

A book of detachable diet lists : for albuminuria, anaemia and debility, constipation, diabetes, diarrhoea, dyspepsia, fevers, gout or uric acid diathesis, obesity, tuberculosis, and a sick-room dietary / compiled by Jerome B. Thomas.

Contributors

Thomas, Jerome B. 1867-
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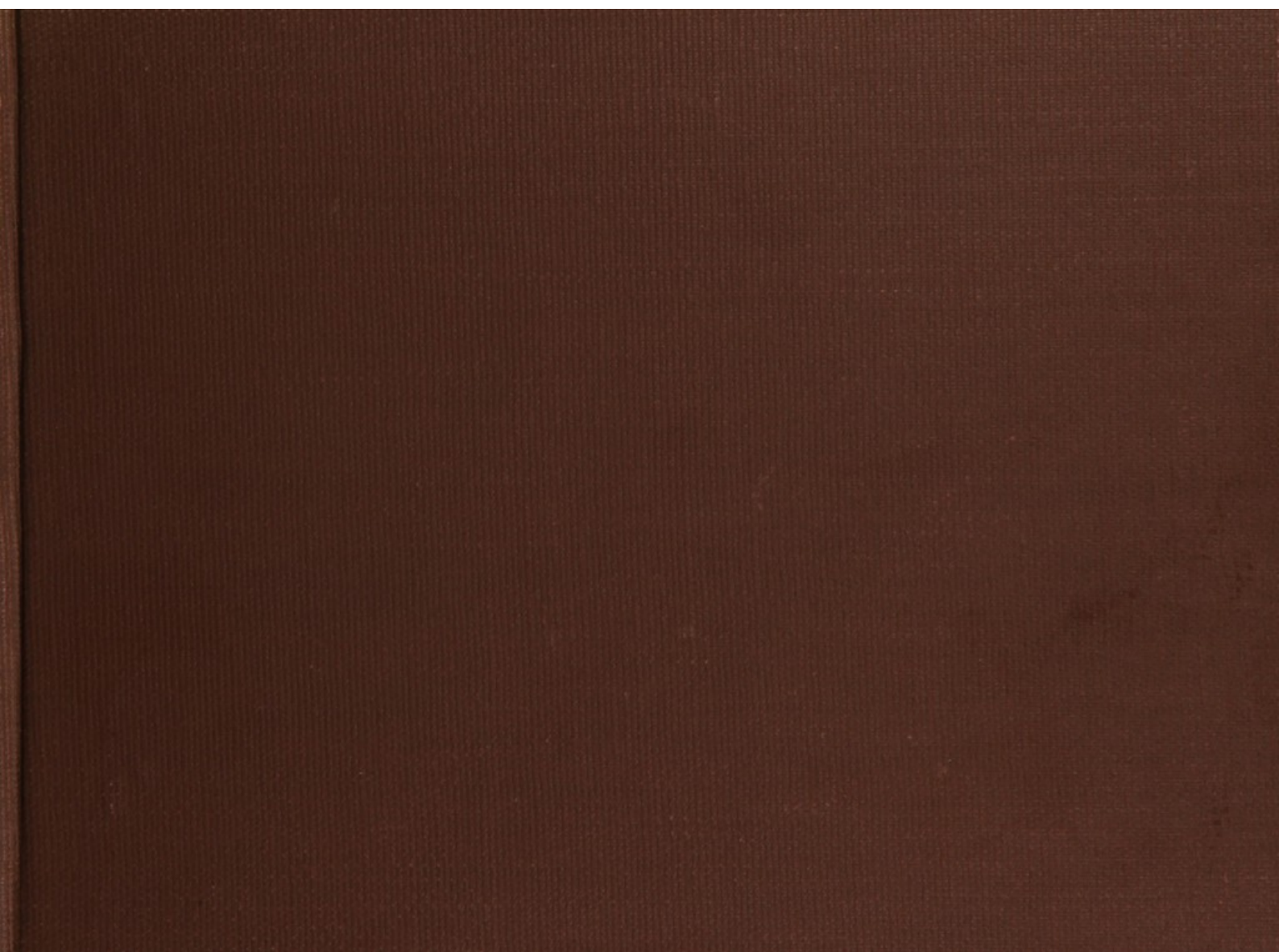
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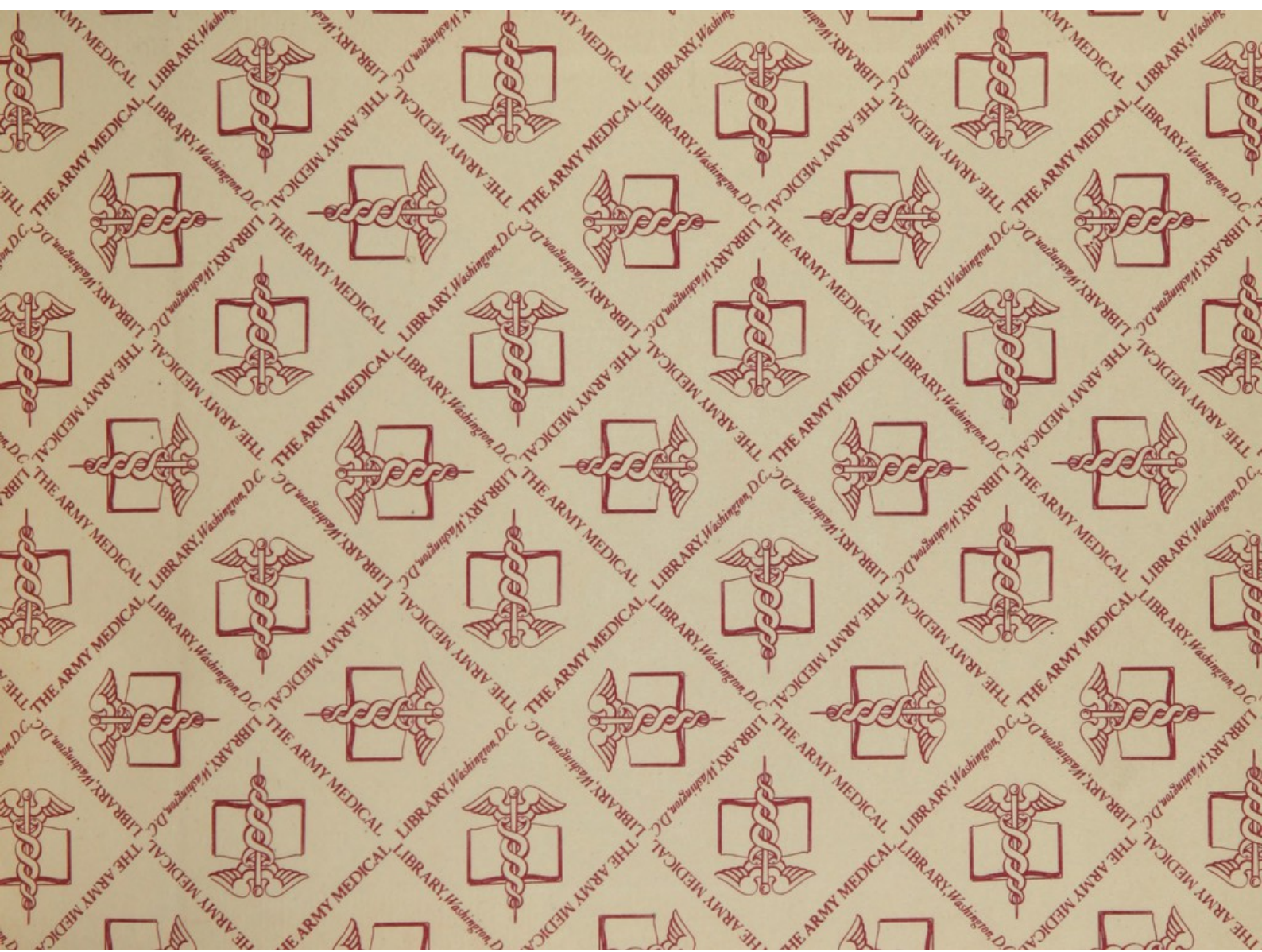


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BOOK OF DETACHABLE DIET LISTS : : : : :

FOR ALBUMINURIA, ANÆMIA AND DEBILITY, CON-
STIPATION, DIABETES, DIARRHŒA, DYSPEPSIA,
FEVERS, GOUT OR URIC ACID DIATHESIS,
OBESITY, TUBERCULOSIS, AND A

SICK-ROOM DIETARY:

COMPILED BY

JEROME B. THOMAS, A.B., M.D.

VISITING PHYSICIAN TO THE HOME FOR FRIENDLESS WOMEN AND CHILDREN
AND TO THE NEWS-BOYS' HOME; ASSISTANT VISITING PHYSICIAN
TO THE KINGS COUNTY HOSPITAL; ASSISTANT
BACTERIOLOGIST BROOKLYN HEALTH
DEPARTMENT.



PUBLISHED BY
W. B. SAUNDERS

925 WALNUT STREET

1895

PHILADELPHIA, PA.

ANNEX

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1895

Film No. 2367, no. 2

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PREFACE.

THIS collection of Diet Lists and the accompanying Sick-room Dietary are offered to the profession as a practical aid to the better practice of therapeutics.

The busy practitioner has but little time to write out systems of diet for his patients or to describe the preparation of his favorite foods. There is offered him, in this portable form, a set of ten lists (compiled from the most modern works on dietetics) which include all the common pathological conditions in the treatment of which diet plays a prominent part.

In formulating the lists, it has been the writer's effort to avoid an attitude of dogmatism. They are meant to be elastic, as any scheme must be that deals with the idiosyncrasies of the human palate.

Undesirable foods may be erased from the list by the physician, blanks and space having been purposely left for the insertion of special orders.

Where, as in the subject of obesity, eminent authorities offer different plans of treatment, the writer has included those most worthy of consideration to be chosen from by the general practitioner, according to his preferences or to the peculiarities of his patient.

If all nurses were practical cooks and all patients could afford nurses, the Sick-room Dietary would be superfluous: as a matter of fact, it meets a want, for it offers a variety of easily-digested foods for the sick and a short practical description of their preparation.

All the physician has to do is to tear out a list, check off the food prescribed, and hand the list to the nurse or to a friend of the family.

Those of us who, after enumerating milk, beef-tea, milk-toast, and gruel, find our mental list of bland foods rapidly growing hazy, will find the Sick-room Dietary of some practical benefit when we have to humor the appetite of, for example, a typhoid-fever patient who rejects milk.

The lists are numbered, and the key to the numbers is reserved for the physician. See next page.

Blank spaces are reserved where the physician may stamp, or have printed, his name and address, if he so desires.

The writer is indebted to Dr. Robert L. Dickinson for the contribution of valuable suggestions and material to these lists.

JEROME B. THOMAS, M. D.

185 JORALEMON STREET,
Brooklyn.

KEY TO THE LISTS.

1. ALBUMINURIA.

2. ANÆMIA AND DEBILITY.

3. CONSTIPATION.

4. DIABETES.

5. DIARRHŒA.

6. DYSPEPSIA.

7. FEVERS.

8. GOUT OR URIC-ACID DIATHESIS.

9. OBESITY.

10. TUBERCULOSIS.

SICK-ROOM DIETARY.

Physician's Orders.



DIET LIST

No. 1.

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For : _____

GENERAL RULES. *Take readily-assimilable foods that leave a small amount of nitrogenous waste-matters to be eliminated by the kidneys. Danger in overfeeding.*

May take :

Soups.—Arrowroot soup with onions, milk soups with rice, tapioca, or vermicelli.

Fish.—Fresh white fish, raw oysters, clams.

Meats (very little).—Very little red meats, mostly the white kinds ; chicken, game, fresh pork, bacon, calf's head, ham.

Eggs.—

Farinaceous.—Wheaten bread, hominy, rice, toast, oatmeal, gruels, arrowroot, tapioca pudding, sago.

Vegetables (in plenty, well cooked).—The green sorts generally ; spinach, summer or green cabbage, turnip tops, mushrooms, celery, salads, rhubarb, cresses, lettuce, onions.

Dessert.—Milk and rice puddings, stewed fruits, raw fruits (especially laxative), fruit jelly.

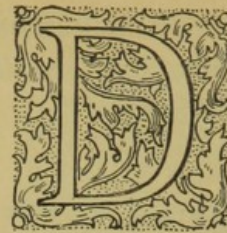
Beverages.—Weak tea, peptonized milk, plenty of pure water, milk, koumiss, barley-water, hot water an hour before meals, buttermilk, Bordeaux and seltzer. *Mineral Waters*—Bethesda, Clysmic, Berkely, Gettysburg, Poland, Highland Spring, Vittel, Wildungen, Vals, Bath.

Stimulants.—

Must avoid :

Soups, fried fish, cooked oysters, beef, mutton, lamb, corned beef, veal, turkey, hashes, stews, made dishes, sauces, spices, potatoes, peas, beans, lentils, pies, pastry, cheese, new bread, cakes, ices, sweets, coffee, tobacco, malt liquors, spirituous liquors.

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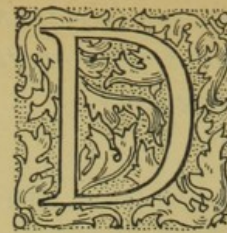
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Eggs.—

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Dessert.—Milk and rice puddings, stewed fruits, raw fruits (especially laxative), fruit jelly.

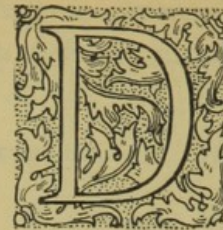
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GENERAL RULES. *Generous, nutritious diet is important. Readily-digested food should be given often and in small quantities.*

May take:

Soups.—Broths, all kinds. May add macaroni or vermicelli. Thick soups.

Fish.—All fresh fish, raw oysters.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

Farinaceous (give in plenty unless indigestion).—Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts.

Vegetables (most kinds well boiled or as purées).—

Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

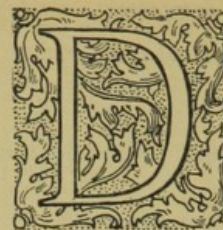
Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefir. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

Stimulants.—

Must avoid:

Pork, veal, greasy hashes, salt meat, except ham; made dishes, thin soups, cabbage, cucumbers, turnips, carrots, squash, pickles, spices, pies, pastry, pineapple, bananas.

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Fish.—All fresh fish, raw oysters.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

Farinaceous (give in plenty unless indigestion).—Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts.

Vegetables (most kinds well boiled or as purées).—

Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefir. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

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May take:

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Fish.—All fresh fish, raw oysters.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

Farinaceous (give in plenty unless indigestion).—Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts.

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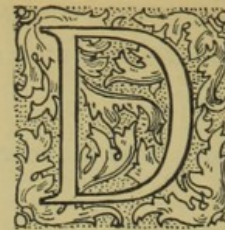
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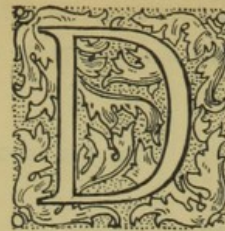
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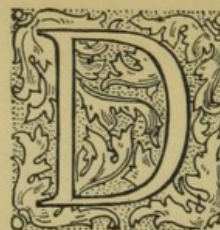
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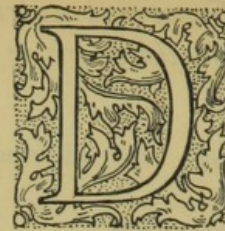
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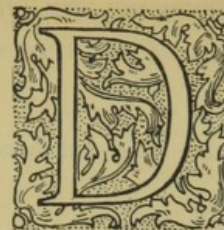
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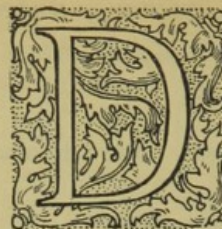
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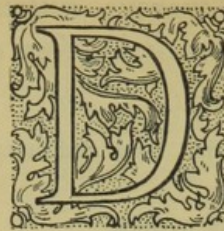
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W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date: _____

For _____

GENERAL RULES. *Generous, nutritious diet is important. Readily-digested food should be given often and in small quantities.*

May take:

Soups.—Broths, all kinds. May add macaroni or vermicelli. Thick soups.

Fish.—All fresh fish, raw oysters.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

Farinaceous (give in plenty unless indigestion).—Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts.

Vegetables (most kinds well boiled or as purées).—

Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefir. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

Stimulants.—

Must avoid:

Pork, veal, greasy hashes, salt meat, except ham; made dishes, thin soups, cabbage, cucumbers, turnips, carrots, squash, pickles, spices, pies, pastry, pineapple, bananas.

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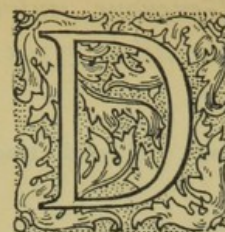
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Soups.—Broths, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled. Sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, whole-meal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

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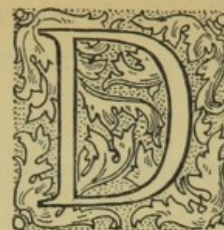
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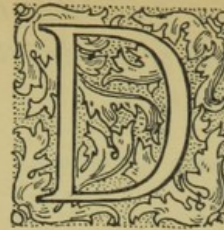
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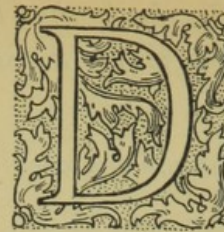
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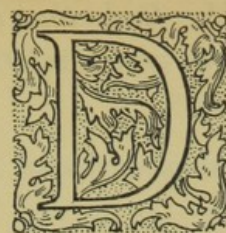
Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

Stimulants.—

Must avoid:

Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.

Physician's Orders.



DIET LIST

No. 3.

For

Date

THIS DIET TABLE IS
STRICTLY PERSONAL AND
PRIVATE, ADAPTED ONLY
FOR THE PRESENT TIME,
AND TO THIS PARTICULAR CASE : : : : :

Issued by

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

Date:

For

GENERAL RULES. *Use foods that leave a bulky residue to stimulate the muscular coat of the intestines.*

May take:

Soups.—Broths, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled. Sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, whole-meal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

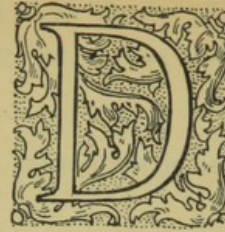
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Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, whole-meal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

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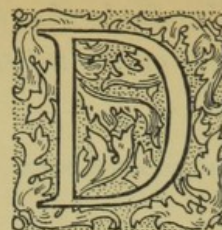
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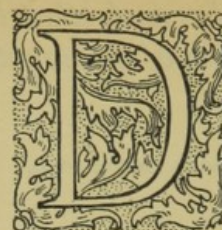
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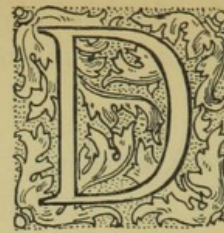
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Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, wholemeal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

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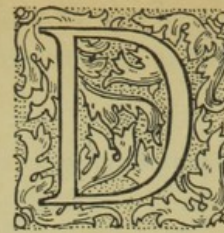
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Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.

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Meats.—Most kinds, poultry, game, etc.

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Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

Stimulants.—

Must avoid :

Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

Two, Two, Two Gems.—Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, and it may be eaten with milk or cream.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes. **Biscuit of Bran Flour.**—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese.



DIET LIST

No. 4.

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GENERAL RULES. *Reduce to a minimum all starches and sugars. Increase animal diet and fats. Avoid eating any starchy or sugary condiments to foods. Drink water freely to eliminate sugar. Substitute saccharin for sugar.*

May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquazon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

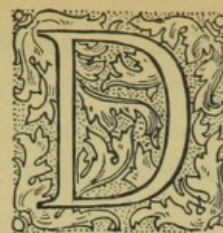
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May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

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Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

Two, Two, Two Gems.—Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor and it may be eaten with milk or cream.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes. **Biscuit of Bran Flour.**—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese.



DIET LIST

No. 4.

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GENERAL RULES. *Reduce to a minimum all starches and sugars. Increase animal diet and fats. Avoid eating any starchy or sugary condiments to foods. Drink water freely to eliminate sugar. Substitute saccharin for sugar.*

May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquazon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

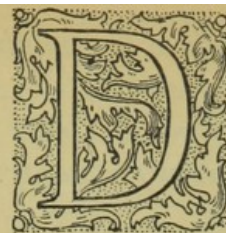
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Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, and it may be eaten with milk or cream.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes.

Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese.



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May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquazon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

Two, Two, Two Gems.—Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, and it may be eaten with milk or cream.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes.

Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese.



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May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquazon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

Gluten Gems.—Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

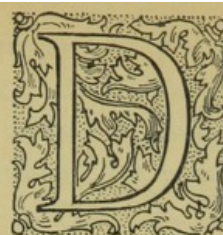
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Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, and it may be eaten with milk or cream.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes.

Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese.



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May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or three ounces of good butter.

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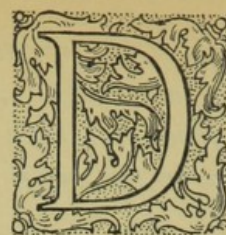
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Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form and bake to a delicate brown.

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Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

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Stimulants.—

Must avoid :

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May take :

Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes ; mock turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds ; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.

Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).

Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms ; all kinds of herbs ; sauerkraut.

Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.

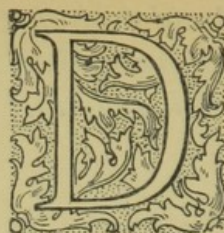
Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquozon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid :

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

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Soups.—Milk soup.

Meats.—Scraped beef or mutton, pounded raw meat, sweetbread, beef juice, liquid peptonoids, Mosquera's beef-meal.

Eggs.—Raw white of egg with water, lightly boiled, poached.

Farinaceous.—Crackers, toast, macaroni, rice boiled with milk, arrowroot, tapioca, sago, gruel boiled for two or three hours, flour-ball boiled for two or three hours with milk. May add brandy or port wine to arrowroot or gruel.

Dessert.—Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

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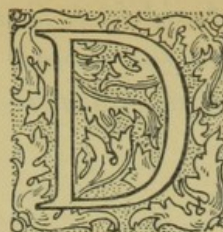
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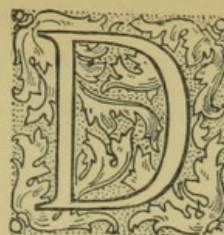
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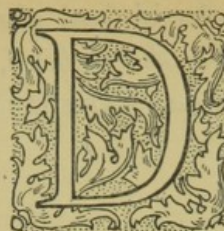
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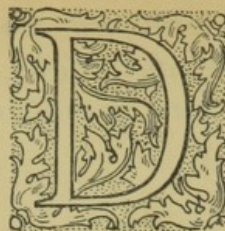
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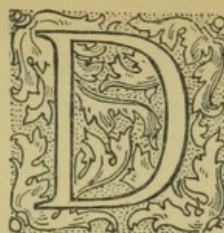
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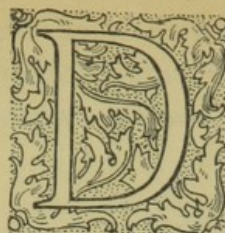
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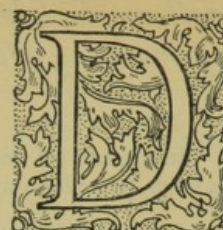
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GENERAL RULES. *Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.*

May take :

Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, butter-milk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.—

Must avoid :

Rich soups and chowders, all fried foods, veal, pork, liver, kidney, hashes, stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, bluefish, sturgeon, eels, shrimps, sardines, lobster, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastry, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice-water, malt liquors, sweet and effervescent wines, spirituous liquors.

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Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

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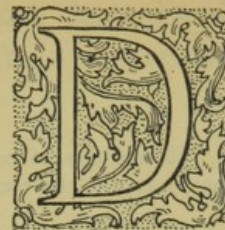
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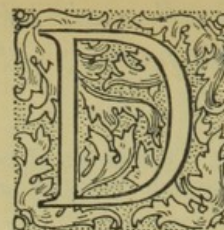
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Rich soups and chowders, all fried foods, veal, pork, liver, kidney, hashes, stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, bluefish, sturgeon, eels, shrimps, sardines, lobster, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastry, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice-water, malt liquors, sweet and effervescent wines, spirituous liquors.

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May take :

Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

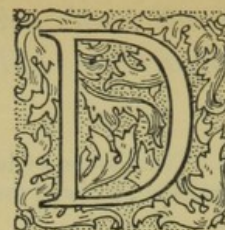
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Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

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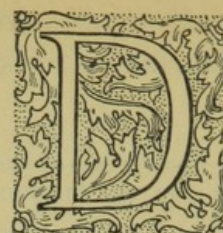
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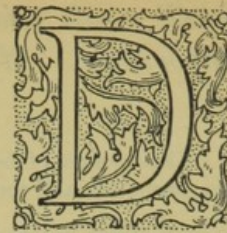
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Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

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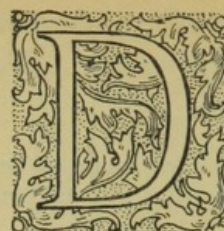
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FOR THE PRESENT TIME,
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Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

GENERAL RULES. *Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.*

May take :

Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, butter-milk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.—

Must avoid :

Rich soups and chowders, all fried foods, veal, pork, liver, kidney, hashes, stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, bluefish, sturgeon, eels, shrimps, sardines, lobster, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastry, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice-water, malt liquors, sweet and effervescent wines, spirituous liquors.

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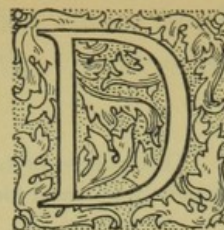
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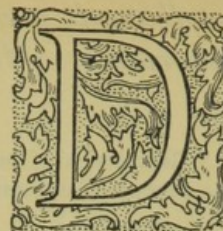
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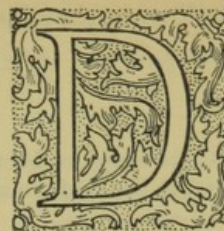
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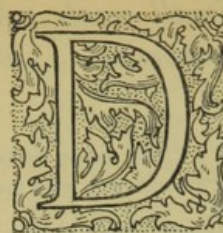
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Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, butter-milk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.—

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Rich soups and chowders, all fried foods, veal, pork, liver, kidney, hashes, stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, bluefish, sturgeon, eels, shrimps, sardines, lobster, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastry, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice-water, malt liquors, sweet and effervescent wines, spirituous liquors.

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W. B. SAUNDERS, Publisher,
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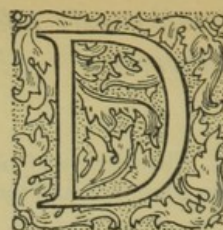
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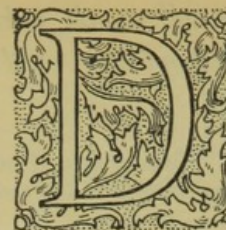
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Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, butter-milk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.—

Must avoid :

Rich soups and chowders, all fried foods, veal, pork, liver, kidney, hashes, stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, bluefish, sturgeon, eels, shrimps, sardines, lobster, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastry, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice-water, malt liquors, sweet and effervescent wines, spirituous liquors.

Physician's Orders.



DIET LIST

No. 6.

For _____

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Issued by

W. B. SAUNDERS, Publisher,
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Date:

For

GENERAL RULES. *Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.*

May take :

Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

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May take:

Soups.—Raw-meat juice, clam broth, chicken broth, vegetable broths, mutton broth, broth with egg, broth of gelatin, beef-tea, clear soups, fruit soup.

Eggs.—Beaten up with water or stimulants.

Foods.—Peptonized milk, malted milk, Mellin's food, Nestle's food, liquid peptonoids, flour-ball with milk, milk toast, arrowroot, Indian meal gruel, oatmeal gruel, ground rice, Mosquera's beef-meal, pounded raw meat, oysters; in convalescence meat and calf's-foot jellies.

Beverages.—Skim milk alone (one and one-half quarts to two and one-half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water, toast water, jelly water, gum-arabic water, plain soda, lemonade, fruit juices, egg lemonade, eggnog, cocoa. *Mineral Waters*—Carbonic water, ozonized water, Vichy, Apollinaris, Seltzer, Poland, Highland Spring.

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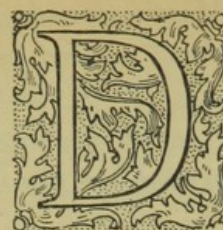
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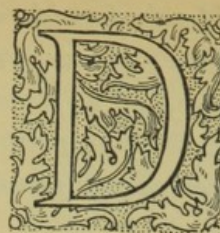
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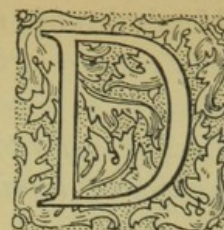
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W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date:

For

GENERAL RULES. *Mostly liquids in small quantities and often; partially digested food; never give anything that cannot pass through the fine mesh of a sieve; give more in the morning than in the evening. Loss of appetite should be respected in the acute stage. Utilize periods of remission.*

May take:

Soups.—Raw-meat juice, clam broth, chicken broth, vegetable broths, mutton broth, broth with egg, broth of gelatin, beef-tea, clear soups, fruit soup.

Eggs.—Beaten up with water or stimulants.

Foods.—Peptonized milk, malted milk, Mellin's food, Nestle's food, liquid peptonoids, flour-ball with milk, milk toast, arrowroot, Indian meal gruel, oatmeal gruel, ground rice, Mosquera's beef-meal, pounded raw meat, oysters; in convalescence meat and calf's-foot jellies.

Beverages.—Skim milk alone (one and one-half quarts to two and one-half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water, toast water, jelly water, gum-arabic water, plain soda, lemonade, fruit juices, egg lemonade, eggnog, cocoa. *Mineral Waters*—Carbonic water, ozonized water, Vichy, Apollinaris, Seltzer, Poland, Highland Spring.

Stimulants.—

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Physician's Orders.


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Beverages.—Skim milk alone (one and one-half quarts to two and one-half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water, toast water, jelly water, gum-arabic water, plain soda, lemonade, fruit juices, egg lemonade, eggnog, cocoa. *Mineral Waters*—Carbonic water, ozonized water, Vichy, Apollinaris, Seltzer, Poland, Highland Spring.

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May take :

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

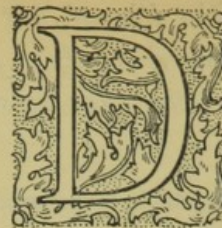
Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid :

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

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Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

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Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

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Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

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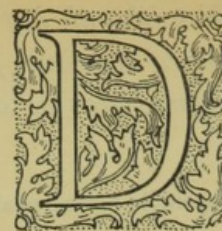
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Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

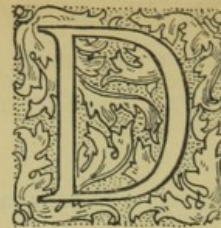
Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

Physician's Orders.



DIET LIST

No. 8.

For.....

Date.....



THIS DIET TABLE IS
STRICTLY PERSONAL AND
PRIVATE, ADAPTED ONLY
FOR THE PRESENT TIME,
AND TO THIS PARTICULAR CASE : : : : :



Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date:

For

GENERAL RULES. *Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.*

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

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GENERAL RULES. *Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.*

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

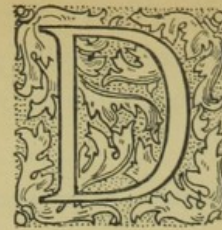
Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

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GENERAL RULES. *Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.*

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

SCHEMES OF MEALS.

EBSTEIN.	DUJARDIN-BEAUMETZ.
<i>Breakfast.</i>	<i>Breakfast.</i>
One cup of black tea.	Bread-crust, three-fourths of an ounce.
Two ounces buttered toast.	Cold meat, one and a half ounces.
	One cup weak tea, without sugar.
<i>Dinner (at noon).</i>	<i>Luncheon.</i>
Shinbone soup.	Bread, one and a half ounces.
Four to six ounces of well boiled or roasted fat meat with gravy.	Meat, three ounces, or two eggs.
Peas, beans, cabbage, in moderation.	Fresh vegetables, three ounces.
Salads, fresh fruits or dried fruits with sugar.	Salads, cheese, one-half ounce.
Moderate amount of black tea and light wine.	Fruit to taste.
<i>Supper.</i>	<i>Dinner (in the evening, no soup).</i>
One cup of black tea.	Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.
One egg or fish (may substitute ham or other fat meat).	
One ounce of well-buttered bread.	
A little cheese and fresh fruit.	

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



DIET LIST

No. 9.

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THIS DIET TABLE IS
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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.	DUJARDIN-BEAUMETZ.
<i>Breakfast.</i>	<i>Breakfast.</i>
One cup of black tea.	Bread-crust, three-fourths of an ounce.
Two ounces buttered toast.	Cold meat, one and a half ounces.
	One cup weak tea, without sugar.
<i>Dinner (at noon).</i>	<i>Luncheon.</i>
Shinbone soup.	Bread, one and a half ounces.
Four to six ounces of well boiled or roasted fat meat with gravy.	Meat, three ounces, or two eggs.
Peas, beans, cabbage, in moderation.	Fresh vegetables, three ounces.
Salads, fresh fruits or dried fruits with sugar.	Salads, cheese, one-half ounce.
Moderate amount of black tea and light wine.	Fruit to taste.
<i>Supper.</i>	<i>Dinner (in the evening, no soup).</i>
One cup of black tea.	Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.
One egg or fish (may substitute ham or other fat meat).	
One ounce of well-buttered bread.	
A little cheese and fresh fruit.	

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.

Breakfast.

One cup of black tea.
Two ounces buttered toast.

Dinner (at noon).

Shinbone soup.
Four to six ounces of well boiled or roasted fat meat with gravy.
Peas, beans, cabbage, in moderation.
Salads, fresh fruits or dried fruits with sugar.
Moderate amount of black tea and light wine.

Supper.

One cup of black tea.
One egg or fish (may substitute ham or other fat meat).
One ounce of well-buttered bread.
A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Breakfast.

Bread-crust, three-fourths of an ounce.
Cold meat, one and a half ounces.
One cup weak tea, without sugar.

Luncheon.

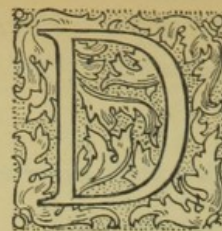
Bread, one and a half ounces.
Meat, three ounces, or two eggs.
Fresh vegetables, three ounces.
Salads, cheese, one-half ounce.
Fruit to taste.

Dinner (in the evening, no soup).

Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.

Breakfast.

One cup of black tea.
Two ounces buttered toast.

Dinner (at noon).

Shinbone soup.
Four to six ounces of well boiled or roasted fat meat with gravy.
Peas, beans, cabbage, in moderation.
Salads, fresh fruits or dried fruits with sugar.
Moderate amount of black tea and light wine.

Supper.

One cup of black tea.
One egg or fish (may substitute ham or other fat meat).
One ounce of well-buttered bread.
A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Breakfast.

Bread-crust, three-fourths of an ounce.
Cold meat, one and a half ounces.
One cup weak tea, without sugar.

Luncheon.

Bread, one and a half ounces.
Meat, three ounces, or two eggs.
Fresh vegetables, three ounces.
Salads, cheese, one-half ounce.
Fruit to taste.

Dinner (in the evening, no soup).

Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.
Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.	DUJARDIN-BEAUMETZ.
<i>Breakfast.</i>	<i>Breakfast.</i>
One cup of black tea.	Bread-crust, three-fourths of an ounce.
Two ounces buttered toast.	Cold meat, one and a half ounces.
	One cup weak tea, without sugar.
<i>Dinner (at noon).</i>	<i>Luncheon.</i>
Shinbone soup.	Bread, one and a half ounces.
Four to six ounces of well boiled or roasted fat meat with gravy.	Meat, three ounces, or two eggs.
Peas, beans, cabbage, in moderation.	Fresh vegetables, three ounces.
Salads, fresh fruits or dried fruits with sugar.	Salads, cheese, one-half ounce.
Moderate amount of black tea and light wine.	Fruit to taste.
<i>Supper.</i>	<i>Dinner (in the evening, no soup).</i>
One cup of black tea.	Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.
One egg or fish (may substitute ham or other fat meat).	S. WEIR MITCHELL.
One ounce of well-buttered bread.	Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.
A little cheese and fresh fruit.	



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.
Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.

Breakfast.

One cup of black tea.
Two ounces buttered toast.

Dinner (at noon).

Shinbone soup.
Four to six ounces of well boiled or roasted fat meat with gravy.
Peas, beans, cabbage, in moderation.
Salads, fresh fruits or dried fruits with sugar.
Moderate amount of black tea and light wine.

Supper.

One cup of black tea.
One egg or fish (may substitute ham or other fat meat).
One ounce of well-buttered bread.
A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Breakfast.

Bread-crust, three-fourths of an ounce.
Cold meat, one and a half ounces.
One cup weak tea, without sugar.

Luncheon.

Bread, one and a half ounces.
Meat, three ounces, or two eggs.
Fresh vegetables, three ounces.
Salads, cheese, one-half ounce.
Fruit to taste.

Dinner (in the evening, no soup).

Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.

Breakfast.

One cup of black tea.
Two ounces buttered toast.

Dinner (at noon).

Shinbone soup.
Four to six ounces of well boiled or roasted fat meat with gravy.
Peas, beans, cabbage, in moderation.
Salads, fresh fruits or dried fruits with sugar.
Moderate amount of black tea and light wine.

Supper.

One cup of black tea.
One egg or fish (may substitute ham or other fat meat).
One ounce of well-buttered bread.
A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Breakfast.

Bread-crust, three-fourths of an ounce.
Cold meat, one and a half ounces.
One cup weak tea, without sugar.

Luncheon.

Bread, one and a half ounces.
Meat, three ounces, or two eggs.
Fresh vegetables, three ounces.
Salads, cheese, one-half ounce.
Fruit to taste.

Dinner (in the evening, no soup).

Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



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GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

SCHEMES OF MEALS.

EBSTEIN.	DUJARDIN-BEAUMETZ.
<i>Breakfast.</i>	<i>Breakfast.</i>
One cup of black tea. Two ounces buttered toast.	Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces. One cup weak tea, without sugar.
<i>Dinner (at noon).</i>	<i>Luncheon.</i>
Shinbone soup. Four to six ounces of well boiled or roasted fat meat with gravy. Peas, beans, cabbage, in moderation. Salads, fresh fruits or dried fruits with sugar. Moderate amount of black tea and light wine.	Bread, one and a half ounces. Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Salads, cheese, one-half ounce. Fruit to taste.
<i>Supper.</i>	<i>Dinner (in the evening, no soup).</i>
One cup of black tea. One egg or fish (may substitute ham or other fat meat). One ounce of well-buttered bread. A little cheese and fresh fruit.	Similar to lunch, plus bread one and three- fourths ounces, meat three ounces.
	S. WEIR MITCHELL.
	Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



DIET LIST

No. 9.

For _____

Date _____

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Issued by _____

GENERAL RULES. *Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.*

May take :

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only ; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

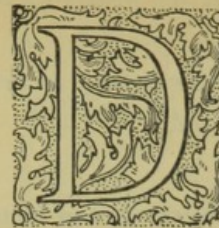
Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. *Mineral Waters*—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid :

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, herrings, salt fish, pork, veal, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

Physician's Orders.



DIET LIST

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Date:

For

GENERAL RULES. *Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.*

May take :

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded ; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

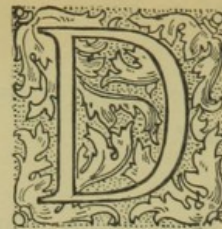
Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid :

The excessive use of farinaceous, sugary, or starchy foods ; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaggetti, arrowroot, corn-starch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.

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Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded ; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

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Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

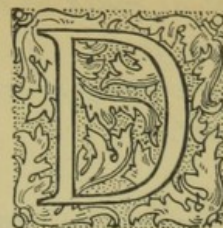
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Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

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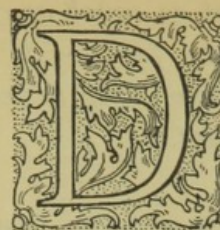
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Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

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May take :

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Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

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Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

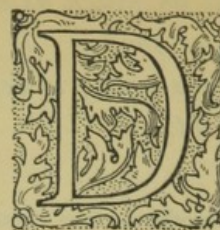
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Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

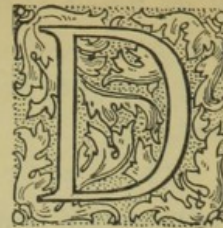
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Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

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Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

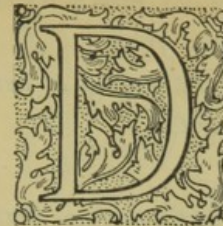
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Fish.—Fresh fish, codfish, raw oysters.

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Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

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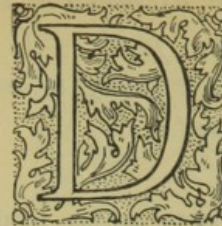
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FOR THE PRESENT TIME,
AND TO THIS PARTICULAR CASE : : : : :

Issued by _____

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date: _____

For _____

GENERAL RULES. *Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.*

May take :

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid :

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, spaghetti, arrowroot, corn-starch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.

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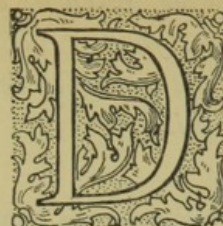
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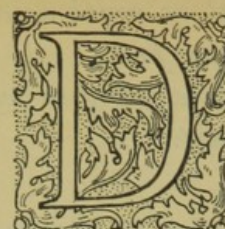
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SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

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CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one salt-spoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but *do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and ounce of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

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EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil!* When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a break-fast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one teaspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

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CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one teaspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc., with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add salispoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Faireild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add tablespoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

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BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc., with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK : Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. **WINE WHEY.**—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

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CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

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BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

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CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one tablespoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. **WINE WHEY.**—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

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BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one tablespoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. **WINE WHEY.**—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one tablespoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. **WINE WHEY.**—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, *but do not boil*. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one tablespoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered apples.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff putée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. **Warm Process.**—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. **WINE WHEY.**—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, *but do not allow it to boil*. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

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MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

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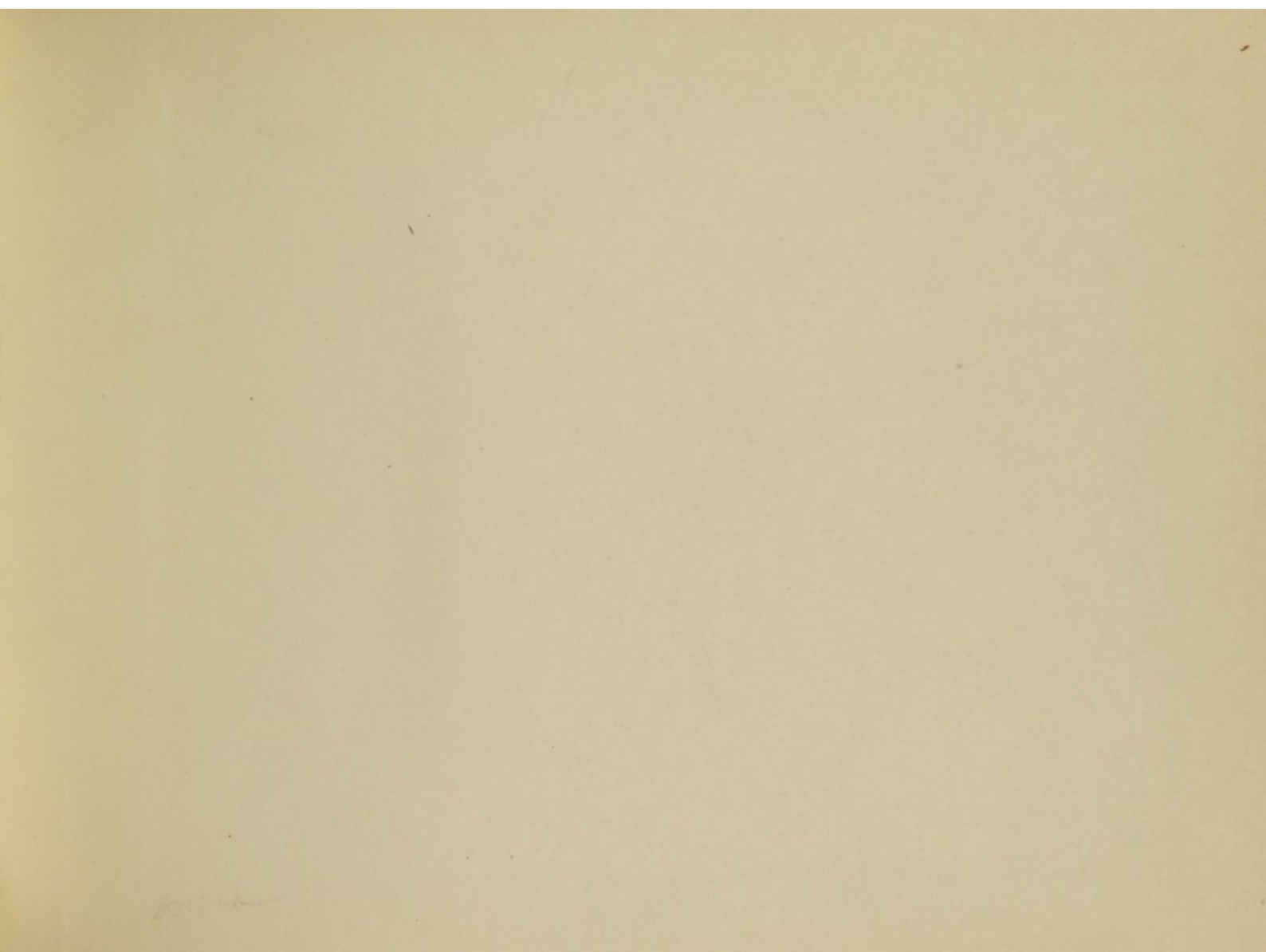
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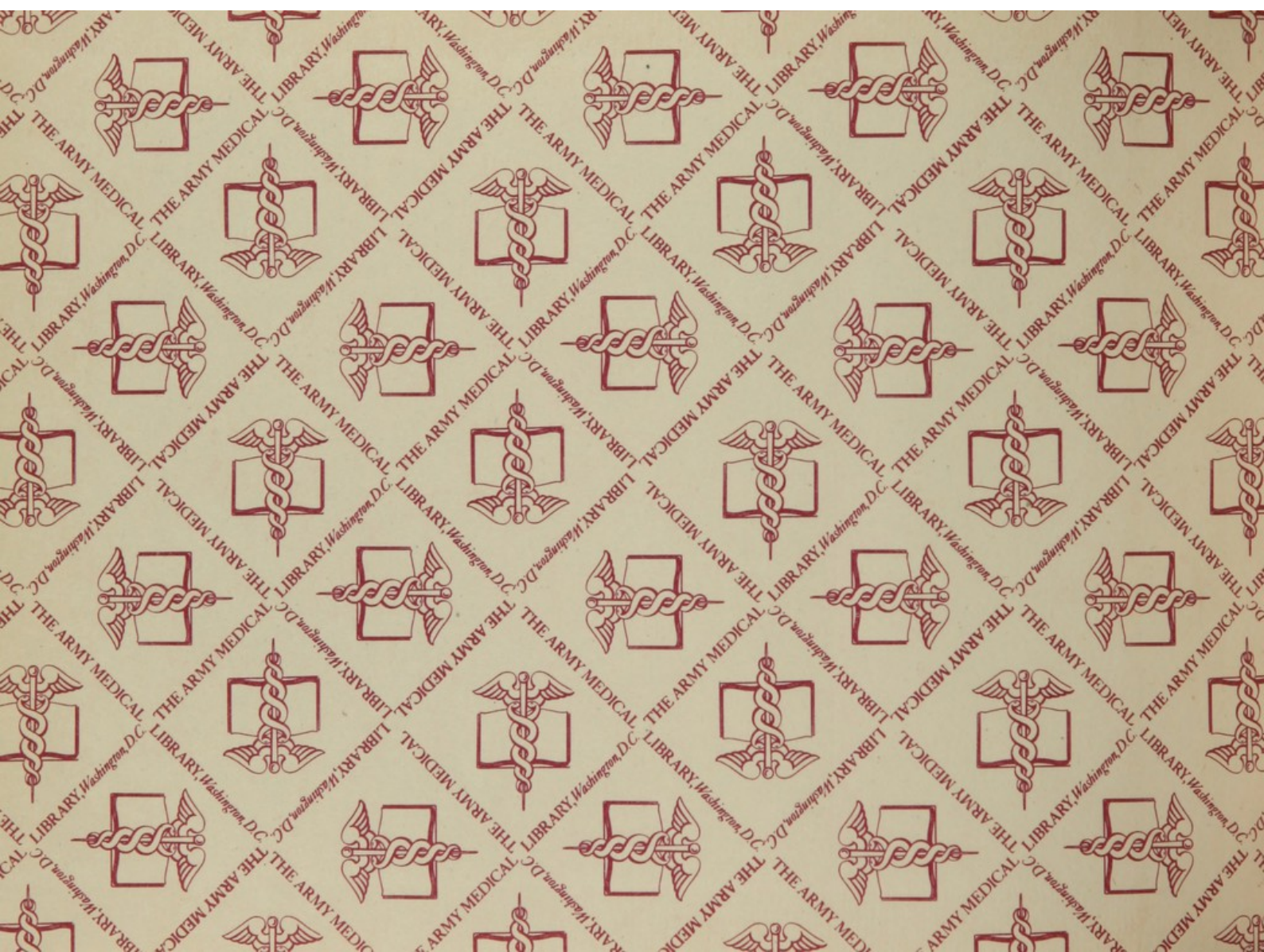
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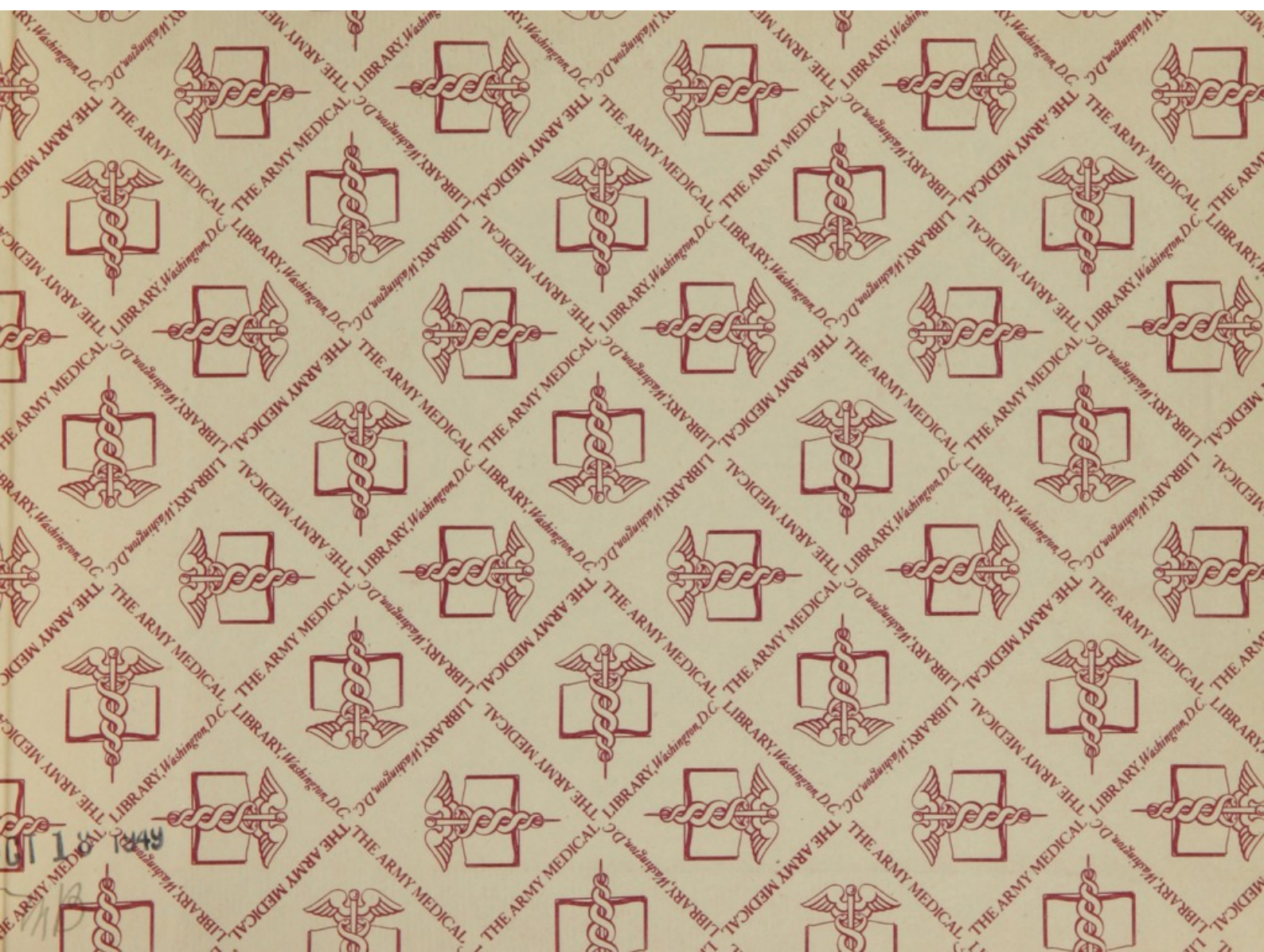
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