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-National Library of Medicine (U.S.)

Publication/Creation

Philadelphia, Pa.: Saunders, 1895.

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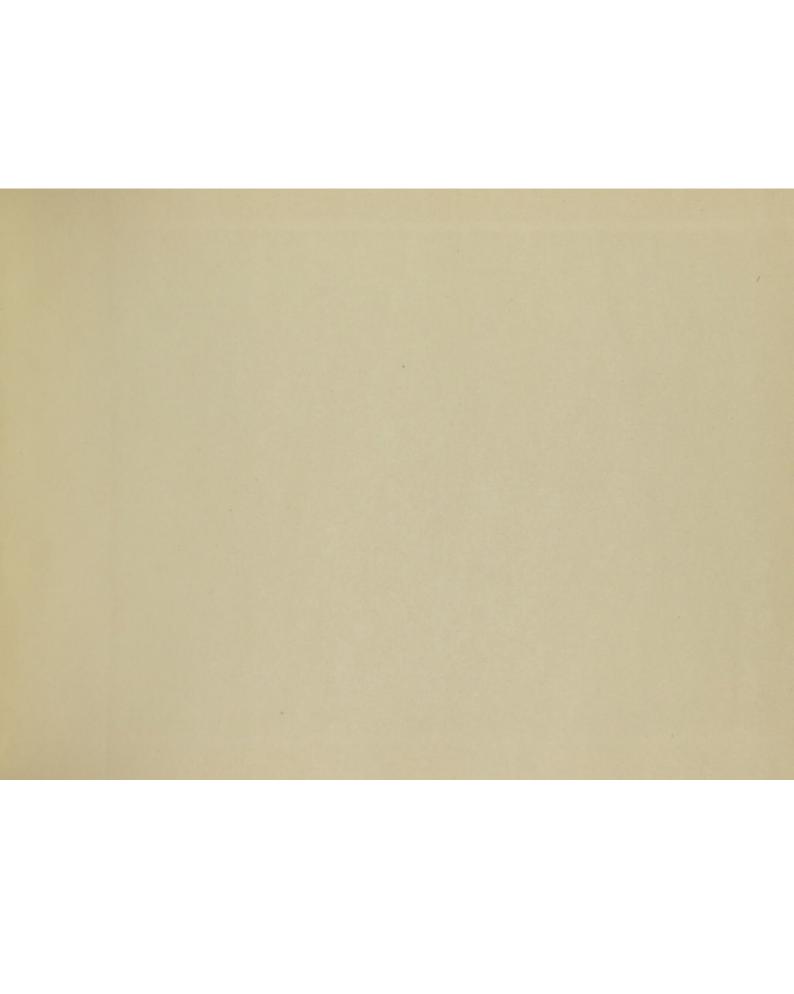
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BOOK OF DETACHABLE DIET LISTS:::::

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

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
1895

925 WALNUT STREET

PHILADELPHIA, PA.

ANNEX

WBD T4586 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.

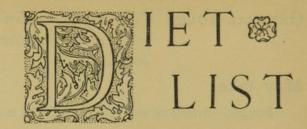
185 JORALEMON STREET, Brooklyn.

KEY TO THE LISTS.

- I. 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.



NO. 1.

For

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

Date:

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.

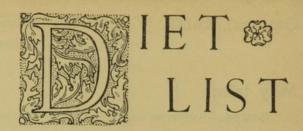
Vegetables (in plenty, well cooked).—The green sorts generally; spinach, summer or green cabbage, turnip tops, mushrooms, celery, salads, rhubarb, cresses, lettuce, onions.

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.

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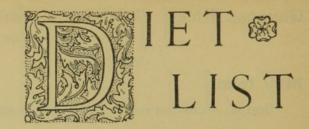
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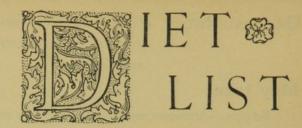
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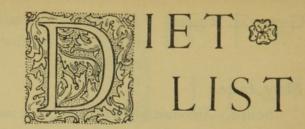
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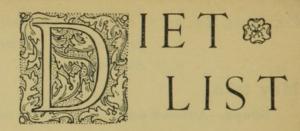
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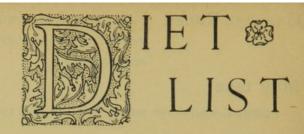
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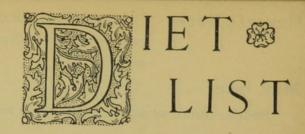
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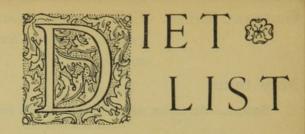
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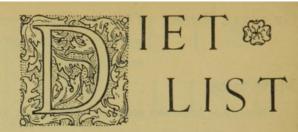
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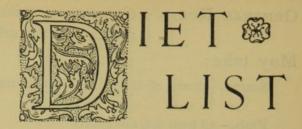
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Date :..

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).-

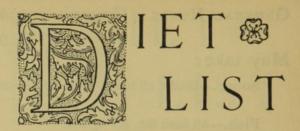
Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefyr. *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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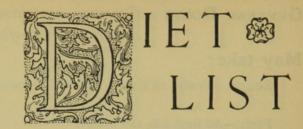
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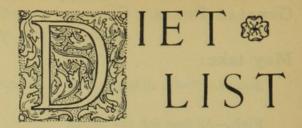
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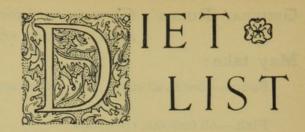
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W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

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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.

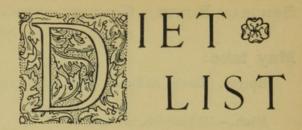
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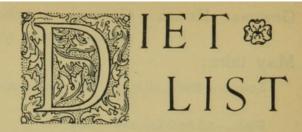
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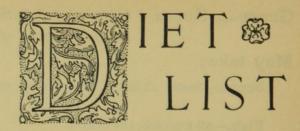
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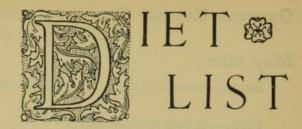
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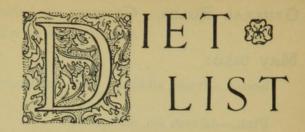
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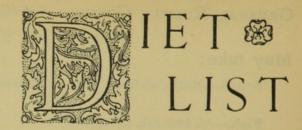
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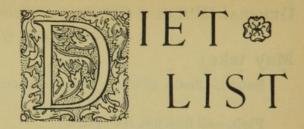
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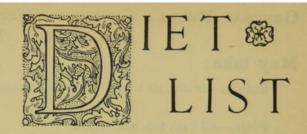
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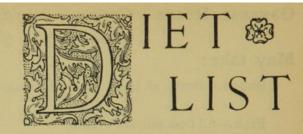
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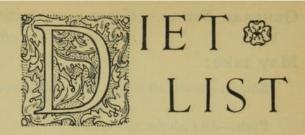
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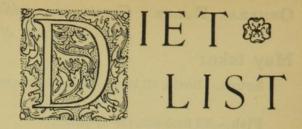
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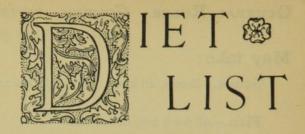
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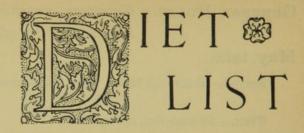
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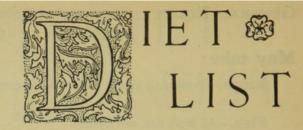
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Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

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.

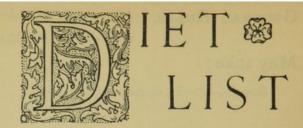
Vegetables (most kinds well boiled or as purées).-

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, kefyr. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

Stimulants.-

Must avoid:



NO. 3.

For

Date

8

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

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Soups.—Broths, oyster soup, sorrel soup.

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

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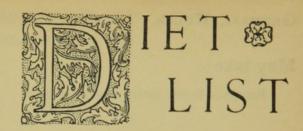
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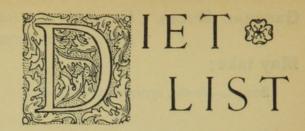
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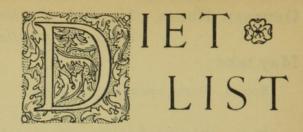
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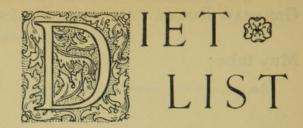
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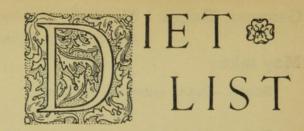
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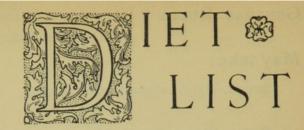
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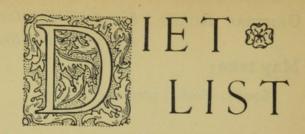
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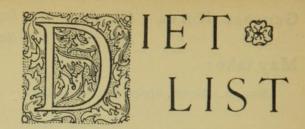
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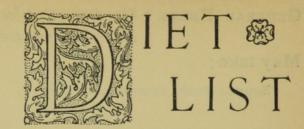
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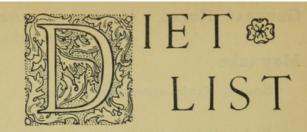
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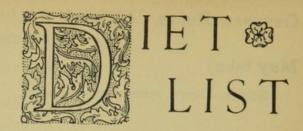
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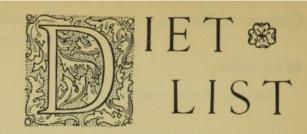
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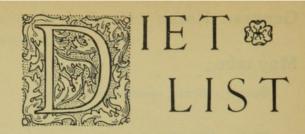
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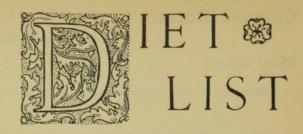
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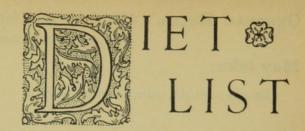
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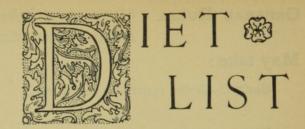
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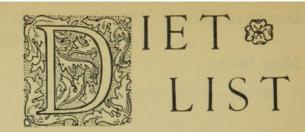
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Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall,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

Stimulants.-

Must avoid:



NO. 3.

For

Date

8

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

Issued by

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

Date:--

Hor

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.

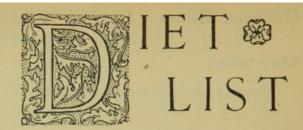
Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

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.



NO. 3.

For

Date.....

8

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR 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, wholemeal 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.

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.

ful 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— 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 teaspoon about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven.

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 Gluten Griddie Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and

three ounces of good butter.

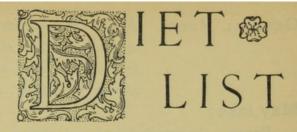
Gluten Gems .- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without Two, Two, Two Gems .- Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of burning in quick oven. It takes somewhat longer to bake these than other gems.

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

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

enough to roll out to the thickness of pasteboard. bake to a delicate brown. and

Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and a For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes. 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 cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. free allowance of butter, or they may be eaten with curd or any soft cheese. Biscuit of



For

Date

DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY THE PRESENT AND TO THIS ULAR CASE

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:

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— Put in pans to raise, and when light bake in a hot oven. about the consistency of a baking-powder biscuit.

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

three ounces of good butter.

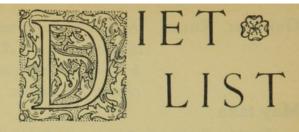
Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping Two, Two, Two Gems. -Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

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

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 cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes. captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. free allowance of butter, or they may be eaten with curd or any soft cheese. bake to a delicate brown.



For

Date

TABLE DIET IS STRICTLY PERSONAL AND VATE, ADAPTED ONLY THE PRESENT TIME TO AND CASE ULAR

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:

Gluten Bread.-Less yeast is required than with starch flour, and less time in the raising process; ver ful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compresse yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoo 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, an stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous t adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two

three ounces of good butter.

Gluten Gems.-Put the batter prepared as above into very hot, well-buttered gem-pans, and bake withou 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

Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keepin up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

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 it may be eaten with milk or cream. bake to a delicate brown. and

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 ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather Biscuit of Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and free allowance of butter, or they may be eaten with curd or any soft cheese. half

IET & LIST

NO. 4.

For

Date

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

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:

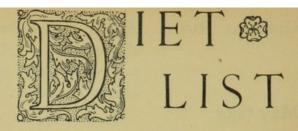
Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or ful 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— Gluten Bread.-Less yeast is required than with starch flour, and less time in the raising process; very Take one quart of sweet milk or milk and water, one heaping teaspoon about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a hot oven. sour or old yeast should never be used.

Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake withou It takes somewhat longer to bake these than other gems. three ounces of good butter. burning in quick oven.

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 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 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.

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. 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 Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs, one and half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. and bake to a delicate brown.



NO. 4.

For

Date

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

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

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:

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

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

three ounces of good butter.

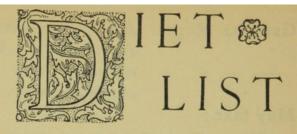
Gluten Gems .- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake withou burning in quick oven. It takes somewhat longer to bake these than other gems.

Two, Two, Two Gems .- Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping Beat all well together, pour into very hot gem-pans, and bake in quick oven. sweet milk or cream.

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

enough to roll out to the thickness of pasteboard.

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 the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring The cake, when baked, should be about the thickness of an ordinary half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with 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 free allowance of butter, or they may be eaten with curd or any soft cheese. and bake in small forms or patterns. and bake to a delicate brown.



For

Date

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY THE PRESENT AND TO ULAR CASE

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:

Gluten Bread.-Less yeast is required than with starch flour, and less time in the raising process; very good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressed Take one quart of sweet milk or milk and water, one heaping teaspoon 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. sour or old yeast should never be used. ful of yeast,

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.

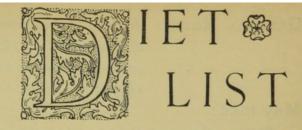
Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake withou burning in quick oven. It takes somewhat longer to bake these than other gems.

Two, Two, Two Gems. -Sur two cups of gluten, two eggs, and a trifle of salt into two large cups of

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. sweet milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven.

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

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



NO. 4.

For

Date.

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

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:

ful 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— 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 teaspoon 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.

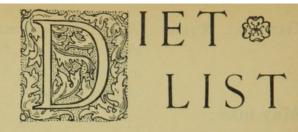
Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

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. Two, Two, Two Gems .- Stir two cups of

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.

Biscuit of Bran Flour .- To one quarter of a pound of flour add three or four fresh eggs, one and a cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a 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 For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes. half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. free allowance of butter, or they may be eaten with curd or any soft cheese.



For

Date

DIET TABLE THIS IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY THE PRESENT AND TO ULAR CASE

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:

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 teaspoon ial 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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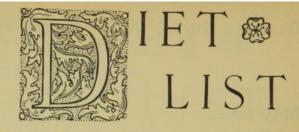
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Biscuit of Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and a cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a the other portion; then stir the whole 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 half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. free allowance of butter, or they may be eaten with curd or any soft cheese.



NO. 4.

For

Date

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

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.

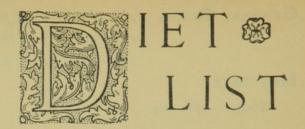
Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.

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:



NO. 5.

For____

Date.

8

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

Issued by

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

Date:

Tor

General Rules. Avoid foods that ferment easily and those that leave an undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

May take:

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 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.

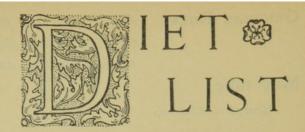
Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.

Physician's Orders.



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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.

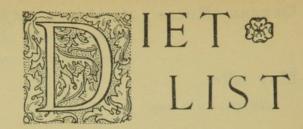
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Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.

Physician's Orders.



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

Date:

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General Rules. Avoid foods that ferment easily and those that leave an undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

May take:

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.

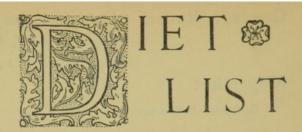
Dessert .- Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

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Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



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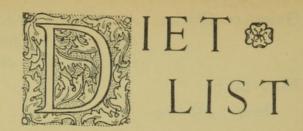
Dessert.-Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

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Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



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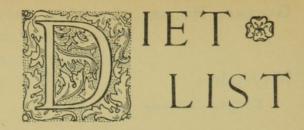
Dessert.-Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

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

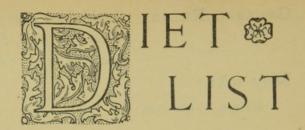
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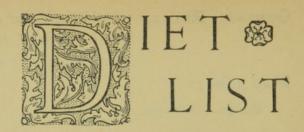
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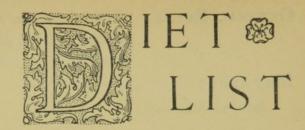
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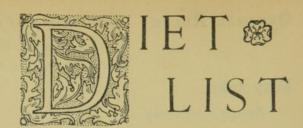
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Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



NO. 5.

For____

Date.

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

Issued by

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

Date

General Rules. Avoid foods that ferment easily and those that leave an unargested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

May take:

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.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



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

Date:

7.

General Rules. Avoid foods that ferment easily and those that leave an undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

May take:

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.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



NO. 5.

For____

Date____

8

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

8

Issued by

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

Date:

Tor

GENERAL RULES.

Avoid foods that ferment easily and those that leave an undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

May take:

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.

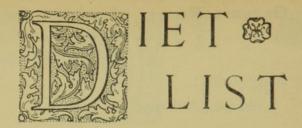
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Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



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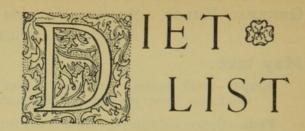
Dessert .- Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

Stimulants.-

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



NO. 6.

For

Date.

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

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

Date:

For.

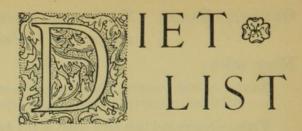
GENERAL RULES. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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.
- 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, buttermilk, 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:



NO. 6.

For

Date.

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

Issued by

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Date:

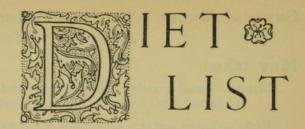
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May take:

- 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.
- 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, buttermilk, 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:



NO. 6.

For....

Date.

THIS

DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME,

AND TO THIS PARTIC-ULAR CASE : : : :

Issued by

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

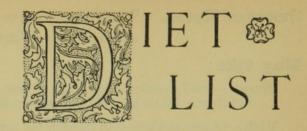
GENERAL RULES. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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, fennet, 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, buttermilk, 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:



NO. 6.

For

Date

8

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

Issued by

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

Date:

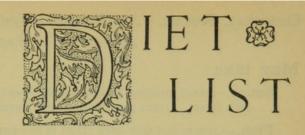
General Rules. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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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Stimulants.-

Must avoid:



NO. 6.

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Date.....

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

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

Date:

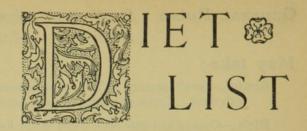
General Rules. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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.
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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.
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Stimulants.-

Must avoid:



NO. 6.

For

Date.....

3

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

3

Issued by

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

Date:

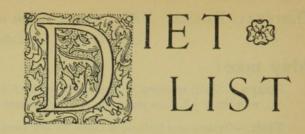
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May take:

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

Must avoid:



NO. 6.

For

Date.

8

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

Issued by

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

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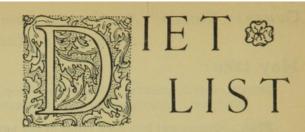
General Rules. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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.
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- 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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Stimulants.-

Must avoid:



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

Date:

or

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

May take:

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Stimulants.-

Must avoid:



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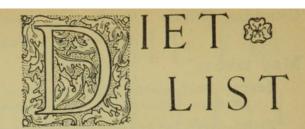
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May take:

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- 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, buttermilk, 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:



NO. 6.

For

Date.

2

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

Issued by

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

Date:

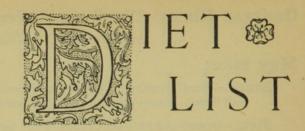
GENERAL RULES. Small meals taken at regular intervals. Punctuality is of great importance. Masticate thoroughly; eat slowly and temperately.

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.
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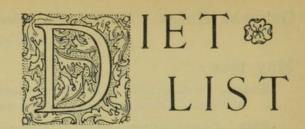
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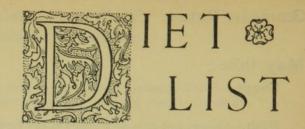
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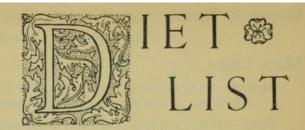
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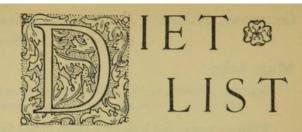
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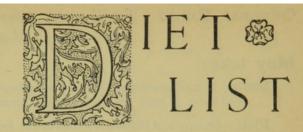
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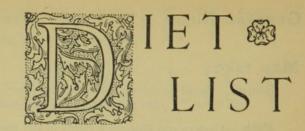
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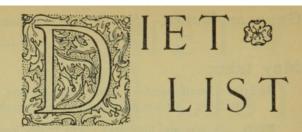
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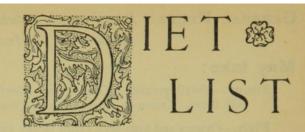
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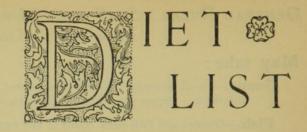
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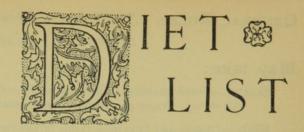
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Stimulants.-

Must avoid:



NO. 6.

For

Date.

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

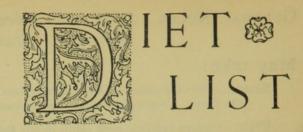
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- Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.
- Meats.-Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.
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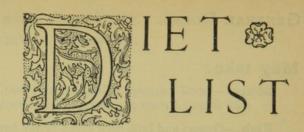
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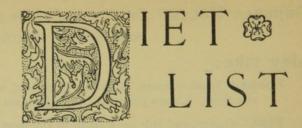
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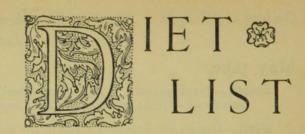
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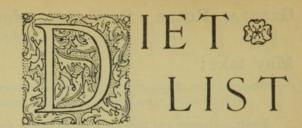
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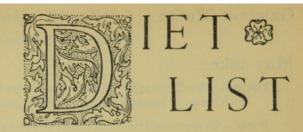
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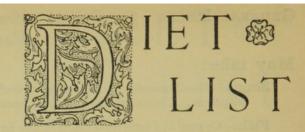
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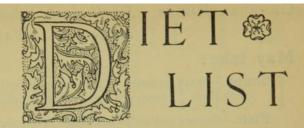
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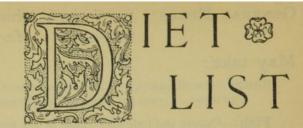
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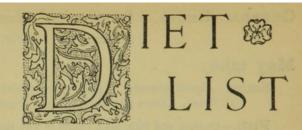
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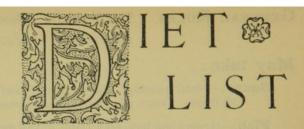
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THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE::::

Issued by

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

Date:

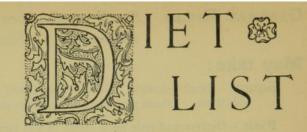
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May take:

- **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.
- 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, buttermilk, 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:



NO. 6.

For

Date

8

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Issued by

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

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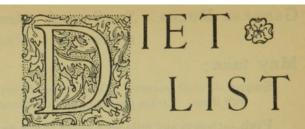
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Stimulants.-

Must avoid:



NO. 6.

For

Date...

2

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

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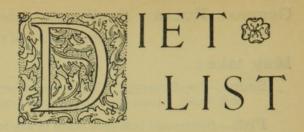
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Stimulants.-

Must avoid:



NO. 6.

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

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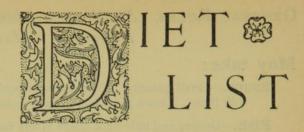
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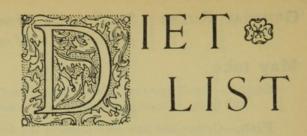
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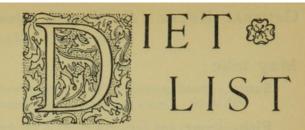
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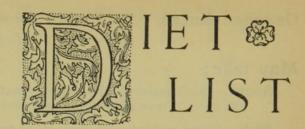
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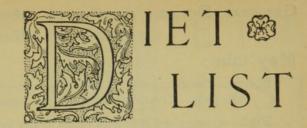
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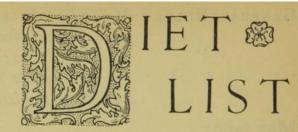
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Stimulants.-

Must avoid:



NO. 7.

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Issued by

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

Date:

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.

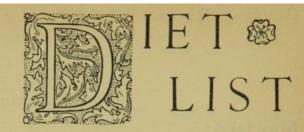
Foods.—Peptonized milk, malted milk, Mellin's food, Nestle's food, liquid peptonoids, flour-ball with milk, milk toast, arrowroot, Indian meal gruel, oatmeal gruel, ground rice, Mosquera's beef-meal, pounded raw meat, oysters; in convalescence meat and calf's-foot jellies.

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.-

Must avoid:

All solid foods until the temperature has remained normal for......days.



NO. 7.

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Must avoid:

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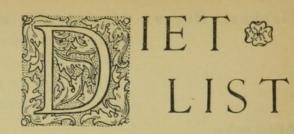
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May take:

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.

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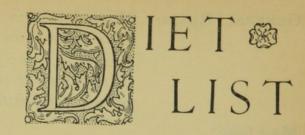
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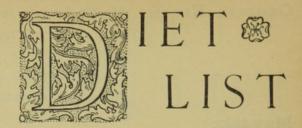
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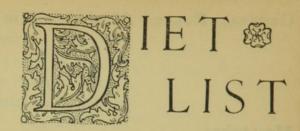
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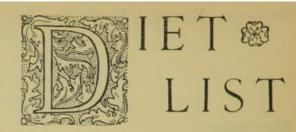
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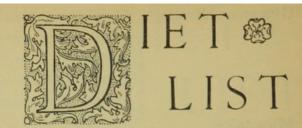
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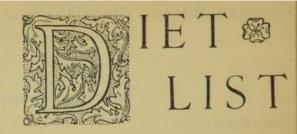
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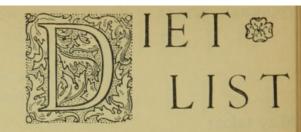
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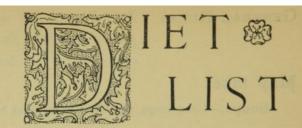
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May take:

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.

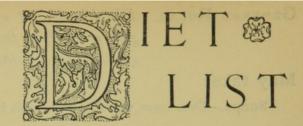
Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

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.



No. 8.

For

Date...

8

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

Issued by

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

Date:

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.

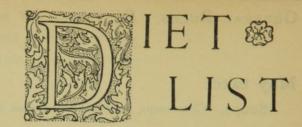
Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

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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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.

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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.

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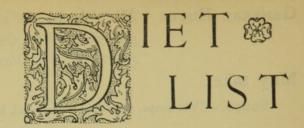
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Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall,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

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

Fish.-Fresh fish, raw oysters.

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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.

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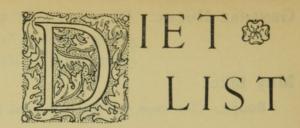
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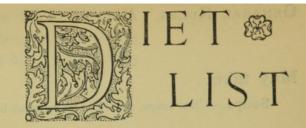
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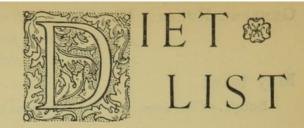
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Stimulants.-Moselle, light Hock, Bordeaux in small quantities and diluted.

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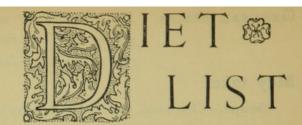
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Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

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.

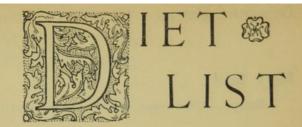
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Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall,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

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces. One cup weak tea, without sugar.

Luncheon.

DUJARDIN-BEAUMETZ.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea. meat).

A little cheese and fresh fruit.

9.

For

Date

TABLE IS DIET THIS STRICTLY PERSONAL AND PRESENT THE TO T PARTIC-AND THIS ULAR

Issued by

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

Similar to lunch, plus bread one and three-Dinner (in the evening, no soup). 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. 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:

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces. One cup weak tea, without sugar.

Luncheon.

DUJARDIN-BEAUMETZ.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat Peas, beans, cabbage, in moderation. meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea.

A little cheese and fresh fruit.

NO. 9.

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

Similar to lunch, plus bread one and three-Dinner (in the evening, no soup). fourths ounces, meat three ounces.

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

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces. One cup weak tea, without sugar.

Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Salads, cheese, one-half ounce.

Bread, one and a half ounces.

Luncheon.

DUJARDIN-BEAUMETZ.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea. meat).

A little cheese and fresh fruit.

Milk eight ounces and one egg every three hours

S. WEIR MITCHELL.

Similar to lunch, plus bread one and three-

fourths ounces, meat three ounces.

Dinner (in the evening, no soup).

Fruit to taste.

(when awake) for twenty days; no other food or drink; then gradually enlarge dietary. 9.

For

Date

TABLE THIS DIET STRICTLY PERSONAL AND THE PRESENT TIME, PARTIC-TO ULAR CASE

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:

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

DUJARDIN-BEAUMETZ.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

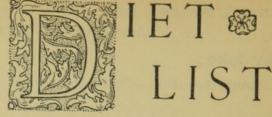
meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread One cup of black tea. meat).

A little cheese and fresh fruit.

(when awake) for twenty days; no other food or drink; then gradually enlarge dietary.



9.

For

Date

THIS DIET TABLE IS STRICTLY PERSONAL AND THE PRESENT TIME, TO T AND THIS ULAR

Issued by

Meat, three ounces, or two eggs. Four to six ounces of well boiled or roasted fat Fresh vegetables, three ounces. Salads, cheese, one-half ounce. Bread, one and a half ounces. Luncheon.

Fruit to taste.

Similar to lunch, plus bread one and three-Dinner (in the evening, no soup).

fourths ounces, meat three ounces.

Milk eight ounces and one egg every three hours S. Weir Mitchell.

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:

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

Meat, three ounces, or two eggs.

Bread, one and a half ounces.

Luncheon.

Salads, cheese, one-half ounce.

Fruit to taste.

DUJARDIN-BEAUMETZ.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat Fresh vegetables, three ounces. meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

Similar to lunch, plus bread one and three

fourths ounces, meat three ounces.

Dinner (in the evening, no soup).

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

S. Weir Mitchell.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea. meat).

A little cheese and fresh fruit.

9.

For

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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:

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

Meat, three ounces, or two eggs.

Bread, one and a half ounces.

Luncheon.

Salads, cheese, one-half ounce.

Fruit to taste.

DUJARDIN-BEAUMETZ.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat Fresh vegetables, three ounces. meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

Similar to lunch, plus bread one and three-

fourths ounces, meat three ounces.

Dinner (in the evening, no soup).

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

S. WEIR MITCHELL.

One egg or fish (may substitute ham or other fat One cup of black tea. meat).

One ounce of well-buttered bread A little cheese and fresh fruit.

9,

For

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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:

EBSTEIN.

Breakfast.

Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

Meat, three ounces, or two eggs.

Bread, one and a half ounces.

Luncheon.

Salads, cheese, one-half ounce.

Fruit to taste.

DUJARDIN-BEAUMETZ.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Shinbone soup.

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

Similar to lunch, plus bread one and three-

fourths ounces, meat three ounces.

Dinner (in the evening, no soup).

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

S. WEIR MITCHELL.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea. meat).

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.

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Bread-crust, three-fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

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Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted fat meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

One egg or fish (may substitute ham or other fat One ounce of well-buttered bread. One cup of black tea. meat).

A little cheese and fresh fruit.

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

Similar to lunch, plus bread one and three-Dinner (in the evening, no soup). fourths ounces, meat three ounces.

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

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:



NO. 10.

For

Date.

8

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR 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.

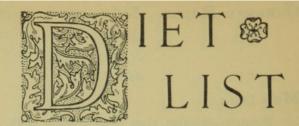
Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

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, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.



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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.

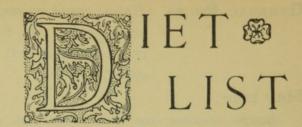
Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

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.

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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.

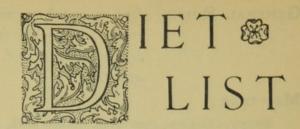
Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

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.

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Date.

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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.

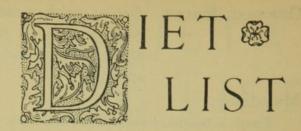
Fats and Oils.-Mutton, beef, butter, cream, olive and cod-liver oil.

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, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.



NO. 10.

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

Date:

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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.

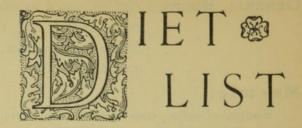
Dessert .- Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

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.

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For Date.



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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.

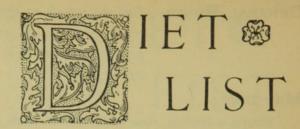
Fats and Oils .- Mutton, beef, butter, cream, olive and cod-liver oil.

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.

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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.

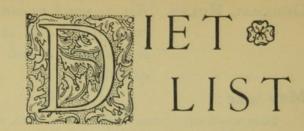
Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

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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8

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

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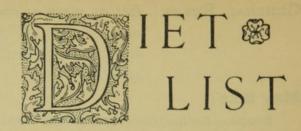
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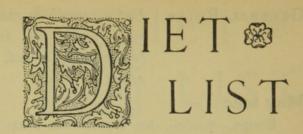
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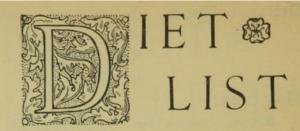
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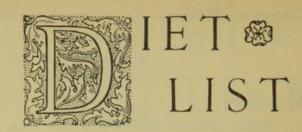
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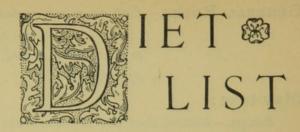
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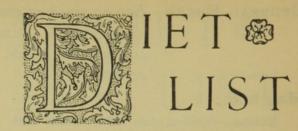
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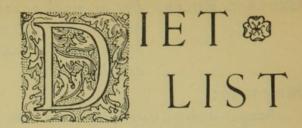
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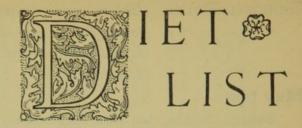
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DIETARY SICK-ROOM

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

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,

GUM-ARABIC WATER. - Dissolve ounce of gum-arabic in pint of boiling water; add two add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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 BARLEY-WATER.-Wash two ounces (wineglassful) pearl barley with cold water.

EGG-WATER.-Stir whites of two eggs into half a pint ice-water without beating; add request

FLAXSEED TEA.-Flaxseed, whole, one ounce; white sugar, one ounce (heaping tableenough salt or sugar to make palatable.

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.

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 STERILIZED MILK .- Put the required amount of milk in clean bottles. (If for infants,

tonizing powder with water and milk as described above; place bottle in water so hot that the whole 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 pephand 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

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

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. Plain light sponge-cake may be similarly digested.

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 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

Add a tablespoon more sherry, and skim again for few minutes; strain through coarse boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises.

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 JUNKET. Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin sugar and grated nutmeg.

May use two tablespoons lemon-juice instead of wine.

muslin.

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

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. NUTRITIOUS COFFEE, -Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg. large wineglass;

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

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 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 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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound

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; Strain thoroughly and Let cool. Add half forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. same quantity of ice, broken small. Let stand in deep vessel twelve hours. 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, Strain through coarse colander. in a quart of water, for an hour, skimming it from time to time.

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.

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 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 CREAM SOUP.-Take one quart of good stock (mutton or veal), cut one onion into quarters, stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream,

and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and 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 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. 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 must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc, with knife. Put meat through mincer at least twice.

SICK-ROOM DIETARY

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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.

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

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.

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

extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (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

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;

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

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.

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.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling

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

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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.

SEEF-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 anall, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprie of parsley, one tablespoon of rice, and a crust of bread

CLAM BROTH.-Wash thoroughly six large clams in shell; put in kettle with one cup water; 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.

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.

an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 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 to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool 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 part of covered range till hot through and through and the red color disappears. This requires about When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Add for first few meals the softly-poached white of an egg. one-half hour. Serve hot.

SICK-ROOM DIETARY

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

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,

GUM-ARABIC WATER. - Dissolve ounce of gum-arabic in pint of boiling water; add two add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

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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

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 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,

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 tonizing 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 again. Place on ice; use when required without subjecting to heat. Warm Process .- Mix pep-

MILK AND EGG. - Beat milk with salt to taste; beat white of egg till stiff; add egg to milk on ice to check further digestion.

Do not heat long enough to render milk bitter.

PEPTONIZED MILK TOAST, -Over two slices of toast pour gill of peptonized milk (cold BAKED FLOUR PORRIDGE. - Take one pint flour and pack tightly in small muslin bag; 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.

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 Pour into custard-cups, let stand till firmly curded; serve plain or with and stir just enough to mix. Pour into custa sugar and grated nutmeg. May add sherry.

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 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. sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg. large wineglass;

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

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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of beef. Press beef carefully and strain.

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flavor with salt and pepper. May add to milk or pour on toast.

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 BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; teaspoon of acid (or acid phosphate) to the pint.

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

broth into basin; when cold, skim off fat.

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,

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an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 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 cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, sait, and and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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 cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice.

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SICK-ROOM DIETARY

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SICK-ROOM DIETARY

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JUNKET. - Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin. muslin. May use two tablespoons lemon-juice instead of wine.

and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with EGG LEMONADE. -Beat one egg with one tablespoon sugar until very light; stir in three EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw. May add sherry. sugar and grated nutmeg.

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.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg. large wineglass;

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

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to 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, 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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound not boil.

Press beef carefully and strain. of beef.

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;

Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half Let stand in deep vessel twelve hours. teaspoon of acid (or acid phosphate) to the pint. same quantity of ice, broken small.

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. 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.

an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the This soup may be made with milk instead of stock, if a little cream is used. 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 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 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 and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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 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 The pulp cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. one-half hour.

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

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,

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for miants, 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

extract of pancress five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing powder (extract of pancress 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 disconfort; keep the bottle there ten minutes; then put and the heat long enough to render milk bitter.

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;

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint mill, 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.

IUNKET.—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.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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 tour teaspoons; nutneg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

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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

Press beef carefully and strain. of beef.

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; Strain thoroughly and Let cool. forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. same quantity of ice, broken small. Let stand in deep vessel twelve hours. 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,

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, in a quart of water, for an hour, skimming it from time to time.

Strain through coarse colander.

and the broth is ready to pour off and serve hot.

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 an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 stock. Add one pint of mills, mixed with a very little corn-flour to make it about as thick as cream.

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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 May serve with hot buttered sippets. hot until ready to serve.

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

SICK-ROOM DIETARY

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GUM-ARABIC WATER.-Dissolve ounce of gum-arabic in pint of boiling water; add two add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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 BARLEY-WATER -Wash two ounces (wineglassful) pearl barley with cold water.

EGG-WATER.-Stir whites of two eggs into half a pint ice-water without beating; add request

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PEPTONIZED MILK: Cold Process. - In a clean quart bottle put one peptonizing powder tonizing 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 (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 pepon ice to check further digestion. Do not heat long enough to render milk bitter.

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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.

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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.

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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,

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MILLA

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

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.

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; 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,

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.

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 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. CREAM SOUP.- Take one quart of good stock (mutton or veal), cut one onion into quarters,

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.

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

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.

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 parts 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

before using.

extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of 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

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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.

BAKED FLOUR FORRIDGE.—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

Plain light sponge-cake may be similarly digested.

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.

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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

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

not bout. Make up for water 10st, by adding cold water, so that of beef. Press beef carefully and strain.

SEEF-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,

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, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander,

and the broth is ready to pour off and serve hot.

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. 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 This soup may be made with milk instead of stock, if a little cream is used.

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 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 The pulp cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. into strips, removing all fat, gristle, etc. with knife. one-half hour.

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.

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 BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-

each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to 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, 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

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

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

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 white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon 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,

as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd WINE WHEY. -- Put two pints new milk in saucepan, and stir over clear fire until nearly 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 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 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. tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Tamaica rum, two to four teaspoons; nutmeg.

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

twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be 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 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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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.

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 BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces;

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. broth into basin; when cold, skim off fat. Warm up as wanted.

teaspoon of acid (or acid phosphate) to the pint.

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

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 part of covered range till hot through and through and the red color disappears. This requires about 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 one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg. into strips, removing all fat, gristle, etc, with knife. Put meat through mincer at least twice.

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

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

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 BARLEY-WATER.-Wash two ounces (wineglassful) pearl barley with cold water. tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice. 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

(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 PEPTONIZED MILK: Cold Process .- In a clean quart bottle put one peptonizing powder tonizing 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 again. Place on ice; use when required without subjecting to heat. Warm Process .- Mix pepon ice to check further digestion. Do not heat long enough to render milk bitter.

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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

JUNKET. - Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin muslin. May use two tablespoons lemon-juice instead of wine.

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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.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg. large wineglass;

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

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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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound

Press beef carefully and strain. beef.

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; Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half same quantity of ice, broken small. Let stand in deep vessel twelve hours. teaspoon of acid (or acid phosphate) to the pint.

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. MUTTON BROTH.-Lean loin of mutton, one and one-half pounds, including bone; water,

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,

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, Strain through coarse colander. in a quart of water, for an hour, skimming it from time to time.

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an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the This soup may be made with milk instead of stock, if a little cream is used. 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 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 slock, if a fittle clean is used.

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

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 MEAT CURE, -Procure slice of steak from top of round-fresh meat without fat; cut meat The pulp The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc, with knife. Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. of bread; sear bread slightly and serve as sandwich.

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.

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 spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four hourse strain off the liquor.

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

t before using.

extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing powder 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 disconfort; 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

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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.

VOUMISS.—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

musin. 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.

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. NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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

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 PEPTONIZED OYSTERS.-Mince six large or twelve small oysters; add to them, in their peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild 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

Press beef carefully and strain. of beef.

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.

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

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, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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 the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and Stew the apple in and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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 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 When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. into strips, removing all fat, gristle, etc. with knife. one-half hour.

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

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.

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 BARLEY-WATER. -- Wash two ounces (wineglassful) pearl barley with cold water.

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 tonizing 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 again. Place on ice; use when required without subjecting to heat. Warm Process,-Mix pepon 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

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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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JUNKET .- Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin muslin. May use two tablespoons lemon-juice instead of wine.

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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 cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

CHAMPAGNE WHEY.-Boil half-pint milk; strain through cheese-cloth; add wineglass Jamaica rum, two to four teaspoons; nutmeg.

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to 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,

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 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

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

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.

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 an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream,

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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

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. to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool Procure slice of steak from top of round-fresh meat without fat; cut meat 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 into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. of bread; sear bread slightly and serve as sandwich. MEAT CURE.

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. 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,

GUM-ARABIC WATER .- Dissolve ounce of gum-arabic in pint of boiling water; add two add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

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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

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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

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MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk (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 pep-

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RUM PUNCH.-White sugar, two teaspoons; one egg, stirred and beaten up; warm milk,

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

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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 This soup may be made with milk instead of stock, if a little cream is used. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. and the broth is ready to pour off and serve hot.

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DIETARY SICK-ROOM

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

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,

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add request

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Plain light sponge-cake may be similarly digested.

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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

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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.

RUM PUNCH .- White sugar, two teaspoons; one egg, stirred and beaten up; warm milk,

urge wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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

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.

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 genly 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 con-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.

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.—Proure 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.

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

five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down BARLEY-WATER.-Wash two ounces (wineglassful) pearl barley with cold water. tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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

steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle 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 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,

just before using

(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 PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder tonizing 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 again. Place on ice; use when required without subjecting to heat. Warm Process .- Mix pep-Do not heat long enough to render milk bitter. on ice to check further digestion.

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

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.

BAKED FLOUR PORRIDGE. - Take one pint flour and pack tightly in small muslin bag; Plain light sponge-cake may be similarly digested.

KOUMISS. - Take ordinary beer-bottle with shifting cork; put in it one pint mill, 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. fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core

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.

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. UNKET. - Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin sugar and grated nutmeg.

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.

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 NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

famaica rum, two to four teaspoons; nutmeg. large wineglass;

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, 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.

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 BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; 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

Warm up as wanted. broth into basin; when cold, skim off fat,

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

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, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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, 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. slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices hot until ready to serve. May serve with hot buttered sippets.

MEAT CURE.—Procure slice of steak from top of round-fresh meat without fat; cut meat 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 puree of the consistency of a thick paste. 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 must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. of bread; sear bread slightly and serve as sandwich. into strips, removing all fat, gristle, etc. with knife.

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.

y 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. Four 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

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Eairchild); 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.

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.

Plain light sponge-cake may be similarly digested.

Of Fleischmann's years, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon 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.

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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.

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 NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg.

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

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to 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, 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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound

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; Strain thoroughly and Let cool. forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. same quantity of ice, broken small. Let stand in deep vessel twelve hours. 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, Strain through coarse colander. in a quart of water, for an hour, skimming it from time to time.

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.

an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 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 cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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.

Procure slice of steak from top of round-fresh meat without fat; cut meat The pulp part of covered range till hot through and through and the red color disappears. This requires about 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 When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. into strips, removing all fat, gristle, etc, with knife. MEAT CURE. one-half hour.

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.

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

extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of 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

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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

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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.

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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 NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half 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

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 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 peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, 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 Press beef carefully and strain. of beef.

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; Strain thoroughly and Let cool. Add half forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. same quantity of ice, broken small. Let stand in deep vessel twelve hours. 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,

CREAM SOUP .- Take one quart of good stock (mutton or veal), cut one onion into quarters. and the broth is ready to pour off and serve hot.

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

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

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

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. Four 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; bush stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using

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.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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

twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be 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 at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, to individual taste may be added at beginning of the artificial digestion.

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

BEEF-JUICE. -- Cut a thin, juicy steak into pieces one and one-half inches square; brown Press beef carefully and strain.

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; Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. same quantity of ice, broken small. Let stand in deep vessel twelve hours. teaspoon of acid (or acid phosphate) to the pint.

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. MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water,

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,

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, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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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 CREAM SOUP.-Take one quart of good stock (mutton or veal), cut one onion into quarters, stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. This soup may be made with milk instead of stock, if a little cream is used.

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 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 Stew the apple in and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. 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 part of covered range till hot through and through and the red color disappears. This requires about 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 When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. one-half hour.

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. TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn.

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.

to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's 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

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

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

tonizing 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 again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix pepon 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

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

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 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.

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 mills, 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

WINE WHEY. -- Put two pints new milk in saucepan, and stir over clear fire until nearly the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap boiling; then add gill (two winegiassfuls) 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

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. muslin. May use two tablespoons lemon-juice instead of wine.

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 sugar and grated nutmeg.

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.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg.

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

PEPTONIZED OYSTERS .- Mince six large or twelve small oysters; add to them, in their at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited 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, Gelatin may be twenty minutes. Finally the mass is brought to boiling-point, strained, and served. to individual taste may be added at beginning of the artificial digestion.

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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; Strain thoroughly and 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.

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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,

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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 Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream.

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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 the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in

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. hot until ready to serve. May serve with hot buttered sippets.

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

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

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

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.

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Plain light sponge-cake may be similarly digested.

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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.

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 NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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.

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PEPTONIZED OYSTERS.-Mince six large or twelve small oysters; add to them, in their twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited 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 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

Press beef carefully and strain. of beef.

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.

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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.

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 Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. This soup may be made with milk instead of stock, if a little cream is used. 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 CREAM SOUP. Take one quart of good stock (mutton or veal), cut one onion into quarters,

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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 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 part of covered range till hot through and through and the red color disappears. This requires about The pulp to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. Serve hot. Add for first few meals the softly-poached white of an egg. one-half hour.

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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, May add wine and sugar.

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

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 BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

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spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablematerials 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

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 tasie; beat white of egg till stiff; add egg to milk

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

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 May use two tablespoons lemon-juice instead of wine.

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

sugar and

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 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.

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded mille,

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. NUTRITIOUS COFFEE. Dissolve a little isinglass or gelatin (Knox) in water, put half 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,

Jamaica rum, two to four teaspoons; nutmeg. large wineglass;

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

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 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 The mixture is then brought to blood-heat, and maintained, with occasional stirring, 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. peptonizing tube).

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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound not boil.

Press beef carefully and strain. of beef.

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.

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 BEEF-TEA WITH ACID. -One and a half pounds beef (round) cut in small pieces;

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. 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.

an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 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.

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. May serve with hot buttered sippets.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat The pulp 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. cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc, with knife. Put meat through mincer at least twice, Serve hot. Add for first few meals the softly-poached white of an egg.

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

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.

extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of 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 sir 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.

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. NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half 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

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 at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring,

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 Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound 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;

BEEF-TEA WITH ACID. -One and a half pounds beef (round) cut in small pieces; flavor with salt and pepper. May add to milk or pour on toast.

same quantity of ice, broken small. Let stand in deep vessel twelve hours.

Strain thoroughly and

MUTTON BROTH .- Lean loin of mutton, one and one-half pounds, including bone; water, forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out

Warm up as wanted. broth into basin; when cold, skim off fat.

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.

an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the 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 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 cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and 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

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

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. before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce treshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half

large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

RUM PUNCH .- White sugar, two teaspoons; one egg, stirred and beaten up; warm milk

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

to individual taste may be added at beginning of the artificial digestion. added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be 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 own Iquor, twe grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild PEPTONIZED OYSTERS .- Mince six large or twelve small oysters; add to them, in their

up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do BEEF-TEA .- Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop 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.

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-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

teaspoon of acid (or acid phosphate) to the pint. 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 BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces.

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. MUTTON BROTH.-Lean loin of mutton, one and one half pounds, including bone; water,

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

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of Juice, CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water;

and the broth is ready to pour off and serve hot.

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-nour 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. slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for CREAM SOUP .— Take one quart of good stock (mutton or veal), cut one onion into quarters, Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream,

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

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 Serve hot. Add for first few meals the softly-poached white of an egg. one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste, into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp MEAT CURE.—Procure slice of steak from top of round-fresh meat without fat; cut meat

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

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

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.

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

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

materials two pints boiling water; let stand in hot place four hours; strain off the liquor. spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-

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

on ice to check further digestion. Do not heat long enough to render milk bitter. again. Place on ice; use when required without subjecting to heat. Warm Process .- Mix pep-(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 tonizing 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 PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder

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

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

throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag;

blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon 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 KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake WINE WHEY .- Put two pints new milk in saucepan, and stir over clear fire until nearly

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. muslin. May use two tablespoons lemon-juice instead of wine. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk. water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some 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 EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three

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. before the coffee is added; boil both together for three minutes; clear it by pouring some of it into an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling RUM PUNCH.-White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, NUTRITIOUS COFFEE .- Dissolve a little isinglass or gelatin (Knox) in water, put half

large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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

of champagne.

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of beef. Press beef carefully and strain.

separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

flavor with salt and pepper. May add to milk or pour on toast.

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

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. MUTTON BROTH .- Lean loin of mutton, one and one-half pounds, including bone; water

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

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice CLAM BROTH .- Wash thoroughly six large clams in shell; put in kettle with one cup water;

and the broth is ready to pour off and serve hot.

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

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

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

of bread; sear bread slightly and serve as sandwich.

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

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

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. RICE-WATER. -Pick over and wash two tablespoons rice; put into granite saucepan with

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.

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

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

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, spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these FLAXSEED TEA .- Flaxseed, whole, one ounce; white sugar, one ounce (heaping table

each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary just before using

on ice to check further digestion. Do not heat long enough to render milk bitter. (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 hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put tonizing powder with water and milk as described above; place bottle in water so hot that the whole again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix pep-PEPTONIZED MILK: Cold Process .- In a clean quart bottle put one peptonizing powder

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

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. PEPTONIZED MILK TOAST .- Over two slices of toast pour gill of peptonized milk (cold

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

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. of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon KOUMISS. Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake

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

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. JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin

sugar and grated nutmeg.

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk. water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some 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 EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three

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large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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

of champagne.

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flavor with salt and pepper. May add to milk or pour on toast.

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

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stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. 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 A little butter improves it. CREAM SOUP .- Take one quart of good stock (mutton or veal), cut one onion into quarters This soup may be made with milk instead of stock, if a little cream is used

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

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.

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 cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp Serve hot. Add for first few meals the softly-poached white of an egg. MEAT CURE.-Procure slice of steak from top of round-fresh meat without fat; cut meat When done it should be a soft, smooth, stiff puree of the consistency of a thick paste

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tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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

muslin. May use two tablespoons lemon-juice instead of wine. boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

and stir just enough to mix, rouand sherry.

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk. water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some 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 EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three

Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. 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 NUTRITIOUS COFFEE. - Dissolve a little isinglass or gelatin (Knox) in water, put half

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

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

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. at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to 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, PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their

up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do BEEF-TEA .- Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop 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.

separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

flavor with salt and pepper. May add to milk or pour on toast.

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

three pints. Boil gently till tender, throwing in a little salt and onion according to taste, broth into basin; when cold, skim off fat. Warm up as wanted. Pour out

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

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

and the broth is ready to pour off and serve hot.

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

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

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.

Serve hot. Add for first few meals the softly-poached white of an egg. 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. to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt 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 MEAT CURE .- Procure slice of steak from top of round-fresh meat without fat; cut meat This requires about

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

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

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

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

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.

shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to STERILIZED MILK .- Put the required amount of milk in clean bottles. (If for infants,

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

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

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. PEPTONIZED MILK TOAST .- Over two slices of toast pour gill of peptonized milk (cold 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

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

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 Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

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

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

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flavor with salt and pepper. May add to milk or pour on toast,

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

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

quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with

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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.

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

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of beef. Press beef carefully and strain.

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-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

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 BEEF-TEA WITH ACID .- One and a half pounds beef (round) cut in small pieces

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.

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

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of Juice CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water:

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

cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep 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 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.

must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste part of covered range till hot through and through and the red color disappears. This requires about 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 Serve hot. Add for first few meals the softly-poached white of an egg MEAT CURE .- Procure slice of steak from top of round-fresh meat without fat; cut meat

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

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

GUM-ARABIC WATER. - Dissolve ounce of gum-arabic in pint of boiling water; add two

to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's 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 tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

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

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

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

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

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

blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

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as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd May use two tablespoons lemon-juice instead of wine

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin

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Pour into custard-cups, let stand till firmly curded; serve plain or with

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.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling

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

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

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

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BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound

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teaspoon of acid (or acid phosphate) to the pint. forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half same quantity of ice, broken small. Let stand in deep vessel twelve hours. 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: Strain thoroughly and

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. MUTTON BROTH .- Lean loin of mutton, one and one-half pounds, including bone; water,

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

RAW-MEAT DIET .- Scrape pulp from a good steak, season to taste, smear on thin slices

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

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

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. RICE-WATER.-Pick over and wash two tablespoons rice; put into granite saucepan with

GUM-ARABIC WATER. - Dissolve ounce of gum-arabic in pint of boiling water; add two

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EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

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fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

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 boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing as it rises. KOUMISS .- Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake WINE WHEY .- Put two pints new milk in saucepan, and stir over clear fire until nearly Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

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May use two tablespoons lemon-juice instead of wine.

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 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

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large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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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.

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

A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for and the broth is ready to pour off and serve hot.

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

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

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

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.

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

EGG-WATER .- Stir whites of two eggs into half a pint ice-water without beating; add

materials two pints boiling water; let stand in hot place four hours; strain off the liquor. spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-

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

tonizing 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. tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing PEPTONIZED MILK: Cold Process .- In a clean quart bottle put one peptonizing powder Place on ice; use when required without subjecting to heat. Warm Process .- Mix pep-

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

PEPTONIZED MILK TOAST .- Over two slices of toast pour gill of peptonized milk (cold

Plain light sponge-cake may be similarly digested. process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. 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

blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

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

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

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

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk. water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some 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





