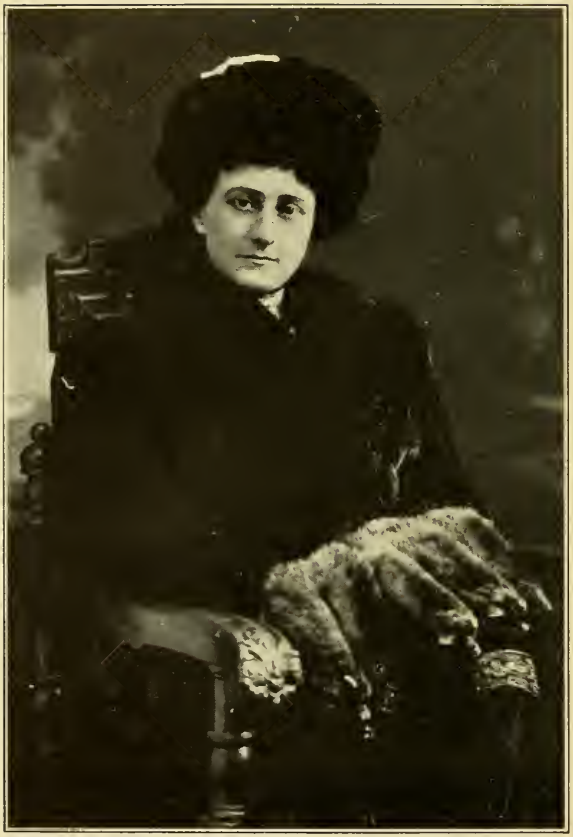
250 Meatless Menus and Recipes

CHRISTIAN



MOLLIE GRISWOLD CHRISTIAN

250
MEATLESS MENUS AND RECIPES

TO MEET THE REQUIREMENTS OF PEOPLE UNDER THE VARYING CONDITIONS OF AGE, CLIMATE AND WORK

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The Object of This Book

MY WORK in the field of natural and curative feeding has convinced me that there is an universal demand for a practical family book on the subject of natural feeding.

The primary object of this work, therefore, is first, to educate the housewife and mother in the selection and preparation of food that will give the highest degree of efficiency, at all seasons of the year, in the form of energy and health; second, to secure these results with the greatest economy and the least amount of labor.

When the housewife or mother seeks information designed to change, improve and rationalize the family table, she is apt to read into a maze of tables, terms and technical phrases, with which she is wholly unfamiliar and, with the duties of the home pressing upon her, she has no time to study and learn.

This book is the most concrete form in which we can reply to the many thousand inquiries that have come to us from mothers and housewives from all over the land during the past few years in regard to naturalizing and making more healthful the family bill of fare.

Beginning the Natural Diet

IT IS only human to follow custom. We break away from the pathway of precedent now and then because we are compelled to; because something happens that makes us think; because our life, liberty or happiness is thrown into jeopardy and it becomes necessary to do something unusual to make things right.

Nearly every housewife feels that she is held personally responsible for the table. She has inherited the idea that it takes a large number of things to constitute a good meal. She has also inherited the conviction that meat is the substantial and principal thing, and that everything else is merely prepared to go with and make meat taste better.

She has become convinced that, next to meat, cereals and cereal products occupy the most important place in the dietary.

With the exception of a few candy caramel and pink tea recipes the average woman goes through life selecting and preparing food according to precedent and custom.

It is only when some member of the family is stricken with disease and a life is in jeopardy and the

trouble can be directly traced to the food that any thought is given to this great question.

A very limited amount of time devoted to the study of the chemistry of food would reveal the fact to any intelligent person that meat is wholly unnecessary, that it contains absolutely nothing that cannot be supplied from other things, but that it does contain much poison, that other things do not contain, which is responsible for a great deal of physical trouble. This study would convince the housewife and mother that every chemical element of which the body is composed can be supplied in their best form from the vegetable world. A few exceptions, however, may be made now and then by the use of such animal products as milk, eggs, fish and the bloodless tribe of shell fish.

While it is possible to live and enjoy perfect health without taking the life of any living thing, yet, rather than battle against the tyranny of appetite, it is sometimes better for the beginner to partake now and then of the animal products above named.

In beginning the natural diet a very sharp distinction should be drawn between appetite and hunger. Appetite is the craving for something that has been forced upon the body against its demands; having accepted it, however, the penalty is tyranny of appetite and slavery of the body.

Hurried, nervous eating, overeating and exhibition of temper when meals are late are all expressions of

appetite similar to, and often as serious as coffee, cocaine or tobacco slavery. Most of these habits can be controlled and the causes removed by gradually normalizing and naturalizing the diet.

In adopting the natural diet the change should be made gradually, increasing the number of uncooked while decreasing the cooked articles at the same ratio. If the family has been in the habit of using meat every day, it might be omitted twice or three times a week and some article rich in proteids served as a substitute. It will be remembered that the only nutritive elements in meat are fats and proteids.

These elements can be supplied by a great variety of delicious foods, many of which can be taken in their natural state.

The staple and most available fat foods are butter, cream, olive oil and nuts.

The most available proteid foods are milk, eggs, nuts and all legumes, whole wheat and rye.

It is a matter of common knowledge no longer disputed by scientists that meat is not only an unnecessary article of food, but in a great many cases actually harmful, and that it is the most expensive form in which proteids and fats can be secured.

It is impossible to take any kind of flesh food without partaking of the uric acid that is residual in the body of the animal and also the toxic poisons that were in process of elimination when arrested by death.

The adoption of a natural diet, therefore, has a

tendency toward the abolition of meat, condiments, pastries, tea, coffee, tobacco and all sedative and narcotic stimulants.

It is said by those who have adopted a diet of natural foods that they did not have to quit tea, coffee, tobacco, meat, etc., but that these things quit them.

All uncooked articles should be served very daintily, for the very obvious reason that food in its natural state contains all its nutrition and therefore the quantity one can partake of is reduced perhaps 50 per cent.

The advantages and virtues of the natural diet might be summed up as follows:

First, it is less expensive.

Second, it abolishes the use of meat, and with it abolishes the most prolific cause of uric acid and toxic poisoning.

Third, it abolishes condiments and pastries, two of the most potent factors in stomach and intestinal trouble.

Fourth, it abolishes the habit of over-eating, which is the primary cause of a vast amount of digestive trouble.

Fifth, it trains one in the habit of thorough mastication. When the cell structure of all vegetable foods has been completely torn down and made soft by grinding, mushing up and cooking, the primary reason for mastication, which is thorough pulverization, has been disposed of; therefore the habit of bolting

food, swallowing it without the necessary insalivation, has become a fixed habit with most civilized people. This is one of the principal causes of stomach and intestinal trouble.

The natural diet, or at least a sufficient quantity of natural foods taken with every meal, will compel enough time devoted to mastication to properly insalivate the whole and therefore insure good or fair digestion. Natural food is the natural mother of Fletcherism.

Over-Eating

EVERY pennyweight of food taken into the body that it cannot use in the form of heat and energy must be thrown off through the excretory channels at the *expense* of energy. If the excess, however, is digested it is stored up in the form of excess fat or converted into toxic or carbondioxide poisons which manifest themselves in various abnormal conditions we call disease.

The great majority of colds start at the dinner table. All colds come from two causes, viz., exposure and over-eating. When one is exposed to a draft or violent cold the pores of the skin through which body poisons are continually passing off close, and these poisons are then taken up by the circulation and carried to the lungs for oxidation—that is, to be burned with oxygen we breathe.

As a rule the lungs are always pressed to their fullest capacity to oxidize the normal amount of body poisons brought to them by the circulation, hence they cannot take care of the excess and Nature causes suppuration in order that these poisons may be cast out of the body in another way.

When one over-eats, the food matter that cannot be

used and is not stored up in the form of fat is converted by the body into poisons or waste matter in exactly the same way as in the case of exposure, and these poisons are carried to the lungs by the circulation and disposed of by the body in the same identical way.

Coming into New York a few days ago from a neighboring city I occupied a seat on a sleeping car with a gentleman whom I took to be an up-to-date business man. He took me for a minister or a politician. I was right but he was wrong. However, we became acquainted. He ventured the assertion that money was a little "panicky," but his business would boom very soon. Being a little curious to know what business he was in and wishing to use a little refinement in finding out, I began around the corner by asking him what times of the year his business was best, thinking that he would reveal his vocation in the meantime, but he didn't; he merely answered, "Our business is very good in mid-summer and excellent just after Thanksgiving, but we are literally snowed under with orders just after Christmas and New Year." Having had a pretty wide business experience and training, I hurriedly reviewed everything that supplied human want, and for the life of me I couldn't think of any business that could employ a drummer as clever as my companion seemed to be that would be good during a hot summer and splendid just after Thanksgiving and booming just after Christmas and New Year.

My friend enjoyed my perplexity with a display of cruelty for which he ought to have been arrested. I could stand it no longer, but bluntly asked, *"What is your business?"* "The coffin business," answered the shrewd business man. "Oh," I said, and I guess I looked it. "Grand Central Station, all out!" yelled the trainman. This is a true story.

Simplicity

ONE of the most conspicuous errors in the modern diet is complicated dishes and too many things served at the same meal.

Many articles of natural food contain from two to six different chemical elements. A properly selected meal therefore might be composed of three or four things and contain all the elements of nourishment the body would require.

The kitchen has been the domain of woman for many thousand years; what ambition she possessed had no other way of manifesting itself except to excell in the preparation of food. This has led her into complications and has fixed the standard of a good meal by the number of things composing it. The modern chef is merely the lineal descendant of our grandmothers, who has inherited the disposition to fix up and mix up food into endless combinations, utterly regardless of the chemical effect one article may have upon another.

Two of the most serious errors of the modern diet are inharmonious combinations of food served at the same meal and over-eating. Complicated dishes and too great a variety of food supply the causes for both these mistakes.

A careful study of the laws governing food chemistry has led modern scientists and all others who have made a careful study of the food question back toward a simple diet, not only for the purpose of correcting the evils above referred to, but experience has shown that a meal composed of a few simple, natural and nutritious articles costs less money, much less labor to prepare, and appeals to and satisfies the highest sense of taste and enjoyment.

When the habit of subsisting upon a few natural articles of food has been acquired, it sharpens natural hunger and we soon become able to select our food from instinct as it were, the hunger calling only for the articles the body needs. This is the ideal thing to be attained in the art of correct eating, and this thing is impossible so long as we make every meal a feast and the "groaning table" the primary object of life.

Temperature of Foods

THE vital processes of the human body can only proceed at a temperature at or very near that of the blood, which in health is 98 Fahrenheit.

If the temperature is lowered below this point organic processes become slower and slower until at the freezing point of water they practically cease. If foods are frozen certain changes occur. These are for the most part mechanical changes and quite harmless. With a few articles of food, as potatoes or the yolks of egg, freezing causes chemical changes which are undesirable. Save for these few exceptions, cooled foods when re-warmed are exactly as they were before.

If foods be heated above the life temperature vital processes again slacken; let this heating be continued till a temperature from 150 to 170 Fahrenheit is reached, and not only are all life processes stopped but the proteids or protoplasm coagulate and profound and permanent chemical changes occur. As the temperature continues to rise, still other changes occur until at the temperature of 300 only a charred fragment devoid of nutriment remains.

Between these points of 32 and 150 Fahrenheit no

chemical changes caused by temperature occur, but, as we have above mentioned, it is at 98 that the vital processes act at their greatest efficiency.

It therefore follows that foods may have been subjected to any temperatures within the range given if they are brought to the body temperature before digestion begins. Thus, bringing the temperature of foods to the body temperature is one of the duties and pleasures of the mouth in eating and drinking.

Food or drink when there is food in the stomach must not be taken at such temperatures and in such quantities as to materially change the temperature of the stomach, and in the case of starchy foods the same rule should apply to the mouth, for the most important step in starch digestion occurs in the mouth.

A range of temperature from 40 degrees below to 20 degrees above body temperature is sufficient to give our temperature taste sense ample play for action and, if food is taken slowly, is perfectly consistent with correct principles of nutrition. Ices, if free from starch and if eaten slowly, are legitimate food articles. Hot breads and hot puddings on the other hand are objectionable. Soups, milk, nuts, etc., may be taken warm, and if made enjoyable are to be commended.

The artful use of warmed and cooled foods will enable many to make the change from a cooked to an uncooked bill-of-fare who without this artifice might fall by the wayside and return to the steaming viands of conventionality.

Canned Food

OWING to the fact that it saves labor, the use of canned food has become universal. From the kitchen where each housewife could personally superintend the canning and preserving of the family supply of a few fruits, this process has been made into one of America's greatest industries and has reached out and taken in nearly every article of food that goes upon the family table.

Even when vegetables are in season, hotels, restaurants and boarding houses serve almost exclusively canned foods, this is so because it is less expensive, saves labor of cleaning and preparing and saves time in the process of cooking.

The preservatives, chemicals, dye stuffs, embalming fluids and various other poisons so recklessly used by canning companies, in total disregard of human life and health, being brought to the attention of our national government, was the real cause of the passage of the Federal pure food law. It is to be seriously regretted that the Federal authorities did not give the public more information along these lines, but dollars were at stake and, as a rule, dollars win.

Every housewife knows, or should know, that the

process of preparation and canning of bright red fruits to some extent destroys the color, leaving them rather dull in appearance, hence she should know that the bright red or natural color of any canned fruit is artificial, made so perhaps by dye stuffs as poisonous as strychnine. This same risk is to be run in nearly all canned fruits, vegetables and especially canned meats.

Meat at best is unfit for human food, but when chemically preserved, colored and embalmed to be eaten constitutes the limit of human ignorance.

If the American people had devoted the same amount of thought to the question of good food that they have to cheap food, great evaporating or dehydrating plants would stand as a monument to the health and intelligence of the people instead of the money-making, food-poisoning canning factories.

If the average woman who directs the family table would devote half as much time to the study of pure food as she does to the fashion plates, she could supply the table luxuriously every day in the year, wholly without the use of one article of canned food.

Fruits out of season could be secured in dried or evaporated form. These could be prepared without cooking, merely soaking them in pure water so as to restore their normal amount of moisture. Under this process the inferior part is revealed and could be discarded.

There is no community so remote that such vegetables as potatoes, cabbage, turnips, beets, carrots, pars-

nips, pumpkin, dried fruits, legumes (peas, beans, etc.) and all kinds of whole grain cannot be secured at any season of the year. To this can be added the semi-tropical fruits such as grape fruit, oranges, apples, bananas and all kinds of nuts and dairy products which are available to those who are willing to trouble themselves enough to secure and prepare them.

Every requirement of the human body can be found in the above catalogue of food. If there is a yearning for other things it is a false desire and should be treated with the same courteous deference that a sensible person would pay to the longing for moonshine whiskey or black Havana cigars.

Refrigerator and Kitchen Hygiene

THE kitchen, refrigerator and pantry are three of the most important places in the home.

Kitchen hygiene should be a most conspicuous part of every woman's education. She may not cook or scrub refrigerators, but unless she knows how these places should be kept she will not be qualified to direct the care they need.

The refrigerator should be thoroughly cleaned three times a week and scalded twice a week.

Milk, butter and cream should be kept covered.

Meat should be kept entirely separate from all other foods.

Stale or decaying vegetables should be removed daily.

No food should be allowed to reach the point of decay.

The refrigerator is an air tight compartment in which the flavor from every article of food it contains is more or less absorbed by all.

A few lessons in the chemistry of harmonious combinations of food would give the housewife some valu-

able hints in regard to refrigerator hygiene and probably cause a revolution in its contents.

The kitchen is the most difficult, at the same time most important, place in the home to keep clean and for the very reason that it requires constant care is the reason why it is so often neglected.

If any part of the home must be neglected, let it be the parlor, which is used once a week, or the bed-rooms which are used only at night, but the kitchen, where the material that builds and sustains the human body is prepared, should be kept immaculate. It should be thoroughly ventilated and should be, if possible, the lightest and sunniest room in the home.

The pantry is an important auxiliary to the kitchen and should be looked after with the same diligence and care that is bestowed upon the kitchen and refrigerator.

Every article of food in the pantry should be placed under dust-proof coverings.

The shelves should be thoroughly cleansed once a week. Cooking vessels should never be placed in the pantry until they are thoroughly cleaned and dried.

The importance of kitchen hygiene may be estimated when we remember that food, its selection and preparation, is the controlling factor of that most coveted of all things in life, our health.

Water Drinking

THE healthy body is composed of about 66 per cent. water. But few people drink water enough. Such articles as fresh vegetables, salad, fruits, milk and eggs contain enough water to bring the moisture of each meal up to the 66 per cent. requirement. If a meal is composed of such articles as do not contain the required amount of water then the deficit should be made up by drinking with meals.

The "washing down" process, however, should be very carefully avoided. Water should not be taken into the mouth with the food, or at least until mastication is perfect.

Water is the most prolific thing in our food and the largest constituent element of the human body, and while a volume might be written upon its importance and use under the varying conditions of the body, in sickness and health, age, atmospheric temperature, work, etc., etc., yet in this treatise I have only room for suggestions.

In order to promote good digestion and give the body the percentage of moisture Nature demands, the sedentary worker in normal temperature should drink from one to one and a half quarts of pure water every day.

If exposed to the heat of summer's sun engaged in labor or much activity, from two to three quarts of water should be drunk.

Water is Nature's great solvent and cleanser. It serves several very important purposes in the human body.

First, as a solvent or an aid to digestion.

Second, as a carrier of food atoms into the cell.

Third, as a means of eliminating body poisons.

Much care should be exercised that water be pure.

To induce copious water drinking fresh spring or artesian well water is much superior to the boiled or distilled article.

Care of The Teeth

TO a woman the teeth are of extraordinary importance.

First. They perform the most important function of digestion.

Second. Good teeth mean a sweet and wholesome breath.

Third. Two rows of fine, clean, well-kept teeth make even a homely mouth kissable.

In order to have good teeth they must be used. One should eat at every meal some article of hard food that requires thorough mastication.

Good digestion, hence a sweet and wholesome breath, is impossible without complete mastication of food.

Complete mastication means to reduce every atom of food to emulsion before swallowing it. This prevents over-eating and consequently stomach trouble and the long line of ills that follow.

In taking care of the teeth the following general rules should be observed:

First. Brush the teeth with a downward stroke, using a medium soft brush, after every meal and the last thing before retiring and the first thing after arising.

Second. Have all tartar (calcareous deposits) removed by a careful dentist as often as it becomes necessary (three or four times a year).

Third. All stains and every atom of food should be removed from the teeth daily by washing with a soft brush and a good powder.

A bite of tart apple, well masticated, makes a splendid dentrifice.

Fourth. Have your teeth examined every month by an honest dentist. Bacteria that cause decay of the teeth feed upon the atoms of food that are allowed to accumulate between the teeth and around the gums and it is the excreta of the bacteria (lactic acid) that disintegrates the tooth structure.

Care of The Hair

THE principal cause of dandruff and the premature loss of hair is a lack of nourishment. The hair is impoverished from two causes:

First, an unbalanced diet.

Second, the hard or derby hat which cuts off circulation of the blood above the hat line.

The hat band usually marks the line of baldness on the average man's head.

The logical remedy is, first, of course, to remove causes; second, massage or any manipulation to bring blood to the top of the head.

When the hair first begins to fall out or dandruff appears, the scalp should be vigorously massaged every night just before retiring and every morning just after arising and kept exceedingly clean. A soft hat should be worn with a very soft inner band.

In addition to these things the chemical needs of the body should be studied and the diet so balanced and proportioned as to give the body all the elements of nourishment it requires.

Obedience to these simple rules will not only prevent falling hair, but every part of the body will share in the general improvement.

Feminine Beauty

IF the desire for beauty was not a dominating feminine instinct, women should be moved by duty to make themselves as attractive and beautiful as possible. Attention, adoration and love is to woman what water, air and sunshine is to the vine. Every woman possesses some charm, some trait, some individual something in which she is superior and which can be cultivated and made fascinating.

To be attractive is of much more importance than to be beautiful, women of rare personal beauty are inclined to rest their claim for preferment too much upon mere appearance; so conspicuous has this become that it is the general opinion that beautiful women are not gifted, but the true explanation is they do not work. While the woman without personal beauty feels that her accomplishments are her passport to that which the heart most covets, and as she unfolds and ascends higher and higher in the scale of mentality she is less and less liable to get married, not that she is less qualified or desirous of becoming a wife and mother, but because men for a thousand years have been trained to consider women mentally weak and physically helpless, and the more she progresses the more she deviates from

this ancient ideal of his; but a new era is appearing, thousands of thinking men are seeking women with accomplishments who can serve other purposes except sex and ornamentation.

Women who have dared to put one feeble finger upon the steering wheel of public affairs, who can do things, are being respected, loved and sought by men who are making history and carving out the destiny of the future.

The higher woman ascends in the scale of intellectuality the more beautiful she becomes in character, and while personal beauty decreases, character beauty increases with experience and age.

While it is the duty of every woman to make herself as attractive personally as possible, yet to be useful, to select some one thing and master it, to take a few steps upward in the plan of evolution, is vastly more important.

If a woman were voted the most beautiful in her city or county, the most it would bring her would be a form of homage and adoration from the lighter intellects who are attracted only by what they can see.

This is very sweet and dear to every woman's heart, but it has hindered instead of helped the world's most beautiful women in attaining that which they most desire when life's shadow begins to fall toward the East.

The following is an excerpt from a lecture delivered

by Eugene Christian before the Ladies' Democratic Club of New York:

"It is not only woman's desire, but her duty to make herself as beautiful as possible. The beauty of woman immortalized the marble of Rome and the canvas of Florence. It always has, and always will, sway the destiny of men. Its magnetic and magic power has enthroned and dethroned rulers and changed the map of nations.

"Women, if you would be beautiful you must be healthy. The pale, frail girl or woman may excite sympathy and superficial adoration, but the thing that counts—the thing that sends the blood like molten rubies flying through the veins of men is the glow and go, the laugh, the glance and dance, the bubbling vitality, the radiating magnetism of health. These things make all women beautiful. Beauty is the 'sun by day and the pillar of fire by night' that moves health's warm stream upward in the thermometer of fellowship, affection and love, while the cold touch of disease on the beautiful but pallid face and form heads it for 33 above. Why? Because we are human. A pity? Yes, but the facts remain.

"Health is impossible without some knowledge of how to select, combine and proportion the material that makes the blood, bone and brain—that builds the body beautiful."

Feminine Freedom

DURING the past few years woman's sphere of action and usefulness has been very rapidly widening in every department of life except that in which she should be supreme, viz., the selection and preparation of food.

Women do not accomplish more because they do not undertake more. They do not adopt food reform; first, because they are held responsible for the table, hence feel that they must conform to old customs to please others; and, second, because women have not yet learned to break conventional chains and think for themselves.

There is no system of servitude that could be more complete than the housewife cooking three "square meals" every day and cleaning her kitchen pots and dishes. The breakfast work laps into the noon, and the noon labor into the evening, and the evening far into the night.

A system of food reform might be installed in every home, that would reduce the labor and care of the culinary department very greatly, if the housewife would use a little diplomacy.

First, every woman should remember the fact that

a fraction over 90 per cent of all human ills originate at the dinner table, or in other words, are caused by errors in eating. Every housewife, and especially the mother, is largely responsible, therefore, for the health of the family and her only method of security lies in a knowledge of the few simple fundamental laws of Applied Food Chemistry.

Every wife owes to herself and to her children the opportunity to cultivate the mental, physical and emotional faculties to their highest degree of development.

It is pathetic to see the young wife, anxious to perform her duty and give pleasure to others, drop into the treadmill of kitchen slavery and get as a reward for her labor disordered digestion, an irritable, nervous husband and unhealthy children.

Some study given to food reform, to the actual requirements of the body according to age, work, climate, etc., would change all these conditions toward better living, higher thinking and more happiness.

The cost of living would be reduced, labor in preparing food would be a pleasure, enjoyment of eating multiplied a hundred-fold, digestion would be perfect, good health and good cheer would reign, and above and better than all, the wife and mother would have time to improve her mind, to think, study, and read, to go into the open road, the fields and woods—to draw some inspiration from the tranquil grandeur of nature—to endow her posterity with the highest, the noblest and the best.

The character of freedom that I advocate for women is not license or masculinity, but the preservation and cultivation of all that is ennobling, elevating and womanly; but I insist that women should have something to say about what is womanly and what is elevating. From dimpled infancy to manhood, she carries the burden of posterity, she loves, labors and caresses nations into strength and power; with this responsibility and interest at stake, she could be depended upon to judge fairly well that character of freedom which would be best for her, which would mean best for her country and best for all mankind.

Just to the extent that woman is governed and controlled, so will her posterity be governed and controlled, by beings mentally stronger. Just to the extent that she is enslaved, her posterity can be enslaved. Just to the extent that she is healthy, strong and vigorous, her children will be healthy, strong and vigorous. Just to the extent that her life is made joyous, that she cultivates the beautiful, that she is loved and loves in return, so will her children be endowed with these things Just to the extent that she is inspired with a love of country, patriotism, pure government—just to the extent that she participates in making good government, in the selection of its officers and the fulfillment of office, in the shaping and making of conditions under which she and her children must live, just to that extent will her children be patriotic and stand for

justice and the right, from the fireside to the nation's capital.

On the other hand, just to the extent that she is silenced, governed and controlled by laws in which she has no voice, just to the extent that she is disfranchised and refused citizenship, to that extent will she bring forth a race that will drag the flag of their country into the mire of money and politics.

Women should have the ballot because instinctive protection for her offspring would lead the nation towards political purity.

Feeding the Pregnant and Nursing Mother

THERE is no time in the life of a woman when food is of so much importance as during the time of her pregnancy and when nursing her babe.

Food determines the strength and vitality, the mental tranquility, the physical comfort or discomfort that comes from good or poor digestion. It controls more than any other one thing, the thoughts and imagination; that is, under a perfect system of feeding, the prospective mother forgets self and her mind turns naturally to the higher, the better and the nobler things. All of these things leave their imprint upon the embryotic being and wield a powerful influence over its future destiny.

The pregnant mother should bestow upon her diet the most infinite study if she would give to her offspring those splendid faculties which every mother desires.

Owing to the various pursuits and ages of mothers and the climatic conditions of their environment, specific instructions in regard to diet could not be given here. This would require the care and advice of a specialist.

The fundamental laws governing diet during maternity, however, can be laid out in the form of classifications and omissions.

All flesh foods contain uric acid and other toxic poisons, which added to similar poisons produced by the human body inflict a special burden upon the organs of elimination. In addition to these reasons, meat contains no element of nutrition which cannot be secured in a better and purer form from other sources, therefore it is wholly unnecessary, in fact, a violation of natural law to burden the mother body with poisons and non-nutritive substances in order to secure the common elements of protein and fat which can be had from a dozen vegetable sources in their purest and most delicious form.

Stimulants should be eliminated from the pregnant mother's diet; first, because they produce no energy; and second, because they irritate and excite the millions of infinitely small nerve fibers to a point above par, and when the effect is gone the nervous system is dropped below par, and this constant raising and lowering process deranges the nervous system of the mother and leaves its baneful impression upon the body and brain of another being.

The over-consumption of starch foods should be carefully avoided because the calcareous element in starch is apt to produce a large structural or bone formation in the child, making it exceedingly difficult of

delivery and sometimes out of the proper physical proportion.

The food of the pregnant mother should consist of vegetables, all green and succulent plants that are edible, thoroughly ripened fruit, nuts, milk (fresh or clabbered), eggs and a limited quantity of coarse bread, made from the entire grain. She should avoid pastries and especially an excess of articles containing cane sugar, confections and soda-fount drinks.

The prospective mother should take a reasonable amount of exercise daily, a great deal of deep breathing in the open air and should masticate every particle of food she swallows to infinite fineness. She should remember that every movement of the body from the winking of an eye to the most strenuous labor consumes energy. From these spent forces there are poisons left in the body that must be eliminated in order to be healthy.

The health of the nursing infant is controlled almost wholly by the mother's food. It is not extravagant to say that the frightful loss of infant life given in Chapter on Infant Mortality could be reduced seventy-five per cent. if mothers understood and would observe the few simple laws that govern the conversion of their food into mother's milk suitable for the healthy growth of infant life.

There is a popular superstition that every infant must pass through what is known as "the three months' colic." This period of infant suffering begins about

one week after birth, that is to say, as soon as the mother begins to eat, and lasts until the infant digestion becomes inured to the omnivorous, thoughtless and abominable compounds that compose the mother's diet, or until the little one has succumbed to stomach trouble, inflammation of the intestines or cholera infantum.

The attending physician usually gives some vague and careless suggestions about diet, winding up his lightly considered instructions with that most pleasing advice, "Oh, eat what agrees with you."

This is about as valuable to the mother as the advice given to the reforming drunkard by the patent pill vendor who advised him to "Drink what you like and take my pills." What he liked was the very thing that had proved his undoing, likewise what the average nursing mother likes most is the conventional bill-of-fare, pork, pickles and pastry.

The food of the nursing mother should be confined to rather narrow limitations. She can secure certain food articles which contain all the elements of nourishment she needs and which will give to her child all it needs and in no wise disturb its digestion or endanger its life, from a few of Nature's most staple and most delicious things.

The nursing mother should omit from her diet all stimulating, narcotic and sedative beverages such as tea, coffee, beer, wine and liquors. She should avoid extremes, both acids and sweets. She should omit all

forms of flesh food except young tender fish or the white or bloodless portion of chicken, and these need only be taken to relieve dietetic monotony or when such proteid foods as eggs, milk and legumes cannot be obtained. Considering the requirements of the baby, the mother's food should consist of fresh vegetables, green salads (omitting vinegar), nuts, semi-acid and sweet fruits, milk, eggs and a limited quantity of starch foods and natural sweets, such as bread made from the entire grain, either wheat or rye, dates, figs or raisins.

One of the most important things for the mother to preserve is mental and physical tranquility. The mother should not nurse her child while laboring under any mental disturbance or excitement such as anger or fright, or any physical conditions such as fatigue or while over-heated.

If the diet of the pregnant or nursing mother were selected from the articles herein named, properly combined and proportioned, thoroughly masticated, and if she could be induced to devote fifteen minutes night and morning to vigorous exercise in the open air and to filling the lungs to their utmost capacity with good, fresh ozone a few hundred times a day, it would be almost impossible for either the mother or child to become afflicted with abnormal conditions we are pleased to call disease.

Infant Mortality in New York City

FOOD and fresh air are the two things that almost wholly control the life of children until they are past two years of age.

If the stomach and intestines can be kept in normal condition, the child like any other little animal will thrive even under many adverse conditions.

The normal or healthy action of the stomach and alimentary tract depends entirely upon the child's food, therefore, child feeding is in truth the key to child health and child life.

The woeful ignorance of mothers, nurses and doctors in regard to infant and child nutrition is pathetically shown in the appalling death rate of infants in the city of New York, which we print here for the first time.

The following is a table of infant and child mortality in the city of New York:

Death Rate of Children under Two Years of Age in New York City, from Diarrhœal Causes, and from All Causes for Two Months—July 2nd to September 3rd, 1910, Given in Weeks.

	Diarrhœal Causes.	All Causes.
Week Ending July 2nd	179	438
" " " 9th	265	539
" " " 16th	424	709
" " " 23rd	373	626
" " " 30th	384	656
" " Aug. 6th	288	559
" " " 13th	270	520
" " " 20th	237	468
" " " 27th	246	494
" " Sept. 3rd	220	447
	2886	5456

Death List of Children in New York City for one year—1909. Under Two Years of Age.

Diarrhœal Causes.	All Causes.
5126	20,716

It is fair to assume that mothers in New York know as much as do the mothers of any other American city about infant feeding. In other words, it is reasonable to conclude that mothers and doctors in other large American cities are as ignorant on this question as are the mothers and doctors of New York. This being true, it is evident that nearly 10,000 children die in the ten leading American cities from July first to September first (two months) of every year.

The aggregate population of the cities referred to is about ten million. It is shown, therefore, that about

one thousand children out of every million of city population die before they are twenty-four months old from what we assert to be mostly preventable diseases.

Our experience has been that mothers, doctors and nurses in the small towns, or country, are as ignorant on the question of infant nutrition as the mothers and doctors in the city of New York. This being true, it is not unreasonable to assume that nearly one thousand children out of every million population in the entire United States die every summer on account of the woeful and pitiful ignorance in regard to selecting, combining and preparing their food, but to be clearly within the bounds of reason let us assume that only five hundred children out of every million population in the United States perishes during July and August of every summer, THEN WE HAVE A FUNERAL TRAIN OF FORTY-FIVE THOUSAND INNOCENT LITTLE ONES EVERY YEAR WHO ARE VICTIMS OF UNPARDONABLE IGNORANCE.

It is also reasonable to assume and we personally insist that nearly all these valuable little lives could be saved if mothers were taught the simple and natural laws of infant nutrition.

Insomuch as more than half the number of deaths from all causes, shown in these tables during the two summer months, were from diarrhœal, that is to say, stomach and intestinal causes, it is entirely reasonable to assume that over half of these lives could have been saved by feeding these little ones correctly.

This work can be accomplished by teaching nursing mothers first how to feed themselves and, second, if the baby is bottle fed, teaching them how to prepare and modify or humanize its milk, which is a cheap and simple process. This is a service that every mother would willingly perform for her child if she knew how. The responsibility, therefore, for this tremendous suffering and loss of infant life is thrown back upon us—back upon us who do know and who are able to teach and distribute simple information that will save the breaking hearts of thousands of mothers—save human life—save the greatest asset of our common country.

If cholera, smallpox or yellow fever should become epidemic in New York and over 5,000 adults should die of any one of these diseases in *sixty* days, the whole city and state would be thrown into a panic. Doctors, ministers, churches, health boards, rich people and noisy newspapers would take a hand in the fight. An iron bound quarantine would be thrown around the empire city. A man escaping from New York would be looked upon as bristling with disease and death—but 2,800 helpless little ones dying every sixty days in the city of New York in summer, from stomach and intestinal trouble that could be easily prevented, does not attract enough public attention to be worthy of notice in the daily newspapers.

In all the branches of science, infant and child nutrition seems to us to be the greatest work that the human mind can find to do.

Infant Feeding

AND GENERAL INSTRUCTIONS ABOUT THE HEALTH AND CARE OF CHILDREN

VOLUMES have been written upon this subject, laborious analyses have been made, tables have been compiled, terms in chemistry have been severely drawn upon to explain things; the efforts of all these writers, no doubt, were inspired by the noblest purposes, nevertheless amid their citations, tables and learned technicalities the average mother stands bewildered and must perforce turn back to common sense, experience and motherly instinct. It is here that every mother should have some knowledge of the chemistry of food. She should know something about selecting and combining such things as are in chemical harmony. She should know something about the requirements of the infant body and in what particular respect it differs from that of the adult. If she is nursing she should have some idea about the process of metabolism in her own body and the consequent effects of certain foods upon her babe. If the infant is bottle fed she should understand the simple laws governing the quality and quantity of milk to be administered.

If it has passed the weaning stage it is of great im-

portance that she know the rules of graduating the nutrition from infancy to childhood and from childhood to youth.

In order to have practical and useful knowledge of these things it is not necessary for the mother to become a chemist or food scientist or spend much time in studying what seems at first to be an intricate scientific problem comprehensible only to the trained student; quite to the contrary, with a little thought and study devoted to the fundamental laws of food chemistry, chemical harmony and the requirements of the growing child, this knowledge comes to the mother as readily and naturally as instinct in all mother life throws its protecting arms about its young.

The following are general rules for feeding the infant from birth to about one year of age.

These rules cannot be made accurate, because all children differ in temperament, vitality and pre-natal influences, but if the mother will observe these instructions with reasonable care her child can be brought healthfully through the most critical period of its life and enter the solid food age with good digestion, a strong body and a splendid chance to withstand all children's diseases.

Every mother should endeavor to feed herself so as to nourish her baby from the breast, if possible, but where this cannot be done and artificial feeding becomes necessary, then the preparation of the baby food is of primary importance.

Cow's milk is, of course, the logical food, but taken whole, that is, the entire milk, it is too high in proteids and deficient in sugar, therefore, in order to make a healthy infant food it must be modified according to the requirements of the infant body.

The nurse or mother should prepare an amount sufficient for only one day's supply at a time after the following formula:

Cream..... 2 oz.
Milk .....2 oz.
Water.....15 oz.
Milk Sugar.....4 level teaspoons
Lime Water.....2 teaspoons or ½ ounce

This should be thoroughly mixed, placed in the bottle, and set in warm water until it is brought to the temperature of breast milk. The above formula can be used during the first month of baby's life:

Amount and frequency of feedings according to the following table:

Age.	Feedings.	Ounces.	Intervals.
1st day	5 to 6	1	3 or 4 hours
2nd day	7 to 8	1	2½ to 3 hours
3rd to 7th day	9 to 10	1¼	2 to 2½ hours
2d, 3rd, 4th weeks..	10	2 to 3	2 hours

Formula for second and third months:

Cream..... 3½ oz.
Milk ..... 1½ oz.
Water.....14 oz.
Milk Sugar..... 5 teaspoonsful
Lime Water ..... 2½ teaspoonsful

Amount and frequency of feedings should be about as follows:

Months.	Feedings.	Ounces.	Intervals.
2nd and 3rd.	7 to 8	3 to 4	2 or 3 hours

Formula for fourth to twelfth months:

Cream	6 to 8 ounces
Milk	2 to 3 "
Water	10 "
Milk Sugar	5 to 6 teaspoonsful
Lime Water	2 to 3 "

Amount and frequency of feedings should be about as follows:

Months.	Feedings.	Ounces.	Intervals.
4th, 5th and 6th	5 to 6	4 to 6	3 to 3½ hours
7th, 8th and 9th	5	6 to 7	4 to 4½ hours
10th, 11th and 12th	5	6 to 8	4 to 4½ hours

The above formulas for Infant Food are the best that can be made from ordinary cow's milk.

My Vieno Baby Food, however, is superior to cow's milk and where it can be obtained it should be prepared according to my recipes and administered in same quantity and at the same intervals as the modified milk in above formulas.

If the Vieno Baby Food cannot be obtained from your druggist, see page 183.

The milk, sugar and lime water herein named can be purchased at any first class drug store.

These tables are not given as exact. The mother should exercise careful vigilance and judgment, espe-

cially in reference to the quantity of each feeding and the frequency. The moment the child shows symptoms of over-feeding, which are usually expressed by vomiting or discomfort, the quantity of cream and the amount at each feeding should be reduced. In fact, it is healthful and often necessary to allow the child an opportunity to get hungry. The digestion of many a baby is totally ruined by continuous feeding which is done out of motherly sympathy or to merely keep it quiet.

The mother or nurse should exercise great care in the cleanliness and hygienic preparation of infants' foods. Milk should be fresh and of the very best. It should not be left uncovered or exposed. It should be kept continually on ice until ready for use. The cream used should be taken from the top of a bottle or from fresh milk. This insures better quality of butter fat than is generally supplied in ordinary commercial dairy cream.

The majority of bottle-fed children suffer greatly from constipation caused largely by the milk or the failure to modify the milk properly or make it contain the constituent elements of breast milk. This condition can be relieved by giving the child, every night and morning, sweet orange juice or the juice from soaked prunes preferred. This should be administered in quantities ranging from a dozen drops to two or three teaspoonfuls, according to the age of the child and the severity of the condition.

Intestinal congestion can often be relieved, however,

by giving the abdomen gentle massage, preferably in a rotary or spherical motion.

All infants need some exercise, they should be gently rubbed and rolled about after the morning bath, before they are dressed. There is nothing more healthful than exposure of the baby skin to fresh air in a normal temperature.

Next in importance to the food of the infant is its clothing. The usual custom of dressing a baby the first three months of its life, is positively barbaric, not that it imitates uncivilized people, but because it evidences the grossest ignorance and cruelest vanity. The mother seems to have no way of expressing her pride in her child except to decorate it. This decoration usually consists of three long skirts, two of them attached to bands which are fastened around the body. The weight of this clothing prevents the free use of the baby's feet and legs and therefore, puts it in a kind of civilized straight jacket, depriving it of exercising or moving the only part of its anatony that it can freely exercise.

It is nothing uncommon to see a beautiful baby, sore, irritated and broken out with heat all over its little body by heavy envelopes of barbaric rags.

The child, therefore, is made to suffer merely that it may please a proud mother and conform to an ignorant custom a thousand years old.

The only purpose clothing should serve is bodily warmth; when it is made the instrument of painful

decoration it is serving the same purpose as rings in the ears and bells on the toes, and the mind of the mother who thus afflicts her child is in the same class as that of the ignorant barbarian whom she imitates.

Infants should be put in short skirts, attached to bodies suspended from the shoulders; everything should be made to contribute to comfort. This is a duty we owe to the little one whose only way of protesting against our cruelty is to kick and cry.

While the baby is under the care of the mother or nurse its diet can be and is usually controlled—it is after it is walking and talking that what it eats so completely governs its health.

Children are naturally healthier than their parents. The trend of Nature is upward toward higher and higher forms of life, therefore, if the principle of natural evolution were not in some way interfered with, babies, with very few exceptions, would be perfectly healthy and their comparative death rate would be lower than among adults.

The child's taste or desire for certain things cannot be trusted. All children crave sweets, yet their bodies can only use and dispose of a limited amount. Every pennyweight of sugar taken in excess of that which is needed becomes a source of trouble.

Cheap confections, especially "penny suckers" and all that class of things, should be prohibited by law.

From long experience we are justified in saying that cheap confections and over-eating of sweets are the

most prolific causes of children's diseases. These things may not be the direct cause, but when disease appears and attacks the little body it has no power of resistance and the child succumbs.

The craving of sweets can be satisfied by natural things such as dates, figs or raisins, and now and then a little pure maple sugar or a pure home-made confection, but these should be administered sparingly and governed by the amount of open air exercise, temperature of the atmosphere and the mother's good judgment.

The child's bed-room should be kept thoroughly ventilated, cold and crisp even in winter, care being exercised that the little one does not become uncovered and exposed.

Children can withstand a great amount of cold. The blood of the healthy child is thick with the red corpuscles, and when allowed to romp and play it will be comfortable out in zero weather, thinly clad compared with the amount of clothing worn by the adult.

In a great majority of cases, probably ninety per cent, when a child becomes ill the cause can be traced directly to what it has eaten, therefore, to give it drugs or the average children's medicines under these conditions is a little less than criminal.

Drugs do not remove causes, but they interfere most seriously with Nature in *her* effort so to do.

When a child becomes ill, or its temperature rises above normal, it should first be given an enema to re-

move congestion of the lower bowels and followed by a light natural laxative fruit juice, such as strained orange juice, juice of soaked evaporated apricots or prunes. It should drink copiously of water and abstain entirely from food. Under this treatment the abnormal symptoms are very apt to disappear and the child will be better and healthier for the short abstinence from food, while the anxiety of the mother will be relieved, the family purse conserved and the child freed from the ignorant practice of drug poison.

These suggestions are intended as a guide for the nurse or mother in caring for the average normal child, if, however, the infant or youth should become ill or show signs of gradual decline, its care should be submitted to a specialist, preferably to someone who understands the art of child-feeding or infant hygiene.

If the mother would devote some of her time to studying nature and the wants of her child, depending more upon good mother sense than upon artificial remedies, drug stores and doctors, the peal of happy laughter would come from the door of many a home where hangs the white crepe as an emblem of civilized ignorance.

Food for School Children

FOOD is the most important thing to be considered. In the school child nutrition must serve two distinct purposes:

First, material for growth.

Second, material for the extra mental work and worry.

The child mind will not labor except under compulsion or necessity. All early education is, therefore, a system of forcing things. This extreme demand upon the body must be provided for—white bread, coffee, pickles and sweets will not do the work.

There is no time in life when there should be so much care exercised in feeding, and there is no time in life when the appetite runs riot and so many mistakes are made as during school days.

The body of the growing, especially the school child, will appropriate a much greater per cent of carbohydrates (starch and sugar) than that of the adult. On the other hand the adult can take stimulants such as tea and coffee with less harm than the youth.

The diet of school children should be confined to the most soluble form of proteids, such as milk and eggs and coarse cereals, such as wheat, oats and rye

products and the coarse fibrous vegetables. They should also partake of a liberal portion of fruits and fats such as nuts, butter and olive oil.

The school child should religiously avoid all kinds of candy and artificial sweets. A reasonable amount of natural sweets, such as dates, figs, or raisins, maple sugar or even cane sugar can be taken with meals, but the school child habit of consuming cheap confections between meals is ruinous to the digestion and exceedingly harmful to the activity and development of the mind.

The college chap sitting on the end of his spine with his feet higher than his head, poisoning himself with nicotine from an expensive pipe, is a specimen of civilized habits that is almost pathetic.

As a rule schools and colleges teach everything except health.

Suggestions for the Manual Laborer

IF one is engaged in active physical labor, such as farming, mining, heavy factory work or in any vocation where the muscles are in constant use they can safely partake of these menus as given without change or modification. And there may be cases where extreme physical labor or activity is being performed such as football, athletic contests, iron workers or rolling mill employees where these menus would need to be increased much beyond the proportions herein given.

The actual necessity for food is governed by three fundamental laws: *first,* age; *second,* activity or work, and *third,* the temperature of atmosphere or environment. If some study is devoted to the suggestions herein given and some time devoted to experimentation, the student will soon become familiar with his or her requirements, measured or determined by age, occupation, temperature, the amount of fresh air breathed every day, the mental condition, whether disturbed or tranquil, and feeding themselves will become one of the most fascinating studies and duties within the scope of their daily employment.

When one first begins to recognize the great impor-

tance and wonderful possibilities of scientific feeding, they are apt to swing the pendulum of their studies to the opposite extreme and make their eating a kind of laborious or burdensome process, by weighing their foods, endeavoring to secure therefrom a given amount of proteids, carbohydrates, fats, etc., etc., according to the old dietary standards given by various writers or in government bulletins. This is all a mistake, for the reason that Nature demands that the animal body in order to be healthy take a certain amount of activity every day and breathe a certain amount of air. These things are to the human body what the automatic governor is to the steam boiler. If we do not eat enough, Nature gives us the signal of hunger, and if we slightly overeat, we consume or work off the surplus by labor, and the residue or poisons resulting from the labor are carted to the lungs by the circulation and burned or consumed by the oxygen we breathe. Therefore, if we would use reasonable care in regard to selections and quantity, and take a reasonable amount of exercise and fresh air, the body would become an automatic self-adjusting machine so far as quantity is concerned.

Balanced Menus

FOR THE MANUAL LABORER

SPRING AND SUMMER

BREAKFAST:

Choice of Peaches, Bananas or Prunes,
Egg Float,
Few Mixed Nuts,
Steamed Whole Wheat with Cream.
Milk.

LUNCHEON:

Baked Sweet Potato or
Boiled Corn with Peanuts or Peanut Butter,
1 or 2 Fresh Tomatoes,
1 or 2 Very Ripe Bananas, with Cream,
3 or 4 Dates—a Glass or two of Milk.

DINNER:

Choice Green Beans, Peas, Carrots or Boiled Corn,
Corn Bread and Butter,
1 or 2 Glasses of Buttermilk,
Nuts, Dates and Cream Cheese (Philadelphia Brand).

FOR THE MANUAL LABORER

FALL AND WINTER

BREAKFAST:

2 Very Ripe Bananas with Cream,
½ Dozen Dates or 2 or 3 Figs,
Whole Wheat Bread or Crackers, with Peanut Butter,
Milk.

LUNCHEON:

Baked Beans or Lentils,
Whole Wheat Bread or Gilman's De Luxe Crackers,
with Peanut Butter (Beech Nut preferred),
Few Dates and Nuts,
Two Glasses Milk (Buttermilk preferred).

DINNER:

Choice of Baked Potato, Turnips, Carrots or Cabbage,
Few Mixed Nuts,
Corn Bread and Butter,
One or Two Glasses Milk.

Suggestions for the Sedentary Worker

THE following menus are suggestive. They are meant to give the reader some idea in regard to selecting, combining and proportioning food according to the natural laws governing food chemistry or chemical harmony and physiological chemistry; that is to say, the requirements of the body.

In order to secure the best results from these menus every person must use some judgment or common sense. If they are engaged in a sedentary occupation, such as office work, clerkship, teaching, studying, or employed in any of the various arts or trades that require considerable thought and only an ordinary amount of activity, they should partake of but two meals per day, that is, omitting the luncheon meal entirely with the exception of a bit of fruit, salad, or a glass of milk.

There is an ample amount of nutrition contained in the breakfast and dinner menus to meet all the requirements of those engaged in the above-named occupations.

Balanced Menus

FOR THE SEDENTARY WORKER

SPRING AND SUMMER

BREAKFAST:

Strawberries or Peaches, with
Egg Float,
2 or 3 Tablespoons Nuts,
4 or 5 Diet Wafers (O. B. Gilman's) or
Unfired Wafers with Peanut Butter,
1 or 2 Glasses Water.

LUNCHEON:

Berries or Cantaloupe,
Baked Potato or 1 or 2 Ears Boiled Corn,
Glass of Buttermilk.

DINNER:

Fresh Peas or Boiled Corn,
Lettuce and Tomato Salad with Dressing,
Unfired Wafers and
Beech Nut Peanut Butter,
Cantaloupe or Marshmallow Pudding.
Milk

FOR THE SEDENTARY WORKER

FALL AND WINTER

BREAKFAST:

Soaked Prunes or Very Ripe Banana with Cream,
One Egg,
2 or 3 Unfired Wafers, Beech Nut Peanut Butter,
2 or 3 Dates,
Glass of Milk.

LUNCHEON:

Spinach or Green Salad,
Unfired Wafers or Corn Bread, Peanut Butter.
Glass or Two Milk (Buttermilk preferred).

DINNER:

Cream of Corn,
Gilman's Whole Wheat Crispies,
Baked Sweet or White Potato,
Fruit Salad with Whipped Cream,
1 or 2 Tablespoons Nuts,
Philadelphia Brand Cream Cheese,
Figs or Raisins,
Glass of Milk.

The Family Scrapbook

FOOD AND AMIABILITY

THE housewife controls the food, the food controls digestion, digestion controls amiability, and amiability controls, to a very large extent, the happiness of the home.

THE KITCHEN RUT

All people, especially women, are gamblers; certainty is stale and uninteresting; chance or uncertainty is fascinating; it has made civilization. Don't drop into a kitchen rut. Take a chance every meal with some new simple combination of natural food and watch the effects on daddy and the children. Fortify yourself with the reasons why, then take a chance on abolishing conventionalities.

GIVE A CHILD A CHANCE

The mind of a child is merely a receptacle that receives impressions from its surroundings. Nearly all impressions are made and put into this receptacle by what the child sees and hears. Many a child is made cowardly and cringing by suppression—made to think that it is in some way inferior, by making it act according to other people's wishes instead of its own.

All government, outside of love, is merely an exhibition of brute force. The child soon learns this, and it is not elevated a bit by the discovery.

Give a child a chance, let its imagination run riot, let the snake it saw, be as long as a fence rail and as big around as "this." Imagination, which is merely a form of exaggeration, is the parent of poetry, music, art, and nearly all the beautiful things in the world.

The child's big snake is a Brooklyn bridge, or a flying machine in embryo. Teach your child integrity, but let its mind have reign.

All children are little savages. They take a kind of primitive delight in punishing things. They will kill bugs, ants, birds, rabbits and even punish kittens and puppies, until this desire is overcome by affection for these animals. Love, therefore, is the great civilizer. The first heart throb of affection marks in a child the boundary line between instinctive savagery and human civilization. The child should be trained as early as possible to love something, as natural cruelty disappears at the same ratio that love and mercy are developed.

THE FAULT-FINDING MOTHER

Many a home is made unhappy, and the family finally scattered forth with but few tender memories, by a fussy, fault-finding wife or mother.

Most women, in their limited environment, take things too seriously. They drop into the habit of

worrying over everything. Their worry finds expression in language criticising others. This makes them disagreeable. All people who find fault lay the blame on someone else, and if the "someone else" be a grown-up, they fight back and find some fault themselves. If they are children and afraid to talk back, fear, anger and injustice chills natural affection, makes the mother whom they would worship, under favorable conditions, seem unjust and, by comparison, inferior to other mothers. Under these continued influences, children begin to seek their pleasures away from home, and the family becomes scattered, dissipated and broken up, all on account of mere trifles.

In every so-called disagreeable thing some good can be found if we will search for it.

When it is raining and gloomy the countless millions of atoms of dust are laid and the air is purer than on a beautiful day.

Every flash of lightning burns miasma and poisonous gases that float in the air.

When the wind is filling your eyes with dust, it is taking the lighter atoms into space, and the reflection of the sun upon these billions of floating motes makes the blue sky, otherwise the void above would be a black abyss.

The child whose body and brain is most active, who is into everything, who gives the mother most trouble, as a rule, gives back more comfort when it is grown, for the childish mischief is merely a bubbling over of

surplus energy that makes civilization and history in later years.

HOW TO SELECT A HUSBAND

If you were trying to decide, some leap year, between two men, as to their amiability and morality, and all the evidence were in, except their habits of eating, and you found that one, took ham and hot coffee for breakfast, beef and beer for luncheon, and pork, potatoes and pie for dinner, while the other chap fed upon golden grains, vegetables, crisp salads, nuts from the land of the orange blossom, milk, eggs, honey and luscious fruits whose color and perfume "turns the fancy lightly to thoughts of love," which one would impress you as making the best husband?

DEMOCRACY OF THE DINING TABLE

Democracy of the dining table should be a family pride. The table is a place to assemble, a place of good cheer, a place to cultivate good manners, to cultivate hospitality, unselfishness, a place to forget the worries of the day, a place to compare notes, to tell all that has happened to each and every one; pride and instinct bid us be at our best at the family board.

For all the grown folks to exercise their rights and privileges in these things, and "don't" and suppress the child, is to inoculate its mind with the poison of rebellion, injustice and brute force.

Every child in the beginning is a little savage. It

may scratch, fight, bite and throw things around for awhile, but it will soon begin to imitate those around it; the example, therefore, should be the best. This is what we call civilization.

POOH, POOH!

Don't "pooh, pooh" a thing because it is new. Remember all great inventions have been "pooh, poohed" by the alleged wise ones. Morse's telegraph was "pooh, poohed" on the floor of that "most dignified body on earth." Great men said, over their official signatures, when the first railroad was proposed, that an engine running through space at a greater velocity than 18 miles an hour would kill every living thing for a mile on both sides of the road.

If you have a new idea yourself, thank the Lord, and go to work on it. If someone else hands you a new idea, thank him.

If somebody says that foods can be so administered as to cure disease, don't pucker up your mouth.

THREE LAWS OF HEALTH

The natural laws of health demand three things, viz.: a certain amount of fresh oxygen, a certain amount of exercise and a certain amount of nutrition every day. If we violate any of these laws, there is a time coming when we will have to pay the penalty.

The first thing, after arising every morning, one should throw up their window and exercise vigorously,

filling the lungs to their utmost capacity every third or fourth breath. From three to four minutes should be devoted to this exercise night and morning.

Ten minutes a day devoted to obeying two primary laws of health are very little out of each 24 hours, and no person can afford to be in such a hurry as to disregard these rules.

THE SPEED LIMIT PENALTY

From the cradle to the coffin is very much like any ordinary journey, the faster you go, the quicker you get there.

BATHING

Hydrotherapy has never received the attention it deserves. It should be made one of the health sciences. A person in normal health should take a cleansing bath, with very little soap, from two to three times a week, according to vocation and temperature of the atmosphere, and a cold shower or a sponge bath every morning after exercising, followed by a vigorous rub down.

The hot bath may be useful as a remedy, but to the person in normal health it is devitalizing.

CARE OF THE EYES

Immerse the face in cool clean water. Open the eyes, turning them in every direction as far as possible. Keep them under water as long as the breath can be comfortably held. Then place the thumb be-

neath and the forefinger above the eyeball, pressing gently and giving the eyeball a rotary massage.

This massage should be given every morning just after arising and every night just before retiring.

This system of treatment has a tendency to round out and prevent the flattening of the eyeball, which causes impaired vision.

The writer is personally acquainted with a man well up in the seventies, who says he has practiced this system of sight culture for forty-five years, and his vision is as keen and his eye as clear as when he was a youth.

WOMEN SMOKING

The desire for stimulation comes along with idleness. The woman who has nothing to do and for the life of her, can't find any useful way to employ her time, thereby acknowledges that she is useless to the world, is very liable to take to cigarettes, perhaps liqueurs and so forth.

No habit with which the twentieth century woman is liable to become afflicted is quite so demoralizing as smoking. It tells not only of her gradual moral retrogression, but of her mental and physical decline.

KITCHEN ECONOMY

The kitchen is the greatest avenue for leakage or waste there is in the average home.

The cook is usually not interested in paying the bills,

and there is something in human nature that bids us all spend other people's money with reckless extravagance.

With good management there need be no waste in the kitchen.

Tender peas should be cooked and served in the pod. The pod contains more nourishment than the pea.

Left-over or soured cream can be whipped into butter with an ordinary Dover Egg Beater in two minutes.

Left-over milk can be "set" aside to clabber or thicken and whipped into buttermilk.

The majority of vegetables and potatoes can be thoroughly cleansed and scraped instead of removing a thick peeling.

These are merely hints. The one who pays the bills should look the kitchen food supply over three times a day.

HOW TO SELECT FRUIT

Fruit should be selected according to its quality, not its appearance.

Its quality should be determined:

First, by its comparative size, whether or not it matured on the tree or in a sub-cellar equipped for the purpose of ripening immature fruit.

Second, its state of ripeness. Fruit is at its best when it is "dead ripe." When in this condition the natural fruit sugar is thoroughly developed, and it is both food and a digester of other foods.

DOCTORS, DISEASE AND BACTERIA

Every now and then the doctors give the public warning of the danger from bacteria that lurks in uncooked food.

The question of bacteria, or micro-organism, as the cause of disease, is disputed by many of the world's ablest scientists. They claim that these forms of life are the results, not the cause, of disease, with which theory the writer is inclined to agree. However, be this as it may, we know that the highest physical specimens of anthropoidal life have been built up from natural food without the use of fire.

The doctors know, or should know, that all the digestive juices, or solvents of the body, are highly germicidal. The saliva is an alkaloid, the gastric juice is an acid, the bile is an alkaloid, the pancreatic juice is an acid, and so on.

The doctors know, or ought to know, that if we select, combine and proportion our food properly, and eat it correctly, that no form of bacteria could live in the stomach one minute. If they are so much concerned about our health, why don't they tell us these secrets. Is it possible that the doctor is willing to see us perish for want of simple information that he has snugly tucked away in his healthorium encyclopedium.

Now, let us be fair but honest, the doctors don't know anything about these things. Their books, schools, colleges and clinics don't teach them. They teach drugs, bugs, bacteria, and disease, instead of

health, life and laughter; and again, why should the doctor be warning us against things that make us ill? His warning does not ring true because he thrives upon disease.

THE BOSS

The head of the family, the boss, very often means the bear.

Men inherit the heliocentric idea. It is as easy for them to believe that everything about the home should be made to conform to their requirements as it was for the ancients to believe that the sun, moon and stars were made for their special accommodation.

THE EFFECT OF STIMULANTS

Tea, coffee, liquor, beer, tobacco and the various sedative drugs all have a common effect upon the human body. They stimulate, that is to say, they poison, or to be more explicit, the whole system is excited and thrown into unnatural activity, in its effort to expel these poisons. This false heart action releases energy that has been stored up in the cell. The energy store house is thereby robbed, and when the excitement is over the physical pendulum swings to the other extreme, and in the language of the day, we are depleted, "dopey, down and out."

People who defend the use of stimulants often point to aged people who have taken some of these poisons for many years. They forget to remember or count the dead ones.

OVER-TALKING

There is one human habit which civilization has not yet overcome, and that is the disposition of people to talk about themselves. Bragging about their accomplishments, soliciting sympathy by telling their troubles.

To burden our friends with a recitation of our woes, especially our physical ills, displays mental weakness, a childish bid for sympathy, coarse manners and bad breeding. In addition to this it augments our own troubles, fills the very atmosphere as well as the mind of our companions with disease-breeding thought.

Talk health, think health, act health, study health, and obey health laws, and you will be healthy, besides you will radiate health and help others to be healthy.

Forget self for awhile. Do something for others. In the final analysis of human affairs all happiness must come from the esteem in which our fellows hold us. You cannot be unhappy or unhealthy if you are loved by many people.

You cannot be loved by people unless you earn their esteem.

You cannot draw happiness from a world bank in which you have made no deposit.

THE AUTHOR'S LUNCHEON OF UNCOOKED FOODS

Soups

THE following recipes for soup are given, not because I recommend its use, but because soup has become a staple part of the ordinary diet, and experience shows that it is always better in any reform work to proceed on lines of least resistance. In order to promote digestion and preserve the integrity of the teeth, our food should be taken in hard or solid forms exactly the opposite of soup. This would induce thorough mastication and delegate to the teeth, instead of a pot, the delightful task of making soup.

The harmful effects, however, of the soup taking habit may be partially overcome by taking it slowly with some very hard cracker that requires thorough mastication.

Since soups will be used, the following recipes are given as the best articles from which they can be made.

SOUPS UNCOOKED

CEREAL SOUP

Use half pound of flaked grain, preferably oat-flakes. Cover with warm water and soak several hours, or over night, then put through a sieve, which will make a thick cream for the body, adding milk and a

little cream to bring to the consistency desired, and flavor with the juice of fresh tomatoes, a little pulp of tender corn, scraped from the cob, or puree of peas; add a pinch of salt and a piece of butter; warm before serving.

NOTE: The above recipe can be used to form the body or cream of any kind of soup, using any flavor desired.

CREAM OF CORN

Mash a can of sweet corn through a strainer. Add sufficient cream and a little milk to bring to the consistency desired; add salt to taste.

Place in a double boiler on back of the stove to warm before serving.

Cream of pea can be made as per recipe above, substituting canned peas for canned corn.

If a cooked soup is desired, use the same recipes by allowing to come to a boil before serving, using sufficient milk and cream to bring to the consistency desired.

COOKED SOUPS

This book being designed to contribute the greatest good to the greatest number of people, and soup being a staple article of diet that no reform is likely to abolish, it is my purpose to give the housewife some instructions in regard to producing the most wholesome

and nutritious combinations that can be made in this class of edibles.

CREAM OF TOMATO

To one quart can of tomatoes, add an equal amount of water. Boil until the whole is reduced to the original amount (one quart). Mash thoroughly through a fine sieve. Place the strained tomato on the fire until it again comes to a boil, adding a scant teaspoon of baking soda, stirring vigorously, then add half teaspoon of sugar, a little pepper and about two tablespoons of thoroughly dissolved cornstarch, stirring constantly.

Put one quart of unskimmed milk in double boiler, allow to come to a boil, add this to the tomato mixture, while both are at the boiling point. Bring to a boil again, stirring constantly. Butter the size of a walnut and salt to taste, serve.

This is one of the most delicious of all cream soups, if properly made, but much care should be exercised in mixing and seasoning.

CREAM OF CORN AND TOMATO

This delicious combination can be made by thoroughly cooking a can of corn, putting through a sieve and adding to the cream of tomato as above recipe.

CREAM OF CORN

Cook until tender, one can of sweet corn. Mash thoroughly through a sieve. Add about three cups of milk and a piece of butter size of a walnut. Allow

to boil, and stir in one teaspoon of thoroughly dissolved cornstarch. Just before serving, salt and pepper to taste.

CREAM OF CELERY

Clean thoroughly the outer pieces and tops of celery. Cut in bits, cover with water and boil until tender. Put through a sieve, add amount of milk desired (but not enough to reduce the flavor too much), thicken with cornstarch to the consistency desired.

Just before serving, season with butter, pepper, salt and a dash of celery salt.

CREAM OF ASPARAGUS, BEAN, PEA OR LENTIL

Cream of asparagus, bean, pea or lentil can be made according to recipe for cream of celery (omitting celery salt).

CREAM OF RICE OR POTATO

Cream of rice or potato can also be made as above recipes, using onion (a small piece) to flavor the potato soup, and a dash of celery salt for the cream of rice.

The group of cream soups herein given are exceedingly nourishing, and with some solid or hard bread that requires thorough mastication they would constitute a sufficient meal for the ordinary worker.

The cook should exercise great care in mixing, in order to prevent the cornstarch or solid substance from forming into lumps and the milk from curdling. A

little patience and experimentation will very soon master the art of making these delicious soups.

PEA, BEAN OR LENTIL (Dried)

Place in a deep vessel the quantity desired, cover with hot water and allow to stand over night, then cook until soft. Mash through a sieve.

To 1 cup of pulp or puree add about 3 cups of milk, allow to boil and stir in one teaspoon of thoroughly dissolved corn starch or enough to thicken to the consistency desired. Season with butter, pepper and salt just before serving.

NOTE: This pulp or puree will keep several days in a cool place and is very delicious properly seasoned and warmed or browned in an oven.

Dairy Products and Preparations

SWEET BUTTER

LET heavy cream stand until it clabbers or thickens. Beat with a Dover egg beater until the butter is separated. After it is churned cover with ice cold water, wash, and press out all the milk with a spoon. Set on ice until ready to serve.

Butter can also be made from fresh cream, but requires more time. There are small churns which can be bought for this purpose.

MILK CUSTARD

Fill custard cups with rich milk, allow to stand until it begins to thicken. Drop in a few raisins and when thoroughly coagulated or thickened add a dash of nutmeg and serve.

THE SOUR MILK CURE

Sour milk is one of the best forms in which animal proteids can be taken. Various writers have announced to the world during the past few years that sour milk (soured with tablets which they sell) destroys the age bacteria in the intestinal tract. Professor Metchnikoff, who is the father of this theory, seems to have formed

this conclusion by observing that the chief diet of the very aged peasants of Bulgaria, was sour milk.

Knowing something of the mind and its imaginings, and how long it has searched for the "Eldorado," and how readily people accept any theory that promises to prolong their lives, and how easy it is for one to become famous telling this story which all people desire to hear, I am of the opinion that *the sour milk cure, for old age*, will soon take its place in the archives of medical superstition along with the lizard-tongue and scorpion-blood remedy for fevers that was so popular and so very scientific only a few centuries ago, and that age of the Bulgarian, French and German peasants will be accounted for by the fact that they were forced by poverty to live upon a plain diet of good simple food, one of which was sour milk.

I have made many experiments with the various commercial tablets for souring milk, and have failed to find anything as good as nature. (See recipe below for souring milk.)

CLABBER OR SOUR MILK

Place a bottle of whole or unskimmed milk in a warm place until it thickens or until it is of the consistency of baked custard. Set on ice immediately, and when ready for use pour in bowl and beat with Dover egg beater.

Eggs

THEIR IMPORTANCE AND PLACE IN THE DIET

EGGS constitute one of the best proteid foods known. The white is almost pure albumen, readily soluble, easily digested, and contains about the same per cent. of moisture as the healthy human body. The yolk is composed largely of phosphorous and fat. The whole egg, therefore, is one of the best articles in the nitrogenous family of food.

While eggs are what might be called "year around" food, they are of more importance in winter and spring than at other seasons of the year.

When corn, legumes and the large number of tuber vegetables are in season, everything the body requires can be obtained without the use of any animal products, but in order to balance the bill-of-fare in winter and spring, the egg becomes necessary and occupies a place that is difficult to fill by any other article.

In certain cases of extreme emaciation the egg diet has been resorted to, a normal size person taking from eighteen to twenty-four per day with spendid results. In each case they are best broken one at a time into a glass and taken with a little salt.

EGG FLOAT RIPE OLIVES

EGGS—MILK

To one pint of milk add one thoroughly beaten egg. This is sufficient for an ordinary meal, and being so largely composed of proteid matter no other nitrogenous food, such as fish, meat, beans, etc., should be taken at the same time.

EGG FLOAT

WHOLE EGG.—Whip the white and yolk separately from 2 to 3 minutes. Add slowly a teaspoon of lemon juice, half a teaspoon of sugar, and a teaspoon of heavy cream to the yolk; then add the whipped white to the yolk mixture.

If properly mixed, this will stand up like whipped cream. This makes a delicious dressing for salads and fruits.

NOTE.—Any fruit juice can be used in place of lemon.

Fruit and egg float constitutes almost an ideal meal taken in the following proportions: Two or three ripe peaches, or an equivalent amount of soaked evaporated peaches or apricots, eaten with two eggs prepared as recipe above.

EGG MILK SHAKE

Put about two tablespoons crushed ice in a glass, add 1 tablespoon maple syrup, 1 egg and ⅔ cup of milk. Shake thoroughly and strain into a glass for serving. A little grated nutmeg or cinnamon can be added if desired.

A lemonade shaker can be purchased at any kitchen furnishing place.

CREAM EGGS

Whip thoroughly three or four egg whites, adding slowly a cup of cream. Slightly flavor with nutmeg or vanilla. This makes a delicious sauce to use over any kind of crushed fruit or berries.

Grain and Grain Products

WHEAT, corn, oats, rice, rye, barley and millet are collectively called grains.

WHEAT originated along the coast of the Mediterranean Sea from a grass known as Aegilops-Ovala. It was brought to a state of great perfection in the fertile fields of the Caesars.

CORN, or Maize, is thought to be a native American plant, but it is not. It is from the genus Maydeae, and the name maize seems to have been used by the ancients to describe a grass called Zea or Z-Mays.

RICE originated in India from a grass called Omza-Saxiva, several centuries before the Christian era. It was the staple article of food during that period of her civilization that has crowned that country as the seat of philosophy and learning.

BARLEY is a native product of Western Asia. It originated from a grass, the genus Hordeum. It took its name, no doubt, from a bread called Bara bread, or barley bread. It was a staple article of food in Asia and Asia Minor many centuries before the Christian era.

OATS was a prodigal growth of Norway and northern England, and came from a wild grass known as

Avena sativa. For many centuries it was used as a sort of fodder or roughness for animals, but under the cultivation of the thrifty, but ancient, Scotch, the oat was dignified as the principal cereal food of that sturdy race.

RYE originated along the shores of the Black and Caspian Seas, and is the hardiest of all the cereal plants. Rye, as a food, comes nearer meeting the requirements of our present civilization than any other grain product. Its chief virtue consists in the limited amount of starch and great amount of cellulose fibre it contains.

The above named grains, taken collectively, constitute the majority and most universally used articles of human food. Inasmuch as they are composed so largely of starch, modern science is pointing out the fact that the over-eating of grain and grain products or the over-consumption of starch is responsible for a great majority of human ills, therefore, under the guidance of the food scientist the national bill of fare will undoubtedly undergo a very marked change within the next decade or two.

Grain, therefore, was not the food of primitive man. It has, however, become the great staple for two reasons.

First, because it is farinaceous and will keep through from season to season, hence can be drawn upon at all times of the year as a staple.

Second, because it can be prepared in almost a limit-

less number of ways, hence has been made to appeal to the appetite under all conditions of age and climate.

Coincident with the universal use of grain as the staple article of diet have come digestive disorders, common to all civilized countries, that can be traced directly to the excessive use of cereal starch.

The recipes for the preparation of grain given in this work contemplates their limited use, at least reducing the quantity that is likely to be eaten by the average person to the minimum, by preparing them in a simple but natural way.

WHEAT, OATS AND RYE occupy about the same place in the chemistry of food, therefore, they can be grouped in equal proportions or prepared separately according to the following recipes:

TO PREPARE UNCOOKED

Take the quantity desired for two or three meals. Place in a deep vessel, cover with boiling water and allow to stand from 6 to 10 hours, or over night.

Thoroughly drain and serve in very small portions with cream and a dash of salt or cream and sugar, nuts or nut butter and a pinch of salt.

TO PREPARE COOKED

Place the quantity desired in a double boiler, and allow to simmer several hours, or over night. Serve in very dainty portions with cream and nuts, or if something sweet is desired a bit of maple sugar, dates, figs or raisins can be used.

This method of preparation makes these grains much superior to any of the prepared breakfast foods made from the same stock.

First, prepared in this manner, the grain contains all the gluten and cellulose (bran) fibre which is absolutely necessary to produce proper alimentation and, therefore, prevent intestinal congestion (constipation).

Second, grains taken in this manner necessitate excessive mastication which, in addition to all of its other virtues, prevents over-eating and consequent starch congestion and poisoning.

Flaked Grains

WHEAT, RYE, OATS AND BARLEY TO SERVE DRY

PLACE quantity desired in oven and slightly dry or crisp. Serve with cream and grated nuts or cream and maple sugar or cream and honey or cream, dates, figs and raisins.

AS A PORRIDGE

The above grains can be made into a delicious porridge, as follows:

Place the quantity desired in a covered dish or deep vessel, barely cover with hot water, and allow to stand several hours or over night. Stir so that all grains will become thoroughly moistened. Serve with cream and sugar, or the same combination as given above.

These grains should be served in dainty portions.

CHRISTIAN'S LAXATIVE CEREAL FLAKES

These flakes can be prepared and served in the same manner as any of the flaked grains named in the foregoing recipes.

This product is prepared after a special formula, and especially designed to give to the body the best balanced and proportioned food that can be made from

grains. It is also especially recommended as a natural remedy for intestinal congestion or constipation.

These flakes are a natural grain product in *no way medicated.* Their tendency is to normalize and regulate intestinal activity, thereby increasing the digestibility of other foods with which they may be eaten.

VIENO BREAKFAST

To three cups of boiling water add a pinch of salt and one cup "Vieno Food," stirring constantly and boil briskly from five to eight minutes. Serve with cream and sugar if desired.

WHY I HAVE SELECTED O. B. GILMAN'S DE LUXE CRACKERS

Bread is the standard of American food products. Owing to modern milling methods, harmful things used in baking and the general practice of food adulteration, I have decided to select some cereal article which I know to be the best, and which is entitled to a place in a standard literary work on food hygiene, and call it by name and incorporate it in the following recipes.

I have selected for this purpose O. B. Gilman's De Luxe Crackers.

Bread

BREAD or cooked grain products have become so universal in demand that a work like this, whose purpose it is to instruct the housewife in the best methods of selecting and preparing food, would not be complete without some recipes for preparing cooked bread. The recipes given below have been selected and tried out as the most practical, simplest and best formulas for bread to be made in the average home.

UNLEAVENED GEMS

To one stiffly beaten egg add a cup of ice cold milk. Slowly stir in a cup of Christian's Cereal Meal, and last add ½ cup of grated nuts and salt to taste. Pour batter into hot gem pans and bake in very hot oven. If nuts are omitted use 1½ cups meal.

CORN BREAD

To the required amount of coarse white corn meal add just a pinch of salt and enough sweet milk and cream (or top of bottle) to make a moderately stiff batter. Make into small cakes half an inch thick. Put on a buttered griddle. When brown on both sides put in oven for a few minutes and serve hot.

Peanut Butter

OWING to the fact that peanuts are one of our most important food products, and that there are so many brands of peanut butter on the general market, and that peanuts grade from a very inferior to an extremely superior quality, both in taste and nutritive properties, it becomes necessary for the guidance of my readers to name some particular brand or kind of peanut butter, which investigation and chemical analysis have proven to be pure and wholesome, hence worthy of a place in a literary work intended to guide the housewife in selecting only the best. In view of these facts, I have used in the following recipes a brand of peanut butter known as "Beech-Nut."

Sandwiches

THEIR USES AND ABUSES

THE sandwich has become such a conspicuous thing in the menu of civilized people that it deserves special mention and a few suggestions gleaned from long experience.

New York City consumes, every twenty-four hours, enough pies to cover two acres of ground if they were placed singly, side by side. Every pie is merely a big sandwich.

The abuse of sandwiches in this form is not so much because they are impure, but because they are consumed mostly at the quick lunch counter, not masticated, and washed down with milk, water, tea or coffee. There are, however, a great number of good sandwiches that deserve certain mention in this work.

The sandwich is almost limitless in form. The filling can be made of an infinite variety and combination of things, and the outside, or binder, can be made of any form of bread, whole wheat, rye, or corn bread, unfired wafers or the whole-wheat cracker, such as O. B. Gilman's varieties.

The following recipes are, therefore, merely suggestions for a few varieties that have been tested and tried out.

CREAM CHEESE, DATE AND NUT SANDWICHES

Spread the bread or cracker with Philadelphia brand cream cheese, a layer of thinly sliced date or fig butter, and a dash of grated nuts. Cover the other piece of bread with cheese, and press both firmly together. O. B. Gilman's "wheat crispies or wheat puffs" make a delicious binder for this filling.

COTTAGE CHEESE SANDWICHES

To one tablespoon cottage cheese add one teaspoon thick cream. Mix well and with a dash of grated nuts spread between whole-wheat bread or unfired crackers.

CUCUMBER SANDWICHES

Crisp a few slices of cucumber, then dry and dip in Hygeia dressing, and place between unfired wafer or whole-wheat (De Luxe) crackers, spread with peanut butter. ("Beech-Nut" preferred.)

NASTURTIUM SANDWICHES

Place a few of the yellow petals and one leaf between buttered bread or cracker. Dressing can be used though it is unnecessary, as the nasturtium possesses a distinctive pungency of its own.

These are novel and very delicious when the flowers and leaves are gathered fresh from the garden.

CHEESE AND NUT SANDWICHES

Use equal parts of American cheese and grated protoid nuts, moisten with heavy sweet cream or olive

oil, season with a little salt, and place between unfired wafers or whole-wheat (De Luxe) crackers, spread with dairy or "Beech-Nut" peanut butter.

MAPLE CREAM SANDWICHES

To one-half cup of finely shaved maple sugar add one-half cup grated nuts (protoid nuts preferred). Mix all to a paste with thick sweet cream, and spread between crackers or bread.

MEXICAN SANDWICHES

Pour over half cup of grated pecan nuts, an equal amount of melted Edam cheese. Add a pinch of paprika and salt to taste. Spread between any whole-wheat bread or crackers. O. B. Gilman's "wheat crispies" are especially good for this.

ANCHOVY AND LETTUCE SANDWICHES

Remove bones of two or three anchovies. Chop fine, celery hearts with the fish. Cover unfired wafers or any wholesome bread or cracker (De Luxe preferred) with sweet butter, then with crisp lettuce leaf, dipped in dressing, then the fish and celery. Press firmly together and garnish with parsley.

HERRING OR ANCHOVY SANDWICHES

Wash, skin and remove bones, chop fine with a few tender celery hearts or endive. Spread unfired wafers or O. B. Gilman's "wheat crispies" with sweet butter and place fish and celery between. Press firmly together and serve.

LETTUCE SANDWICHES

Crisp, small leaves of lettuce and dip in Hygeia dressing. Spread crackers or bread with cream cheese (Philadelphia brand), a dash of grated nuts, and just before serving put the lettuce between crackers.

NUT AND RIPE OLIVE SANDWICHES

Stone and chop fine a few ripe olives. Add equal parts of cream cheese and grated nuts. Spread between unfired wafers or any whole-wheat crackers.

SWEET APPLE SANDWICHES

Cut sweet apples in thin slices, cover with grated nuts and spread between buttered whole-wheat or unfired wafers.

RAISIN SANDWICHES

To one-half cup of finely chopped raisins add one-fourth cup grated nuts and one-fourth cake of fresh cream cheese, mix thoroughly and spread between unfired wafers or whole-wheat De Luxe crackers.

APPLE SANDWICHES

Peel and grate one tart apple. Mix one-half cup cream cheese (Philadelphia brand) with one tablespoon thick cream, then add grated apple, flavor with nutmeg. Spread between crackers or whole-wheat bread.

Cream Cheese

THE conversion of milk casein into cheese was a discovery of great importance. It made the best of animal proteids into a form that could be preserved, shipped and commercialized.

The three most important nutrients in our food supply are proteids, fats and carbohydrates.

The modern fresh cream cheese, in tin foil, when unadulterated, is extremely rich in both proteids and butter fat, which are decidedly the best form in which animal fats and animal proteids can be taken.

For the protection of the family and to guide those who want only the best, I would recommend Philadelphia Brand Cream Cheese.

Nuts

NUTS have played such a conspicuous part in the development of primitive man that a book might be written upon their history and the subject not exhausted. It is a fact, much to be regretted, that the absence of nuts is a conspicuous thing now in the conventional or modern bill-of-fare.

The nut is generally used as a sort of confection or delicacy, something to finish up the alleged good dinner with, something that could be dispensed with—in fact by many it is looked upon as something that ought to be dispensed with.

The nut has fallen into this disgrace because it has been used, perhaps, as a part of Course No. 13 and the inoffensive nut merely contributed its share toward the punishment of its consumer; but owing to its topographical position in the general alla-podrida, it was heard from oftener than its dozen companions and received all the blame while in all probability it was the only decent thing eaten.

The nut is entitled to the highest place in the menu of man, because it is rich in both proteids and fats, two of the most important nutrients in the chemistry of food.

Nut proteids and fats drawn from the soil and filtered through the bending boughs of southern trees are obviously superior to animal fats and proteids that have come to us through the slaughter of innocent animals in filthy abattoirs, and through the gyratious route of chemical preservatives, embalming fluids, cold storage, and decay.

BLANCHED ALMONDS

Removing the outer coating from almonds, which is termed blanching, is usually done by pouring hot water over them, which releases the rough fibre from the nut, making it easy to remove. This process, while more convenient, is not the best.

The right way is to put the nuts into a deep vessel, cover them with cold water. Allow them to stand over night, when the outer coating can be easily removed, then place the nut in an oven until thoroughly dried. Prepared in this way, they will be tender, crisp and unimpaired in food value.

Olive Oil

OLIVE oil is decidedly the best form of edible fat and probably has a wider utility than anything in the line of fats. It is very delicious as an article of diet with salads. It is highly recommended as a heat-producer or an article of winter food. It is readily soluble and digestible, consequently its food and fuel value can be quickly drawn upon by the body for use in case of extra need for heat and energy.

Owing to the household importance of olive oil and the large number of brands in the market, and the ease with which oil can be adulterated, and the difficulty of analysis and detection, and especially owing to the fact that the author has received thousands of letters asking what brand of oil she would recommend, therefore to eliminate doubt, insure safety and save trouble, I recommend a brand of olive oil commercially known as "Beech-Nut," which is a pure, first pressure, ripe olive, French product.

Salad Dressing

THE salad has become of so much importance in the well-balanced meal and it occupies such a conspicuous place in the healthy menu that any harmless ingredients that can be used with it that will encourage its consumption should be prescribed and recommended.

The conventional salad dressing which contains mustard, pepper, chemically made vinegar, etc., etc., should be religiously avoided for the reason, first, because these things of themselves impair good digestion, and, second, because they spoil good food.

The salad dressings made according to the following recipes will not only improve the taste and general consumption of salads, but of themselves constitute excellent and necessary articles of nutrition.

THE CHRISTIAN SALAD DRESSING

Separate the yolks and whites of two eggs. Whip the yolks until very stiff, add slowly two scant tablespoons lemon juice and slowly adding two tablespoons "Beech-Nut" Olive Oil, while whipping. Place this on ice.

Thoroughly whip the whites, then whip in from one and one-half to two tablespoons powdered sugar, adding

to this about one cup of whipped cream. Place on ice. Whip this into the yolk mixture just before serving.

MAYONNAISE SALAD DRESSING

Break two egg yolks into a soup plate, add a pinch of salt and a dash of red pepper. Beat all (rotary motion) with fork and when it begins to thicken, add two teaspoons of lemon juice, slowly beating continually, then add oil ("Beech-Nut" Olive Oil) dropping slowly, until very thick and creamy.

There is very little danger of curdling if the eggs are strictly fresh and oil added slowly.

WHIPPED CREAM

Thick sweet cream, whipped until stiff, slightly sweetened with powdered sugar makes a delicious dressing for salads, fruits and jellies and it is especially recommended for winter use. As an element of nutrition cream is very superior, easily digested and contributes to the body a large amount of heat.

WHIP CREAM SUBSTITUTE

Put 1 teaspoon of Cox's Powdered Gelatine into a basin. Dissolve in two tablespoons boiling water. Whip until frothy, then add six tablespoons ice cold rich cream, one tablespoon sugar and flavor to taste.

HYGEIA SALAD DRESSING

To four or five tablespoons of olive oil add two teaspoons of lemon juice, one teaspoon of sugar and a pinch of salt. Mix thoroughly.

Olives as Food

AS an article of human food the olive has held a conspicuous place for 3,000 years and deserves all the fame that has been bestowed upon it.

The olive branch has come down through the ages as a symbol of peace and a wreath of honor.

The olive is one of the greatest of human nutrients. While the green-pickled product has some food value, chiefly in its oil, the ripe olive is one of the best foods in its class. It contains about 50 per cent. fat, 10 per cent. carbohydrates and 7 to 8 per cent. protein, which puts it in a class by itself. It stands midway between the fruit and vegetable world, therefore cannot be grouped with either.

The dried ripe olive is bitter and may slightly offend the taste in the beginning but when eaten with salads, vegetables, or grains, the taste soon accepts its flavor and crowns it king of relishes.

The pickled ripe olive is one of the most dainty and delicious of bottled foods. It is far superior to the green olive in every respect. Eaten with nuts, vegetable or fruit salads it adds a most delicious taste and flavor.

The pickled ripe olive has a wide range of grading.

their quality depending upon soil, state of ripeness when pulled, curing and especially upon the process of grading, assorting and methods of handling and bottling.

For those who desire the best of this delicious food, I recommend the "Ehmann brand" of ripe olives, which have been a conspicuous dish on the writer's table for several years.

Salads

CELERY—CABBAGE

CELERY has become one of America's staple vegetables. It is justly entitled to a conspicuous place on every well-supplied table. Celery contains very valuable food properties, is especially rich in mineral salts, but its most valuable constituent is cellulose or woody fibre.

The most serious mistake of the average person is concentration of their food. The mill eliminates all bran or cellulose from grain, and most people finish this process by discarding everything coarse and fibrous from their food.

Intestinal peristalsis requires, in fact demands, that a certain amount of cellulose (hay or roughness) should be taken with our foods.

Celery and cabbage supply these in their best and most delicious form.

Both of these articles should be thoroughly trimmed, cleansed and allowed to stand in ice cold water an hour or two to crisp before serving.

STUFFED CUCUMBER

Peel a large cucumber and cut in two inch lengths. Remove the seeds, leaving a hollow through the centre.

Chop fine a little tender celery, a slice of onion, one or two ripe olives and a little green pepper. When ready to serve, place the cucumber tube on a crisp lettuce leaf and fill the cavity with the chopped ingredients. Garnish with quartered tomatoes and ripe olives. Serve with Mayonnaise dressing.

CELERY, NUT AND APPLE SALAD

Cut in small pieces a tart apple and tender hearts of celery. Serve on lettuce or romaine with a few nut meats and dressing or whipped cream.

STUFFED APPLE SALAD

Take the number of tart apples desired, scoop out a good portion of the centre, then pare them carefully. Fill the apple with finely chopped celery hearts, tender carrots, a little apple and a few nut meats or grated nuts. Serve on lettuce with whipped cream or dressing.

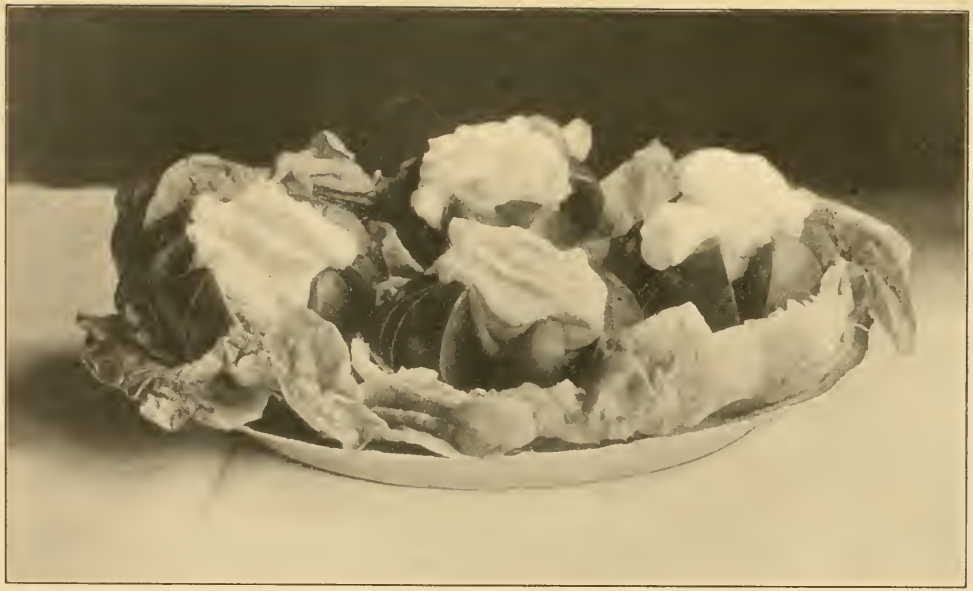
BANANA AND PINEAPPLE SALAD

Slice a very ripe banana, then cut in small pieces, a little pineapple enough for flavoring, then a few seeded raisins and serve all on tender lettuce or romaine with a few nuts and dressing.

NOTE.—In making fruit salads, one should use acid fruits sparingly. Only a small portion for flavoring is needed.

CREAM CHEESE-EGGS

Press a piece of date firmly around a small nut, preferably protoid nuts. Around this, mould "Phila-



TOMATO AND CHEESE SALAD

delphia brand" cream cheese, to the size and shape of a bird's egg. Place these in a nest of tender lettuce leaves and garnish with Malaga grapes, cherries, ripe olives or tuliped radishes.

This makes a very attractive, delicious dish.

CHEESE AND TOMATO SALAD

Skin and thoroughly chill small tomatoes. When ready to serve, cut in eighths (not severing sections) and open like a flower on leaves of lettuce. Mash cream cheese and season with salt and paprika. Put this through a potato ricer and fill with it, each tomato. Serve with French or mayonnaise dressing. Garnish with slices of green pepper.

COMBINATION SALAD

Chop two ripe tomatoes, very small onion, two stalks celery and one sweet green pepper without seeds. Drain and season with salt and pepper. Place on ice and when ready serve on lettuce leaf, with French dressing.

PEAR AND CHEESE SALAD

Select very ripe pears. Cut in thin slices over crisp romaine leaves, sprinkle heavily with grated nuts and grated cream cheese (Philadelphia brand). Serve with dressing.

MEXICAN SALAD

Remove the skin and bones from a small quantity of smoked herring. Place this in a salad bowl, lined

with crisp leaves, add a few leaves of watercress and a few slices of green peppers. Garnish with quartered tomatoes. Cover with dressing and serve.

CHEESE SALAD

Grate a small portion of American cheese over crisp lettuce leaves, over that place a few English walnuts, garnish with stuffed olives and serve with dressing.

ALLIGATOR PEAR SALAD

Select large very ripe alligator pears, pare and cut in long strips. Pour over this Hygeia salad dressing and set on ice until ready for use. Serve on crisped Romaine or lettuce leaves and garnish with ripe olives. This makes a very delicious salad, if properly prepared.

MALAGA GRAPE SALAD

Open the grapes as little as possible and remove the seeds. In each grape put a pecan meat. Arrange on lettuce leaves, with cheese eggs and serve with whipped cream or dressing.

TOMATO AND SPINACH SALAD

Cleanse thoroughly and crisp tender leaves of spinach. Place in salad bowl with a few sliced tomatoes. Pour over this a salad dressing. Mix well and serve.

CREAM CHEESE AND NUTS

Cover a layer of "Philadelphia" Brand Cream Cheese with pecan meats or protoid nuts. Put a layer of dates

to the thickness desired, cover the top with pecan meats or protoid nuts. Serve very cold with salads.

STUFFED BANANAS

Select large bananas, remove a strip of the peeling and take out a portion of the inside or meat. Fill the space with seeded Malaga grapes, bits of sweet orange and a dash of grated nuts. Cover the opening with whipped cream. Place on crisp lettuce leaves and serve.

GELATINE FRUIT SALAD

Dissolve one heaping tablespoon Cox's Powdered Gelatine in one cup boiling water, strain into salad bowl. Add two very ripe sliced bananas, one-half pound Malaga grapes seeded, one large sweet orange, a flavor of grated pineapple, three or four tablespoons sugar, two tablespoons pistachio or protoid nuts and a gill of wine, white wine preferred. Serve cold.

ASPARAGUS AND GREEN PEPPER SALAD

Cleanse thoroughly and crisp watercress and asparagus tips. Place a layer of each in a salad bowl, then a layer of sliced tomatoes, cover all with dressing and serve.

LETTUCE AND NASTURTIUM SALAD

Thoroughly cleanse and crisp an equal amount of lettuce and nasturtium leaves. Place in a salad bowl. Decorate with the nasturtium flower and tiny cheese

eggs (see recipe for cheese eggs), serve with Hygeia Salad Dressing.

COMBINATION VEGETABLE SALAD

Line a salad bowl with crisp shredded cabbage. Cover this with watercress, a few slices of green pepper and a little onion. Pour dressing over all and serve.

GOLDEN SALAD

Serve on crisp lettuce, one very ripe banana, sliced thin, one-half sweet orange cut in small bits and over that grate a small portion of fresh pineapple. Just before serving, cover with whipped cream, a dash of grated nuts and powdered sugar.

STUFFED CELERY

Wash and crisp celery hearts. Mash thoroughly half cake fresh "Philadelphia Brand" Cream Cheese, add chopped olives (Ehmann ripe olives preferred) and grated nuts. Stuff celery just before serving.

SPANISH SALAD

Skin and slice the number of tomatoes desired. Serve on lettuce or romaine with slices of sweet green peppers. Garnish with ripe olives. Serve with oil or dressing.

STUFFED GREEN PEPPERS

Chop fine a little cabbage, fresh tomatoes, green pepper seeds, cucumbers, parsley, radishes and celery.

Season and fill the pepper. Serve on lettuce leaves with dressing. Garnish with ripe olives and salted almonds.

CELERY, CRESS AND NUT SALAD

Line salad bowl with cleansed crisp watercress, then a layer of chopped celery and Brazil nuts. Serve with dressing or oil.

CHERRY AND MALAGA GRAPE SALAD

Stone amount of ripe sweet cherries desired, cut in half and seed equal quantity of Malaga grapes. Serve on crisp lettuce leaf with a dash of grated nuts and whipped cream.

FRUIT AND NUT SALAD

Cut in half and seed Malaga grapes. Cut into small pieces half of a sweet orange, slice one very ripe banana, stone and cut in small bits a few dates and serve all on a crisp lettuce leaf, with a few nuts and whipped cream.

GRAPE FRUIT AND BANANA SALAD

Remove seeds and cut in bits a small portion of grape fruit, then add a few slices of very ripe banana and serve on crisp lettuce leaf with dressing.

STUFFED TOMATOES

Remove the centre from tomatoes. Cleanse thoroughly three or four anchovies or any dried fish, removing bones, fins, etc., and cut fine. Chop into small particles centres of the tomatoes, a little cabbage, green

pepper and a flavor of onion. Mix this with the fish or anchovies, season and place in tomato shells. Serve on lettuce leaves with dressing.

PEPPER AND TOMATO SALAD

Skin small tomatoes, partly cut in eighths or quarters. Serve on crisp lettuce leaves. Garnish with a few slices of green pepper. Serve with dressing.

CUCUMBER AND GREEN PEPPER SALAD

Slice cucumbers, crisp in cold water. Serve on lettuce or romaine leaves with a few slices of green pepper. Serve with Hygeia Salad Dressing.

CRESS AND ONION SALAD

Thoroughly cleanse watercress and a few leaves of dandelion. Place in salad bowl with a few slices of onion and green pepper. Pour, over all, Hygeia Salad Dressing, mix well and serve.

CELERY AND ENDIVE SALAD

Cleanse thoroughly an equal amount of celery hearts and endive, crisp and put in salad bowl with Hygeia dressing, mix well and serve.

APPLE, CELERY AND CRESS SALAD

Cleanse thoroughly and crisp watercress. Chop fine tender celery hearts and tart apple, cover the cress, adding a few nut meats and serve with dressing.

CUCUMBER AND ONION SALAD

Peel and slice the cucumber and onions. Leave both in cold water until ready to use. Place on clean crisp

lettuce leaves. Garnish with small radishes and serve with dressing.

CHEESE SALAD

Serve grated American cheese on crisp romaine. Garnish with ripe olives. Serve with the Christian Salad Dressing.

TOMATO AND CHEESE SALAD

Skin small tomatoes, cut in quarters (but not all the way down). Serve on crisp lettuce leaves and cover with grated cheese and dressing.

CABBAGE SALAD

Remove the heart of a crisp head of cabbage. Cut the edge in scallops. Chop fine a little green pepper and the cabbage you have removed. Cover this with salad dressing and refill the cabbage bowl. Sprinkle over this grated cheese. Garnish with ripe olives.

BANANA NUT SALAD

Cut very ripe bananas in long thin strips and place on crisped romaine leaves. Add a dash of grated or whole protoid nuts. Serve with whipped cream.

PEANUT BUTTER DRESSING

To one tablespoon peanut butter ("Beech-Nut" brand) add five tablespoons of lemon juice and water. Mix thoroughly. This makes a delicious dressing for fruits or salads.

Tomatoes

THE tomato seems to occupy a position half way between fruit and vegetables. It contains very valuable food elements and is one of the most excellent articles in the salad class. Its principal food property is carbohydrate. In addition to this it contains a most valuable acid that acts in the nature of a solvent, which aids in the digestion of other foods. The tomato should be used only when thoroughly ripe and if the skins are eaten, it should be masticated to infinite fineness.

A beautiful and delicious salad can be made by skinning the small smooth tomato, chill on ice and cut into quarters or eighths, serve on romaine or lettuce and eat with whipped cream or salad dressing.

Succulent Vegetables

Lettuce	Romaine
Watercress	Endive
Spinach	Turnip Tops
Beet Tops	Mustard Tops
Radish Tops	Kale
Dandelion	Cabbage.

Parsley

WHILE all of these articles contain different nutritive properties, they are in reality in the same general group.

Collectively, they average about 94½ per cent. water, leaving but little over 5 per cent. solids, therefore, in the digestive economy they serve two specific purposes. *First,* they give to the body an exceedingly valuable form of mineral salts without which perfect digestion is almost impossible and which can be secured from no other source; *second,* they supply the body with the requisite amount of water required by nature for the purpose of maintaining good digestion and normalizing the general body moisture.

Such of these articles as can be taken uncooked, should be thoroughly cleansed and made fresh and crisp by standing in cold water for an hour or two before

serving, but those that require cooking should be boiled or steamed only from 5 to 10 minutes, according to their tenderness, and seasoned with butter and salt. Too much cooking destroys the flavor and changes the chemistry of their most valuable food properties.

The habit of using vinegar, pepper, etc., with salads, had its origin in the desire for something pungent. This desire would be thoroughly satisfied if these articles were masticated enough to give the taste the benefit of the chemical change that takes place when their excellent food properties come in contact with the saliva.

Pure apple vinegar is not particularly harmful in very small quantities, but the great majority of vinegars, condiments, etc., etc., are compounds of deleterious chemicals which are exceedingly harmful both to the food with which they are mixed and the digestive organism.

The great majority of vegetables and salads are prepared after good recipes and formulas which have become standard because they appeal to the taste and satisfy hunger, therefore, the makers of new cook-book recipes for preparing these things have led off into devious and questionable ways in order to discover new things.

Most of these efforts have failed to improve the article, but have succeeded in making a lot of trouble for the cook and the housewife, and a lot of stomach trouble for the family.

While my recipes for the preparation of food are only given where old methods can be improved, the principal things I desire to teach are:

First, Utility.

Second, Economy.

Third, The grouping of foods into the most agreeable, tasty and chemically harmonious combinations that experience and scientific research have revealed.

Every well balanced meal must contain some form of salad. Collectively, green plants are one of the most important articles of human nutrition. They are highly ornamental, which is a most necessary thing on the dining table; the water they contain, especially the green or chlorophyl, is one of Nature's most valuable solvents or digesters.

The generous use of green salad promotes digestion, purifies the blood and gives the body material with which to build healthy tissue.

Preparation of Fresh Green Corn

THIS is one of the best articles of food in the vegetable kingdom. It contains the purest carbohydrate in its most soluble form. It carries about the same per cent. of water as the human body. It has enough cellulose to produce healthy peristaltic action of the intestinal tract.

The following suggestions are given to stimulate its use and widen its utility as a food.

FORMULA No. 1

To Prepare Uncooked.

Split the rows with a sharp knife, pare off the tips of the grain and scrape the pulp from the cob with a dull instrument.

Serve with a pinch of salt, cream and grated nuts or with cream and a sprinkle of maple sugar.

This can be slightly heated before serving, if desired.

FORMULA No. 2

To Prepare in the Shuck.

Remove the outer shuck, leaving only two or three layers over the grain. Boil in the shuck from ten to fifteen minutes.

NOTE.—Care should be exercised to not over-cook. The corn should be taken from the water the moment the immature starch has undergone the first chemical change called cooked. When this is done, the cooking process is least harmful and destructive of the excellent nutritive properties of the grain.

FORMULA No. 3

Sun-cooked for Winter use.

Cut from the cob, tender full-grown corn. Keep in the sunshine, protected from insects and dust until thoroughly dry.

Place in cheese-cloth bags for winter use. This can be prepared for the table as follows: Wash and place the quantity desired in a deep covered vessel, barely cover with boiling water. Allow to stand until softened. Serve with butter and salt or thin cream and a pinch of salt.

NOTE.—This can be placed in a double boiler and allowed to simmer an hour or two, if cooked corn is desired.

FORMULA No. 4

Boil on the cob until barely done. Cut from the cob and dry according to Formula No. 3.

Preparation of Fresh Green Peas

THIS is one of the most nutritious and delicious of all the legume family of foods and while peas are more nourishing and quite tasty when eaten at a certain state of development, yet, like all other legumes, they appeal more keenly to the sense of taste when cooked, and when prepared after the following formulas the cooking process is least injurious.

PEAS IN THE POD

Select of tender green peas the quantity desired, wash thoroughly, put in a covered kettle, without removing from the pod, add a few spoonsful of water, just enough to keep from sticking, sprinkle with a little salt, add small piece of butter. Cook slowly from 12 to 15 minutes or until peas are soft, before pods open. Serve whole in a covered dish.

These can be eaten by placing the pod in the mouth and pulling it out between the teeth, thus shelling the peas and stripping the outer coating or meaty part from the pod, which is more nutritious and a better balanced food than the peas.

The Banana as a Food

THE banana is from the Genus Musa Sapientum, which is strictly of the vegetable family, and is the most universally used food in the world, whose area of production is confined to so narrow a margin.

When a banana is ripe enough to be used as food it contains about 70 per cent. water, 1½ per cent. protein, 1 per cent. fat, and 25 to 30 per cent. carbohydrates.

The banana is not fit for food until it is exceedingly ripe, which is indicated by small black spots appearing on the skin.

The banana with protoid nuts and mild acid fruit constitutes almost a perfect diet, either for the sedentary worker or those engaged in the most strenuous labor.

Thousands of people deprive themselves of this excellent article of food because they insist upon eating it before it is ripe, and insist upon swallowing it before it is masticated.

Melons—Their Value as Food

WATERMELONS, muskmelons and the numerous varieties of cantaloupe may all be grouped under the head of melons.

These articles are in a class by themselves, and occupy a position in food chemistry along the borderline between fruits and vegetables. They contain about 90 per cent. water, and from 7 to 10 per cent. carbohydrates. The water and fruit sugar of the melon is the purest form in which these valuable nutrients can be taken. More melons and less meat, would do much to prevent sunstroke and heat prostrations, purify the summer diet and improve the general health.

The Use of Berries

COLLECTIVELY, berries occupy a very important place in the natural bill-of-fare. They serve certain purposes in the menu, and contain certain elements of nourishment that can be secured from no other source.

By the wise provision of nature berries are most prolific during the spring and summer, which is the time of the year their remedial, preventative and curative qualities are most needed.

All berries should be eaten very ripe and as fresh as they can possibly be secured and the nearer they can be taken in their natural state the better. If, however, they should be slightly wilted or appear inferior they make a very beautiful and appetizing dish when crushed and served with the stiffly beaten white of egg and a little cream.

Select very ripe berries of any kind, cleanse thoroughly and serve with grated nuts instead of cream and sugar. This combination is very delicious and nourishing. The oil of the nut has a tendency to neutralize the acid while the acid of the berry aids in the emulsion and digestion of the nut.

Fruits

THEIR PREPARATION AND USE

FRUIT was the natural food of primitive man. The history of the anthropoidal race shows that the highest specimens of physical life were developed on a diet consisting largely of nuts and fruits. Aside from the value of fruit as a food it occupies an important place as an ornament and an article of decoration for the table.

A pyramid of luscious ripe fruit in the center of a table makes the American Beauty rose look stale and out of place.

Fruit is Nature's great remedial or curative agent. While there is some nourishment in all fruit, yet it might be divided into two general classes.

First, Nutritive and second, Curative.

Such articles as apricots, peaches, plums, strawberries, grapes, apples, oranges, grape fruit, figs, prunes and nectarines are Nature's best laxative.

Such articles as cherries, blackberries, raspberries, dewberries, quinces, pomegranates and pears act as astringents and the juices are excellent in cases of chronic dysentery or diarrhœa.

The following group of fruits possess very nutritive and highly necessary food properties: Bananas, pears,

dates, figs, raisins, grapes, apples and the black California cherry.

Pineapple juice is decidedly germicidal and is especially recommended in cases of diphtheria or any of the so-called germ diseases.

The banana while classed by nearly all authorities as a fruit, is in reality a vegetable.

SNOW FRUIT

Cut in bits, apples, oranges, Malaga grapes and bananas. Scatter between each layer, fresh grated cocoanut or protoid nuts and sugar. Serve with whipped cream or fruit juice.

This recipe can be varied or changed according to fruit or berries in season, exercising care, however, to use only one kind of highly aciduous fruit.

FRUIT AND NUT MEDLEY

Slice very ripe bananas, cut in small pieces, sweet apple and orange. Put a layer of each in dish until filled. Sprinkle between each layer grated protoid nuts and sugar. This can be served with cream or fruit juices.

APPLES—OLIVE OIL

Apples eaten with pure olive oil are not only delicious but extremely nutritious and digestible. The acid of the apple aiding in the emulsification or digestion of the oil and the oil augmenting the digestibility of the apple pulp.

This is especially recommended for a breakfast dish.

AMBROSIA

Cut in small bits, and put in layers, oranges, malaga grapes and figs. Over this sliced banana, grated fresh pineapple and cocoanut. Cover the top well with cocoanut and decorate with nut meats.

Sugar should be sprinkled between each layer.

HOW TO SERVE PINEAPPLES

Secure a large, extremely ripe pineapple. Peel and remove the eyes. Grate, sweeten to taste and serve.

NOTE.—Prepared in this way pineapple can be used with green salads as a relish or sauce and makes a delicious fruit dessert.

BANANAS

Bananas are delicious eaten with heavy cream, dates, cream cheese, or nut-butter. Bananas should not be eaten until they are very ripe or until black spots appear on the skins.

APPLE FLOAT

Grate a medium sized apple, whip in two egg whites beaten stiff, and serve with cream.

PERSIMMONS

The persimmon is one of the most splendid fruits known to the science of food chemistry. It contains no acid, but is exceedingly rich in fruit sugar. It is easily digested, readily soluble and one of the most delicious of all dessert fruits.

The persimmon with cream is a whole breakfast in point of nutrition or an excellent dessert taken at the close of a dinner.

DEHYDRATED OR EVAPORATED FRUIT

Taking the water from fruit by evaporation is the best method of preservation. Dehydration is a natural process; when fruit is exposed to the air and sunshine Nature takes up the surplus moisture leaving enough native fruit sugar to preserve them indefinitely.

In preparing evaporated fruit for table use, it is only necessary to restore this moisture, which can be done by soaking them in pure water a few hours or over night. This process reveals the green and faulty pieces which can be discarded, while cooking conceals the faulty and inferior parts and takes from the fruit its delicious freshness and natural flavor.

STUFFED DATES

With a damp cloth, cleanse thoroughly firm black dates. Make a cut the entire length of the date, remove the stone and fill the cavity with Pecan meats, protoid Brazil nuts or cream cheese. Shape in original form, roll in grated nuts or granulated sugar.

Pulled figs are very delicious stuffed and prepared as above recipe.

FIG MARMALADE

Select and grind one-half pound figs, thoroughly mix into them one cake of cream cheese, (Philadelphia brand).

This is delicious eaten with very ripe bananas, or whole wheat, or unfired crackers.

DATE BUTTER

Remove stones and mash one-half pound of black dates. Add one or two tablespoons boiling water to soften, and reduce to a pulp with potato masher. Add one-quarter pound of peanut butter ("Beech-Nut" preferred) and one-half cake of cream cheese; mix thoroughly.

This is delicious with bananas and all kinds of sandwiches.

This will keep several days in a cool place.

SOAKED PRUNES

Cleanse thoroughly and place the quantity desired in a deep vessel, add enough water to barely cover. After standing over night if the water or juice be poured off and brought to a boil and poured over them again, it will add much to the flavor and taste of the fruit.

Thus prepared and served whole with a little cream, prunes are exceedingly nourishing and much superior to the cooked product.

All evaporated or dehydrated fruits can be prepared according to the above recipe, especially evaporated apricots and peaches. Apricots, prunes or raisins soaked together about half and half, thus uniting the acid of the apricots with the sweet of the prunes or raisins make a most nourishing and delicious combination.

Peaches to be prepared according to the above method should be the large unpeeled variety.

SOAKED FIGS

Select of large pulled figs, the quantity desired and place in a deep vessel. Cover with hot water, allow to stand six or eight hours or over night. Remove the water and boil it down to a thin syrup. Pour this over the figs again and serve with cream.

STEAMED FIGS

Cleanse thoroughly and place the quantity of figs desired in vessel and steam until soft. Any fig can be used, but the large pulled variety are much preferable. Serve with cream or "Christian's" salad dressing.

This is especially recommended as a winter dessert.

CHEESE—RAISINS

Raisins, fresh cream cheese and nuts eaten together make a most nourishing and well balanced combination.

The raisins supply the natural carbohydrate. Cheese supply a concentrated form of protein while the nut gives a natural fat. It would be difficult to find a combination of three articles that would yield to the body more heat and energy than this.

Desserts

MARSHMALLOW PUDDING

BEAT four egg whites to a stiff froth. Dissolve one rounded tablespoonful of Cox's gelatine in one-half cup boiling water; then add one-half cup cold water. When cool beat slowly into the egg whites, and whip in a scant cup of granulated sugar. Add flavoring, or a few fresh or soaked evaporated apricots mashed to a pulp. Stir until mixture hardens. Serve with whipped cream.

VIENO PUDDING

Scald one quart of milk in double boiler, then stir in a pinch of salt and four tablespoons Vieno Food and cook 25 to 30 minutes. After it has cooked 10 or 15 minutes add one-half teacup seeded raisins. When ready, turn into moulds and serve cold with cream and sugar or fruit juice if desired.

UNCOOKED FRUIT CAKE

Place on a small dish a layer of ground figs and over this a layer of grated protoid nuts and a few stoned dates, cut in small bits. Cover with fresh grated cocoanut. Build these layers one upon the other until the whole is of the thickness desired. Cover the top with

fresh cocoanut. Decorate with any small ornamental fruit. Cut thin with a sharp knife and serve in very dainty portions.

HONEY NUT

To one part of strained honey add two parts of grated nuts (protoid nuts preferred), mix thoroughly. Cover with whipped cream and stiffly beaten white of egg. Serve with De Luxe whole-wheat crackers (O. B. Gilman's).

CHOCOLATE DAINTIES

Mix thoroughly one-half cup of pecan nuts, one-half cup of protoid nuts, two-thirds of a cup of figs (cut in pieces), and one-third cup of stoned dates. Chop or grind all together. Add one tablespoon of orange juice, a small bit of grated orange peel and one square of melted chocolate (unsweetened). Toss on a board sprinkled with grated protoid nuts and roll or cut in any shape desired.

ORANGE BASKETS

Select the number of oranges desired. Cut one-eighth out of each side of an orange leaving a handle in the center. Remove the pulp. Fill the basket with seeded Malaga grapes, sliced bananas, bits of orange, a few chopped dates or raisins, a dash of cocoanut (fresh or dried), and a spoonful of grated nuts. Just before serving place a spoonful of whipped cream on top. Serve on a small plate and decorate with smilax

or bits of something green. This makes a very novel, beautiful and delicious dish.

MILANAISE SOUFFLE

Put three egg yolks into a saucepan. Add one cup sugar, the grated rind and strained juice of two lemons. Set on stove and stir until hot, then strain into a basin.

Add to this one and one-half heaping tablespoons Cox's Powdered Gelatine, dissolve with one-half cup boiling water. Cool and add one cup heavy cream whipped, and the stiffly beaten egg whites. Pour into a pretty dish, when set decorate with whipped cream, ornamental fruits or rose petals.

RASPBERRY MERINGUE PUDDING

Rub enough ripe raspberries through a sieve to make one pint of pulp, then dissolve three heaping tablespoons of Cox's "Instant Powdered" Gelatine in one cup of milk. Add to this one cup of sugar, one tablespoon lemon juice and two cups whipped cream. Mix this thoroughly with the raspberry pulp. Pour into a wet mold. When set, turn out and decorate with raspberries and whipped cream.

This will serve nine or ten people.

ORANGE CREAM PUDDING

Dissolve two heaping tablespoons Cox's "Instant Powdered" Gelatine in one cup boiling water. Add to this two cups sugar, two cups orange juice and three egg yolks. Beat thoroughly, then add two cups heavy

cream whipped. Pour into a wet mold, turn out when firm.

Decorate if desired.

BANANA CHARLOTTE RUSSE

Peel and cut three or four bananas into strips resembling lady fingers. Line with these the bottom and sides of a small plain charlotte mold. Mix one heaping tablespoon Cox's Powdered Gelatine with one cup hot milk. Dissolve thoroughly. Add two tablespoons sugar, one-half teaspoon vanilla extract. When cool fold in one cup heavy cream whipped. Set aside until firm then turn out and serve with cream or fruit juice.

NOTE—A few seeded raisins or Malaga grapes can be placed in the center of the mold before pouring in the gelatine.

A Word About Gelatine

GELATINE is made from the connective tissue of animals. It takes its name from the word gelatinoid, which is one of the principal nitrogenous compounds of the proteid group. It closely resembles the white of egg in food value and appearance, and like egg albumen it is non-uric acid, hence the best form of nutrition from animal sources.

Gelatine was first brought into public notice about 1845 by being prescribed by physicians for convalescing patients and people with weak digestion. Owing to its superior value as a readily digestible and assimilable proteid food it was taken up by the London *Lancet* along in 1845-6 and soon became the favorite basis for desserts of the discriminating (English and the sturdy Scotch) consumer.

The color of natural gelatine is a pale amber, when very light it has probably been bleached by the use of sulphurous acid, which is also a preservative and very deleterious.

The purpose of this work is to aid people in selecting the purest food and preparing it in the best way; for the same reason, therefore, that I have mentioned sev-

eral other brands of pure food, I now recommend Cox's "Instant Powdered" Gelatine.

This sterling old concern was founded in 1725 in Edinburgh, Scotland, where it is still doing business. For more than sixty years, since gelatine was discovered, it has furnished to people all over the world the best and purest proteid food that could be made.

If this helps the housewife to secure the *best* I will be glad, and if it helps the good old concern across the sea they have earned it.

Jellies, Creams and Mousses

CHERRY JELLY

DISSOLVE thoroughly in one and one-half pints boiling water, two tablespoons Cox's Powdered Gelatine and four or five tablespoons sugar. When cool whip in half cup whipped cream and a cup of cherries, cut in halves. Pour in a wet mold and set on ice to harden. Serve with cream.

PINEAPPLE JELLY

Dissolve in two cups of boiling water two tablespoons Cox's "Instant Powdered" Gelatine and two tablespoons sugar. When partly cooled add one cup of grated and sweetened pineapple. Turn out when set and decorate with whipped cream.

MELON JELLY

Remove the center from a cold watermelon and fill the cavity with the following jelly mixture:

Dissolve about an ounce (or two tablespoons) of Cox's "Instant Powdered" Gelatine in one pint boiling water according to the size of melon to be filled. Mash through strainer one large cup of strawberries. Sweeten

to taste. Add to gelatine. When partly cool pour in the melon cavity and serve when firm.

BANANA JELLY

Dissolve in one pint of boiling water, one heaping tablespoon of Cox's Powdered Gelatine, four or five tablespoons sugar and the strained juice of one lemon. Mash to a pulp one or two very ripe bananas into which stir two stiffly beaten egg whites and two or three teaspoons powdered sugar. Mix thoroughly and whip into the jelly when it is partly cooled.

Serve with cream.

APPLE JELLY

Dissolve in one pint of boiling water two tablespoons Cox's Powdered Gelatine and four or five tablespoons sugar, adding juice of a lemon.

To half a cup of whipped cream add two whipped egg whites.

Grate one large apple, sweeten to taste adding a little nutmeg and when jelly is partly cooled whip in gently the apple and egg mixture.

JELLY TABLE DECORATIONS

A large variety of forms and artistic table decorations can be made as follows:

Prepare a light transparent jelly. Pour into a large mold. When this is partly hardened press into it a smaller mold. When this is set, remove the smaller mold and fill the cavity with jelly of another color.

NOTE—This is a mere suggestion. An infinite variety of effects can be produced by using various fruits for coloring jellies.

FRUIT JELLY

Dissolve in one pint boiling water two tablespoons Cox's "Instant Powdered" Gelatine, when it begins to harden whip in slowly two stiffly beaten egg whites. Add to this a cup of any macerated fruit or berries and half cup grated nuts. Turn into molds and place on ice to set or harden. Sweeten to taste before putting in molds. Serve with cream or fruit juice.

ORANGE CUPS

Select number of oranges desired. Cut a hole in the top of each large enough to insert a spoon. Remove the pulp and juice. Dissolve two tablespoons Cox's "Instant Powdered" Gelatine, four or five tablespoons sugar, and fill the orange shells. Set on ice until hard or ready to use. Serve with whipped cream.

NOTE—The orange juice or pulp can be used for the jelly.

CREAM STRAWBERRIES

Dissolve one tablespoon Cox's Gelatine in one cup of boiling water. Add a grated lemon peel and juice of one lemon. Put in a small cup of grape juice and sweeten to taste. Place on the fire and stir until sugar is thoroughly dissolved, strain and set away to cool. Before it hardens add a pint of cream and whip thor-

oughly. Put a few selected berries in the mold and pour the cream over. Set aside to harden. Serve with grape juice or cream.

BAVARIAN CREAM

To one-half ounce Cox's Powdered Gelatine add one-half pint of boiling water. When dissolved, add the juice of a lemon and a cupful of any berry or fruit juice (sweetened). Stand the pan containing the mixture in cold water and beat until it begins to thicken. Whip in this one-half pint whipped cream, put in molds and set away to harden. Serve with thick cream.

STRAWBERRY MOUSSE

Put through a sieve a quart of very ripe strawberries. Thoroughly mix into this a pint of granulated sugar. Set aside for a short time. Add one tablespoon Cox's Powdered Gelatine to one and one-half cups hot water. Dissolve well and whip this into the fruit mixture when partly cooled. Set this in ice water and stir until it begins to thicken, then add one-half pint of cream thoroughly whipped, mixing well. Pour this into a well packed ice cream freezer and allow to stand until firm.

NOTE—Any seeded berries can be used in the same way.

COCOANUT MOUSSE

Dissolve one teaspoon Cox's "Instant Powdered" Gelatine in two tablespoons boiling water. Add to this one-half cup boiling milk. Cool and add one cup grated

fresh cocoanut, three tablespoons orange juice, and two cups heavy cream (whipped). Mix and pour into a chilled mold. Pack in ice and salt for three or four hours. Garnish with stars of whipped cream.

Service for five or six people.

MAPLE MOUSSE

To one pint extra heavy cream add three-fourths cup of maple syrup. Whip until thick, then add one cup chopped nuts. Put in mold and pack in ice and salt. Let stand two or three hours, then serve.

APRICOT CREAM

Put through a colander and sweeten to taste about a dozen pieces of soaked evaporated apricots. Dissolve one tablespoon of Cox's Powdered Gelatine and two or three tablespoons sugar in a cup of boiling water. When partly cooled stir in the apricots and one-half cup whipped cream. Chill in mold and serve.

NOTE—Fresh peaches, soaked prunes or crushed berries can be used instead of apricots if more convenient.

Whips and Sauces

PEACH FOAM

TO two or three heaping tablespoons mashed peaches, add two stiffy beaten egg whites and sweeten to taste. Add a few seedless raisins and serve with cream. Any crushed fruit can be used instead of peaches.

RASPBERRY CREAM

Whip two ounces fresh butter to a cream, whipping in half cup powdered sugar. Add a handful of crushed raspberries slowly, whipping continually until the whole is light and frothy. If it should slightly curdle add more powdered sugar and place on ice.

NOTE—Any berries may be used in the same way.

Raspberry cream is delicious served over fruits and jellies.

BLACKBERRY CREAM

Thoroughly macerate and put through a sieve one pint very ripe blackberries, sweeten to taste. Just before serving add to this two stiffly beaten egg whites, a little whipped cream or both.

ICED FRUIT

Divide into quarters or eighths apples or oranges. Dip

in a firm icing and string on a thread. Suspend in a slow oven or sunshine until dry.

NOTE—Any kind of fruit or berries can be prepared according to this recipe. It is a very novel dish, therefore intended more for banquets or special occasions.

BRANDY SAUCE FOR FRUITS, JELLIES, ETC.

To half cup of creamed butter, add one cup of sugar, beating constantly, then whip in one stiffly beaten yolk of egg. Add slowly, six tablespoons hot water, stirring constantly, and last stir in one tablespoon of brandy.

Just before serving add the stiffly beaten white of one egg.

GRAPE WHIP

Dissolve a tablespoon of Cox's Instant Powdered Gelatine in one-half pint of boiling water and one-half pint of grape juice, and allow to cool. Beat two egg whites and whip them into the jelly before it is entirely hardened.

Chill in a mold and serve.

STRAWBERRY WHIP

Cleanse thoroughly and mash one quart of strawberries with one-half cup sugar. Dissolve two tablespoons Cox's Powdered Gelatine in one-half cup of boiling water. Boil one cup of water and half a cup of sugar gently for fifteen to twenty minutes. Add the gelatine to the hot syrup, stir until dissolved, and take from the fire at once. Now add the berries and place on

ice. When chilled begin to beat and continue until light and foamy. Add the whites of four stiffly beaten eggs. Pour in a mold to set. Serve in custard cups.

STRAWBERRY FOAM

Cleanse thoroughly and mash one pint of sweet strawberries, add five or six tablespoons powdered sugar, or sweeten to taste. Just before serving whip in two stiffly beaten egg whites, whipping constantly until it will keep its shape and stand above the rim of the glass or small cups in which it would be served.

This is very delicious if properly mixed.

HARD SAUCE

Cream, two tablespoons butter and four tablespoons of sugar. Beat thoroughly (eight or ten minutes). Flavor with vanilla and nutmeg, fruit juice or any extract.

NOTE—This is a very spicy and tasty dressing to use over bananas, berries or any crushed fruit.

DATE AND APPLE SAUCE

Grate two or three tart apples, take an equal quantity of dates, remove the stones and mash or prepare same as date butter. Add to the dates one-half cake of cream cheese, then, with a fork whip in the grated apples. Serve with cream.

APPLE NUT CREAM

Peel and grate two or three sweet apples, add to this one-quarter pound grated nuts, a few chopped raisins.

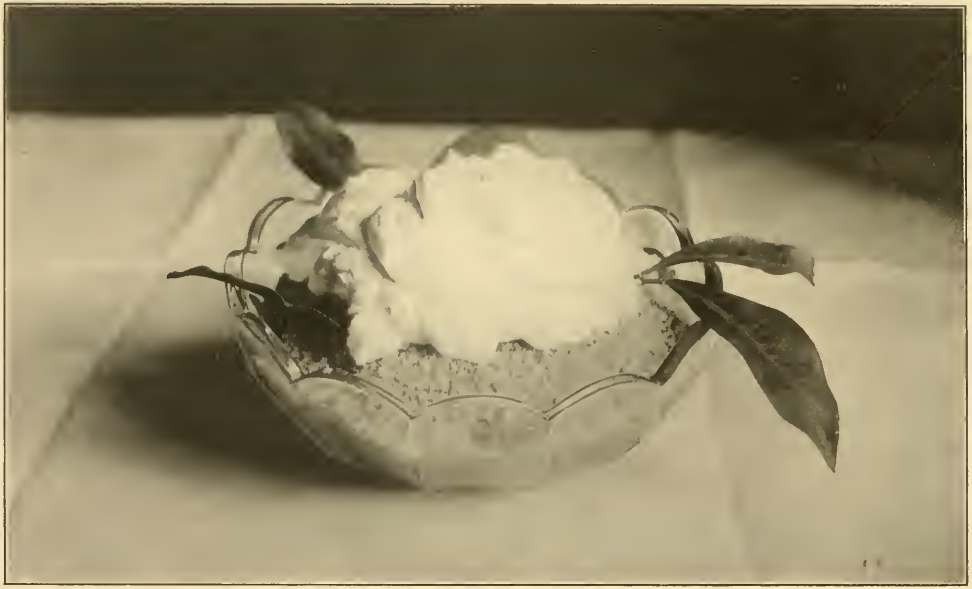
Mix well and just before serving whip in one stiffly beaten egg white in which a little cream has been whipped.

PRUNE WHIP

Soak one pound of prunes until very soft, remove pits, mash through colander, then beat the white of one egg very stiff and whip into the prune pulp. Cover with grated nuts and serve with thick cream or whipped cream.

BANANA CREAM

Reduce to a very fine pulp two or three very ripe bananas. Add a few drops of lemon juice and sweeten to taste. Just before serving add the stiffly beaten white of an egg. Serve in punch cups or small stem glasses with a candied cherry and a dash of grated nuts.



PRUNE WHIP

Ice Cream, Sherbets and Ices

SOME FACTS ABOUT ICE CREAM

ICE CREAM is a good food when taken in combination with other things with which it is chemically harmonious.

It is not a good food taken at the close of a ten course dinner or after one has eaten an abundance of other things.

Ice cream made as per the following recipes contains the best form of proteids, fats, carbohydrates and several other valuable nutritive elements. It is, therefore, a good meal taken alone.

In order to enjoy ice cream and secure the best results, it should be eaten after one vegetable, preferably green corn, peas, beans, sweet potatoes or carrots.

If a light meal is desired the vegetables can be omitted and the entire repast may consist of ice cream and very ripe bananas.

Taken in this way once or twice a week ice cream will give splendid results both as to digestion and physical energy.

ICE CREAM

Whip one quart of heavy cream, add one pint of milk, and sweeten to taste, stirring until sugar is thor-

oughly dissolved. Pour this into the freezer well packed with ice and salt, adding a pint of sweetened crushed fruit last in order to prevent curdling. Larger or smaller quantities can be made in same proportions.

If fresh fruit cannot be obtained, evaporated apricots or peaches soaked until very soft and put through a colander can be used.

If plain ice cream is desired fruit can be omitted and flavoring extract used instead.

Great care should be exercised in the purity of flavoring as many extracts are made from chemical compounds wholly unfit for use.

EGG ICE CREAM

Beat thoroughly two whole eggs, whip into this one pint of heavy cream. Sweeten to taste, whipping continually. When sugar is thoroughly dissolved, add one quart of milk, and freeze.

MAPLE ICE CREAM

Add a cupful of pure maple syrup to one pint of very heavy cream. Whip with a Dover egg beater until the whole is very thick, then add two cups of milk and freeze same as ice cream.

NOTE—Two lightly beaten egg whites and one-half cup of chopped nuts will make this very nourishing, rich and delicious.

PHILADELPHIA ICE CREAM

Dissolve one-half heaping tablespoon Cox's "Instant Powdered" Gelatine in one-half cup boiling water. Add

to this three cups heavy cream, one cup milk, one cup sugar, one tablespoon vanilla extract. Mix thoroughly and freeze without cooking.

This will serve eight or ten people.

PINEAPPLE SHERBET

To the juice of four lemons and one cup of fresh grated pineapple, add water enough to make two quarts. Sweeten to taste and freeze. When about half frozen add the stiffly beaten whites of two eggs.

Freeze same as ice cream.

STRAWBERRY ICE

To three pints of crushed berries add about one pound of powdered sugar (or sweeten to taste). Allow to stand twenty or thirty minutes, then add three pints of water and freeze.

If desired the fruit can be put through a fine sieve, removing the seeds before freezing.

RASPBERRY ICE

To three cups of fresh raspberry juice add two cups of sugar, the juice of two lemons and four cups of water. Stir until sugar is thoroughly dissolved. Allow to stand about an hour, then freeze same as ice cream.

NOTE—This can be made very delicious by adding one-half pint whipped cream when about half frozen.

PEACH SHERBET

Add about one pound sugar to one quart of very ripe peaches and mash through a colander, add to this a

cupful of water and five unbeaten egg whites and freeze.

Plums, fresh or evaporated apricots or any combination of fruits desired can be used instead of peaches.

STRAWBERRY SHERBET

Cleanse thoroughly one quart strawberries and put through a sieve. Add the juice of one lemon and one and one-half pints of water. Sweeten to taste.

Freeze same as ice cream. When about half frozen, add two stiffly beaten egg whites.

Drinks

THEIR PURPOSE AND PLACE IN THE ECONOMY OF NATURE

THE human body is composed of about two-thirds water. Drinks therefore occupy an important place in the healthy human economy.

Fruit and salads (green plants), are Nature's water foods, therefore, fruit juices are the logical and practical summer drink. The recipes herein given are mere suggestions from which the enterprising housewife can invent almost a limitless number of delicious beverages, far more healthful and cheaper than anything that can be served from the soda fount. The soda fount drink while popular is objectionable owing to the excess amount of sugar it usually contains. Nearly all fresh ripe fruits contain a liberal per cent of grape sugar, which is one of Nature's best blood makers, while the fruit acid aids in the digestion of other foods, increases stomach and intestinal activity, hence is almost indispensable to the maintenance of health.

Most of the following recipes contain some cane sugar. These are given to meet the requirements of the average person. After all, there is nothing so health-

ful and delicious to the unperverted taste as pure, cold water.

LIMEADE

Prepare the same as lemonade allowing one lime to a glass of water. Sweeten to taste.

RASPBERRY NECTAR

Mash one quart each of raspberries and currants, strain, sweeten and set on ice. Just before serving add water and more sugar, if necessary.

ORANGEADE

To the juice of eight oranges add the juice of three lemons, and the amount of water desired. Sweeten to taste. This can be served in deep glasses with crushed ice and a few mint leaves or in punch glasses with a few crystalized cherries.

GRAPE PUNCH

To one quart of unfermented grape juice, add the juice of six lemons, sweeten to taste. Set on ice and when ready to serve add carbonated or apollinaris water, if desired. This might be mellowed somewhat and made slightly more palatable by boiling together one-half pound sugar with one-half pint of water with which to sweeten, being careful not to stir after sugar is dissolved.

PINEAPPLE PUNCH

To the juice of one fresh, medium size pineapple add three pints of water, the juice of five or six lemons and

sweeten to taste. Add a few candied cherries. Serve in punch glasses with crushed ice.

GRATED PEARS

Select sweet ripe pears, peel and grate. Serve with the sweetened cream and egg white whipped together.

EGG LEMONADE

To one quart water add a cup of sugar. Allow this to come to a boil. Set on ice. When chilled, add the juice of four or five lemons. Thoroughly whip the eggs and just before serving turn all into lemonade shaker and mix thoroughly.

MINT AND CURRANT JULEP

To one-half pint of mashed currants add one-half pint of water, put through a sieve, then strain through a cheese cloth. Sweeten to taste and set on ice. When ready to serve put crushed ice in the bottom of a wine glass then two or three fresh raspberries or crystalized cherries, add a few crushed mint leaves and a little more sugar and fill with the iced currant water.

MINT CUPS

To the juice of five lemons, add a handful of crushed mint leaves, one cup of sugar (or sweeten to taste) and cover and let stand thirty minutes. Just before serving add grape juice and water about half and half. Put a few mint leaves in the top of the pitcher. Serve very cold in frappe glasses.

Balanced Menus

FOR SPRING, SUMMER, FALL AND WINTER

THE following menus are composed of the fewest number of things that will meet the requirements of the body undergoing a normal amount of activity or work during the four seasons of the year. They are selected, combined and proportioned so as to contain all the elements of nourishment the normal body needs under normal conditions. They contemplate an ordinary amount of physical labor and outdoor exposure. If, however, one should be much exposed to cold, fats, sugar and starches should be materially increased in the winter menus. If they were going to engage in strenuous physical labor the amount of proteids and nitrogenous articles should be increased If one should be much exposed to the heat of a summer's sun, the carbohydrate (sugar and starch element) should be reduced. It should be borne in mind that glucose or grape sugar, nitrogenous foods, and all proteid compounds, build muscle and tissue, while carbohydrates, gelatinoids and albumenoids fill the cells and produce heat and energy.

In the summer and autumn seasons Nature furnishes an abundant supply of food that can be taken in its

natural state, which contains all the elements of nourishment the body requires, but in winter and early spring it often becomes difficult to procure a well-balanced bill-of-fare, especially as to carbohydrates, without the use of some of the conventional cooked articles.

WHY NO BREAD

In the following menus for the four seasons of the year the staff of life, so called, has been purposely omitted or at least reduced to the minimum and in a form produced from the whole grain.

Conspicuous among the most prolific causes of all stomach trouble, nervousness, constipation and the long train of ills that follow, is the bread-eating habit or what might be called the starch-eating habit.

The growing child can use more starch foods than the adult because starch (sulphate of lime) builds bone and teeth. The adult body, therefore, is capable of using and really needs but very little starch. Of the total amount of nutrition taken, not more than ten per cent should be starch, while it is nothing uncommon, in fact, quite the usual thing, to see the average meal composed of bread, potatoes, peas, beans or grain products in some form to the extent of 50 or 60 per cent starch.

The residue of starch that cannot be used, if digested, congests in the capillary vessels, muscles and joints and makes rheumatism, gout, lumbago and other little evidences of civilization which we call disease. If it is not

digested it undergoes fermentation in the stomach causing intestinal gas, irregular heart action, etc., etc.

When the above disorders have once made their appearance, one should place themselves immediately under the care of some competent food scientist who is capable of prescribing a remedial diet that will first counteract these conditions and when this is done, a thoroughly balanced menu that will level or equalize the diet with the requirements of the body under its varying conditions of work, age and climate.

Early Spring Menu

BREAKFAST.

Oranges or Strawberries.
Sauce dish Christian's Laxative Cereal Flakes.
One egg whipped or boiled two minutes.
Glass or Two of Water.

LUNCHEON.

Fruit Salad, with whipped cream.
Whole-Wheat Bread or Crackers. Sweet Butter
Glass or two of Water.

DINNER.

Cream of Tomato.
Stuffed Tomatoes Mixed Nuts
Green Peas Carrots or New Potatoes,
Unfired or Whole-Wheat Crackers (very few)
Sweet Butter,
Philadelphia Brand Cream Cheese Raisins,
Glass of Buttermilk.
One Glass of Water.

Late Spring Menu

BREAKFAST.

Baked Apple.

Protoid Nuts or English Walnuts,

Dates Cream Cheese,

Milk.

LUNCHEON.

Vegetable Salad with Dressing,

Pecan Meats or Protoid Nuts,

Unfired or Whole-Wheat Crackers (very few)

Nut Butter,

Glass of Buttermilk.

DINNER.

Cream of Corn,

Endive Salad with Dressing,

Ripe Olives.

English Walnuts or Protoid Nuts,

Asparagus, Baked Potato.

One or Two Glasses Water.

Early Summer Menu

BREAKFAST.

Berries with Grated Nuts,

One or Two very ripe Bananas with Protoid Nuts or "Beech-Nut" Peanut Butter,

Glass of Milk.

One Glass Water.

LUNCHEON.

Cantaloupe,

Boiled Corn Sweet Butter,

Glass or two of Water.

DINNER.

Lima Beans Boiled Corn,

Lettuce and Tomato Salad,

Protoid Nuts,

Whole Wheat or Corn Bread Nut Butter,

Peach Ice Cream.

One or Two Glasses Water.

Late Summer Menu

BREAKFAST.

Sliced Peaches with Cream,
Pecan Meats or Protoid Nuts,
Steamed Whole Wheat with Cream.
Few Dates or Raisins.
Water.

LUNCHEON.

Peaches or Pears,
Vegetable Salad with Dressing,
Protoid Nuts,
Gilman's "De Luxe" Crackers,
"Beech-Nut" Peanut Butter.
One or Two Glasses Water.

DINNER.

Cantaloupe,
Peas in the Pod Boiled Corn
Tomato and Cucumber Salad,
Pecan Meats,
Corn Bread or Unleavened Gems, with Sweet Butter,
Buttermilk,
Sliced Peaches.
Two Glasses Water.

Early Fall Menu

BREAKFAST.

Fresh Peaches or Baked Apple,
Christian's Laxative Cereal Flakes,
One Egg Nuts.
Milk.

LUNCHEON.

Two or three Bananas with thin Cream.
"Beech-Nut" Peanut Butter
Two Glasses Water.

DINNER.

Stuffed Tomatoes.
Olives Nuts.
Lima Beans Beets.
Unfired Wafers or Gilman's "De Luxe" Crackers.
Peanut Butter.
Dates Nuts Cream Cheese (Philadelphia Brand).
Cantaloupe.
One Glass Milk or Two Glasses Water.

Late Fall Menu

BREAKFAST.

Fresh Pears or Soaked Prunes with Cream.
Nuts,
Unfired Crackers Peanut Butter
Milk.

LUNCHEON.

Baked Sweet Potato,
Buttermilk.

DINNER.

Cream of Pea.
Unfired Wafers or De Luxe Crackers Peanut Butter,
Boiled Corn Carrots in Cream,
Sliced Tomatoes,
Buttermilk.
Sliced Peaches.

Early Winter Menu

BREAKFAST.

Apples or Oranges,
Pecan Meats or Protoid Nuts,
Very Ripe Banana with Cream,
Dates or Raisins Cream Cheese (Philadelphia Brand)
Two Glasses Water.

LUNCHEON.

Cream of Rice.
Gilman's "Wheat Crispies,"
Celery Mixed Nuts,
Milk or Water.

DINNER.

Vegetable Salad with dressing,
English Walnuts or Protoid Nuts
Unfired Wafers Peanut Butter,
Onions in Cream Baked Potato,
Fruit Jelly.
Glass or Two of Water.

Late Winter Menu

BREAKFAST.

Grape Fruit,
Steamed Whole Wheat,
Protoid Nuts,
Glass of Water.

LUNCHEON.

Corn Bread Sweet Butter,
Buttermilk.

DINNER.

Cream of Corn and Tomato,
Gilman's "Wheat Puffs" or Unfired Wafers,
Celery or any Green Salad,
Mixed Nuts or Peanut Butter (Beech-Nut preferred)
Spinach Baked Sweet Potato,
Apple Float.
Two Glasses Water.

Uncooked Banquet Menu

FOR SPRING

Cream of Corn,
Ripe Olives, Stuffed Celery Hearts,

Stuffed Tomatoes with Mayonnaise Dressing,
Strawberry Sorbet,
Pecan Meats, Protoid Nuts,
Unfired Wafers, Sweet Butter,

Orange Baskets,
Unfired Fruit Wafers, "Beech-Nut" Peanut Butter,

Marshmallow Pudding with Whipped Cream,
Fresh Apricot Ice Cream,

Fruit Cake,
Raspberry Nectar.

Uncooked Banquet Menu

FOR SUMMER

Iced Cantaloupe with Fresh Cherries.

Vegetable Salad with Mayonnaise Dressing,

Pecan Meats, Salted Almonds,

Unfired Wafers, Sweet Butter.

Fruit and Nut Medley,

Egg Float.

Peach Ice Cream,

Fruit Cake.

Grape Punch.

Uncooked Banquet Menu

FOR AUTUMN

Cream of Pea,

Unfired Wafers, Ripe Olives,

Cress and Tomato Salad with Dressing,

Pineapple Ice,

Protoid Nuts, English Walnuts,

Unfired Wafers, Sweet Butter.

Cheese Eggs,

Orange Cups with Whipped Cream.

Vanilla Ice Cream,

Fruit Cake.

Frappe.

Uncooked Banquet Menu

FOR WINTER

Cereal Soup,

Celery, Ripe Olives,

Unfired Wafers, Sweet Butter.

Tomato and Endive Salad,

Protoid Nuts, Blanched Almonds,

Unfired Wafers, "Beech-Nut" Peanut Butter.

Orange Baskets,

Unfired Fruit Wafers, Date Butter.

Japanese Persimmons with Cream.

Ice Cream,

Fruit Cake.

Mint Cups.

Mrs. Christian's Vieno Baby Food

A SCIENTIFIC BARLEY COMBINATION

THERE is no period in life when so much depends on food as during infancy and early childhood. Since I entered the professional field of teaching the science of infant feeding, it has been my purpose to bring out an infant and baby food that would meet the requirements of a child from birth until it is capable of thorough mastication.

Vieno Baby Food is a combination of the most nutritive and purest food articles that can be found. It is the result or finished product of many years careful research and experimentation.

Vieno Baby Food prepared according to my formulas is readily soluble and easily digested and assimilated. It is nearly 99 per cent pure nutrition.

Owing to the ease with which Vieno Baby Food is converted into energy by the body and its thoroughly balanced nutritive properties it is an ideal food for growing children as well as infants.

For prices see page 183.

VIENO BABY FOOD FORMULAS

The following table gives formulas for the prepara-

tion of Vieno Baby Food, for infants, from the first to the twelfth month.

Month	1st.	2nd.	3rd.	4th.	5th.	6th.	7th.	8th.	9th.	10th.	11th	12th.
	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.	oz.
Water.....	15	14	11	8	6	5	4	3	2	1	0	0
Vieno baby food (dry).	0	0	¾	1	1¼	1½	1¾	2	2	2¼	2½	2½
Milk sugar.....	½	1	1	1	¾	¾	¾	¾	½	½	½	½
Whole milk.....	4	5	5½	7	8	9½	11	12	13	14	15	16
Lime water.....	1	1	½	½	½	½	½	½	½	0	0	0

The above table or formulas are given in ounces. If the mother or nurse does not have a graduated or an ounce measuring glass she can be guided by the following:

2 tablespoons Liquid—one ounce.

2 tablespoons Vieno Baby Food—one ounce.

Directions for Preparing Vieno Baby Food

Dissolve thoroughly the required amount of Baby Food and milk sugar in the amount of cold water given in table according to the age of the child. Cook in double boiler from twenty-five to thirty minutes. Remove from fire, strain, and when partly cool add the milk and lime water.

The temperature of infant food should range from 97° to 103° F.

In preparing Vieno Baby Food according to the directions above given some judgment should be used. Enough water should be added to make up for the amount boiled away, to bring the food to the consistency required to feed freely through a nursing bottle.

VIENO CREAM SOUP

Dissolve four tablespoons of Vieno Baby Food in two cups of cold water. Cook in double boiler twenty-five or thirty minutes, then add three cups of milk, piece of butter, salt and pepper. Flavor with strained tomato, corn or chopped celery.

Mrs. Christian's Vieno Food

(FOR ADULTS)

A Scientific Preparation for Growing Children, Convalescents, the Aged, Those Who Have Poor Teeth, and for Producing Fat or Gaining Weight.

Vieno Food contains the highest per cent of nutrition that can be secured from grains. It is prepared so as to make it readily soluble in the gastric juices of the stomach, easily digested and assimilated. It is therefore, the best form of nutrition that can be prepared for those engaged in sedative occupations or brain work, or those who are ill or recovering from sickness of any kind.

FOR THE THIN OR EMACIATED—Vieno Food being especially rich in carbohydrates and readily assimilated into the tissues it is especially recommended for those desiring to gain in weight, strength and vitality.

FOR THE AGED AND THOSE WHO HAVE POOR TEETH—Mastication is of very great importance. There are, however, many thousands of people who cannot perform this extremely necessary function. For this class of people Vieno Food is the ideal form of nourishment and when once used becomes almost indispensable.

FOR CONVALESCENTS

The question of balancing the diet of those who are recovering from disease has long been a problem among dietitians. Vieno Food contains protein, fats and carbohydrates, three of the most important nutrients in our food in approximately the natural proportions required by the human body. For this reason it is highly recommended for sick people and especially convalescing patients.

Full directions are on each package for preparing this food for the various purposes above named.

As a partial compensation to those who serve the public with honest pure food products which are named in this work, we give the following names and addresses:

O. B. GILMAN
205 Tremont St., Boston, Mass.

"BEECH-NUT" PACKING CO.
Canajoharie, N. Y.

PHOENIX CHEESE CO.
345 Greenwich St., New York City

COX GELATINE CO.
100 Hudson St., New York City

EHMANN OLIVE CO.
Orville, California

Price List

MRS. CHRISTIAN'S

Vieno Baby Food

Packed in 10-cent and 25-cent tins.
25-cent size shipped in cases of 2 dozen.
10-cent size shipped in cases of 4 dozen.
Trial size, sent postpaid, 25 cents.

Vieno Food

(FOR ADULTS)

Packed only in 25-cent tins.
Shipped in cases of 1 and 2 dozen.
Trial size 25 cents, postpaid.

Special Discounts to Agents and Dealers.

Address,

Mollie Griswold Christian, Child Specialist
43 7th Avenue, Brooklyn, N. Y.

Office Hours: 10 A.M. to 12 daily.
Phone connection.