, as blood, nerve and bone builders, as the principal ingredients in all the important secretions of the body, and as generators and conductors of electro-magnetic energy. We called attention to the fact that the juices of fruits and vegetables, prepared in Nature's own laboratory, supply in the best possible form the demands for fluids in the animal and human body. They are natural tonics, cholagogues and purifiers. They dilute and hold in solution the morbid, colloid products of starchy and protein digestion. The large amount of woody fiber (cellulose) contained in the vegetables furnishes solid resistance to the intestines and thereby

stimulates their peristaltic movements and makes very efficient scourers, purifiers and natural laxatives.

Richest in the positive mineral elements are cabbage, spinach, lettuce, watercress, savoy cabbage, endive, rose kale, Brussels sprouts, Scotch kale, leek, celery and parsley. Next to these rank tomatoes, cucumbers, radishes, onions, horseradish, green peppers, asparagus and cauliflower.

Splendid cooling and refreshing summer foods, rich in the purifying organic salts, are the watermelons, muskmelons, cantaloupes, pumpkins, squashes, and other members of the melon family.

The Preparation and Cooking of Vegetables

Most vegetables and fruits are not improved by cooking. However, many diet reformers go to extremes when they claim that all or nearly all the organic mineral combinations in vegetables and fruits are rendered inorganic through cooking. This is an exaggeration. Cooking is merely a mechanical process of subdivision, not a chemical one, and mechanical processes of subdivision do not disorganize organic molecules to any great extent.

However, it remains true that the fruits and vegetables mentioned under group five are not improved by cooking.

Starchy vegetables and cereals only are improved by cooking, and this is so because through ages of abuse our digestive organs have lost the power to digest and assimilate raw starch. The cooking serves to break up and separate the hard starch granules and to facilitate the penetration of the digestive juices.

After the leafy vegetables are thoroughly cleansed

and ready for cooking, place them in the cooking vessel, add just enough water to keep them from burning, then cover and allow to simmer slowly in their own juices. The leafy vegetables, such as spinach, cabbage, kale, etc., contain enough water for their own cooking.

Do not waste any of the juices, because they contain most of the mineral elements. When cooking such vegetables as carrots, beets, asparagus, parsnips, oyster-plant, etc., which require considerable water for boiling, do not throw away the water, but use it for the making of soups and sauces. All vegetables may be steamed instead of boiled, if preferred.

If the vegetables, as is the usual custom, are boiled in large quantities of water, then drained, or what is still worse, pressed out and seasoned with soup stock, strong condiments and spices, they have lost their nutritive and medicinal value. The mineral salts have vanished in the sink, the remains have become insipid and indigestible and therefore have to be highly seasoned in order to make them palatable.

Asparagus

Asparagus runs low in protein (2%) and starches and sugar (2%), but high in the five positive mineral elements, about 50 per mill.

339. Asparagus in Ambush

Groups M. F.—P. St.

To a cream sauce made with 1 tablespoon each of **butter, flour** and 2 cups **milk**, add 2 well-beaten **eggs.** Stir over the fire until it thickens, then add 2 dozen stalks of **asparagus**, cut fine and steamed. **Season** to

taste. Cut the tops from 12 large **biscuits** or **rolls**, scrape out the soft inside part, and put them into the oven to crisp. Fill them with the **asparagus**, replace the tops, and brown quickly in hot oven.

340. Asparagus with Sour Cream

Groups **M. F.**—St.

Tie young **asparagus** in small bunches and cook until tender in **water** enough to cover, then remove from the water and keep in a heated dish until ready to serve. Make a cream sauce with 2 tablespoons **butter** and 1 of **flour**, the **asparagus water**, and 1 cup of thick **sour cream**. Pour over the **asparagus** and serve on squares of **toast**.

341. Asparagus Tips

Groups **M. St. F.**—P.

Cut off the tips of about 2 dozen stalks of **asparagus**. Put them into a saucepan with enough cold **water** to barely cover, and a little **salt**. Cook until tender and arrange **tips** on squares of diagonal cuts of **toast** and pour a rich **cream sauce** over them. Serve on a heated platter.

342. Asparagus on Toast

Groups **M. St. F.**—P.

Cook tender **asparagus** in slightly **salted water**, arrange on **toast** moistened with some of the **water**, pour **brown butter** over all, and serve on a heated platter with slices of **lemon**.

343. Asparagus and Carrots

Groups M. F. S.

Cut young carrots in strips and cook in water enough to cover, about fifteen minutes. Add an equal amount of asparagus, cut into inch-long pieces, butter and a little salt and cook slowly until tender. If desired, thicken with flour blended with butter.

344. Asparagus and Green Peas

Groups M. F. S.—P.

Cook together equal parts of young green peas and asparagus, cut into small pieces. Add butter and salt, thicken with flour, blended with butter.

345. Asparagus a la Sanitarium

Groups M. F.—St. S. P.

Cut 2 bunches asparagus and 1 bunch carrots to uniform sizes. Boil and drain. Cut strips of bread same length as asparagus; fry a nice brown. Arrange asparagus and bread strips on a round platter. Place a border of carrots around it and pour over the following sauce: Blend 3 tablespoons butter with 3 of flour, add the water the asparagus and carrots were cooked in; season; boil to the right consistency.

346. Escalloped Asparagus

Groups M. F. P.—St.

Boil or steam 4 dozen stalks asparagus in slightly salted water about fifteen minutes. Into a well-buttered baking dish put alternate layers of asparagus and coarse bread crumbs, finishing with a layer of

crumbs. Pour over this 3 eggs beaten well with 1 quart of seasoned milk. Dust with grated nutmeg or mace. Put bits of butter on top and bake thirty minutes.

347. Creamed Asparagus

Groups M. F.—St.

Cut asparagus into inch-long pieces, cook in a small quantity of water until tender. Make a cream sauce of 1 tablespoon of butter and flour and 1 cup of milk or cream. Add the asparagus, let boil up a few times, then serve at once on a heated platter with a border of roasted potatoes.

348. Steamed Asparagus

Groups M.—F. P.

Steam nice tender asparagus in a steamer or colander fitting into a large kettle. Serve either with egg sauce or Sauce Hollandaise.

349. Stewed Asparagus

Groups M. F.

Break the tender portions of about 2 dozen stalks of asparagus into small pieces. Heat 3 tablespoons of butter with 2 of water. Drop the asparagus into it and cover tightly. Let simmer until tender. Garnish with sprays of parsley and serve.

BEANS

350. String Beans and Apples

Groups M. F.

To 1 quart of string beans, cut into inch-long pieces, add 6 tart apples, peeled, cored and cut into dice.

Cover with cold water and cook until tender. Add butter and season to taste.

Note:—Wax beans and prunes may be prepared in the same manner.

351. String Beans and Tomatoes

Groups M. F.—St. P. S.

String and break into pieces 1 quart of green beans and cook in a small quantity of water about fifteen minutes; add 6 tomatoes, peeled and quartered, a lump of butter, a little sugar, and salt to taste. Let cook until tender and thicken with flour blended with butter.

352. String Bean Fricassee

Groups M. F. P.

Cut and string 1 pound of beans, cook in slightly salted water thirty minutes, then drain; put 2 tablespoons of butter, 1 of minced parsley and 1 of minced onion into a saucepan; add the beans and stir frequently, adding sufficient soup stock to keep them moist. When perfectly tender, add the yolk of 1 egg, juice of 1 lemon, and 1 tablespoon of grated cheese. Stir until the sauce begins to thicken, then serve on toast. Do not let the mixture boil or the egg will curdle.

353. Creamed String Beans

Groups M. F.—St. P.

Melt 1 tablespoon of butter in a saucepan and add 2 quarts of string beans cut in inch-long pieces. Let stew about ten minutes, stirring often to prevent burning, then add boiling water and cook until tender.

When the water is nearly absorbed add 1 cup of rich cream, thicken with flour blended with butter, and season to taste.

354. Curry of String Beans

Groups M. F.—St. P.

Sift 1 tablespoon of flour into 3 tablespoons of butter, rub smooth; add 1 cup boiling water, 1 onion chopped fine, and 1 teaspoon curry powder, then add 1 quart of finely cut string beans; cook slowly until tender and serve at once.

355. Green Beans (German Style)

Groups M. St.—F. S.

String and cut into pieces enough string beans to make 1 quart, cover with cold water and cook about fifteen minutes; add 3 potatoes, cut into dice, let cook until tender, adding more water if necessary. Brown 2 tablespoons flour in 1 of butter, add a little sugar, salt, and the juice of 1 lemon; add to the beans and let simmer five minutes longer.

356. Schnittbohnen (German Style)

Groups M. F.—St. P.

String green beans, shave into fine shreds with a sharp knife, barely cover with cold water, and cook until tender; most of the water should be absorbed. Add milk, let come to the boiling point and thicken with flour blended with butter. Season to taste, and add a little chopped parsley.

357. Sweet-Sour Beans

Groups M. F.—St. P. S.

String green beans, cut into dice and cook in slightly salted water until tender; thicken with flour blended with butter, sweeten to taste, and add lemon juice.

358. Wax Beans

Groups M.—F. St.

String wax beans, cut into strips and cook in water enough to cover until tender; thicken with a little flour blended with butter; season to taste.

359. Wax Beans with Cream Sauce

Groups M.—F. St.

Cut wax beans into inch-long pieces, cook until tender in enough water to prevent burning. Make a cream sauce of rich milk, flour and butter, pour over the beans, and cook five minutes longer.

BEETS

360. Beets au Gratin

Groups S. M. St.—F. P.

Scrub 6 medium-sized beets thoroughly with a vegetable brush, but do not break the skin. Cover with boiling water and cook until tender. When cold rub off the skin and slice. Take 1 cup of bread crumbs and arrange in a buttered baking dish alternately the sliced beets and bread crumbs, having the bottom layer of crumbs. Heat 2 cups milk with 2 tablespoons butter, pour over beets and bake in a hot oven until nicely browned.

361. Baked Beets

Groups S. M. F.—St.

Wash young beets very clean. Bake in a moderate oven like potatoes, turning frequently. When done, peel and serve with melted butter.

362. Buttered Beets

Groups S. M. F.—St.

Wash and peel beets, cut in thin slices, steam until tender, then season and toss in melted butter.

363. Creamed Beets

Groups S. M. F.—St. P.

Wash young beets, peel, cut in small dice and cook in water to cover until tender. Thicken with flour and butter blended, and season to taste. Add lemon juice if desired.

364. Hashed Beets

Groups S. M. F. St.—P.

Chop cooked beets rather fine. To each cup add 1 minced onion, 1 tablespoon bread crumbs and ½ cup cream. Melt butter in a frying pan and add the beets; let brown on all sides, turning often. Do not cover pan.

CABBAGE

365. Cabbage au Gratin

Groups M. P. F.—St.

Cook a small cabbage and chop rather fine. Prepare 1 scant cup grated cheese, ½ cup bread crumbs and 2 cups white sauce. In bottom of a buttered baking dish

put a layer of the cabbage, sprinkle with grated cheese and bread crumbs, cover with white sauce. Repeat until all the ingredients are used; the last layer should be of sauce covered with crumbs. Season to taste with salt and paprika. Pour over top about 3 tablespoons melted butter and brown nicely in the oven.

366. Baked Cabbage

Groups M. P. F.

Cut cold boiled cabbage into long strips, place in buttered baking dish; pour over 1 quart of milk into which 3 eggs have been beaten; season, and bake about forty minutes.

367. Boiled Young Cabbage

Groups M. F.

Quarter a head of cabbage, remove core, and steam or boil in slightly salted water until tender. Serve with melted butter or a cream sauce.

368. Plain Boiled Cabbage

Groups M. F.

Quarter cabbage, cook with very little water, add butter and seasoning.

369. Brown Cabbage

Groups M. F. S.

Shred 1 large head cabbage; add ½ cup butter, ½ cup brown sugar, ½ cup lemon juice, a little salt and anise seed, and 6 good-sized apples, peeled and quartered; cover tightly and let simmer two to three hours.

370. Creamed Cabbage (1)

Groups M. F. St.—P.

Remove outer leaves from a head of **cabbage**, cut fine and cook slowly in as little water as possible; when tender cover with rich **milk**, thickened with **flour** rubbed into **butter**; let cook about ten minutes and season to taste.

371. Creamed Cabbage (2)

Groups M. F.—St. P.

Chop 1 head of **cabbage** coarsely, and boil ten minutes in slightly salted water, then drain. Make a good white sauce from 2 tablespoons each of **flour** and **butter**, and 1 cup each of milk and the water drained from the **cabbage**. Season to taste. In a buttered baking dish place alternate layers of **cabbage** and **white sauce**; heat thoroughly, and brown nicely in the oven.

372. Curly Cabbage

Groups M. F.

Pick the outer leaves from heads of curly **cabbage**, cut into sections, remove tough portion of core, and steam until tender. Place on a heated platter, spread with fresh butter or a rich **cream sauce**, and grate a little **nutmeg** over the whole.

373. Filled Cabbage

Groups according to filling.

Any suitable filling may be used, such **as cooked rice** and tomatoes, or protose and barley. Take large, perfect **cabbage** leaves, place a spoonful of the **filling** in

the center, roll the leaf loosely, turning in the edges; tie with strong, white thread; steam or stew in a little water to which butter has been added. When ready to serve remove the threads.

374. Fried Cabbage

Groups M. F.

Chop cold boiled cabbage; melt butter in a frying pan, add the cabbage and fry until nicely browned, turning often.

375. Smothered Cabbage

Groups M. F.

Cut a small head of cabbage fine and put into a pan with melted butter, about ¼ cup; add ½ cup sweet milk and seasoning. Put dots of butter on top, cover tightly and simmer until tender.

376. Steamed Cabbage and Protose Loaf

Groups M. P. F.

Cook cabbage in slightly salted water until nearly done; drain in a colander, then pack in a tin can or pail, alternating layers of cabbage and savory protose, putting small pieces of butter over each layer of cabbage. Steam about one hour and serve with cream sauce.

377. Stuffed Cabbage

Groups M. P. F.—St.

Mix 1 quart can of savory protose with 2 eggs and 1 onion, chopped or grated; add 1 tablespoon each of flour and melted butter, stir in 1 cup milk and season to taste.

Cut a plug from the stem end of a firm head of **cabbage**, hollow out carefully to about three-fourths inch from the outside, fill with the **protose mixture**, close the opening with the plug, tie firmly with strong white string, and boil in slightly **salted water** until tender. Remove string before serving the **cabbage.** Serve with **butter** or **white sauce.**

378. Sweet-Sour Cabbage

Groups M.—F. S.

Cut **cabbage** fine, as for slaw, cook slowly until tender with very little **water**, the **juice** of 2 **lemons**, a generous piece of **butter**, a pinch of **salt**, and **sugar** to taste. A little **anise seed** may be added if desired.

379. Savoy Cabbage

Groups M.—F. St.

Quarter 1 medium-sized **savoy cabbage**; add **1** grated **onion**, cook in very little **water** until tender; drain. Heat 1 large tablespoon of **butter**, sift into this 1 tablespoon **flour**, being careful to prevent lumps; add the **water** in which the **cabbage** was cooked; let come to the boiling point and pour over **cabbage.** Serve at once.

380. Red Cabbage and Apples

Groups M.—S. F.

To 1 head of finely cut red **cabbage** add 4 medium-sized **apples**, peeled and cut into quarter sections, the juice of 2 **lemons**, ½ cup **sugar**, a little **salt**, and a generous piece of **butter.** Cook until tender, then **thicken** with a little **flour** dissolved in **water.**

381. Red Cabbage in Butter

Groups M. F.—St.

Quarter a large red cabbage, remove the tough part of the core and shred. Place in cold water for about thirty minutes; drain; add ¼ pound butter and let cook slowly about one hour.

382. Red Cabbage with Mushrooms

Groups M. P. F.

Shred 1 head of red cabbage, steam until tender. Clean thoroughly, mushrooms to make 1 quart; cook separately in very little water to which butter and the juice of 1 lemon has been added. Heap the cabbage on a heated platter, put the mushrooms in the center, pour brown butter over the whole, and serve.

383. Sauerkraut

Groups M. F.—St. P.

To 1 quart of sauerkraut add 1 cup of cold water, a generous piece of butter, 1 or 2 apples, peeled and cut fine. Let cook slowly until tender. Thicken with flour or add 1 raw grated potato.

384. Sauerkraut with Prunes

Groups M. F.

Add a little water to the juice of the sauerkraut and cook slowly for about twenty minutes. Stew prunes separately in water enough to barely cover, with a little sugar. When nearly soft add the prunes to sauerkraut, add butter, and let simmer one hour longer.

CARROTS

385. Carrots with Butter

Groups S. M. F.—St.

Scrape and slice about 6 medium-sized **carrots**; cook slowly until tender in very little **water**; drain; add 1 large tablespoon of **butter**; shake the **carrots** in the **butter** until it is evenly distributed. Serve in a heated dish.

386. Carrots with Onions

Groups M. S. F.—St.

Scrape and slice 6 large **carrots** and 2 or 3 **onions**; boil in **water** enough to cover for thirty minutes; drain and return to saucepan; add 2 tablespoons of **butter** blended with 1 tablespoon of **flour**, and enough of the stock to make the right consistency. Season to taste, let boil up once or twice, and serve.

387. Carrots and Parsnips

Groups S. M. F.—St. P.

Scrape and cut into dice equal quantities of **carrots** and **parsnips**, barely cover with **water** and cook until tender. Add **butter** and **seasoning**.

388. Carrots, German Style

Groups S. M. F. St.—P.

Scrape **carrots**, wash well, and cut into dice. Cook in slightly **salted** water until nearly tender, then add about half the quantity of cooked **barley** and let simmer fifteen minutes longer. When ready to serve, pour **brown butter** over.

Note:—**Rice** may be used instead of **barley**. **Beets** may be prepared in the same manner.

389. Carrot Fritters

Groups F. P.—St. S. M.

To 2 cups boiled carrots mashed through a colander, add 2 well-beaten eggs and 2 tablespoons flour. Mix thoroughly, drop from a spoon into hot butter or olive oil and fry until nicely browned.

390. Carrots Maitre d'Hotel

Groups S. M.—F. P.

Scrape a sufficient number of small-sized carrots, cut in halves lengthwise and cook in boiling water until tender. Drain; place in a saucepan with 1 tablespoon butter, 1 tablespoon of minced parsley, the juice of 1 lemon, and a dash of paprika; if desired, a little sugar may be added. Toss lightly over the fire until thoroughly heated, pour into a hot dish and serve.

391. Creamed Carrots

Groups S. M. F.—St. P.

Scrape carrots, cut into dice, barely cover with water, add butter and a little salt; let cook until tender and the water is absorbed. Add rich milk, let come to boiling point; thicken with flour and butter blended. Minced parsley may be added before serving.

392. Flemish Carrots

Groups M. S. F.—St. P.

Scrape and slice 3 large carrots, cook until tender and drain. Cut 1 onion into small dice, fry in butter until soft and yellow, add seasoning to taste, stir in 1 teaspoon of flour, being careful to prevent lumps; add

the **water** in which the **carrots** were cooked and let cook slowly until fairly thick; add the **carrots** and some chopped **parsley**, let boil up and serve.

393. Fried Carrots

Groups S. M. F.—P.

Cut boiled **carrots** lengthwise into slices a quarter of an inch thick, and brown in **butter** on both sides. Serve with slices of **lemon.**

394. Hungarian Carrots

Groups S. M.—F. St. P.

Scrape and cut 2 large **carrots** in thin slices, then place in a saucepan with 1 tablespoon powdered **sugar** and just enough **water** to cover; when tender, thicken with 1 tablespoon **flour** blended with 2 of **butter**; add the juice of 1 **lemon**; let come to a boil.

395. Mashed Carrots

Groups S. M. F.—P.

Cook **carrots** until tender in **water** enough to prevent burning; mash through a colander, add **butter** and **seasoning** to taste; reheat and serve.

396. Scalloped Carrots

Groups S. M. F.—P. St.

Boil large **carrots**, peel and slice. Put alternate layers of **carrots** and **bread crumbs** into a buttered baking dish, finishing with **bread crumbs.** Pour over enough **milk** to cover, put bits of **butter** on top; bake until thoroughly heated and nicely browned (about forty minutes).

397. Steamed Carrots

Groups S. M. F.—P.

Scrape and cut in half nice medium-sized **carrots**; steam until tender. Serve with melted **butter** and chopped **parsley.**

398. Stewed Carrots

Groups S. M. F.—St. P.

Scrape **carrots,** cut into pieces, cook with barely enough **water** to cover, adding a piece of **butter.** When tender, thicken with **flour** blended with **butter,** and add a little **sugar.**

399. White and Gold

Groups M. S. St.—F.

Scrape **carrots,** cut in long strips. Put on to cook and add as many **green onions** (white part only) as you have **carrots.** Let cook until tender. Make a mound of **mashed potatoes** in a deep dish, arrange **carrots** and **onions** around mound. Reheat **water carrots** and **onions** were cooked in and thicken with **flour** blended with **butter.** Pour around mound and serve at once.

CAULIFLOWER

This vegetable will not turn dark if cooked in milk or part milk.

400. Cauliflower a la Hollandaise

Groups M. F.—S. St. P.

Remove the leaves and lower part of stalk from a nice, white head of **cauliflower.** Put in cold water, head down, for about an hour, to draw out all insects, then steam until tender. Serve on a heated platter,

cover with sauce **Hollandaise** and garnish with sprigs of **parsley.**

401. Cauliflower Francaise

Groups **M. P. F.—S. St.**

Steam **cauliflower** until tender, then break into small pieces; put into a buttered baking dish and cover with **cream sauce**; sprinkle thickly with grated cheese and bake half an hour.

402. Cauliflower, German Style

Groups **M. S. F.—St. P.**

Prepare **cauliflower,** without breaking, place in cold water for about an hour; drain. Melt 2 tablespoons **butter,** add 1 tablespoon **flour,** stirring until perfectly smooth, then add 1 quart of rich **milk,** a little **salt,** and 1 tablespoon **sugar.** Put the **cauliflower** into this **sauce** and cook in a double boiler until tender.

403. Cauliflower with Egg Sauce

Groups **M. F. P.—S. St.**

Steam **cauliflower.** Make a sauce of 3 hard-boiled **eggs** chopped fine, 1 small **onion,** grated, 1 tablespoon **butter** and 1 cup **cream**; heat to boiling, **season** to suit taste, add a little **sugar,** if desired, pour over the **cauliflower** which has been kept warm, and serve at once.

404. Cauliflower with Parsley

Groups **M. S. F.—St. P.**

Pick over and break into pieces a nice, white head of **cauliflower**; put into a small kettle with 2 tablespoons melted **butter,** a little **flour,** ½ cup of **water** and a little **parsley,** chopped fine. Cover and cook until tender.

405. Cauliflower with Tomato Sauce

Groups M. S. St.—F. P.

Break **cauliflower** into suitable pieces, wash carefully, and cook in a small quantity of **salted water** until tender. Cut into pieces about 6 **tomatoes**, stew until tender, rub through a colander; reheat, thicken with **flour** rubbed smooth in a little **water**; season to taste with **salt** and **sugar**; add a good-sized piece of **butter**, pour over the **cauliflower**, let simmer about five minutes and serve.

406. Baked Cauliflower

Groups M. St. F.—S. P.

Wash and clean **cauliflower** carefully, break into pieces and leave in cold water for an hour to draw out any small insects, then steam until tender. In a buttered baking dish place a layer of **cauliflower**, then a layer of **bread crumbs**, dotted with bits of **butter**, and so on until the dish is filled, having the top layer of **bread crumbs**. Pour over 1 cup of **cream**, **season**, and bake until nicely browned.

407. Creamed Cauliflower

Groups M. S. F. P.—St.

Break **cauliflower** into small pieces, removing leaves and tough part of stalk, steam or cook in a little **salted water** until tender; drain; brown 1 tablespoon of **flour** with 2 tablespoons of **butter**; add the **water** in which the **cauliflower** was boiled, and an equal amount of **milk** or **cream**, season to taste and pour over the **cauliflower**. Serve in a heated dish. If desired, dust a little **mace** over the top.

408. Escalloped Cauliflower

Groups M. S. F.—P. St.

Break **cauliflower** into suitable pieces, cook about thirty minutes in slightly **salted water**; drain; place layers of **cauliflower** in a buttered baking dish, cover with **bread crumbs**, dot with **butter** and grate a thick layer of mild **cheese** over it; repeat until all ingredients are used. Have top layer of **bread crumbs**, cover with **milk seasoned** to suit taste, and bake in a moderate oven.

409. Fried Cauliflower.

Groups M. S. F.—St. P.

Break cold boiled **cauliflower** into small pieces, brown carefully in **butter**, shaking and turning frequently until thoroughly heated. If desired, add a little powdered **mace** or **nutmeg**.

CELERY

This vegetable is generally eaten raw as a relish, or in soup, or salad. It may be creamed, steamed, or stewed, and served on toast as a side dish.

CELERY—CABBAGE

This is a new vegetable, delicious in taste, and very rich in mineral salts,—produced by the crossing of celery and cabbage. It may be served shredded, with dressing as a salad, or boiled, like cabbage.

The German celery has a very much larger root than the leafy variety grown in this country.

The following recipes refer to the German celery.

410. Celery and Carrots

Groups M. S. F.—St. P.

Cut the **celery** into short pieces and the **carrots** into thin slices; have the same amount of each. Boil the **carrots** in slightly **salted** water until tender. Scald the **celery** in another dish, add the **carrots**. Thicken with 1 tablespoon **flour** rubbed into **butter**. Add **butter** and **seasoning** to suit taste. Bring to a boil and serve.

411. Escalloped Celery and Egg

Groups F. St. P. M.—S.

Cook a pint of **celery** cut into dice; make a sauce of 4 tablespoons melted **butter**, 4 of **flour**, 1 cup **celery stock**, 1 cup **milk**, **seasoning**; add the cooked **celery**; put a layer in a buttered baking dish, sprinkle with hard-boiled **eggs**, chopped fine, also a few drops of **lemon juice**; continue with alternate layers until the ingredients are used; cover with buttered **bread crumbs** and bake in a moderate oven.

412. German Celery with Protose

Groups M. P. F.—St. S.

Pare **celery roots**, cut into quarter or eighth sections, according to size, cook in a small quantity of **water** until nearly tender, then add little balls made of **savory protose**; season to taste, add **butter** and a little **cream**; thicken with **flour** blended with **butter**.

413. Mashed German Celery

Groups M. F.—S. St. P.

Pare and slice **celery roots**, cook in slightly **salted** water until tender, mash through a colander, add **butter**, **seasoning**, and a little **cream**. Reheat and serve.

414. Stewed German Celery

Groups **M. S. F. St. P.**

Pare and wash **celery roots**, cut into dice and cook in slightly **salted water** with a good-sized piece of **butter.** When tender, thicken with **flour** and **butter** blended.

CORN RECIPES

Young, sweet corn is rich in sugar and organic salts. As it ripens the sugar and mineral salts decrease and the starches and protein constituents increase in quantity.

The Ratings Are for Young and Sweet Corn

415. Corn on the Cob

Groups **S. M.**—F. St. P.

Strip off husks and threads from ears of **corn,** wash well and boil fifteen minutes in **water** enough to cover; serve with **butter.** If the corn is home-grown, the inner husks and part of the stem may be boiled with the corn. This causes it to be more tender and of better flavor.

416. Corn Chowder

Groups **St. S.**—M. F. P.

Fry 1 onion in butter until soft and yellow, **add 3 potatoes** which have been cut into dice and cooked in slightly **salted water** until nearly tender (do not drain **water** off), add 2 cups **corn, seasoning,** and last, **1 quart of hot milk.** Cook together over a slow fire for ten minutes.

417. Corn Fritters

Groups F. St. P. S. M.

Grate raw corn from the cobs. To each cup add 1 beaten egg, 2 tablespoons flour, salt, and a little milk. Drop from a spoon into deep fat (equal parts olive oil and butter) or fry on a griddle.

418. Corn Oysters

Groups F. P. S. St. M.

Grate the corn from about 10 large ears (raw). Add to it 1 cup cracker crumbs, the beaten whites of 5 eggs, juice of 1 lemon, seasoning to taste. Shape with two spoons to resemble large oysters, and fry in butter or olive oil until crisp and brown. Serve with slices of lemon.

419. Corn Pudding

Groups F. P. S.—St. M.

To 2 cups corn cut from the cob, add 2 tablespoons flour, 2 eggs, 1 pint milk, 1 large tablespoon melted butter, sugar and lemon flavoring to suit taste. Beat well together, put in a buttered baking dish, and bake about one hour, or until nicely browned.

Note:—This pudding may be steamed in a double boiler. It will take about two hours.

420. Corn Relish

Groups M. S.—St. P.

Cut 4 ears corn from the cob, add 1 onion, 1 green pepper, and 1 small head cabbage, all cut fine; mix well with the juice of 2 lemons, ½ cup sugar and a little salt; it is then ready to serve.

421. **Corn Souffle**

Groups F. S. St. P.—M.

To 1 cup grated corn add 1 tablespoon butter, seasoning to taste, and 2 tablespoons flour; mix to a smooth paste with 1 cup milk, and boil until thick; remove from the fire and when slightly cooled add the well-beaten yolks of 2 eggs; then fold in the stiffly beaten whites of the eggs, pour into a well buttered baking dish and bake half an hour.

422. **Corn Timbales**

Groups S. M. F.—P. St.

To 1 cup grated corn add 2 chopped peppers, a little melted butter, 2 lightly beaten eggs, and seasoning. Turn into timbale molds and steam about twenty to thirty minutes; test with a knife blade as you would custard; serve with cream sauce.

423. **Baked Corn Pudding**

Groups S. M. F. P.

2 cups grated corn, 1 egg lightly beaten, a little melted butter and seasoning; mix with 1 cup rich milk, turn into buttered dish and bake until the eggs are set.

424. **Baked Corn, Southern Style**

Groups S. F. P.—M. St.

To 1 pint corn add 2 well-beaten eggs, 1 heaping tablespoon of flour, a little salt, and 1 sweet pepper, chopped fine. Mix well, put in a buttered baking dish, dot the top with bits of butter, and bake in a moderate oven about thirty minutes.

425. **Baked Corn with Tomatoes**

Groups M. S. St.—F. P.

Fill a buttered baking dish with alternate layers of **corn**, either canned or cut from the cob, **tomatoes**, peeled and sliced, **bread crumbs**, a sprinkling of **salt**, and bits of **butter**. Let the top layer be **bread crumbs** dotted with **butter**. Bake three-quarters of an hour.

426. **Curry of Corn**

Groups M. S. F. P.—St.

Into a saucepan put 2 tablespoons **butter** and a little **salt**; add 2 **apples**, chopped fine, and 1 small grated **onion**; let simmer until slightly browned, stir in 1 tablespoon of **curry powder**, add ½ sweet green **pepper**, 2 **tomatoes**, chopped fine, and ½ cup chopped **walnuts**. Let simmer together for ten minutes, then add 2 cups **corn** cut from the cob; cover, and cook slowly for twenty minutes. If too thick add a little **water**.

427. **Fried Corn**

Groups S. M. F.—St. P.

Cut the kernels from ears of **corn** (cooked or raw) with a sharp knife; fry in **butter**, stirring often until evenly browned; add **seasoning**, and, if desired, a little **sour cream**.

428. **Pompeiian Corn**

Groups S. M.—F. St. P.

Into a deep skillet put 2 tablespoons of **butter**; add **1** quart **corn**, canned or cut from the cob; season with **salt** and a little **paprika**; add 1 dessertspoon of **brown**

sugar and fry about twenty minutes, stirring frequently. Serve steaming hot.

Note:—The sugar makes the corn brown nicely, and gives it a delicious flavor.

429. Scalloped Corn

Groups St. S. F. M. P.

Grease the bottom and sides of a baking dish; put in a layer of cracker crumbs, then a layer of corn cut from the cob; sprinkle with sugar, salt, and dot liberally with butter; alternate with cracker crumbs and corn until the dish is nearly filled, having the top layer of crumbs; pour over all 1 cup rich milk. Cover and bake in a moderate oven.

430. Stewed Corn

Groups St. S. M.—F. P.

Cut the kernels from about 1 dozen ears of corn; put into stewpan with very little water and a piece of butter; let cook about twenty minutes, add 1 cup cream, cook five minutes longer, and serve.

431. Fresh Succotash

Groups St. P. S.—F. P.

4 ears of corn, 1 pint fresh lima beans; cut corn from the ears, add to the cooked beans, then cook five minutes longer; add 1 cup boiling milk; season with butter.

CUCUMBERS

Cucumbers are low in protein and starches, contain some sugar (2%) and rich in the five positive mineral salts.

432. Escalloped Cucumbers

Groups M. St.—F. P. S.

Pare and slice thin 2 large **cucumbers.** In a buttered baking dish put alternate layers of **cucumbers** and **bread crumbs.** Dot each layer of **bread crumbs** with bits of **butter** and sprinkle with a little **salt.** Moisten well with **water;** if an acid taste is preferred, add **lemon juice** to taste. Bake forty-five minutes in a moderate oven.

433. Cucumbers on Toast

Groups M. St.—F. P. S.

Select medium-sized **cucumbers,** pare, cut into halves, then lengthwise into eighths. Put them in a pan, cover with boiling **water,** add **salt** to taste, cook over a slow fire about twenty minutes; lift carefully with a skimmer, arrange neatly on **toasted whole wheat bread,** cut into triangular or diamond shapes; serve at once with **drawn butter,** or use for sauce the **water** in which the **cucumbers** were cooked.

434. Stewed Cucumbers

Groups M. F. St.—P. S.

Pare **cucumbers,** cut into large dice, cook slowly about twenty minutes, adding a very little **water. Season** to taste, add **butter,** and if an acid taste is preferred, **lemon juice.** Serve in a heated dish covered with **bread crumbs** fried in **butter.**

Note:—The **lemon juice** must be added at the last, after the **cucumbers** are done. If cooked with the acid they will become tough.

EGG PLANT

Egg plant is a valuable vegetable and well-balanced food. It is rich in starch, sugar and protein as well as in the positive mineral salts.

435. Baked Egg Plant (1)

Groups St. S. M.—P. F.

Cut the egg plant into slices about one-third of an inch thick; pare, wash and drain. Place in layers in a buttered baking dish, dusting each layer lightly with salt; when the dish is full, pour in carefully enough milk to cover slices. Bake in a moderate oven until the milk has been absorbed and the egg plant is tender.

436. Baked Egg Plant (2)

Groups St. S. M. F. P.

Peel 2 egg plants, cook about fifteen minutes; run through the coarse vegetable grinder; add 2 eggs, 1 cup cracker crumbs, and seasoning to taste; mix well, and put into a buttered pan about three inches deep; pour 1 cup of milk over the mixture; bake half an hour.

437. Escalloped Egg Plant

Groups St. S. M. F. P.

Peel and steam an egg plant; chop fine. Put a thick layer in the bottom of a buttered baking dish, cover with bread crumbs. Repeat. Beat 2 eggs into 1 quart of milk, season and pour over egg plant. Bake forty minutes.

438. Fried Egg Plant

Groups St. S. F. P. M.

Peel egg plant, cut in discs one-third inch thick, soak in slightly salted milk or water, dip in beaten egg, then in cracker crumbs, and fry in butter or olive oil until nicely browned. Serve with slices of lemon.

439. Stuffed Egg Plant

Groups F. P. St. S. M.

Cut 4 small egg plants in halves, crosswise. Cook in slightly salted water. When tender, drain, scrape out pulp, and chop fine; mix with ½ cup tomato pulp, ½ cup bread crumbs and ½ cup chopped nuts. Season, add melted butter and fill egg plant shells. Sprinkle with chopped onions and bake about twenty minutes. When ready to serve, place a poached egg on each half.

440. Stuffed Egg Plant with Nut Sauce

Groups St. S. F. P. M.

Boil egg plant (entire) for fifteen minutes, then cut in two. When cool enough to handle scoop out the pulp, being careful not to break the skin. Mash the pulp, season, and add 1 large tablespoon melted butter, 1 cup grated bread crumbs, 1 well-beaten egg, 1 teaspoon of onion juice and a little salt. Mix well, fill the shells and bake until browned on top.

For the Nut Sauce, add finely chopped English walnuts or pecans to white sauce or any other suitable sauce.

441. Egg Plant Fritters

Groups St. F. P. S. M.

Pare an **egg plant** and cut into dice, boil until soft; drain; add 2 well-beaten **eggs** and 2 slices of **bread**, previously soaked in **milk**. **Season** to suit taste. Drop large spoonfuls on a well-greased griddle and fry until brown and crisp.

442. Egg Plant with Mushrooms

Groups P. St. S. F. M.

Cook 1 pint of **mushrooms** and 1 **egg plant** until tender; put a layer of **mushrooms** into a baking dish, then a layer of **egg plant**, and so on until the dish is filled; pour over this a rich **cream sauce**; cover with **bread crumbs**, and bake in a moderate oven.

443. Egg Plant Oysters

Groups St. S. F. P. M.

2 parts **egg plant**, cooked and pounded into paste, 1 part soft **bread crumbs**; add **salt** and 1 tablespoon melted **butter**. Form into oyster-shaped cakes with two spoons; dip in beaten **egg** and **bread crumbs** and fry brown and crisp. Serve with slices of **lemon**.

444. Egg Plant Surprise

Groups St. F. P. S. M.

Scoop the pulp from a large **egg plant** cut in half. Place both **pulp** and **shell** in **salted water** for twenty minutes. Drain both; chop the **pulp** rather fine, mix with ½ cup each of **cracker crumbs** and chopped **nuts**, **seasoning**, and 2 tablespoons thick **cream**. In a skillet heat ½ cup of **olive oil**, place the **egg plant mixture**

into it and let cook about five minutes, then fill the shells, which have been lined with fine bread crumbs. Bake in a moderate oven. When ready to serve put a tablespoon of unsweetened whipped cream on top of each.

ENGLISH VEGETABLE MARROW

Prepare like squash and pumpkin. This is another splendid new vegetable produced by the crossing of several members of the melon family. It combines the best qualities of squash and cucumber.

KALE

445. **Scotch Kale**

Groups M. F.

Pick Scotch kale off the stems, rinse well in several waters, cook until tender. Chop fine, add butter and salt to taste. If desired grate a little nutmeg over.

Note:—Kale may be prepared in the same manner as spinach, but requires longer cooking.

446. **Scotch Kale with Onions**

Groups M. F.

Pick over and wash well 1 peck of Scotch kale; let stand in ice box over night or out of doors where it may freeze. Put a generous piece of butter in the kettle with about 1 quart water; add the kale and 2 or 3 onions, cut into dice. Let cook slowly until tender, or about three hours, when all the water should be absorbed. Add 1 cup cream and let cook twenty minutes, add salt, and, if desired, a little sugar. Chop fine, place on a heated platter and garnish with onion rings.

447. Brussels Sprouts (Rose Kale)

Groups M. F.

Pick over, wash carefully, and cook about fifteen minutes in enough slightly salted water to prevent burning. Serve with melted butter.

448. Brussels Sprouts with Rice

Groups M. St. F. P.

Pick over 1 quart of Brussels sprouts, cook slowly until tender in a little water to which a dessertspoon of butter has been added. When ready to take from the fire, add the juice of 1 lemon. Put into the center of a heated platter in a border of freshly cooked rice. Brown an onion in butter and pour over the whole.

MUSHROOMS

449. Escalloped Mushrooms

Groups P. F. St.

Wash and clean 1 quart of nice large mushrooms; fill a buttered baking dish with alternate layers of mushrooms and bread crumbs. Take 4 eggs, beat well with 1 quart of rich milk; season with salt and a few bay leaves; pour over mushrooms; dot with bits of butter and bake about forty minutes.

450. Fried Mushrooms

Groups P. F. St.—M.

Clean the large, flat variety of mushrooms, remove stems, dip in beaten egg, then in cracker crumbs. Fry in butter until nicely browned. Serve on toast with slices of lemon.

451. **Hashed Mushrooms**

Groups P. F.—St. M.

Chop 1 quart of **mushrooms** rather fine, stew in **butter** with 1 tablespoon minced **onions** or olives until slightly browned, add ½ cup **bread crumbs**, ½ cup **sour cream** and seasoning. Cook ten minutes longer, and serve garnished with **parsley.**

452. **Spanish Mushrooms**

Groups P. F.—St. S.

Wash and clean 1 pound of **mushrooms**, put into a pan with 2 ounces **butter**, a sprinkling of flour, and seasoning; cook about ten minutes and moisten with **soup stock.** Just before serving add 1 cup **green peas** and a little **nutmeg.** Serve with **cream sauce**, with a few **nuts** sprinkled on top.

453. **Spinach with Mushrooms**

Groups M. P. F.—St.

Wash thoroughly 1 peck of **spinach**; boil ten minutes; drain and chop very fine; put into an earthen cooking vessel with 1 tablespoon **butter**, a little salt, and the juice of ½ **lemon**; let simmer fifteen minutes; when cool add the well-beaten yolks of 2 eggs; turn into a buttered mould, leaving a well in the center, and cook slowly over boiling water. When ready to serve, fill the well with **mushrooms.** Serve with **croutons.**

454. **Stewed Mushrooms**

Groups P. F. St.

Into 2 tablespoons of melted **butter** sift 1 tablespoon **flour**, let cook together until smooth, stirring all the

time, then add 1 pint of rich **milk or cream.** When it boils up, add 2 cups **mushooms,** stew until tender, **season.** Serve on squares of **toast,** garnished with **parsley.**

455. Mushrooms on Toast

Groups **P. F. St.**

Trim 2 quarts **mushrooms** and rub clean with a piece of white flannel dipped in salt. Melt about ¼ pound **butter,** add **mushrooms,** season to taste with **salt** and **paprika,** add a little hot **water** or **milk** and let simmer gently for fifteen minutes; thicken with **flour** and **butter** blended. Just before serving add 1 pint **cream,** let boil up and serve on **toast.**

ONIONS

456. Baked Onions

Groups **M. F.**

Parboil **Spanish onions** fifteen minutes, then cut a V-shaped piece from the center and put a little **butter** in the cavity. Put into a baking pan with a lump of **butter** and a little **water;** bake from twenty to thirty minutes, according to size.

457. Boiled Onions

Groups **M. F.**

Select medium-sized **onions,** peel, wash, cover with cold **water** and let simmer gently until tender. Add **butter, seasoning,** and serve.

458. **Creamed Onions**

Groups M. F.

Steam medium-sized **onions** until tender, make a good **white sauce**, season to taste, add the **onions**, heat well together, and serve. A stuffed **olive** may be pressed into the top of each **onion** if desired.

459. **Escalloped Onions**

Groups M. St. F.—P.

Wash and slice **Bermuda onions**, cook in a small quantity of **water** until tender. Put into a buttered baking dish alternate layers of **onions** and **bread crumbs**, dotting each layer of **crumbs** with bits of **butter**; have the top layer of **crumbs**. Cover with **rich milk** and bake twenty to thirty minutes.

460. **Escalloped Onion and Tomato**

Groups M. F. St.

Peel and cut large **onions** into thin slices, parboil in **salted water**; drain, and put in buttered baking dish with alternate layers of sliced **tomatoes**, fine **bread crumbs** and **green peppers**, chopped fine; dot with **butter** and sprinkle with **salt**; have the last layer of **bread crumbs**; bake in a moderate oven.

461. **Filled Onions**

Groups M. P. F.

Steam 8 large **onions** until tender; remove center of each; fill with mixture of **protose**, chopped **onion centers**, a little **parsley**, ¼ cup **butter** and **seasoning**. Mix

well and place in buttered baking dish. Pour a little **milk** around, sprinkle with **bread crumbs**, and bake half an hour.

462. **Fried Onions**

Groups M. F.

Peel **onions**, cut in fairly thin, even slices; fry in hot **butter** or **olive oil** until nicely browned.

463. **Green Onions**

Groups M. F.

Green **onions** may be prepared like asparagus. They are wholesome and delicious. If strong, they may be parboiled and the water utilized for soups or gravies.

464. **Onion Nests**

Groups M. F. P. St.

Slice **onions**, stew slowly until tender in a small quantity of water, thicken with **flour** blended with **butter**, and season to taste. Fill **pastry shells**, sprinkle with equal parts sifted **bread crumbs** and finely chopped **nuts**, put bits of **butter** on top, and brown in a hot oven. Form small balls of grated **cheese** seasoned with a little **red pepper**, and press one of the balls into the center of each "nest."

465. **Onions with Sauce**

Groups M. F. P.—St.

Boil **Bermuda onions** in **salted water**; when tender cover with a sauce made by cooking 2 tablespoons of **butter** with 2 of **flour**, adding enough of the **onion stock** to make the right consistency, also the juice of

1 lemon and a little grated nutmeg; when cooked, remove from the fire, add 2 well-beaten eggs, pour over the onions, and serve on toast.

466. Onion Rings

Groups M. F. St. P.

Slice and peel Spanish onions (not too thin), cover with sweet milk and let stand ten minutes, remove in rings from the milk with a fork, dip in whole wheat flour, drop into hot deep fat (equal parts oil and butter) and let brown.

467. Onions, Southern Style

Groups P. M.—St. F.

Break contents of a can of savory protose into suitable pieces with a fork, add 4 large onions which have been peeled and sliced, 1 cup tomatoes cut into dice, 1 cup washed rice and a lump of butter; add a little water, cover, and let cook slowly until rice is soft.

468. Stuffed Onions

Groups M. St. F.—P.

Cut a plug from the center of Bermuda onions, leaving a cup-like cavity. Fill this with bread crumbs which have been browned in butter, a little chopped parsley or shredded pimento, and a few chopped nuts. Dust lightly with salt, place in a deep baking dish and bake about forty minutes, basting frequently with equal parts hot water and melted butter.

469. Stuffed Spanish Onions

Groups M. St. F.

Peel 6 good-sized **Spanish onions**, remove the center of each **onion** and chop fine with 1 **green pepper**; add 1 teaspoon **salt**, a little melted **butter**, and 1 cup boiled **rice**; fill the **onion shells** with this mixture, sprinkle with **paprika**, set in a baking pan, add 1 cup **vegetable stock**, and bake in the oven until tender.

PARSNIPS

470. Parsnip Balls

Groups St. S. F. P. M.

Boil 6 **parsnips** in slightly **salted water** until tender; mash and **season** to taste; add ½ cup **cream**, 2 tablespoons melted **butter**, the **whites** of 2 **eggs** beaten lightly, and ½ cup sifted **cracker crumbs**. Form into small balls with butter paddles and brown in **butter** or **olive oil**.

To give the appearance of potatoes boiled in their jackets, make a gash in each ball, sprinkle with chopped **parsley** and serve with **tomato sauce**.

471. Escalloped Parsnips

Groups St. M.—S. F. P.

Peel and steam **parsnips** until tender; slice; put alternate layers of **parsnips** and **cracker crumbs** in a well-buttered baking dish, dot with bits of **butter**, having the top layer of **crumbs**; cover with **milk** and bake about forty minutes.

472. Fricassee of Parsnips

Groups St. S. M.—F. P.

Scrape 6 medium-sized **parsnips**, remove the fibrous center, cut into large dice, cook in **milk** in a double boiler until nearly tender. Add a dessertspoon of **butter**, seasoning to taste, thicken with **flour** rubbed smooth in a little **milk**, and let simmer about twenty minutes longer. Sprinkle shredded **pimentoes** or green sweet **peppers** over the top before serving.

473. Stewed Parsnips

Groups St. S. M. F.

Scrape and wash **parsnips**, cut into inch-long pieces, stew in **water** enough to cover until tender, add **butter**, **seasoning**, and a little **cream**.

GREEN PEAS

474. Green Peas a l'Allemande

Groups M. S. F.—St. P.

Cook slowly for about half an hour 1 quart shelled green **peas**, 1 sweet **pepper**, 1 head **lettuce** chopped fine, 1 **onion**, **butter** the size of an egg, a little **salt**, 1 lump of **loaf sugar**, and a little grated **nutmeg**. Instead of water use a small quantity of good **vegetable consomme**. When ready to serve, remove the **onion** and thicken with 1 teaspoon each of **flour** and **butter**.

475. Green Peas a la Francaise

Groups S. St. F.—M. P.

Drain the **water** from 1 quart freshly cooked **green peas**. Add a **white sauce** made with 2 tablespoons **butter**, 1 of **flour**, and 1 cup **cream**. Add a level teaspoon

sugar, and let simmer about ten minutes. Serve in a border of small roasted potatoes and sprinkle with minced parsley.

476. Peas and Carrots (German Style)

Groups S. M. F.—St. P.

Cook equal quantities of fresh green peas and young carrots. Thicken with flour and butter, add a little sugar, and season to taste. Heat thoroughly, stir in a little finely chopped parsley and serve at once.

477. Peas in Cases

Groups S. F. M.—St. P.

Shell and cook fresh green peas to make 1 quart (or use canned peas) and drain off the liquid. Make a sauce of butter, flour and the water in which the peas were cooked. Add the peas, let simmer about five minutes, season to taste. Combine the yolk of 1 egg and 3 tablespoons cream, and add. Heat thoroughly and serve in patty shells, garnished with sprigs of fresh mint.

478. Creamed Green Peas

Groups S. F. M.—St. P.

Cook 1 quart shelled green peas in a small quantity of water until nearly tender; add 1 cup cream, a little sugar, and seasoning to taste. Let simmer until tender; thicken with a little flour dissolved in milk.

479. Green Peas Pie

Groups M. S. St. F.—P.

Cook slowly together 1 quart shelled green peas and about 10 green onions cut fine, in water enough to

cover, to which a generous lump of **butter** has been added. Line a buttered baking-dish with mashed **potatoes, seasoned** to taste (about ¾ inch deep), put in **peas** and **onions**, cover with another layer of **potatoes**, brush melted **butter** over the top, and heat in fairly hot oven until nicely browned.

480. Green Peas, Plain

Groups S. M. F.—St. P.

Shell fresh **peas**, add just enough **water** to cover, cook until tender, but no longer than necessary; add **butter** and **seasoning** to suit taste. A little **sugar** will improve the flavor.

481. Green Peas Scrambled With Eggs

Groups S. F. P. M.—St.

Reheat **peas** in a skillet with a lump of **butter** and a little **water, season** to taste, and add 1 tablespoon minced **parsley** or **mint.** Pour over well-beaten **eggs** (as many as required), stir constantly until all the **egg** is set, but not too hard. Serve at once with hot **buttered toast.**

482. Green Peas Timbales

Groups S. F. P. M.—St.

Mash 1 quart of **green peas** through a colander; to this puree add 2 **eggs**, 2 tablespoons melted **butter**, 1 or 2 teaspoons **onion juice**, according to taste, and **seasoning.** Mix well, fill buttered timbale molds, and bake until nicely browned.

483. Peas and Potatoes

Groups St. S. M. F.—P.

Pare and cut into dice 4 good-sized **potatoes**, cover with **water** and let cook ten minutes. Add 1 quart shelled **green peas** and cook until tender; add **butter** and **seasoning**. Thicken with 1 heaping teaspoon **flour** rubbed smooth in a little cold **water**. Let boil up a few times. Before serving add 2 tablespoons **whipped cream**.

484. Peas on Toast

Groups S. M. F.—St. P.

Reheat about 2 cups cooked **peas** in a sauce made with 2 tablespoons **butter**, 1 tablespoon **flour**, 1 of **sugar**, the juice of 1 **lemon** and 1 cup **water**. Serve on squares of hot **buttered toast**, sprinkled with minced **parsley**.

GREEN PEPPERS

485. Cheese and Green Peppers

Groups M. F. P.—St.

Cut a small piece from the top of 6 large **sweet peppers**, scoop out the seeds with a sharp-edged spoon, put in cold **water** for about half an hour; drain and wipe dry. For the filling, mix 1 cup boiled **rice**, ½ cup each grated **cheese** and chopped **nuts**, **salt** to taste. Fill the **peppers** and place on end in a well-buttered baking-dish, and bake in a moderate oven about thirty minutes. Baste occasionally with equal parts melted **butter** and hot **water**.

486. Filled Green Peppers, Boiled

Groups M. St. P. F.

Cut the tops from large green **sweet peppers**, scoop out the seeds, scald in hot water ten minutes; drain and fill with equal parts cold boiled **rice**, young **green peas**, and **tomatoes** cut into dice, mixed together and **seasoned** to taste. Replace the tops, set on end in a saucepan in **water** about one inch deep to which a lump of **butter** has been added; cover closely and let steam until tender, about thirty minutes, adding more **water** if necessary. Serve with **tomato sauce.**

487. Green Peppers With Protose

Groups M. St. P.

Prepare **peppers** as directed in Recipe No. 485, Green Peppers. Fill with a mixture of cold boiled **rice** and **savory protose,** moistened with **vegetable stock.** Set on end in a deep baking-dish, add 1 pint good **stock,** cover and bake until tender, or about twenty-five minutes, then remove cover and let brown.

488. Peppers a la Creole

Groups M. St. F.—P.

Remove seeds and veins from 6 **green peppers;** boil fifteen minutes, then chop fine; cover the bottom of a buttered baking-dish with a layer of **bread crumbs,** then a layer of sliced **tomatoes,** and sprinkle with finely chopped **nuts** and a little **salt,** then a layer of **green peppers,** and so on until the dish is filled; pour over this 1 cup hot water, dot with **butter,** and bake half **an hour.**

489. Sauted Green Peppers

Groups **M. F. P. St.**

Cut **green peppers** into ½ inch slices, sprinkle with **salt** and let stand about two hours. Wash, dry, roll in **egg** and **bread crumbs**, then saute in **butter.** Cover and let cook slowly, browning first one side, then the other.

490. Stuffed Green Peppers

Groups **P. F. St.—M.**

3 cups **bread crumbs**, 1 can **savory protose**, ½ cup **mushrooms** and 1 **Spanish onion**, chopped fine, 3 **eggs**, 1 cup **cream**, a little minced **parsley**, 2 tablespoons melted **butter**, seasoning to taste; mix well, fill **peppers**, place in buttered baking-dish, half fill pan with **water**, dot with **butter**, and bake forty minutes.

491. Victoria Peppers

Groups **M. F. P.—S.**

Remove the seeds and veins from **peppers**, cut in strips and cover with cold **water**; bring to the boiling point and boil ten minutes; drain; to 6 **peppers** add 1 chopped **onion**, 1 cup boiled **green peas**, 1 cup **celery** cut fine, 3 **tomatoes** sliced, **salt**, 3 tablespoons **Parmesan cheese** and 3 of melted **butter**; mix all together, then put into a buttered pan, cover with **bread crumbs**, pour half a cup of **water** over, dot with **butter**, and bake.

POTATOES

492. Potatoes and Apples

Groups **M. St. F.—S. P.**

Peel and cut into slices 6 medium-sized **potatoes**, cover with boiling **water**, and let cook ten minutes,

then add an equal amount of **apples**, peeled, cored and cut in pieces. Let boil until soft, mash through a colander, add **salt** and a generous piece of **butter**; beat well, reheat, and serve with **brown butter.**

493. Potatoes au Gratin

Groups St. F. P. M.—S.

Peel and cut into cubes **potatoes** that have been boiled in their jackets. Put a layer of **potatoes** into a buttered baking-dish, sprinkle lightly with **salt**, grate **cheese** over, and dot with bits of **butter.** Add alternate layers of **potatoes** and **cheese** until the dish is nearly full. Cover the top with **bread crumbs** and fill the dish with **milk** to barely cover the contents. Bake about thirty minutes, and let brown nicely.

494. Baked Potatoes

Groups St. M.—P.

Select **potatoes** of an even size, scrub well with a vegetable brush, wipe dry and put in a fairly hot oven. Bake until they are soft to the touch. Break the skin of each a little to allow the moisture to escape.

Another way is to brush the **potatoes** with **butter** or **olive oil** before baking, and to prick the skin with a fork. The skin may then be peeled off with almost no waste.

495. Boiled Potatoes

Groups St. M.—P.

Peel and wash **potatoes**, cut in suitable pieces, cover with boiling **water** and let boil until soft, from twenty-

five to thirty-five minutes. When nearly done, add salt. Pour off the water, shake over the fire until the excess moisture is absorbed, cover with a cloth and put on the back of the stove to keep hot.

496. Potatoes Boiled in Their Jackets

Groups St. M.—P.

Select potatoes of uniform size, wash well and remove eyes. Cover with boiling water and boil until soft, adding salt when nearly done. Drain, remove the lid, place on a warm part of the stove to absorb the moisture, and shake a few times.

497. Boiled New Potatoes

Groups St. M.—P.

If the potato skin is tender, it may be scraped off with a knife or stiff brush. Cover with boiling water and let boil rapidly until done (about twenty minutes), adding salt when nearly done. Drain, add chopped parsley, and shake over the fire for a few minutes.

498. Browned Potatoes

Groups St. M. F.—P.

Select small potatoes, pare, cook in slightly salted water until done, drain, and brown in butter.

499. Creamed Potatoes

Groups St. M. F.

Boil small potatoes in their jackets and peel while hot. Pour over hot milk, thickened with flour. Season to taste, add butter, sprinkle with minced parsley, and let cook a few minutes.

500. Delicious Potato Dumplings (1)

Groups St. F.—P. M.

Put about 12 cooked potatoes through a potato ricer, add 2 tablespoons flour, 1 cup bread crumbs, 1 large onion, grated, a little minced parsley, 2 eggs, and salt to taste. Mix well, form into balls, and drop into boiling salted water. (The water should not be allowed to stop boiling, or the dumplings will fall apart.) As they rise to the top, remove with a skimmer, place on a heated platter, cover thickly with bread crumbs fried in butter, and serve garnished with parsley.

501. Potato Dumplings (2)

Groups St. F. P.

Stir 1 tablespoon soft butter with yolks of 2 eggs, 1 cup grated bread crumbs, 1 cup grated boiled potatoes, a pinch of mace, and a little salt; mix thoroughly, fold in the beaten whites of 2 eggs; shape into dumplings and cook eight minutes in boiling salted water.

502. French Fried Potatoes

Groups St. F.—M. P.

Cut potatoes into narrow, lengthwise strips, put into ice water for an hour, drain, toss in a cloth until dry, then drop into deep fat (equal parts butter and olive oil), and fry until brown and crisp. Drain on clean napkin and dust with salt while hot.

Note:—Saratoga potatoes are prepared in the same way, except that the potatoes are sliced very thin.

503. German Fried Potatoes

Groups St. F.—M. P.

Slice cold boiled **potatoes**, and fry in **butter** or **olive oil**, turning frequently until nicely browned. **Season** to taste. If desired, sliced **onions** may be fried with the **potatoes**.

504. Fried Raw Potatoes

Groups St. F.—M. P.

Peel **potatoes** and cut into slices about ⅛ inch thick. Put into frying-pan with melted **butter** and **oil**, cover closely, **season**, and let cook about fifteen minutes. Shake the pan occasionally, taking care not to break the slices.

505. Potatoes on the Half Shell

Groups St. F.—P. M.

Bake **potatoes** of uniform size, cut in halves lengthwise, scoop out inside, mash with **butter**, **milk** or **cream**, and **salt** to taste. Beat until very light, fold in the stiffly-beaten **whites** of 2 or 3 **eggs**, and put back into the **shells**. Heat and brown on top under the broiler or in a hot oven. Just before serving put a small piece of **butter** on each half. Garnish with sprigs of **parsley**.

506. Potato Hash

Groups St. M.—P. F.

Chop cold boiled **potatoes**, dust with **salt** and minced **onion**, pour over 1 cup rich **milk**, cover closely, and let cook until the **potatoes** are thoroughly heated, shaking occasionally.

507. Hashed Brown Potatoes

Groups St. F.—M. P.

Chop 5 or 6 cold boiled potatoes rather fine, and add seasoning to taste. Melt 1 tablespoon butter in a frying-pan and add the potatoes, spreading them well over the bottom of the pan. Cook over a slow fire, turning pan around from time to time, but without shaking or stirring. In about twenty minutes a nice crust will have formed. Roll potatoes carefully like an omelet and serve on a hot dish garnished with parsley or watercress.

508. Lyonnaise Potatoes

Groups St. F. M.—P.

Boil 6 potatoes in their jackets, peel while hot, and cut into dice. Heat 1 onion, chopped fine, in butter until it turns yellow. Add the potatoes and cook about ten minutes, stirring well. They should not brown. Add seasoning and serve hot.

509. Mashed Potatoes

Groups St. F. M.—P.

Pare and wash potatoes, cut in pieces, pour boiling water over and let boil rapidly until tender, adding salt toward the last. Drain, mash, add butter and a little hot milk. Beat until light, and reheat in the oven for a few minutes, or place over boiling water.

510. Mashed Potato Balls

Groups St. F.—P. M.

Mix well 2 cups mashed potatoes, 1 egg, ½ cup milk, ½ cup flour, and seasoning. Form into balls and fry in deep oil until brown.

511. Potato Muffins (a la Herzog)

Groups St. P.—M.

Put mashed potatoes, seasoned to taste, into buttered muffin-pans. Cover with white of egg, beaten stiff; heat in oven, let brown on top, and serve hot.

512. Potato Puff

Groups St. F. P.—S. M.

To 3 cups hot mashed potatoes add 1 small cup of hot milk and the beaten yolks of 2 eggs; season to taste, add a teaspoon of chopped parsley, beat until very light, then fold in the stiffly beaten whites of the eggs; turn into a buttered baking-dish and bake in moderate oven until the puff has risen and become brown.

Note:—Sweet potato puff may be made in the same manner.

513. Potato, Southern Style

Groups M. St. F.—P.

Peel and slice nice, firm potatoes and Spanish onions; place alternate layers of potatoes and onions in buttered baking-dish. Sprinkle salt over each layer and dot with butter. To 6 potatoes add about ½ cup water. Cover tightly and let simmer until tender.

514. Parsley Potatoes

Groups St. M.—F. P.

Put a layer of sliced raw potatoes into a flat-bottomed stew-pan, sprinkle with chopped parsley, dot with butter. Add another layer of potatoes and pars-

ley, and so on until the dish is filled. Cover the bottom of pan with water, add a little butter, cover closely and let simmer until the potatoes are soft (about thirty minutes).

515. Puffed Potatoes

Groups St. F.—M. P.

Peel nice white potatoes, cut into slices ¼ inch thick, lay in ice water for half an hour, drain and wipe dry. Fry until brown in smoking-hot deep fat (equal parts butter and olive oil). Let cool for several hours. Just before serving, place in smoking-hot fat again for a few minutes. Dust lightly with fine salt and serve at once.

516. Roasted Potatoes

Groups St. M.—F.

Peel large potatoes, cut in halves lengthwise, place in baking-pan with some butter, dust with salt and roast in the oven until tender and nicely browned.

517. Scalloped Potatoes

Groups St. F.—M. P. S.

Slice raw potatoes rather thin. Put a layer into a buttered baking-dish, sprinkle lightly with salt, a little flour, and, if desired, with finely minced onions. Add another layer of potatoes and proceed as before, dotting each layer with bits of butter. When the dish is nearly filled, add hot milk to almost cover potatoes, and bake one hour.

518. Smothered Potatoes

Groups St. F. P.—M. S.

Pare and slice 6 large **potatoes**, put them in a buttered baking-dish, and pour over a **white sauce** made from 1 tablespoon each of **flour** and **butter**, 1 pint of **milk** and **seasoning** to taste. Cover closely and bake forty minutes; then remove cover, spread 2 well-beaten **eggs** over contents of pan, and let bake twenty minutes longer. **Onions** may be added if desired.

SWEET POTATOES

519. Baked Sweet Potatoes

Groups S. St. M.—P.

Follow directions for **Baked Potatoes**, Recipe No. 494, "Potatoes."

520. Boiled Sweet Potatoes

Groups S. St. M.—P.

Wash well, pour boiling **water** over and let boil rapidly until tender. Drain, peel, and set in the oven for a minute or two to remove excess moisture.

521. Browned Sweet Potatoes

Groups S. St. M.—P.

Boil **sweet potatoes** until they can be pierced with a fork, but do not let them get too soft. Drain, peel, sprinkle lightly with **sugar**, roll in melted **butter**, and brown in the oven or frying pan.

522. Fried Sweet Potatoes

Groups S. St. M.—F. P.

Boil **sweet potatoes** until tender, peel, cut in thick slices, and brown in **butter** or **oil**.

523. Mashed Sweet Potatoes

Groups S. St. F.—M. P.

Boil **sweet potatoes** until tender, peel while hot, mash, season with **butter** and salt, add a little **cream** or **milk**, and reheat by placing in the oven, or set into a dish of boiling water.

524. Stuffed Sweet Potatoes

Groups S. St. F.—P. M.

Wash thoroughly **sweet potatoes** of uniform size, and bake until tender, taking care not to break the skin. Split lengthwise, remove contents carefully, mash with **butter** and **seasoning** (add chopped **nuts**, if desired), refill the **skins**, and set in the oven until thoroughly heated and nicely browned.

525. Sweet Potato Cakes

Groups S. St. F.—M. P.

Mash boiled or baked **sweet potatoes**, season, add melted **butter** and a little **cream**; form small, round cakes, and brown in **butter** in a skillet or oven. Chopped **English walnuts** may be added.

526. Sweet Potatoes a la Creole

Groups S. St. F. P.—M.

Peel large **sweet potatoes** and cut in pieces lengthwise; put into a buttered baking-dish and cover with **milk**; add a pinch of **salt** and dot with **butter**; wet ½ cup **bread crumbs** with 2 **eggs** lightly beaten; cover the **potatoes** with this and bake in a moderate oven.

527. **Sweet Potato Muffins**

Groups S. St. F. P.—M.

Mix well ⅔ cup mashed **sweet potatoes**, 2 well-beaten **eggs**, and 3 tablespoons **sugar**; add to this 1 cup **milk**, 2 cups **flour**, **salt**, and 1 scant tablespoon melted **butter**. Beat well, and bake in buttered muffin-pans in a moderate oven about twenty minutes.

Note:—Chopped **nuts** and **raisins** may be added.

528. **Sweet Potatoes, Southern Style**

Groups S. St.—F. P. M.

Cook the **potatoes** in their skins until tender; cut into rather thick slices and lay in a greased baking-dish; sprinkle **butter** and **sugar** between the layers, bake half an hour in a moderate oven, and serve in the same dish in which they were baked.

529. **Sweet Potatoes in Syrup**

Groups S. St. F.—P. M.

Boil **sweet potatoes** until nearly tender, then drain, saving about a cup of the **water**. Peel the **potatoes**, put back ten minutes longer, or until tender, take out with a skimmer, and put into a baking-pan with 1 tablespoon **butter**. Pour the **syrup** over them, adding a little extract of **vanilla**, and brown quickly in the oven.

SALSIFY (OYSTER PLANT)

530. **Baked Salsify**

Groups St. S. F. P. M.

Scrape and cook **salsify**; do not cut; cover the bottom of a baking dish with **bread crumbs**, next with

salsify, then grated cheese; dust with salt; repeat until the dish is filled; then cover with milk and put a thick layer of cheese on top; bake thirty minutes in a hot oven; serve at once.

531. Deviled Salsify

Groups St. S. M. F.—P.

Scrape and cut 3 bunches of salsify in long strips; cook in slightly salted water; make a gravy of 4 tablespoons melted butter and 4 of flour; add salsify stock to make the right consistency; put a layer of salsify in a buttered baking dish, sprinkle with onion and sweet peppers chopped fine, salt, and bits of butter; then pour the gravy over, cover with bread crumbs, and bake about thirty minutes; serve with sections of lemon.

532. Potted Salsify

Groups St. S. M. F.—P.

Scrape and cook salsify, drain and chop fine, season with salt and tomato ketchup. Line buttered molds with boiled rice; fill with salsify mixture, add a few tablespoons cream, dot with butter, and bake from twenty to thirty minutes.

533. Escalloped Salsify

Groups St. F. P. S.—M.

Peel and cook salsify; put into a buttered baking dish first a layer of salsify, cover with bread crumbs, then another layer of salsify and crumbs until the dish is filled. Beat 3 eggs with 1 quart of milk; season, pour over salsify, dot with butter, and bake.

534. **Salsify Stew**

Groups M. S. St. F. P.

Boil salsify until tender, then peel and cut into small strips; make a cream gravy, add the salsify, season, and let come to a boil. Sprinkle with hard-boiled eggs chopped fine, and serve.

535. **Salsify Scuffle**

Groups St. F. P. M.—S.

Melt 2 tablespoons butter and add 2 of flour, and 2 cups milk; cook five minutes; then add ½ cup mushrooms, 2 cups salsify peeled and cut in small pieces, the yolks of 2 eggs, seasoning, a little chopped parsley, juice of ½ lemon, and the stiffly-beaten whites of the eggs; turn into a buttered fireproof dish, cover with bread crumbs fried in butter, and bake twenty minutes in a pan of hot water. Serve hot in dish in which it was baked.

536. **Mock Oyster Patties**

Groups See C. F.

Follow directions for Carrot Fritters, substituting salsify (oyster plant) for carrots.

Note:—Parsnip Patties may be prepared in a similar manner.

SPINACH

537. **Baked Spinach (1)**

Groups M. F. P.

Pick over 1 peck spinach, rinse several times, put in an aluminum or granite kettle and cook about ten minutes. It will not be necessary to add water. Drain,

chop, add 5 hard-boiled **eggs** chopped fine, plenty of **butter**, and **seasoning** to taste. Put into a well-buttered baking-dish and bake in a moderate oven fifteen to twenty minutes. Garnish with sections of **lemon.**

538. Baked Spinach (2)

Groups **M. St.—F. P.**

Clean **spinach** well, cut into shreds. Put 1 tablespoon of **butter** into a saucepan, add the **spinach**, and let cook five minutes, turning frequently. Put a layer of **mashed potatoes** into a buttered baking-dish, then a layer of **spinach**, alternating **potatoes** and **spinach**, having the last layer of **potato.** Cover with **bread crumbs**, dot with bits of **butter**, and bake about twenty minutes, until nice and brown. Serve in the dish in which it was baked.

539. Plain Boiled Spinach

Groups **M. F.**

Rinse **spinach** in several waters, transfer from the last water into a stewpan, let cook slowly until tender (about twenty minutes). Serve very hot with fresh **butter.**

540. Creamed Spinach

Groups **M. F. P.—St.**

To 1 quart cooked and chopped **spinach** add 1 cup rich **milk** or **cream**, ½ cup **bread crumbs**, **butter**, **salt**, and a little **sugar.** Heat thoroughly, and serve on **toast.**

541. Spinach in Cases

Groups **M. St. F. P.**

Cut thick slices of **whole wheat bread** in half, remove a portion of the center, leaving a hollow space. Dip the bread in beaten **egg** and fry on both sides in **butter.** Fill the centers with **freshly cooked and well-seasoned spinach.**

542. Spinach in Cups

Groups **F. P. M.**

Cook **spinach,** drain, and chop fine. Cut about twelve hard-boiled **eggs** in half, remove **yolks,** cut a small piece from the ends, and stand upright on a platter. To the **yolks** add ⅓ teaspoon each of minced **onion, green pepper** and **sugar,** a pinch of **salt,** and 1 tablespoon of melted **butter.** Mix thoroughly, add **lemon juice** to the consistency of **mashed potatoes.** Reheat the **spinach,** fill the **egg cups,** leaving a white rim. Press the **yolks,** prepared as directed above, through a potato ricer, over the whole. Serve with slices of **lemon.**

543. Spinach and Eggs

Groups **M. F. P.**

Pick over 1 peck **spinach,** wash well, drain and chop. Cook slowly in very little **water** until tender (about twenty minutes), add 1 heaping teaspoon **flour** rubbed smooth in a little **milk,** cook a few minutes longer, season to taste, and serve on a heated platter with **poached eggs.**

544. Spinach a la Mode

Groups **M. F. P. St.**

Clean **spinach** thoroughly, cook until tender, **season**, add **butter**, and serve on slices of **buttered toast** dipped into hot **milk**, with a **poached egg** on each portion.

545. Spinach on Toast

Groups **M. St. F. P.**

Chop cooked **spinach** fine, heat thoroughly in **butter** and a very little **water**, stirring often to prevent burning. **Season** to taste, serve on slices of hot **buttered toast** and garnish with hard-boiled **eggs** or sprinkle with grated **cheese.**

546. Souffle of Spinach

Groups **M. F. P.—St.**

Clean and rinse thoroughly about ⅔ peck **spinach**, cook with 1 large tablespoon of **butter** for about ten minutes; cut with a sharp knife in both directions. Melt 2 ounces **butter**, sift in 2 ounces of **flour**, stir until well blended, and add ½ pint of **milk.** When it boils, add 2 ounces **Parmesan cheese.** **Season** to taste, add **spinach**, the well-beaten **yolks** of 3 **eggs**, and, lastly, fold in carefully the **whites** of the **eggs**, beaten very stiff. Bake twenty minutes and serve at once.

Note:—Dandelion greens, mustard, lamb's quarters, young beet tops, etc., may be prepared in the same manner as spinach.

SQUASH AND PUMPKIN

547. Creamed Squash

Groups M. S. F.—P. St.

Pare **squash**, remove seeds, cut in pieces, stew in very little **water** until soft. Pour over a good **white sauce** (add **lemon juice**, if desired), **season** to taste, heat thoroughly, and serve at once.

548. Escalloped Squash

Groups M. S. F.—St. S.

Peel **squash** and cut in thin strips; put a layer in a buttered baking-dish, sprinkle with **salt** and dots of **butter**; repeat until the dish is filled, then cover with sweet **milk**; sprinkle **bread crumbs** over the top and bake in a moderate oven.

549. Fried Squash

Groups M. S.—St. F.

Take 3 or 4 small, tender **squashes**, cut in slices about half an inch thick, remove the seeds, steam for half an hour, then roll in **flour** and fry in **butter.**

550. Mashed Squash

Groups M. S. F. St.

Wash the **squash**, cut into large pieces, remove the seeds, and bake in the oven with a little **butter** on each piece, until tender. Scrape from the shell, mash like **potatoes** with **butter**, **cream** or **milk**, and **seasoning.** Reheat, and serve garnished with **parsley.**

551. Squash a la Mode

Groups M. S.—St. P. F.

Cut squash in thick slices; remove the outer skin and pitted inside; slice in two-inch pieces; butter a deep baking-dish; arrange a layer of squash, dust with salt; sprinkle with minced onions, then one layer of carrots sliced thin; sprinkle with chopped parsley; repeat with alternate layers until the dish is filled; then cover with well-seasoned vegetable stock; bake in a moderate oven; serve with brown sauce.

552. Baked Pumpkin

Groups M. S. F.—St. P.

Boil or steam pumpkin, pared and cut into pieces, then mash through a colander, removing the tough fibers. Beat 2 eggs very light, add 3 tablespoons milk or cream, 1 tablespoon melted butter, 1 teaspoon sugar, and a little salt, lastly stirring in the pumpkin. Beat well together, put into a buttered baking-dish, cover with bread crumbs, dot with butter, and bake in a quick oven about twenty minutes.

Note:—Squash may be prepared in the same manner.

553. Pumpkin Baked in the Shell

Groups M. S. F.—St. P.

Wash the pumpkin, cut or break into large pieces, removing seeds and tough fibers. Place shell downward in a large pan and bake until tender, basting frequently with equal parts melted butter and lemon juice. Serve garnished with sprigs of parsley.

TOMATOES

Note:—Tomatoes and all other acid fruits or vegetables should be cooked only in aluminum or porcelain-lined vessels. If cooked in tin pans, poisonous salts are formed.

554. Baked Tomatoes

Groups M. F. S.—St. P.

Cut a small plug from the blossom end of nice tomatoes of uniform size, place in the cavity ½ teaspoon sugar, a piece of butter the size of a hazelnut, and a cube of bread. Bake in a buttered pan in a slow oven for half an hour, remove from the pan and keep hot. To the juice left in the pan add a little flour dissolved in water, let boil up a few times, season to taste, and pour over the tomatoes. Serve garnished with lettuce hearts.

555. Broiled Tomatoes

Groups M. F.

Slice fresh tomatoes, without removing skin, about half an inch thick. Place on a toasting iron over a clear fire, brown on both sides, put on a heated platter, sprinkle lightly with salt, and put a small piece of butter on each slice. Let stand about a minute before serving, and garnish with parsley or watercress.

556. Curry of Tomato

Groups M. St.—F.

Melt 2 tablespoons butter, add 1 tablespoon minced onion, 1 tablespoon green sweet pepper, 2 tablespoons celery, chopped fine. Let cook slowly fifteen minutes.

Skin 4 tomatoes, roll in flour, and cook in the vegetable sauce about ten minutes, then remove carefully and place on squares of toast. To the sauce add 1 teaspoon each cornstarch and curry powder, rubbed to a smooth paste with ½ cup cream. Let boil up, then pour over the tomatoes on toast, which have been arranged on a heated platter.

557. Deviled Tomatoes

Groups M. F. P.—St.

Mash the yolks of 2 hard-boiled eggs; add to them 2 tablespoons butter, a little sugar, salt, dry mustard, a dash of cayenne, 1 grated onion; add 1 well-beaten egg and the juice of 1 lemon; cook until smooth; have fried tomatoes on a hot dish and pour the sauce over them; serve with buttered toast.

558. Escalloped Tomatoes (1)

Groups M. St. F. P.

Skin and slice 6 large, ripe tomatoes. Put a layer into a buttered baking-dish, dust lightly with sugar and salt, cover with bread crumbs, and put bits of butter on top. Add another layer of tomatoes, then more crumbs and so on until the dish is filled, finishing with crumbs. Bake slowly for thirty minutes. A few minutes before removing from the oven, pour over 1 cup whipped cream. Let brown quickly and serve.

559. Escalloped Tomatoes (2)

Groups M. St. F. P.

Cover the bottom of a buttered baking-dish with sliced tomatoes; sprinkle with sugar and salt, then a

layer of chopped **onion** and **green pepper**; dot with **butter**, cover with **bread crumbs**, then another layer of **tomatoes**, and so on until the dish is filled, the top layer being of fine **bread crumbs**; cover the dish and bake in a moderate oven about forty-five minutes, then remove the cover and brown the top.

560. Fried Tomatoes

Groups **M. F. St.—P.**

Wipe large, firm **tomatoes** and cut across in two or three slices without removing skin; dip in **flour**, sprinkle with **salt** and fry in **butter**; serve on **toast.**

561. Fried Tomatoes, Breaded

Groups **M. St. F. P.**

Select nice, ripe **tomatoes**, cut in slices one-fourth inch thick, dip in **cracker crumbs**, then in **egg**, again in **cracker crumbs, season**, and fry a nice brown in **butter.**

562. Macaroni in Tomato Shells

Groups **F. St. M. P.—S.**

Break 2 ounces **macaroni** into short lengths, cook rapidly in boiling water about twenty minutes, drain and chop fine. Rub the **yolks** of 2 hard-boiled **eggs** to a paste, add gradually 5 tablespoons **cream.** Heat 1 tablespoon **butter**, sift in 1 tablespoon **flour**, stir until perfectly blended, add the **egg, cream** and ½ cup **milk**, stir in a double boiler until thick and creamy, then add 1 teaspoon **salt** and a dash of **paprika.** Pour this **sauce** over the chopped **macaroni**, and, if desired, add 2 tablespoons grated **cheese.**

Cut plugs from the stem end of ripe, firm **tomatoes**, scoop out the centers carefully, fill with the prepared **macaroni**, cover with fine **bread crumbs**, and bake twenty minutes in a moderate oven. Serve on **toast** with the remainder of the **sauce**.

563. Sauted Green Tomatoes

Groups M. F. P. St.

Cut smooth, round, **green tomatoes** into thick slices, sprinkle with **salt** and let stand about two hours. Then wash and dry, roll in **egg** and **bread crumbs**, then saute in **butter**. Cover and let them cook slowly, browning first one side, then the other. This is a nice dish for late summer.

564. Scrambled Tomatoes

Groups M. F. P.—St.

Peel about 6 **tomatoes**, chop with 1 **onion**, add a few stalks of **celery** cut fine, 2 tablespoons **bread crumbs**, and the same amount grated **cheese**. **Season**, and, if desired, add a little **sugar**. Heat **butter** and **olive oil** in equal parts (about 3 tablespoons), add the **vegetables**, let cook ten minutes, then pour over 2 well-beaten **eggs**, and stir rapidly from all sides until the **eggs** are set. Serve on **toast**.

565. Stewed Tomatoes

Groups M.—F. St.

Peel about 12 ripe **tomatoes** and cut into pieces (or use canned tomatoes), put into a stewpan with 1 tablespoon **butter**, cover well, and let cook slowly about thirty minutes; then **season** to taste. When ready to

serve, add 1 cup coarse **bread crumbs** or **toasted bread** cut into dice.

566. Stuffed Tomatoes (1)

Groups **M. St. F.—P.**

Cut plugs from the stem ends of ripe but firm **tomatoes**, remove a portion of the **pulp**, rub through a colander, mix with **bread crumbs** and chopped **parsley**; season to taste. Fill the **tomato shells**, sprinkle with **bread crumbs**; put a small piece of **butter** on top, place in a buttered baking-dish, and bake forty minutes.

567. Stuffed Tomatoes (2)

Groups **M. P.—St. F.**

Wash and dry firm **tomatoes** of uniform size; scoop out carefully, beginning at the stem end. Add the pulp to 1 cup of **protose**; melt ½ an ounce of **butter**, add 1 chopped **onion**, 1 tablespoon **flour**, a little chopped **parsley**, and **seasoning** to suit taste. Combine, fill the **tomatoes**, put them in a buttered baking-dish, sprinkle thickly with **brown crumbs**; bake in oven until tender but not broken. Serve on **toast.**

568. Stuffed Tomatoes, Steamed

Groups **M. P. F. St.**

Cut plugs from the stem ends of firm **tomatoes**, remove the greater part of the pulp, being careful not to break the skin. Mix the **pulp** with **savory protose**, chopped **nuts**, **celery** and **onion**. **Season**, add chopped **parsley**, a little **lemon juice**, and sufficient **bread crumbs** to make a rather stiff mixture; fill the **tomato shells**,

put a small piece of **butter** on top of each **tomato**, replace the plug, and steam twenty minutes. Serve on a heated platter garnished with slices of **lemon**.

569. Tomatoes Stuffed With Mashed Potatoes

Groups **M. St. P. F.**

Cut a slice from the stem ends of **tomatoes**, and remove most of the pulp. To 1 cup **mashed potatoes**, add the well-beaten **white** of 1 **egg**, 1 tablespoon **cream**, **salt**, and a dash of **red pepper**. Mix well and fill **tomato shells**. Sprinkle a little finely minced **parsley** or **onion** on top, add a piece of **butter**, and bake thirty minutes.

570. Tomatoes Stuffed With Rice

Groups **M. St. F. P.**

Prepare **tomatoes** as directed in the above recipe. To each cup of boiled **rice**, add 2 tablespoons melted **butter**, **seasoning** to taste, ½ teaspoon **onion juice**, and a few chopped **olives**. Fill the **shells**, add 1 teaspoon grated **cheese**, replace the tops, and bake about thirty minutes. Place the **tomatoes** on a heated platter and serve with plain **tomato sauce**, made from the **pulp** and **juice**.

571. Tomato Delicacy

Groups **F. P. M. St.**

Arrange squares of **toast** on **lettuce**, and pour over hot **tomato sauce**, to each pint of which has been added 3 tablespoons grated **cheese**, 1 cup **English walnuts**, chopped fine, and (after the **cheese** has been melted) 1 cup **whipped cream**.

572. **Tomato and Eggs**

Groups **F. P. St. M.**

Cut **tomatoes** into thick slices, dip in **flour**, dust with **salt**, fry in **butter** on both sides; place on hot **buttered toast**, with a **poached egg** on each portion.

573. **Tomato Rarebit**

Groups **P. F. M.—St.**

Blend until smooth 2 tablespoons each melted **butter**, **flour**, ½ teaspoon **salt**, ⅛ teaspoon **mustard**, and a pinch of **cayenne pepper.** Add slowly **1** cup cooked **tomatoes**, strained, to which has been added ⅛ teaspoon **baking soda.** Let boil up, remove from fire and stir into this mixture 2 beaten **eggs** and 2 cups grated American **cheese.** Reheat, stirring well to prevent burning. Serve on hot **buttered toast** with crisp **celery** stalks.

574. **Tomatoes and Onions**

Groups **M. F.**

Equal parts of green or ripe **tomatoes** and **Spanish onions.** Cut into slices or dice, stew in **butter** or **olive oil** (¼ cup **butter** to 6 **tomatoes**) until the **onions** are soft; **season** to taste. Serve on **toast.**

575. **Tomatoes and Rice**

Groups **M. St. F.—P.**

Line a well-buttered baking-dish with boiled **rice**; fill the center with ripe **tomatoes** peeled, cut in pieces, and **seasoned**, and, if desired, 1 grated **onion.** Cover with more **rice**, sprinkle with **bread crumbs**, dot gener-

ously with **butter**, and bake in a moderate oven for about thirty minutes.

Note:—Alternate layers of sliced **tomatoes** and **green peas**, separated by layers of **rice**, make an attractive dish.

576. Tomatoes, Carolina Style

Groups **M. F. P.**—St. S.

Select large **tomatoes**, not too ripe, cut a thin slice from each end, then into three or four large slices. (Do not peel.) Dust with **salt**, dredge lightly with **flour**, dip into beaten **egg** and **bread crumbs**; fry slowly in hot **butter**, browning both sides. Lift carefully onto a bed of hot boiled **rice**. To the **butter** left in the pan add 2 tablespoons **flour**, rubbing it smooth, then 1 pint hot **milk**. Stir constantly until the mixture boils, **season** to taste, pour over **tomatoes** and **rice**, and serve hot.

577. Tomatoes, Southern Style

Groups **M.**—F. St.

Heat 1 tablespoon each **butter** and **olive oil**, add 1 **onion** cut into small dice, let stew until soft and yellow; add 6 **tomatoes** peeled and cut into pieces, and 1 cup cleaned **rice**. Cover, cook over a slow fire until the **rice** is soft, stir occasionally, and add a little **water** if necessary. A piece of **green pepper** may be cooked with the **tomatoes** and removed before serving. **Season** to taste.

578. Tomatoes a la Sanitarium (Conchiglia)

Groups **M. F.** St.—P.

Cut **tomatoes** in halves, put in an earthen baking-dish, skin side down; put a generous piece of **butter**

on each, sprinkle with **salt**; repeat until the dish is filled; bake in a steady oven one hour until they are soft and brown. Have ready hot **buttered toast**, lift **tomatoes** out carefully and place on **toast**. Pour around them a rich, **creamy sauce**.

579. Tomato Pudding

Groups **M. St. F.**

Scald, peel and slice **tomatoes**, squeeze out some of the **juice**, chop the **pulp**. To 6 **tomatoes** add 2 cups **bread crumbs**, **salt**, minced **onion**, **green peppers**, and melted **butter**. Turn into a well-buttered mold, allowing room for the pudding to swell. Cover closely, and set mold in boiling water; boil hard for one hour. Turn out carefully on a serving dish, surround with a sauce made of the **juice** thickened with **flour** blended with **butter**, and **seasoned** to taste.

580. Vienna Tomatoes

Groups **M. P.—F.**

Cut each **tomato** required in half; shape **protose** into round cakes, fry in **butter** on both sides, then flatten out a little to make them same size as **tomatoes**; lay 1 cake on each half **tomato**, cover with other half; bake in a quick oven until the **tomatoes** are tender; decorate with **parsley** and serve hot.

TURNIPS

581. Rutabagas and Apples

Groups **S. M. F.—St.**

Pare **rutabagas**, wash, cut into dice, and cook in small amount of **water** until tender; mash, and mix

with an equal quantity of **apples** cooked without paring, then rubbed through a colander; reheat, add **butter** and **salt**, and serve hot.

582. **Baked Turnips**

Groups **S. M. F.**—St.

Pare **turnips**, wash, slice thin, cook until tender, drain. In a buttered baking-dish put alternate layers of **turnips** and **bread crumbs**, finishing with **crumbs**. **Season** the layers with **salt** and **butter**. Add rich **milk**, cover, bake fifteen minutes, then remove and let brown.

583. **Boiled Turnips**

Groups **S. M.** St.—**F.**

Pare **turnips**, wash, cut into strips, add cold **water** to barely cover, also a generous piece of **butter**; let cook slowly until tender, **season** to taste; if desired, add a little **sugar**.

584. **Creamed Turnips**

Groups **S. M. F.**—St.

Cut white or yellow **turnips** into small dice, cook slowly until tender, drain, reheat, then pour over a good **white sauce**, let come to boiling, and serve at once. Grate a little **nutmeg** over the top.

585. **Mashed Turnips**

Groups **S. M. F.**—St.

Peel and wash yellow **turnips**, cut into pieces, cook until tender. Change the **water** after boiling five minutes if the **turnips** are old and strong. Drain, mash

through a colander, add seasoning, **butter**, and a little **cream**. Reheat and serve.

586. Turnip Glace

Groups **S. M. F.**—St.

Peel and cut **turnips** into desired pieces; melt **butter** in a stewpan, add the **turnips**; to 6 small **turnips** add 1 cup **stock**, 1 tablespoon **butter**, 2 tablespoons **sugar**, the **juice** of 1 **lemon**, salt and a little **parsley**; pour **stock** around **turnips**, and sprinkle **salt**, **lemon juice** and **parsley** over them; let simmer until tender, then remove **turnips** from the pan; boil the **gravy** down to about half, pour over and serve.

587. Ragout of Turnips

Groups **S. M. St. F.**

Boil as many white **turnips** as needed; put into a stewpan with **butter** and a little **sugar**; stir until they are nice and brown, then pour over them 1 pint of **seasoned brown gravy**, to which has been added a few chopped **onions** and **peppers**, also a few **bay leaves**. Stew until tender and serve with **gravy** poured around them.

MIXED VEGETABLES

588. Bark Toy Gun

Groups **P. F. M.**

Wash and cut in pieces 1 pint **mushrooms**, 1 dozen large **chestnuts**, 1 box **sprouts**, 1 stalk **celery**, 1 **onion**; to 1 quart boiling **water** add 1 cup **Chinese sauce**, then add the **vegetables**, and boil until tender; then beat 2 **eggs** with a little cold **water** and add slowly to the boiling **vegetables**; **season**, and serve hot, with **rice**.

589. **Curry of Vegetables**

Groups **M. St. F.**

Cut into dice equal quantities of **cauliflower** and **potatoes**; put into a skillet with 1 tablespoon **butter** and 1 teaspoon **curry powder.** Let simmer ten minutes, add 1 grated **onion**, 1 chopped **sweet pepper**, and 1 large **tomato** cut into pieces; cover with boiling **water** and let cook slowly until the vegetables are tender. Thicken with **flour** and **butter**, and serve hot.

590. **Hungarian Goulasch**

Groups **M. St. S.—F.**

Peel and cut into large pieces 2 large **carrots**, 1 **rutabaga**, 3 **potatoes**; add 6 medium-sized **onions**, let cook until nearly tender, then add 6 **tomatoes**, 6 **bay leaves**, 1 **green pepper**, sliced, and 2 large **apples**, peeled and sliced. Cook until tender, add good-sized piece of **butter** and thicken with browned **flour**, then add ½ cup **brown sugar** and **juice** of 2 **lemons.**

591. **Leipziger Allerlei**

Groups **M. S. P. St. F.**

Clean and cut into dice equal quantities of **carrots**, **wax beans**, **green peas**, **asparagus**, **new potatoes**, and young **white turnips.** Cook until tender in a small quantity of **salted water**, **season** to taste, add 1 cup **cream**; thicken with **flour** and **butter** blended.

592. **Mexican Pudding**

Groups **S. St. M. F.—P.**

Line a well-buttered baking-dish with sliced **sweet potatoes**, which have been cooked until nearly tender.

Into this put 1 quart sweet **corn** cut from the cob, mixed with 1 green **sweet pepper, 1 pimento**, chopped fine, a little **salt**, and 3 tablespoons **cream.** Cover with slices of **sweet potato**, put bits of **butter** on top, and bake in a moderate oven twenty minutes. Garnish with **pimentoes.**

593. Sanitarium Chop Suey

Groups **M. P. F. St.**

Cut into dice 2 **Spanish onions** and 1 stalk **celery**; let brown lightly in 4 tablespoons melted **butter**; add 6 **tomatoes**, peeled and cut into pieces, and 1 cup **water**; let simmer thirty minutes. Add 1 cup **mushrooms** and 1 can **savory protose** cut into cubes. Let cook ten minutes longer, **season**, mix with hot twenty-minute **rice**, and serve at once.

594. Chop Suey (2)

Groups **M. P. St.**

Cut 6 **onions** and 6 stalks **celery** in long strips and let brown in **butter** fifteen minutes; put on to cook with enough **water** to cover; add 1 can **protose** cut in strips, 12 **mushrooms**, 1 pint **bamboo shoots** and 1 pint **Chinese potatoes**, cut in thin strips; **season** to taste. Serve with **rice.** Add **Chinese sauce (Soy)** if desired.

595. Vegetable Goulasch

Groups **M. P. S.—F.**

Clean, peel, and cut into dice 1 quart **tomatoes**, 3 large **carrots**, 4 **onions**, 1 stalk **celery**, 1 large **apple**; add 1 cup **water**, 1 cup **green peas**, 1 slice **lemon**, ½ cup **lemon juice**, 2 tablespoons **sugar** and **butter**; cook slowly about fifteen minutes; add 1 can savory **pro-**

tose, cut into small pieces, salt and paprika to taste; add more water if necessary, and let simmer until vegetables are tender. Serve in a border of hot rice.

596. **Vegetable Patties**

Groups M. S.—P. F. St.

Cook equal amounts of young green peas, tender beans, cauliflower, carrots, parsnips, and cabbage in a very little water (only enough to prevent burning), about fifteen minutes; then drain, chop fine and add 1 grated onion, and enough bread crumbs to hold the mixture together. Fry large spoonfuls in equal parts butter and olive oil.

597. **Vegetable Pottage**

Groups S. M. P. St. F.

Mix 1 cup each of cooked green peas, string beans, sweet corn cut from the cob, fresh lima beans, raw tomatoes cut into pieces, and 1 chopped onion. Heat 2 cups milk with 3 tablespoons olive oil; add salt, chopped parsley, and a dash of nutmeg. Mash 2 large, freshly cooked potatoes, beat smooth, and add to the mixed vegetables. Put into a buttered baking-dish, cover with bread crumbs, and bake thirty minutes in a slow oven.

598. **Vegetable Stew**

Groups M. S. St.—F. P.

Clean and cut into large dice 1 turnip, 2 carrots, 2 parsnips, 2 German celery roots, 1 Spanish onion, 2 potatoes. Barely cover with cold water, let cook slowly until all the vegetables are tender; season, add a generous piece of butter, and serve.

599. **Virginia Patties**

Groups **M. F. P. St.**

Chop 2 **apples** and 1 small **onion** fine, add 1 **egg**, ½ cup **bread crumbs**, and **seasoning**. Mix well, form into patties, and fry a golden brown in **butter** or **oil**.

600. Almond Custard

Groups P. F.—St. S.

Heat 1 quart **milk** in a double boiler. When boiling, add 2 tablespoons **cornstarch** dissolved in a little cold **milk**, and stir until it thickens; pour into the **yolks** of 4 **eggs**, well-beaten with 2 tablespoons **sugar**. Return to the double boiler, cook with constant stirring until thick and smooth; take from fire, add ½ cup blanched and chopped **almonds**, then fold in the well-beaten **whites** of the **eggs**. Serve very cold, with **grape sauce**, or any other **fruit sauce**.

Note:—The **milk** should be poured into the **eggs**, not the **eggs** added to the boiling **milk**, in order to prevent curdling.

601. Almond Pudding

Groups F. P. S.

⅔ of a pound each of sifted **sugar** and ground **almonds**, beaten with the **yolks** of 4 **eggs** and the **whites** of 2 **eggs** for about thirty minutes, then bake in a slow oven. Beat the other 2 **whites** with **powdered sugar** to a stiff froth, spread over the top of the pudding, and let brown.

602. Almond Cream Pudding

Groups P. S. F.

Stir over the fire 1 pint **milk**, 3 tablespoons **sugar**, and 1 cup blanched and chopped **almonds**; add the

well-beaten yolks of 4 eggs; flavor with extract of rose; pour into a dish and pile on a ring made of the whites of the eggs beaten with ½ cup sugar.

603. Ambrosia

Groups F. M. P.—S.

Slice finely flavored oranges, sprinkle thickly with shredded fresh cocoanut and powdered sugar.

604. Apples With Almonds

Groups M. S. P. F.

Make a syrup by boiling for ten minutes 2 cups sugar with 1½ cups water; pare and remove the blossom ends from apples, leaving the stems on; drop apples into the syrup and cook gently until they may be pierced with a fork, then lift from the syrup and stick as many blanched almonds as desired into each apple; place in oven a few minutes and slightly brown the ends, then remove to a serving dish and pour the syrup around them. Serve with whipped cream.

605. Apples in Bloom

Groups M. S.

Cut red apples of uniform size in half, but do not pare them. Cook until soft, 2 or 3 at a time, in a syrup made from ½ pound sugar and 1 cup water. Place the apples on a shallow dish. When cool, remove the skin carefully from the pink portion below. Boil the syrup to a soft jelly and pour over the apples.

606. **Apple Custard**

Groups **M. P. F.—S.**

Line a well-buttered two-quart baking dish with **cake crumbs**; fill about half full with **apples** stewed with a little **lemon peel** and **sweetened** to taste; pour over 1 quart **milk** into which 2 **eggs** have been beaten, dot with small pieces of **butter**, and bake thirty minutes.

607. **Apple Dessert (1)**

Groups **M. S.—F.**

Fill a quart bowl with alternate layers of thinly sliced **apples** and **sugar**; add ½ cup **water**; cover and put a weight on, and bake slowly for two hours. Serve cold with **whipped cream.**

608. **Apple Dessert (2)**

Groups **M. P. F.**

Pare 6 **apples**, then grate them; beat the **yolks** of 3 **eggs**, then the **whites**, separately; mix with the **apples**; add **sugar** and **vanilla** to taste; put into a granite baking dish and bake one hour, slowly. Serve with **soft custard.**

609. **Apple Froth**

Groups **M. P. S.—F.**

Core 6 nice **apples**; put a little **sugar** and a small piece of **butter** in each cavity; bake or steam until tender; remove the skin, beat the **pulp** until creamy, then fold in the **whites** of 3 **eggs** beaten to a stiff froth with 3 tablespoons **powdered sugar.** Serve with **soft custard.**

610. Apple Puff

Groups M. P. S. F.—St.

Peel and grate **apples** to make 2 cups; stir into the beaten **whites** of 4 **eggs**, add **sugar** to taste, and the **juice** of 1 **lemon.** Bake twenty minutes in a buttered pudding dish. Serve at once with a **custard** made as follows:

Heat 1 quart **milk** in a double boiler, add 2 tablespoons **cornstarch** dissolved in a little cold **milk**; let boil until **cornstarch** is cooked, then remove from the fire, add the **yolks** of 4 **eggs** and ½ cup **sugar**; flavor with **vanilla**, if desired; beat until creamy.

611. Apple Pudding

Groups M. S. P. F.—St.

Peel and core 6 to 8 nice **apples** of uniform size; put a spoonful of **honey** in each, set on end in a buttered baking dish, and cover with a **batter** made as follows:

To 1 quart **milk** add a pinch of **salt**, 3 **eggs** and 3 tablespoons **whole wheat flour**; mix thoroughly, pour over the **apples**, and bake about one and one-half **hours.** Serve with **sweetened cream.**

612. Apple Sauce

Groups M. S.—P. F.

Pare and quarter tart **apples**, remove cores and all decayed portions; place in an aluminum or porcelain kettle with enough **water** to barely cover, and cook slowly until tender. Strain through a colander, sweeten

to taste with **honey** or **brown sugar.** When ready to serve sprinkle with **almonds,** chopped fine.

Note:—A **rose geranium leaf** laid in the bottom of the dish into which the hot **sauce** is poured imparts a distinctive flavor.

613. Apple Snow

Groups **M. S. P.**

Add 2 tablespoons **powdered sugar** to 1 cup thick **apple sauce;** fold in the stiffly beaten whites of 4 **eggs,** and serve in tall glasses. Decorate with **rose leaves.**

614. Apple Souffle

Groups **M. S.—P. F.**

Peel and core **apples,** cook until tender, then rub through a colander; add **sugar** and **nutmeg** to taste; place in a porcelain kettle and cook until most of the **water** has evaporated, being careful to prevent burning. To 2 cups of this **apple puree** add the whites of 4 **eggs,** beaten very stiff and sweetened with 3 tablespoons **sugar;** mix lightly, fill a pudding dish, sprinkle with equal parts ground **nuts** and **sugar.** Bake in a slow oven about twenty minutes. Serve with **whipped cream.**

615. Apple Tapioca

Groups **M. St.—S. F.**

Pare and quarter 6 medium-sized tart **apples,** remove cores; arrange the **apples** in a buttered baking dish, sprinkle with **sugar** and a little **cinnamon,** cover with **tapioca** which has been soaking in cold **water** or **milk;** bake from forty-five minutes to one hour in a fairly hot oven. Serve with **cream.**

616. Maple Apples

Groups **M. S. F. P.**

Pare and core tart **apples**, let simmer in a syrup made from equal parts **maple sugar** and **water**, until nearly tender, turning the **apples** often to avoid breaking. Put them into an enameled baking pan, cover with chopped **almonds**, dredge with grated **maple sugar**, and brown. Serve warm with **whipped cream.**

617. Nut and Apple Tapioca

Groups **F. P. M.—St. S.**

Soak **1 cup tapioca** in 3½ **cups water** over night; in the morning add 1 cup **sugar**, a pinch of **salt**, 1 cup **hickory nuts**, and 1 cup diced **apples**. Cook in a double boiler for one hour. Serve with **cream.**

618. Rice and Apples

Groups **St. M. F.—S.**

Steam 1 cup **rice** in 1 quart **milk**; add 2 tablespoons **butter** and a little **salt**; when tender, spread a layer of **rice** in a buttered baking dish, cover with **apple sauce**, then another layer of **rice**, and so on until the dish is filled; let bake in a slow oven. Serve with **cream.** Any other fruit may be substituted.

619. Simple Bread and Apple Pudding

Groups **St. M. F. P. S.**

Spread **butter** on slices of **stale bread**; put a layer in a buttered baking dish, cover with a layer of sliced **tart apples**, sprinkle with **sugar** and a little **cinnamon**; add another layer of **bread** and sliced **apples**, and so

on, until the dish is filled, finishing with a layer of apples. Pour over 1 or 2 cups water, according to size of pudding, and bake thirty minutes in a hot oven. Serve with cream sauce.

Note:—The apple parings, washed and drained, may be put on top of the pudding to keep it from being scorched.

620. **Steamed Apples**

Groups M. F. S. P.

Peel and core apples, steam until tender, sprinkle with pulverized sugar and set aside to cool. When ready to serve, fill with equal parts chopped walnuts and dates, and cover with whipped cream.

621. **Steamed Apple Pudding**

Groups St. M. P. F. S.

Fill a buttered quart mold with alternate layers of sliced and buttered whole wheat bread and good, tart apples, sliced thin and sprinkled with cinnamon, finishing with apples. Melt 1 cup sugar in 1 cup hot water, pour over the pudding, cover, and steam for about two hours. Serve hot with hard sauce.

Note:—Peaches, cherries or berries may be substituted for apples.

622. **Washington Baked Apples**

Groups M. F. P. S.

Peel and core nice large apples, fill the cavity with chopped nuts and raisins, put a small piece of butter on top, and bake about thirty minutes. Serve hot with cream.

623. Old Fashioned Apple Pudding

Groups M. St. F. P. S.

Place a layer of sliced tart apples in a buttered baking dish; add seeded raisins, sprinkle thickly with sugar and chopped English walnuts, and flavor with grated nutmeg; cover with a layer of bread crumbs, dotting with bits of butter and a little salt. Repeat the alternate layers until the dish is filled, having a thin layer of sugar on top. Pour in hot water to one-fourth the height of the dish, and bake until pudding is a delicate brown.

624. Black Betty

Groups M. St. S. F. P.

Put 1 tablespoon butter into a fairly deep baking dish holding two quarts, then fill the dish with alternate layers of whole wheat toast, sliced tart apples, and currants or chopped raisins. Sprinkle each layer of apples with sugar, powdered cinnamon and nutmeg, and a little grated lemon rind. Finish with a layer of toast, dotted with bits of butter. Pour over this 1 pint milk into which 2 eggs have been beaten, and bake about forty-five minutes. Serve with cream and sugar.

625. Bread Custard with Jam

Groups St. F. S. P.—M.

About half fill a well-buttered baking dish with coarse whole wheat bread crumbs, cover with bits of butter (about 1 tablespoon in all), pour over 1 quart of milk beaten with the yolks of 3 eggs, 1 cup sugar, and the grated rind of 1 lemon. Bake slowly about one hour, then cover with a layer of jam; spread over the jam the whites of the eggs beaten to a stiff froth

with 2 tablespoons powdered sugar. Put back into the oven to brown.

Note:—If the jam is very sweet, stir into it the juice of a lemon.

626. **Brown Betty (1)**

Groups M. St.—S. F.

Peel, core and chop enough tart apples to make 1 pint. Butter a baking dish, sprinkle the bottom and sides with sifted bread crumbs, then fill with alternate layers of the chopped apples and whole wheat bread crumbs, using about 1 large cup crumbs, having crumbs on top. Sprinkle each layer of apples with sugar and a little ground cinnamon, and put bits of butter over each layer of crumbs. Pour over 1 cup water, cover, and bake three-quarters of an hour, then remove the cover and brown. Serve hot with cream or hard sauce.

627. **Brown Betty Pudding (2)**

Groups M. St. S. F. P.

Add ½ cup brown sugar, a little cinnamon and nutmeg, and the grated rind of 1 lemon to 2 cups chopped apples; put alternate layers of apples and buttered bread crumbs (using 2 tablespoons melted butter) until the dish is filled; pour ¼ cup water and the juice of 1 lemon over the top, and bake forty to fifty minutes.

628. **Baked Bananas**

Groups S. St. M.

Select large bananas, wash, wipe dry, remove one section of the skin, and loosen the remainder all around without breaking the skin. Put in a shallow baking

pan, sprinkle each banana with 1 teaspoon sugar and a little lemon juice. Bake quickly until tender, let cool, and serve. Each skin will be filled with a rich syrup which will thicken to jelly in cooling.

Another way of serving is to remove the bananas from the skin, arrange them on crisp lettuce leaves, and cover with the juice, well chilled.

629. Baked Indian Pudding

Groups S. St. F. P. M.

Bring a quart of milk to the boiling point, then sprinkle in 1¼ cups of yellow corn meal; stir constantly, and when this is thickened and cooled, add ¾ cup of molasses, ½ teaspoon salt and 2 of ginger; beat until smooth. Butter a pudding dish, pour in the batter and add 1 quart cold milk; bake in a very slow oven three to four hours. Serve with hard sauce or cream.

630. Berry Brick

Groups M. St. S. F.—P.

Fill a dish alternately with slices of cake and layers of ripe and crushed berries, sweetened to taste. The cake will absorb the juice. Chill thoroughly before serving; cut into slices like brick ice cream. Serve with lemon sauce or cream and sugar.

Note:—Buttered slices of whole wheat bread may be substituted for the cake, and cherries, peaches, etc., for the berries.

631. "Nature Cure" Blanc Mange

Groups F. S. P. M.—St.

Let milk clabber quickly by keeping in a warm place, then chill thoroughly and eat with brown sugar and

cream. If desired, sprinkle with grated whole wheat bread.

632. Blanc Mange, with Chocolate Sauce

Groups S. St. M. P. F.

Dissolve 4 tablespoons corn starch in ½ cup milk; put 3 cups milk in a double boiler; add sugar to taste, a little salt, and 2 sticks cinnamon; heat to the boiling point, add the dissolved corn starch, stir constantly and boil four minutes; add 1 teaspoon vanilla and pour into molds which have been dipped in cold water; when cold, turn out and pour around them a sauce made as follows:

Mix 1 teaspoon corn starch with ½ cup sugar; pour over this 1 cup boiling water, add ½ cup grated chocolate, let boil a few minutes, and flavor with vanilla.

633. Bread Pudding

Groups S. F. St. P. M.

Beat the yolks of 4 eggs until light. Add the grated rind of 1 lemon and 2 tablespoons sugar. Mix 1 quart of milk with 1 pint of fine bread crumbs, and add the egg mixture. Turn into a buttered baking dish and bake until firm, but not watery. Cover with meringue made of the whites of 2 eggs and 4 tablespoons powdered sugar. Brown in oven.

634. Steamed Bread Pudding

Groups S. St. P. M. F.

Into 1 quart of bread crumbs stir 1 cup milk, boiling hot, 1 cup molasses, and 1 cup chopped raisins, dates, or figs. Add 1 tablespoon butter, a little spice, about 1

cup **whole wheat flour**, and a pinch of **baking soda** dissolved in a little hot **water**. Mix the ingredients well, then put in molds and boil or steam **three hours**. Serve hot with **hard sauce**.

635. Brown Bread Pudding

Groups **S. St. P. F.—M.**

Spread 4 or 5 slices of stale **whole wheat bread** with butter, place in a shallow pan, pour over enough cold **water** to cover well and let soak about five minutes. In the meantime break **1 egg** into a baking dish, beat it well, add ½ cup each of **brown sugar** and **corn syrup**, and ⅓ teaspoon each of powdered **allspice, nutmeg**, and **cinnamon**. Into this mixture crumble the soaked **bread**, first pressing out part of the **water**. Mix well and bake about one hour, then cover with **whites** of **eggs** beaten with **powdered sugar** until stiff, and put the pudding back into the oven to brown the top. Serve with **apple sauce**.

636. Bread and Prune Pudding

Groups **St. M. F. P. S.**

Follow directions for recipe No. 619, substituting for the **apples, prunes** that have been soaked over night, stoned, and cut in half.

637. Graham Bread Pudding

Groups **St. S. F. P. M.**

Cut dry **graham bread** in slices, remove the crust and cover with **milk**; let soak until soft; to 1 loaf of **bread** add 1 cup **butter**, a little **sugar**, 1 cup **raisins**, and 1 cup **currants**; steam or bake, and serve with **hard or vanilla sauce**.

638. Caramel Custard

Groups F. P. S.—M.

Pour 1 quart of boiling milk over 1 cup granulated sugar, which has been browned in the oven; stir until all the sugar is dissolved. When cool, add the yolks of 6 eggs and 1 teaspoon vanilla extract. Set the dish in a pan of water and bake until the custard is set. Spread over the top the whites of the eggs beaten to a stiff froth with 2 tablespoons powdered sugar, and put back into the oven to brown.

639. Carrot Pudding

Groups F. P. M. S.—St.

Cream together ½ cup butter and 1 cup brown sugar; add 2 well-beaten eggs, 2 cups grated carrots, 1 cup raisins, 1 cup currants, 1 cup bread crumbs, 1 teaspoon baking powder, mixed spices to taste, and salt; turn into a buttered mold and steam for three hours. Serve with any preferred pudding sauce.

640. Cheese Cake Custard

Groups P. F. S.—M.

Put 2 cups of cottage cheese through a colander; beat 4 eggs and stir into the cheese; add ¾ cup sugar, the cheese mixture, grated rind of 1 lemon, 1 tablespoon melted butter, and a little vanilla; beat until smooth; line a deep pie dish with pastry, fill with mixture, and bake in a quick oven twenty minutes. Spread whipped cream on top.

641. Cherry Pudding

Groups M. St. S.—F. P.

Stew stoned cherries and sweeten to taste. Butter slices of stale bread with crust removed. Put a layer of bread into the dish from which the pudding is to be served, pour over some of the hot fruit. Repeat until the dish is filled. When cold, cover with a layer of whipped cream and garnish with ripe cherries.

Note:—Berries, rhubarb, and other fresh or dried fruits may be served in this way.

642. Boiled Chocolate Custard

Groups F. P. St. S.—M.

Heat 1 pint of milk. When nearly boiling, add 1½ cups grated toast, and ¾ cup grated chocolate. Cook slowly, with constant stirring, until the mixture is fairly stiff; remove from the fire, add the yolks of 6 eggs beaten until light and foamy with 6 teaspoons of sugar. When cool, add the beaten whites of the eggs, and cook in a double boiler about thirty minutes. Serve with whipped cream.

643 Chocolate Pudding (1)

Groups S. F. St.—P. M.

Let 1 quart of milk come to the boiling point; add 1 cup sugar, ¾ cup grated chocolate, and ½ cup corn starch dissolved in a little water. Cook until it thickens, stirring constantly; add 1 tablespoon butter and mold in small cups, dipped in cold water. Serve with sweet cream.

644. **Chocolate Pudding (2)**

Groups St. S. F. P.—M.

Mix well together 1 pint **bread crumbs** and 6 tablespoons grated **chocolate**; add to 1 pint boiling **milk**, stir a few minutes, then take from the fire and add the beaten **yolks** of 3 **eggs** and 4 tablespoons **brown sugar.** Bake in a buttered pudding dish about fifteen minutes, then cover with the **whites** of the **eggs** beaten to a stiff froth with 3 tablespoons **powdered sugar,** and let brown. Serve cold with **vanilla sauce.**

645. **Steamed Chocolate Pudding (1)**

Groups F. P. S.—St. M.

Rub ½ pound of **cocoa** or grated **chocolate** to a smooth paste with hot **water,** then add 1 pint hot **milk** and let cook gently for ten minutes; add 1 tablespoon **butter** and **sugar** to taste. When cold, stir into this mixture first the beaten **yolks** of 2 **eggs,** then the **whites** beaten to a froth. Put into a mold, buttered and sprinkled with sifted **bread crumbs;** cover, and steam about one hour.

646. **Steamed Chocolate Pudding (2)**

Groups F. P.—St. S. M.

Melt about 6 ounces of **chocolate,** scraped very fine, with 3 lumps of **sugar;** add 2 tablespoons **flour** and 1 small cup **milk.** Stir until free from lumps, then add the **yolks** of 4 **eggs,** one by one; beat thoroughly, and pour this mixture into the **whites** of the **eggs** which have been whipped to a stiff froth. Steam in a buttered mold, securely closed, from thirty to forty minutes.

647. **Christmas Pudding, Boston Style**

Groups F. P. M. St.—S.

To 2 eggs, well-beaten, add 2 cups **Boston brown bread** broken into crumbs, 2 tablespoons melted **butter**, 1 quart **milk**, a little **salt**, and lastly, chopped **raisins, currants, citron, figs** and **almonds** to make 1 cup. Bake in a buttered pan until firm in the center; invert on a platter, and serve garnished with candied **lemon peel**, candied **cherries**, and blanched **almonds.**

648. **Cocoanut Dessert**

Groups F. P. M. S.

Chop or grind fresh **cocoanut** and **raisins**, two parts to one; serve with the **milk** of the **cocoanut.**

649. **Cocoanut Pudding**

Groups F. P. S. M.—St.

Mix ¾ cup grated **cocoanut** and ½ cup **bread** or **cake crumbs**; add 3 **eggs**, 1 pint **milk**, ½ cup **sugar, butter** the size of a walnut, and a little **almond extract.** Beat well, and bake in a buttered pudding form about forty-five minutes. Cover with **white** of **egg**, beaten to a stiff froth with **powdered sugar**, and sprinkled liberally with shredded **cocoanut**; let brown in the oven. When serving, put a spoonful of **grape jelly** on each portion.

650. **Cocoanut Souffle**

Groups F. P. M. S.

Heat 1 pint of **milk** to scalding and stir into it **1 cup** grated fresh **cocoanut.** Set aside until cold; add **5**

eggs beaten until light, and 1 teaspoon essence of bitter almonds. Bake in a buttered pudding dish about fifteen minutes. Serve with whipped cream.

651. Plain Corn Starch Pudding

Groups St. S. F. P.—M.

Heat 1 quart milk to boiling, preferably in a double boiler; add 3 tablespoons corn starch rubbed to a smooth paste with a little cold milk, sugar to taste, and a little salt. Boil for at least twenty minutes with occasional stirring. Pour into molds to cool. Serve with chocolate sauce or fruit juice.

652. Cottage Pudding

Groups S. St. F. P.—M.

Rub to a cream 1 cup sugar with 1 dessertspoon of butter; add 2 well-beaten eggs, ½ cup milk, 1½ cups flour, 2 teaspoons baking powder sifted into the flour. Beat well, pour into a flat baking pan, and bake twenty minutes. Serve with nutmeg sauce, or any preferred sauce, or with berries mashed and sweetened to taste.

653. Cottage Cheese Pudding

Groups P. F. S.—M.

Rub 1 cup of fresh cottage cheese through a wire sieve, add 2 well-beaten eggs and enough rich milk or cream to make a fairly thin batter. Sweeten to suit taste and flavor with vanilla; pour into a buttered pudding form and bake in a moderate oven about twenty minutes. Serve with soft custard.

654. Cranberry Sauce

Groups M. S.

To 1 quart **cranberries** add 3 **apples**, quartered, and **water** to cover. Cook about fifteen minutes, strain, **sweeten** to taste, and let boil a few minutes longer.

655. Cream Puffs

Groups F. St. P. S.—M.

Heat 1 cup **water** in ½ cup **butter** until it boils; add 1½ cups **flour** at once, and mix thoroughly; let cook about five minutes. When cool, add 6 **eggs**, one at a time. Beat until thoroughly mixed and drop by tablespoonfuls on buttered tins and bake in a hot oven twenty-five or thirty minutes. When cold, cut open and fill with **sweetened whipped cream**, flavored with **vanilla**, or with a **custard** filling made as follows:

Stir 2 **eggs**, 1 cup **sugar**, 6 teaspoons **flour** and a pinch of **salt** into 2 cups boiling **milk**; cook until thick; flavor with **vanilla**.

656. Cup Pudding

Groups F. St. S. M.—P.

Cream ¼ pound **butter**, sift in 5 tablespoons **flour** and 1 teaspoon **baking powder**; stir until perfectly smooth; add 1 cup **milk**, 3 tablespoons **sugar**, a pinch of **salt**, and ½ cup **currants** which have been cleaned and soaked. Fill buttered custard cups with the mixture; bake in a good oven about thirty minutes. Serve with **apple sauce** or other **fruit sauce**.

657. Baked Custard

Groups F. P. S.—M.

Beat 4 **eggs** with 1 quart **milk**; add **sugar** to taste, also a dessertspoon of **butter** and a pinch of **salt**. Flavor with **vanilla** or **almond extract**, or with grated **lemon rind**. Bake in a moderate oven until firm.

For individual custards, use cups set in a pan of water, and bake twenty minutes.

658. Steamed Cup Custard

Groups F. P. S.—M.

Heat 1 quart **milk**; beat 4 **eggs**, add ½ cup **sugar** and 1 teaspoon **vanilla**; stir into the hot **milk** very slowly; strain the mixture into a pitcher and pour into cups; set in a steamer, cover with cheese cloth and then with steamer cover; steam gently ten or fifteen minutes; when the custards are done, put on ice. Grate a little **nutmeg** over the top before serving.

659. Dates with Cream

Groups S. F. M.—P.

Dates, **figs** and **prunes** may be used for many desserts. **Dates** with **cream** is a simple luncheon dish, and it may be prepared in two ways. In either case the **dates** are to be washed and stoned. They may then be steamed until very tender, cooled and served with plain **cream**, or, gently stewed in a **syrup** (½ cup **sugar** and ¾ cup **water** to 1 pound of the **fruit**), slightly flavored with **vanilla**, and, when cold, served with **whipped cream**.

660. **Date Dessert**

Groups S. F. M.—P.

Wash 1 pound dates, remove stones, and let simmer in 1 pint milk on the back of the stove until the dates are thick and the color of chocolate. Cool and serve with whipped cream.

661. **Simple Date Dessert**

Groups S. F. P. M.

Mix 1 cup chopped dates with 1 pint whipped cream. Serve garnished with blanched almonds.

662. **Date Pudding (1)**

Groups F. P. S. M.—St.

Beat the yolks of 4 eggs to a cream with 1 cup sugar; add ½ pound each of dates and English walnuts, chopped fine, ½ cup whole wheat bread crumbs, and 1 teaspoon baking powder. Mix thoroughly, then fold in the whites of the eggs, beaten very stiff. Bake in a buttered pan about thirty minutes. Serve with whipped cream.

Note:—Figs or raisins may be used in place of dates.

663. **Date Pudding (2)**

Groups F. P. S. M.

To 1 cup chopped dates, 1 cup chopped nuts, ½ cup sugar, 3 tablespoons flour and 1 teaspoon baking powder, add 3 well-beaten eggs; bake in a moderate oven about thirty minutes. Serve with cream.

664. Date Cream Pudding

Groups S. F. P.

To 1 quart milk add 3 tablespoons fine tapioca; cook about fifteen minutes, then add the yolks of 2 eggs and ½ cup sugar, well beaten together, and 1 pound of stoned and cut dates; cook about fifteen minutes longer; remove from fire and fold in the stiffly beaten whites of the eggs. Serve either hot or cold, with plain or whipped cream.

665. Date and Nut Pudding

Groups St. S. F. P.—M.

1 cup sour milk, 2 cups flour, 1 cup butter, ½ teaspoon salt, 1 teaspoon baking soda, ½ cup nut meats, 1 cup stoned dates, 2 tablespoons molasses, 2 tablespoons brown sugar, ½ teaspoon grated nutmeg. Mix all ingredients thoroughly, turn into a well-buttered mold, cover with buttered paper, and steam steadily for two hours.

666. Date Souffle

Groups S. F. P.—M.

To the well-beaten yolks of 4 eggs add 8 tablespoons powdered sugar, ½ pound dates, stoned and stewed until soft, and a little extract of lemon. Fold in the whites of the eggs, beaten stiff with some grated orange peel. Bake in a slow oven fifteen to twenty minutes. Serve with vanilla sauce.

Note:—Figs or raisins may be used instead of dates in these recipes.

667. Egg Float

Groups F. P. M.—S.

Scald 1 quart milk and sweeten to taste; beat the whites of 6 eggs very stiff and drop by spoonfuls into the scalding milk; each spoonful will sink, then puff up light and fluffy; remove carefully to a large dish, and cover with fresh fruit,—pitted cherries, raspberries, strawberries, or peaches; make a custard of the remaining milk and egg yolks, flavor to suit taste, and pour over all. With a large spoon carefully reverse contents of dish, so that the egg float comes on top. In serving, cut down through so as to serve the fruit, custard and float.

668. Fig Pudding (1)

Groups S. M. F.—St.

Cut figs to make 1 quart; boil with enough water to cover, and add ½ cup brown sugar and 1 tablespoon butter; thicken with corn starch dissolved in a little water. Serve with cream.

669. Fig Pudding (2)

Groups S. M. F. P.—St.

Mix well 2 cups each of finely chopped figs and whole wheat bread crumbs; add 1 large tablespoon melted butter, 1 cup brown sugar, 2 eggs, juice and grated rind of 1 lemon, 1 tablespoon flour. Steam three hours. Serve with whipped cream, or with fruit sauce.

670. **Fig Pudding (3)**

Groups St. M. F. S.—P.

Follow directions as for Recipe No. 677, "Dried Fruit Pudding," substituting chopped figs for peaches, and adding 1 teaspoon ground cinnamon.

671. **Fig Tapioca**

Groups S. M. F. P. St.

Soak 1 cup tapioca over night. In the morning add 1 cup figs, chopped fine, 1 cup chopped nuts, 1 cup brown sugar, 3 cups cold water; steam in double boiler one or two hours; when done, stir in 1 teaspoon vanilla. Serve cold with cream.

672. **Floating Island**

Groups S. F. P. M.—St.

Heat 1 quart milk in a double boiler; when nearly boiling stir it into the yolks of 4 eggs beaten with ½ cup sugar; put back into double boiler, stir until it thickens, take from fire, add ½ teaspoon vanilla, then set aside to cool. When ready to serve, drop over the custard little mounds of white of egg, beaten very stiff with powdered sugar. A few currants or a bit of currant jelly may be put on top of each island.

The custard may be made with 2 tablespoons cornstarch and 2 eggs, the cornstarch to be added to the milk first.

673. **French Toast**

Groups St. P. F. S.—M.

Dip slices of stale bread into beaten egg and milk (1 egg to 1 cup milk); season with a little salt and

let stand in the liquid until both sides are well moistened, then fry in **butter** to a golden brown. Serve with **maple sugar.**

674. Fruit Dessert (1)

Groups M. S. F.

Cut into chips or dice any suitable fruit, such as **peaches, pears, plums, melons.** Serve with a dressing of **whipped cream** to which **lemon juice,** a little **celery salt,** and a dash of **cayenne pepper** has been added.

Note:—A few **raisins,** chopped very fine added to the **whipped cream,** will give a delicate flavor.

675. Fruit Dessert (2)

Groups M. St. F.—S. P.

Slice and mix **apples, peaches,** pears, **plums, melons,** or any preferred fruits. Place a layer of fruit in a serving dish, cover with a thin layer of **rolled oats or wheat.** Alternate in this way until the dish is filled. Serve chilled, with **whipped cream** or **rich cream.**

676. Fruit Pudding

Groups S. M. F. P.—St.

Mix 1 cup **water,** 1 cup **sugar,** 2 tablespoons **cornstarch,** the **juice** and **rind** of 1 **lemon,** 1 **orange,** and 1 shredded **pineapple;** boil four minutes; pour the boiling mixture over the well-beaten whites of 2 **eggs;** cool and serve with **custard** or **cream.**

677. **Dried Fruit Pudding**

Groups St. M. F. S.—P.

Rub ½ cup **butter** into 2½ cups **graham flour**; when well blended add 1 cup each of **sweet milk, molasses, raisins,** chopped fine, and **dried peaches,** which have been soaked over night, then cut into strips; add a little **salt** and ½ teaspoon **baking soda** dissolved in a little **hot water.** Mix well, steam in a buttered mold about **three hours.** Serve with **lemon sauce.**

678. **Fruit Juice Pudding**

Groups M. S. F.—St.

To 1 pint **fruit juice** add 1 tablespoon **cornstarch** dissolved in a little **water**; heat the **juice,** add the **cornstarch** and boil until clear; put in a mold, cool, and set on ice until wanted. Serve with **sweetened cream.**

679. **Fruit Whip**

Groups M. F. S. St.—P.

Whip 1 pint **sweetened cream** very stiff; stir into it lightly 1 cup **strawberries,** cut in half, 1 cup shredded **pineapple,** 1 **banana** and 1 **orange,** chipped or diced. Serve very cold.

680. **Frozen Pudding**

Groups F. S.—P.

Beat 1 quart **cream** with **sugar** to taste, and a few drops **vanilla**; add ½ pound **macaroons** broken into crumbs. Divide into two parts; to one part add 4 ounces **sweet chocolate**; to the other part add **candied cherries,** chopped very fine. Fill a **buttered** mold,

alternately, with this mixture, and pack in ice and salt for five hours.

681. Gooseberry Pudding

Groups M. S. F. P.

Pick stems and blossoms from 2 quarts **gooseberries**; put into a stewpan with 4 cups **sugar** and a very little **water**; when cooked, rub through a coarse sieve; when cold add rich **boiled custard** until it is like thick cream; pour into glass bowls and cover tops with **whipped cream.**

682. Gooseberry Molds

Groups M. St. F.

Clean and wash **gooseberries,** cook in cold **water** to cover until nearly tender; drain off most of the water, thicken (not too stiff) with **cornstarch** rubbed to a paste with cold **water**; let cook at least ten minutes longer, being careful to prevent burning; **sweeten** to taste and put into molds which have been dipped in cold water. Serve with **cream.**

683. Graham Pudding (1)

Groups St. S. P. F. M.

Into 2 cups **graham flour** stir 1 cup **sour milk,** 1 tablespoon melted **butter,** 1 cup **molasses,** 1 cup chopped **raisins,** dredged with **flour,** ½ teaspoon each of ground **cloves** and **cinnamon,** a little **nutmeg,** a pinch of **salt,** and 1 teaspoon **baking soda,** dissolved in 1 tablespoon boiling **water.** Beat thoroughly, pour into a well-buttered mold, and steam three hours. Serve with **cream** or any suitable **sauce.**

684. **Graham Pudding (2)**

Groups St. P. F. S. M.

1½ cups graham flour, ¼ cup butter, ½ cup molasses, ½ cup sweet milk, 2 eggs, ½ cup raisins, ½ teaspoon soda dissolved in hot water, a pinch of salt, and spices to suit taste. Mix well and steam three hours. Serve with any preferred sauce.

685. **Grape Fruit**

Groups M.—S.

Cut grape fruit in halves, loosen the pulp from the rind and center with a sharp, pointed knife. Serve chilled, with or without sugar. Garnish in any manner preferred.

686. **Grapes in Jelly**

Groups S. M. F.

Make a clear orange or lemon jelly; fill individual molds to the height of about one inch; when hardened, place in each mold a small bunch of nice grapes, and fill the mold with jelly to nearly cover the grapes. When cold, garnish with grapes dipped in powdered sugar. Serve with cream.

687. **Grape Sauce**

Groups S. M. St. F.

Pick over and wash Delaware grapes; cook in a very little water about thirty minutes; sweeten to taste; thicken with cornstarch, if desired. Serve cold with whipped cream.

688. **Holiday Pudding**

Groups St. S. F. P.—M.

Mix thoroughly 1 pint **bread crumbs** with 1 cup **flour** and 1 cup seeded **raisins, floured**; add 1 cup each of **molasses** and **water**, 1 **egg**, 1 tablespoon melted **butter**, and 1 teaspoon **baking soda** dissolved in a little hot **water**. Fill buttered custard cups or small jelly glasses, set in a pan of hot water and steam about one hour. Serve in saucers in a border of **soft custard**.

Note:—If jelly glasses are used, they should be put on strips of wood placed across the bottom of the pan to prevent cracking the glass.

689. **Lemon Custard**

Groups F. M. S.—St. P.

To 2 quarts of **water** add the **juice** of 6 **lemons** and the grated **rind** of 1; let boil about five minutes, thicken with 4 tablespoons **cornstarch** dissolved in a little cold **water**. Beat well the **yolks** of 8 **eggs** with 2 cups **sugar**; when light and foamy, add the **lemon mixture** and stir until perfectly blended, then let **boil** about ten minutes, with frequent stirring. Serve **cold** with **cream**.

690. **Lemon Foam**

Groups F. M. S. P.

Beat the **yolks** of 4 **eggs** thoroughly, add 1 cup **sugar** and the **juice** and grated **rind** of 2 **lemons**; cook until it is creamy, then stir in gradually the stiffly beaten **whites** of the **eggs**. Serve cold in tall glasses.

691. **Lemon Pudding**

Groups F. P. M. S.—St.

Beat 1 whole egg and the yolks of 2; add ¾ cup water, and juice of 2 lemons and grated rind of 1; mix 1 cup sugar and 2 tablespoons flour, then add the eggs, lemon and water; cook in double boiler until it thickens; pour into a buttered baking-pan and let bake ten to fifteen minutes. Beat the whites of the eggs, add a little sugar and spread over the pudding; let brown, cool, and serve.

692. **Steamed Lemon Pudding**

Groups F. P. St. S.—M.

Rub to a cream ½ cup each of butter and sugar; add 2 eggs, one at a time, beat well, and add 6 ounces sifted bread crumbs and the juice and grated rind of 1 large lemon. Put into a buttered mold and steam thirty minutes.

693. **Macaroon Whip**

Groups F. S. P.—St.

Put as many macaroons as wanted into the oven and heat until crisp, then roll fine with a rolling pin; add 12 macaroons to each pint whipped cream; cut 12 marshmallows in thin strips and add; sweeten with powdered sugar, flavor with vanilla, and serve in tall glasses.

694. **Maple Pudding**

Groups S. F. P.—St.

Dissolve 2 cups maple sugar or brown sugar in 3 cups water; put over the flame and stir until it boils, then

add 3 tablespoons cornstarch dissolved in a little cold water; let boil ten minutes, then stir in ½ cup chopped walnuts. Serve cold with whipped cream. This is a delicious dessert.

695. Maple Cream Pudding

Groups F. M. S. P.

Put 1 quart thin cream in double boiler with a pinch of salt, and when boiling add 4 tablespoons arrowroot dissolved in a little cold milk; cook until thick and smooth, then add a few teaspoons cold milk; remove from the fire and add the beaten yolks of 3 eggs; return to fire and cook until eggs are set; add 1 tablespoon maple flavor, pour into a mold dipped in cold water, and chill.

Boil 1 cup maple syrup with ½ cup lemon juice until it threads; remove from the fire and cool slightly, then add gradually the stiffly beaten whites of 3 eggs; let chill; beat 1 cup cream until stiff, then fill into the mixture. When ready to serve, turn out the pudding and serve with cream.

696. Marshmallow Dessert

Groups F. P. M. S.

Stir well together 1 cup chopped nuts, 1 cup cherries, 1 cup pineapple, 1 cup marshmallows, cut fine, and 1 quart stiffly beaten cream. Serve at once, or freeze.

697 Marshmallow Pudding (1)

Groups P. S. F. M.

Beat the whites of 8 eggs very stiff; add 14 tablespoons granulated sugar; divide into two sections;

dissolve 1 tablespoon granulated gelatine in ¾ cup warm water for each portion, coloring one portion pink, leaving the other one white; beat into the eggs until it begins to stiffen, then turn into square, flat mold, first pink, then white; slice like ice cream; serve with whipped cream, garnished with perfect strawberries, or candied cherries.

698. Marshmallow Pudding (2)

Groups S. F. P.—St.

Soak 2 dozen marshmallows and ½ cup maple sugar in 1 quart cream for four hours; cut an angel food cake into layers; spread with the marshmallow preparation, add another layer of cake, alternating until all is used; cover the whole with whipped cream, sweetened and flavored to suit taste. Garnish with candied cherries or rose leaves.

699. Minute Tapioca

Groups S. St. F.

Place 1 cup maple syrup, 3 cups hot water and ⅓ cup minute tapioca in a double boiler; let cook until very clear; add a lump of butter and a pinch of salt. Serve with cream.

700. Mound Pudding

Groups F. P. S. St.

Put 2 tablespoons gelatine into a saucepan with 2 cups milk; mix 2 tablespoons cornstarch with 4 tablespoons sugar and 1 cup milk, then add to the gelatine and cook five minutes, stirring constantly; remove from the fire, add the well-beaten yolks of 4 eggs, a

pinch of salt, ½ teaspoon almond or vanilla flavoring, and ½ cup blanched almonds; mix and pour into a wet mold and set on ice. When ready to serve, decorate with whipped cream and cherries. Serve with custard sauce.

701. Norwegian Dessert

Groups St. M. F.—S. P.

2 cups bread crumbs, 3 cups apple sauce, 1 cup pineapple juice, butter and nutmeg; place a layer of bread crumbs in a buttered baking-dish, cover thickly with apple sauce; grate a little nutmeg over this, then repeat; cover with pineapple juice, and bake in a moderate oven thirty minutes. Serve cold with whipped cream.

702. Novel Pudding

Groups F. St. P. M.

To 1 cup bread crumbs add 1 well-beaten egg, salt and nutmeg to taste; mix well, then add 1 cup butter and 2 cups asparagus, cut fine; steam two hours in a well-buttered mold. Serve with hard or vanilla sauce.

703. Steamed Nut Pudding

Groups F. S. P.—St. M.

Mix well together ½ cup each of sweet milk, butter and molasses; add a pinch of salt and enough flour to make a fairly stiff batter; stir in ½ teaspoon baking soda dissolved in a little of the milk, and, lastly, add ⅓ cup each of seeded raisins, English walnuts and almonds, chopped rather fine; butter a mold, dust

with sifted bread crumbs, put in the nut mixture and steam two hours. Serve with whipped cream or any preferred sauce.

704. Oranges With Cranberry Sauce

Groups M. S. F.

Slice sweet oranges, sprinkle with sugar, pour cranberry sauce over, and serve with whipped cream.

705. Orange Float

Groups M. S. P. St.

Boil the juice and pulp of 2 oranges, grated rind of 1 lemon, 1 cup sugar and 1 quart water about ten minutes; strain, thicken with cornstarch dissolved in a little cold water and let boil five minutes longer, with constant stirring. Slice or chip oranges into a glass dish, pour over the custard (after it has cooled), spread over the whole the well-beaten whites of 2 eggs, sweetened to taste and flavored with vanilla.

706. Orange Foam

Groups M. S. F. P.

Stir the grated rind of 2 oranges, the juice of 3 oranges and 1 lemon with 1 cup sugar and the yolks of 3 eggs for five minutes; put into a pan of boiling water, stir until it becomes creamy, then mix with the stiffly-beaten whites of the eggs. Serve cold.

707. Orange Pudding

Follow directions for "Pineapple Pudding," Recipe No. 727, substituting oranges for pineapple.

708. **Orange Souffle**

Groups **M. F. P. S. St.**

To the **juice** and **pulp** of 3 **oranges** and the grated **rind** of 1, add 4 ounces of grated **bread crumbs**; beat the **yolks** of 3 **eggs** with 2 tablespoons **sugar** and 1 cup **milk**; mix well with the **oranges** and **bread crumbs**, stir in the beaten **whites** of the **eggs**, pour into a well-buttered baking-dish, and bake about twenty minutes. Serve with **fruit sauce** or **whipped cream.**

709. **Orange Tapioca**

Groups **M. St. S. F.**

Cook 1 scant cup **minute tapioca** until clear in **1** pint boiling **water**, with 1 cup **sugar** and the **juice** and grated **rind** of 2 **oranges** and 1 **lemon.** Serve in sherbet cups, with **whipped cream** flavored with **vanilla** and **sweetened** to taste.

710. **Paradise Pudding**

Groups **M. S. St. F. P.**

Mix well 3 **apples**, chopped fine, ½ cup grated **carrots**, ½ cup **sugar**, 2 cups **bread crumbs**, 3 **eggs**, **juice** and grated **rind** of 1 **lemon**; mix well, put into a buttered mold and steam two hours. Serve with **hard sauce.**

711. **Baked Peaches**

Groups **M. S. F.**

Wipe a sufficient number of **peaches**, cut in halves and remove stones; fill a baking-dish with the fruit, sprinkle with **sugar** and add enough **water** to cover

bottom of dish; bake in a slow oven for one hour. Serve either hot or cold, with plain cream.

Note:—Pears baked in the same manner are delicious.

712. Peach Betty

Groups M. St. S. F.

Follow directions for Recipe No. 626, "Brown Betty," using sliced peaches instead of chopped apples.

713. Peach Canapes

Groups St. S. M. F.—P.

Cut sponge cake that is two or three days old into two-inch cubes; make a hollow in each, fill with sliced peaches, and top with whipped cream.

714. Peach Custard

Groups M. S. St.—F. P.

Cover the bottom of a glass dish with stale sponge cake; cover with sliced peaches, sprinkle with sugar; pour over this a boiled custard, flavored with vanilla; let stand for one hour, then cover with meringue.

715. Peach Dainty

Groups M. S.

Remove the skin from ripe but firm peaches; cut in quarters, remove seeds, dip each section in lemon juice to prevent discoloration; make a syrup by boiling 1 pound of granulated sugar with ½ cup water until quite thick; let the peaches simmer in this syrup for a minute or two; put into the freezer, first removing the dasher, and pack with ice and salt. Freeze to the consistency of water ice.

716. Peach Delight

Groups M. S. St.—P. F.

Pare peaches, cut in halves and remove stones; boil the kernels in ½ cup water for fifteen minutes, then strain; mix ½ cup sugar with 1 tablespoon flour; butter a deep dish well, put in a layer of peaches, sprinkle with sugar, dot with butter, cover with another layer of peaches, and continue until all are used; pour the water in which the pits were cooked over this. Make a rich biscuit dough for the top, and place over the whole; slit in a few places to let the steam escape. Serve as you would shortcake, with cream.

717. Peach Fluff

Groups M. S. F. P.

Peel and slice 12 ripe peaches (canned peaches may be substituted if fresh ones are not in market). Whip ½ pint cream, whites of 2 eggs and ½ cup powdered sugar to a foam, flavor with a few drops bitter almond extract, then add 3 tablespoons blanched almonds, chopped fine. Arrange alternate layers of peaches and the cream fluff in a glass dish. Chill before serving.

718. Peach Pudding (1)

Groups M. F. S. P.—St.

Scoop out a shallow loaf of sponge or other plain cake, fill the center with sliced peaches, either fresh or canned; pour over the yolks of 3 eggs beaten with 2 tablespoons sugar and 2 cups milk; flavor as preferred; bake in a moderate oven until custard is set. If desired, sprinkle chopped nut meats or grated macaroons over the top. Serve with any suitable sauce.

719. Peach Pudding (2)

Groups **M. S. F. P.**

Peel and cut fine **peaches** in halves, remove stones and fill centers with **macaroon crumbs**; put a tablespoon **whipped cream** on each half, and garnish in any preferred manner.

720. Peaches Served Like Poached Eggs On Toast.

Groups **M. S. F.**—P. St.

Cut yellow **peaches** in halves, remove skin and stones. Put **whipped cream** on toasted slices of plain **cake**, press the halved **peaches**, inner side down, into it, so as to represent poached eggs. Brush the outer surface of the **peaches** with **cream** or with **powdered sugar** and **lemon juice** beaten together until smooth.

721. Peach Trifle

Groups **M. S. F.**—St. P.

Take **large** fresh **peaches**, peel, quarter and **sugar** well. Cover with **whipped cream** and serve on slices of stale **cake.**

722. Peach Whip

Groups **M. S. P. F.**

Cut **ripe peaches** into cubes and cover with **sugar**; whip the **whites** of **eggs** stiff and beat in granulated **sugar** until there is a stiff meringue in the proportion of 1 tablespoon **sugar** to 1 **egg white**; heap in the center of a glass dish, pour the **peaches** around it. Serve with **cream.**

723. Surprise Peaches

Groups **M. S. F.**

Peel and halve large ripe **peaches**, remove stones, fill cavities with **vanilla ice cream**, cover with the other halves of the **peaches**; hold in place with large toothpicks with baby ribbon tied to the end. Should be served at once, on paper napkins.

724. Pineapple Brown Betty

Groups **M. St. S. F.—P.**

Fill a baking-dish with alternate layers of grated **pineapple** and **bread crumbs** sprinkled with **sugar** and dotted with bits of **butter**; the upper layer should be of **crumbs**; cover with a plate and bake about thirty minutes in a slow oven, then remove plate and let brown on top. Add a little **water** if the pudding seems to get too dry.

725. Pineapple Glace

Groups **M. F. S.—St. P.**

Whip **sweetened cream** very stiff, add **pineapple** cut into small chips, garnish with **candied cherries.** Serve with plain **cake.**

726. Pineapple and Marshmallow Dessert

Groups **M. S. F.—St.**

Cut 1 medium-sized **pineapple** into large dice, sprinkle with **sugar** and pour over 1 cup **water.** Let stand one hour, then spread over **marshmallows** cut in halves and arranged in a glass dish. Serve with **whipped cream.**

727. Pineapple Pudding

Groups M. S. P.—St.

Fill a two-quart pudding-dish about one-third full with sliced or diced **pineapple**; sprinkle with ½ cup **sugar**; let stand ten minutes. Into 1 pint boiling **water** stir 1 heaping tablespoon **cornstarch** (rubbed smooth in cold water); let boil ten minutes, allow to get cool, and pour over the **pineapple**; over the top spread the **whites** of 2 **eggs**, beaten to a stiff froth with 1 tablespoon **sugar**; put into the oven to brown.

Note:—No sauce is required for this pudding, as the juice from the pineapple will be sufficient.

728. Pineapple Tapioca

Groups M. S. St. P. F.

Cook ½ cup **tapioca** with 1 quart **water** in a double boiler until clear; add **pineapple** cut into small pieces, 1 cup **sugar** and the **juice** of 2 **lemons**; fold in the well-beaten **whites** of 2 **eggs**. Serve with slightly **sweetened whipped cream.**

729. Plum Pudding

Groups F. P. St. S. M.

Break 6 **eggs** into a large bowl, beat **until light**, then add 1 cup **sugar**, a pinch of **salt**, **nutmeg** and other **spices** to suit taste, 1 cup **milk**, 1 cup seeded **raisins**, 1 cup **currants**, 1 cup chopped **almonds**, ½ cup **citron**, cut into fine strips, 1 cup melted **butter**, 2 cups **bread crumbs**, 2 cups **flour**, and, last, 1 teaspoon **baking soda** dissolved in a little hot **water**. Mix thoroughly, steam in a buttered mold or in a bag for four or five hours. Serve with **hard sauce.**

730. **Vegetable Plum Pudding**

Groups M. S. St.

Mix together 1 cup each of grated raw carrots and potatoes, seeded raisins, sugar and flour; add 1 teaspoon powdered cinnamon, ½ teaspoon each of cloves and nutmeg, and ½ teaspoon soda dissolved in a little hot water. Steam in cups from three to four hours. Serve with hard sauce.

731. **Prune Betty**

Groups M. St. S. P. F.

Cover the bottom of a buttered baking-dish with coarse bread crumbs, then add a layer of cooked and stoned prunes; dust with cinnamon, nutmeg and sugar; fill the dish with alternate layers of crumbs and prunes; cover with hot milk and bake about thirty minutes. Serve with whipped cream.

732. **Prune Dessert**

Groups M. F. P. S.

Soak 1 cup prunes over night, remove seeds and cut into quarters; add 1 cup each of diced celery and coarsely chopped nuts. Serve with a sauce made as follows:

To the well-beaten yolks of 2 eggs add 1 tablespoon lemon juice, 2 of orange juice, ½ cup prune juice, 2 tablespoons powdered sugar, and a little cinnamon. Mix well, cook in a double boiler until thick, and fold in the whites of the eggs beaten stiff.

733. **Prune Souffle**

Groups M. P. S.

Mix well 12 large, well-cooked **prunes**, chopped fine; add the **whites** of 4 **eggs**, beaten stiff; place in a well buttered baking-dish, set in a pan of hot water and bake thirty minutes.

734. **Prune Whip**

Groups M. P. S. F.

Mix thoroughly 1 cup cooked **prunes**, chopped fine, and 3 tablespoons **sugar**; fold in the **whites** of 5 **eggs**, beaten very stiff; if desired, add the juice of 1 **lemon**. Bake in a slow oven fifteen to twenty minutes. Serve either warm or very cold, with **whipped cream**.

735. **Quince Snow**

Groups M. P. S.

Quarter 6 **quinces** and steam until tender; peel and press them through a coarse sieve, **sweeten** to taste and add the **whites** of 4 **eggs**; beat until all is a stiff froth; pile with a spoon on a glass dish; set on ice until wanted. Serve in tall glasses, garnished with candied **fruit**.

736. **Raisin Puffs**

Groups F. S. St. P.—M.

Cream 1 cup **sugar** with ½ cup **butter**; add the beaten **yolks** of 2 **eggs**, 2 cups **flour** sifted with 2 teaspoons **baking powder**, ½ cup **milk**, 1 cup **raisins**, 1 teaspoon each of **cinnamon** and **nutmeg**, and, lastly, the well-beaten **whites** of the **eggs**. Steam in buttered cups for one hour. Serve hot.

737. Rice Pudding

Groups S. St. M. F. P.

Wash 1 small cup **rice** thoroughly in several waters, pour boiling **water** over, let stand five minutes; drain, then add 2 quarts fresh, rich **milk**, 1 cup **sugar** and a pinch of **salt**. Bake slowly four or five hours, stirring often during the first hour, then leaving it undisturbed until the pudding is done. Serve cold, with fresh or preserved **fruit**, or with **jam**.

738. Creamed Rice Pudding

Groups S. F. St.—M. P.

Wash ½ cup **rice** and put on to cook in 1 quart cold **water**; let boil two or three minutes, then pour off all the water; add 1 pint **milk** to the **rice** and cook one hour in a double boiler; add ½ ounce **gelatine** which has been soaked two hours in ½ cup cold **water**, 1 cup **sugar** and ½ teaspoon **salt**; remove from fire and set in a pan of cold water, stirring occasionally; let stand until nearly cold, then add 4 tablespoons **pineapple juice** and fold in ½ cup **cream**, whipped stiff; put in mold; when cold, serve with **whipped cream** flavored with **strawberry juice**, or plain. Garnish with **angelica** or **candied cherries**.

739. Delicate Rice Pudding

Groups F. St. M.—P.

Add 1 cup **whipped cream** to 1 cup cold, well-cooked **rice**, ½ cup chopped **pineapple** and a little **vanilla**. Serve in punch cups, garnished with **cherries**. Preserved **ginger** may be used in place of **pineapple**.

740. **Rice Custard**

Groups F. St. S. P.—M.

Cook 1 cup rice in 1 quart milk until very soft; add a pinch of salt and a piece of butter; when thoroughly cooked, add the yolks of 3 eggs beaten with 2 tablespoons sugar; remove from the fire at once, flavor with lemon or vanilla and pour into a dish; add a little powdered sugar to the stiffly-beaten whites of the eggs, spread over the top of the pudding, brown slightly in the oven. This pudding should be creamy and not thick.

741. **Rice and Figs**

Groups M. S. St. F. P.

Cut 12 figs in small pieces, stew, then mix with 1 cup boiled rice and 1 cup milk; bake in a buttered baking-dish twenty minutes.

742. **Rice and Fruit Dessert**

Groups St. M. S. F.—P.

Sweeten cold boiled rice to taste; cover with sliced bananas, pears, peaches, grapes cut in halves, berries, or any preferred fruit. Serve with plenty of whipped cream.

743. **Rice Molds**

Groups S. St. F. P. M.

Wash 2 ounces of rice thoroughly, simmer in double boiler with 3 cups milk, 6 lumps sugar, and a pinch of salt, until the rice is soft and creamy and the milk entirely absorbed; rub through a wire sieve and fill individual molds.

Candied cherries, chopped nuts, dates, figs, raisins, etc., may be added to the rice before it is put into the molds. Serve with cream, fruit sauce, or fresh fruit. With sliced peaches and cream this makes a delicious and attractive dessert.

Note:—Before filling molds, rinse in cold water. Before emptying, dip them in hot water for an instant only. This will cause the china or metal to expand, so that the contents may easily be transferred to another dish.

744. Rice and Peach Mold

Groups S. St. F. P. M.

Cook 4 ounces of well-washed rice in 1 quart milk very slowly until tender; add 2 ounces sugar, a little salt, and 2 teaspoons vanilla; rub through a wire sieve. Rinse a plain mold or flat bowl in cold water, place a firm, sound peach in the bottom, inner surface down; arrange around it a circle of cherries or fine berries; cover carefully with a layer of rice, leaving enough room at the sides for a circle of peaches cut into eighths, taking care to have the sections of even size; finish packing the mold with rice and put on ice to set. When ready to serve, invert on a suitable dish, put a spoonful of whipped cream in the hollow of the peach on top of the dessert, and garnish with cherries or berries. Serve with whipped cream or with cherry juice thickened with cornstarch and sweetened to taste.

745. Rice Rouleaux, With Sauce

Groups St. S. M. F. P.

Cook rice in milk until stiff enough to mold; let cool, form into rolls with two spoons dipped in cold

water; roll in a mixture of **powdered sugar** and **lemon juice**, beaten until smooth, then in chopped **nuts**. Serve with **cranberry sauce**, or any **fruit sauce**.

746. Rice With Strawberry Sauce

Groups St. S. M. P.—F.

Serve well-cooked **rice**, either warm or cold, with a **sauce** made as follows:

Rub 1 cup **sugar** with 1 tablespoon **butter** until creamy; add the **whites** of 2 **eggs** beaten to a stiff froth, and, lastly, 1 pint crushed ripe **strawberries**. Beat well together.

Note:—This dessert is delicious with **cherry sauce**, prepared in the same manner.

747. Rice-Meal Torte

Groups F. P. S. St.—M.

Separate 8 **eggs**; stir **yolks** with 1 cup **sugar** in one direction for thirty minutes, then add gradually 1 cup finely-ground **rice**; fold in the stiffly-beaten **whites** of **eggs**; bake slowly one hour. This cake must be handled very carefully.

748. Rhubarb and Dates

Groups M. S.

Stone **dates**, wash well, cut into pieces and cook in boiling **water** to cover until fairly soft; the water should be nearly absorbed. Wash **rhubarb**, cut into pieces; put a layer into a buttered baking-dish, sprinkle slightly with **sugar**, add a layer of stewed **dates**, and repeat until the dish is filled; pour over a small quantity of hot **water**, and bake twenty minutes.

749. **Rhubarb Pudding**

Groups M. S. St.—F.

Into a well-buttered baking-dish put 2 cups **rhubarb**, cut into inch-long pieces without paring; pour over 1 cup **brown sugar** (the light-brown grade), and ½ cup boiling water. Make a batter of 2 cups **flour**, 1 dessertspoon **butter**, 2 tablespoons **granulated sugar** and ½ cup cold water; pour over the **rhubarb**, and bake twenty minutes in a hot oven.

750. **Rhubarb Sauce**

Groups M. S.

Wash young **rhubarb**, but do not pare; cut into inch-long pieces, stew with a small quantity of **water**, about fifteen minutes, or bake in the oven from twenty to twenty-five minutes. **Sweeten** to taste.

Note:—In making fruit sauces, much less sugar will be required if sugar is added after cooking.

751. **Sago Pudding**

Groups P. S. St. F. M.

Heat 2 quarts **milk** in a double boiler; when boiling, stir in gradually 1 cup **sago**; add a piece of **butter** the size of a walnut, 2 tablespoons **sugar**, and a pinch of **salt**; let boil until sago is clear; fold in the beaten whites of 4 eggs and sprinkle with grated **cocoanut**. Serve with **cream** or **fruit sauce**.

752. **Sago With Raspberry Sauce**

Groups P. F. St.—M. S.

Cook 1 cup sago in 1 quart milk; add a piece of butter and a little sugar; when tender, add the beaten

whites of 5 eggs; cook two minutes; flavor, and when cold fold in 1 cup whipped cream; pour into mold and set on ice. Serve with crushed raspberries.

753. Snow Balls

Groups St. P. F. M.

Cream ½ cup butter, add 1 cup granulated sugar, and beat well; mix 2 level teaspoons baking powder with 2 cups flour and ½ cup milk; beat the whites of 5 eggs very stiff and add lightly; fill buttered cups half full of the mixture and steam one hour; roll in powdered sugar and serve with fruit sauce.

754. Snow Banks

Groups St. F. P.—M.

Beat ⅔ of a cup of rich cream with the white of 1 egg until stiff; sweeten to taste; stir into this 2 cups flaked rice or wheat. Serve in dainty mounds, with fruit sauce.

755. Snow Bisque

Groups F. P. S.—St. M.

Dip slices of stale cake in milk; to the well-beaten white of egg add chopped blanched almonds and powdered sugar to taste. Spread over the cake and heat in the oven, then brown on top.

756. Snow Pudding

Groups M. P. S. St.

Dissolve ½ cup sugar in 2 cups boiling water, then add 3 tablespoons cornstarch, dissolved in a little cold water; boil ten minutes with constant stirring; remove

from fire, add the **juice** of 2 **lemons** and the **whites** of 3 **eggs**, which should be beaten very stiff. Serve with **grape juice** or **raspberry sauce.**

757. Sour Cream Pudding

Groups F. S. St. P.—M.

1 cup **sour cream**, ¾ cup chopped **raisins**, 1 scant small cup **sugar**, the **yolks** of 3 **eggs** and the stiffly-beaten **whites** of 2 **eggs** added at the last, and a little **cinnamon**; line a baking dish with **biscuit dough**, fill with the **cream**, and bake with **crust.** Spread with **meringue** and brown in the oven.

758. Sponge Cake

Groups F. P. S. St.—M.

Break 5 **eggs** into a good-sized bowl; add 1 tumbler of **granulated sugar**, sifted three times; beat steadily for twenty minutes in one direction, with an egg-beater, then fold in 1 tumbler of **flour**, sifted three times; bake thirty-five minutes.

759. Steamed Pudding, With Strawberry Sauce

Groups St. P. F. S. M.

Beat together the whites of 2 **eggs** and the **yolks** of 1; add 1 cup **milk**, ½ cup cold **water**, 2 tablespoons melted **butter**, and a pinch of **salt**; stir into this mixture 1½ cups **flour**, sifted twice with 3 level teaspoons **baking powder**; when perfectly smooth, put into a buttered pudding mold and steam forty minutes, or twenty minutes if individual molds are used. Should be served as soon as taken from the fire.

For the sauce: Rub to a cream 1½ cups powdered sugar with ½ cup butter; stir into this 1 quart ripe strawberries, quartered, with their juice. Let stand in a cool place about two hours before serving.

760. Steamed Nut Pudding

Groups F. S. P. St.—M.

Mix well together ½ cup each sweet milk, butter and molasses; add a pinch of salt, flour enough to make a good batter, and ½ teaspoon soda, dissolved in the milk; stir in ⅓ cup each of seeded and chopped raisins, chopped English walnuts and minced figs; dredge fruits and nuts with flour, turn the pudding into a buttered mold and steam for two hours. Serve with sauce made as follows:

Cream ⅓ cup butter with ½ cup sugar; set in boiling water and beat until frothy; add 1 cup whipped cream and 1 tablespoon fruit juice; use at once.

761. Strawberry Pudding

Groups M. F. S. P. St.

Rub to a cream 1 cup sugar and 1 tablespoon butter; add the well-beaten yolks of 4 eggs, 2 cups bread crumbs, and 4 cups milk; pour into a buttered baking-dish and bake, covered, until firm. Without taking from the oven (to prevent falling) spread quickly with 2 cups nice, ripe strawberries, sprinkle with sugar to suit taste, and cover with the whites of eggs beaten to a stiff froth with ½ cup powdered sugar; set back in in the oven until lightly browned. Eat cold, with cream.

762. **Strawberry Souffle**

Groups M. S. P. F.

Soak 1 box powdered gelatine in ½ cup cold water for half an hour; stir 1 cup sugar in 1 pint strawberry juice and boil three minutes; while still hot, pour over the gelatine; let stand until it begins to thicken, then whip with an egg-beater and allow to cool; add 1 cup chopped strawberries; when firm, serve with whipped cream.

763. **Toby Pudding**

Groups St. S.—M. F.

Cut stale bread into cubes; fill a buttered mold nearly full and pour over it a glass of hot currant jelly; leave until it has set. Turn out and serve with whipped cream.

764. **Whipped Cream**

Groups F. S.

Have the cream, bowl and beater very cold. Turn the cream into the chilled bowl, add enough powdered sugar to sweeten slightly and whip quickly with a wire egg-whip; it will thicken immediately and be ready in five minutes. Flavor to suit taste and serve in any manner preferred.

765. **Fruited Whipped Cream**

Groups M. F.—S.

Whip 1 pint cream stiff, sweeten well, and stir into it lightly 1 cup whole strawberries, 1 banana, peeled and cut into dice, 1 orange, peeled and diced, and 1

cup finely minced pineapple. Serve very cold. As the fruits are very acid, the cream should be very sweet.

766. Wonder Pudding

Groups F. P.—M.

Whip 1 pint cream, sweeten, flavor, and pour into a dessert-dish and decorate with the following mixture: Mix 1 cup peeled chestnuts with ½ cup melted, unsweetened chocolate, and put through a potato-ricer over the top of the whipped cream.

SAUCES FOR PUDDINGS AND CUSTARDS

767. Caramel Sauce

Groups S. F. St.

Rub 1 teaspoon flour into 2 cups sugar that has been browned in the oven, add butter the size of a walnut (melted), then ½ cup cream. Beat well, and cook in a double boiler, stirring frequently until the mixture has a waxy appearance. Remove from the fire and flavor with vanilla.

768. Cardinal Sauce

Groups M. St.—F.

Cook 1 cup of cherries, stoned, ½ cup raisins and ½ cup pineapple, cut into cubes, in 1 quart of water until tender, then add the juice of 1 lemon, a little cornstarch dissolved in milk, 1 orange cut into cubes; sweeten to taste, and, if desired, add the well-beaten yolk of 1 egg.

769. Chocolate Sauce

Groups S. F. P.—M.

Heat 1 pint **milk** to boiling. In a separate pan, melt 2 ounces **bitter chocolate**, shaved fine, with 3 tablespoons **sugar** and about ¼ cup boiling **water**. When perfectly smooth, add this to the **milk** and stir until well blended. Beat the **yolks** of 3 **eggs** with 3 tablespoons **sugar**, a pinch of **salt** and a little cold **milk**. Into this mixture pour slowly, with constant stirring, the boiling **milk** and **chocolate**. Return to the fire and let come to boiling, then set aside to cool. Stir occasionally until quite cold. Add 1 teaspoon **vanilla**.

770. Cream Sauce

Groups F. S.

Beat well 1 cup rich **cream** with **powdered sugar** to suit taste. Flavor with **almond extract** or grated blanched **almonds**, allowing 1 **bitter almond** to every 10.

771. Whipped Cream Sauce

Groups F. S.

Cream ⅓ cup **butter** with ½ cup **sugar**; set in boiling water and beat until frothy. Add 1 cup **cream**, which has been whipped very stiff. If a fruit flavor is desired, add 1 tablespoon **grape** or any other **fruit juice**.

772. Soft Custard Sauce

Groups F. S. P.—M.

Heat 2 cups **milk** in a double boiler. When scalding, pour it, a little at a time, into the **yolks** of 3 **eggs** beaten with 3 tablespoons **granulated sugar**. Put back

into the double boiler and let thicken, then flavor with vanilla and set aside to cool.

773. Foamy Sauce

1 cup granulated sugar, yolks of 3 eggs; stir constantly for ten minutes, or until it gets foamy; add 1 teaspoon vanilla or almond flavor. Serve at once.

774. Fruit Sauce

Groups M. St. S.

Take any desired fruit, cover with water and cook until tender; strain, thicken with a little cornstarch, and sweeten to taste.

775. Raw Fruit Sauce

Groups M. S.

Crush berries of any kind, one or more varieties, sweeten and serve with puddings or rice.

776. Grape Sauce

Groups S. M.—St. P.

Pick and wash Delaware grapes, add a little water and let cook about half an hour. Sweeten and let cool. Thicken with cornstarch if desired.

777. Ema's Hard Sauce

Groups S. F. P.

Rub ¼ cup butter to a cream, add, gradually, 1 cup powdered sugar, always stirring in one direction, and the whites of 2 eggs. When light and foamy, flavor with extract of vanilla and keep in a cool place until wanted. Grate a little nutmeg over the top.

778. Mock Maple Syrup

Groups S.

Dissolve **brown sugar** in boiling **water.** When cool, flavor with **vanilla.**

779. Nutmeg Sauce

Groups S. F. P.—M.

Rub ½ cup **sugar** to a smooth cream with 2 tablespoons **butter.** Add 1 **egg,** beaten very light, 1 tablespoon **lemon juice,** and 1 heaping teaspoon grated **nutmeg.** Beat well, then add 3 tablespoons boiling **water.** Place the dish in a pan of boiling water and keep stirring until the **sauce** is scalding hot, but do not let it boil.

Cinnamon sauce may be made in the same manner.

780. Orange Sauce

Groups M. S. F.—St.

Dissolve ⅓ cup **sugar** in 1½ cups boiling **water.** Thicken with 1 heaping tablespoon **cornstarch,** rubbed smooth in a little cold **water.** Let boil about ten minutes, then add the **juice** of 2 **oranges** and some of the grated **orange rind,** also a lump of **butter** the size of a walnut, and pour the mixture into the beaten **yolk** of 1 **egg,** stirring constantly until well blended.

781. Pudding Sauce

Groups F. S. P.

½ cup of **butter,** 1 cup **sugar,** 1 **egg,** 1 teaspoon **vanilla.** Stir for fifteen minutes, and just before serving add 2 tablespoons boiling **water.**

782. Vanilla Sauce

Groups S. F. St.—M.

Rub 1 cup **brown sugar** into ½ cup **butter**, and stir in one direction until foamy. Add 2 tablespoons **flour**. When well mixed, add enough boiling **water** to make the right consistency, and let boil about three minutes, with constant stirring. Add the **juice** of ½ **lemon** and flavor with extract of **vanilla** to suit taste.

CEREAL FOODS

Key to reference letters: **St.** (Starches). **S.** (Sugars). **F.** (Fats). **P.** (Proteids). **M.** (Mineral Elements).

Cereal foods, on account of their great abundance, cheapness, keeping qualities and easy transportability, comprise, by far, the largest and most important part of human food. Some varieties of grains, corn, buckwheat, or rice can be grown in almost any habitable locality on earth. However, grains and rice by themselves are not well-balanced foods, as shown in our tables of food analysis.

White Flour and Polished Rice

Cereals contain large quantities of gluten (from eight to twelve per cent) which is equal in nourishing qualities to the protein of flesh foods. Furthermore, they contain from one to two per cent of fats, and from 65 to 75 per cent of starchy food elements. The all-important mineral elements, however, are represented in small quantities only, from eight to thirteen parts per thousand, and the larger part of these is lost in the refining process in the mill in order to comply with the fashionable demand for white flour and white rice.

This foolish but almost universal custom necessitates not only the removal of the mineral salts which are located in and under the hulls, but also of a large proportion of the gluten, which is equal in nourishing

value to meat; worst of all, it involves the loss of the Vitamines (see pages 13, 14).

The white flour and polished rice of commerce, having been robbed of their mineral constituents in the milling process, contain only from one to three parts per thousand of mineral elements.

Just think of the wasteful foolishness of this practice! The valuable gluten and mineral salts go into the bran and help to build up the healthy, powerful bodies of our domestic animals, while man, the "Crown of Creation," grows dyspeptic, anaemic, thin and nervous on the white, starchy flour, robbed of its most important elements of nutrition.

Furthermore, it is well to consider how this foolish practice contributes to the high cost of living; the protein-gluten of the grains, which costs from two to three cents per pound, or less if ground at home, is discarded in the bran, and in place of it, meat-protein, contaminated by all the morbid matter and systemic poisons of the animal careass, is bought in the butcher shop at the cost of 10 to 30 cents per pound.

Government investigation of the dreadful beri-beri disease, which since the American occupation has increased to an alarming extent in the Philippines and Hawaiian Islands, has revealed the fact that this disease is caused by the consumption of polished rice. When the patients suffering from this malady are given even small quantities of the "polishings" of the rice, which contain the "Vitamines" of the cereal, they recover quickly.

While our "polished" white flour cannot be held directly responsible for such a serious disease as beri-beri, it is difficult to tell how much it has to do with the creation of the manifold ailments from which the

civilized portion of humanity is suffering. Surely, the discovery of the cause of beri-beri should be a strong warning against "polishing" our grains in a similar manner as the rice.

We may safely assume that the Great Wisdom which created this wonderful human body knows also how to feed it, and that, therefore, the safest way is to consume foods as nearly as possible in the forms in which they come from Nature's hands. If food has to pass through the processes of cooking, spicing, fermenting and chemical treatment before it becomes edible and palatable, it is not a natural food.

The Structure and Chemical Properties of a Kernel of Wheat

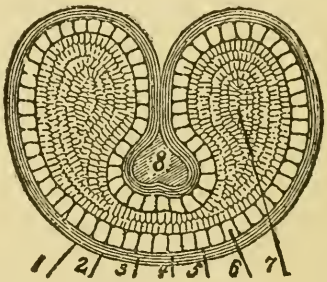
To illustrate the fatal mistakes which are made in the production of "super-fine" white flour and other artificial cereal-food products, we give below the diagram of a wheat kernel, greatly enlarged. This illustration is taken from "The Foundation of All Reform," by Otto Carque, an excellent little treatise on the diet question.

The outer layer, 1, is the hull, or tough, outer coating, which, broken up into fine, bran particles, furnishes necessary bulk in the digestive tract. The particles of ground hull in the whole grain meal, act as a splendid stimulant to the peristaltic movements of the bowels. They also serve to keep the starchy constituents of the grain from forming lumpy masses in the digestive tract. They separate the starchy particles so that the digestive juices can better penetrate and digest the starchy and protein mass. For these reasons whole grain bread and cereal preparations act

as natural laxatives, while bread and pastry made from white flour, together with meat, coffee, tea, strong spices and condiments are the most prominent causes of indigestion and constipation.

What little the kernel of grain possesses of the all-important positive mineral salts of iron, lime, sodium, potassium and magnesium and the Vitamines, are contained in and under the hull. The black, powdery deposit underneath the hull also consists of mineral elements.

It is the mineral salts which give textile strength



and toughness to the hulls of grains and to the protecting skins and rinds of fruits and vegetables, and, therefore, when tender and palatable, these should always be eaten together with the inner, meaty parts of the foods.

Layers 2 and 3 contain nitrogenous matter and are rich in the alkaline, mineral salts of silicon, phosphorus and potassium, which build bones and teeth.

In layers 4 and 5 we find a cerealine substance which gives color and flavor to the kernel.

Layer 6 consists mostly of gluten, while the interior, white body (7) is made up principally of starch.

Eight is the germ which contains the life-principle, and valuable, easy-soluble organic salts. The germ also contains the natural ferments of the grain which, under the influence of moisture and warmth in the soil, change the starchy and proteid materials into sugars and peptones, which serve as food for the growing stalk and roots, in like manner as the substance of the egg serves as food for the growing chick.

Diastase is the ferment which changes starch into dextrine and sugar, and peptase is the ferment which changes proteid into proteose and peptones.

From all the brands of flour manufactured in the modern roller mills, the germs have been removed, because otherwise the flour or meal will quickly deteriorate, ferment and breed maggots, due to the action of the live ferments in the germ. These ferments, however, perform the same work as the digestive juices in the system. Therefore, by depriving the flour of the germs, its keeping qualities are improved, but on the other hand it is robbed of the most valuable ferments, which greatly facilitate the digestion of the starches and proteins.

In the preparation of white flour, layers 1, 2, 3, 4, 5, 6, and the life germ with its valuable salts and ferments, are removed, leaving a product which has been robbed of its most valuable constituents and finest qualities and which, therefore, is unfit for food.

In the preparation of bread from such devitalized flour, the live-organic mineral salts must be replaced by the inorganic table salt, and the organic ferments, diastase and peptase, must be replaced by yeast, soda, alum, cream of tartar, and other harmful, mineral baking powders.

Bohemian Rye

The ordinary rye flour, the so-called Bohemian rye, is made on the same principle as white flour, that is, much of the gluten, the hull, and the organic salts have been removed in the milling process. Furthermore, this brand of flour is frequently mixed with inferior white flour, which, on account of its dark color, cannot be sold as such.

Rye Meal

The rye meal from which the Germans prepare their dark rye bread, if ground in an old-fashioned stone-burr mill, contains all the constituents of the rye, and is, therefore, good material for our health bread.

Graham Flour

The original graham flour, as advocated by Dr. Sylvester Graham, was made of the entire wheat, but the graham flour of commerce as now sold, is usually prepared by mixing bran with shorts.

Whole Wheat Flour

Many of the so-called whole wheat flours are not whole wheat in fact. While they contain the starchy and glutenous parts of the cereals,—the hulls, and with them the mineral salts, have been removed in the milling process, under the mistaken idea that the hulls of cereals are too coarse and irritating and therefore injurious to the digestive tract. This is in line with much other "wisdom of the schools," which presumes to know better what is good for beast and man than Mother Nature.

Gluten Flour

From the viewpoint of our low protein diet, gluten flour and protose are positively dangerous. They are the concentrated extracts of the gluten or proteid matter of grains, legumes and nuts.

Gluten flour is highly recommended to people suffering from diabetes. We, however, hold that a high proteid diet is much more dangerous in diabetes than a diet containing moderate amounts of starches and sugars. Functional diabetes is caused largely by the clogging of the capillary circulation with uric acid and other morbid materials, produced in the digestion of proteid food. This will be more fully explained in the next following volume of this series, entitled, "Natural Dietetics."

Protose

Protose is an extract of the protein materials of grains, legumes, and nuts, even more concentrated than gluten flour, and therefore a more unbalanced food and more dangerous to health. Such artificially unbalanced food products, if used at all, must be taken together with liberal proportions of the food of the mineral group, (V).

From the foregoing it becomes apparent why it is almost impossible to buy in the open market a genuine whole grain flour or meal.

Practically the only way to obtain flour which contains all the constituents of the grain, is either to procure it from an old-fashioned stone-burr mill, or to grind it at home fresh for daily use, on one of our small hand-grain mills, which we sell at $4.50 each, F. O. B. Chicago.

Breakfast Foods

Freshly ground or cracked grains not only make the best bread, but also delicious mushes and gruels. Of the many cereal and breakfast foods on the market, those are the best which are made of the whole of the grain, such as shredded wheat biscuit and corn flakes. We avoid the use of pre-digested foods.

CEREALS.

783. **Barley Mush**

Groups St. P.—M.

1 cup barley meal, 5 cups boiling water, salt to taste; cook same as oatmeal, in double boiler.

784. **Cereal and Berries**

Groups St. M. F. P.

A dish of toasted corn flakes, or any of the prepared cereals, covered with fresh strawberries or raspberries, with plenty of cream, makes a most palatable breakfast or luncheon dish.

785. **Corn Meal Mush**

Groups St. P.—M.

To 1 quart boiling water add 1 teaspoon salt and 1 cup corn meal; sift meal in gradually, then cook in double boiler at least thirty minutes, or cook several hours in fireless cooker.

786. **Graham Flour Mush**

Follow directions for making **Corn Meal Mush**, as above.

787. **Oatmeal with Dates or Figs**

Groups St. P. S. F. M.

Add 1 tablespoon seeded and chopped dates, or stewed minced figs, to each portion of well-cooked oatmeal. Serve with cream.

788. **Whole Wheat**

Groups St. P. M.

Soak whole wheat several hours in cold water; bring to boil and cook about fifteen to thirty minutes, according to amount to be cooked; add a little salt, then put in fireless cooker and finish cooking, or steam in double boiler.

789. **Whole Wheat Mush**

Groups St. P. M.

Grind the desired quantity of whole wheat; to 1 cup whole wheat meal add about 5 cups boiling water, salt to taste; sift meal through the fingers into boiling, salted water, and cook fifteen to twenty minutes on top of stove, then finish cooking in fireless cooker or in a double boiler.

BREADS

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

A good whole grain bread is the very foundation of a rational vegetarian diet. We soon realized this when we first tried to live on a vegetarian diet, and when we entered upon the Sanitarium work.

We tried certain brands of so-called "whole-wheat flour," but found that while they contained the gluten-

ous and starchy parts of the grain, they were entirely lacking in the bran, and, therefore, in the long run, entirely unsatisfactory.

We then tried graham flour, and found that the bread made from it was dry and straw-like in flavor.

We found that the common (Bohemian) rye flour was prepared in a similar way to the common white wheaten flour, and that it suffered from the same disadvantages.

The German whole rye "Pumpernickel" bread is prepared by sour fermentation, and therefore tends to sour the contents of the digestive tract.

We also tried various whole grain unfermented "health breads." Most of these were coarse, unpalatable, tough and lumpy, and we found that our patients as well as ourselves could not use them for some length of time without experiencing detrimental effects on the digestive organs.

In short, we found that all the popular brands of flour and the various kinds of bread made from them, were lacking in some important constituents and were not as palatable and digestible as we desired. We then proceeded to try the Golden Mean, and to combine the best qualities of different kinds of flours and meals into one perfect palatable and wholesome bread, and we believe that we have succeeded in solving the problem.

The bread that we have now been using uninterruptedly for many years has satisfied all demands as to pleasantness of flavor and perfect digestibility.

In making our "staff of life," we have wandered away from the straight and narrow path of simon-pure vegetarianism to such an extent as to leaven our bread with real yeast or with some of the sponge of the last baking. (See Fermented Bread, pages 455 to 459.)

The bread is made in the following manner: Take ⅓ white flour for sponge, set with good yeast or with dough from last baking (kept sweet under ice); when this sponge has sufficiently risen, work into it carefully ⅓ whole grain or graham flour and ⅓ rye meal (not the "bohemian" rye flour). Raise and bake slowly.

This bread combines the lightness of white flour with the glutenous qualities and organic salts of graham bread, and the whole rye imparts to it a sweet, rich flavor which cannot be obtained from any other kind of flour. The worst dyspeptics seem to digest and assimilate this bread better than any other kind. Americans, who have never been accustomed to coarse, dark bread, almost without exception like it and soon cannot do without it. It happens continually that one of our patients takes home our bread for his own use and within a few weeks he reports that everybody in the house is eating it with relish and satisfaction.

790. Dr. Lindlahr's Health Bread

Groups St. P.—M. F. S.

Take ⅓ each of white flour, graham flour and rye meal (not the ordinary Bohemian rye flour, but the coarse pumpernickel meal which contains the whole of the rye, including the hull). Make a sponge of the white flour in the usual manner, either with good yeast or with leavened dough from the last baking, which has been kept cold and sweet. When the sponge has risen sufficiently, work the graham flour and rye meal into it. Thorough kneading is of importance. Let rise slowly a second time, place in pans, and bake slowly until thoroughly done.

791. Bread That Will Last

Groups St. P.—S. F.

Make a sponge in the evening by adding a cake of yeast foam (which has previously been softened in a little water) to a batter made from 1 tablespoon mashed potatoes and a pint of water in which the potato has been boiled, with sufficient good bread flour stirred in so that the batter will drop from the spoon, not run as liquid. Let this rise in a warm place after giving it a good beating. (The lighter it gets the better.) Then add a pint of lukewarm water, 1 teaspoon salt and 1 teaspoon sugar, also a little oil. Knead with the hands until when poked with the finger tip it seems elastic and does not stick to the finger. Cover and let rise over night in a warm place, 75 degrees. In the morning turn out on a board and pound with a potato masher for twenty minutes, working in as much flour as possible. Roll and cut into two-inch squares, place on a greased baking sheet, such as cookies are baked on, and let rise until nearly twice their height, or until very light. Bake in a moderately hot oven about half an hour, then leave in the warming oven or about the stove somewhere to dry out thoroughly for a day or two. Keep in a dry place.

When wanted, roll over once or twice in cold water, drain carefully, place in a hot oven and in a few minutes it will puff up much larger and seem like freshly baked bread. This will keep indefinitely if kept perfectly dry.

792. Oatmeal Bread

Groups St. S. F. P.

2 cups oatmeal, 3 cups white flour, 1 cup molasses, ½ cup broken nut meats, ½ cup sugar, 1 yeast cake.

Mix well; let raise until light, then put in greased pans and let raise again. Bake in a moderate oven about one hour. Be careful it is thoroughly done. This bread does not require kneading, simply mix well.

793. Unfermented Fruit Bread

Groups St. S. F. P. M.

Soak 1 quart cracked wheat in 1 quart water over night; in the morning add 1 cup dates and 1 cup figs, cut fine, 1 cup nuts, chopped, 1 cup apples cut into cubes, 2 cups raisins, ½ cup olive oil, 2 cups honey and a little salt; knead thoroughly and shape into loaves. Steam two to three hours, then dry in the oven about thirty minutes.

794. Unfermented Sweet Bread

Groups F. P. St. S. M.

Grind 1 pound raisins; mix with 1 quart warm water, ½ cup olive oil, a little salt, and enough ground wheat to make a very stiff batter; mix thoroughly and let stand over night; in the morning add ½ cup chopped nuts, 2 well-beaten eggs, and a little flour; knead a few minutes; let stand about one hour. Bake in a very slow oven two or three hours, or steam and dry in the oven.

795. Bread Sticks

Groups St. P.

When bread dough is ready to be placed in the pans, reserve some of it, roll into sticks about three-fourths of an inch thick and four inches long. Drop them in strong boiling salted water; boil two minutes, lift out on pans, and bake immediately in hot oven until golden brown.

796. **Whole Wheat Bread**

Groups St. P. S. M.

Take 2 cups **milk** and 2 cups boiling water into which 1 teaspoon each of **salt** and **sugar** has been stirred. When the mixture is about blood warm, add ½ **yeast** cake dissolved in warm **water**; stir in quart of **whole wheat flour**, or enough to make a good batter; beat hard for five minutes, then add enough flour to make a dough that can be handled. Knead ten minutes on floured board and set to rise for three hours; knead five minutes longer, make into loaves and set them to rise. When light, bake.

HOT BREADS

797. **Almond Meal Gems**

Groups P. F. S.—M.

Add to the well-beaten whites of 2 **eggs**, 1 teaspoon **lemon juice**, 10 tablespoons **almond meal**; beat together thoroughly, drop into slightly heated gem irons, and bake fifteen minutes.

798. **Bran Biscuits**

Groups St. P. S. M.—F.

To 1½ cups **bran** and 1½ cups **whole wheat flour**, add 2 teaspoons **baking powder**, a little **salt** and **sugar**, and 3 tablespoons **shortening**. Moisten with sufficient **milk** to form a soft dough. Roll out half an inch thick, cut in small biscuits, and brush over with melted **butter**. Bake about twenty minutes in a hot oven.

799. Bran Bread

Groups St. P. M. S. F.

Boil for twenty minutes 2 cups bran moistened well with cold water. When luke warm, add 2 cups white bread sponge, ¼ cup molasses, 1 cup raisins, 2 tablespoons melted butter; mix, and stiffen with bran. Let raise, then put into pans. Raise again and bake one hour.

800. Bran Gems (1)

Groups St. P. F. S. M.

1 cup sour milk, ½ teaspoon soda dissolved in hot water, 1 tablespoon sugar, 2 tablespoons white flour, 1 tablespoon melted butter, a pinch of salt, and bran enough to make a thick dough. Bake in well-buttered gem pans until done.

801. Bran Gems (2)

Groups St. P. F. S. M.

1 cup sweet milk, 1 teaspoon baking powder, 1 tablespoon sugar, 1 tablespoon melted butter, 2 tablespoons white flour, a pinch of salt, and bran enough to thicken. Bake in well-buttered gem pans.

802. Bran Muffins (1)

Groups St. P. F. S. M.

1 cup flour, 2 cups bran, 1 teaspoon baking powder, 2 tablespoons syrup, 1 well-beaten egg, a little salt, and milk enough to make the batter soft. Beat together until well mixed.

803. **Bran Muffins (2)**

Groups St. P. F. M. S.

2 cups **bran**, 1 cup **white flour**, 1 cup **sour milk**, a pinch of **soda** dissolved in a little hot **water**, 1 tablespoon **molasses**, 2 tablespoons melted **butter**. Mix ingredients well and fill into muffin pans. Bake fifteen minutes.

804. **Brown Bread Muffins**

Groups St. P. F. M.

Break into bits sufficient **stale whole wheat bread** to fill a quart measure. Cover with 1 pint cold **milk** and soak until soft. Beat to a smooth paste, add the well-beaten yolks of 3 **eggs**, 1 tablespoon melted **butter**, and ¾ cup **graham flour** mixed with 1 teaspoon **baking powder**; fold in the well-beaten **whites** of the **eggs**. Bake in muffin pans twenty minutes in a quick oven.

805. **Corn Bread**

Groups St. P. F. M. S.

1 cup **corn meal**, 1 cup **flour**, 1 cup **sour milk**, ½ cup brown **sugar**, 1 tablespoon melted **butter**, ½ teaspoon **soda** dissolved in a little hot **water**, 2 **eggs**. Sift dry ingredients; separate the **eggs**, adding **yolks** to the **mixture**; just before baking, add the stiffly-beaten **whites**.

806. **Cream Rolls**

Groups St. P. F. M.

Put 2 cups cold **water** into a bowl; beat with an egg beater until it bubbles, then add enough **graham flour**

to make a very stiff dough; add a little salt and 2 well-beaten eggs; knead thoroughly and shape into rolls; set in cool place two hours, then bake. For variety, nuts or raisins may be added.

807. Graham or Bran Biscuits

Groups St. P. F. M. S.

4 cups graham flour, or 2 cups bran and 1 cup flour, 2 cups buttermilk, 1 teaspoon salt, ½ teaspoon baking soda, ¼ cup brown sugar, ½ cup boiling water, 1 tablespoon melted butter and 1 egg; dissolve the soda in hot water, add to the buttermilk, then add flour, butter, salt, sugar and egg. Beat well and bake.

808. Pop-Overs

Groups P. St. F.—S. M.

1 cup milk, 1 egg, 1 cup flour, pinch of salt; beat ingredients thoroughly for three minutes with an egg-beater; put in hot buttered muffin pans and bake in a moderate oven half an hour.

LEGUMINOUS FOODS

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

The principal representatives of this class of foods are peas, beans and lentils. They are also called pulses. These foods are exceedingly rich in proteid and starchy materials. While the costliest beefsteak contains from 70 to 75 per cent of water, and very unclean water at that, the pulses contain only about 10 per cent water, with all the rest solid nourishment. While meat contains about 20 per cent proteid, the pulses contain from 20 to 25 per cent proteid and in addition to that from 50 to 54 per cent of starches.

It is the very wealth of these foods in the negative, acid-forming proteid and starchy elements, which, like the cereals, make them at the same time, next to meat, the greatest of danger foods.

The proteid materials of the pulses are made up of six elements, carbon, oxygen, hydrogen, nitrogen, phosphorus and sulphur. In the digestion and other vital processes in the system these food materials are broken down, and the elements composing them form many kinds of poisonous acids, alkaloids and ptomaines.

On the other hand these foods are very poor in the acid binding and eliminating positive mineral elements. Almost all diseases arising in the human organism are caused originally by the accumulation of these morbid materials.

The effect of these poisons has been described in the

chapter entitled "Acid Diseases," in "Nature Cure," and in Part II of this volume.

Young peas and beans, however, as long as they are in the pulpy, juicy stage, are low in proteid and starchy materials, but rich in sugar and the positive alkaline mineral elements. As the ripening process proceeds, a great chemical change takes place,—a considerable percentage of the mineral elements recede into the leaves and stalks of the plant, while the seed greatly increases in protein and starchy elements. Therefore, sweet, young, juicy peas and beans belong to Group V (mineral group), while the ripe and hardened pulses belong to Groups I (starches) and IV (proteids).

In view of the fact that the pulses and cereals possess about three times the amount of nourishing materials in comparison to meat, the popular belief in the extraordinary nourishing qualities of meat seems pure superstition.

As stated before, the danger in the cereals and leguminous foods lies in their being too rich in the proteid and starchy elements. This becomes more apparent when we compare these food classes with our standard food, the milk. We find that milk, which nature provides as food for the newborn and growing animal, contains only 4 per cent of proteid and 5 per cent of sugar, while the pulses contain about 25 per cent of proteid and 60 per cent of starches. Still we would expect that the young and growing animal and human bodies need much more of the cell and tissue building proteid than the full-grown and completed adult body.

On account of their great richness in the negative, acid-forming proteid and starchy materials, the pulses and cereals must always be combined with the foods

of the fifth (mineral) group, which are low in proteids and starches and run comparatively high in the positive mineral elements, which neutralize and eliminate the poisonous acids and alkaloids produced by the negative acid-forming foods.

Do not use vinegar with the pulses; always use lemon juice. The latter is rich in the positive mineral elements, while vinegar is entirely devoid of them, and being a strong antiseptic, retards the digestion of the already heavy pulses.

NUTS

Nuts are the richest of all foods. They contain only about 5 per cent water, while the highly priced meats contain from 70 to 75 per cent water. Nuts contain about 17 per cent of proteid, many times more than Nature's standard in the milk (4 per cent), and in addition to this from 50 to 75 per cent of fat. For these reasons nuts should be used sparingly only, and always in connection with foods of the fifth group.

Considering the great richness of the nuts, in proteids and fats, it is no wonder that people complain about "nuts not agreeing with them," especially when eating a large amount of them after a heavy meal of meats and other foods. In the natural diet, nuts, pulses and cereals are used in place of meat, not with meat.

The cocoanut differs from other nuts in that it contains less fats and proteids and more organic salts. The meat of the cocoanut, together with its milk, comes nearer to the chemical composition of human milk than any food product in existence.

Some vegetarians allow peanuts a prominent place in their diet. But this is a mistake, since peanuts contain a higher percentage of proteid (33 per cent) than

almost any other article of food, and also considerable xantheins, which have the same deleterious effects upon the system as an excess of uric acid.

Pignolia or Pine nuts, though very rich in proteids and fats, seem to be more easily digestible than most other nuts. We have always found them a most valuable food for people with weak digestion.

PEAS, BEANS AND LENTILS

809. **Baked Beans with Tomatoes**

Groups St. P. M.—S.

Soak 1 quart of navy beans over night, cover with fresh, cold water and cook one hour. Place in a stone crock, add 3 cups tomatoes, 2 tablespoons sugar, 2 teaspoons onion juice, seasoning to taste, and place in a slow oven. Cover and bake four or five hours, then remove cover and brown.

810. **Lima Beans**

Groups St. P.—M.

Wash lima beans and let soak over night. Cook in enough water to cover until tender; add butter, salt, and chopped parsley.

811. **Navy Beans and Prunes**

Groups St. P. M.—F.

Wash and soak 1 quart of navy beans over night. Cook in water enough to cover for about two hours, then add 2 cups prunes which have been soaked over night, and stoned. Let cook until tender, season, add the juice of 1 lemon and a generous piece of butter.

812. Mexican Chili

Groups St. P. M.—F.

Soak 1 pint of Mexican beans over night; put on to cook with sufficient cold water to cover. When about half done add 2 green peppers, chopped fine, 2 Spanish onions, and 6 large tomatoes. Cook slowly until tender; season and add a generous piece of butter.

813. Lentil Croquettes

Groups St. P. M.—F.

Run cooked lentils through a vegetable grinder; add 1 chopped Spanish onion, ½ grated nutmeg, ½ cup cream, seasoning, 2 eggs, and cracker crumbs to make the right consistency; shape into croquettes and fry in butter.

814. Lentil Souffle

Groups St. P.—M.

Make a thick lentil puree; to 1 cup of puree add the stiffly-beaten whites of 2 eggs; bake in a moderate oven about half an hour; serve at once.

RICE, MACARONI, SPAGHETTI

Key to reference letters: **St.** (Starches). **S.** (Sugars). **F.** (Fats). **P.** (Proteids). **M.** (Mineral Elements).

To Cook Rice

In the following recipes we give different methods of boiling rice. Upon the proper cooking of rice depends its food value and its digestibility.

If it can be procured, the natural unpolished rice should be used instead of the polished and artificially bleached product of commerce.

Rice should be well washed in several waters and rubbed between the hands or between two clean towels to remove the coating of talcum found upon it in nearly every instance.

Unpolished rice contains only about seven parts per thousand of the positive mineral elements. The polished rice has been robbed almost entirely of its mineral elements and of the vitamines.

815. **Boiled Rice (1)**

Groups **St. P.**

To 1 cup **rice** add 3 cups cold **water** and **salt** to taste; let come to boiling gradually; boil hard for about five minutes, then keep on an asbestos mat over a low flame, with cover partly removed, until the **water** has steamed off. This will leave the **rice** dry and well-cooked.

816. **Boiled Rice (2)**

Groups St. P.

Heat 1 quart of water to boiling, add gradually 1 cup rice; stir with a fork to prevent breaking the kernels. Let boil five minutes, then place in a double boiler, cover, and let cook forty-five minutes. Toward the last remove the cover and allow the steam to escape.

817. **Boiled Rice (3)**

Groups St. P.

To 2 cups slightly salted boiling water add ½ cup rice; boil twenty minutes, then let cook in a double boiler one to two hours, keeping the water in the lower vessel boiling all the time. If the rice becomes too dry, add a little hot water.

818. **Rice Cooked in Milk**

Groups St. P. S. F. M.

Pour 1 cup boiling milk over 1 cup rice, add a little salt, cook directly over the fire for one minute, then place in a pan half filled with boiling water and cook about thirty minutes longer, or until all the milk has been absorbed.

Note:—Served with stewed fruit, or with brown sugar and butter and a sprinkling of cinnamon, this is a delicious and nutritious dish especially relished by children.

819. **Boiled Rice, Chinese Style**

Groups St. P.

Throw rice into a large kettle filled with rapidly boiling water, a few grains at a time, so as not to check

the boiling. Boil hard for twenty minutes, drain off the water, then let dry on the back of the stove, or in the oven.

820. **Boiled Rice, Hindoo Style**

Groups St. P.—M.

Pick over unpolished rice, add it slowly to rapidly boiling water. When soft, put into a colander, pour cold water over, drain, and reheat the rice in the oven before serving. Prepared in this manner every grain of rice will be separate.

821. **Curried Rice Timbales**

Groups St. P.—F. M.

Cook 1 cup rice in double boiler with 4 cups water, a pinch of salt, and a little butter; when done, add 1 teaspoon curry powder; bake in buttered timbale molds.

822. **Empress Rice**

Groups St. P. F. S. M.

Wash 1 cup rice and boil in 1 quart milk until tender; then add ½ an ounce butter, salt to taste, and set aside to cool. Butter a baking dish, put in a layer of rice, sprinkle with grated cheese and a little paprika, then more rice and seasoning until the dish is filled. Pour 1 cup milk over, and bake in a moderate oven twenty minutes.

823. **Italian Rice**

Groups St. P. M.

Put 1 layer of twenty-minute rice into a baking dish and sprinkle with chopped onion and green peppers; cover with sliced tomatoes; then add another layer of

rice and so on until the dish is filled. Cover the top with grated Parmesan cheese. Pour 1 cup of boiling water over this, and bake about twenty minutes.

824. **Jambalaya**

Groups M. St. P.—F.

Into a buttered baking dish put 1 cup of unpolished rice, 2 onions, 2 red sweet peppers, chopped fine, 1 quart tomatoes and 1 cup mushrooms, cut into dice; mix well, and season with salt and a little mace. Put bits of butter on top, pour 1 pint of water over the whole, and bake slowly about two hours, adding a little hot water from time to time, as required.

825. **Milk Rice**

Groups St. F. S. P. M.

Add 1 cup rice to 1 pint of boiling milk. Let cook in a double boiler from half an hour to an hour. Add a small lump of butter.

826. **Rice Croquettes (1)**

Groups St. F. P.—S. M.

3 cups boiled rice, 3 eggs, ¾ cup milk, a heaping teaspoon butter, and a few cracker crumbs; season to taste, mix well, mold into croquettes, dip in cracker crumbs, then in beaten eggs, again in cracker crumbs, and fry a golden brown in butter and oil.

827. **Rice Croquettes (2)**

Groups St. F. P. M.

Mix in the order given: 2 cups cold boiled rice, 2 tablespoons milk, 2 eggs, 1 dessertspoon butter, and a

little chopped **parsley.** Shape into croquettes, roll in beaten **egg** and **bread crumbs,** and fry in equal parts of **butter** and **olive oil.**

828. Rice Fritters

Groups **St. F. P.**—M. S.

Boil 1 cup of **rice** in slightly **salted water** about fifteen minutes, drain off the **water** (unless it has been absorbed); add 2 cups **milk,** and cook in a double boiler until the **rice** is very soft. Add 2 well-beaten **eggs,** 2 tablespoons **butter,** and 1 tablespoon grated **onion.** If necessary, thicken with **bread crumbs.** Put large spoonfuls on a well-greased griddle, fry crisp and brown on both sides. Serve with **tomato sauce.**

829. Rice and Nut Rarebit

Groups **F. P. St. S.**—M.

Melt 2 tablespoons of **butter**; add 2 tablespoons **flour** and 2 cups **milk**; stir constantly; when smooth and creamy add 1 cup grated **cheese**; stir until it is melted; add 1 cup of cooked **rice,** ½ cup chopped **nut meats,** and **seasoning**; serve on hot **buttered toast.**

830. Rice Molds (for dessert)

Groups **S. F. P. St.**—M.

Wash thoroughly 2 ounces **rice,** simmer in a double boiler with 3 cups **milk,** a pinch of **salt,** and 6 lumps **sugar,** until the **rice** is soft and creamy and the **milk** entirely absorbed. Rub through a wire sieve, and fill molds, first rinsing them in cold water.

Candied cherries minced fine, chopped **nuts, dates, figs, raisins,** etc., may be mixed with the **rice** before it

is put into the molds. Serve with **cream, fruit sauce, or fresh fruit.**

831. Rice and Sultana Raisin Croquettes

Groups **F. S. St. M. P.**

Wash thoroughly 1 cup sultana **raisins,** pick off the stems, cook with 1 cup of blanched **rice** in 3 cups of **milk** until the **rice** is soft (about thirty minutes), adding more **milk** if necessary. When done, add 1 level teaspoon of **salt.** Take from the fire, mix well with the beaten **yolks** of 2 **eggs** and ¼ cup each of **butter** and **sugar.** If too thin to shape into croquettes, add cold boiled **rice** or sifted **bread crumbs.** Set aside to cool, then form into croquettes or balls, and proceed according to general directions.

Note:—**Rice** is blanched by pouring boiling **water** over, then draining.

832. Risotto

Groups **St. F. P. M.**

To ¼ pound of **butter** add 1 chopped **onion;** fry until the **onion** is a yellow color; add 1 quart of twenty-minute **rice,** and stir until thoroughly mixed; add ½ cup of grated **cheese** and a little **nutmeg;** put into a buttered baking dish and almost cover with well-seasoned **soup stock.** Bake about twenty minutes.

833. Spanish Rice

Groups **M. St. P.**

2 cups washed **rice,** 4 cups strained **tomato,** 4 cups hot **water,** 4 small **onions,** 4 **sweet peppers,** chopped fine; add **salt** to taste, and cook in a double boiler until **tender.**

834. Tomatoes and Rice

Groups M. St. P. F.

Put alternate layers of twenty-minute **rice** and sliced **tomatoes** in a baking dish and cover with strained and **seasoned tomato pulp**; scatter **bread crumbs** over the top, moisten with **butter**, and bake half an hour.

835. Turkish Pilaf

Groups M. St. F.—P.

1 cup **vegetable stock**, 1 cup **tomatoes**, stewed and strained, a little minced **onion** and **sweet pepper**; **season**, and heat to boiling. Add 1 cup **rice**, boil five minutes, then cook all in a double boiler until **rice** is soft. Stir in 3 tablespoons **butter** with a fork and keep uncovered for a few minutes to let some of the moisture escape.

Note:—**Rice** prepared in this manner may be served as a border for **scrambled eggs** or **stewed mushrooms.**

836. Baked Macaroni with Tomato Sauce

Groups St. M. P. F.

Boil ½ pound **macaroni**; put a layer into a buttered baking dish and cover with **tomato sauce.** Repeat, making alternate layers until the dish is filled, having **sauce** on top. Sprinkle thickly with **bread crumbs** fried in **butter.** Place in oven until thoroughly heated and nicely browned on top.

837. Boiled Macaroni with Sauce

Groups St. P. M.

Break **macaroni** into two-inch pieces, drop into plenty of rapidly boiling, **salted** water; let boil about thirty

minutes, drain off the water and plunge in cold water to prevent sticking together. Pour over hot white or tomato sauce, and stir gently over the fire until thoroughly reheated.

838. Creamed Macaroni

Groups St. P. F.—M. S.

Boil macaroni thirty minutes, drain, chop coarsely, and stew fifteen minutes with milk to barely cover, being careful to prevent scorching. Add a little salt, white sauce, and, if desired, grated cheese.

839. Macaroni with Cheese

Groups St. P. F.

Boil 1 pound of macaroni; fill a well-buttered baking dish with about half the quantity of macaroni, dust with salt, cover thickly with grated cheese, add the remainder of the macaroni and another generous layer of cheese. Pour over 1 cup of white sauce, dot with bits of butter, and bake about thirty minutes.

840. Macaroni in Tomato Shells

Groups M. F. P. St.—S.

Break 2 ounces of macaroni into short lengths, cook rapidly in boiling water about twenty minutes, then drain. Rub the yolks of 2 hard-boiled eggs to a paste and add gradually 5 tablespoons cream. Heat 2 tablespoons butter, sift in 1 tablespoon flour and stir in a double boiler until perfectly blended; add the egg, cream, and ½ cup milk, stirring until thick and creamy, then add 1 teaspoon salt and a dash of paprika. Pour this sauce over the macaroni and add 2 tablespoons grated cheese.

Cut a plug from the stem end of firm, ripe **tomatoes**, scoop out the centers carefully, arrange in a baking dish, fill centers with **macaroni**, cover with fine **bread crumbs** and bake twenty minutes in a moderate oven. Serve on **toast** with **sauce** made from the **tomato pulp.**

841. Macaroni with Tomato

Groups **St. P. M. F.**

Boil 1 pound of **macaroni** until tender; make a **cream sauce** with 1 cup **milk** and 1 tablespoon **flour**; add a little grated **cheese, seasoning**, and 1 large **tomato**, cut in pieces; mix, put into a buttered baking dish, dot with **butter**, and bake half an hour.

842. Macaroni Quenelles

Groups **St. F. P.—S. M.**

Cut 1 cup cooked **macaroni** in small pieces; bring 1 cup **milk** to the boiling point, pour over 1 cup **bread crumbs**; add **macaroni**, 2 tablespoons **butter**, 2 **eggs**, a little chopped **parsley**, and **seasoning**; cover and steam one hour; serve with **cream sauce.**

843. Baked Noodles

Groups **St. P. F.—S. M.**

After the **noodles** are pulled and drawn, place in a buttered baking dish, dot with **butter**, then pour enough **milk** over to just show through; bake until a creamy consistency, and slightly browned.

844. Noodles and Prunes

Groups **St. P. S. M.**

Noodles boiled and drained, then slightly browned **in butter**, are nice served with **prune sauce.**

845. Fried Spaghetti

Groups St. P. F.

Break **spaghetti** into small pieces, cook in rapidly boiling **salted water** about thirty minutes; drain; fry in **butter** to a delicate brown. Serve sprinkled with sifted **bread crumbs** browned in **butter.**

846. Italian Spaghetti

Groups St. P. M.—F.

Put **spaghetti** into **salted** boiling **water** without breaking; boil about forty minutes; put into a buttered baking dish, sprinkle with chopped **onion** and **green pepper**; cover with **seasoned tomato juice**; grate **Parmesan cheese** over the top, and bake.

847. Spaghetti, Italian Style

Groups St. P. F. M.

Put unbroken **spaghetti** in a fish kettle or long baking pan in which there is boiling **salted water**; cook until tender, drain carefully, and arrange on a heated platter. Cover with a sauce made as follows:

Heat 2 tablespoons **butter**, blend with it 1 tablespoon **flour**; when smooth add 1 pint **tomato juice** and about 1 dessertspoon **onion juice**; **season**, and cook, with steady stirring, until all the ingredients are well blended. Just before taking from the fire add 4 tablespoons **Parmesan cheese.** When this has melted, pour the **sauce** over **spaghetti**, and serve at once.

DAIRY PRODUCTS

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

There is something in animal food which we cannot secure from purely vegetable food,—and that is the animal (magnetic) life element, or, as we usually call it, the animal magnetism. Each kingdom in nature is animated and controlled by a higher form, or element, of the great life force. This aspect of the diet question, which is entirely left out of consideration by most of our vegetarian friends, is fully treated in Part II of this volume.

However, in order to secure the benefit of the animal magnetism contained in animal foods, we do not have to eat meat contaminated with all the impurities of the animal carcass. We can secure all we need of this animal life element in the dairy products in the best possible and purest form.

Flesh foods we have to boil, bake, fry and spice heavily in order to disguise the unpleasant taste and odor of the dead flesh, and thereby much of the animal magnetism is lost. All the dairy products we can eat raw, and in that way derive the full benefit of the animal magnetism which they contain. Therefore the liberal use of the dairy products is of especial importance in the cases of weak, negative persons who have become so depleted in nerve force that they are not able to liberate and generate their own animal magnetism in sufficient quantities.

Milk

Milk is the one perfectly normal and therefore standard food in Nature. It contains all the elements (page 403) in exactly the right proportion which the new-born and growing animal or infant needs for all the requirements of its rapidly developing body. These statements bring forth the question, "Why then not live on milk entirely?" We have answered this question in "Nature Cure," and also outlined a milk and fruit diet which we have found most beneficial in our work.

For the benefit of those who do not possess Volume 1 of this series we will quote from the paragraphs under the subtitle "A Word About the Milk Diet," pages 285 to 287:

"While milk is the natural food for the new-born and growing infant it is not natural for the adult. The digestive apparatus of the infant is especially adapted to the digestion of milk, while that of the adult requires more solid and bulky food.

"Milk is a very beneficial article of diet in all acid diseases, because it contains comparatively low percentages of carbohydrates and proteids and large amounts of organic salts.

"However, not everybody can use milk as a food or medicine. In many instances it causes biliousness, fermentation and constipation.

"In cases where it is easily digested, a straight milk diet often proves very beneficial. As a rule, however, it is better to take fruits or vegetable salads with the milk.

"Directly with milk may be taken any sweetish, alkaline fruits, such as melons, sweet pears, etc., or the

dried fruits, such as prunes, dates, figs and raisins, also vegetable salads. With the latter, if taken together with milk, little or no lemon juice should be used.

"All acid and subacid fruits should be taken between the milk-meals.

"A patient on a milk-diet may take from one to five quarts of milk daily, according to his capacity to digest it. This quantity may be distributed over the day after the following plan:

"Breakfast: One to three pints of milk, sipped slowly, with any of the sweetish, alkaline fruits mentioned above, or with vegetable salads composed of lettuce, celery, raw cabbage slaw, water cress, green onions, radishes, carrots, etc.

"10 A. M.: Grape fruit, oranges, peaches, apples, apricots, berries, grapes, or other acid and subacid fruits.

"Luncheon: The same as breakfast.

"3 P. M.: The same as 10 A. M.

"Supper: The same as breakfast.

"An orange or apple may be taken before retiring.

"When it is advisable to take a greater variety of food together with large quantities of milk, good whole grain bread and butter, cream, honey, cooked vegetables, moderate amounts of potatoes and cereals may be added to the dietary.

Buttermilk

"Buttermilk is an excellent food for those with whom it agrees. In many instances a straight buttermilk diet for a certain period will prove very beneficial. This is especially true in all forms of uric acid diseases."

Sour Milk

Sour milk or clabber also has excellent medicinal qualities, and may be taken freely by those with whom it agrees. Sour milk prepared in the following manner can be taken by many who cannot digest milk or buttermilk: Let the milk, with full cream, stand in a covered glass jar in the sun until it coagulates, but does not completely separate into curds and whey. Turn out into a bowl and whip with an egg beater until it is of a creamy consistency. Taken with a few dates this forms a most palatable and nourishing meal.

Cream and Butter

Cream and butter contain only the fat of the milk which rises to the top on account of its comparative lightness. The valuable protein materials and mineral salts remain in the skimmed milk. The latter is therefore not to be despised for its food values.

In fact its medicinal values are very much greater than that of cream or butter. We often find that our patients digest the skimmed milk much better than the full milk. Butter is not improved by the large amount of inorganic salt which it usually contains. The large amount of coloring matter is also often detrimental to health. The best butter from a hygienic standpoint is the sweet, unsalted and uncolored butter.

Baby Feeding

The practice of feeding babies on cream dilute with barley water mixed with inorganic mineral lime water, baking soda, milk sugar or table salt is positively harmful and preposterous in the face of the fact that human or cow's milk contains all the elements of nutrition in

exactly the right proportion and the valuable mineral salts in the live-organic form in which nature intends them to serve as foods for animals and human beings. The cream and barley water are practically devoid of these all-important mineral elements, and the inorganic substitutes act more as poisons to the system than as wholesome foods.

For the foregoing reasons good cow's milk is the only natural substitute for human milk. Our analyses show that the difference in composition between cow's milk and human milk is not enough to affect the infant. The danger lies not so much in overfeeding on "rich" cow's milk as in underfeeding on watered milk and cereal dilutions, and in poisoning the little body with inorganic minerals.

If undiluted milk proves too rich, grain water may be added. In order to prepare this, take clean grain as it comes from the field, crush it in a new coffee mill, take 3 tablespoons of the crushed grain to one pint of cold water, heat and boil for one hour. While the gruel is boiling, add enough water to allow for evaporation and absorption, then strain and add to milk 1 part of this grain water to 2 parts of milk. Change these proportions if necessary.

When baby is constipated, add water from the oats and frequently cool the bowels with cold water. This will cure the most stubborn constipation. If the bowels are too loose, add water made from barley or wheat.

Fruit juices and scraped raw apple are baby's finest medicines. They increase the supply of organic salts for blood, nerve and bone building and for purposes of elimination.

During the first 2 months give one teaspoonful of orange juice, grape fruit juice or scraped apple one

hour before or after each nursing. After the second month gradually increase the amounts of fruit.

Cheese

Cheese is a very concentrated food. If made from full milk it contains the protein, fat and sugar of the milk and if made from skimmed milk (cottage cheese) it contains only the protein, and sugar, but all kinds of cheese have been robbed of the larger part of the organic mineral salts which are extracted from the curds by the withdrawal of the whey.

This makes cheese a very unbalanced food, too rich in the proteins, fats and sugars, and in proportion altogether too poor in the organic mineral salts. The compactness of the cheese interferes with its solubility and with the penetration of the digestive juices. Furthermore, the casein has been rendered less digestible through the "cooking" of the cheese. This explains why cheese is a "heavy" food, hard to digest and to assimilate and why for many people it is constipating.

The processes of fermentation and decay which many kinds of cheeses undergo before they are ready for consumption are not at all appetizing or conducive to good health.

Cottage cheese in these respects is far superior to the more expensive, highly spiced and fermented brands. It is more easily digested because it has not been subjected to the "cooking" process, and is not as sticky and compact.

Cooking coagulates and solidifies the albumin of the milk in similar manner as the white of egg. All protein foods, including meats, are therefore rendered less digestible by cooking.

CHEESE DISHES

848. Baked Cheese and Zwieback

Groups St. P. F.—M.

Arrange 6 **zwieback**, spread with **butter**, in a baking pan; pour 1 cup boiling water over to soften them, cover with ¼ pound grated **cheese**. Beat the **yolks** of 2 **eggs** with 1 pint **milk** and a little **salt**; if desired, add a dash of **cayenne pepper**. Fold in the **whites** of the **eggs** beaten very stiff; pour this mixture over the **zwieback**, and bake fifteen to twenty minutes.

849. Boston Rarebit Sandwich

Groups F. P. St.—M.

Grate 1 pound of **cheese**, put into a saucepan with 4 tablespoons **butter**; as the **cheese** softens, add **red pepper, salt**, and a little **mustard**; keep stirring constantly; when well mixed, add ½ cup **cream**; stir until smooth, then add 2 well-beaten **eggs**; stir hard for a moment, then remove from the fire; a little more **cream** may be added to make it of the right consistency; serve on **buttered toast**.

850. Cheese Cream with Rice

Groups F. St. P.—M.

Heat 2 tablespoons **butter** with 1 tablespoon **flour** and stir until smooth; add 2 tablespoons **cream, seasoning** to suit taste, and 1 cup cold boiled **rice**. Let boil up, then add 1 small cup grated **cheese**. Serve on **toast**, dusted lightly with **paprika**.

851. **Cheese Cutlets**

Groups F. P. St.—M.

Combine 2 tablespoons butter and 4 of flour, a little salt and paprika; stir in 1 cup milk; cook until it thickens, then add 2 cups grated cheese; when melted, spread one inch thick on a greased dish, and when cold form into cutlet shape; roll in fine bread crumbs, then in beaten egg, again in bread crumbs, and fry a nice brown.

852. **Cheese Fondu (1)**

Groups P. F. St.—M.

Scald 1 cup of stale bread crumbs with 1 cup of half milk and half water; add a small cup grated cheese and the beaten yolks of 3 eggs. Beat the whites of the eggs with ½ teaspoon salt to a stiff froth, fold into the other mixture, and bake in a buttered pan about twenty minutes.

853. **Cheese Fondu (2)**

Groups P. F. St.—M.

Place 1 cup cheese and 1 cup bread, cut in half-inch cubes, in alternate layers in buttered baking dish. Beat 1 egg with ½ teaspoon salt and dash cayenne, adding gradually 1 cup sweet milk. Pour over bread and cheese mixture, sprinkle grated cheese on top, and bake in moderate oven twenty-five minutes, or until set like custard.

854. **Cheese Timbales**

Groups F. P.—M.

To the well-beaten yolks of 4 eggs add ¾ cup grated American cheese, ½ cup cream, a dash of cayenne, and

the whites of eggs, beaten to a stiff froth. Bake slowly about twenty minutes, in buttered timbale molds.

855. Cheese Toast

Groups F. P.—St. M.

Beat 1 egg into 1 cup sweet milk, add 1 tablespoon butter, a dash of cayenne pepper, and ½ pound grated cheese. Heat the mixture in a double boiler, stir until smooth, and pour over slices of toasted whole wheat bread, arranged on a heated platter.

856. English Monkey

Groups P. F.—St. M.

Soak 1 cup stale bread crumbs in 1 cup milk; melt ½ cup cheese and a lump of butter together, add the bread crumbs and 1 egg, lightly beaten. Season with salt and cayenne pepper, let cook about three minutes, and pour over hot, buttered toast.

EGGS

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

Many people when they give up the use of meat seem to think that they must eat a great many eggs in place of it. Others eat large quantities of peas, beans, cheese or other heavy, protein foods, in order to make good for the loss of the "nourishing" meat.

This, however, is a mistake. It is just as easy to saturate the system with poisonous acids, alkaloids and albuminoids, by the excessive consumption of vegetable protein, as by meat-eating. Eggs also contain considerable quantities of uric acid, in the ready-made form. It is claimed about five grains to the pound.

The white of egg is almost pure albumin, which is a form of protein material. The yolk contains large amounts of fats and various combinations of phosphorus and sulphur. The two last named elements tend to create, during the process of digestion, considerable quantities of sulphurous acid, an ill-smelling gas, identical with the ordinary sewer gas; also sulphuric acid, commonly called vitriol; phosphorus and phosphoric acid, all of which if they accumulate in the system may become very harmful or destructive to the organism.

In view of these facts, it seems preposterous to stuff consumptives and other invalids, suffering from "wasting" diseases, with enormous quantities of eggs, which their weak digestions cannot digest, and which are bound to decay in their digestive organs and to fill the

system with poisonous acids, gases and alkaloids of putrefaction. These patients cannot properly digest and assimilate a few eggs a day,—if they did they would not waste away so rapidly. What then is the use of overloading their weak digestive organs with enormous quantities of indigestible ballast.

However, in moderate quantities, white of egg is a most valuable invalid food. When the powers of digestion are at the lowest ebb, raw white of egg, fluid or beaten, with or without fruit juices, is usually more easily digested and assimilated than any other kind of food.

Eggs are of great nutritive value when eaten raw, soft-boiled, or poached. Prolonged boiling or frying coagulates the albumin, making it hard and tough and therefore less digestible.

EGGS

Eggs should not be cooked in the usual way, by placing them in boiling water; this hardens and toughens the albumen and makes them difficult to digest. A much better way is to place them in a good-sized vessel, pour boiling water over them until they are completely submerged, cover them closely, and let them stand in the water five minutes or longer, according to whether they are desired soft, medium, or hard. If left in the water long enough, the yolk will become solid, but will still be tender and easily digested.

857. Baked Eggs

Groups P. F.—St. M.

In a buttered baking dish arrange hard-boiled eggs cut in half lengthwise; dust with salt, sprinkle lightly

with grated cheese, and cover with white sauce to which a few drops of onion juice have been added. Put a layer of bread crumbs on top and place in the oven until thoroughly heated and nicely browned.

858. Dropped Eggs

Groups P. F.

Into a pan filled with boiling salted water break carefully as many eggs as required, cover, and keep over a low flame until the whites are set. Remove with a skimmer.

Note:—The addition of a teaspoon of lemon juice to every pint of water will help to prevent the breaking of the eggs.

Milk used instead of water imparts a more delicate flavor to the eggs.

859. Egg Balls

Groups F. P.—St. M.

Rub the yolks of 3 hard-boiled eggs to a paste with 1 teaspoon of melted butter, add seasoning to taste, and 1 raw egg; form into small balls, roll first in white of egg, then in flour, drop carefully in boiling water and let poach a few minutes. Serve on lettuce with buttered toast.

860. Eggs and Cheese Cream (1)

Groups F. P.—M. St.

Heat together 1 tablespoon of butter and 2 tablespoons grated cheese; when well blended, add 3 eggs, well beaten and seasoned; stir lightly until the eggs are set, but not hard. Serve on toast.

861. Eggs and Cheese Cream (2)

Groups F. P.—M.

Melt 2 tablespoons **butter**, add 2 tablespoons grated **cheese**, and 1 teaspoon minced **parsley** or **chervil**. When cheese is melted, add 4 well-beaten **eggs**, a little **salt** and **paprika**, a dash of **nutmeg**, and ½ teaspoon **French mustard**. Dust with **paprika** and serve on **toast**.

862. Eggs and Tomatoes (1)

Groups M. F. P. St.

Choose even, medium-sized **tomatoes**; wash and remove part of **pulp** from the stem end; **season** and break an **egg** into each cavity; place in a buttered baking-pan; add enough **water** to prevent burning, and bake in a moderate oven until the **eggs** are cooked sufficiently; serve on **buttered toast**.

863. Eggs and Tomatoes (2)

Groups M. F. P.

In 2 tablespoons of **butter** or **olive oil**, heat 1 **onion**, minced fine, until soft and yellow; add 1 quart of **tomatoes**, fresh or canned; let stew slowly about thirty minutes. When ready to serve drop **eggs** (as many as required) into the **tomatoes**, cover a few minutes until the **eggs** are set, then pour carefully into a heated dish. Serve at once.

864. Eggs a la Goldenrod

Groups F. P. St.—M.

To 2 cups of good **white sauce**, add the **whites** of 2 hard-boiled **eggs**, chopped fine. Pour over hot, **but-**

tered toast. Press the yolks of the eggs through a ricer, so as to represent sprays of goldenrod.

865. Eggs a la Suisse

Groups F. P.—St. M.

Break fresh eggs into custard cups or small casseroles, sprinkle with salt and a little grated cheese. Pour over enough rich milk or cream to nearly cover, and bake in the oven about five minutes. Serve immediately on toast.

866. Eggs, Spanish Style

Groups F. P. St.—M.

Wash 1 cup rice, cook one-half hour in 2 quarts of boiling salted water, and drain; add 1 tablespoon of butter, spread lightly on a heated platter, place poached eggs over the top, dust lightly with salt, and serve.

867. Egg Strawberry Shortcake

Groups F. P. St. M.

Make 2 omelets according to directions for making plain omelet; put one on a heated platter, cover with strawberries, then place the other on top. If desired, garnish with whipped cream.

868. Egg On Toast (For Quick Service)

Groups St. F. P.—M.

Toast slices of bread on one side, spread butter on the other, break an egg on each slice; place in the oven. When the egg is done the bread will be toasted and ready to serve.

869. Escalloped Eggs (1)

Groups P. F. St.—M.

Mix equal parts **protose** and fine **bread crumbs**; season with **salt** and **butter**, adding **milk** to moisten until quite soft; half fill gem pans with this mixture and break **egg** carefully upon the top of each; dust with **salt** and powdered **crackers** and bake eight minutes. Serve immediately.

870. Escalloped Eggs (2)

Groups St. F. P.—M.

Moisten coarse **bread crumbs** with **milk**, add **seasoning** to taste, a little melted **butter**, and some minced **parsley.** Fill gem pans about half full, carefully break an **egg** into each, dust lightly with **salt**, cover with sifted **bread crumbs**, dot with bits of **butter**, and bake eight minutes.

871. Scrambled Eggs

Groups F. P.—M.

Beat the **eggs** slightly, adding **salt** to taste, 2 teaspoons of melted **butter**, and 1 tablespoon of **water, milk** or **cream** to each **egg** used. **Water** is preferable, as the **eggs** will be lighter. Cook in a double boiler, or in a pan set in boiling water, stirring constantly until the **eggs** are set. Serve garnished with **parsley.**

Note:—This dish may be varied by adding finely minced **parsley, leek, green peppers**, or any cooked vegetable like **green peas**, chopped **spinach, asparagus, string beans, potatoes** or **carrots**, cut into small dice. Left-overs may be utilized in this manner.

872. Scrambled Eggs in Rice Mold

Groups St. F. P.—M.

Boil **rice**, pack closely in a heated and well-buttered dish or mold. After a few minutes turn out on a heated platter, scoop out the center, fill with scrambled **eggs**, prepared as directed in preceding recipe.

873. Eggs Scrambled With Tomatoes

Groups F. P. M.

To each **egg** used add 1 tablespoon of **tomatoes**, strained; ¼ teaspoon grated **onion**, salt to taste, and 2 tablespoons melted **butter**. Beat lightly and cook in a double boiler. Serve on squares of **toast**.

874. Poached Eggs

Groups F. P.—M.

Into the small tin pans made for poached or shirred eggs place a little melted **butter** or **olive oil**; break a fresh **egg** into each, place in a shallow pan filled with boiling water, or in a hot oven, and cover closely. The **eggs** will be ready to serve in from three to five minutes.

875. Poached Eggs With Tomato Sauce

Groups F. P. M.—St.

Cook 6 **tomatoes** with 1 medium-sized **onion** and a little minced **parsley**, then press through a sieve; **season** and thicken with a little **cornstarch**; pour over **buttered toast**, and top with **poached eggs**.

876. Poached Eggs in Potatoes

Groups F. P. St.—M.

Cut **baked potatoes** in halves and scoop out the centers; rub through a sieve, add 1 tablespoon **cream**, a little **salt**, then line the **potato shells** with this; sprinkle with grated **cheese**, place a **poached egg** in each; sprinkle **cheese** over the **eggs**, then cover with **white sauce**; let brown in the oven.

OMELETTES

Strictly fresh **eggs** should be used, and the **whites** and **yolks** beaten separately. To the **yolks** may be added a little **milk** or **water**. In making **savory omelettes**, the savory ingredients (**parsley**, chopped **onions**, grated **cheese**, or **apples**, etc.) should always be beaten in with the **yolk**.

877. Plain Omelette

Groups F. P.—M.

Separate **yolks** and **whites** of **eggs**; beat the **yolks**, adding **salt** to taste, and 1 tablespoon of **milk** or **water** for each **egg**. Beat the whites and fold into the **yolks**. Have ready on the flame an omelette-pan with hot **butter** or **olive oil**; put in the **eggs**, take from the fire and set on the hot stove or into a pan of boiling water. When sufficiently set loosen around the edge with a knife, fold one-half of the omelette over, and slip out of the pan onto a heated platter. Garnish with sprigs of **parsley** and serve at once.

878. **Omelette**

Groups F. P.—M.

Take 1 tablespoon of butter and a small quantity of chopped parsley; heat in a dish; add 5 well-beaten eggs; mix with 1 cup milk and a little salt; stir slowly from the bottom of the dish, roll, and serve on a hot platter.

879. **Corn Omelette**

Groups St. S. P. F. M.

Grate the kernels from 4 ears of sweet corn; beat 3 eggs with 3 tablespoons cream, and turn into a hot buttered pan; when the eggs set add the corn; season and serve the usual way.

880. **Economical Omelette**

Groups F. P. St.—M.

Separate the yolks and whites of 3 eggs; beat the yolks, adding ½ cup milk or water, and seasoning, then stir in 1 cup whole wheat bread crumbs; beat the whites and proceed as directed in Recipe No. 877, "Omelettes." Cook until under side is nicely browned, then cut in sections and turn separately to brown other side.

881. **French Omelette**

Groups F. P.—M.

Beat 4 eggs, add 4 tablespoons milk, 2 of melted butter, and a little salt; beat well and pour into a hot buttered pan; draw the edges toward the center

with a knife until the whole mass is of a creamy consistency, then let brown quickly; fold, and turn out on a hot platter.

882. Fruit Omelette

Groups **M. F. P.**—St. S.

Use **apple sauce or stewed pears, peaches, plums, berries, raisins,** etc. To 1 pint of **sauce** add 1 tablespoon fresh **butter, sugar** to taste, and a little **cinnamon** or **nutmeg**, if desired; when cold, add 5 well-beaten **eggs**. Bake in a buttered pan until brown, and serve with **whole wheat bread.**

Note:—**Grated raw apples** make a delicious omelette.

883. Jelly Omelette

Groups **F. P. S.**—M.

Proceed as directed in Recipe No. 877, "Omelettes." When folding, place 1 or 2 tablespoons of **jelly** between.

884. Vegetable Omelette

Groups **F. P. M.**

Follow directions of preceding recipe, using **cooked vegetables, seasoned** to taste.

SANDWICHES

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

In making sandwiches, the whole grain bread is always preferable. It should be evenly and thinly sliced, and fresh, sweet butter used. Care should be taken not only to make good food combinations, but to make them appeal to the eye as well. Lettuce or watercress is always a welcome addition to most combinations.

885. Apple Sauce Sandwiches

Groups St. P. M. F. S.

Thick apple sauce, with whipped cream, makes a nice sweet sandwich for immediate serving.

886. Baked Bean Sandwiches

Groups St. P. M.

Mash ½ cup baked beans through a colander; add 1 teaspoon each of minced celery and parsley, ½ teaspoon onion juice, 1 tablespoon horseradish or ketchup.

887. Banana Sandwiches

Groups S. St. F.—M. P.

Slice ripe bananas lengthwise, spread with mayonnaise dressing, and sprinkle with chopped nuts, if desired. A few drops of lemon juice is an improvement. Serve with lettuce.

888. **Boston Rare-Bit Sandwiches**

Groups F. P. St.—M.

Grate 1 pound cheese, put into a saucepan with 4 tablespoons butter; as the cheese softens add red pepper, if desired, salt and a little mustard; keep stirring constantly; when well mixed, add ½ cup cream; stir until smooth, then add 2 well-beaten eggs, stir hard for a moment, then remove from the fire; a little more cream may be added to make it of good consistency. Serve on buttered toast.

889. **Celery Sandwiches**

Groups St. P. M.

Finely cut celery, with or without lettuce, makes a nice sandwich.

CHEESE SANDWICHES

Cheese of any preferred kind makes good sandwiches, either alone or in combination with other ingredients. The addition of lettuce or cress not only adds to its value, but makes a daintier one in appearance.

Cream, Neufchatel or cottage cheese may be mashed and various ingredients added for variety.

American cheese should be grated for sandwiches; Swiss cheese thinly sliced.

890. **Cheese and Pimento Sandwiches**

Groups St. P. F.—M.

To 1 cream cheese add 1 pimento; macerate with a silver fork; add a little sweet cream, and, if desired, a dash of cayenne.

891. Cheese Sandwiches (1)

Groups St. P. F. M.

Cream or Neufchatel cheese, with minced onion and chopped nuts is delicious. A little minced parsley or sweet pepper may be added if desired,

892. Cheese Sandwiches (2)

Groups St. P. F. M.

Cream or Neufchatel cheese, minced sweet pepper and green onion, a pinch of salt and a dash of cayenne.

893. Cheese Sandwiches (3)

Groups St. P. F. S.—M.

A layer of cream, Neufchatel or cottage cheese, spread with jam or marmalade, is a good combination.

894. Mayonnaise Cheese Sandwiches

Groups St. P. F.—M.

Slice thin 1 pound American cheese, put in double boiler; steam until it melts; add mayonnaise to the consistency of butter; stir well into cheese; cut 1 small can pimentoes into bits and add. Let cool before using.

895. Combination Salad Sandwiches

Groups M. St. P. F.

On each slice of bread place a lettuce leaf, 1 slice tomato, several slices of cucumber, and, if desired, a little minced onion; add a layer of mayonnaise dressing.

Boston brown bread is excellent for this sandwich.

896. **Cucumber and Olive Sandwiches**

Groups **St. F. P. M.**

Sliced **cucumbers**, with chopped **olives** and **mayonnaise dressing**, make a delicious sandwich.

897. **Dream Sandwiches**

Groups **P. F. St. M.**

Butter thin slices of **whole wheat bread**, cover with a thick layer of grated **American cheese**, sprinkle with **paprika**, and fry a golden brown, in **butter**. Serve at once.

898. **Date Marmalade Sandwiches**

Groups **St. P. S. M.**

Soak fine **dates** in luke-warm **water**; stone, grind or chop fine, and spread between **wafers, triscuit** or **whole wheat bread**.

899. **Egg Sandwiches**

Groups **P. St. F. M.**

Minced hard-boiled **eggs, seasoned**, and moistened with **mayonnaise**, on **lettuce**. Minced **onion** and **parsley** may be added with good result.

900. **Deviled Egg Sandwiches**

Groups **St. P. F. M.**

After making **deviled eggs** there is always some of the filling left. Spread this on **lettuce** leaves, between thin slices of **buttered bread**, adding a little sliced **sweet pickle**, if desired.

901. Fig Sandwiches

Groups St. P. S. M.

Grind or chop fine 1 pound figs; add 1 cup water and cook carefully until very tender; add 1 cup sugar when almost done, and let simmer until the consistency of marmalade. Use for sandwich filling or cake filling. Chopped nuts may be added.

902. Fruit Sandwiches

Groups St. P. S. M.—F.

1 cup each of raisins, dates, figs, prunes, cooked or raw, and 1 cup nut meats, ground or chopped fine, make a fine sandwich filling. If too dry to spread well, moisten with prune juice or lemon juice.

903. Fresh Fruit Sandwiches

Groups St. P. M. S.

Crushed fresh fruit,—strawberries, red raspberries, blackberries or peaches, sweetened to taste, make delicious sandwiches for immediate serving.

904. Individual Club Sandwich

Groups P. St. F.—M.

For each sandwich required, fry 1 slice whole wheat bread in hot butter or olive oil until nicely browned; place on bed of shredded lettuce; cover with savory protose, put a slice of tomato on top, then a spoonful of mayonnaise, sprinkle with finely cut celery and walnuts, and garnish with pimento olives.

905. Jam or Marmalade Sandwiches

Groups St. P. S. M.

Any preferred **jam** or **marmalade**, preferably **quince, orange** or **grapefruit** makes delicious sandwich filling.

906. Lettuce With Mayonnaise

Groups St. P. F. M.

Fresh, crisp **lettuce**, shredded, with **mayonnaise dressing**, either with or without chopped **nuts**, makes a very acceptable sandwich.

907. Mock Crab Sandwiches

Groups St. P. F. M.

Cream 2 tablespoons **butter**; add ¼ cup grated **cheese**, ¼ teaspoon **salt**, ¼ teaspoon **paprika**, ¼ teaspoon **mustard**, 1 teaspoon **lemon juice**, 1 teaspoon chopped **olives** or **gherkins**; mix well together.

908. Mosaic Sandwiches

Groups St. P. F.—M.

Cut an equal number of slices of good **brown** and **white bread**; **butter** each slice well, and pile alternately, first brown, then white; wrap in a damp napkin until ready to serve, then slice across, in thin slices.

909. Mushroom Sandwiches

Groups St. P. F.—M.

Cut **mushrooms** in small pieces, cook in **butter** until tender; add **seasoning**, a little **lemon juice** and grated **nutmeg**; let cool, then spread on **buttered bread.**

910. **Nut Sandwiches (1)**

Groups St. P. F.—M.

Shelled **nuts**,—almonds, pecans, filberts, black or English walnuts, hickory nuts, peanuts, either alone or in combination, may be ground or chopped, **mayonnaise dressing**, or plain or whipped **cream** added, with a pinch of **salt**.

911. **Nut Sandwiches (2)**

Groups St. P. F.—M. (S.)

Ground **nuts** and **dates**, or ground **nuts** and **cottage cheese**, are good combinations for sandwich fillings.

For the nut and date combination, use 1 cup stoned and chopped **dates** to ½ cup chopped **nut meats**. If too dry to spread well, add a little sweet **cream**.

912. **Onion Sandwiches**

Groups St. P. M. F.

Finely chopped **onions** with **mayonnaise**, on **lettuce**, make nice sandwiches.

Groups M.—F. P.

913. Equal parts chopped **onions** and **green peppers**, with a few chopped **nuts** added, makes a piquant sandwich filling.

914. **Peanut Butter Sandwiches**

Groups St. P. F.—M. (S.)

Plain **peanut butter**, thinned with **cream**, **milk** or **water**, and a pinch of **salt**, are easy to prepare.

915. **Peanut butter**, well spread with a layer of whole **raisins**, or ground or chopped **raisins** and **nuts**.

916. **Peanut butter** sandwiches, spread with **marmalade**.

917. Piquant Sandwiches

Groups **St. P. F. M.**

2 cups mixed **nuts**, 2 **onions**, 1 cup **olives**, chopped fine; mix with **mayonnaise dressing**.

918. Russian Sandwiches

Groups **St. P. F.—M.**

Chop **olives** fine, moisten with **mayonnaise** and add a little **onion juice**; to 1 cup **olives** add 2 hard-boiled **eggs**, chopped fine; spread between well-buttered slices of **bread**.

919. Watercress Sandwiches

Groups **St. P. M.**

Watercress between **buttered** slices of **Boston brown bread** makes a piquant sandwich.

BEVERAGES

Key to reference letters: St. (Starches). S. (Sugars). F. (Fats). P. (Proteids). M. (Mineral Elements).

920. Apple Drink

Groups M. S.

Cook 2 pounds **apples**, cut in pieces, retaining skin and cores, with 3 pints **water**, until **apples** are tasteless; strain the liquid and use hot or cold, **sweetened** to taste.

Prune, **raisin** and **fig** drinks may be made in the same manner.

921. Apple Punch

Groups M. S.

Quarter and core but do not pare 12 tart **apples**; cover with 4 quarts **water**; bring to boiling point and cook twenty minutes without stirring; add 1 glass **quince jelly**; strain through cheese cloth; **sweeten** to taste and chill. When serving, add 1 pound **white grapes**, cut in halves and seeded.

922. Barley Water

Groups St. P. S. M.

Boil 2 ounces **pearl barley** in ½ pint **water** forty-five minutes, then add 2 quarts boiling **water** and a few chopped **figs** and seeded **raisins**. Boil thirty minutes and strain; add **lemon juice** and **sweeten** to taste.

For **barley water** for infant feeding, see chapter under that heading.

923. Bran Lemonade

Groups **M. S.**

To 1 quart **water** add ½ pint **bran** and let stand half an hour in a cool place; pour off **water,** add **juice** of 4 **lemons** and **sweeten** to taste.

924. Bran Tea

Groups **M. S. F.**

To 1 pint boiling **water** add ½ pint **wheat bran.** Let stand on back of stove for an hour, but do not boil. Strain, and serve with **sugar** and **cream** instead of coffee or tea.

925. Cherry Juice

Groups **M. S.**

Remove stems from sour **cherries,** wash, then follow general directions for making **grape juice,** first crushing some of the **cherry pits.**

Currants, elderberries, strawberries, raspberries, blackberries, blue or **huckleberries** may be prepared in the same manner.

926. Chocolate Glace

Groups **F. S.**

Dissolve 1 pint **chocolate ice cream** in 1 pint **plain cream;** put 1 tablespoon **chocolate ice cream** in tall glasses, fill ⅔ full with the cream mixture; top with **whipped cream.**

927. **Chocolate Parfait**

Groups P. S. F. M.

Whip egg whites very stiff. To the whites of 4 eggs add 2 teaspoons fine cocoa and 2 tablespoons powdered sugar; put 1 large spoonful in each glass, fill two-thirds full with cold, sweet milk, then fill in lightly the balance of the beaten egg. A dash of grated nutmeg is a delightful addition.

928. **Hot Chocolate**

Groups S. F. P.—M.

To 1 pint boiling milk and water (half each), add 1 ounce scraped or grated bitter chocolate and 1 ounce sugar; stir two or three minutes, until chocolate and sugar are dissolved. When making hot chocolate in quantity, it is best to use a double boiler, then beat with an egg-beater. For special occasions, top with whipped cream, or pour the hot chocolate over fresh marshmallows.

929. **Cocoa**

Groups S. P. F.—M.

To 1 pint boiling water add 3 tablespoons cocoa mixed with 3 tablespoons granulated sugar; boil slowly for ten minutes, then add 1 quart boiling milk, white of 1 egg, a dash of vanilla extract and a speck of salt. Mix thoroughly and serve hot.

930. **Cranberry Cocktail**

Groups M. S.

To 1 quart cranberries add 2 quarts water; cook until tender; strain; add 1 pint orange juice, ½ pint

lemon juice, 1 pint **pineapple juice**, **sugar** to taste, and **water** to the right consistency.

931. Currant Drink

Groups **M. S.**

1 tablespoon **currant jelly**, dissolved in 1 glass cold **water**, makes a healthful drink, and very easy to prepare.

Raspberry, grape, plum, crab apple or strawberry jelly may be used in the same manner.

932. Eggnog

Groups **F. S. P. M.**

Separate 1 **egg** for each glass wanted; to the **yolks** add a little **sugar** and a few drops of **orange** or **lemon juice**, beat well, and pour into glasses; fill two-thirds full with cold sweet **milk**; beat the **whites** of **eggs** very stiff, add a little **sugar** and a few drops of **fruit juice**, and pile lightly on top. Serve at once.

933. Eggnog With Nuts

Groups **S. F. P.**

Add several large spoonfuls of **milk** to each **egg yolk**, enough **honey** to sweeten, and 2 tablespoons ground **nut meats**; beat well; pour into glasses, add the stiffly-beaten **whites** of **eggs**, sweetened with **honey** or **sugar**. Sprinkle lightly with ground **nuts**.

934. Flaxseed Lemonade

Groups **S. St. P. M.**

4 tablespoons **flaxseed**, 2 quarts **water**; boil three-quarters of an hour; strain; add **honey** to suit taste, and **lemon juice** if desired.

935. **Fruit Beverage**

Groups M. S.

Crush 1 quart strawberries; add juice of 2 lemons and 1 orange, 3 pints water and ½ cup sugar. Chill and serve.

936. **Fruit Cocktail (1)**

Groups M. S.

1 pint lemon juice, 1 pint orange juice, 1 pint pineapple juice, 1 quart water, 1 bottle ginger ale, sugar to taste.

937. **Fruit Cocktail (2)**

Groups M. S.

Cut fine pineapples, oranges and grapefruit; add lemon juice, ginger ale and sugar to taste. Serve very cold, in tall glasses.

938. **Fruit Punch**

Groups M. S.

1 pint lemon juice, ½ pint orange juice, 1 small pineapple, grated; 1 pint strawberries, sugar and water to taste, and, if preferred, a bottle of ginger ale or grape juice.

939. **Grape Eggnog**

Groups S. F. P.

Allow 1 whole egg for each portion desired, beating yolks and whites separately. To the yolks add sufficient grape juice to give it a fine, rich color; sweeten with honey; fill glasses two-thirds full, and add stiffly-beaten whites of eggs, sweetened with honey or sugar.

940. **Grape Juice (1)**

Groups S. M.

Wash and stem 20 pounds grapes, put in kettle and mash with a wooden potato-masher. Cook until the pulp is freed from the seeds; drain over night; next morning strain again and bring to boil. Have bottles ready in a pan of hot water, fill and seal at once. (Use beer bottles with patent stoppers, or sterilized Mason jars.)

When serving, dilute with water or shaved ice; sweeten, if desired.

Add 2 quarts water to the pulp left in jelly bag; press thoroughly and let liquid settle. Pour off, add 1 cup sugar to each quart of liquid, boil up once, bottle and seal.

941. **Grape Juice (2)**

Groups S. M.

Pick stems from Concord grapes and put into a kettle, allowing 1 quart water to 8 quarts grapes. Cook slowly until soft, then strain through a jelly bag. Add 1 cup sugar to 4 cups juice; heat to boiling point, boil two minutes, then fill bottles, cork, and when cold, seal with melted paraffin.

942. **Cereal Coffee**

Use 1 tablespoon cereal coffee to each cup needed, and 1 for the pot. Put on in cold water and boil steadily for five or six minutes, then reduce heat to prevent boiling, and allow to settle about two minutes before serving.

943. **Iced Cereal Coffee**

Make coffee as above directed, add **shaved ice**, and serve with **lemon** and **sugar** to taste.

944. **Oatmeal Water**

Groups **St. P.**

1 small cup **rolled oats** to 1 quart cold **water**; keep covered and in a cool place. Stir with a wooden spoon each time before using.

945. **Orange Eggnog**

Groups **M. S. F. P.**

For each glass wanted beat the **whites** of 2 **eggs** stiff with 2 tablespoons **sugar**, and the **yolk** of 1 **egg** with 2 tablespoons **sugar**. Mix lightly, add grated **rind** of 1 and the **juice** of 3 **oranges**. Serve very cold.

946. **Orange Lemonade**

Groups **M. S.**

Juice of 2 **lemons** and 2 **oranges**, 2 tablespoons **sugar**, 1 quart **water**. Serve well chilled.

947. **Peach Cocktail**

Groups **M. S.—P.**

Peel and stone **peaches**, cut very fine, or run through a coarse vegetable-grinder; **sweeten** to taste. To 12 large **peaches** add the **juice** of 3 **lemons**, 1 **orange** and 1 **quart water**. Serve very cold, in tall glasses.

Apricots or crushed **berries** may be used in the same manner.

948. **Pineapple Pop**

Groups **M. S.**

Peel, slice and pound 1 **pineapple** to a pulp. To 2 cups **water** add 1 cup **sugar**; boil, skim and pour over the **pineapple** while very hot. Add the **juice** of 2 **lemons** and let all stand two hours, tightly covered; add 1 pint cold **water**. Serve in tall glasses, with shaved **ice** (and a dash of **Appollinaris, vichy** or **seltzer water**, if desired).

949. **Plum Juice**

Groups **M. S.**

Follow directions for making **Grape Juice**, adding a trifle more **water**, unless the **plums** are very juicy.

950. **Rice Water**

Groups **St. P.**

Simmer 2 tablespoons **rice** in 1 quart boiling **water** for two hours. Strain, add a pinch of **salt**, and use either hot or cold.

951. **Rhubarb Drink**

Groups **M. S.**

Cut **rhubarb** in squares and cook with 1 quart **water** to 2 quarts **fruit**; **sweeten** to taste, and serve chilled. **Gooseberries, black currants** or other small **fruits** may be used in the same manner.

952. **Sumik**

Groups M. F. P.—S.

Fill a glass fruit jar with sweet milk and screw down the cover, using rubber ring. Set in a warm place to sour quickly. When turned to clabber, empty contents into a bowl, and beat with an egg-beater until frothy, like whipped cream.

SAMPLE MENUS

Containing Raw Foods Only

Banana Soup
Osage Melon
Shallots Celery
Combination Salad
Morocco Grapes Assorted Nuts
Figs Persimmons

Cream of Celery Soup
Water Cress Carrots
Banana Salad
with Piquant Cheese Balls
Sliced Tomatoes
Unfired Bread Honey
Orange Ambrosia

Cream of Apple Soup
Water Melon Cup
Tomatoes Cucumbers
Favorite Salad
Golden Bantam Sweet Corn
(on cob)
Peach Surprise

Oatmeal Fruit Soup
Olives Chipped Pineapple
Cabbage Cups Grated Carrots
Cottage Cheese, with Chives
Fruited Whipped Cream

SAMPLE MENUS

Containing Cooked and Raw Foods

RELISHES

Water Cress Green Onions

SALAD

Pineapple Salad

VEGETABLES

Sweet Potato Nut Roast
Cream Gravy
Spinach Mashed Potatoes

DESSERT

Tutti Frutti Ice Cream
Wafers

SOUP

Cream of Tomato

RELISH

Cucumbers

SALAD

Waldorf Astoria

VEGETABLES

Egg Plant Souffle Green Beans

DESSERT

Rice Pudding, Cardinal Sauce

RELISHES

Celery Olives

SALAD

French Fruit Salad

VEGETABLES

Sanitarium Chop Suey

Green Peas Potato Puff

DESSERT

Floating Island

RELISHES

New Beets Celery

SALAD

Pimento Salad

VEGETABLES

Hungarian Goulasch

Escalloped Corn

Riced Potatoes

DESSERT

Lemon Foam

RELISHES

Celery Ripe Olives

SALAD

Piquant Salad

VEGETABLES

Creamed Cucumbers on Toast

Buttered Beets

Potatoes on the Half-Shell

DESSERT

Washington Baked Apples

SOUP

Cream of Peas

RELISHES

Shallots Celery

SALAD

Poinsetta Salad

VEGETABLES

Corn on Cob Brussels Sprouts

DESSERT

Concord Grape Pudding
with Cream

SOUP

Consomme

RELISH

Sliced Spanish Onions

SALAD

Shamrock Salad

VEGETABLES

Sweet Potato Croquettes

Tomato Sauce

Scotch Kale Stewed Carrots

DESSERT

Baked Peaches

RELISH

Fruit on the Half-Shell

SALAD

Greek Salad

VEGETABLES

Turkish Pilaf

Escalloped Tomatoes

Schnittbohnen

DESSERT

Delicate Custard

SAMPLE MENUS—Continued

SOUP
St. Julian

RELISH
Cranberry Sauce

SALAD
Casaba Melon Salad

VEGETABLES
Barley Sausages, Brown Gravy
Asparagus

DESSERT
Macaroon Whip

SOUP
Clear Soup Croutons

RELISH
Sliced Tomatoes

SALAD
Florida Salad

VEGETABLES
Vegetable Roast, with Onion Rings
English Vegetable Marrow

DESSERT
Apple Snow

RELISHES
Young Carrots Radishes

SALAD
Lettuce
with Thousand Islands Dressing

VEGETABLES
Leipziger Allerlei Riced Potatoes
Stuffed Baked Tomatoes

DESSERT
Prune Souffle

RELISHES
Cucumbers Celery

SALAD
Plum Salad

VEGETABLES
Cabbage with Brown Butter
Green Beans
Baked Sweet Potatoes

DESSERT
Lemon Foam

RELISHES
Green Onions Yellow Tomatoes

SALAD
French Fruit Salad

VEGETABLES
Lima Beans Parsley Potatoes
Escalloped Tomatoes

DESSERT
Chocolate Pudding with Cream

PART II

A B C OF NATURAL DIETETICS

CHAPTER I

TWO SIDES TO EVERY QUESTION

Why We Favor a Vegetarian Diet

We exclude from our dietary the flesh of dead animals, because it doubles the work of our organs of elimination and overloads the system with animal waste matter and poisons. The following may serve to explain this more fully:

Two processes are constantly going on in every animal organism: a building up and a tearing down process. The red blood carries into the body the various elements of nutrition and comes back laden with poisonous gases, broken-down cell material, and devitalized food products. This debris is carried in the venous blood to the various organs of depuration and excreted in the form of feces, urine, mucus, perspiration, etc. Every drop of venous blood and every bit of animal flesh is contaminated with these poisonous excretions of the animal body—the feces of the cells. The meat-eater, therefore, has to eliminate, in addition to his own morbid waste products those of the animal carcass.

Chemical analysis proves conclusively that uric acid and other uraemic poisons contained in the animal body are almost identical with caffein, thein and nicotine, the poisonous stimulating principles of coffee, tea and tobacco. This puts flesh foods, meat soups and meat extracts in the same class with coffee, tea, alcohol, tobacco and other poisonous stimulants. It explains

why meat stimulates the animal passions and why it creates a craving for liquor, tobacco and other stronger stimulants.

Not long ago we saw a father in high glee at the sight of his little two-year-old baby boy chewing busily at a piece of rare beefsteak, the blood running from the corners of his mouth. Daddy related to me proudly that baby already liked his coffee as well as anybody else in the family. Imagine the tender, sensitive nervous system of the little child, from the cradle up, over-irritated with these powerful stimulants! Well-informed physicians tell us that a very large percentage of children acquire unnatural sexual habits before they leave the public schools. Is it any wonder?

It must also be taken into consideration that the morbid matter of the dead animal body is foreign and uncongenial to the excretory organs of man; in other words, that it is much harder for them to eliminate the waste matter of an animal carcass than that of the human body.

Moreover, the formation of ptomains, or corpse poisons, begins immediately after the death of the animal. This is a serious matter, since meat and poultry is kept in refrigerators for many months and sometimes for years before it reaches the kitchen, green and livid looking, and sending forth suspicious odors which have to be doctored with chemicals and spices.

The nobler among carnivorous animals devour only freshly slaughtered prey; it remains for scavengers of the hog and hyena type, and for man, to feast on flesh long cold and stark and tainted by the odors of incipient decay.

The foregoing statements will explain why even the best of meats are detrimental to health, but the danger

becomes much greater when soup, roast, ham or sausage trace their origin to tuberculous or "lumpy-jaw" cattle, or to scrofulous or cholera-infected hogs. Raw meat is especially dangerous, because it is often the source of trichinæ, tape-worms and other parasitic infections.

The word scrofula is derived from the Latin word "scrofa" (sow), indicating that the ancients recognized the relationship between pork eating and scrofulous diseases.

Even the artificial fattening processes to which the animals are subjected in order to increase their weight and consequent market value are fraught with deleterious effects upon the meat products of their slaughter. It is a well recognized fact that, in most instances, a superabundance of flesh on the human animal is synonymous with systemic poisons and incipient disease. Why should we expect better results from this unnatural and inhuman, though unquestionably "profitable," stuffing treatment inflicted upon cattle, hogs, chickens, etc., just prior to their conversion into food for man?

Still other powerful influences tend to poison the flesh of slaughtered animals.

It is now well understood that emotions of worry, fear and anger actually poison blood and tissues. Fear and anger of the mother poison her milk and through the milk her nursing babe. The bite of an infuriated man has often proved as poisonous as that of a mad dog. All of us have experienced the poisonous and paralyzing effects of worry and fear. Animals are instinctively very sensitive to approaching danger and death. Fear is one of their predominating characteristics.

How excited they must be by emotions of worry, anger and fear, after many days of travel, closely packed in shaking cars—hungry, thirsty, tired, scared and angered to the point of madness! Many die before the journey is ended; others are driven, half dead with fear and exhaustion, to the slaughter pens, their instinctive fear of death augmented by the sight and odor of the bloody shambles.

Think of the wounded deer and rabbit chased by hounds for many miles before death ends their agonies.

Arguments of the Antis

Arguments in favor of vegetarian diet are usually met with such brilliant objections and criticisms as, "Why did God create cows and hogs if they were not intended for us to eat?" To this thoughtful query we sometimes reply by asking the still deeper question, "Why did God create you if you are not to be eaten?" Others tell of the man who eats meat, smokes tobacco, drinks coffee and brandy, and is now four score years old and in perfect health. All are sure that our arguments are mere theories and that nobody can actually prove the truth of our statements.

The fact that some people are so constituted that they can withstand the injurious effects of bad habits for many years does not imply that others can indulge with the same impunity; that the hale and hearty ones would not be more hale and hearty without the poisons. Most of these rugged persons owe their iron constitutions to favorable heredity, simple, natural surroundings and frugal fare in early life. Most of them were reared "on the farm," or came from the European peasantry, who are practically vegetarians. Though these robust

ones may endure for a long time the weakening influences of "high living," their offspring have to pay the penalty in bad heredity.

Careful observation discloses the interesting fact that the descendants of these hearty pioneers, when exposed to the degenerating influences of our city life, become extinct in the third, fourth or fifth generation.

The most direct and positive proof that meat-eating is injurious to health and that it prevents the cure of serious chronic ailments, comes to us in everyday practice.

Some years ago there came to us for treatment a woman whose head on one side was covered by a cancerous mass of large proportions. Her troubles started two years earlier with an operation for the removal of a wen, "because it didn't look well." Neither she nor the learned surgeon, however, took into consideration that behind the wen lurked a constitutional psoric taint, in consequence of which the scar left by the operation soon became inflamed, opened and began to discharge pus. Four different times the wound was operated on, but in spite of antiseptics, cauterization, skin grafting and everything else the surgeons' skill could do, it would not "stay healed." After the fourth operation the growth became so large and malignant that the surgeons were at the end of their wits. They said the growth had developed into a true cancer and dismissed the patient as incurable.

In this state she came under our treatment, improved rapidly, and after five months of natural living and treatment, when scrofula and drug poisons were thoroughly eliminated from her system, the growth had disappeared and the wound was covered with healthy new skin.

Some time after this, however, she returned and reported that the wound had opened once more. On catechising her we found that—tempted by other members of the family—she had commenced to eat meat. Following our strict advice she adhered more closely to her vegetarian regime, the wound immediately ceased to discharge, and healed once more. Several times after, she had the same experience. Whenever she partook of meat and coffee the wound would open and discharge.

Another case which came under our treatment was that of a gentleman about thirty years of age. When we first attended him in his home he had been in bed with inflammatory rheumatism for five months. He was unable to use his limbs, and his friends had given up all hope of recovery. After four weeks of Nature Cure at home he was able to come for treatment to our sanitarium; two months later he was apparently a well man. There was only some inflammation and swelling in his right foot, which made walking very painful. For three months afterward, in spite of vigorous Nature Cure treatment, this painful lesion would not yield. Then we became convinced that something was wrong. We told him that somehow he must be violating the law; if our treatment was good enough to cure the worst of his ailments, this comparatively insignificant symptom should also yield.

"Well, doctor," he answered, "I am living up strictly to directions, but I have been taking a little meat now and then, and I smoke one or two pipes of tobacco a day. I thought this could not harm me."

We explained to him that his system, under the influence of natural living, had become purified to such a degree that it was sensitive now to even small

quantities of poison; that there was just enough uric acid and nicotine in the occasional piece of meat and pipe of tobacco to keep the weak part irritated and inflamed. He followed our directions more conscientiously, and from that day the inflammation began to subside. Within a few weeks it disappeared entirely.

Still another phenomenon of common occurrence confirms our opinion that meat-eating is neither natural nor necessary to man. People who have eaten meat regularly from childhood adopt and follow under our advice a strictly rational vegetarian diet. After several months of meatless regime they partake of some tempting roast or fowl and are very much surprised at the result of their experiment. They find that the tempting morsel does not taste as they anticipated. In many instances they experience unpleasant disturbances in the digestive organs, bad taste in the mouth, nausea, diarrhoea, and similar protests against unnatural food.

One may cease eating bread, fruits or vegetables for many years, but when these foods are again taken there is never a sign of protest on Nature's part; on the contrary, they are relished more than ever.

Persons who have broken and conquered the whiskey or tobacco habit have similar experiences. A glass of whiskey or a cigar taken after a long interval of total abstinence nauseates them as much as when they first began to drink or smoke. They have to learn it all over again. Complaints like the following are quite familiar: "Why, doctor, this simple life is making me so weak that I cannot smoke a cigar without it turning my stomach inside out; it makes me as sick as a green school-boy."

These acute revulsions are not due to a weakening

of the system, but to the fact that the nervous organism is once more sensitive and strong enough to revolt against noxious poisons and to forcibly eliminate them. But, after repeated indulgence, the sensory nerves become so weakened that they can no longer protest, and our backslider is then once more "strong enough" to enjoy his steak, smoke, coffee and liquor.

What a glorious experience (for a while) this return to stimulants becomes! The system, under the purifying and relaxing influences of natural living, has become so pure and sensitive that it fully responds to powerful stimulants. Our recreant friend feels so strong and buoyant that he "floats on air." He wonders how he could have lived so long without these "wonderful tonics." By and by the scene changes. Brain and nerves become paralyzed under the continual action of nicotine, alcohol and uric acid. Morbid matter accumulates and clogs the wheels of life. Bleary eyes, trembling hands, weak heart, rheumatic joints, fagged brain and irritable temper soon tell the result of "eating and drinking what agrees with you." The last of the backslider is worse than the first. Too often, weakened and discouraged by defeat, he lacks energy and moral courage to make another stand. Physical, mental and moral degeneration are the inevitable results.

Why We Sometimes Deviate from a Strictly Vegetarian Diet

At different times I have expressed the opinion that under certain circumstances meat eating is advisable. This has been somewhat of a shock to those of our vegetarian friends who from the general trend of my

writings may have supposed that I was an out-and-out vegetarian.

For about four years after I adopted the natural way of living I was indeed a Simon-pure vegetarian, and would not have recommended meat eating under any circumstances. The vegetarian regimen, together with the natural method of treatment, rescued me from seemingly incurable chronic diseases, and in the German Nature Cure sanitariums I had seen many others benefited in the same way. Enthusiasm over the recovery of my health, and idealism, led me to believe that meat eating was invariably to be condemned.

Gradually, however, certain instructions from a highly respected source, together with my own observations in a daily practice which brought me into contact with all sorts and conditions of human ailments, caused me to change my opinions to some extent.

What Are the Indications of Meat Requirement?

In this country ninety per cent of sick people suffer from an excessive meat-and-egg diet. In India probably the same percentage of sickness is caused by an excessive cereal diet. Both dietaries lack fruits and vegetables to counterbalance their acid producing tendencies. The American is positive and aggressive, the Hindoo negative and passive. The American suffers from uric acid and phosphoric acid poisoning, the Hindoo more from carbonic acid poisoning.

Because in this country the great majority of people are uric acid poisoned we find it necessary to insist, in most cases that come to us for treatment, on a strictly vegetarian diet, usually including, however, the dairy products, in order to maintain the nervous equilibrium of the patients.

Individuals with a tendency to uric acid diseases are usually tense and positive in constitution and temperament. They incline to be fleshy and florid, and belong to the bilious and sanguine temperaments. Before their peculiar diseases overtake them, they possess an overabundance of animal spirits and sexuality. In character they are aggressive, dominating and persevering. Among these we find successful business men, prominent lawyers and physicians, forceful politicians and great soldiers.

At the opposite extremes from the tense, fleshy, uric-acid poisoned, apoplectic individual we find physically, the emaciated, flabby, anemic and consumptive, mentally, the negative, apathetic and sensitive psychic.

Between these opposites are found all grades and shades of physical and mental positivity and negativity, tension and relaxation, aggressiveness and passiveness. To give all these the same dietary treatment does not seem rational or advisable.

Our friend, the raw food enthusiast, will say, "A strictly vegetarian diet, excluding even the dairy products, will supply in greatest abundance all the elements which constitute the human body." This may be perfectly true, but food materials consist of something more than bare elements. The elements in their molecular combinations hold captive the life elements. As the molecule decomposes in the processes of digestion, these forces are liberated and supply energy to the body. The same combinations of elements in different food materials may hold in latency widely varying values of vibratory energy. A (C. O. H.) combination in a molecule of animal matter may be possessed of much greater vibratory energy than a (C. O. H.) combination in a vegetable molecule. The difference de-

pends on the nature of the life elements which animate the molecule.

A physically negative individual may reach such a low stage of nerve depletion that it is impossible for him to muster the nerve force necessary for the elaboration of animal magnetism and highly organized nerve fats from vegetable foods. Flesh foods contain these nutritive values already prepared in the tissues of the animal, and therefore it may be of advantage to supply these in the ready-made form, at least temporarily, until the negative organism has stored up a sufficient supply of nerve force to carry on properly the work of digestion, assimilation and elaboration of vegetable food elements into the highly organized brain and nerve fats of the animal organism. Furthermore, great physical and mental depletion always means extreme relaxation of tissues; this also is counteracted by the tensing influence of the acid constituents of flesh foods.

Physical and mental negativity do not always go together. A person may be physically positive and mentally negative and vice versa. Purely physical negativity seldom requires meat, but depletion of animal magnetism and exhaustion of brain and nerve force usually do require it. In some cases the need of flesh food may be only temporary, in others it must be supplied permanently, in order to maintain a normal amount of brain and nerve force.

We have cured hundreds of patients suffering from wasting diseases without allowing them an ounce of meat. Consumption, chronic indigestion and malassimilation are in most cases caused by the various forms of acid poisoning and are therefore only aggravated by an increase in proteid and carbohydrate

foods. The consumptive, wasting away from carbonic acid poisoning, needs more sodium to eliminate the coal gas from his system, and more iron to supply him with oxygen, and these elements can be furnished in the greatest abundance and in best possible combinations in milk, fruits and green vegetables.

In some cases, however, where loss of flesh and physical weakness are accompanied by great exhaustion of nerve force, I find the addition of meat to the dietary very beneficial. We have cured, on a vegetarian diet, many patients suffering from seemingly incurable wasting diseases, when there was loss of flesh and extreme weakness. Naturally they became enthusiastic vegetarians. Some of these friends, against our advice, discarded even the dairy products and others lived on a strictly fruit and nut diet. With the exception of a few, who possessed good constitutions of the positive animal type, these extremists sooner or later developed signs of physical and mental weakness and negativity. In many instances there resulted a loss of flesh and strength, accompanied by weakening of brain and nerve force. In other instances physical conditions remained satisfactory but there resulted decided weakening of mental energy and nerve force.

At one time I received a letter from a former patient, who, on a vegetarian diet, had made a splendid recovery from chronic indigestion, constipation and nervousness. For over three years he adhered faithfully to the vegetarian regimen and had not eaten a piece of meat. He reported that physically he was in fine condition and normal in weight, but that lately he had developed peculiar mental and nervous symptoms.

He wrote, "I am developing something like the sleeping sickness; I am losing my mental energy; I go to

sleep over my work in the daytime; when I come home in the evening I do not feel like reading or exerting myself in any way, physically or mentally. I am losing all ambition, nothing interests me, it seems to me that something is pressing upon my eye-lids and keeping them closed. While the sleepiness lasts it takes all my strength. These spells last for three or four hours at a stretch; they come every day and last longer each time; have passages two or three times a day; use vegetable foods only and am very fond of them, etc."

I advised him as follows: "You have gone into the extreme of a vegetarian diet; you have neglected too long the dairy products and your reserve brain and nerve force have become depleted; eat meat once a day, together with plenty of raw fruits and vegetables, and take a salt rub, morning and evening. Report results."

Within a week he wrote to me, "Within the past few days I have not had any sleepiness and I am mighty glad of it. The bad taste in my mouth has disappeared, but my tongue is still slightly coated. I feel considerably stronger. I eat meat once a day, but cannot say that I relish it. For three years I have been eating nothing but vegetables, fruits, nuts and home-made whole wheat bread. The meat tastes to me like old rotten wood, and causes me to be somewhat constipated (tensing effect).

"I think there is nothing like the vegetarian diet. I have not lost a pound of flesh, bowels move right along, twice or three times a day (note relaxing effect of vegetables). The worms have entirely disappeared."

In this case the vegetarian diet evidently furnished a sufficient amount of blood and tissue building ele-

ments, but not enough brain and nerve force. The man has continued to improve on the mixed diet. I believe from now on a liberal percentage of the dairy products in his daily dietary, together with uncooked fruits and vegetables, will be sufficient to maintain his nervous equilibrium.

Another interesting case is that of a young lady, who came to us two years ago in the advanced stages of consumption. Under the influence of our natural treatment and a rational vegetarian diet she made a splendid recovery. All symptoms of the dread disease gradually disappeared and she gained somewhat in weight. A year after she began the treatment she came to me for consultation, saying, "Doctor, I feel good in every way, but I am losing in weight, and somewhat in strength; what would you advise me to do?"

I answered, "While the vegetarian diet served its purpose in purifying your system of scrofulous and tuberculous taints, it has failed in the long run to supply you with sufficient nerve force and animal magnetism; consequently, the processes of digestion and assimilation begin to suffer, resulting in loss in flesh and strength. For a while eat meat once a day and watch results." She had become so enthusiastic over the vegetarian diet that she was loath to follow my advice.

Several times she came back to me with the same complaints, but she could not make up her mind to take the meat until her weight had decreased from 96 pounds to 80. Then she became sufficiently alarmed to follow my advice and ate meat three or four times a week. She has done this now for about three months and has gained eighteen pounds, two pounds more than her highest weight during the last

two years. She has regained her rosy complexion, her eyes sparkle with new life and she is much stronger physically and mentally. She is naturally of the extremely negative, sensitive type, and may have to continue to eat meat occasionally in order to keep herself in normal condition.

In view of this convincing evidence, my vegetarian friends and enthusiasts will understand why, although for years I was loath to admit it, I have come now to the conclusion that in certain cases meat is not only advisable, but indispensable to the maintenance of mental and physical equilibrium.

The results of my own experiments with a mixed meat and vegetable diet on certain types of patients have been such that I should feel guilty if, in such cases, I were to refrain from prescribing it on account of idealistic scruples.

Wherever the vitality has been greatly lowered through heredity, abnormal habits of living, suppressive treatment of diseases, physical over-strain and mental worry, it is necessary to supplement the daily dietary with dairy products, and in some instances, at least temporarily, with flesh foods.

A healthy, vigorous, positive organism is at all times capable of elaborating from the products of the vegetable kingdom all the tissues, fuel materials and electro-magnetic energies of the human body. But owing to unnatural habits of living and suppression of diseases for many ages past, there are but few such lucky individuals. It will require several generations of natural living and more congenial social surroundings to produce the perfect human type, capable of living a perfectly natural life.

As under better social conditions and surroundings

the strain and drain on the vital energies is lessened, there will be less demand for the animal magnetism of dairy products and flesh foods, and the brutalizing customs of butchering animals and of meat-eating will become a thing of the past.

Only a few generations ago the manufacture and use of alcoholic beverages was looked on as perfectly legitimate and honorable. Today both have fallen into disrepute. The time is fast approaching when meat-eating will be considered as degrading as the drink habit.

In past ages man had little choice in the selection of his food. He was forced to live on that which was available and convenient, like the products of the hunt and the herds. Now, that railroads and steamships bring to our doors the fruits, nuts, grains and vegetables of the most distant regions of the earth, rational food selection has become a possibility, and with this humanity is beginning to sense the uncleanliness of meat eating, Natural Dietetics, better social conditions and finer sensibilities will combine to make it obsolete.

CHAPTER II

IS IT WORTH WHILE TO PAY ATTENTION TO DIET?

Forethought in food selection and combination is indispensable for the restoration and preservation of health, but fearthought at the table will poison the most wholesome food and drink. As in everything else, it is well to avoid extremes and to stick to the common-sense middle-way. Many of our modern metaphysicians seem to think that by a sort of mental alchemy they can transmute the elements in their bodies or create them out of nothingness.

Divine healers say to us, "Eat and drink what you please; pray; the Lord will make it all right." The Christian Scientist says, "Dietetics is a snare and a delusion. Foods cannot harm you so long as you do not think they can."

I doubt whether the Lord has the time or the inclination to make good continually the bad results of wrong eating, over-feeding, and food poisoning. Neither is the advice of the doctor and the "Scientist," "Eat what agrees with you," in keeping with the dictates of common sense, or with the findings of science.

No matter what we try to produce, whether it be an apple pie, a picture, a locomotive, or a phonograph, we all know that in the making of these or any other things we require certain materials in certain well-defined proportions.

But how many people apply this self-evident principle in the management of their bodies?

The wonderfully constructed human machine is also composed of certain materials in well-defined proportions, of which, so far, seventeen have been discovered by chemical science. If any of these are present in over-abundance, and others are deficient or wholly lacking, there will surely result abnormal structure and functions, in other words: disease.

The normal composition of vital fluids and tissues depends upon the food and drink that is taken into the system. Therefore, the elements of nutrition must be provided in right proportions in order to supply the needs of the body.

But is it not a fact that most people pay no attention whatever to these obvious truths? They take into their long-suffering stomachs any odd combinations of food materials without the slightest consideration as to whether they will meet the manifold requirements of the human organism.

The only question in the selection of food seems to be, "Does it taste good?" Then people wonder why they are afflicted with dyspepsia, chronic constipation, appendicitis, cancer, and the multitude of other ailments resulting from mal-nutrition and auto-intoxication.

The majority of medical practitioners do not seem to know any more about the principles of natural dietetics than the laity. Their advice on diet runs about as follows: "Do not pay any attention to food faddists—there is no exact science of dietetics—what is one man's food is another man's poison—eat what agrees with you—take plenty of good, nourishing food —the only safe guide in food selection is appetite and instinct," etc.

Such is the wisdom dispensed by certain popular

writers on hygiene and dietetics, who, blessed with more conceit than scientific knowledge, ridicule the idea and deny the possibility of an exact science of dietetics.

"Eat what agrees with you." If this be good and true advice, then caffeine must be good for the coffee toper, nicotine for the smoker, alcohol for the drunkard, and morphine, cocaine, opium, etc., for the dope fiend. For these poisons seem to "agree" exceeding well with the people habitually addicted to their use. If suddenly deprived of their favorite stimulants or narcotics, they suffer great distress, become very ill, and may even die as the result of such deprivation.

These are the people who say, "I never eat fruits and vegetables. They taste flat, they do not agree with me, they actually sicken me."

This would seem to indicate that for the majority of human beings, taste, appetite and cravings are not safe guides. The following explains why this is so:

The animal, living in freedom, is guided in the selection of its food as well as in all its other life habits **by instinct**, that is, by the wisdom of Mother Nature. Therefore, the animal acts in accordance with the laws of its being and, as a result of this, possesses perfect health, strength and beauty, preserves its faculties, capacities and powers almost to the very end of its life, and then dies an easy, painless, "natural" death.

Guided by Nature, the animal selects and partakes of only those foods which are best suited to its particular constitution. The lion does not eat grass, nor does the cow devour the bleeding carcass of a lamb. Each animal adheres to a limited combination of foods best adapted to its individual needs.

The only exceptions to this are a few **omnivorous**

scavengers, such as the hyena, vulture, hog, and chicken, for which nothing seems too vile to swallow. The nobler carnivorous animals, as the lion, tiger, leopard, etc., live only on freshly-killed meat. They would not touch the carcass of a dead and decaying animal.

In the course of evolutionary development, Man has lost the animal instinct and therewith the faculty for "natural" food selection. Reason, which took the place of instinct, was, in the past, not enlightened enough to be a trustworthy guide in regulating his life habits. Instead of following the dictates of reason, Man catered to his perverted appetites.

In order to produce artificial stimulation, he learned to use spices and condiments, to convert wholesome grains and delicious grapes into alcohol. He became addicted to the use of the poisonous xanthins and alkaloids of coffee, tea, tobacco, and narcotic drugs.

Such artificial stimulation of the taste buds in the tongue and of the sensory nerves inevitably results in gradual atrophy and loss of their natural sensitiveness, and this calls for still stronger stimulants to "tickle" the paralyzed nerves and the no-longer-sensitive palate.

It is for these reasons that people addicted to the use of spices, condiments, stimulants and narcotics have lost the capacity for "sensing" and enjoying the most delicate aromas and flavors of fruits and vegetables.

This brings us to the question:

WHAT IS NATURAL FOOD?

We have endeavored to define this term as follows: "'Natural' food for animal and Man is that food

which appeals to the senses of sight, taste and smell in the natural condition, as it comes from Nature's hands." Any food which needs disguising by cooking, spicing, pickling, etc., is not "natural."

For instance, fruits, berries, nuts, vegetables, and grains can be eaten with relish in the uncooked state by healthy, normal individuals. This is true even of raw potatoes, carrots, beets and other roots which are enjoyed and perfectly digested by healthy children.

On the other hand, raw meat, uncooked and unspiced, is revolting to the sensory organs. Before it can be relished, the taste and smell of the corpse must be disguised by boiling, roasting, and much spicing.

People who have been heavy meat-eaters all their lives, after living on a vegetarian diet for a few months, frequently acquire a strong dislike for the odor of raw meat and even for the taste and odor of cooked meat. This is not true in the case of grain, roots, fruits and vegetables. The longer a person is forced to abstain from these, the more they are relished.

In making the foregoing statements, it is not our intention to convert our readers to strict vegetarianism. But as we proceed in our discussions we shall endeavor to point out the advantages and disadvantages of different foods and food combinations. The reader can then form his own conclusions and put the theories here presented to the test of practical experience.

Someone might say, "The study of food chemistry and scientific dietetics is too difficult for the ordinary individual. We have to leave these things to the doctors."

This is a mistake. Nature Cure has reduced the teachings concerning the art and science of Natural

Dietetics to such simplicity that they can be comprehended and applied by anyone endowed with ordinary intelligence. The quest after a normal, natural diet is not so silly and impossible as some people would make you believe.

Starving America

"Starving America" is the title of a very instructive, recently published book on food chemistry and food poisoning, by Alfred W. McCann.

This publication shows how rapidly the teachings of Nature Cure are spreading in this country. All the important arguments and statements of the author dealing with food chemistry were fully treated in my articles on "Natural Dietetics" in the Nature Cure Magazines, Vol. 1907-1909, the most important of which are incorporated in the subject matter of this volume.

"Starving America." It sounds rather strange. Is it possible that this glorious country of ours, blessed more abundantly by Mother Nature than any other, the richest on God's footstool, can be starving amidst a plethora of all that human beings need to live and thrive on in comfort and in luxury (provided its products were justly distributed)?

Yes, it is not only possible, but an actual fact that America is starving amidst plenty; not only its inhabitants, but in many localities the soil as well. What is strangest of all, those who have the greatest abundance in lands and money are starving just as much, and possibly more, than the underpaid and overworked wage-earner. In many instances, the wealthy are worse off than the poor, because they are not only starved, but also poisoned by their over-abundance of food and of leisure.

You ask, "What is the meaning of all this nonsense?" It is this: The people of America have been overfed with starches, sugars, fats, and nitrogenous foods (meat, eggs and glutens), but starved from lack of the all-important mineral elements,—the organic salts,—on which depend absolutely the normal structure and functions of the body, or physical and mental health.

The public in general, as well as the medical schools, have been ignorant on the subject of **true** food values and of **true** food chemistry. Doctors and laymen have labored under the mistaken idea that the only foods worth considering on account of their nutritious value are the starches, sugars, fats and proteins. The most recent works on dietetics, used in our best medical schools, take into consideration these foods only. They have nothing to say on the importance of the mineral elements in the economy of the human body.

As yet it has not become generally known that certain alkaline mineral elements, though present only in minute quantities in foods and in animal and human bodies, are essential to life and health. If these "tissue salts" are lacking in the food, and if, as a result of this, they are deficient in the body, disease is bound to arise; and in this event, overfeeding on the "nourishing" starches, sugars, fats and proteins will only serve to make matters worse.

These statements are, of course, contrary to popular notions and to the pseudo-scientific teachings of the schools. They say, "If a person be weak, sickly and emaciated, stuff him with plenty of rich, nourishing food." This is held to be good and common-sense practice; but what is the usual result? The "stuffed" anemic grows still weaker and thinner, and the "stuff-

ing'' of the consumptive serves only to make his condition more hopeless. The very abundance of meat and eggs, which is supposed to build up these patients, poisons their system beyond the possibility of recovery.

To be sure, starches, sugars, fats and proteins meet certain demands and fill very important functions in the economy of the body, but, on the other hand, they produce in the processes of digestion large amounts of poisonous acids, alkaloids, gases and ptomaines.

To these morbid by-products of digestion are added the excretions or feces of the cells. Furthermore, the cells and tissues of the body are constantly changing, building up and breaking down, just like the body as a whole. The broken-down tissue-materials also create large quantities of morbid matter and poisons. Practically all diseases arising in the human organism are caused originally by the accumulation of these effete waste and end products of digestion and of the tissue changes.

Therefore, in order to insure normal structure and functions, in other words, ''good health,'' these waste products must be neutralized and eliminated from the system as promptly and as completely as possible. This, in turn, depends upon an abundant supply in blood and tissues of the alkaline mineral elements, also called nutritious salts or tissue salts, the most important of which are iron, sodium, lime, lithia, magnesium, potassium and silicon.

These mineral elements are found in all the important secretions of the body. Upon them depends the ''richness'' of the blood and the solidity of the fleshy and bony structures. They are the building stones of the physical organism.

The science of biochemistry deals with the functions

of these mineral salts in the life-activities of the ascending kingdoms of Nature: the mineral, the vegetable, the animal, and the human. Upon this science is based rational soil feeding as well as the biochemic treatment of diseases by means of tissue salts, vitochemical, homeopathic, and herb remedies. Natural diet or rational vegetarianism is based, also, upon this strictly scientific foundation. The medicinal values of the natural foods and remedies depend upon their richness in the positive mineral elements.

The foregoing explains why our American people are starving in the midst of plenty. Their "highly nutritious" and "luxurious" meat-potato-white-bread-coffee-and-pie diet contains an overabundance of the poison-producing, negative food elements of the first four groups (see pages 385a and 385b), but it is altogether deficient in the positive, alkaline, mineral elements of the fifth group.

CHAPTER III

FOR WHAT DO WE EAT AND DRINK?

The majority of people would reply, "Why, everybody knows that! From food and drink we derive our strength."

Are you so sure of this? Do you really believe that the large amount of animal heat and vital energy which the human body manufactures, radiates, and expends every twenty-four hours is derived from the few pounds of food consumed in the course of a day?

Any hard-working laborer or athlete spends in energy the equivalent of several horsepowers of steam a day. A healthy individual may continue to do this for several weeks without taking any food whatever.

This has been proved by our fasting faddists. Many of these "Marathon" fasters have kept up their regular occupations for forty days or longer at a time without showing any considerable diminishing of strength and without the slightest difference in body temperature.

It may be argued that this expenditure of animal heat and vital energy during a fast takes place at the expense of the tissues of the body, which are consumed in place of food. However, the average loss in weight during a strict fast does not amount to more than about one pound a day. How can one pound of flesh furnish the fuel material necessary to supply the enormous amount of animal heat and vital energy produced and

used by the body in twenty-four hours? Then, also, it has been proved that in the performance of muscle labor and production of animal heat the tissues of the body are not consumed but only the nutriment stored in the blood, the cells and the muscle fibres.

To cite from personal observation: One of our patients suffering from typhoid malaria did not take any food except water for seven weeks. At the end of that time his body temperature was normal. During the last two weeks of the fast he lost only two pounds.

Another patient afflicted with cancer of the stomach lived for two years on a few ounces of food daily. His temperature was normal almost to the last.

Whether sweltering under the tropical sun of the equator or freezing with arctic cold, the temperature of the body is exactly the same. If it drop or rise a few degrees below or above the normal, death ensues.

This regulation of the bodily heat, regardless of the surrounding temperature, and, within certain limits, regardless of the quantity and quality of food consumed, is one of the greatest mysteries of the wonderful human organism.

These considerations force us to the conclusion that there must be another source of heat and energy besides food. This is indeed the case.

In order to understand the relationship of food to vital energy, we must first endeavor to get a clearer understanding of the true nature of "strength," "vital force," and of "life" itself.

In "Nature Cure, Philosophy and Practice" I have given the following definitions of vital force from two radically opposed viewpoints:

"There are two prevalent, but widely differing con-

ceptions of the nature of LIFE or VITAL FORCE: the material and the vital.

"The former looks upon life or vital force with all its physical, mental, and psychical phenomena as manifestations of the electric, magnetic, and chemical activities of the physical-material elements composing the human organism. From this point of view, life is a sort of 'spontaneous combustion,' or, as one scientist expressed it, a 'succession of fermentations.'

"This materialistic conception of life, however, has already become obsolete among the more advanced biologists as a result of the wonderful discoveries of modern science, which are fast bridging the chasm between the material and the spiritual realms of being.

"But medical science as taught in the regular schools is still dominated by the old, crude, mechanical conception of vital force and this, as we shall see, accounts for some of its gravest errors of theory and of practice.

"The vital conception, on the other hand, regards life as the primary force of all forces, coming from the great central source of all power.

"This force, which permeates, heats and animates the entire created universe, is the expression of the divine will, the 'logos,' the 'word' of the Great Creative Intelligence. It is this divine energy which sets in motion the whirls of the ether, the electric corpuscles and ions, that make up the different atoms and elements of matter.

"These corpuscles and ions of which the atoms are composed are positive and negative forms of electricity. Electricity is a form of energy. It is intelligent energy; otherwise it could not move with that same wonderful precision in the electrons of the atoms as in the suns and planets of the sidereal universe.

"This intelligent energy can have but one source: the will and the intelligence of the Creator, as Swedenborg expressed it, 'the great central sun of the universe.'

"If this supreme intelligence should withdraw its energy then the electrons and ions (electrical charges), and with them the atoms, elements,—the entire material universe—would disappear in the flash of a moment.

"From this it appears that crude matter, instead of being the source of life and of all its complicated mental and spiritual phenomena (which assumption, on the face of it, is absurd), is only an expression of the Life Force, itself a manifestation of the Great Creative Intelligence which some call God, others Nature, the Oversoul, Brahma, Prana, etc.—each according to his best understanding.

"It is this supreme power and intelligence, acting in and through every atom, molecule and cell in the human body, which is the true healer, the 'vis medicatrix naturæ,' which always endeavors to repair, to heal, and to restore the perfect type. All that the physician can do is to remove obstructions and to establish normal conditions within and around the patient, so that 'the healer within' can do his work to the best advantage."

This life force is the primary source of all energy, from which all other kinds and forms of energy are derived. It is as independent of the body and of food and drink as the electric current is independent of the glass bulb and the carbon thread through which it manifests as heat and light. The breaking of the incandescent bulb, though it extinguishes the light, does not in any way diminish the amount of electricity back of it.

In similar manner, if the physical body should "fall dead," as we call it, the vital energy keeps on acting with undiminished force through the spiritual-material body, which is an exact duplicate of the physical body, but whose material atoms and molecules are infinitely more refined and vibrate at infinitely greater velocities than those of the physical-material body.

This is not merely a matter of faith or of speculative reasoning, but a demonstrated fact of Natural Science.

When St. Paul said (1 Cor. 15:44): "There is a natural (physical) body, and there is a spiritual body," he stated an actual fact in Nature.

Indeed, it would be impossible to conceive of the survival of the individuality after death without a material body which serves as the vehicle for consciousness, memory, and the reasoning faculties, and as an instrument for the physical functions. Without a body, it would be impossible for the soul to manifest itself to other souls or to communicate with them.

Therefore, if survival of the individuality after death be a fact in Nature, and if the achievement of immortality be a possibility, a spiritual-material body is a necessity.

Some one may say, "If the life force is independent of the physical body and of food and drink, why do we have to eat and drink to keep alive?"

The answer to this is: Food and drink are necessary to keep the organism in the right condition, so that vital force can manifest and operate through it to the best advantage. To this end food is needed to build up and to repair the tissues of the body. It also serves to a certain extent as fuel material, which is transmuted into animal heat and vital energy.

It is true that during the processes of digestion and

combustion (breaking down of food materials), a certain amount of animal heat and vital energy is liberated; but, as we pointed out in the foregoing paragraphs, this does not account for all the animal heat and vital energy expended.

Furthermore, just as coal has to come in touch with fire before it can be transmuted into heat, so the life force is needed to "burn up" or "to explode" the fuel materials. When "life" has departed, even large amounts of sugars, fats, proteins, tonics and stimulants are not able to produce one spark of vital energy in the body.

On the contrary, digestion, assimilation and elimination of food and drink require the expenditure of considerable amounts of vital energy. Therefore all food taken in excess of the actual needs of the body wastes vital force instead of giving it.

If these facts were more generally known and appreciated people would not habitually overeat under the mistaken idea that their vitality increases in proportion to the amount of food they consume; neither would they believe that they can derive "strength" from poisonous stimulants and tonics. They would not be so much afraid of fasting. They would understand better the necessity of fasting in acute diseases and "healing crises," and avail themselves more frequently of this most effective means of purification. They would no longer believe themselves in danger of dying if they were to miss a few meals.

So far we have answered the question, "For what do we eat and drink," in the negative Now we shall study the real functions of food and drink in the economy of the body.

CHAPTER IV

THE FUNCTIONS OF FOOD AND DRINK IN THE ECONOMY OF THE BODY

Food and drink perform the following functions in the vital processes of the body:

(1) They furnish the necessary amount of water in order to hold in solution the constituent elements of the body and to make possible the circulation of the vital fluids and the elimination of waste and morbid matter.

(2) They supply bulk in the form of cellulose and woody fibre, which offer solid resistance to the intestines, thereby stimulating the peristaltic movements of the bowels and acting as scourers, purifiers and laxatives.

(3) They provide fuel materials.

(4) They provide materials for the building and repair of the tissues of the body.

(5) They supply the positive, mineral salts, which are important as building materials, neutralizers, and eliminators of poisonous acids, alkaloids and ptomaines, and essential to the production and distribution (conductors) of the electro-magnetic energies in the system.

We shall now consider separately these various functions of food materials in the economy of the body in connection with our classification of foods.

GROUP I. (St.) (C.O.H.) Starches. GROUP II. (S.) (C.O.H.) Sugars and Dextrines

The foods belonging to these two groups are called carbohydrates, because their essential elements are carbon and hydrogen. When chemically pure they are composed of carbon, hydrogen and oxygen. The oxygen and hydrogen occur in proportions which form water (H_2O). These foods are to the human body what the fuel is to the furnace: they are producers of heat and energy. Through the processes of digestion the starches are changed into dextrines and sugars, and absorbed in the digestive tract. They can enter the circulation of the blood, through the cell linings of the intestines, only in the forms of dextrose and glucose. These substances are burned up in the tissues of the body and help to produce animal heat, muscular and other forms of energy.

We say "help to produce" advisedly, because practically all writers on food chemistry, including those of the Nature Cure School, claim that sun heat and energy, latent in carbonaceous foods, is the only source of heat and energy in animal and human bodies.

This, however, as we have pointed out in another chapter, is a great mistake which has led to many false conclusions and harmful practices,—especially to overeating and the taking of poisonous stimulants and tonics, under the mistaken idea that vital energy can be increased in that way. The fallacy of this conception of the source of animal heat and energy we have already explained under the caption, "For what do we eat and drink?"

In order to understand this all-important problem more fully let us study for a moment what combus-

tion is: The processes of "burning," "combustion," "fermentation," "digestion," "rusting," "decaying," "putrefying," etc., are similar in nature. They are all processes of oxidation. They differ only in rapidity of action. They all represent the breaking down of complex materials into simpler forms, through the combination of the oxygen in the air with the carbon in the "oxidizing" materials. This disintegration is accompanied by the chemical combination of the oxygen of the air with the carbon, the iron, or some other element of the burning, fermenting, putrefying, or rusting substance. During these processes of disintegration, the carbon recombines with the oxygen of the air (combustion) and the latent life energy and sun heat are liberated and furnish heat, light and other forms of energy.

The Sources of Animal Heat

A man may eat in the right proportions all the seventeen chemical elements found in his body. He may also take a sufficient amount of air and water. Yet he will surely die. In fact, some of these elements, instead of nourishing him, will act on him as poisons. Experiments carried on by German food scientists have demonstrated that even some of the proximate food elements, when chemically pure, will not sustain animal or human life. Animals fed on chemically pure starch or white sugar die sooner than those which receive no food at all.

This clearly indicates that not the various chemical elements found in food and drink, in and by themselves create animal heat and sustain animal and human life, but that life, heat and energy depend on something more than these.

What is this mysterious something which builds up

and sustains vegetable, animal and human bodies? The majority of scientists assume that the sun supplies all heat and energy on our planet; that sun light and sun heat are the only sources of vegetable and animal energy.

The fallacy of their reasoning is due to the fact that the forces and energies latent in and proceeding from the sun are not by any means the highest expressions of life or vital force on this planet. That which we call "life," which animates the entire created universe, is the primary source of all forces and all energies. Sun energy is merely a manifestation of this primary force of all forces, which manifests with increasing potency in the ascending kingdoms of Nature.

This primary Life Force or Vital Force manifests in the mineral kingdom as the electro-magnetic life element, in the vegetable kingdom as the vito-chemical life element, in the animal kingdom as the spiritual life element, and in the human kingdom as the soul life element. These life elements, in conjunction with the light and heat (radio active forces) of the sun, elaborate the elements of the earth and air into the ascending forms of the four kingdoms of Nature.

In other words, life or vital force is the builder, while sun energy is only one of the building materials; life force is primary, sun energy secondary. The more powerful the vital energy which builds, the more potent the latent dynamics or potential force of the products. Coal, though classed among the minerals, possesses infinitely greater heat and energy-producing qualities than other minerals, because originally its molecules were elaborated under the influence of the vito-chemical or vegetable life element. The animal cell, being built up under the operation of the spiritual or animal

life element, is alive with still higher potencies of vital force than those latent in the vegetable cell.

The energy which builds up molecules becomes bound or latent in that which it builds. This is illustrated in the formation of ice and coal.

The low temperature which solidifies the molecules of water is absorbed and becomes bound or latent in the icy crystals which it builds. When the particles of ice distintegrate under the influence of warmer temperature, "cold" is liberated in our refrigerator.

In similar manner, the heat which gives warmth and comfort to our homes in the winter time is vital force (vito-chemical), plus the sun-light and sun-heat which were absorbed in the formation of vegetable cells in the growing plants and trees of primeval forests.

Vital force corresponds to fire; food corresponds to fuel. If the life force has departed from an animal or human body, no amount of food can create animal heat. As the fuel in the furnace has to be consumed by fire before it can liberate heat, so the food in the body has to be consumed by the life force before its latent heat and energy can be liberated.

When in the processes of digestion and assimilation the latent energies stored in the food have been liberated and absorbed by the body, nothing remains of the erstwhile food but poisonous excrements which, if not properly eliminated, become destructive to the organism,—the organic has become inorganic. When the life principle is taken away from food materials nothing remains but waste and poison.

Vegetable and animal food are therefore foods only by virtue of the vital and solar energy locked up in their molecules. As soon as the vegetable or animal molecules disintegrate by any process whatsoever, their

vital energy is dissipated and lost. This explains why boiling, baking and frying wastes food energy; why fermentation changes wholesome foods into poisonous alcohol; why "predigested foods" are weakened foods. The meddling art of the cook, chemist and distiller, therefore, seldom improves upon Nature's foods, and the chemist's dream, that all foods will some day be made in his laboratory and handed out in tablet form, will always remain a dream.

Among modern writers who boldly defend the mechanical theory of vital force, no one has done more ingenious work than Dr. Thomas Powell in his interesting book, "Fundamentals and Requirements of Health and Disease."

Therefore, I shall quote and discuss his theory in order to contrast the mechanical and vital conceptions of vital force.

Among other startling claims, he asserts that he has discovered the nature and the modus operandi of vital, or, as he calls it, "vito-motive" force.

The substance of his theory is this: The red, arterial blood stores carbonaceous compounds in the interior of the muscle fibrils. When the Ego wills to move a muscle, the mind (will) sends a nerve spark to the muscle fibrils. This ignites, or explodes, the C. O. H. molecules stored in the fibril. The combustion of the carbon compounds produces carbonic acid. The carbonic acid expands the muscle fibril into a round, balloon-like shape. This shortens or contracts the fibrils lengthwise. The contraction of the muscle fibrils also contracts the muscle fascia, and the muscle in its entirety. Therefore, he claims that carbonic acid is the mysterious vito-motive power which so long has eluded the search of scientists.

In order to present his theory correctly, I shall quote a few paragraphs from his book.
Page 189.

"The facts which are involved in the transformation of the potential energy of the food into the kinetic form, as we find it in the vito-motive power, cannot be too deeply impressed upon the mind; hence it will be well to repeat: 1. The nutrient matter stored in the cells in the consummation of the nutritive process, consisting as it does of a most intimate comminglement of food and oxygen—of a combustible with a supporter of combustion—is in a state of extremely unstable equilibrium, and is, therefore, nothing more nor less than a delicately balanced explosive of high potential; 2. The carbon and oxygen thus intimately associated is brought into chemical combination by act of the will expressed by means of the nerves and nervous influence; 3. Whenever the will so orders, an explosion must occur in every cell which is included in or reached by the volitional edict; 4. The carbon dioxide thus generated within the cells forces them to expand and in a direction which is transverse to the longer axis of the fibril, this being the line of least resistance, as above explained; 5. The expanding cells impinge upon the inner surface of the fascia, forcing it to yield in like manner and for the same reason, thus producing that transverse expansion and longitudinal shortening of a muscle on which the physical activities of the body chiefly and evidently depend, as above stated. In short, the will acts, the nutrient matter explodes, the cells expand, the fascia yields, the muscle contracts, and the vital machinery is set in motion; not, however, in consequence of 'metabolism' of the 'white blood corpuscle,' but of the red; not by reason of the

'metamorphosis' of the tissues of the body, but of food; not by the energy of 'resurrected sunbeams' nor of any other **immaterial agency**, but of expanding carbon dioxide gas; not in consequence of the presence of nitrogen in the food nor of any other incombustible element, but of carbon, and this not from the inorganic world, but the organic; not by a product of any laboratory of human origin, but of the plant world —that immeasurably greater concern which was instituted by the All-Wise-Being, and for the express purpose of effecting the separation of those elements— carbon and oxygen from whose reunion within the nutritive cells of the living organism must come all **the energies, physical, nervous and thermal of the entire domain of animated nature.**''

Page 222.

''It shows that the doctrine of 'vis vitae,' held by Liebig and his contemporaries, and recently revised to some extent, is utterly erroneous; that while it is true that there is an ego or inherent vital principle, it is also true that the movements of the living organism are due to the intra-cellular production and action of the **vito-motive power**—that energy displaying agent which is known to science as **carbon dioxide**, and to the world at large as carbonic acid gas. . . .''

I do not understand why Dr. Powell does not give hydrogen credit for the work performed in the muscle fibrils, as well as the carbonic acid. In the combustion of carbonaceous compounds, such as glycogen, dextrose, glucose and hemoglobin, a great deal of hydrogen is liberated, as well as carbonic acid, and the former gas is more powerful to expand balloons than carbonic acid.

If Dr. Powell's ingenious theory of muscle inflation

and contraction by carbonic acid is true he has only discovered the modus operandi of carbon combustion in so far as it is concerned in the production of muscular energy. But he has failed to discover the great Life Force which elaborates the carbon compounds in the vegetable and animal kingdom and which ignites and explodes them in the cells and muscle fibrils of animal and human bodies.

If no immaterial agency is concerned in the production of muscular labor and of animal heat, how does he explain that these manifestations of kinetic energy suddenly cease when the life element departs, when death takes place? When the body is dead, muscle labor and heat production cease, though the corpse be heated far beyond the normal temperature of the living body, and though the material elements for the production of heat and energy are present as before. The question which the doctor has failed to answer is: What is it that makes possible the combustion of the carbon compounds and the production of carbonic acid gas?

Elated over the discovery of the very last stage of muscle labor, he ignores the Intelligence and Power which created the fuel material, as well as the wonderful organism which consumes it—the "Life" or "Vital Force" which animates the atom as well as solar systems and their sentient inhabitants.

It is not true that carbonic acid is the great vitomotive force. This gas may be the motive force in the rendering of muscle labor, but the nerve spark which produces it through igniting the carbon compounds, and the Mind and Will who release the nerve spark or impulse are much nearer and more potent expressions of the Great Life Force than carbonic acid

gas. After all, our conception of the nature of vito-motive force, as summed up in the following sentence is more rational:

All forms of energy which manifest in the mineral, vegetable, animal and human entities are **secondary** energies, derived from the **primary** source of all forces, powers and energies in the siderial universe, from that which we call God, Life, Oversoul, Universal Intelligence, Buddha, Prana, etc., each one according to his own highest conception and best understanding.

This is the "Vis Vitae," the "Animus Mundi," ignored and denied by the speculative sophistries of materialistic science, but recognized and described by Swedenborg as the **Heat** of Divine Love and the **Light** of Divine Wisdom, radiating from the Great Central Sun of the Universe through all space and animating all things.

GROUP III. (F.) Fats and Oils (C.O.H.)

To this group of food materials belong all oils and fats. They are called hydrocarbons, because they, also, are chemically composed of carbon, hydrogen and oxygen,—but they contain the hydrogen and oxygen in proportions which do not form water. (H_2O) The melting of sugar liberates water, the melting of fats does not; it produces oils only.

In the vital processes of the body, fats and oils also serve as producers of heat and energy. Aside from this, they act as lubricants for the digestive tract. Another "new discovery" of Dr. Powell is that fats are not proper foods. That fats, as such, have no food value for the human body. This theory, however, seems fallacious, because Nature, in milk and eggs, provides

fats for the new-born animal and human in considerable quantities. We would rather trust the wisdom of Nature in such matters than the far-fetched theories and "new discoveries" of writers on food chemistry.

GROUP IV. (P.) Proteids or Nitrogenous Foods

The principal representatives of this group are albumin (white of egg), myosin (the flesh of animal or human bodies), gluten (the dark outer part of cereals), and the globulin of the blood.

The simplest forms of protein matter are made up of carbon, oxygen, hydrogen and nitrogen. The more complex forms, in addition to these four basic elements, contain phosphorus and sulphur. From the chemical composition of proteins it will be seen that, like the food materials of the first, second and third groups, they contain the C.O.H. molecule and can therefore take the place of starches, dextrines and sugars, as producers of heat and energy.

But in addition to these functions, proteids serve other very important purposes in the metabolism (vital economy) of the body. Vegetable, animal and human cells are composed of protoplasm, which means protein matter. The building and repair of these cells therefore depends upon a sufficient supply of protein food materials.

It is for this reason that starches, sugars and fats cannot entirely take place of nitrogenous foods.

If the food materials of these first four groups had no other effects upon the human organism than those just described there would be no problem of dietetics. Any ordinary food mixture would satisfy the needs of the body. But we find that, aside from their beneficial

effects upon the organism, these foods, in the processes of digestion, liberate certain waste and morbid materials, which if allowed to accumulate in considerable quantities in the tissues of the body, endanger health and life.

These morbid by-products and end-products of starchy, fatty and protein digestion consist largely of poisonous acids, alkaloids and ptomaines. This is explained by the fact that all the six elements (C.O.H. N.P.S.) which make up the food materials in the first four groups are electro-magnetically negative, acid-forming elements. When in the processes of digestion and oxidation, the foods are torn apart and divided into their component elements and proximate elements, these enter into new combinations, many of which, when they accumulate in the human body, become obstructive and destructive. To elucidate this more fully, we shall quote a few paragraphs from "Nature Cure, Philosophy and Practice," p. 291:

"Nearly every disease originating in the human body is due to or accompanied by the excessive formation of different kinds of acids in the system, the most important of which are uric, carbonic, sulphuric, phosphoric, and oxalic acids. These, together with xanthines, poisonous alkaloids, and ptomaines, are formed in and through the processes of protein and starch digestion, and in the breaking down and decay of cells and tissues.

"Of these different waste products, uric acid causes probably the most trouble in the organism. The majority of diseases arising within the human body are due to its erratic behavior. Together with other destructive acids and alkaloids it is responsible for the many forms of rheumatic diseases, arteriosclerosis, arthritic rheu-

matism and heart disease; for the formation of stones (calculi); for catarrhal diseases, for high blood pressure, and for the functional forms of diabetes and Bright's disease.

"Dr. Haig, of London, has done excellent work in the investigation of uric acid poisoning, but he becomes one-sided when he makes uric acid the scapegoat for practically all disease conditions originating in the human body. In his philosophy of disease he fails to take into consideration the effects of other acids and systemic poisons. For instance, he does not mention the fact that carbonic acid is produced in the system somewhat similarly to the formation of coal gas in the furnace; and that its accumulation prevents the entrance of oxygen into the cells and tissues, thus causing asphyxiation or oxygen starvation, which manifests in the symptoms of anemia and tuberculosis.

"It may be true, as Dr. Powell claims, that carbonic acid is the motive force which expands the muscle cells, and causes muscular contraction, but at the same time this gas, after it has done its work, is as poisonous to the body as when it escapes from burning coal or charcoal. This poisonous gas has to be neutralized and eliminated from the system by the positive alkaline element, sodium,—of the fifth group.

"Neither does Dr. Haig explain the effects of other destructive by-products formed during the digestion of starches and proteins. Sulphuric acid and phosphoric acid actually burn up the tissues of the body. This explains why people living on a "highly nutritious" meat and egg (protein) diet often grow thinner instead of fleshier. Instead of building up, the acids of sulphur and phosphorus burn up the tissues of their bodies. They destroy the cellulose membranes which

form the protecting skins or envelopes of the cells, dissolve the protoplasm, and allow the latter to escape into the circulation. This accounts for the symptoms of Bright's disease, for the presence of albumin (cell protoplasm) in blood and urine, for the clogging of the circulation, the consequent stagnation and accumulation of blood serum (dropsy) and for the final breaking-down of the tissues (necrosis) resulting in open sores and ulcers.

"Excess of phosphorus and the acids derived from it overstimulate the brain and nervous system, causing nervousness, irritability, hysteria and the different forms of mania.

"An example of this is the 'distemper' of a horse when given too many oats and not enough grass or hay. The excess of phosphorus and phosphoric acids formed from the protein materials of the grain, if not neutralized by the alkaline minerals contained in grasses, hay, or straw, will overstimulate and irritate the nervous system of the animal and cause it to become nervous, irritable and vicious. These symptoms disappear when the rations of oats are decreased and when more fresh grass or hay is fed in place of the grain.

"Similar effects to those produced upon the horse by an excess of grain are caused in the human organism, especially in the sensitive nervous system of the child, by a surplus of proteid foods, of meats, eggs, nuts, cereals and pulses.

"Still, when patients suffering from over-stimulation of the brain and nervous system consult the doctor, his advice in almost every instance is: 'Your nerves are weak and overwrought. You need plenty of good, nourishing food (broths, meat and eggs), and a good tonic.' "

The "remedies" prescribed by the doctor are the very things which caused the trouble in the first place.

GROUP V. (M.) Positive Mineral Elements

To this group belong all food materials which run low in the acid-forming carbohydrates, hydrocarbons and proteids of the first four groups, but high in the positive, alkaline mineral elements, the most important of which are iron, sodium, lime, potassium, magnesium and manganese.

The old school of medicine considers fruits and vegetables of no importance because they do not contain enough of the "highly nutritious" starches, fats and proteins. We now understand why, just on account of this and by virtue of their high percentages of acid-binding positive, mineral elements, the fruits and vegetables are of the greatest importance in the economy of the body. Aside from being the neutralizers and eliminators of morbid materials, the positive mineral elements are the principal components of the blood and of the most important secretions of the body. They constitute the "richness" of the blood and give textile strength and stamina to the tissues of the body. One-half of the substance of the bony structures consists of lime. Potassium is to the muscular tissues what lime is to the bones.

These mineral elements are the building stones in the tissues of the body, while the protein elements are the mortar. The wall built of mortar alone could not stand; it would soon crumble to pieces. The stones imbedded in the mortar are necessary to give it the textile strength. So the strength, resistance and stamina of the tissues of the body depend upon the mineral and earthy elements.

Polarity

Furthermore, the generation of positive electricity and magnetism in the body depends upon an abundance of the positive mineral elements in the circulation. Health is positive; disease negative. When the negative elements are in preponderance, weakness and disease, both physical and mental, are bound to result.

From the foregoing it becomes apparent why in our natural diet we endeavor to reduce the negative food materials of the first four groups and to increase the positive alkaline mineral elements of the fifth group.

Bulk

There is still another reason why fruits and vegetables, together with the hulls of grains, are of great importance in the processes of digestion and elimination. These food materials contain large amounts of cellulose and woody fiber, which are looked upon ordinarily as useless waste, but in reality render valuable services. They stimulate in a natural manner the peristaltic movements of the bowels and act as scourers and purifiers and therefore as natural laxatives.

DIETETICS IN A NUTSHELL

	Food Classes	Predominant Chemical Elements	Functions in Vital Processes	Foods in Which the Elements of the Respective Groups Predominate
GROUP I Carbohydrates	Starches and Dextrines	Carbon Oxygen Hydrogen	Producers of Heat and Energy	CEREALS: The inner, white, parts of wheat, corn, rye, oats, barley, buckwheat, and rice VEGETABLES: Potatoes, roots, sweet potatoes, pumpkins, squashes FRUITS: Bananas NUTS: Chestnuts
GROUP II Carbohydrates	Sugars	Carbon Oxygen Hydrogen	Producers of Heat and Energy	VEGETABLES: Melons, beets, sorghum FRUITS: Bananas, dates, figs, grapes, raisins DAIRY PRODUCTS: Milk NATURAL SUGARS: Honey, maple sugar COMMERCIAL SUGARS: White sugar, syrup, glucose, candy NUTS: Cocoanuts
GROUP III Hydrocarbons	Fats and Oils	Carbon Oxygen Hydrogen	Producers of Heat and Energy	FRUITS: Olives DAIRY PRODUCTS: Cream, butter, cheese NUTS: Peanuts, almonds, walnuts, cocoanuts, Brazil nuts, pecans, pignolias, etc. COMMERCIAL FATS: Olive oil, peanut oil, peanut butter, vegetable-cooking oils The yolks of eggs

GROUP IV Proteids	Albumen (white of egg) Gluten (grains) Myosin (lean meat)	Carbon Oxygen Hydrogen Nitrogen Phosphorus Sulphur	Producers of Heat and Energy; Building and Repair Materials for Cells and Tissues
GROUP V Organic Minerals	Organic Mineral Elements	Sodium Na Ferrum (Iron) Fe Calcium (Lime) Ca Potassium K Magnesium Mg Manganese Mn Silicon Si Chlorine Cl Fluorine F	Eliminators; Blood, Bone and Nerve Builders; Antiseptics; Blood Purifiers; Laxatives; Cholagogues; Producers of Electro-magnetic Energies

CEREALS: The outer, dark parts of wheat, corn, rye, oats, barley, buckwheat, and rice VEGETABLES: The legumes (peas, beans, lentils), mushrooms NUTS: Cocoanuts, chestnuts, peanuts, pignolias (pine nuts), hickorynuts, hazelnuts, walnuts, pecans, etc. DAIRY PRODUCTS: Milk, cheese MEATS: Muscular parts of animals, fish, and fowls	The red blood of animals CEREALS: The hulls and outer, dark layers of grains and rice VEGETABLES: Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, string-beans, fresh peas, parsley, cucumbers, radishes, savoy, horseradish, dandelion, beets, carrots, turnips, eggplant, kohlrabi, oysterplant, artichokes, leek, rosekale (Brussels-sprouts), parsnips, pumpkins, squashes, sorghum FRUITS: Apples, pears, peaches, oranges, lemons, grapefruit, plums, prunes, apricots, cherries, olives BERRIES: Strawberries, huckleberries, cranberries, blackberries, blueberries, raspberries, gooseberries, currants DAIRY PRODUCTS: Milk, buttermilk, skimmed milk NUTS: Cocoanuts

CHAPTER V

DIGESTION AND ASSIMILATION

Digestion and assimilation may be divided into the following stages:

1. The in-taking of food.
2. Its mastication.
3. Its insalivation.
4. Its deglutition.
5. Its chymification in the stomach.
6. Its chylification through the intestinal digestion.
7. The absorption of the chyle by the membranes lining the intestinal tract, and its transmission through the lacteal and venous vessels into the circulation.
8. Elimination and defaecation of the end products and waste materials of digestion.

The limited space of this volume does not admit of going into the details of these various processes. They can be studied in any encyclopedia or work on physiology. We shall confine ourselves to giving a brief outline of the processes of digestion and assimilation in so far as this will facilitate a better understanding of the problems of natural dietetics discussed in this volume.

The office of digestion is to prepare the food-stuffs for absorption into the fluids of the body, and for utilization in the various processes of nutrition. To make this possible, the coarse and complex food materials have to be dissolved and rendered diffusible in

order to facilitate their absorption through the membranes of the epithelial cells which cover the walls of the intestinal tract. This breaking up of the complex food materials into simpler compounds, or into their constituent, proximate elements is accomplished by the influence of the digestive ferments secreted by certain glandular structures belonging to the digestive apparatus.

In the following brief survey of the processes of digestion and assimilation, we shall follow the various food materials through their transformations to their final destination in the vital economy of the body.

Orthodox physiology and food chemistry, as we have pointed out in other places, deal with three food classes only. These are:

1. The carbo-hydrates, comprising starches, dextrines and sugars.

2. The hydro-carbons, comprising fats and oils.

3. Proteids. The principal representatives of this group are albumin (white of egg), gluten of grains and legumes, myosinogen of fleshy tissues, serum-globulin of the blood, hemoglobin of the red blood corpuscles, and caseinogen of milk and cheese.

Digestion of Starches

The starches are acted on in the mouth, after thorough mastication and insalivation, by the ferment ptyalin of the saliva, and transformed into dextrines and sugars (maltose and glucose). Ptyalin acts only in an alkaline or neutral medium. If the starches are thoroughly masticated and insalivated, the action of the ptyalin continues for twenty to forty minutes in the stomach. By that time its action is checked by the

acidity of the gastric juices. It is for this reason that many people cannot mix starchy foods with acid fruits and vegetables. It seems that in such cases fruit and vegetable acids increase, temporarily at least, the acidity of the stomach so as to interfere with the action of the ptyalin on the starches. However, as we pointed out in the article entitled "Mixing of Starches and Acids," page 466, this is not true in all cases.

The transformation of the starches (after they leave the stomach) into the simplest and most refined forms of dextroses and glucoses (sugars) continues in the intestines under the influence of the pancreatic ferment amylase or amylopsin. The ferment, invertase, found in the intestinal fluid, changes cane sugar into laevulose, and the latter into glucose. The starches must be reduced to dextroses and glucoses before they can be assimilated by the epithelial cells lining the intestinal walls and before they can be transmitted through these into the circulation.

From what has been said it becomes apparent why it is necessary to thoroughly masticate and insalivate all starchy foods. This is of especial importance for those who suffer from intestinal indigestion. If starchy foods, as is usually done, are made slippery with milk and cream and swallowed down without being thoroughly mixed with saliva, they remain unchanged in their passage through mouth and stomach, and if there is a tendency to, or actual condition of intestinal indigestion, then the starches are not transformed at all, and instead of being absorbed into the circulation as valuable fuel materials in the forms of dextroses and glucoses, they enter into processes of decay and fermentation and fill the system with noxious gases and poisons.

If more starchy food materials are taken in than can be absorbed by the circulation and utilized by cells and tissues, part of the surplus is stored in the liver and in the muscles in the form of glycogen, to be drawn upon when the intake of carbo-hydrates falls below the requirements of the body. On page 376 we described Dr. Thomas Powell's ingenious and plausible theory of the conversion of the carbon compounds in the cells of the muscles and of other tissues of the body into heat and muscular energy.

Digestion of Fats

The fats are not acted on at all by the saliva, and by the gastric juice of the stomach, only in so far as the hydro-chloric acid partly digests and dissolves the membranes of the fat globules, rendering their contents more soluble and more prone to the action of the fat splitting ferments in the intestinal tract. The principal one of these ferments is the lipase (steapsin) of the pancreatic fluid. The action of the lipase is greatly facilitated and intensified by the bile. In fact, the digestive activity of all the pancreatic ferments becomes possible only after the contents of the intestinal tract (chyme and chyle) have been changed from the acid condition in which they left the stomach to the alkaline, because the pancreatic and intestinal ferments act in an alkaline medium only.

The fats are split up into glycerine and fatty acids. These end-products of fatty digestion are absorbed by the epithelial cells lining the intestinal walls. While passing through these cells the glycerine and fatty acids are reunited and built up into fat globules, and these are then transmitted through the lacteal vessels into the lymphatic circulation, and finally into the

venous circulation, to be further refined and prepared for assimilation in their passage through the liver.

Digestion of the Proteids

Proteid food materials serve two principal purposes. They are composed of six elements (C. O. H. N. P. S.). The first three elements may be utilized in the economy of the body for the production of heat and energy, the same as the (C. O. H.) molecules in carbo-hydrates and hydro-carbons, but aside from this the proteid food materials serve other important purposes in the building up and repairing of cells and tissues. The substance of cells consists of protoplasm; that is, proteid matter, therefore, the building and repair of cells requires proteid foodstuffs, but the transformation of the proteid materials as they exist in foods into the proteid substances of the living cells and tissues of the human body involves profound changes, different from, and far more complex than the simple hydrolytic reduction of carbo-hydrates and hydro-carbons.

The progressive digestive changes of the proteids into proteose, peptones and amino-acids begin in the stomach under the influence of the pepsin secreted by the cell linings of the stomach. The pepsin acts only in an acid medium and this is created by the hydrochloric acid which forms part of the gastric secretions. The transformation of the proteids continues in the intestinal tract under the action of the trypsin. The trypsin is not, as was formerly believed, solely a secretion of the pancreas, but is in reality a compound formed by the chemical union of trypsinogen of the pancreatic fluid with the enterokinase secreted by the epithelial cells of the intestinal walls, especially in the duodenum.

The trypsin acts only in an alkaline medium, and

this is furnished by the in-pouring of the bile into the chyme as the latter enters the intestines in its periodic discharges from the stomach.

It seems to be the acidity of the chyme and the ferment secretin of the pancreatic juice which stimulate the flow of the bile into the duodenum, as well as the secretion of the enterokinase. The transformation of the proteid food materials into proteose, peptones and amino-acids continues in the intestines, and these refined forms of proteid matter are then absorbed by the cell lining of the intestinal walls and elaborated into the more complex proteid substances as they exist in the human body. To recapitulate, the breaking down of all food materials into simpler and more refined compounds serves several purposes:

1. To separate waste and indigestible matter from the nutritious substances.
2. To make the food materials sufficiently soluble and diffusible so they can be assimilated by the absorbent membranes of the digestive tract.
3. To liberate their latent heat and vital energy.
4. To change the coarse compounds of food materials into the more refined and complex materials of the living cells and tissues of the human body.

If we did assimilate animal blood, flesh and fat in their original forms, the tissues of our bodies would soon resemble those of pigs, cows, and sheep. In order to preserve the individuality and integrity of the various species and families of animals and of man, it is necessary that all food materials be broken down first into their simplest compounds and proximate elements and then reconstructed (synthesized) into the building materials, cells, tissues, and organs of the animal or human being which consumes the foods.

THE PROCESSES

The following diagram presents in concise form a

Food Products	Acted Upon by
Starch	The pytalin of the saliva in the mouth and stomach. The amylase of the intestinal fluids.
Cane Sugar	Invertase of the intestinal fluids.
Milk	Rennin of stomach. Lactase of the intestinal fluids.
Fats	Hydrochloric acid of the stomach. Bile of liver and Lipase of pancreatic fluid.
Proteids Albumin Serum-globulin hemoglobin Myosinogen gluten	Pepsin of stomach and Trypsin of intestinal fluid. Trypsin is composed of the trypsinogen of the pancreatic fluid in combination with the enterokinase of the intestinal fluid.

OF DIGESTION

survey of the most important phases of digestion.

Changed into	Serve as
Dextrines, Dextrose, Maltose, Glucose.	Fuel Materials and Producers of Muscular Energy.
Laevulose and this into glucose.	
Curds proteid into caseinogen.	
Changes milk sugar into galactose and this into glucose.	
Digests cell membranes of fat globules.	
Change fats into glycerin and fatty acids.	
Changes proteids into proteose, peptones and amino-acids.	Producers of heat and energy. Building and repair materials for the cells and tissues of the body.

CHAPTER VI

THE RELATIONSHIP OF ELECTRO-MAGNETICALLY NEGATIVE FOOD ELEMENTS TO DISEASE-PRODUCING ACIDS, COLLOIDS, ALKALOIDS AND PTOMAINES, IN THE HUMAN BODY

The following diagrams plainly reveal the relationship between the electro-magnetically negative elements of the first four groups (Starches, Sugars, Fats, Proteids) and the disease-producing acids, colloids, alkaloids and ptomaines in the human body:

Starches, Dextrines, Sugars, Fats, Proteids — Composed of C. O. H. N. P. S.

H. (hydrogen) and O. (oxygen) enter into the composition of the great majority of acids, alkaloids and ptomaines.

CO Carbon monoxide
CO_2 Carbon dioxide—carbonic acid—coal gas
— Highly poisonous gases, the products of combustion. When they accumulate in the body they cause asphyxiation, oxygen starvation, anemia and tuberculosis

$C_2H_2O_4$ Oxalic acid
$C_5H_4N_4O_3$ Uric acid
— These acids and their deposits in the system are responsible for headaches, catarrh, rheumatic and arthritic conditions, heart disease, arteriosclerosis, apoplexy and functional forms of diabetes and Bright's disease

$C_4H_8O_2$ Butyric acid—forms in decaying animal matter
H_2SO_3 Sulphurous acid—sewer gas
H_2SO_4 Sulphuric acid—vitriol
H_3PO_3 Phosphorous acid
H_4PO_4 Phosphoric acid

The above-named acids have a very irritating and the stronger ones a positively destructive effect upon the organs and tissues of the body. They must be neutralized and eliminated by the positive alkaline mineral elements of the fifth group. Meats and eggs generate in the system large amounts of these destructive acids. This explains why in spite of, or rather on account of a "highly nutritious meat and egg diet," so many people lose flesh instead of gaining it.

$C_8H_{10}N_4O_2$—Caffein
$C_7H_8H_4O_2$—Theobromic
$C_{10}H_{14}N_2$—Nicotin

} These alkaloids are closely related, chemically, to uric acid and have similar effects upon the system

C_2H_6O—Ethyl alcohol } Exists in wine, beer, whisky and other alcoholic liquors. It is formed in the digestive tract through the fermentation of sugars.

A SELECTION OF POISONOUS PTOMAINES

which form in decaying animal matter and in animal and human bodies. (See Chap. XI. "Cancer, Not a Local But a Constitutional Disease," in "Nature Cure, Philosophy and Practice.")

Chemical Formula	Name	Source
$C_5H_{14}N_2$	Cadaverin	Putrefying animal tissues
$C_5H_{15}NO_2$	Cholin	Putrefying animal tissues
$C_7H_{17}NO_2$	Gadinin	Decomposing fish
$C_5H_{13}N$	Hydrocollidin	Decomposing fish and flesh
CH_3N	Methylamin	Decomposing fish
$C_5H_{13}NO$	Neurin	Putrefying flesh
$C_{26}H_{31}NO_{17}$	Indican	A poisonous product of intestinal indigestion and putrefaction

The foregoing substances are only a few of the dozens of different ptomaines (corpse poisons) which have been discovered in putrefying flesh and fish and in the tissues of living animal and human bodies.

These morbid products of decomposing carbonaceous and protein matter form the most prolific soil for the propagation of germs, bacteria and bacilli found in the worst forms of acute and chronic diseases, such as typhoid fever, diphtheria, appendicitis, ptomaine poisoning, acute and chronic gastritis, enteritis, peritonitis, and of tuberculosis and cancer.

It will be seen that all the poisonous acids, colloids, alkaloids and ptomaines before mentioned are made up of the six negative, acid-forming elements (C.O.H.N. P.S.) found in the foods of the first four groups of our classification,—in the starches, sugars, fats and proteins,—and these poisonous by-products and end-products of starchy and protein metabolism must be neutralized and eliminated from the system by the positive, alkaline, mineral elements which abound in the food materials of the fifth group, especially in the juicy fruits and vegetables.

These facts in Nature form the scientific basis of Natural Dietetics and of rational vegetarianism.

CHAPTER VII

THE TENSING AND RELAXING EFFECTS OF FOODS UPON THE DIGESTIVE ORGANS AND THE SYSTEM AS A WHOLE

There are two forces at work in the human organism, the one tensing and contracting, the other relaxing and expanding. Normal function, or health, results from the equilibrium between the two. This equilibrium between contending forces we call the positive condition of health; departure from it in either direction, the negative condition of disease. As a rule acids exert a tensing, contracting influence, alkalies relax and expand. These facts should be kept in mind when studying the physiology and psychology of foods and medicines.

The extremes of tension and relaxation are expressed, in the functions of the body, by constipation and diarrhœa. We shall find that as a rule, acid or acid producing foods have a contracting, constipating influence and the alkaline foods a relaxing, laxative influence.

If the intestines are functioning normally, the feces should pass freely and easily, they should be well formed and leave the parts perfectly clean. After an evacuation there should be a feeling of perfect cleanliness, of freedom, and of buoyancy.

It is possible to have daily passages from the intestines and yet retain hard incrustations of fetid matter. An individual may suffer from malnutrition, deficient

elimination and auto-intoxication, even if the feces are able to force a passage through hardened accumulations. Often this condition is indicated by the thinness of the discharges.

If the feces are black, too much of the bile and uric acid producing foods (proteids) have been taken. If they are too light, probably not enough proteids and starches are consumed.

The extremes of tension and relaxation are illustrated, on the one hand by the collaemic forms of uric acid poisoning, in which the capillaries are blocked, surface circulation impeded, blood in the arteries and vital organs at high tension, bowels sluggish and constipated; on the other hand the extremes of relaxation are characterized by weakened blood vessels and flabby muscles. The blood serum seems to leak in morbid perspiration from the relaxed tissues, and the bowels are usually very loose.

In mental and psychic conditions, the extreme of tension is portrayed in the excitable, over-active, talkative, boisterous and sometimes violent types of nervousness, hysteria and delusional insanity. The extreme of relaxation is exhibited in weak, negative, psychic cases. These patients are languid, listless, indifferent to surroundings, too apathetic to eat, dress or to attend to their bodily needs.

GROUP IV. Proteids

By reference to the tables on page 430 we find that proteid materials are made up of six negative acid-producing elements (C.O.H.N.P.S). Proteids are therefore, above all others, acid-producing foods. In the metabolism of the body they produce uric, carbonic, sulphuric, phosphoric, oxalic and a number of other

acids; therefore it is not to be wondered at, that proteid foods are constipating.

Lean meats, fish and fowl, if taken by themselves, are very constipating. Fat meats, taken in moderation and in right combinations, have a lubricating, laxative effect; if taken in excess they produce constipation and a sticky condition of the bowels and feces; eggs, being rich in albumen, sulphur and phosphorus, when taken by themselves or in combination with other tensing foods, are also constipating. Milk in small quantities has for many a constipating effect; taken in large quantities, as prescribed by some dieticians, it has in many instances a laxative effect, because of the amount of water with which the system is deluged; in other cases, existing constipation is intensified by this practice.

The vegetable products richest in proteid are the legumes (peas, beans and lentils) and the cereals. These are generally called the glutenous foods. If taken by themselves or in combination with other tensing foods they have a constipating effect; the feces become hard and brittle. Nuts, being rich in fats and proteid, if taken in excess or with other tensing foods, also have on most people a constipating effect.

Carbohydrates (Groups I and II)

Foods belonging to the carbohydrate groups, which in the natural state contain large amounts of organic salts and other laxative principles, do not impede the normal activities of the intestines, unless taken to excess.

Such foods are whole grain preparations of cereals, the unrefined brown sugar products of cane, beet, maple, etc. If, however, the starchy and glutenous principles or the pure sugar are artificially extracted

from natural food products they become proximate and inorganic food elements, and these separated from the organic salt and other laxative principles exert a tensing and constipating influence. Such proximate food elements are starch, gluten, white sugar, etc. Honey is one of Nature's finest foods. Besides being rich in saccharine matter it contains positive mineral elements and is animated with the animal life element. Molasses is much more of a laxative than white sugar, because it contains the organic salts of which the refined sugar has been robbed.

Hydrocarbons (Group III)

Animal fats, cream, and vegetable oils, taken in moderate quantities, have a purely mechanical, laxative effect, because they act as lubricators to the organism as a whole and especially to the intestinal tract. If taken in excess, however, or in combination with tensing foods, they have a constipating effect, because the liver and pancreas cannot furnish sufficient amounts of bile and steapsin for their reduction, and fats which fail to be reduced or saponified produce a sticky condition of the intestines. Even too much olive oil, which many vegetarians seem to think can be taken without harm, may therefore become a source of constipation. We must not overlook the fact that it is a proximate element. The olive itself, containing the oily principles in combination with large percentages of organic salts, has a much more beneficial effect.

Organic Salts (Group V)

In this group belong all foods comparatively poor in proteids, carbohydrates and hydrocarbons, and rich

in the organic salts of sodium, iron, lime, magnesium and potassium. The most valuable in this respect are the green, leafy vegetables, such as spinach, lettuce, cabbage, celery, kale, asparagus, watercress, the green tops of roots, etc. Next in order come the roots: radishes, carrots, parsnips, beets, rutabagas, onions and horseradish. Potatoes, although they contain considerable amounts of potassium and lime, are deficient in sodium, iron and magnesium, but they are rich in vitamines. On the whole, the starchy elements predominate over the organic salts and they are therefore placed in the carbohydrate group. Among the fruits, the banana corresponds to the potato among the vegetables; it is rich in starchy and saccharine elements but comparatively poor in organic salts.

Nature's Wise Provision

It is interesting to note how, for each season of the year, Nature furnishes the foods and medicines best adapted to changing conditions. In the fall we gather the hardy, nourishing, heat and energy-producing cereals, legumes and nuts, which furnish the fuel materials necessary to do the winter's work and to protect us against the cold. These acid-producing foods, through their tensing, contracting influences, help us to retain the heat of the body; on the other hand they also favor the retention of waste matter and poisons. During the winter season, increased amounts of food, closed doors and windows, pores contracted and closed by the cold, all favor the accumulation of fermentable waste matter in the system.

With the first thaws of springtime these waste materials begin to ferment and to produce fevers, colds

and catarrhs. Nature again provides the proper foods and remedies: lettuce, spinach, radishes, young onions, watercress, rhubarb, asparagus, and other tender, luscious vegetables furnish the best laxatives and diuretics, those which most effectively assist Nature in her spring house cleaning.

In the heat of summer the watery, refreshing and cooling melons, cantaloupes and cucumbers are the most effective agents in relaxing the bowels and the pores of the skin, allowing free evacuation and enhancing heat evaporation through the surface of the body. These delicious summer foods owe their relaxing qualities to the large percentage of alkaline salts which they contain. Their purging effect need not be feared. By cleansing the system of waste matter and poisons this purging prevents dangerous inflammations and fevers.

CHAPTER VIII

STANDARD FOODS

Milk and Arterial Blood the Only Standard Food Combinations in Nature

Animal and human bodies are composed of certain well-defined elements, in certain well-defined proportions. Chemistry so far has discovered seventeen of these elements in appreciable quantities and ascertained their more important functions in the body. If any of these are present in over-abundance, and others are deficient in quantity, or wholly lacking, there will be abnormal function or disease. Therefore, the elements of nutrition must be provided in right proportion in order to meet the needs of the body.

The quest of natural food reformers after a normal, natural diet is hence not so silly and impossible as some people would have us believe.

Many old school food scientists, however, have recognized the desirability and possibility of establishing standard food combinations. But all these authorities, whether they are advocates of the meat, mixed, or vegetarian diet, deal only with proteids, fats, and carbohydrates. This is shown in the following "Standard Daily Rations," given by "regular authorities" on Dietetics on page 616 of Kirk's Physiology. This work is used as a text book in many prominent medical universities in this country.

On the above mentioned page Moleschott gives the following normal diet:

Proteids	120 grammes
Fats	90 grammes
Carbohydrates	333 grammes

Ranke's normal diet, given on the same page, closely resembles Moleschott's:

Proteids	100 grammes
Fats	100 grammes
Carbohydrates	250 grammes

In explanation of these standard food combinations Kirke says: "The nutritive value of the diet depends chiefly upon the amount of carbon and nitrogen it contains." Which means—proteid and carbohydrate foods are the most important.

The leaders of American vegetarianism, building on these old school theories and food standards in making up their vegetarian diet combinations searched principally for substitutes for meat and eggs, that is, for foods rich in proteids, fats and starches. As a consequence, we find that the dietetics of our best known vegetarian sanitariums and food reformers deal only with proteids, fats, and carbohydrates. The daily bulletins giving dietary advice to the patients of these institutions deal with these three proximate food elements only.

All widely advertised breakfast and pre-digested health foods in the market are made up of grains, peas, beans, peanuts, cocoanuts or combinations of these food materials.

Breaking up these natural products of the soil into proximate elements, such as protose, gluten, white flour,

white sugar, etc., and devitalizing them by cooking, steaming and roasting tends to make them more negative than they are already in the natural state.

The proximate elements, proteids, fats, and carbohydrates dealt with in old school dietetics contain six elements only out of the seventeen found in the human body. What about the others—the mineral elements?

Kirke and all other "regular" authorities merely mention these all important mineral elements and bunch them as "inorganic salts," or "ash," and claim that any adequate food supply of proteids, fats, and carbohydrates carries enough of these "inorganic salts" to satisfy the needs of the body.

This assumption, however, is superficial, gratuitous, and altogether unscientific. We shall prove in these articles, and by means of our tabulated analyses, pages 430, 431, that exactly the reverse is true—that the greatest importance in the vital functions of the body attaches to the organic salts or mineral elements; that the only danger lies in the excessive use of proteids, fats, and carbohydrates, and that the difficulty in rational dietetics lies in procuring in the daily dietary, a sufficient amount of **organic mineral salts** without at the same time overloading the system with starchy and nitrogenous elements.

"Regular" authorities also make a mistake in stating their normal diet combinations in weight. This is always misleading, as the amount of food needed by different individuals differs very much in weight. Stuffing food into patients by weight in accordance with "standard rations" has stuffed numbers of them into early graves. An amount of food in weight just sufficient for the needs of one person may prove altogether too much for the next one. The only rational

way to calculate food proportions is by percentages. In order to accomplish this readily it is necessary to establish a standard combination of food elements in such proportions or percentages as will meet all requirements of the human organism.*

Milk was selected by some German scientists as such a standard food combination because Nature made it a perfect food for the new-born and growing animal, and because it is capable of sustaining the growing organism in perfect health and strength. Furthermore, the analyses of Dr. Lahman and other chemists disclose the interesting fact that the elementary composition of the milk of an animal is just about the same as the composition of the ash of its body after cremation.

Milk is indeed a perfect food for the growing animal, but it is not so to be considered for the adult animal or man. The reason for this is that the young and growing animal requires a great deal more of potassium and calcium, the tissue building elements, than the full grown, adult body. On the other hand, the young animal, on account of its greater elasticity, plasticity, and natural activity in play and sports, eliminates waste matter much more readily, and therefore needs less of the eliminative elements than the mature body.

This is indicated by a comparison of the analyses of blood and milk. While milk is richer in the building elements, the blood of the adult animal body is richer in sodium and iron, the positive "working" elements.

* Note.—The first treatise in the English language dealing with the functions of the mineral elements in the body was written by Otto Curqué about nine years ago at the suggestion of Dr. Lindlahr. The latter then treated the subject more fully in the **Nature Cure Magazines**, Volumes 1807-1809.

Careful analysis of the animal body and its functions discloses the fact that the red (arterial) blood of a healthy animal living on natural foods (cattle on green pasture) contains in right proportions the various food elements required by the animal. The reason for this is obvious—the body draws all its nourishment from the red (arterial) blood.

For the above reasons we have chosen milk as a standard food combination for the new born, growing body, and red (arterial) blood as a normal elementary food combination for the fully developed organism, after which to pattern our vegetarian food combinations. We do not mean by the foregoing that people should live on blood, but that the red (arterial) blood of which we speak contains all the normal elementary constituents of a perfect food combination in right proportions for the adult organism, and finds its counterpart in a well-balanced vegetarian diet.

Cow's Milk More Normal Than Human Milk

Our tables also reveal the interesting fact that cow's milk contains much more of the all-important sodium than the human milk and about twice as much calcium and iron, which explains why rachitis is so common among babies and not to be found among calves. We have proved by practical experience that milk fresh from a healthy cow is greatly to be preferred as nourishment for infants to the impoverished milk of scrofulous mothers. In this connection it is also significant to remember that one-half of all "civilized" mothers—thanks to unnatural food, drink, vaccination, and poisonous drugs—are totally incapacitated for nursing their young.

CHAPTER IX

THE MAGNETIC PROPERTIES OF FOOD

What is electricity and magnetism? This question could be answered by saying, "Everything is electricity." One modern scientist never tires of saying, "There is nothing but electrons,"—and electrons are negative particles or charges of electricity.

A few thousand years ago Pythagoras, and many other wise men and mystics of antiquity, claimed that "all matter is made up of three elements, substance (the one primordial substance), motion and numbers." Now, advanced, modern science seems to verify the teachings of the ancient wise men.

The discovery and the study of the X-rays, of radium and radio-activity has revealed the fact that the atoms of all the different kinds of matter are made up of negative charges or particles of electricity, called electrons or corpuscles, which revolve around one another without ever touching,—like the planets in the starry heavens swing around their central suns. These electrical whirls or vortices tear along the ether (primordial substance) like the centripetal force of the eddy tears along the water.

Furthermore, it has been found that the number of the particles of negative electricity (electrons) vibrating in the atom determine the physical qualities of the atom or element. In other words, whether an atom or

element impresses our sensory organs with the physical properties of iron, carbon, hydrogen, oxygen or of any one of the other elements of matter depends upon the number of electrons in the atom and their modes of vibration.

It has been found that the number of electrons or corpuscles in the atom determines its atomic weight. Science, in its wonderful achievement, has gone so far as to count, approximately, the number of electrons in the atoms,—at least, in the lighter ones.

The electrons, or negative charges of electricity in the atom, are accompanied or surrounded by spheres of positive electricity, and the unit of these positive and negative charges of electricity, has been named the "ion."

Thus we find the teachings of the ancient wise men and mystics verified by the discoveries of modern science. The "primordial substance" of Pythagoras is the ether, in various stages of refinement. "Motion" is the oscillation or vibration of the electrons in the atom, and "numbers" is the number of electrons or corpuscles which make up the atom of matter.

It has been found that the electro-magnetically negative atom has more (negative) corpuscles than are necessary to balance its positive electricity, and that the electro-magnetically positive atom has fewer negative corpuscles than are needed to balance its positive sphere of electricity. It is this deficiency or superfluity of negative corpuscles which constitutes positive and negative magnetism or polarity, which causes the desire of the negative atom to equalize its polarity by union with a positive atom. This is what constitutes the chemical affinity, or valency—combining power—of the various atoms or elements of matter. The greater the

surplus in an atom of negative corpuscles, the greater will be its desire or chemical affinity for atoms having a deficiency of negative electrons, or which are, in other words, surcharged with positive electricity.

Therefore, according to the predominance of the positive or negative qualities in force, matter or entity, we speak of them as positive or negative. We learn from the foregoing that the law of polarity is fundamental in Nature. On the activities which it provokes and regulates is built the entire structure of the universe; the cessation of these activities for the fraction of a second would make the universe disappear into nothingness in the flash of a moment.

This fundamental law of Nature has been expressed by the author of "Harmonics of Evolution," in the words, "There is a principle in Nature which impels every entity to seek vibratory correspondence (or equilibrium) with another like entity of opposite polarity."

The swaying to and fro of positive and negative, the desire to balance incomplete polarity, constitutes the very ebb and flow of life. All through Nature, from the most minute to the greatest and most complex, runs this great dividing line between positive and negative.

In the mineral kingdom, polarity manifests in the attraction and repulsion of atoms. In the vegetable, animal and human kingdom polarity, and its electromagnetic properties, become more and more identified with sex. Broadly speaking, the male sex represents the dominant, active, aggressive, positive qualities, and the female sex, the negative, passive, receptive qualities. Individuals exhibit all shades, grades and mixtures of these general sexual characteristics. Attraction between the sexes depends upon the innate ten-

dency and desire to equalize unbalanced or disturbed polarity.

Exaggerated positive or negative conditions physically, mentally, morally, spiritually or psychically tend to create disease on the respective planes of being. Physical disease, as we have explained in other chapters, is always accompanied by a predominance of the electro-magnetically negative elements and forces.

Foods, medicines, suggestions and all other kinds of therapeutic treatment exert on the individual subjected to them a positive or negative influence. It is therefore of the greatest importance that the physician and every one who wishes to live in harmony with Nature's laws should understand this all-important question of magnetic polarity.

Very interesting aspects of this problem have been treated in a thoroughly rational and scientific manner in a remarkable book entitled "The Great Psychological Crime," which is the second volume in the Harmonic Series, published by the Indo-American Book Co., 5705-5711 West Lake St., Chicago.

The anonymous author says on pages 280-281:

"Those who reach the negative condition of mediumship through the process of dietetics alone represent a very considerable number of those who afterwards become known either as mediums or as insane. Diet has its most direct and positive effects upon the purely physical organism of the individual.

"Positive foods and medicines have the general effect of producing positive magnetic conditions within the physical organism. Negative foods, on the other hand, as well as negative medicines, produce the opposite or negative condition of the physical organism.

"Generally speaking, a strictly vegetable diet of any

kind is, comparatively, a magnetically negative diet. While this is a scientific fact, it is also true that vegetables differ very widely in the degree of their positive and negative properties, qualities and effects.

"For instance: As a general proposition, all vegetables which develop under the soil (such as the potato, the turnip, the radish, the carrot and the beet), are the most positive (or least negative) vegetable foods known. Those which grow upon endogenous plants, generally speaking, are second in order. Those which grow upon exogenous trees, with some exceptions, are third in order, while those which grow on vines take rank among the most negative foods. There are exceptions among all these various classes.

"A strictly meat diet is the most positive magnetic diet known. While the meats of different animals possess radically different degrees of positive force and magnetic energy, it is, nevertheless, true that, generally speaking, meats of all kinds are more positive than vegetables.

"With the simple principle of food values in mind it will not be difficult to understand that diet is a most important factor in the development of the positive or negative magnetic condition of the physical organism. In like measure it has its effects upon the relation of the individual to his spiritual environment.

"Solitude has the effect of producing a mentally negative condition. This is because of the natural tendency to mental abstraction which follows from solitude. Man upon the physical plane is eminently a social being. If deprived of the society of his kind his mind involuntarily seeks companionship in the realms of thought. This habit of contemplation without definite purpose produces a psychically negative condition.

"Fasting is, primarily, a purely physical process, although it has a strong reflex action upon the mind also. When the stomach is supplied with food all the organs of the physical body related to the processes of digestion, distribution, assimilation and secretion are in a state of involuntary activity. The physical organism is then busy with the renovating and renewing processes. When, through the process of fasting, all the nutriment supplied to the system has been disposed of, the physical organism has nothing more to do in its own behalf but wait for more food. During this period of waiting the internal organism of the physical body is in a negative or passive condition. It then becomes a magnet which strongly attracts those upon the spiritual plane, and (unless the mind is properly schooled and on guard) opens the door to mediumistic control." (A magnetically negative condition.)

When I first read the above quoted classifications of foods, according to their magnetic properties, the question arose in my mind, What causes the magnetic polarity of foods and their positive or negative influence on body and mind? In the contents of the following chapter I shall endeavor to answer this question.

CHAPTER X

POLARITY OF FOODS AND MEDICINES

Two principal factors determine the positive and negative qualities of foods and medicines:

First, the character and unimpaired activity of the life elements inherent in the foods; second, the contents of the food materials in positive and negative elements.

We shall now consider separately these two factors in polarity.

This interesting subject of polarity, of the positive and negative qualities of foods and medicines, is intimately interwoven with many other problems of dietetics, as for instance, with the **meat** and **protein** question. An understanding of polarity will help us decide whether it is wise to exclude the "dairy products" entirely from the vegetarian dietary.

Many extremists condemn the use of milk, cheese and eggs, insisting that only products of the soil should enter into a vegetarian diet. The fruitarians exclude from their "ideal" diet even those positive vegetables which grow in and near the ground, claiming that these coarsen the body. We have repeatedly called attention to the dangers of such extreme practices.

The Proteid Question

About sixty years ago, Justus von Liebich, the great German chemist, called attention to the fact that the

fleshy tissues of the animal and human body consist almost entirely of proteid material. The medical profession at once jumped to the conclusion that in order to "build up" the human body, large amounts of proteid foods must be taken. This erroneous assumption is still ruling the dietetics of orthodox medicine. The discoveries and resulting theories of J. von Liebich seemed to find confirmation in the diet statistics gathered by prominent physicians.

Prof. Voit, of Munchen, found that the average daily dietary of the working people contained 118 grams proteid, 50 grams fat and 500 grams of hydrocarbonates. He and the medical profession took it for granted that because this was the composition of the average diet, it must also be the right one. They did not stop to consider that people in general might be living on abnormal diet combinations, though the fact that disease is almost universal and health the exception might furnish reason for thinking that something was wrong with dietetic habits.

The proteid advocates should also consider that animals in freedom and on pasture build their splendid bodies on nutritious grasses, which are exceedingly poor in proteids. Milk also, which Nature has provided as a perfect food for the growing animal and infant, contains a very low percentage of proteid; while meat contains from 20 to 25 per cent of nitrogenous elements, milk contains only about 4 per cent.

Proteid being essentially a tissue-building material, one would think that the young and growing animal, while building new tissues, would require much more proteid than the adult. The latest revelations of chemical analyses and physiological experiments show that in the adult only 4 per cent of the daily food is used

for tissue-building, while 96 per cent is required for the production of heat and energy.

Instead of being the most desirable food element, we have learned that proteids are the danger foods, that in the digestive processes they produce the poisonous acids and alkaloids, which are the underlying causes of the majority of human ailments.

These facts have induced vegetarians as a class and many diet reformers among physicians to become the bitter enemies of proteid and to run into the extreme of proteid starvation. By many of these extremists, proteid foods of all forms are avoided and, as suggested above, even the dairy products tabooed.

They must admit, however, that proteid foods, especially of the animal varieties, create more heat and energy in the system, measured in calories, than the vegetable carbohydrates (starches and sugars) despite the fact that proteids are tissue builders rather than heat producers.

Rubner, the German food chemist, calls this extraordinary display of energy "the specific dynamic effect of proteid." He and other scientists try to explain this by saying that the display of energy incident upon the assimilation of proteid food marks the effort of vital force to break down and burn up the waste products of proteid materials. They distinctly claim animal proteid contains much less inherent heat-and-energy-producing qualities than the vegetable proteid and carbohydrates. They assume that all the heat and energy in the animal and human body is derived from the sun energy, stored up in the vegetable kingdom. In the plants, they say, we eat "sun energy."

In order to avoid misrepresentation and to give a fair idea of these representatives of extreme vegetari-

anism, I shall translate as closely as possible, some passages from a work of Dr. M. Bircher-Benner, entitled, "Grundzüge der Ernährungs-Therapie."

Beginning on page 25 he says: "This transformation of sunlight into chemical energy takes place in those vegetable cells which contain chlorophyll. (Chlorophyll is the element which imparts the green color to fruits and vegetables.) What we call proteid, starches and fats, are merely different forms of sun energy transformed into chemical energy, and these foodstuffs contain nothing more than sun energy when we consume them in flesh foods.

(We shall prove later on that the assumption expressed in the preceding paragraph is erroneous, that something more than sun energy is stored in the tissues of animal bodies.—Ed.)

"What happens in the vegetable cell? Out of the air, the plant absorbs carbon dioxide. This is a combination of one part carbon and two parts oxygen. To part these elements requires a great expenditure of energy and this work of separation is performed by light or sun energy. The oxygen, which has been torn away from the carbon, escapes into the air and serves as food for the animal and human kingdoms, while the carbon in the plant enters into combination with other elements absorbed from the earth and from the air.

(These newly formed molecules absorb a great deal of the light, heat and energy which have been used in their formation, just as the ice molecule in its formation absorbs cold. This heat or cold which has become latent in the plant or ice molecule is liberated again when the plant is consumed by fire or when the ice is melted by warmth.—Ed.)

"Oxydation is nothing else than the reunion of car-

bon in the plant molecule with the oxygen of the air. Result, carbon dioxide, which again serves as food for plants.

"Sun energy also causes the separation of water into hydrogen and oxygen and this also involves a great expenditure of energy, part of which becomes latent in the newly formed molecules of the vegetable cell. When in the digestive processes, carbon and oxygen, which had been parted in the formation of the vegetable molecule, again unite, energy is liberated. This storage of energy during the building up processes (anabolism) and the liberation of it in the tearing down processes (catabolism) resembles the accumulation of energy in the wound spring and its liberation while unwinding.

"On the other hand accumulation of sun energy takes place in the plant through the combination of carbon with nitrogen and hydrogen. These elements strongly oppose union, but sun energy binds them together. This opposition between nitrogen and carbon is so great that artificially it can be overcome only in the highest known temperatures created in the electric light arc. (Just as it takes a great deal of heat to unite two pieces of steel.—Ed.'s Note.)

"What enormous amounts of energy must be stored in these nitrogen-carbon-hydrogen-combinations is indicated by the fact that the most powerful explosives, acetylene, dynamite and nitro-glycerine, are combinations of these elements. (This explains the "specific dynamic force" of proteid, for the basic element of proteids is nitrogen.—Ed.'s Note.)

"Thus, we see how streams of energy, which the sun sends to our earth, are transmuted into chemical energy; then food is sun energy, and living beings are indeed children of the sun.

"In the vegetable kingdom only, the springs are wound which drive the mechanism of life. Vegetarians derive their energy direct from Nature, while meat-eaters obtain energy indirectly and in a weakened form."

All this reasoning seems plausible and has served well the advocates of a strictly vegetarian diet, but unfortunately for the learned doctor as well as for his ultra vegetarian and materialistic friends their arguments are based on false premises and therefore untenable.

The fallacy of their reasoning is due to the fact that the energies at work in the vegetable kingdom are not, by any means, the highest expression of force on this planet.

On the contrary, the vital forces animating our planetary body manifest in four differing ranges or ratios of vibratory activity.

This explains why there is a quality of energy in animal food which cannot be derived from vegetable food, and this something is the animal life principle, animal magnetism, or in other words, a higher and more refined range of vibratory activity than those animating the lower kingdoms.

Polarity and the Life Elements

In every higher sphere, matter is made to vibrate to higher ratios of vibratory motion and moulded into compounds of increasing complexity.

Four distinct life elements or "ranges of vibration" control the four great kingdoms of life. The lowest plane is controlled by the electro-magnetic life principle; the next higher or vegetable kingdom by the

vito-chemical life element; the still higher animal kingdom is animated by the spiritual or animal life element, and the highest or human plane by the soul life element.

On the lowest plane, the electro-magnetic life element binds together the atoms into the simple inorganic compounds of the mineral plane.

In the vegetable kingdom, the vito-chemical life element, by the aid of sun energy, builds up the simple compounds of minerals and water into the refined and complex living molecules of organic vegetable matter.

The elements of earth, air (sun), fire and water thus organized or made alive in the vegetable cell by the vito-chemical life element furnish the foods for the next higher animal and human planes.

The spiritual life element governing the animal kingdom seizes upon the living matter of the vegetable plane and refines, organizes and vivifies it to still higher potencies of vital force and creative energy.

To recapitulate, the four great kingdoms of earth life are animated and governed by four distinct life elements which are equivalent to progressively higher and more refined ranges of vibratory activity. Increase of vibratory activity means increase of kinetic or working energy.

These facts in natural science explain why, in every higher kingdom, molecules become more complex and possessed of greater potential energy. Since the building of atoms into molecules involves the absorption of the energy which builds into that which it is building, every additional atom in the molecule means additional inherent energy.

We can now understand why Dr. B. B. says on page 47: "In the third chapter, we have discussed the different forms of energy and the laws which govern them. Having studied the transmutation of sun energy into vegetable substance, we understand the meaning of the sentence, 'Therefore, in plants we eat sun energy.' Without hesitancy we may add to this that in flesh food also we eat sun energy, **for the animal body builds itself from animal food without measurable additions of new forms of energy.** The foods of man are derived from the narrow confines of the vegetable and animal kingdom and are transformed sun energy and chemical energy."

Still he finds himself confronted by the fact that animal proteid when taken as food, creates in the human organism an extraordinary amount of heat and energy, much more than equal amounts of starches and carbohydrates, in spite of the fact that proteid is looked upon rather as tissue building material than as a heat and energy producer.

The doctor tries to explain this discrepancy between theory and actual fact in an ingenious manner. On page 37, he claims, "That the extraordinary manifestation of heat and energy following the injection of proteid is not due to the potential energy of the proteid, but that it represents the energy expended by the organism in its endeavor to oxydize and remove proteid waste matter."

Food analysis proves, however, that animal protein, fat and carbohydrates rank higher in digestibility and fuel value, measured in calories, per pound, than the same food elements taken from the vegetable kingdom. In making these calculations it must be taken into consideration that animal foods contain much

more water than cereals, nuts and legumes. The figures must be based on water-free protein fats and carbohydrates.

A calorie is the amount of heat which would raise the temperature of one kilogram of water 1° C. or, what is nearly the same thing, one pound of water 4° F.

The superior fuel value of animal foods flatly contradicts the position of Dr. B. B. and others who claim they are devitalized food products, created by secondary sun forces liberated in animal bodies by the digestion of vegetable food products.

Our knowledge of the four life elements solves the problem and explains why animal food should possess greater values in heat and energy and why it should have a more tonic effect on the human organism than purely vegetable products.

From the trend of this article it does not follow that we advocate a meat diet. We resort to flesh foods only in cases of extreme physical and mental negativity, in order to build up the positive animal qualities which have become depleted, below the normal. In such cases, we have frequently found meat of considerable value.

For the reasons brought forth in this chapter, we do advocate, in the daily dietary, a liberal use of the dairy products. In the food products of the live animal, we partake of the kinetic energy of the animal life element without consuming at the same time the poisonous waste matter of the animal carcass.

What we commonly call animal magnetism is the spiritual life element permeating and animating the animal kingdom. This subtle but potent force, which is absent in the products of the vegetable kingdom, is

presented to us in the most available form, unimpaired by cooking, in the dairy products.

The Second Factor of Positive Polarity

The second factor in the causation of positive and negative polarity of foods and medicines lies in their contents or percentages of positive and negative elements. Aside from the influence of the life elements, the positivity of a certain food or medicine depends upon its richness in the positive, alkaline mineral elements, in the live organic (vitamine) form. The percentages of the positive and negative elements in the principal foods and food classes are shown in the "Table of Food Analysis," on pages 430 and 431, of this volume. A study of this table confirms what we have constantly asserted and reiterated in this volume, namely, that the first four groups of our food classification, the starches, sugars, fats and proteins, are made up entirely of electro-magnetically negative, acid-producing elements, and are therefore negative, and disease-producing in their effects upon the human body, while the fruits, vegetables and other food products of the fifth (mineral) group are exceedingly rich in the positive mineral elements and poor in the negative acid-forming elements, and therefore have a positive, health-producing effect upon the system.

We will now consider in how far "positiveness" and "normal function" are dependent on the positive mineral salts in food and drink.

Iron

Iron in the form of hemoglobin is all-important as a carrier of oxygen from the lungs into the tissues of

the body. Combustion is impossible without oxygen, and digestion is a slow process of combustion. Without combustion there can be no heat production nor any cremation and elimination of waste products. Furthermore, it has been discovered that iron and other minerals moving rapidly in a salty solution (sodium-chlorid in the blood) produce electric and magnetic currents. Therefore is iron one of the most important positive working elements in the body.

Sodium

Carbon, oxygen, hydrogen and nitrogen are the four unstable, negative, gaseous elements in the human body. Three of these—carbon, oxygen and hydrogen —make up the various fuel materials, such as fats, oils, starches and sugars. They are to the body what coal is to the furnace; they liberate heat and energy. Similar to coal, they give off, in the process of combustion, a great deal of carbonic acid or carbon-dioxide (CO_2), and if this poisonous gas is allowed to accumulate it will extinguish the fire in the furnace or the life in the body.

Largely on sodium, a positive alkaline mineral element, depends the elimination from the body of the carbon-dioxide. It accomplishes this in the following manner: Sodium circulates in the body as di-sodium phosphate; that is, in molecules which contain one atom of phosphorus to two atoms of sodium. This combination, however, is a loose one. One atom of sodium to one of phosphorus forms a stable union, but the second atom of sodium is only a loose addition. As soon as this unstable sodium atom finds a more powerful attraction it leaves the phosphorus and joins the

stronger affinity. Such an affinity for sodium is carbon-dioxide (CO_2).

These two, when they meet in the blood, form sodium-carbonate, but this union also is not a true and lasting one, for when the pair reach the lungs, the airy CO_2 deserts its mate and passes through expiration into the open air. The sodium now reunites with its old friend phosphorus, but on its travels back into the body, repeats the same trick when it meets again with CO_2.

Thus are enacted down at the very foundation of this universe, in the world of atoms, the loves, affinities, unions and separations, satisfactions and tragedies of the loves and hatreds of human beings.

If sodium is lacking in the blood, CO_2 accumulates and gradually asphyxiates the processes of combustion on which depend digestion, reduction of waste and heat production. This becomes visible outwardly by loss of appetite, malnutrition, loss of weight, coldness of hands and feet, blue color of lips, nails and skin; in fact, by the prominent symptoms of anemia, pernicious anemia and consumption.

In other cases partial oxydation of food materials and waste products, under the influence of carbon-dioxide poisoning, causes fatty degeneration. The food materials, instead of being turned into heat and energy, are changed into fatty deposits.

Just as insufficient draft in the furnace turns coal into partially consumed clinkers, so in the body partial combustion turns the starchy foods into fat, instead of reducing them into heat and energy. Therefore it happens that the excessive consumption of starchy food, lack of exercise and fresh air, causes fatty degeneration. People thus afflicted often complain: "I eat so little, yet everything seems to turn into fat." This

is literally true for the reason just stated. The cure in such cases consists in prompt elimination of the carbon-dioxide and better oxydation, by increased muscular activity, by fresh air, deep breathing and by the increased consumption of sodium in the organic form, in fruits and vegetables.

Thus we are presented with the paradoxical fact that carbonic acid poisoning may cause, according to individual constitutional peculiarities, in one person, destruction of tissues by pernicious anemia or tuberculosis, and in another person an excess of fatty deposits. In fact, many cases of tuberculosis are preceded by fatty degeneration. This connection between the two is now plain. The element, lithium, though present in the body in small quantities only, performs similar acid-binding and eliminating functions to those of sodium.

Calcium (Lime)

Lime, in connection with silicon, phosphorus and magnesium makes up over 50 per cent of the bony structures of the body; it imparts textile strength to all the tissues. If lime, silicon and magnesium are lacking in the daily dietary, rachitis and scorbutic diseases, scrofula, tendency to bleeding (hæmophelia), osteomalecia, decay of teeth and diseases of the hair will be the inevitable results. Like other positive alkaline mineral elements, it also serves as a neutralizer and eliminator of poisonous acids. The action of

Magnesium,

another one of the alkaline elements, is similar to that of sodium and lime as an eliminator of destructive acids. It is also concerned in the production of electro-magnetic currents in the blood.

The Relationship of Positive Alkaline Salts to Negative Proteid Materials

All proteid foods are composed of the unstable negative gaseous elements, carbon, oxygen, hydrogen, nitrogen, and of the negative earthy elements, phosphorus and sulphur. Being very rich in acid-producing nitrogen, phosphorus and sulphur, these foods form in the processes of digestion a great deal of uric, phosphoric and sulphuric acids. These acids, if not promptly neutralized by the positive alkaline mineral bases (especially sodium), accumulate in the system and actually destroy the living tissues. To make this clearer, for instance, if sodium is lacking in the blood, the destructive acids satisfy their chemical desire or affinity for alkaline elements by leeching them from bones and muscles, and thereby cause the weakening and breaking down of these tissues.

This fact is strikingly illustrated in the English "Banting Cure" for the reduction of fat and flesh. This regime consists mainly of an excessive lean meat diet with the exclusion of fats, starchy foods and sugar. Such a purely proteid diet produces large amounts of uric and sulphuric acids and is deficient in the acid-binding alkaline bases (sodium and magnesium); the acids, therefore, break down and destroy not only the fat, but also the muscular tissues. Reduction of fat and flesh by such means, however, is a destructive disease process. This explains why people undergoing such cures become weak and nervous and develop various forms of uric acid diseases, such as rheumatism, heart disease, calculi (stones) in kidneys, bladder, etc.

We can now understand why people living almost

exclusively on "strengthening" meats and eggs grow livid and thin, while the emigrant peasant girl, reared on coarse bread, roots and vegetables, is plump and strong, and why she loses her milk-and-blood complexion after a few years of American "high living."

Potassium

This positive, alkaline mineral element serves also as a neutralizer and eliminator of acids, alkaloids and ptomaines. It is to the muscular tissues what lime is to the bony structures, that is, it forms the solid basis of the fleshy tissues, and imparts to them textile strength.

This brief survey of the positive mineral elements and their functions in the body now explains why foods rich in these "organic salts" exert a positive influence on the human organism and its functions.

It is apparent now why an excess of proteid and starchy foods in the daily dietary and a simultaneous shortage of mineral salts will inevitably clog the system with waste matter and destructive, poisonous acids, alkaloids and ptomaines.

CHAPTER XI

CLASSIFICATION OF FOODS ACCORDING TO THEIR ELECTRO-MAGNETIC QUALITIES

(See diagrams on pages 430-431.)

CLASS I

Animal Foods—Positive

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom); Animal (animal kingdom).

Milk and Red, Arterial Blood—The Only Normal (Standard) Food Combinations in Nature

Properties: Flesh Building; Blood, Bone and Nerve Building; Heating, Acid-Binding and Eliminating.

Milk and red blood are electro-magnetically positive foods because, in addition to the mineral and vegetable life elements, they are animated by the animal life element and because, in proportion to the negative elements, they contain fairly large amounts of positive mineral elements.

Eggs

Properties: Heating; Flesh Building; Acid-Forming.

Eggs contain large amounts of highly organized fats and proteid materials and, in proportion to these, run rather low in the positive mineral elements, especially in the important acid binding sodium. They therefore

ANALYTICAL FOOD TABLE

Qualitative and Quantitative Analysis of the Principal Food Products and Classification According to Their Electro-Magnetic Qualities

I	II	III	IV		V	VI	VII	
		Negative, gaseous						
		Parts per 100						
STANDARD FOODS	Water parts per 100	Nitrogenous food elements C. O. H. N. P. S.	Carbohydrates and Hydrocarbons C. O. H. Fats Oils	Carbohydrates and Hydrocarbons C. O. H. Sugars Starches Dextrine	Totals per 100 of the negative elements in the proteid and carbo-hydrate foods in columns III and IV	Percentage of positive mineral alkaline elements in water free Materials, viz.: Potassium, Sodium, Iron, Lime, Magnesium	Calories—Heat producing units per pound	Classification of foods into positive and negative classes according to the nature of the life elements and according to the totals of positive and negative elements in columns V and VI. Column VII gives the calories or heat producing units per pound.
Human Milk	87.02	2.36	3.94	6.26	12.56	3.54	320	**Class I. Animal Foods**
Cow's Milk	87.42	3.55	3.70	4.88	12.13	4.70	310	Positive.
Eggs	73.67	12.50	12.10	0.55	25.15	2.73	670	Animal life element.
Ox Blood	80 82	18.12	0.18	0.03	18.33	3.15	.....	Building.
Lean Beef	72.00	20.00	5.00	0.40	25.40	3.72	1013	Heating, acid producing.
Sea Fish	80.97	17.07	0.34	1.64	19 05	6.59	800	
Tomatoes	94.30	0.90	0.40	3.90	5.20	5.06	105	**Class II. Vegetables**
Dandelions	81.40	2.40	1.00	10.60	14.00	20.30	300	Positive.
Savoy-Kale	87.09	3.31	0.71	6.02	10.04	11.27	110	Vito-chemical life element.
Cabbage	89.97	1.89	0.20	4.87	6.96	10.40	115	Acid binding, eliminating.
Spinach	88.47	2.49	0.58	4.44	7.51	14.22	90	
Cauliflower	90.89	2.48	0.34	4.55	7.37	9.57	160	
Asparagus	93.75	1.79	0.25	2.63	4.67	7.22	125	
Lettuce	94.33	1.41	0.31	2.19	2.91	19.66	60	
Carrots	87.05	1.92	0.11	7.43	9.46	7.11	225	
Radishes	93.34	1.23	0.15	3.75	5.13	11.60	75	
Cucumbers	95.60	1.02	0.09	2.28	3.37	10.54	65	
Potatoes	75.48	1.95	0.15	20.72	22.82	5.83	305	Grown on impoverished soil.
Potatoes	75.00	2.08	0.15	21.00	22.13	12.95		Grown on mineral soil.

Huckleberries	78.00	.....	0.78	5.09	5.87	7.20	360	**Class III. Berries**
Blackberries	86.41	0.53	.....	4.44	4.97	3.10	300	Positive.
Gooseberries	85.74	0.47	.....	8.00	8.90	3.19	205	Vito-chemical life element.
Strawberries	87.66	0.54	0.45	7.29	8.28	5.89	160	Acid binding, eliminating.
Oranges	85.04	0.80	.....	4.50	5.30	5.03	235	**Class IV. Juicy Fruits**
Apples	84.79	0.36	.....	12.34	12.70	3.69	305	Positive.
Plums	84.86	0.40	.....	8.24	8.64	4.66	390	Vito-chemical life element.
Peaches	84.00	0.65	0.90	11.90	13.45	2.33	215	Acid binding, eliminating.
Cherries	79.82	0.67	.....	12.00	12.67	4.18	360	
Dates	37.00	3.10	0.50	56.00	59.60	1.50	1175	**Class V. Sweet Fruits**
Figs	17.50	1.34	1.28	69.00	71.62	4.57	1305	Medium positive.
Grapes	78.17	0.59	.....	26.32	26.91	3.26	380	Vito-chemical life element.
Olives	30.07	5.24	51.90	28.00	85.14	5.94	2600	Heating, building, acid eliminating.
Olive Oil	.....	.....	100.00	.....	100.00	.....	4210	
Bananas	48.60	1.02	0.50	13.40	14.92	4.20	650	
Raisins	13.10	2.50	3.00	67.40	72.90	7.11	1280	
Walnuts	4.08	16.37	62.86	7.89	87.12	1.86	1300	**Class VI. Nuts**
Cocoanuts	46.64	5 49	35.93	.....	41.42	2.84	1210	Negative.
Almonds	6.00	23.50	33.06	10.90	67.46	2.74	1480	Vito-chemical life element.
Peanuts	6.9	19.70	30.40	20.60	70.70	3.10	1710	Heating, building, acid forming.
Lentils	12.35	25.70	1.89	53.46	81.05	3.25	1410	**Class VII. Legumes**
Beans	14.76	24.27	1.61	49.01	74.89	3.70	1540	Very negative.
Peas	14.99	22.85	1.79	52.36	77.00	3.05	1560	Vito-chemical life element. Heating, building, very acid producing.
Whole Wheat	13.65	12.35	1.75	67.90	82.00	1.88	1655	**Class VIII. Grains**
White Wheat Flour	13.40	10.40	1.20	69.40	81.00	.46	1640	Very negative.
Unpolished Rice	13.11	7.85	0.88	76.50	85.23	1.04	1630	Vito-chemical life element.
Polished Rice	12.55	6.94	0.51	77.61	85.06	0.26	1630	Heating, building, very acid producing.

tend to produce, in the processes of digestion, large amounts of acids, alkaloids, ptomaines and noxious gases. This explains why "stuffing" with eggs fails to cure consumption. This disease, as well as other wasting diseases, is made more incurable by unnatural food stuffing and by poisonous drugs.

Storage eggs are especially prone to the formation of ptomaine poisoning.

Though low in positive mineral elements, eggs are classed as positive because they are animated by the animal life element. They should be used sparingly, and always in conjunction with foods belonging to Group V (mineral elements).

Flesh Foods

Properties: Heating; Flesh Building; Acid-Forming.

Comparative analyses of blood and the muscular parts of animals disclose the fact that, while blood is rich in sodium and iron, bloodless meat (boiled or roasted, as it is usually eaten) is very deficient in these elements and therefore negative and acid-producing. Potassium, the principal mineral element in meat, serves as a solid basis for the unstable proteid materials of which flesh is composed. Meat-eaters, therefore, in order to be consistent, should, like carniverous animals and primitive races, consume the blood as well as the flesh. The organic salts lacking in cooked meat have to be supplanted by the inorganic mineral table salt—hence the craving of the meat-eater for salt.

The flesh of sea fish, living in water saturated with positive mineral elements (iron, lime, sodium, lithium, chloride, magnesium, etc.), is richer in alkaline mineral

elements, and therefore more positive, than that of fresh water fish and the meat of land animals.

Dr. Lahman and others mention the fact that the flesh of wild animals is much richer in organic salts than that of domestic animals, which is easily explained when we consider that wild animals live on nutritious, uncultivated grasses, rich in mineral salts, while domestic animals are raised and fattened only too often on distillery, brewery and kitchen slops, or other devitalized food materials deprived of their mineral elements.

CLASS II

Leafy, Juicy Vegetables which Grow In and Near the Ground—Positive

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Blood, Bone and Nerve Building; Acid-Binding and Eliminating; Medicinal Qualities.

A survey of our analytical table (pages 430-431) shows that the foods belonging to this group are much richer in the positive mineral salts than the animal foods; still, vegetables are not as positive in their effects upon the human body as the animal foods because they are animated by a lower (vito chemical) life element. However, they are all-important for the maintenance of health, because their positive alkaline mineral elements are the most effective neutralizers and eliminators of the poisonous acids, alkaloids and ptomaines produced by the ingestion and digestion of animal foods.

The highly nitrogenous meat diet is not nearly so harmful when properly combined with a liberal amount of green vegetables, as is customary in European coun-

tries. It is the all-meat-potato-white-bread-coffee-and-pie American diet which makes for the prevalence of uric acid diseases, indigestion, constipation, appendicitis, cancer and nervous ailments. The foods belonging to this group, on account of their great richness in the positive, alkaline, mineral elements are the real blood, bone and nerve builders, as explained in other chapters.

Roots and Tubers

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating; Blood, Bone and Nerve Building; Flesh Building; Acid-Binding and Eliminating.

Carrots and beets are very rich in dextroses and glucoses, which, next to the fruit sugars, are the purest and finest of natural sugars. They are therefore valuable fuel materials. Most of the roots run rather low in starches and proteids, but high in the positive, alkaline mineral elements, which makes them good antidotes to the poisonous acids, alkaloids and ptomaines produced by the highly nitrogenous animal, leguminous and cereal foods.

Some of the roots have valuable medicinal qualities, as explained in Chapter III (pages 25 and 26).

Potatoes run low in proteids (about 2 per cent), but fairly high in starches (about 20 to 25 per cent). Our analytical table shows that they are not nearly as rich in these elements as the cereals. However, they rank higher than the cereals in the positive mineral elements, especially in lime and potassium. It is probably for this reason that they are so well liked by children who need a great deal of these tissue-building elements.

CLASS III

Berries—Positive

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating (according to their contents in sugars); Blood, Bone and Nerve Building; Acid-Binding and Eliminating; Medicinal Qualities.

Berries, in general, run very high in the positive mineral elements and very low in the negative starches and proteids. Some of them, like the blackberries, raspberries, blueberries and huckleberries, are rich in highly organized fruit sugars. Their juices contain valuable medicinal elements. They are animated by the vito-chemical life element.

Because they are comparatively much richer in the positive alkaline mineral elements than in the negative elements of the first four groups they are classed as electro-magnetically positive in their effects upon the human body.

CLASS IV

Juicy Fruits—Positive

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating (according to their contents in sugars); Blood, Bone and Nerve Building; Acid-Binding and Eliminating; Medicinal Qualities.

To this group belong all the hardy acid and sub-acid fruits, such as lemons, oranges, grapefruit, tangerines, peaches, apples, plums, pears, cherries, pineapples, etc. The foods of this group are animated by the vito-chemical life element. They run from medium high to high in the positive mineral elements and very low in the negative starches and proteids. They also exert a posi-

tive influence on the organism because they are natural laxatives, cholagogues, purifiers and antiseptics. Their natural sugars are the most easily combustible of all heat and energy producing foods. They are therefore the finest natural tonics and stimulants. Distilled in Nature's own laboratory, their juices are absolutely pure and the most delicious drinks for man—they are indeed the nectar of the gods.

CLASS V

Sweet Alkaline Fruits—Medium Positive

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating (according to their contents in sugars); Blood, Bone and Nerve Building; Acid-Binding and Eliminating; Medicinal Qualities.

To this group belong the melon family, cucumbers and grapes. The foods of this group rank fairly high in the positive alkaline mineral elements and very low in the negative starches and proteids, but they contain large amounts of fruit sugars, which are magnetically negative. Therefore, we rank them as medium positive. The juices of these fruits have highly medicinal qualities. They are splendid natural laxatives and purifiers. Their highly organized sugars are the richest of fuel materials and natural stimulants and tonics.

Figs and dates may also be placed in this class, as they are similar in their electro-magnetic and medicinal qualities to the foods of this group.

CLASS VI

Nuts—Negative

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating; Flesh Building; Acid Forming.

A glance at our analytical table tells us why these foods are negative. They are exceedingly rich in proteids, fats and carbohydrates, but rank very low in positive organic salts. This explains why "nuts crave salt;" why so many people find nuts "indigestible;" why the "Fruits and Nuts" idealists run physically and mentally into negative conditions.

CLASS VII

Legumes—Negative

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating; Flesh Building; Acid-Forming.

Our tables show that the foods of this group run very low in positive mineral elements, while they are exceedingly rich in the negative, starchy and protcid elements. In other words, they are very rich in the acid-producing starches and proteids and very poor in the acid-binding and eliminating alkaline mineral elements. Therefore, if not properly combined with adequate amounts of juicy fruits and green vegetables, they may become as dangerous to health as meats.

CLASS VIII

Grains—Negative

Life Elements: Electro-magnetic (mineral kingdom); Vito-chemical (vegetable kingdom).

Properties: Heating; Flesh Building; Acid-Forming.

All grains are exceedingly negative. While they contain large amounts of proteid and starchy mate-

rials, they are very poor in the positive mineral salts, and what little they possess of these important elements is stored in the hulls and in the dark outer layers. In order to comply with the popular demand for white flour and rice, these outer layers are removed in the milling processes, and thus the grains and rice are robbed of the most valuable blood and bone-making elements. Bran and rice polish are therefore exceedingly rich in mineral salts and very valuable foods for our domestic animals. The latter wax strong and fat on the "refuse" of the mills, rich in organic salts, while the farmer grows thin and dyspeptic on his "fine white flour." Oriental nations use unpolished rice, which is much richer in flavor and better fitted to sustain life than our refined but impoverished mill products. On pages 12 and 13 we have explained how the refining and polishing robs the grains and rice of their vitamines.

Conclusions

Let us see now whether, after this brief survey of our food tables we can explain some of the mysteries and perplexities of dietetics. We can understand now why our American vegetarians, living largely upon devitalized leguminous and grain products, with a liberal allowance of nuts, peanuts and olive oil, often fare worse than people living on the mixed diet, and become "warning examples" to the meat-eaters.

Highly dangerous to those who are already negative and sensitive is also the "fruit and nut" diet. It is only a naturally very positive "animal" constitution that can afford to live on such a negative and highly refining diet. Many "fruit and nut" enthusiasts expressly exclude from their dietary all things growing

in and under the ground, and the dairy products, "because they are coarsening and tend to develop the animal nature." They forget, in their endeavor to make, by the diet route, short cuts to masterhood and Godhood, that in these strenuous physical, material surroundings we need in our daily business a considerable amount of the positive animal magnetic qualities.

Negative food combinations, excessive fasting, concentrating in the silence, yogi breathing exercises, subjective psychism and other subjective practices lead many misguided idealists and enthusiasts into physical and mental breakdown and not a few into abnormal psychism, obsession, and insanity.

It is a pity that so many fake occultists use the pure and simple teachings of common-sense German "Nature Cure" as a bait and a cloak for pernicious mystical pretensions.

These charlatans know full well that people are so hungry for the simple truths and efficient methods of Nature Cure that they will swallow with them any amount of dangerous occult impositions.

A look at the mineral constituents of grain and rice answers effectively the common argument of the anti-vegetarian, "Look at your vegetarian nations in the Orient, the Hindoos and Chinese. Would you lower us to their physical and mental level by the adoption of a vegetarian diet?"

Grains and rice rank lowest in the scale of negative foods, and it is therefore no wonder that people living almost exclusively on these staples should be subnormal physically and mentally. No wonder they are no match for the bloody beefsteak-consuming Briton and German.

A rational vegetarian diet properly combined, consisting of dairy products, the positive vegetables, and the medium positive fruits, with just enough of starchy and proteid foods to supply the needs of the body for tissue building and fuel materials, will be found to be an ideal diet, fully sufficient to sustain health and strength under the most trying circumstances.

We admit that there are cases of physical and nervous breakdown in which magnetic conditions have become so negative that a meat diet is, at least temporarily, of great advantage to supply the lack of animal magnetism. The animal magnetism attached to flesh foods, however, is only borrowed, and is contaminated by the poisonous waste matter of the dead animal carcass. Therefore, we have seen people cured by the Salisbury raw meat diet, out of nervous prostration into rheumatism, heart disease, calculi in kidneys and bladder, and into other uric acid diseases.

Nature Cure follows a wiser plan. By its stimulating methods of natural treatment and eliminating yet positive vegetarian diet, it puts the organism of the patient in such condition that it can generate its own positive magnetic forces.

CHAPTER XII

THE PSYCHOLOGY OF DIGESTION

All that we can do is to give the general outlines of food selection; the details and individual application must be worked out personally. No two organisms are just alike, and their requirements of food and drink differ in quantity and quality from day to day, especially in times of healing crises, under Nature Cure treatment. As the system changes, as the morbid materials are eliminated and new and normal tissues elaborated, the demands of the organism for certain food elements constantly change. Always, however, within the well-defined limits of natural food selection.

Sometimes, for weeks, the patient will live almost entirely on celery and cabbage slaw; then he may develop a craving for tomatoes or carrots; again he may exhibit a strong desire for certain fruits or nuts.

We always advise our patients to satisfy these cravings, which are especially peculiar to pregnancy and to periods of healing crises. They usually indicate a special need of the system for certain elements contained in these foods.

Caprice and false appetite, however, must not be mistaken for "natural craving," and even the latter should not be encouraged nor satisfied continually unless it falls within the limits of natural food selection.

Frequently, when we outline our system of dietetics to a new patient he exclaims in horror, "Why, I could not possibly eat this or that; it would kill me," or the

complaint is, "I like those vegetables, but they do not like me; they cause great distress. Must I eat them in spite of this?"

"No," we answer, "if such is the case, do not use them for the present; you probably will use them after a while. Select at first, within the right limits, those fruits and vegetables which agree with you. As your digestive organs become more normal you will add to your dietary, one after another, the luscious fruits and vegetables which now invariably cause pain, noxious gases and other symptoms of fermentation and indigestion."

Present disease conditions were caused by a lack of these foods and the organic salts which they contain. A permanent cure can be produced only by the gradual adoption of the acid solving and acid binding foods, even if temporarily they create a commotion in the heavily encumbered organs and tissues.

A thorough house-cleaning makes the dirt fly, and a thorough body cleansing in like manner stirs the poisons from their lairs, throws them into the circulation and brings them in contact with the living tissues, thus producing the acute aggravations of healing crises. But as we cannot have a clean house to live in without an occasional scouring so we cannot have a clean body without an occasional healing crisis. When you begin to live on a natural diet, never mind the unpleasant disturbances, the capricious and alternating diarrhœas and constipations; they all belong to the game of house-cleaning and renovating.

These changes and crises in the physical body are usually accompanied by great mental depression, nervousness, irritability and melancholia. The old things are passing away and the new are coming in. It is the

"vastation" of the old and the generation of the new man. Hence the queer feeling of "goneness," of "being lost" and "homesickness" so often described by our patients in times of healing crises.

Idiosyncrasies

Idiosyncrasies are peculiar habits of body and mind. Most individuals exhibit some idiosyncrasy of eating. They cannot eat certain wholesome foods: one cannot eat an apple, another has an abhorrence for bread, still another becomes nauseated when eating sweets.

Some of these peculiar traits are congenital and due to prenatal influences; others are caused by eating too much or too often of a certain kind of food. Sometimes they are due to mental or psychic neuroses; in other instances disease conditions in the body revolt against a certain food or foods and create the idiosyncrasy.

Whatever the cause of these annoying dislikes and antipathies they can be overcome by improving the general condition of the organism—of the digestive organs in particular—and by auto-suggestion.

Every evening before falling asleep, dwell upon the thought that the particular food which in the past has annoyed or distressed you, henceforth will perfectly agree with you. Say to yourself, "It is a good, wholesome and beautiful food; it contains valuable elements of nutrition which I need in the economy of my body. There is no reason why I should not eat it. I will not allow my subconscious mind to tyrannize over my waking consciousness. I am master of my feelings and my actions and not the plaything of pre-natal influences, foolish fear and morbid suggestions. I am the master of my body, mind and soul!"

Mental Dyspepsia

Many people spoil the beneficial effects of the natural food regimen by excessive anxiety. No matter how good the advice and how carefully they follow it, they are always in fear of making mistakes about this food or that, of eating too much or eating too little; they ponder every morsel and worry over it; then for a day or two they analyze their symptoms and try to determine how this dish of gruel or that bit of cheese affected them.

Such a mental attitude is weakening and destructive; it will poison the most wholesome food and drink. Mental dyspepsia will inevitably express itself in physical indigestion and malnutrition.

To the best of your ability, make your food selections: so much of the organic salt group, so much of proteid, and so much of carbohydrates.

When an understanding of the rudiments of food chemistry has been acquired, the right selections are made without trouble and almost intuitively. When the food is on the table, forget the problems of dietetics, put all thoughts of business, work and study far from you and center your attention on pleasant things, on the joy of eating.

With every morsel duly masticated swallow a happy thought or a pleasant emotion. Build castles in the air, be merry, have a friendly word and a happy smile for wife and child or for your chance acquaintance at the table d'hote.

The medieval court jester, whose office it was to amuse the guests at feast or banquet, was a sensible and useful institution, much more worthy of patronage than poisonous pills and tonics.

Worry, anxiety, anger, hatred and peevishness contract the blood vessels, inhibit the flow of digestive fluids and benumb nerve action. These destructive emotions actually sour the vital fluids as well as the mental disposition. On the other hand, nothing stimulates the circulation or the flow of gastric juices, or sweetens the secretions like cheerfulness, happiness and absolute confidence in the healing power within.

If by chance you have made a mistake or committed an indiscretion in eating, do not make it worse by worrying over it. Take a good big dose of mental-magic tonic, one hundred grains of courage well shaken in a few ounces of cheerfulness. Thereby increase the flow of gastric secretions and say to yourself, "Since I have eaten the forbidden fruit, I will not worry over it; my innate powers of body, mind and soul will neutralize the bad effects. I will appropriate the good there is in it and eliminate the evil."

Use forethought and self-control to avoid mistakes, but when you have made them do not make the matter worse by fearthought.

CHAPTER XIII

MISCELLANEOUS ARTICLES

Over-Eating

The most wholesome food becomes injurious when taken in excessive quantities. Whatever we cannot properly digest and assimilate ferments and decays, filling the system with waste matter and poisons. Many persons squander their vitality in eliminating noxious food ballast, and wonder why they are so weak in spite of a good appetite and rich foods. When the organs of digestion are continually overworked they weaken and are unable to convert the over-supply of food into the proper constituents for healthy blood and lymph; waste matter accumulates, creating noxious gases and systemic poisons. Poisonous miasms thus contaminate the vital fluids, causing corruption and obstruction in organs and tissues, furnishing a luxurious soil for all kinds of parasites, germs and bacteria.

In other chapters (III and IV) we have shown that we cannot eat and drink vital force—that it is independent of food, drink, medicines and tonics. Therefore, we cannot comprehend why so many physicians persist in stuffing the weak bodies of consumptives and other invalids with enormous quantities of food, under the mistaken impression that the patients can thus be strengthened and improved in health. Is it not self-evident that the stomach and bowels of these poor suf-

ferers are as feeble and as incapable of exertion as their arms and legs?

If these sufferers could properly digest and assimilate only a few eggs a day they would not be so weak and emaciated, but they are "stuffed" with as many eggs as they can possibly force down their throats. The result is that the entire mass decays and ferments, spoiling that which was necessary together with the superfluous, and in that way doing more harm than good to the body. Would it not be more sensible to give no more than the digestive organs can take care of, to gradually increase the amount of food as stomach and intestines become more active and alive under the natural methods of treatment?

Fasting Imperative in Acute Diseases

In serious diseases and states of nervous and physical prostration the expenditure of vital force is at a minimum, as is apparent from the extreme weakness and helplessness of the patient, therefore much less food is required than in times of healthful activity. Does not Nature herself protest against eating, by loss of appetite, nausea and vomiting? Nevertheless, though the patient himself objects to the enforced feeding, and his whole organism revolts against it, doctor and friends insist that he "must eat to keep up strength." "Sedatives" are given to paralyze the stomach into submission and down go chicken soup, eggs, beef tea and other tempting morsels.

In acute febrile diseases feeding is not only useless but actually harmful, because in such conditions the normal activities of the organism, including the processes of digestion and assimilation, are at a standstill. All efforts are concentrated on elimination; the stom-

ach and bowels are also called upon to assist in the general house cleaning. Instead of assimilating, they, too, are eliminating noxious poisons, which produce nausea, vomiting, diarrhœas and catarrhal excretions. The digestive organs normally act like a sponge,—they absorb the food elements from the digestive tract and transmit them into the blood stream. In febrile diseases the process is reversed,—the sponge is being squeezed. It is throwing off morbid excretions, thus aiding the "cleansing crisis." As soon as food is given, this beneficial elimination through stomach and bowels is hindered and interrupted; as a consequence, the temperature rises and is followed by an aggravation of all symptoms.

The danger lies not so much in under-feeding as in over-feeding. To one who dies from lack of food, thousands die from over-eating. If the truth were known, we should be surprised at the small amount of food required to keep the body in perfect condition.

Cornaro, an Italian nobleman, when forty years of age, was declared by his doctors to be dying from the effects of dissipation. Instead of resigning himself to this fate, he determined to enter upon an experiment of his own. He cut his food supply down to a few ounces a day, and, before long, regained health and strength. At a hundred years of age he wrote a book in which he described his experiences and the wonderful effects of temperate living.

The only safe guide in eating is "hunger,—not appetite;" true hunger is Nature's sign that more food is needed, and that the organism is in condition to take care of it.

If these simple truths were more widely understood and patients in acute diseases were fasted instead of

stuffed the death rate would decrease to an astonishing degree.

To Salt or Not to Salt

Like Banquo's ghost, this question will not down. Pro or con it has been discussed by every diet specialist and food reformer. Vegetarians say, "Don't;" meat eaters say, "Do." Both may be right. How can that be?

Common inorganic table salt is chemically composed of sodium and chlorin. We call sodium and all other minerals organic when they enter into chemical combinations with carbon or proteid compounds in the living cells of plants and animals.

We have learned in other chapters of this volume that potatoes, fats and sugars in the processes of digestion form large amounts of poisonous acids, alkaloids and ptomaines, which become a most fruitful source of disease when not rapidly and thoroughly eliminated.

The neutralization and elimination of these food poisons depend largely upon sodium. The ordinary American diet, consisting of meats, peas, beans, potatoes, white bread, pastry, coffee and sugar, contains an excessive amount of the acid-producing food elements, and only very small amounts of the eliminating sodium. Fruits and vegetables, however, are very rich in organic sodium as well as all other positive alkaline mineral elements. Keeping in mind these premises, we shall see how both vegetarian and meat-eater may be right in their stand on the salt question.

The vegetarian, whose daily dietary contains a liberal amount of uncooked fruits and vegetables and only moderate amounts of proteins and starches, has no need and no desire for inorganic table salt. His

demands for sodium are fully satisfied in a natural way by the organic sodium contained in the raw foods.

On the other hand, people whose dietary consists largely of meats, potatoes, peas, beans, cereal foods, white flour bread and pastry, coffee, tea and refined sugar, all of which are lacking in the acid-binding sodium, must have table salt in order to make up the deficiency of this element in their food, therefore, they have a strong craving for the inorganic table salt.

The foods above mentioned, as we have learned, produce large amounts of poisonous acids and alkaloids, and unless these are promptly neutralized and eliminated by sodium, disease and death would be the inevitable results. Since the above described American dietary is deficient in the organic salts of fruits and vegetables, inorganic table salt (sodium chlorid) must serve as a poor substitute, but it is far better for the system to have the inorganic substitute than no sodium at all.

The fact that many people have lived almost entirely on meats or cereal foods with table salt as seasoning, and have reached a ripe old age, indicates that the organism can use the inorganic salt as a substitute for the organic.

We have learned that many elements, though congenial to the body, when taken in the inorganic form show in the iris, but table salt, even when habitually taken in large quantities, does not show, indicating that we cannot class it among the poison foods. It is congenial to the system, being naturally present in the blood, in organic combinations, in considerable quantities. Like uric acid, caffeine, theine, alcohol and

nicotine, which also do not show in the iris by distinct signs, it becomes injurious to the system only when taken habitually in large quantities. Possibly table salt stands in closer relationship to the vito-chemical life element than other mineral substances which show in the iris.

Table salt, however, should be used very moderately, even by meat eaters. Its excessive use easily becomes a habit. Its elimination greatly irritates the kidneys and withdraws from the blood large quantities of serum. This creates thirst, which necessitates the drinking of much water. This in turn dilutes the blood and other secretions of the organism, causing a watery dysaemia of all the vital fluids.

Our flushing faddists seem to regard an excess of water in blood and tissues as a desirable condition,—our farmers know how to turn it into money. Salt, given to cattle and hogs, creates abnormal thirst. This causes excessive water drinking and watery dysaemia (anemia); watery blood makes fat. Thus, salt is turned into fat.

Inorganic salt, when absorbed in large quantities, pickles the tissues. It destroys albuminous compounds and causes their excessive secretion in the urine (albuminuria). Therefore, it leeches the protoplasm of the cells, weakening their resistance and breaking down their normal structures.

This is shown clearly in scurvy, which is caused by excessive use of salt meats and lack of fresh vegetables (organic salts). This disease, which is characterized by decay and bleeding of the gums, proves that Nature limits the substitution of inorganic salt for the organic, and it strongly indicates that the organic is the most desirable form.

As soon as scurvy patients are put on a fruit and vegetable diet, the destruction of tissues, the bleeding resulting from it and other symptoms promptly abate.

Another indication that inorganic sodium-chlorid is not congenial to the system is indicated by the fact that considerable amounts of the organic salt contained in fruits and vegetables or in their extracts do not create thirst, while comparatively small amounts of the inorganic table salt cause irritation of the kidneys, great thirst, overwork, albuminuria, and weakening of the cell structure. These influences undoubtedly favor the development of kidney diseases.

Now that we have considered the evidence for and against the use of salt, we shall endeavor to answer the question: Is it advisable for vegetarians to use salt?

When the dietary contains liberal amounts of uncooked fruits and vegetables, very little or no salt will be needed. The addition of salt is permissible to vegetarian foods which contain large amounts of proteids, fats and starches, such as eggs, butter, peas, beans, lentils, potatoes, cereals, rice, etc.

Vegetables of the fifth group when properly steamed in their own juices so that none of their mineral constituents are wasted, do not need additional condiments, their own salts are the best flavoring.

In conclusion we must remember that fruits and vegetables often do not contain the normal amounts of organic salts, because for ages the soil on which they grow has been robbed of its mineral constituents.

It is this deficiency in mineral elements which lowers the resistance of vegetables, grains and fruits, impairs their development, causes decay and facilitates the work of destructive worms, insects and germs, just

as lowered resistance favors the development of germs and bacteria in human bodies.

Nitrogenous fertilizers have been provided plentifully, but the necessity of positive mineral fertilizers was never thought of until Julius Hensel, the "Nature Cure" food chemist, called attention to the fact.

The soil and its products, therefore, as well as human beings, suffer from mineral starvation. African explorers state that in certain parts of Africa the soil and its products are lacking in sodium-chlorid, and that in these sections animals and human beings suffer from salt starvation, which expresses itself in many curious ways.

The following clipping from a daily paper is of interest in this connection:

Region of Salt Famine

"All living creatures in this region are crazy for salt, just like oxen on a 'sour' veldt. Salt is far the best coinage you can take among the Chibokwe. I do not mean our white table salt. They reject that with scorn, thinking it is sugar or something equally useless, but for the coarse and dirty 'bay salt' they will sell almost anything, and a pinch of it is a greater treat to a child than a whole bride cake would be in England.

"I have tested it especially with the bees that swarm in these forests and produce most of the beeswax that goes to Europe. I first noticed their love of salt when I salted some water one afternoon in the vain hope of curing the poisoned sores on my feet. In half an hour the swarms of bees had driven me from my tent. I was stung ten times and had to wait about in the

forest till the sun set, when the bees vanished as if by signal.

"Another afternoon I tested them by putting a heap of sugar, a paper smeared with condensed milk and a bag of salt tightly wrapped up in tar-paper side by side on the ground. I gave them twenty minutes, and then I found nothing on the sugar, five flies on the milk, and the tar-paper so densely covered with bees that they overlapped each other as when they swarm. For want of anything better, they will fight over a sweaty shirt in the same way, and once, by the banks of a stream, they sent all my carriers howling along the path by creeping up under their loin-cloths. The butterflies seek salt also. If you spread out a damp rag anywhere in tropical Africa, you will soon have brilliant butterflies on it. But if you add a little salt in the Hungary Country the rug will be a blaze of colors, unless the bees come and drive the butterflies off.

Burn Grass for Substitute

"As I said, the natives feel the longing, too. Among the Chibokwe the women burn a marsh grass into a potash powder as a substitute; and if a native squats down in front of you, puts out a long pink tongue and strokes it appealingly with his finger, you may know it is salt he wants."

The addition of small quantities of table salt to a vegetarian diet is, therefore not to be condemned, but its use should be confined to butter, eggs and such cooked foods as we have mentioned.

Do not use it at the table, except on eggs. It is barbaric to kill with salt and pepper the delicate flavors of fruits and vegetables. But, says our friend, the

meat-eater, "I have to add condiments and spices, or I cannot taste anything." To this we answer, "No wonder, when the taste buds in your tongue are paralyzed by salt, pepper, mustard, strong condiments, nicotine and alcohol. Return to a natural diet and your nerves of taste will soon regain their normal sensitiveness. Then you will enjoy the beautiful flavors of fruits and vegetables and things will taste as good as 'when mother made them.' "

In summing up and comparing our evidence, we come to the conclusion that here, as elsewhere, it is not well to run into extremes. As usual the middle, common-sense way is the safest way.

Fermented Bread

Vegetarians, almost unanimously, condemn the use of fermented bread. Are the lightened loaves as injurious as they claim?

The enemies of fermented bread usually advance the following arguments:

1st. Fermented bread contains yeast germs, which enter the digestive organs and cause injurious fermentation.

2nd. Fermented bread contains alcohol, which is injurious to health and life.

3rd. The "raising" of the bread is due to gases "arising from the decaying bodies of dead yeast germs."

4th. The transformation of the sugar in the fermenting dough entails a considerable loss of elements of nutrition.

We shall take up these objections one by one and examine them as to their validity.

First objection: "Fermented bread contains yeast germs, which enter the digestive organs and cause injurious fermentation."

Pasteur discovered that all yeast germs die at a temperature of about 150° F. Every housewife takes advantage of this fact when she heats milk and fruit preserves to the Pasteurizing or germ-killing temperature. How, then, can the yeast germ survive the great heat of the bake oven, which ranges from 500° to 1,000° F.? But suppose a few yeast cells survive the heat of the fiery oven and enter the human body—what of it? Physiology teaches us that the various processes of digestion are completed in the intestinal canal by germ fermentation.

In order to understand what this means we must consider for a moment what fermentation is. Webster's Imperial Dictionary defines it as follows: "The conversion of an organic substance into new compounds in presence of a ferment, the nature of which determines the kind of **fermentation** produced. Fermentation may be checked or altogether prevented by anything which prevents the growth of the fungi, as by keeping away from the liquid the spores of germs, by the liquid being either too hot or too cold for their development, by the liquid containing too much sugar, or by the presence of a substance (called an antiseptic) which acts as a poison on the fungi."

Ferments are classified into encymes and fungi. The former are chemical compounds, the latter are live vegetable spores or germs.

The most important chemical encymes in the body are the ptyaline of the saliva, which transforms starches into dextrines and sugars, the pepsin in the stomach which transforms proteids into peptones, and

the pancreatic ferments which act upon all food classes. Whatever in the processes of digestion is left undone by these and other chemical encymes is completed in the intestinal canal by fungoid and bacterial fermentations. The intestinal tract is alive with fungi of the yeast type and with microbes and bacilli of all sorts, which carry on the work of fermentation and oxydation until all food materials are split up into the simplest possible elements and compounds.

From this it will be seen that all the processes of digestion from beginning to end are in a way processes of fermentation.* What difference, then, can it make if a few additional yeast germs enter the body with the bread?

Second objection: "Bread fermentation creates alcohol, which in injurious to health and life."

So does the healthy human body manufacture alcohol. It is produced by the action of yeast germs on sugar in the intestinal tract. The oxydation of food materials and of waste matter is in many other instances accompanied by the formation of alcohol. This product is, therefore, in small quantities, congenial to the system and plays a useful part in the vital activities. Like uric acid and other systemic waste matter and poisons it becomes dangerous to health and life only when present in excessive quantities.

Alcohol is easily combustible and acts as fuel mate-

* Dr. Th. Powell, whose theories we have discussed in other places, also claims that digestion is not fermentation, but simple disintegration. If this is so, how does he explain the change of starch into sugar under the influence of the ferments, ptyalin and amylopsin, of fats into glycerine and fatty acids in the presence of steapsin, etc., etc.? These changes certainly involve "the conversion of organic substances into new compounds in the presence of digestive ferments (enzymes)." We cannot see why "disintegration" is an improvement on the term "fermentation." We understand the latter involves the former.

rial to the system. When present in large quantities, however, it paralyzes the inhibitory nervous apparatus and burns up nerve fats too rapidly, thereby causing temporary over-stimulation and resultant weakness and exhaustion.

Alcohol is created in the fermenting dough in minute quantities only, and most of it evaporates in the great heat of the oven. Large London bakeries endeavored to collect and condense the alcohol from the ovens, but the expense attached to this process proved greater than the returns and the experiment was therefore abandoned.

Chemical tests of finished bread show alcohol in traces only. There is not enough of it to injure the human organism in any way or manner.

Third objection: "The 'raising' of the bread is due to the gas arising from the decaying bodies of dead yeast germs."

In the first place, dead yeast germs have never been known to create carbonic acid gas in considerable quantities. They have to be alive in order to do so. Yeast fungi, while living on sugar, digest or split up the sugar into alcohol and carbonic acid gas. This gas while escaping permeates the dough with air passages and bubbles and in that way raises and lightens it. This loosening of the dough into a sponge-like mass favors the escape of moisture and the penetration of heat. The resulting bread is therefore baked more thoroughly and keeps much better, does not sour so quickly, and is more easily digested than much of the soggy, lumpy, "unfermented health bread."

This carbonic acid gas which lightens the bread cannot be very injurious as it is the same gas that sparkles and bubbles in soda water and in all other effervescent

drinks. When taken as a free gas into the stomach in food or drink, it rapidly evaporates, and while escaping creates that cooling, prickling and refreshing sensation peculiar to carbonated beverages.

Fourth objection: "The transformation of sugar in the fermenting dough entails a considerable loss in elements of nutrition."

This loss of sugar incidental to bread fermentation is so small that it hardly merits consideration. This small loss is more than balanced by increased digestibility and palatableness and by better keeping qualities.

What has been said will make it apparent that the fermentation of the bread is in a way a process of predigestion. In fact, all so-called "predigested" health foods have been subjected to some process of fermentation, for in this way only is it possible to "predigest" food materials.

This, however, is not altogether an advantage. Predigestion dissipates food energy outside of the body which should be liberated and utilized inside of the body.

Mono-Diet

The latest development in dietetic treatment is the mono-diet. Strictly speaking, this regime consists in taking but one article of food at a meal, a succession of meals, or continuously for a considerable period of time.

The mono-diet, like the grape cure, milk cure, raw food diet, Salisbury raw meat diet, fasting, Fletcherizing, and other forms of radical and one-sided dietetic treatment, when applied temporarily, may have very beneficial effects on certain diseased conditions, and for the attainment of special results. But it is

not advisable to prescribe or to follow these extreme regimes indiscriminately, in all kinds of cases, and for indefinite periods of time. The trouble is that enthusiasts look upon such methods as cure-alls, applying them to all kinds of cases and conditions, and thereby often inflicting lasting injuries instead of benefiting those who entrust themselves to their care. Because these extreme practices are beneficial in some cases their advocates jump to the conclusion that they will prove efficacious under all circumstances.

One of the principal objections to the mono-diet is that not one article of food, with the exception of milk and red blood, contains in right proportions all the elements required by the body. All the foods of the first four groups as shown in our tables of food analysis (pp. 430 and 431) contain too much of the negative, acid forming elements and not enough of the positive mineral salts, while the foods of the fifth group contain enough of the positive mineral elements but not enough of the heating and building materials. Any extreme, one-sided diet, therefore, must in the long run necessarily lead to unbalanced and abnormal conditions in the system.

Furthermore, mono-diet means monotony, and monotony in eating, as in many other things, is not conducive to health, happiness and longevity. Naturally, we crave variety in our foods as well as in our surroundings and occupations. Mono-tony—sameness of tone—is not harmony, therefore not pleasing, and if long continued it becomes annoying and destructive. Desire for food and the keen enjoyment of it depend upon at least moderate variety. Keen appetite and hunger insure copious secretion of the digestive juices and ferments. This has been proved by the experi-

ments of vivisectionists. Through tubes inserted into the stomachs of dogs, they collected digestive juices. And it was found that these began to flow more freely when the animals were shown some appetizing morsels of food. Food which they did not like, or were indifferent to, failed to stimulate the secretions in the same degree. When the animals were excited to fear or anger the secretions were greatly diminished, or ceased to flow entirely.

We often hear people say they cannot eat a certain food because at one time they "got too much of it." My secretary tells me as we are working on this manuscript, that once, it being known by a certain gracious country hostess of hers, that she was especially fond of whipped cream, she was fed on whipped-cream cake, whipped-cream pie, and whipped cream in every other conceivable form, morning, noon and night, until for a long time afterward she could scarcely bear the sight of it. Monotony had created a revulsion of her appetite toward a perfectly wholesome and inviting food. Similar experiences are related to me frequently by patients, confirming my opinion that mono-diet is not a natural practice. The originators and enthusiastic advocates of such systems may adhere to them indefinitely with apparent success, but the majority of people will soon tire of living on a straight "one food at a time" diet.

We repeat that in many cases where we had to counteract a certain form of systemic poisoning we have found the mono-diet very beneficial, as, for instance, the grape cure or the milk cure in uric acid diseases. In such cases the mono-diet constitutes a mild form of protein starvation, which is desirable under the circumstances.

But when patients are already physically and mentally weak and negative, have lost ambition and energy, together with appetite, all such extremes as fasting, raw food diet and mono-diet may become positively harmful and lead to nervous prostration, abnormal psychism and insanity.

No radical or extreme form of diet or other method of treatment should ever be undertaken except under the advice and guidance of a competent physician, who is capable of taking into consideration the various aspects and requirements of the case.

Mastication

Thorough mastication of food is an absolute necessity to insure good digestion, but, like every other good thing, can be overdone. In his "A-B-C of Nutrition," Horace Fletcher advocates mastication of food until it is reduced to a fluid condition. While I believe that "Fletcherizing" has benefited many people suffering from overeating and consequent food poisoning, I know also that in many instances it has become positively harmful. Food in the liquid state does not offer enough resistance to the muscles of the intestinal tract.

Stomach and intestines need some bulky, solid food as a stimulus to peristalsis, the propelling movement peculiar to the digestive organs. If all food be converted into a liquid before it enters the stomach the peristaltic movements of the digestive tract become ineffective through disuse, the bowels become "lazy" and inactive as they do under a milk diet.

Furthermore, a good many people, myself among them, simply cannot afford the time to "Fletcherize."

To do this would require an hour or more each meal. Instead of spending this time at the table trying to reduce the cellulose and wood-fiber of fruits and vegetables to a liquid, thereby destroying their stimulating effect upon the stomach and intestines, it would be much more beneficial to take fifteen to thirty minutes after each meal for relaxation, rest and vital regeneration. This is especially to be recommended to people with very weak digestions. When they are thoroughly relaxed and at rest they should, by an effort of will, concentrate the blood and nerve currents on the work of the digestive organs.

Frequency of Meals

The frequency of meals cannot be determined by hard-and-fast rules. Different factors must be taken into account: occupation, physical condition, the circumstances in the home, etc. As a rule the two-meal plan is the best. The ideal way is to have breakfast between nine and ten o'clock in the morning and dinner between five and six in the afternoon. This allows sufficient time for thorough digestion and assimilation.

In our experience, the no-breakfast plan does not agree with most people. Putting off the first meal until noon is likely to create excessive hunger and a tendency to overeating. It also brings the noon-day meal and the evening meal too close together.

If circumstances are such that breakfast has to be taken early in the day and dinner late in the evening, it may be found advisable to eat a light lunch at noon consisting, say, of fruit and a few nuts, or a vegetable salad, or some whole-grain bread and a glass of milk.

Some of our friends and patients get along best on

one meal a day. This is especially advisable where there is a tendency to overeating and to excessive fat and flesh formation.

In certain isolated cases of an exceptionally weak and negative condition we have found it expedient to give small quantities of food three or four times a day.

Drinking

We are not in favor of excessive drinking. The "flushing-of-the-system" fad is a mistake. The purification of the body is not a mechanical process like the flushing of a sewer with water. It is a chemical process which depends upon the normal composition and concentration of the different secretions in the system. These secretions, the most important one of which is the blood, cannot be made more effective by diluting them with large amounts of water.

Most of the people suffering from stubborn chronic constipation that come to us for treatment have been "flushing" for years, through mouth and rectum, using quarts and even gallons of water daily, with the result that they were getting more constipated all the time. On our comparatively dry-food diet the bowels, in most cases, begin to act normally within a short time.

Distilled Water

Another popular fallacy is the idea that on account of its absolute purity distilled water is wholesome. As a matter of fact, its very purity makes it injurious to the system.

All water has a natural tendency to saturate itself, up to a certain point, with mineral matter. Good drinking water always contains a certain amount of mineral

matter. When this is removed through distillation, the water will leech from the system the organic mineral salts which play such an important part in the vital processes of our bodies, and which we find it is so difficult to supply in sufficient amounts. Good drinking water is agreeable to the taste, whereas the absence of mineral salts accounts for the flat taste of distilled water.

On the other hand, very large quantities of lime, iron, sulphur, or other inorganic minerals in water that is used constantly for drinking or bathing, are injurious to the system. If such minerals are present in excess, the water should be boiled and allowed to settle before it is used.

If the water contains vegetable or animal organic matter it should be filtered.

It is the customary highly-spiced meat and egg diet which creates excessive or abnormal thirst. A rational non-irritating and non-stimulating vegetarian diet furnishes the organism with fluids of the best possible kind in the form of fruit and vegetable juices, prepared in Nature's own laboratory, rich in medicinal qualities and free from all objectionable constituents.

Under ordinary conditions, drink from four to eight glasses of pure water at ordinary temperature in the course of the day, according to your own individual inclination: in the morning before breakfast, at night before going to bed, and at intervals during the day.

Drinking at Meals

The less you drink with your meals the better. The dryness of the food furnishes the necessary stimulus to the secretion of saliva and of gastric and intestinal juices.

An abundance of liquid in the digestive tract interferes with the action of the secreting glands. Moreover, it dilutes the secretions and thereby weakens their digestive qualities. The juices of the stomach and the intestines cannot be made more effective by adding to them large amounts of water at meal time.

Coffee and tea or alcoholic drinks should be especially avoided at meals. The former retard digestion; the latter overstimulate temporarily the secretion of gastric and intestinal juices, and this unnatural stimulation is followed by corresponding weakness and inactivity of the secreting glands in the digestive tract. Liquor taken before and during meals, therefore, encourages overeating, and when the reaction sets in, the secretions as well as the vitality are lacking in strength to digest properly the excess of food taken under the influence of unnatural stimulation.

A glass of water taken from one-half to one hour before meals will, in most cases, do away with the desire to drink at meal-time. However, if there be actual thirst it must be satisfied. If you prefer a warm drink you may take cereal coffee, or warm milk, or (sparingly) cocoa. Skimmed milk, buttermilk and juices diluted with water are good cold drinks.

Mixing Starches With Acid Fruits and Vegetables

Many dietists lay great stress on the fact that acid fruit juices retard or prevent the digestion of starchy foods in the stomach. Therefore, they advise that these foods should never be taken together at the same meal. We find that this rule, also, does not hold good in all cases.

It is true, a great many people cannot eat starchy foods and acids together at the same meal, without

experiencing serious digestive disturbances and aggravation of chronic symptoms. This is especially true of those who suffer with hyper-acidity of the stomach and catarrhal ailments. The latter surely are often caused by "starch poisoning," due to putrefying starchy materials in the digestive tract. On the other hand, many of our people do not seem to experience any bad effects from the mixing of starches with fruit and vegetable acids. This is especially true of those who incline to hypo-acidity, and who take good care to thoroughly masticate and insalivate the starchy foods before they swallow them.

While with some people fruit and vegetable acids seem to increase the acidity of the stomach, with a great many others they antidote acidity. I, myself, belong to the latter class. For years I suffered severely from hyper-acidity, and I always found acid fruit the best cure. Often I had to arise in the middle of the night, suffering intensely from acidity of the stomach. A few oranges would always give relief.

The alkaline elements of juicy fruits neutralize the hyper-acidity of the stomach and the blood. However, in all cases where the mixing of these foods causes the least trouble it certainly should be avoided. Such people should take with their breakfast cereals, sweet, alkaline fruits only, such as dates, figs, raisins, stewed prunes, sweet grapes and melons in season. They should take the acid fruits by themselves, for the noon-day lunch, or if they have the heavy meal of the day at noon, they should have nothing but acid fruits or vegetables for breakfast, or between breakfast and the noon-day dinner.

The acid fruits and vegetables may be taken together with dairy products, fats or protein foods, such as

milk, buttermilk, cream, cheese, honey, milk, eggs, meat and nuts.

The acid foods should be avoided, also, at the heavy meal of the day, consisting of starches, fats, proteins and alkaline vegetables. Some acid fruit may be taken before retiring.

It is good practice for everybody to have one meal of the day consist entirely of juicy fruits and vegetables, so as to give full sway to their purifying effects upon the system, undisturbed by other kinds of food.

Theoretically, the mono-diet is correct. I believe it would be best to take each of the five classes of foods by itself, so as to avoid interference from other foods in the digestive processes. But this would be difficult to carry out in actual practice, for the reasons we have discussed in other places.

It is impossible to make hard and fast general rules, as long as the human family is afflicted with so many varying digestive troubles. If all were normal, the normal diet outlined in "Natural Dietetics" would do for all, with slight variations. But during the period of reconstruction and recovery from chronic digestive ailments, the diet will have to be adapted to the individual requirements.

Corroborative Evidence of the Importance of the Positive Mineral Elements in the Vital Economy

The importance of positive, alkaline mineral elements in the vital economy is indicated by the remarkable tonic effects of saline solutions on living animal and human tissues.

Salts are compounds in which the hydrogen has been replaced by positive alkaline mineral elements. These

positive mineral elements are therefore present in all salts.

It is now a well known fact that salt solutions injected into the rectum have a decided tonic effect, in grave depression or suspended animation resulting from shock, great loss of blood, surgical operations, or other profound influences on the nervous system. Saline solutions greatly stimulate the growth and activity of animal cells, even when detached from the parent organism. This is true, not only of single cells, but also of entire organs, as has been determined by actual experiments.

For instance, the hearts of frogs, rabbits, and other laboratory animals will continue to beat when submerged in a saline solution, for a considerable length of time after they have been removed from the organism to which they belong. This seems to indicate a close relationship between the positive mineral elements contained in the salts and the activities of the life elements in animal and human bodies. These tonic effects of the salts of positive mineral elements explain why the latter have a **positive** effect upon the system, while the foods composed entirely of negative acid forming elements, produce **negative effects.**

NATURE CURE BY MAIL

When people are normal, a normal diet as outlined in "Natural Dietetics" is fully sufficient to keep them in perfect condition, but while suffering from chronic ailments of the digestive organs, and while passing through healing crises brought about by natural living and treatment, the diet has to be adapted to changing conditions and requirements.

THIS WE DO THROUGH OUR CORRESPONDENCE COURSE DEPARTMENT

This branch of our work is under the direction of Dr. H. Lindlahr. All letters of advice on diet as well as other natural methods of living and of treatment are dictated by him personally.

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