The new cookery of unproprietary foods / by Eustace Miles.

THE NEW COOKERY

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Of Unproprietary Foods

By

Eustace Miles, M.A.

London

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Preface

IN most of my other writings on food and cookery I have preferred to quote personal experiences, in the hope that others might find them useful; and I am glad to say that already thousands of others have found them useful. In these personal experiences I have relied largely on proprietary foods as my basis or staple, instead of flesh-foods, which I have not taken for years. Chief among those proprietary foods has been milk-powder, of which I have used the cheapest kind with excellent results. In the present work I maintain my old point of view—that such-and-such things are worth trying fairly, and that they are to be judged by their effects after fair trial; but *I make no mention of proprietary foods*, for more than one reason.

It is true that there is much to be said in favour of the best proprietary foods. Owing to frequent advertisement, many people are familiar with their names and are likely to use the foods with faith. Most of the foods are easy

to get in cities. Most of them are pure—milk-powder, for example, is much purer than milk in London. Most of them may have excellent results all round. And, finally, they are the foods which personally I prefer as my regular substitute for meat and fish, and the foods which seem to agree best with a large proportion of my health-pupils and correspondents.

Consider, as an instance, the ordinary household meal, *minus* its meat. In the first course you will not take meat; you will only take badly cooked potatoes, badly cooked green vegetables, with condiments (pepper and salt); you will have by the side of your plate a piece of white bread. Then you will have a pudding, probably of a wet, starchy, sugary kind, likely to ferment. You may or may not have cheese afterwards. Cheese by itself would be a nourishing thing, if it agreed with you, but here you have it in its wrong place—at the end of the meal. This meal, without its meat, consists to a great extent of starch and sugar and water; it is sadly poor in the body-building elements. A study of this meal, *minus* its meat, will give an important reason why so many "vegetarians" have failed to thrive on a fleshless diet. They have started in blind ignorance of food-values.

Nor are the ordinary "vegetarian" restaurants good teachers of the novice. Here, also, there is offered, as a rule, no guidance as to sensible

choice. The stress is laid on bulk and cheapness, not on nourishment and digestibility.

And the ordinary "vegetarian" cookery-books are not much better, though there are exceptions. I have before me an elaborate work which, after a too hopelessly detailed and unpractical table of food-values, proceeds to set down side by side, as if it did not matter which you selected, a recipe for Welsh Rarebit, for Lentil Cutlets, for Pease Pudding—all rich in body-building elements, theoretically—and, without any sign of distinction, a recipe for Onion and Tomato, for Potato Chips, for Brussels Sprouts — all sadly poor in body-building elements.

In this book I have tried to keep the beginner out of that pitfall. I have distinguished between the less nourishing and the more nourishing recipes. The soups and some of the vegetable recipes are less nourishing, theoretically; they are less rich in body-building elements; so is one of the salads. Most of the other recipes are more nourishing.

I not only insist that some of the recipes—however useful they may be as "fillers" or "cleansers" or "heaters"—are unnourishing, in the sense of poor in body-building elements. I also allow that some of them are likely to be indigestible for some people. Among my health-pupils I have had those who apparently

could not tolerate cheese in any form; in one case it produced a rash. Others could not tolerate lentils. Others could not tolerate eggs. Others could not tolerate too much starch, especially when mixed with much sugar and water. Indeed, there is not a single recipe in this book which some one or other will not find inappropriate for him or her as an individual!

Many ardent "vegetarians" think I am wrong —weak, they call it—to warn people that there may be discomfort connected with any form of "vegetarianism." But it is the truth. I believe that scarcely one in a hundred arrives at a really suitable diet, for him or her as an individual, without some unpleasant experiments. The plan of glossing over facts in order to make "converts" seems to me not only dishonesty but also poor policy. The justification for food-reform is not that food-reform is a plain, easy path, but that it may produce all-round results —physical, æsthetic, intellectual, moral, economical, and so forth—which will far outweigh any temporary inconvenience.

In order to prove that there is room for a book of the present kind—a book on the better cookery of unproprietary foods, with some general idea as to the body-building values of these foods—I should like to point out some of the unsatisfactory features in most cookery-books that I have read; while at the same time

I acknowledge my indebtedness to them for many valuable hints.

In the first place, the ordinary books on "mixed" cookery offer to the reader recipes which may be tasty, and pleasant to the eye (this is no small advantage), but are expensive to begin with, wasteful, and, in a word, unscientific. Cookery, as usually taught to the poor people, is this same cookery, almost unadapted; just as if the poor people were to be trained to provide Lord Mayors' banquets! It is sometimes called "plain" cookery; but it is nothing of the kind: it is wasteful cookery, extravagant cookery, and not healthy cookery either.

On the other hand, most "vegetarian" cookery-books pay very little regard to taste and appearance and consistency. They pay even less regard to food-values than the orthodox cookery-books do; and they do not take much pains to prevent waste.

A third class of book, the abstract book of "principles" of cookery, is too abstract to be useful. The principles may be quite sound, but there are not sufficient numbers of workable instances.

In this book I have carefully attended, first to the choice of the right foods, with a view to nourishment (especially the body-building elements), taste and consistency, and economy in the buying and economy in the using. I have started with a concrete example, a series

of materials which an ordinary household is likely to have or can easily get. I have shown how these materials can be converted into a meal, and how the remains can be used. There is scarcely a particle of waste. From this example, reinforced by various recipes,[1] I have collected some important principles as to the choice and use of foods and utensils.

I shall welcome all criticisms, for I find it far easier to describe the merits of the foods which I use myself daily—recipes with plenty of the proprietary foods in them, and recipes prepared with proprietary utensils. Those who apply to me I will gladly provide with the names of some of these foods and utensils; but, for obvious reasons, it is as well to keep these names entirely out of a book intended for a wide public, and especially for schools.

There is no doubt that, in the next few years, sensible cookery will be taught in every school which deserves the name. I shall begin this book by showing how cookery is an integral part of the education of citizens male and female. It is high time that "the nation of shopkeepers" ceased to look down on cookery as *infra dig.* Let the nation learn to cook, and it will no longer despise the art, which is among the noblest and most useful of all.

[1] I wish here to thank my chef, Mr J. F. Blatch, very heartily for his care in preparing and testing the recipes.

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CHAPTER I

THE IMPORTANCE OF SIMPLE COOKERY AS A PART OF EDUCATION

THE best way to begin to realise the importance of cookery in education, is to realise a few of the bad effects of wrong cookery.

It is generally recognised now that harmless enjoyment is the best of all tonics for the blood and the nerves. With wrong cookery you get no enjoyment whatsoever. Rather you get indigestion or "dyspepsia," which may show itself as pain or discomfort, or as inability to do good work, or as bad temper, or in other ways. Especially it may show itself in a craving for certain stimulants or narcotics, in the form of alcohol, tea, coffee, tobacco, or drugs.

As to the wrongly cooked food which enters the stomach, probably too little of it is used, a great part of it being turned into a fermenting mass that imposes a severe tax on one's energies, which strive to get rid of the burden,

and meanwhile have to work at a tremendous disadvantage, as all poisoned workers do.

Perhaps, also, the wrong cookery will lead to constipation and clogging generally. There is no need to mention the results which this mischief brings in its turn; among them is a further blood-poisoning, not by poison from the outside, but by poison from the inside.

Then there is an unsatisfactory appearance, which, after all, is often as potent a cause of depression and discomfort as are the indigestion and constipation themselves. People hate not to look "up to the mark."

Perhaps there is bad work, too, and bad pay, except under the influence of stimulants. Or, if it is not work, it is play, and there is bad play. In either case there is likely to be premature fatigue, as well as want of skill while the work or play lasts. And these effects are supremely unsatisfactory.

This is not the whole tale. Not only do we miss enjoyment; not only may we suffer from indigestion, unwholesome cravings, waste of much food, constipation, clogging, unsatisfactory appearance, bad work, poor play, premature fatigue, and slackness: we have also missed one of the most valuable of all hobbies. Cookery is among the finest of occupations.

This is true not only from the point of view of change, but also from the point of view of self-education. Imagine yourself cooking a recipe with three or four ingredients. Think how it exercises the senses of sight, hearing, taste, touch, smell, and the muscular

sense, the discrimination, the accuracy, and so forth.

Not the least of all the curses of inability to cook for one's self is the dependence on servants. The proprietor of a large newspaper-business sometimes goes round his office, and, whenever he finds one of his employés working badly, is able to do that work quite well himself. He has no trouble with his employés. It is not that he does their work regularly for them: it is that he can do it adequately himself. The mistress who can do her cooking adequately herself, need not be the slave of her cook. The mistress who cannot take her cook's place will almost inevitably, unless she is very tactful, be the slave of the cook.

When people cannot cook, they miss the chance of helping others considerably. I am amazed at the number of people who pose as philanthropists and contribute large sums to local charities, and thereby, perhaps, pauperise hundreds, and who never dream of helping the poor of their parish by teaching them useful arts. Among the most useful arts is cookery. Let anyone try the experiment of offering a scientific and attractive meal to the women of a parish. The cost will be trifling compared with the good effect. Let the philanthropist offer the meal and briefly explain its principles. That is an object-lesson worth hundreds of pounds distributed in the form of port wine, beef-tea, sugar, arrowroot, tobacco, and so forth, and even in the form of coals and blankets.

I think that every sensible reader agrees with

me up to this point, granting that sensible cookery should be learnt by everyone. But many will question whether simple (or fleshless) cookery should be learnt by everyone.

It will be asked, why should the cookery be of fleshless foods in particular? Why should not this be a general cookery-book, including the cookery of flesh-foods?

The first reason is that I do not know how to cook flesh-foods myself!

The second reason is that *the mere fact of people eating flesh-foods is no reason why they should not cook fleshless foods properly*. In the ordinary meal there are served not only flesh-foods, but also vegetables and puddings. At afternoon tea there is served bread, and perhaps cake. There might be served with advantage a vegetable soup at least once a day, to take the place of the over-acid meat-stock soup. So that even those who use the mixed diet need a book of this sort.

But the fleshless foods, if only they are properly chosen, have other advantages over flesh-foods.

The process by which we get them is a humane one and a clean one. There is nothing unpleasant in preparing for the table a salad, or lentils, or nuts, or a savoury dish. There is something unpleasant in preparing a chicken or a rabbit. The cleanness is noticeable not only before the cooking, but also during the washing-up. Read through my list of raw materials in the following chapter, and contrast it with a list of raw materials required for an ordinary meal.

Let "funny men" repeat their old jokes against fleshless foods. But "from start to finish" these foods are almost unobjectionable.

Then—and this is not the least important matter—fleshless foods, when properly chosen and properly prepared, are economical. Beyond any shadow of doubt they cost less at the start. Contrast the prices of dried peas, lentils, haricot beans, and even cheese (at sixpence per pound), with the price of meat. Consider the vegetables and bread and cake as common to the two diets. Contrast the diets where they are contrasted, and you will see that my materials cost much less.

Then they involve less waste—that is to say, if they are properly kept. I devote a special chapter to this important topic—the preservation. There is less waste, also, because the bases, at any rate, are less quickly perishable. The three foods above mentioned—peas, beans, and lentils—can be kept for years in their dry form, and cheese can be kept for a good while.

It is fair to admit, however, that the actual cookery of fleshless foods is not more economical. It may be even more expensive than the cookery of the mixed diet. At least it involves rather more trouble. It involves more time, I think, and perhaps more money. It may be that flesh-foods should be cooked as gradually as fleshless foods. It certainly is possible to cook fleshless foods as rapidly as one cooks flesh-foods; but, for the very best results all round, I should strongly urge everyone to cook fleshless foods gently, leisurely, if these foods require cooking at all.

The difference between a soup that has simmered for twelve hours and a soup that has boiled fiercely for one hour is enormous.

The economy is not merely individual and domestic: it is national also. We want to encourage people to go back to the land. I am convinced that this book will tell them some of the ways in which they can live, at least partly, on foods which they can grow for themselves. If only the co-operative principle were introduced, if only within a village there were an interchange of foods, many people growing some speciality and interchanging with others who grow some other speciality, the poor people could live on a small fraction of their present expenditure on food—and drink.

For the question of drink, and of alcohol in particular, is closely bound up with the question of food, as is proved by the results in Dr Jackson's "Sanitarium" in New York, in the Salvation Army home for inebriate women, and elsewhere.

No one can deny that the trend of modern change is towards the fleshless foods. Their advance in popularity during the past year or two has been marvellous. Not only have people taken up some one or other form of fleshless diet as a fad (numbers have had this reason at the start); they have persevered in it, partly from sentimental reasons, but chiefly because they find it generally preferable. A leading newspaper refused to accept an article of mine on fleshless diet some years ago, for fear of offending the public. Now there is not a paper of any standing that has not opened its columns

to free—often much too free—opinions on the subject.

As to the question of whether fleshless foods bring more health or not, it is very hard to speak scientifically. On the one hand, there have been many failures, partly because people have "given up meat and eaten the rest." They have grown weak, lacking a nourishing basis. They have gone back to the mixed diet, and have found, as an immediate effect of the stimulating and nourishing foods, an increase of energy. I think, however, that the evidence of those who have tried fleshless foods rightly chosen and rightly prepared is predominatingly this: that these foods have brought greater fitness and more happiness and success all round.

There was a time when to be a "vegetarian" was to be ridiculed. Nowadays we tend to drop the word "vegetarian," because it implies a diet of vegetables (the word has perhaps done more harm to the cause than any other factor). But, when we get the scientific fleshless diet, and ask ourselves what individuals prefer it, either wholly or partly, after fair trial, and when we come across such names as Tolstoi, Maeterlinck, Marconi, Lord Charles Beresford, and a host of others, including long-distance walkers and cyclists by the score, we say that there is more than a possibility of better health and better work on this diet.

As it has been asked why the foods themselves may be fleshless, and why some knowledge about fleshless foods is important, so it will be asked why the fleshless foods should be cooked

at all, and why some knowledge of their cookery is important. For there is a large class of "dietists" who apparently thrive on uncooked foods.

I think that the answer will be obvious to most people after a brief reflection. Cookery generally makes dishes more attractive to the nose and the palate; it produces certain changes which do what the digestion ought to do. There is an objection, and a valid one, that by cookery we have accustomed ourselves to many foods which are almost predigested. It is a sound objection, but we must take people as they are. Man is to-day a rapid eater, a hurrier, a worrier, a person careless in important matters. This is the being for whom we must cater. If we give him uncooked foods, he may find these foods indigestible, not because they are indigestible in themselves, but because they are indigestible when eaten at the wrong pace, at the wrong time, in the wrong frame of mind. Bearing this in mind, we have our choice between giving him uncooked foods that are indigestible, and cooked foods that may gradually weaken his power to digest anything and everything.

Every reader must judge for himself whether this is a fair statement or not. I think that most readers will decide that it is worth while to cook certain foods. Therefore it is worth while to learn how to cook them to the best advantage, in the most "artful" way. Cookery is an art. It stands among the principal arts of life. The cook should be the most intelligent person in the family. "We are what we eat."

That is a worn phrase, and it is not altogether accurate. What we are depends not only on what we eat, not only on how we eat it, but also on how we prepare it (or have it prepared) before we eat it. It is time we recognised that to be a good cook is something to be proud of. To be unable to cook even moderately well is a disgrace, a proof of a lack of all-round education.

This is not a plea that everyone should always cook for himself or herself: it is a plea that nearly, if not quite, everyone should be able to cook moderately well for himself or herself or others. Then three-quarters of the servant difficulty would be overcome.

CHAPTER II

FOUR PROVISOS

THE recipes offered in this book are not such as are used in most "vegetarian" restaurants or households. They are not such as are found in most cookery-books. They are a few definite recipes of unproprietary fleshless foods, offered, as I said in the Preface, for fair trial, to be judged afterwards by the results of the fair trial.

Before I begin the recipes, I had better make clear the limitations of this book. They are as follows:—

I. Individuality. I cannot allow much for individuality in the choice of foods or in the cookery of foods. I can only do this when I deal with individuals, as I have been doing recently by means of Health Courses. While a book has the advantage of reaching a larger number, it cannot easily say different things to different people! It must confine itself to that which can be most safely said to most people.

II. The foods mentioned here are not proprietary; neither are the utensils. And unproprietary foods and utensils are not the most

satisfactory, according to my own personal experience. On the other hand, there are plenty of people who prefer unproprietary foods to proprietary, and I think that the future will show us better and better ways of using the unproprietary foods, which are far cheaper; so that I hope this book, instead of going out of date, will become more up-to-date, as it were, as the years go on.

III. There need be no sudden rush into this fleshless diet. Certainly there need be no sudden rush into the unproprietary foods. Gradual steps are preferable for many.

IV. There is a certain amount of difficulty and danger even in gradual steps. It is utterly useless to talk about the "simple life" as if the way to it were simple. The way to it may be extremely complex at the start. It is far from simple to introduce the fleshless foods into an ordinary household: it requires as much tact as the most intricate diplomatic negotiation that ever was conducted!

Now for these four points in detail.

I.—*Individuality.*

Even if I were to include in this book, as I could, five hundred recipes or more (which would be perplexing), even then I should not have allowed sufficiently for individuality. I must make it clear here that many individuals must, to some extent, alter the foods chosen, alter the ways of preparing these foods, and so forth, according to individual likings and

individual skill. It is a fact not yet satisfactorily accounted for that exactly similar materials treated in an exactly similar way by two cooks may give utterly different results. In the one case, almost without a touch of the hand, there comes a delightfully crisp and palatable and digestible morsel, in contrast to a lumpy and sloppy and indigestible production from the other person. I shall, of course, gratefully welcome any suggestions of improvement from individual cooks.

As to the individuality in the choice of fleshless foods, it is an important matter. I know no food, no recipe, that suits everyone. I believe that, as a complete meal, one of my favourite recipes will suit nearly everyone, at least after a few trials. I believe that several of my soups would suit nearly everyone; but they certainly do not suit quite everyone. There seems to be no form of lentils which will agree with a certain friend of mine, no form of stewed fruit which will agree with a certain other friend, no form of tomatoes which will agree with another friend. In that case it is hopeless to urge these recipes on all alike. Avoid those meals which contain ingredients that do not suit you, or else avoid these ingredients.

There is individuality in quantity also. When I first gave advice about diet, I tried to lay down a definite quantity for each person, according to his or her weight, occupation, and so forth. I followed the so-called scientific text-books. But I soon found out my mistake. In one case a person lived for years on a much larger

amount than I had recommended, and with great advantage to health. In another case, apparently exactly similar, a person lived on less than half the amount I recommended, with equally great advantage to health.

It is not only this, that different individuals absorb and assimilate different amounts of different foods: it is that the same individual can absorb different amounts at different times. During a holiday, with plenty of exercise, a man finds that he can thrive on a very wide range of foods. During business-days, with foul air and little exercise and much worry, he finds that most of these foods disagree with him.

And, as a man progresses with his diet, he finds that what suited him under most conditions a year ago does not suit him now. In many ways I consider that there is more difference between myself as I am now, and as I was twenty years ago, than there is between myself and many other individuals now. I seem to have a different set of desires and likings, a different set of digestive powers.

So there must be—without extreme faddishness—individual choice after fair trial. There may be a fair trial of the discarded things later on, when the new habit is established. As an important instance, take the case of cheese. One of my health-pupils said she could never digest cheese. She used to take it at the end of an ordinary meal. I asked her to try it once more as the main basis of a meal, to take it early in the meal. After a year she wrote back to say that during that year she had made

cheese her chief basis, and it had never disagreed once.

II.—*Proprietary Foods and Utensils excluded.*

The mention of cheese leads me naturally to this second proviso. I recommended cheese to this lady because she refused to use any proprietary foods. She did not find that lentils or beans or peas agreed with her, and she wished to give up all flesh-foods, and she hated eggs! My difficulty was to find the right basis for her. Now, the right basis is not always easy to obtain outside the proprietary foods. Go through the list of food-values, and you will see at once how hard it is to get a sufficient amount of body-building materials (Proteid) from the ordinary foods. Take the most nourishing unproprietary foods (I mean the most body-building) in turn, and think of the popular opinion about each of them.

Cheese is called indigestible. So are nuts. So are lentils, and perhaps split peas and haricot beans. So possibly are eggs. Many starchy foods disagree. Milk itself even disagrees, at least when swilled in large quantities: it is apt to prove indigestible and constipating.

The disadvantage of the unproprietary-food-eater is clear. He might get his Proteid so easily from a pure milk-powder (at less than sixpence per pound) such as I have used, but for some reason or other he prefers to go to what he calls "nature," and to discard such things altogether, because he calls them "unnatural."

Now, the four hundred meals which I have given privately to guests during the past year or two have been successful, with only five exceptions. Most of these meals have consisted of four or five courses; some of them of six courses. They have been successful, I believe, not only owing to the cookery, but also owing to the use of certain proprietary foods. People liked these meals at the time; they felt "comfortably satisfied" afterwards. Part of the success was due to the proprietary foods; part also to the use of proprietary cooking apparatus; part also to a proprietary cook of exceptional skill, to whom I am much indebted for the preparation of these recipes. It is only fair to say all this as against the unproprietary foods. For, however much one may expect from the fleshless foods, one cannot so easily get food-elements in the right proportion from them.

The proprietary foods enabled me to satisfy the appetite of my guests very much more quickly. They enabled me to supply foods with pleasanter tastes, foods of pleasanter consistencies. They enabled me to balance the food-elements far more skilfully. And I think they saved a great deal of time in the cookery. As an instance of what they can do, they enable me to produce very quickly a Welsh Rarebit which is quite soft and creamy even when it has been kept cold for a day. This sounds an impossibility, but it is a fact.

Then the "conservative" cooker which I use is proprietary. I find it a more convenient and more rapid cooker than the ordinary sort.

It is possible, however, that in future years I shall tend more and more towards unproprietary foods, and more and more towards unproprietary (I will not say "simpler") cooking utensils.

As I shall show in a later chapter, and as I have said already, it is not easy to secure the right amount of body-building elements (Proteid) from unproprietary foods. Take this rough-and-ready list of Proteid-values in these foods:—Cheese 30, Pulses 23, Nuts 15, Eggs 14, Cereals 10, Dried Fruits, Milk, Green Vegetables, Salads, Roots, and Fruits 4 or less. You see that your range is somewhat limited. Besides, as I said, some of these foods may be unsuitable at first. Another friend of mine, unlike the friends who cannot take cheese or lentils or eggs, cannot take nuts. Others find that most cereals disagree with them!

Not only are many unproprietary foods indigestible, or in other ways unsatisfactory; they are also unsatisfying at the time. In theory we may have enough nourishment in some lentil stew or some cereal pudding, or in a plateful of porridge. We may even find it far too satisfying at the time. But afterwards there may be a very distinct feeling of emptiness. This is especially the case when people of weak digestion eat too much porridge. It is not real emptiness: it is probably fermentation, causing a feeling of emptiness. But there is the feeling, and it is better avoided. Therefore, at the start, I should urge people not to despise proprietary foods. They may think it better to

work towards the unproprietary; but the proprietary—and especially the cheapest form of milk-powder—may be a useful step. I base this notice on hundreds of personal reports from individuals.

And, more generally, I would urge the importance of gradual steps.

III.—*Gradual Steps.*

An example which has nothing to do with the choice or cookery of foods will serve as the best introduction. The public would be amazed and incredulous if it could know how many people are the better for having no solid food before mid-day, whether their morning's work be physical or mental or both. Personally, I can last much better, and work and play much better, without solid food before 1 or 1.30. This experience is the experience not of all, but of many others. I have tried the contrast again and again, and the result has been beyond dispute: I thrive better on the "no-solid-breakfast" plan.

But I do not urge all my health-pupils to try it all at once. I insist on two conditions in most cases.

First of all, I wish them to wait till they get a holiday, when it does not matter so much if they feel uncomfortable in the morning for a day or two. They should now be making a few sensible experiments to help them in their busy life after the holidays.

Secondly, I urge them to make the trial, if

they like, by degrees, and even then to be prepared for a little unpleasantness at the beginning. They may, if they like, try the Continental plan, of some liquid and a roll and butter. Their liquid may be tea, or even cocoa (which personally I detest), rather than coffee. Or they may prefer to make their breakfast a fruit-breakfast. Or they may have a cup of apple, bran, and raisin tea, or perhaps a glass of milk, or something else.

There are two reasons why the adoption of the plan had better be gradual. The first is that the immediate effects of it may be unpleasant. The immediate effects of a gradual change are not so unpleasant. Then the plan may not suit after all. I am perfectly certain, in spite of the arrant dogmatism of some people, that the "no-solid-breakfast" plan does not suit everyone. One or two of my health-pupils (against my wishes) tried the plan for six months, but found it still unsatisfactory. I think that was a fair test.

Exactly the same principle will apply to the changed diet, perhaps especially if the change is towards unproprietary foods. Let the change, if you like, be gradual, partly because the first effects may be rather unpleasant, partly because this (unproprietary food) diet may not suit you after all. I think it is unlikely, but still it is possible.

As to the reason why the change may be unpleasant at the start, I must repeat here the old comparison of the stream and the stagnant pond. There is a stagnant pond which you

want to clean. You pass it by without disgust, for it is still. You run a stream through it, and the immediate effect is to make the stream foul and nauseating. You say at first that the pond has spoilt the stream, and you might almost say that the stream has spoilt the pond. After a few days, however, you find the pond clean; you are glad that you sent the stream through it. The foul waters of the stream have passed out into the most wonderful organ of nature, the sea.

Now, it is quite possible to clean the pond gradually by adding no filth to it, and by letting a little water into it and out of it. If the human being really contained a dirty pond in a definite place, one might treat him differently; but, when the material from that dirty pond comes into the stream, which is the blood circulating through the body, it naturally produces unpleasant results. The person feels depressed, gets a headache, is disinclined for mental or physical exercise, is "in the dumps" altogether. Let that person think of the stream cleaning out the stagnant pond, and he will understand that he feels thus not because he is taking the wrong foods now, but because he has been taking the wrong foods and drinks in the past. If he believes that the depression would be too great for his endurance, then let him make the change gradually, and he will feel the depression less. To speak candidly, I always prefer a gradual change myself; I do not possess the continual and persistent strength of will to keep up such a violent change.

So I advise many of my health-pupils who take three or four ordinary meals a day—namely, breakfast, mid-day meal, tea, and evening meal —to begin with one of my mid-day meals, if it is possible, on one day, on that day taking the three ordinary meals as usual; to try one of my evening meals the next day, if it is possible, keeping the other three meals as usual, and leaving the rest of the régime generally as it is. Then, after a week of this gradual experimentation, let the individual note which meals seem to suit him best; then let him extend the most successful meals, taking two of my meals one day, and perhaps even three now and then, and by degrees dropping the afternoon tea.

But, I must repeat, my quickest, though perhaps not eventually my best success, has been with the more easily chosen, prepared, and digested proprietary foods, together with some of the unproprietary.

And, if you like, read the book itself gradually. It may contain several new points of view to you. Do not expect to digest and realise the full force of these at once.

Another meaning of the advice to walk warily and step gradually, is that you should not only try one out of your daily meals, but that you should try larger or smaller quantities, till you find out what quantity will satisfy you comfortably. If a given recipe, and a given quantity of it, does not satisfy you comfortably, then alter the recipe, or even give it up for the time. Then try it later, and, if it still fails, give it up for always; and please let me know, in case

of a future edition of this book. Or else, if you think that the meal has agreed with you well enough, but has not been sufficient, increase the quantity; or, if it has been excessive, lessen the quantity. Do not rush into the diet all at once, and do not rush to conclusions as to the exact amount that you require. Form your conclusions gradually.

More generally, I would urge a careful and gradual study of the principles, as well as of the recipes, gradual steps in a tentative spirit, progress along the lines of your individual success, and a not too arbitrary command to others to follow in your direction.

You must insist, in their case as well as your own, on patience in waiting for results. Dr Haig seems to think that two or three years is not too long a period in which the best results may show themselves in cases which he calls "uric-acid"-laden. I think that the period may be far shorter than this, if one knows what to take, and if one chooses digestible foods rather than so much starchy food and milk (which are indigestible and constipating for many); if one allows for individuality, and does not imagine that the same diet can possibly suit everyone, but remembers that there is an individuality in the choice of foods, in the amount of Proteid needed, in the amount of "salts," and so forth.

IV.—*Difficulties.*

What I have said will be enough to show that the path is not a straight and easy one. Never

believe the person who tells you that you must confine yourself to his one or two foods. You have to work out your own dietetic salvation.

There is a great deal of bother (at least you may think so) in learning about food-values, and in learning and practising better cookery. You may grudge this time and trouble. But weigh the pros and cons carefully. Do not expect to have all smooth sailing, and then you will be less disappointed. Put before you clearly the advantages of health, and you will decide that the struggle will be worth while. Certainly, when you have mastered cookery, you have mastered one more art, even if the way has been a rough one.

There is another difficulty, besides the trouble of preparation: there is the danger of taking too great a bulk in proportion to the value of the foods. Go into an ordinary "vegetarian" restaurant, and take one or two "platefuls" of what they offer you, and you may find that you have twice or three times as much as you need, and even then you are not comfortably satisfied an hour afterwards. There is here a positive danger: *you have overeaten, yet you have starved.* And that is the common fault of people who make the change rashly.

Then, again, with the unproprietary foods, except perhaps with cheese, there does not come a satisfaction of the appetite so soon. Beyond all doubt, meat satisfies people as quickly as any other food, perhaps more quickly. The ordinary person who has had meat, even a little of it, knows that he has had "something to eat": it

seems to be assimilated almost at once; whereas most other foods, though they may perhaps leave you satisfied afterwards, do not give you the idea that you have "dined," even when you have already sat at the table for a quarter of an hour; you still feel that you could put down more food. These foods apparently are not assimilated at once. It is possible that well-prepared meat is assimilated most quickly in the system, at least gives the feeling of satisfaction most quickly; then perhaps some form of milk-proteid; and, last of all, vegetables.

Another great difficulty, besides the trouble of preparing foods and the danger of taking too much bulk, too little nourishment, is the prejudice of the public, because certain foods (noticeably potatoes, cabbages, turnips, carrots, and puddings), wrongly chosen and wrongly prepared, have failed to produce either pleasure or comfort or endurance or activity. This prejudice is constantly telling against the fleshless foods; it is constantly exerting a depressing effect upon the person who is trying these foods. It is not that the fleshless foods, properly chosen and properly prepared, have failed—though they seem to have failed sometimes: it is that a certain caricature of the proper fleshless diet has failed again and again after its success has been guaranteed by its ardent yet unobservant devotees.

Let me give an instance. I mapped out very carefully a Health Course for one of my pupils. I told him to take less meat by degrees, on the principle of substituting for one of his three

meals one of mine (for he took three meals a day). I told him to try sometimes substituting part of my meal for a part of his. I told him only to extend to other meals such of my foods as he found suit him well. I told him carefully what to avoid ; and, as he was suffering from heaviness, constipation, fermentation, and so forth, I specially told him to avoid cocoa, porridge, potatoes, and milk drunk in the ordinary way. Would you believe it? He read my Course so carelessly that, when I wrote to ask him how he was getting on, he said that he had been obliged to give up the diet ; it had left him so weak. I asked him to tell me precisely what he had been taking. He said he knew that he was to have a "vegetarian" diet, so he had given up meat at once, and he mentioned among the foods that he had been taking actually those very things that I had told him to avoid—cocoa, porridge, potatoes, milk. He had told his friends that he had tried *my* diet and it had failed!

I wrote him a very "candid" letter, and I copy this letter for the benefit of every reader of this book who feels inclined to say that fleshless foods would not suit him or her :—

"Read carefully what I suggest. Let me know anything in it that sounds unreasonable. Anything in it, however, that sounds reasonable, adopt sensibly and judge it by its results after fair trial, and continue it and extend it in so far as it is a success. Do not rush into a haphazard 'vegetarian' diet, with a vague sort of idea that this is my diet. This is not my theory at all.

My theory is that in modern life, when you cannot get abundance of fresh air, exercise, and holidays, it may be advisable for you to eat less flesh-food, and to find in its place some basis and staple, some body-building elements, that are equally palatable, nourishing, and digestible, without the over-acid and clogging effects which meat has to-day on so many."

I hope that the experiences which I have had with over a thousand pupils in the past year will enable me to prevent the most elementary blunders into which people fall when they try a change of diet foolishly. I shall be very glad to hear of the failures of those who have tried my ideas fairly. I shall not be glad because of the failures, but because of the improved methods to which they may lead me.

CHAPTER III

SOME RAW MATERIALS MADE INTO MEALS

VERY few ordinary cooks, however skilful with ordinary foods, know what raw materials to choose for fleshless meals, or how to combine these materials, or how not to waste a large portion of them. They can mention a few raw items, such as onion and cabbage and lemon, but they do not see their way to serving up a meal at short notice, with enough left to form two other meals. In this chapter I wish to take quite common materials, and to show roughly and without detail how they can be used to provide a simple meal.

I must refer back first to the provisos. It may be that some readers will not be suited by lentils; others will not be suited by onions; and so forth. It must be remembered that this is only a sample chapter, and that alternative recipes will be found in the following chapters.

First as to the materials.

From the greengrocer and fruiterer get two lettuces, some potatoes, onions, lemons, cucumber, tomatoes, and mixed herbs.

From the corn-merchant get some Egyptian lentils and some fine wholemeal flour, if you

do not have your bread ready-made from the baker.

From the grocer get essences of the purest sort, tomato sauce (unless you make your own), pure olive-oil, pepper, salt, and mustard, the best sugar, a dry cheese, and flour or crême de riz.

From the dairy get milk, butter, and fresh eggs.

You might with advantage grow in a little garden your lettuces and other saladings, herbs (such as parsley and thyme), green peas, runner beans, potatoes, tomatoes, radishes, mustard and cress, and so forth.

Clean the materials that need cleaning, first by washing them, then by throwing away the bad parts. As to the washing, it may be well first to dip vegetables in water in which a little salt and soda have been dissolved. I do not suggest dipping them in hot water; I prefer cold or tepid water, for that does not extract from the vegetables much of their good juices.

Some of these materials you will not use for a single meal. Here are a few hints as to how to preserve them. Other hints will be found in a later chapter.

Keep the onions isolated, so that their smell does not affect other things.

Keep the lettuces on bricks. Then put them in water half an hour before you use them.

Drop the odds and ends (well cleaned) into the stock-pot, where they should be simmering for vegetable-stock. You will find plenty of remains, as I shall show.

In a cool place keep not only the lettuce, but also the lemons, cucumbers, and tomatoes.

Under a ventilated cover (perhaps an old flower-pot), with a wet cloth over it, keep the butter and the milk.

Under a china cover keep the cheese.

In a tin or earthenware jar keep the wholemeal bread.

Before the meal (if possible, half an hour before it) you might take a few sips of water with some lemon-juice in it and as little sugar as possible. This will clear the digestive tract and clean it before the meal. It will start the gastric juice flowing ready for the food. It will prevent thirst during the meal.

Now for the meal itself. I will offer enough dishes for two meals. You can arrange them as you think best. I suggest a soup, an entrée with green vegetable, a sweet, a salad, and a savoury. One meal might consist of the soup, the sweet, and the savoury; the other meal of the entrée and green vegetable and the salad, though the salad will not go very well with the cooked green vegetable.

The soup should be the easiest yet the longest recipe to prepare. There should be a really good stock-pot, if possible of the finest cast aluminium, which will cost a great deal, but should last a lifetime. The soup from the above materials will be delicious, even if it only consists of extras; needless to say, these extras should be washed before being used.

There will be the outside pieces of the onion and of the lettuce, the parings of the cucumber,

the skins of the tomato, some dry parts of the cheese, grated, some lentils, potato-peelings, and crusts of bread or toasted crumb (these had better be served separately). A little lemon may be added to the soup at the last moment.

As to condiments, I do not much care for them myself, but many will seem to need them at first.

These materials should be allowed to simmer for as many hours as possible over a tiny flame. The cost will scarcely exceed a penny or two. The cheapest kind of oil-stove can be used. (It should keep alight for nearly twenty-four hours.) Then the materials should be strained. Some of them can be used to make a cold vegetable-salad afterwards, with some mayonnaise sauce.

Now for the entrée and the green vegetable.

The entrée will be lentil croquettes. Take the cleaned lentils, soak them for a few hours in just as little water as they will have absorbed when thoroughly cooked, then cook them. Pass them through a nut-mill; cook some potatoes (you have put their skins already into the stock-pot); chop up some onion very fine (you have put the outside layers of it in the stock-pot also). Now roll up the lentils and potatoes and onions, and form them—with a little wholemeal flour if you like, or with ordinary flour—into a cutlet or croquette shape. Wash these over with egg and a brush, and then dip them into the bread-crumbs (the staler the better). The rest of the egg you can use for binding the savoury. I use eggs for binding my biscuits. The sweet (see below) will also require egg.

Have some oil boiling. By boiling I do not mean bubbling, but so hot that it is quite still and has a bluish vapour. Fry the croquettes in oil, and serve when still hot, with some fried parsley.

The green vegetable can be the middle leaves of the lettuce. The outside leaves you have put in the stock-pot; the inside leaves and the heart you will want for the salad. Get some form of double cooker. In the outside pan have hot water. In the inside pan put the lettuce (or, if you prefer to use them, Brussels sprouts) and a little butter. Perhaps you had better put in the butter first, with a very small amount of water. Add condiments (pepper and salt) if you really require them. Again, I prefer a vegetable without them, but few people do at first.

I am avoiding in this chapter any minute instructions. I only want to illustrate the general use of simple materials. So I will not describe the exact amount of water or the exact time of the cooking, which vary according to the kind of vegetable and other conditions.[1]

In the same way, I will merely say that butter and flour can be used to make a sauce which will go with the green vegetable.

Similarly, the sweet can be made with egg, milk, very little sugar, and very little flavouring.

Then there is the salad. Let that consist of the heart and inside leaves of the lettuce, slices of cucumber and tomato, cooked potato

[1] On receipt of a stamped and addressed envelope, I will send a pamphlet on the cookery of vegetables.

(also in slices), and perhaps a few lentils cooked and cold, or else, if you prefer them, haricot beans; and let the salad be dressed not with vinegar but with lemon and oil mixed together.

The savoury can be made out of grated cheese and eggs with bread-crumbs, fried.

I shall now explain the main principles which this chapter illustrates.

CHAPTER IV

THE MAIN PRINCIPLES ILLUSTRATED BY THIS MEAL

IN this chapter I wish to sum up what the meal just described will illustrate.

First there is the liquid of a slightly acid kind (lemon water) before the meal—half an hour before the meal seems a good time. The reason is that this liquid helps to clear the digestive tract, and so prepares it to receive the food. It also prepares the digestive tract in another way: it starts the gastric juice flowing, so that, when the food is taken, the gastric juice should be ready for it. And it seems from Professor Pawlow's experiments that this flowing of the gastric juice is one of the causes of the feeling of healthy appetite. Thirdly, the plan prevents thirst during the meal. Thirst and consequent drinking during a meal tend to weaken the gastric juice, and, if the liquid is cold, to lower the temperature of the stomach, which should be hot for the purposes of digestion.

The next principle is closely connected with this. It is the crispness of the starchy foods. If with the above meal, or either of the above meals, you eat some bread, have that bread as

dry as possible (toast might be better), and do not despise the crust, which is far more nourishing in every way than the crumb.

The reason why starchy foods should be crisp, or at least dry, is that this compels mastication. The mastication will improve the teeth, will break up the food, and will arouse the saliva, which digests starch. Consider, on the other hand, the slops which are often served in "vegetarian" restaurants, the platefuls of half-fluid starchy foods. A person swallows these almost as if they were water. I found that, out of some hundreds of health-pupils, scarcely more than half a dozen bit their porridge; nearly every one swilled it down, with two bites at the most. People could not have done this had the oatmeal been in a dry form. And, if they had taken a small drink before the meal, they would not object to the starchy foods being in a dry form.

The third principle illustrated is economy. There is economy in purchasing, since the foods are cheap, especially if you choose foods in season at a cheap market, and if you choose them not merely according to their absolute cheapness, but according to their cheapness considering their nourishing value. Such foods as peas, beans, lentils, and even cheese, are cheap from this point of view.

And the economy is helped by the preservation. For instance, milk will naturally turn sour in hot weather, but by my plan you can keep it fresh for many more hours. The same applies to butter.

There is economy in the use. It is economy to take that drink before the meal, since this cleans the stomach. It is economy to take dry starchy foods, since this compels mastication.

There is economy also in the way in which the remains are treated: for instance, the potato-peelings are not thrown away, but are put in the stock-pot. Instead of using only the inside of the lettuce, you use the leaves near the outside as a vegetable, and you put the (cleaned) outside leaves in the stock-pot.

There is another economy—that is, the preservation of the juices by this new cookery. No longer do you boil the vegetable and pour the precious moisture down the sink. You now keep the juices in the vegetable. The vegetable should absorb nearly all of them. These juices are not only pleasant to the taste; they are also healthy. This principle of preserving the valuable "salts" in food is of the greatest importance.

The above meal shows how it is possible to serve in a palatable and pleasant-looking form practically everything that you have bought from the shop. The "salts" are needed more and more, as our life becomes less and less natural. They are needed by most people who suffer from over-acidity (gouty, rheumatic, and other disorders)—and their name is legion. Some of the "salts" help to counteract this over-acidity and to cleanse the system.

This cleansing of the system is an important feature of the new cookery. It is as important as cleanness of the materials themselves, though

this is a great matter. In the above meal the ingredients are far pleasanter to deal with than meat and chicken and rabbit and fish; there is nothing repulsive in the handling.

There is cleanliness, then, not only in the digestive tract, and hence the whole body; not only in the materials; but also in the implements. They should be cleaned immediately after use. Needless to say, among the most important implements are the hands. They should be kept scrupulously clean with pure soap and a nail-brush or some other means of cleansing.

Besides the above principles, there is one which is scarcely less important. That is, leisureliness. It is hard to induce ordinary English cooks not to hurry; their object seems to be to get through the work as quickly as possible. This is because they take too little pride in the work. They should be leisurely. The meals are twice as nice when they are allowed to be cooked (or to cook themselves) gradually. Now, if you can prepare two or three meals at the same time (and this is not at all difficult), you can afford to be leisurely. I find that a large proportion of the meals in this book can be kept ready uncooked, or can be served cold when cooked, or can be warmed up again. In an ordinary household there is a natural objection to two sets of meals running on simultaneously—the meaty ones and the meatless ones. But suppose, as I suggest, the cook gives up part of one day to preparing meatless meals of the right kind, she can quite easily prepare enough to last for

two days or longer. Once again, therefore, she can afford to be leisurely.

An advantage of leisurely cookery is that practically all the juices and flavours are extracted from the vegetable, and there is less need of condiments, most of which are unhealthy in their full effects. In the above meal there is the very minimum of condiments. Personally I prefer scarcely any condiments at all; but most people, in passing to fleshless foods, seem to need at first some stimulus. Very soon they prefer the minimum of stimulus, especially when the natural flavours of things are conserved.

But there is one principle that this meal does not illustrate—namely, individuality. No one meal can illustrate that. There must always be this factor in the problem: "What will suit the individual?" The number of things which do not suit one individual or another is astonishing—oatmeal, lentils, whole wheat-meal, beans, eggs, cheese, milk, lettuce, butter, salt, pepper, and so on. If an individual finds one of these ingredients indigestible, then the objectionable ingredient had better be omitted.

Otherwise I think the meal illustrates the main principles of the new diet.

For it seems to be fairly well balanced; not so well balanced as regards Proteid, etc. (chiefly from the cheese, lentils, and bread), as it would be if proprietary foods were included, but at the same time less unbalanced than the "platefuls" which are usually served in "vegetarian" restaurants.

CHAPTER V

MISTAKES THAT MANY "VEGETARIANS" MAKE

"VEGETARIANISM"—laugh at it as much as one may—has produced wonderful results; partly because the old diet was so bad for modern life in so many cities, rather than because the new diet is anything like the best.

But, while we praise it for what it has done, we insist that it has made, and continues to make, many easily avoided errors.

The first error is that it too often has starch as its basis rather than the body-building elements or proteid.[1] "Give up meat" is its war-cry, and you try to find out what it sets in the place of meat. Go into a "vegetarian" restaurant or a tea-place of the ordinary sort, and you find not meat, but starch, starch, starch.

A great deal of the starch is in its wet form, as porridge or stew or pudding. Now, such things are well enough for those who can stand them, but for most of us they are fatal. They leave many people with a feeling of inflation at

[1] There are some who find great value in starchy food; I am here speaking of ordinary people whose digestions have been upset partly by excess of starchy food of the wrong sort.

the time and a hideous emptiness afterwards. This is particularly the case when the starchy foods are served not only in a wet form, but also in a sugary form. The proteid-basis is sadly lacking.

One result of the want of balance, and especially the want of sufficient proteid and the presence of more than sufficient liquid at a meal, is that a person must eat either too little proteid or else too much bulk. Obviously, the more liquid there is, the less nourishment there is in the same amount and weight of food. Take beef as it is in its raw form, and it may contain over 70 per cent. of water, leaving less than 30 per cent. of solids. Dry that beef completely, and the 30 may become 100. The 20 per cent of proteid, which you find in raw beef as it is, becomes a very high percentage if you dry that beef completely. Nowadays, when we hurry so much before and after meals, few of us have digestive energy to deal with large masses of stuff three times a day.

Besides the mistake of wrong balance, and of too much starch, too much water, too much bulk generally, there is a sad deficiency of pleasant taste. This is not the fault of the materials, but the fault of wrong choice and wrong use. Fleshless foods, when combined and prepared properly, taste admirable. As it is, however, most "vegetarians" too seldom—especially, perhaps, when they have been used to the diet for a long while—attend to the right combinations, the right choices of foods, and the preservation of the natural pleasantness.

Hence there is insipidity, or else excessive condiment to carry it off.

Then there is great waste in the ways described above. Juices, peelings, and so forth are thrown away, when they might be used in the stock-pot; to say nothing of the waste which occurs inside us when we insert masses of food of which we need only a small portion. The rest requires much of our energy that we may get rid of it.

Wrong cooking, then, is a conspicuous fault of ordinary "vegetarianism," as well as wrong choice.

In the face of all this, there is another fault, which is dogmatic preaching. The best way of telling others that a certain diet is healthy for you is not to rant and rave about its merits, but simply to be healthy, to do good work, to enjoy yourself, and to let the healthiness of the diet tell its own tale. People are bound to ask you what keeps you healthy, and the answer to that will be impressive, so long as you do not lay down hard and fast laws for others.

This laying down of laws for others has produced hideous results. Again and again, "vegetarians" have said that their diet is perfect in itself and in its results. The layman is impressed. He goes to a "vegetarian" restaurant and tries a meal. What are the actual results? Heaviness at the time and immediately afterwards, because of the starch, water, bulk, and so forth. There is fermentation, inflation, discomfort. Then comes a feeling of emptiness—not genuine hunger, but the effect of fermentation. The

insufficient (or insufficiently assimilated) nourishment shows itself in a pale face, pimples, and so forth; hence weakness, not helped by the candid criticism of friends; hence, in many cases, a return to the meat diet, which stimulates for the time being, for it is full of powerful acids; hence condemnation — and a not altogether unjustifiable one—of "vegetarianism."

This accusation is not a hasty one or an unfair one. I have consulted hundreds of people on the subject, and I have gathered from them a list of the things which they took when they went into an ordinary "vegetarian" restaurant.

First was a thin soup; then porridge or lentil stew or moist beans, insipid except for the salt and pepper with them—a vast plateful, over-satisfying yet unsatisfying; then a stodgy pudding; and perhaps during the meal some syrupy drink.

It would have been far better for these people to go to an ordinary restaurant and have, let us say, bread and cheese, or a Welsh rarebit (if this agrees with them as a complete meal, and no longer as an extra at the fag end of a meal), and perhaps a little spinach with it. That meal is far more scientific than the sloppy "vegetarian" meal which has brought the word "vegetarian" into such evil repute among those whom the sloppy diet does not suit.

CHAPTER VI

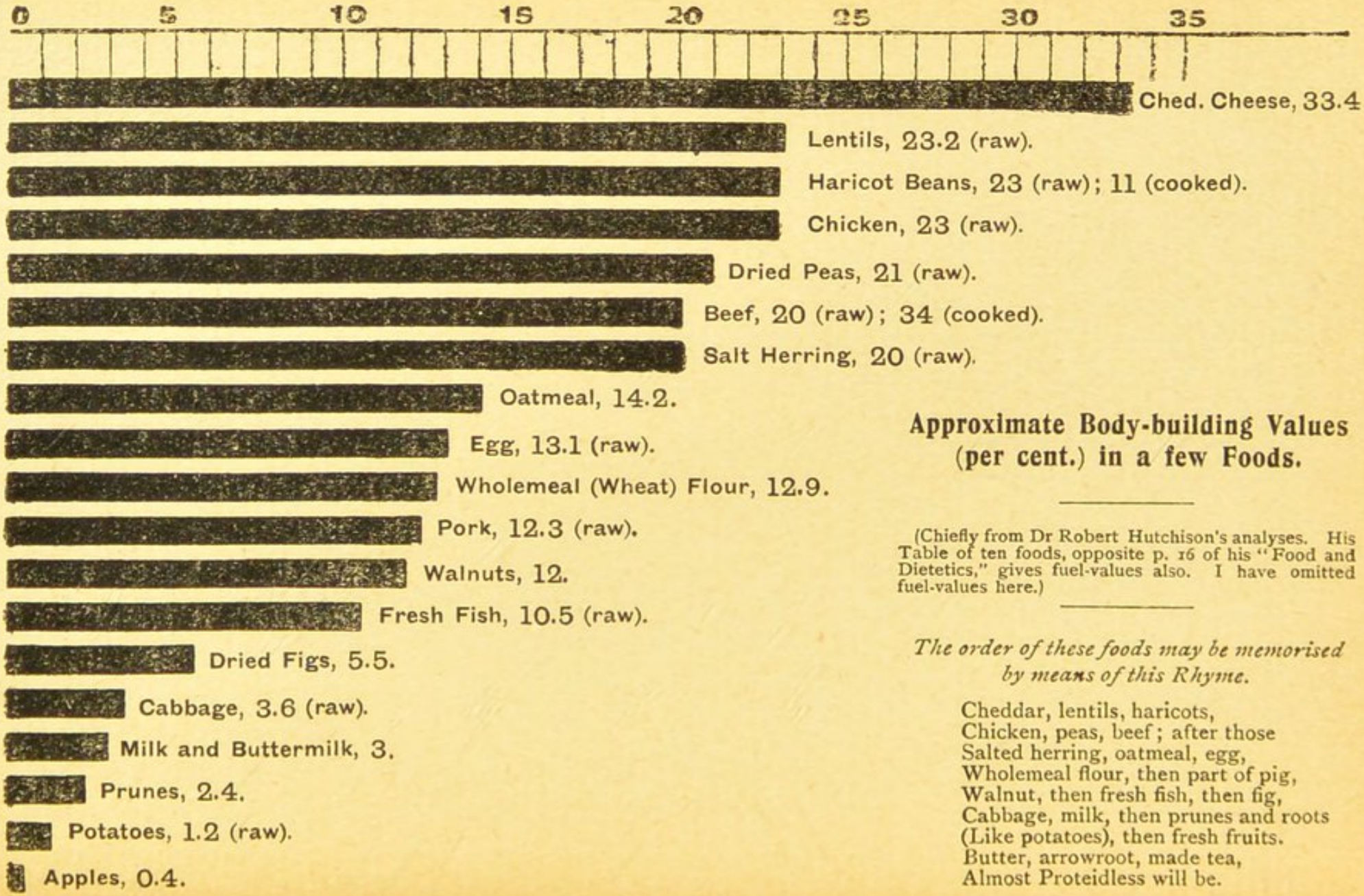
UNPROPRIETARY FOODS THAT ARE NOURISHING; WITH A NOTE ON THE COOKERY OF PULSES

THE table on the next page, from *A Boy's Control and Self-Expression*, will, with the rhyme, give a rough idea of the body-building (Proteid) values of some of the common foods. It should be mastered thoroughly by all who wish to give the new cookery a fair trial.

Near the top of the list come the milk-powders. They are all proprietary. I should be glad to send information about them to anyone who writes to me. A good kind is very cheap, costing in large quantities considerably less than sixpence per pound.

Not altogether different in origin are the cheeses. Cheeses are of various kinds and have various effects. In theory, a dry cheese like Parmesan is more nourishing than a wet cheese, because in proportion it contains less water, and therefore more body-building Proteid.

And dry cheese is the best for many cooking purposes, because it is so easily grated and subdivided: the stomach is not asked to deal



Approximate Body-building Values (per cent.) in a few Foods.

(Chiefly from Dr Robert Hutchison's analyses. His Table of ten foods, opposite p. 16 of his "Food and Dietetics," gives fuel-values also. I have omitted fuel-values here.)

The order of these foods may be memorised by means of this Rhyme.

Cheddar, lentils, haricots,
Chicken, peas, beef; after those
Salted herring, oatmeal, egg,
Wholemeal flour, then part of pig,
Walnut, then fresh fish, then fig,
Cabbage, milk, then prunes and roots
(Like potatoes), then fresh fruits.
Butter, arrowroot, made tea,
Almost Proteidless will be.

with large lumps; it is asked to deal with finer little pieces.

Wet cheese, however, suits many people better. The cheese must be a matter for individual choice. There are two distinct theories. The first is, the fresher and "purer" the cheese, the better. The second is, the more "advanced" the cheese, the more digestible, not only because of the extra taste, but also because some process has begun which is very like the digestive process.

One thing, however, may be asserted with confidence. It is that cheese should be the main dish at any meal at which it is served, not a side-issue or a finish-up. And one might assert almost equally firmly that grated cheese is likely to be more digestible than ordinary cheese for most people.

Then come the pulses—lentils, beans, and peas. For I omit pea-nuts, which are not often used as food in England, as they are in America. The pulses have a bad name—partly because they contain what are known as purins or xanthins (Dr Haig inaccurately calls them "uric acid");[1] partly because they are badly cooked in ordinary English households and restaurants. There are apparently some to whom these foods—or one kind at least—will be poison, in whatever form they are served.

These hints on the preparation and cookery of pulses are important for those who wish to try them fairly.

[1] Dr Walker Hall's work on *Purin Bodies in Foods* seems to me to give a more accurate and open-minded account of pulses than Dr Haig's *Uric Acid*.

"How to cook Lentils.

"Pick lentils over, so that no stones or grit be left in them, then put them in a towel and shake or rub vigorously. Next put them in a saucepan with enough water to cover and 1 pint over, and let them boil gently until the water is absorbed. During the boiling, stir them occasionally to prevent their burning.

"German lentils require more cooking than Egyptian; so add 3 gills of water to them when you put them on to cook."

The above advice is useful. Personally, I prefer to soak lentils for several hours in just as much water as they will have absorbed when cooked, then to cook them gently, and afterwards to pass them through a nut-mill. Sometimes I "crisp" them in the oven instead, after separating them with a fork.

"How to cook Beans.

"Butter beans are richer to the taste, and do not require the same amount of cooking as haricots or other kinds of beans.

"Take 1 pint of beans and wash them, then place them in a dish with a quart of water, and let them soak for twelve hours. The water will all be absorbed by this time; if there is a little left, put it into the pan in which the beans are to be cooked.

"After soaking the beans for this length of time, put them in a saucepan with water enough to cover them and 1 pint over. Skim the top,

and set on the fire to boil. When they begin to boil, lower the heat, and let them cook gently until all the water is absorbed, and by this time (if the heat has not been too severe) they will be cooked to a nicety. Watch them as they near the finish of the absorption of the water, or they will burn.

"Cooked in this way, they leave nothing to be thrown away, every particle of nutrition being preserved.

"Butter beans which have slightly 'caught' in the bottom of the pan resemble very much baked chestnuts in flavour, if they are not greatly burnt. Try some: you will find them delicious."

"How to cook Dried Peas so as to resemble and taste like Fresh Green Peas.

"1 pint of Dried Green Peas; 2 lumps of Sugar; 1 saltspoonful of Bicarbonate of Soda; 2 oz. of Butter; Mint; Pepper and Salt if required.

"Soak the peas for twelve hours in one quart of cold water. Then put them in a pan with three pints of boiling water to which have been added the soda, mint, and sugar, and boil for twenty minutes or half an hour. After this boiling there should be no water left to drain off. Watch carefully towards the close of the boiling, to prevent burning. Take the pan off the fire, add the butter, with pepper and salt if required. Shake them well in the pan, and then put them into a hot dish or tureen and serve."

Personally, unlike the expert who very kindly gave me these three recipes, I prefer not to use bicarbonate of soda.

The pulses can be put through a nut-mill when they are cooked. The nut-mill costs only a few shillings, and is very valuable for this purpose.

So it is for the purpose of preparing nuts for hasty eaters. The nut-mill or the grater here may make just the difference between indigestible and digestible. Nuts have a nourishing value which varies according to the kind of nut, from the almond down to the chestnut and cocoanut; but one can put nuts here in the list below the pulses and above eggs.

Eggs are objectionable to many. There are some to whom the slightest suspicion of egg is objectionable. There are others to whom eggs are a precious basis of diet. One theory to account for this is interesting: it is that in the egg there exists an (embryo) animal, and a substance on which the animal feeds. The animal not only feeds, but also lives and uses up food and creates waste. This waste is likely to be injurious to many ; it is in some ways akin to the waste to be found in the flesh of the grown animal later on.

But, in theory, eggs have a high value so far as body-building elements are concerned, and they are extremely useful for their taste and culinary effects (in binding croquettes, etc.).

Next may come the grain-foods or cereals. These vary from oats down to arrowroot, which seems to have no body-building value at all.

Much depends in their case, as in all the above cases, on the method of their preparation, and on the individual digestion.

As to all the above articles, no trial of them is fair unless certain conditions be taken into account: that cheese and nuts should be a main basis in any meal in which they are used at all; that pulses should be properly prepared; that nuts should be milled or grated (or else very carefully masticated); that eggs should be fresh, and, again, should be properly prepared; that grain-foods or cereals should be eaten in as dry a form as possible.

Then there are dried fruits, which may be excellent food for many. Their body-building value is not so high as many claim; it comes far below that of the average grain-food. At the same time, in effect, the dried fruits (figs, raisins, currants, prunes, dates) are found to be sustaining.

Milk is not very nourishing, containing only about 3 per cent. of body-building elements. It is generally swallowed much too fast, and often produces indigestion and constipation. These mischiefs can be avoided with care; but how many people take care? Personally, I should not class milk, as milk, among the desirable unproprietary foods that are decidedly nourishing, quite apart from the fact that milk, as we get it in cities, is usually already corrupted with chemicals, if not with disease-germs.

CHAPTER VII

HOW TO CHOOSE FOODS

CHEAPNESS is an important factor, but you must not choose foods merely because they are cheap, merely because you can get a large weight of food for your money. If the food is not nourishing, or if it is not digestible, then it is not cheap at any price, even as a gift; for what you save in money you lose in energy spent on digestion and excretion.

Food-values, then, have to be studied by those who would choose foods rightly; and especially the body-building Proteid and the cleansing and otherwise useful "salts." The other elements, and especially the starchy elements, can be left to take care of themselves. There is no danger of starch-starvation in England. Look in a tea-shop, look anywhere; it is starch, sugar, sugar, starch.

In choosing foods you must, once again, take into account not only the cheapness and the food-value, but also the individual's needs. In large quantities you can get lentils at a little over a penny a pound. Lentils by analysis contain more body-building elements than beef. But suppose, as in the case of the friend of mine,

they produce a black tongue, it is a mistake to serve them at all: they are cheap to buy, dear to use.

This factor is vital—individuality; and it must override every other factor.

Even durability (so important an element in economy) is less important than individuality. The pulses and cereals keep admirably: lentils, split peas, haricot and butter beans may be considered as almost imperishable; so may many of the grain-foods, such as wheat-flour. Meat cannot be considered imperishable.

If foods are not durable, they must be fresh—fresh and clean. You must take that into account in choosing foods.

Then there is good quality, which is quite distinct from freshness and cleanness. Go through the poor streets of London, and notice how excellent many of the vegetables are. The people will not tolerate inferior vegetables. They eat very little, but this little they like good.

It follows that, if you wish to have vegetables and other foods fresh and clean and of good quality, naturally you should choose foods in season. The rule can be carried too far. There is a certain writer who tells us that we should never eat any foods out of season. But to-day that rule is almost impossible. The advantage of foods in season is that they are cheap; that they are necessarily more suitable for city life is utterly unproved. Nature provides her foods in season for those who live a country life; she did not design her foods for a sedentary city life.

We have yet to find out which are the best foods for that life. They may not be foods in season at all. But, for the sake of cheapness, and because they are likely to be healthy, buy foods in season, and, if necessary, preserve them in glass jars. The process is not at all difficult. Here is a description of it.

Get a glass jar with a glass lid and screw-top, and pour into it the material which you wish to preserve; put on the lid and screw-top, but do not fasten it tight. Set the jar in hot water for half an hour, then take it out and screw the top down.

In choosing foods, choose on the above principles, and choose especially things which will be good when they are cold, whether you take them cold, or whether you first heat them up again. Most of my Health Course recipes I find to be almost equally good when they are cold as when they are hot, though of course nothing can quite bring back the first freshness. By this means one can get through, in a day, enough cooking to last for several days.

CHAPTER VIII

HOW TO PRESERVE FOODS

IN the previous chapters I have already given hints on this subject. I have said that one needs jars or bottles with well-fitting lids. These are unfortunately proprietary goods at present, but there is no reason why the process should not be imitated for private use only. It is not very elaborate.

The making of jam is a good way of preserving fruits, so long as too much sugar is not added. I think that for this purpose a solid cast aluminium cooker, expensive though it is, is best in the long run. The making of jam is a long process. The solid aluminium cooker relieves the cook of constant supervision to prevent burning.

Then there are pickles. To what extent lemon-juice can be used instead of the ordinary liquid for pickles I do not know, but I believe there is a great future for it.

You need also plenty of clean tins with well-fitting lids.

You need also covers, for cheese, etc.

Then you need wire to keep off flies.

And you need bricks on which to stand lettuces, etc.

And you need a cool place. There are many things which will keep good after they have been cooked, so long as they are kept in a cool place. Some of the croquettes and cutlets that I suggest will keep good for several days.

"Neighbourhoods" are important. The neighbourhood of the onion is fatal; it has a wonderfully permeating effect: eggs, for example, will absorb the smell and taste of onions; so will milk.

Cool water is, needless to say, an excellent preservative for green vegetables, salads, etc.

The cool holder which I described above is a combination of the jar, the cover, the cool place, and water. For how many things it can be used besides milk and butter I do not know, but I believe it would be one of the best preservatives for almost anything.

Drying is another means of preservation. You can grow garden herbs, such as mint and thyme; then hang them up till they are dry; then bottle them. It seems to me that drying is better than ordinary preservation for one reason. Suppose you preserve lemon-juice or vegetable-soup without chemicals, you can preserve it for a long while till once you open the lid; then in comes the air. But, in the case of dry things, the air has little or no effect; you can open your parcel or packet, take as much or as little as you want, and leave the rest without fear of decay.

The most neglected preservers of food are the stock-pot and the double pan. They shall have a chapter to themselves.

CHAPTER IX

UTENSILS IN GENERAL

IT is worth while to buy utensils of a good kind. I have a solid cast aluminium stewpan which I hope will last me all my life. Aluminium is an expensive metal at the start, but it requires less watching during the cooking, and less cleaning afterwards, than any other, and it seems to me healthier than any other.

So with enamel. If you get enamel things, get good things, not with cheap enamel that breaks off, but with the best and thickest enamel. You have to pay more at the time, as for a season ticket on a railway, but you save in the end by constant use.

The implements must be not only fine of their kind ; they must also be kept clean. It is a good plan to clean them immediately after use, so that the food has no time to stick.

Another clean thing is a gas-oven and stove, or at any rate a little gas-ring. Eventually this seems to be more economical, and certainly at once it is more economical of labour. It is easy to regulate, whereas a fire is very difficult to regulate. Besides this, the gas-cooker can be left alone to do its work without being

watched. Next best, perhaps, is the oil-stove, so far as economy is concerned. Where there is no gas, it is extremely useful. It costs only a few shillings. Electricity some day may be best of all, but at present—so far as I can see—it is very expensive, and not very useful except for boiling water.

Besides these utensils and apparatus, there are those which I have mentioned in this book and elsewhere—the jars, bottles, and tins, the memorandum-board, the drawing-pins and cards, and the chart of food-values.

Then there are numerous others,[1] which are being rapidly introduced into England, partly thanks to the *entente cordiale* with France. There are the excellent little earthenware *pots-au-feu*, *marmites*, and *casseroles*, which help to keep the foods hot, and give the meal an appearance of homeliness, simplicity, and comfort.

But these utensils are not absolutely indispensable. They are not so important as graters and the nut-mill.

Graters are very valuable. Many foods—not only nuts and cheese, but also onions—have a bad reputation, partly because they are swallowed without sufficient mastication. Well, if you cannot induce people to chew their food thoroughly,

[1] A little book on Cookery, by Miss Lucy Yates, suggests, among useful apparatus not mentioned here, the refrigerator, vegetable-rack, vegetable-cutter, fruit-stoner, milk-boiler (I prefer the double-pan cooker), tea-infuser, pudding-steamer, egg-poacher, wire fork, and frying-pan shield.

then break up their food for them, at any rate before the quickest meal of the day.

The nut-mill is also exceedingly useful for this purpose. I find it valuable not only for nuts, cheese, etc., but also for cooked lentils, butter-beans, and haricot beans. It is a mistake to attempt the cookery of fleshless foods without a nut-mill.

In this cookery the knives and forks and spoons are exposed to vegetable "salts." It is a good thing to have, if not aluminium, yet at any rate bone or some other non-corrosive material, for use whenever it is possible.

Most kitchens will already have their lemon-squeezer, their sieves, and all the ordinary apparatus.

In addition to these, there may be in the kitchen, or in the dining-room itself, the chafing-dish, whose uses are too numerous to mention here. The advantages of it are that it looks nice, preserves the appetising smell of the dish, and does not allow such a food as Welsh rarebit or omelette to get cold before it is served.

The stock-pot and the double-pan cooker will now be treated separately.

CHAPTER X

THE STOCK-POT AND DOUBLE PAN IN PARTICULAR

In French kitchens you always find the stock-pot. You do not always find it simmering, but you hardly ever find it empty. In it are put cheese-parings, outside leaves of vegetables, tops of turnips and other root-vegetables, and all sorts of things that we usually throw away.

There are also the peelings of vegetables, especially potatoes and onions. In a fruit stock-pot (a capital notion, if you can get one of good material) can be put the peelings of apples and a few other fruits.

Then there are the stalks for the ordinary stock-pot, the hard pieces of celery, and some of the stalk of lettuce.

This stock-pot should be simmering on a gas or oil-heater. It is a good plan to have in it a wire crate, to protect the materials in case they should come in contact with the bottom of the pot just above the flame; unless you can afford to have a solid cast aluminium stock-pot, in which case you need not take this precaution.

The double pan gives its best results, like the stock-pot, when the materials in it are allowed

to simmer slowly. The simplest example of it is an ordinary jar set in hot water. I prefer, however, a special (proprietary) double-pan cooker. It wastes less heat, and gives a more uniform result, than any other.

The advantages of the double-pan cooker are, first of all, that there need be no straining of vegetables; you can keep the juices, and serve the juices in the vegetable. Preferably the vegetable should soak up its own juices in the cooking; otherwise its juices should be made into a soup, or into a sauce to be served with the vegetables. I do not care for steamed vegetables myself; the steaming seems to take most of the flavour out of them.

Another advantage is that there can be no burning, for the material in the inside pan has the hot water between it and the flame.

Both the stock-pot and the double pan tend to preserve the sweet natural flavours of vegetables, so that scarcely any (if any) condiments are needed; and with the flavours are the precious "salts" of the vegetables, which help to prevent or cure so many gouty and rheumatic and other disorders.

Thus, on the one hand, the stock-pot and double pan give a better flavour. On the other hand, they save the addition not only of pepper and salt and other flavourings, but also of drugs from the chemist; for, by using the stock-pot and double pan, you substitute what has been called "kitchen physic" for chemist's physic, and so you save a great deal of money and may gain a great deal of health.

CHAPTER XI

FLAVOURINGS TO BE ADDED TO FOODS

I FIND that the natural flavour of most foods soon becomes all-sufficient. At first it is unlikely to be so; at first, when you try a lettuce cooked with all its juices, you miss something if salt and pepper are not there. But very soon you probably prefer the native flavour to the pepper and salt, which seem actually to spoil this native flavour. I should advise those who are starting this diet not to give up all condiments at once, but to give them up by degrees.

As examples of foods that have a beautiful flavour by nature, one might mention fruits, including dried fruits and nuts, as well as vegetables cooked in a double-pan cooker. Then there is frumenty, made from oats (which I personally dislike) or barley, or—better still, I think—from wheat. Then there is brown bread, for which I have given a special recipe: this tastes admirable with butter. Then there are milk and cream: boiled milk has a flavour which many people like. Ordinary milk and cream improve the taste of many soups.

Cheese is more than a flavouring; though admirable for this purpose, it has the extra

advantage of nourishment. It is very rich in body-building elements. There are some to whom cheese seems to be poison, but there are very few who cannot digest cheese when it is properly prepared, especially when it is grated before use.

Eggs also are nourishing, and not merely useful as flavourings and for the sake of binding things together. Eggs disagree with large numbers of people, I find, but this may be partly due to the way of cooking. Certainly they have a delicious flavour. For my own part, I can digest them when they are in the form of cake or biscuit, but I never like them eaten as eggs or in the form of omelette or scrambled eggs.

Especially good for the purpose of adding to dishes, besides cheese and eggs, are the juices of one or two fruits, noticeably of the lemon. Lemon-juice should, as far as possible, take the place of vinegar. It makes a good addition to salad, an apple-pie, and a host of other dishes.

Then there is the onion tribe. Here one's object should be not to pile on the flavour, but to reduce it to as small an amount as possible; then it very seldom disagrees. There are varieties of onions; there are varieties of ways of getting out the flavour. You can buy preserved onions, which will save you some trouble.

Then there are the herbs, which should be grown in every garden. There are parsley, thyme, marjoram, mint, and many others which we see too rarely in ordinary gardens. They

make a wonderful difference to soup or cutlet or croquette.

Among the most useful of the sweeter flavourings are cloves and nutmeg. They will improve an apple-tart or a custard.

Distinct from all these flavourings is oil, either in its natural form mixed with lemon as a salad-dressing, or, boiling, for the purpose of frying things. Pure frying-oil greatly improves the tastes of many simple articles of food. I believe that fried vegetable dishes are much healthier than fried meat dishes, which seem to be, as a rule, very indigestible.

CHAPTER XII

FOR NOURISHING SANDWICHES

PEOPLE who are quite willing to change their diet by degrees, believing that they are taking too much meat, are at a loss for what may be called "emergency"-meals—meals that can be prepared in a few minutes, and meals that can be carried about. The sandwich-materials offered in this chapter will keep fresh for a few days, and can be made into sandwiches very quickly, or can be carried about as ready-made sandwiches.

They provide body-building elements in their cheese, lentils, beans, peas, and bread. They have been found to satisfy the hunger of most people who have been used to meat.

I generally suggest to the sceptical that they can take a plate of these sandwiches before taking meat, and that, if they then feel their hunger appeased, they can take little or no meat with this meal; but, if they do not feel their hunger appeased, they can easily take some more meat.

Lentil and Watercress Sandwiches.

½ pint of Lentils; 2 oz. of grated Cheese; 1 small bunch of Watercress; Seasoning to taste.

Soak the lentils for six hours in just as much water as they will have absorbed when cooked; cook well (see Chapter VI.); season with pepper, salt, and Tomato Chutney, if desired; and mash or put through a nut-mill. While they are still hot, work the grated cheese into them, and set aside to get cold. Spread, when cold, between slices of brown bread and butter, with small sprigs of watercress also between. Decorate with watercress, and serve.

Bean and Lentil Sandwiches.

4 oz. of Butter Beans; 4 oz. of Lentils; 1 Onion (small); a dash of good Sauce; a little Chutney; 1 dessertspoonful (or less) of Curry Powder; Pepper and Salt if required.

Soak the lentils for six and the beans for twelve hours, in just as much water (see Chapter VI.) as they will have absorbed when cooked. Boil the lentils and beans in separate pans until tender. Put the onion to boil with the beans. When they are all tender, let them cool, then take and mash them, or put the beans through a nut-mill. Chop the onion very fine. Mix all well together, adding the sauce, chutney, curry powder, and pepper and salt if required. Put into pots, and run a little clarified butter over them.

The above makes excellent sandwiches with buttered brown bread.

Pea Sandwiches.

4 oz. of cooked Peas (weighed when cooked); 2 oz. of grated Cheese (Cheddar); a tablespoonful of Tomato Chutney; a dash of good Sauce; Pepper and Salt if required.

Soak the peas for twelve hours in as much water as they will have absorbed when cooked, then cook them till tender. Mix them well with the other ingredients. Spread upon buttered slice of brown bread, garnish with parsley, and serve.

Potted Cheese.

4 oz. of Toasting Cheese; 2 tablespoonfuls of Cream; 1 oz. of Butter, oiled; a little Nutmeg, and Salt if required.

Grate the cheese and beat in the cream. Add the butter, a few drops at a time, with the seasoning. Beat to a smooth paste. Press into potting-dishes, and cover with clarified butter.

The following recipe by Albert Broadbent gives a useful change from the ordinary cheese:

Buttermilk Cheese.

Place a jar of fresh buttermilk in a kettle of boiling water—the water must be even with the milk in the pail. Heat until the milk is 140° (test with the thermometer), then empty into muslin bags, and hang up to drain over night.

CHAPTER XIII

SIX CHEESE-SAVOURIES

INSTEAD of finishing an already heavy meal with cheese, it is a good plan to begin with cheese-savoury, and to see whether after it one really feels inclined to eat much meat. Very few people will. This does not mean that they feel heavy, but they begin to feel they have had real food, the cheese being rich in body-building elements.

Cheese and Rice Savoury.

1 pint of Milk; 1 tablespoonful of Ground Rice; 2 Eggs; a little Salt and Cayenne, if required; 4 oz. of Cheese; 2 oz. of Butter.

Put the milk on to boil, then sprinkle the ground rice in, and stir till it becomes thick. Then take it off the fire, and add the grated cheese, the salt and cayenne if required, the yolks of the eggs, and the butter. Mix thoroughly. Beat the whites of the eggs to a stiff froth and stir them in. Butter a pie-dish. Pour in the mixture, and bake till ready. Sprinkle a little grated cheese on the top a few minutes before serving.

Cheese Balls.

2 oz. of grated Cheddar or Parmesan Cheese; 2 oz. of Brown Bread Crumbs; 1 tablespoonful of Tomato Sauce; Pepper and Salt, if required; a little grated Onion; some Parsley, to be fried.

Mix the cheese, bread-crumbs, grated onion, and the pepper and salt if required, into a stiff paste with the tomato sauce; form into balls, roll in the egg and bread-crumbs, and fry in boiling oil (Chapter III.). Serve with fried parsley.

Cheese Entremets.

4 oz. of Cheese; 1 pint of Milk; 1 oz. of Butter; 2 oz. of Cornflour; 1 lump of Loaf Sugar, a little Nutmeg, and Pepper if required.

Rub the cornflour smooth in a little of the milk, put all the other ingredients to cook until the rest of the milk boils, then mix in the cornflour, and continue stirring one minute; turn out to cool in a shallow dish, levelling the surface quickly with a palette knife dipped in boiling water. The mixture should be from $\frac{1}{4}$ to $\frac{3}{4}$ inch thick. When quite cold, stamp out with round cutter, lightly dust over with flour, then with egg and bread-crumbs, and boil to a rich brown in deep boiling oil (Chapter III.). Serve with fried onions or cauliflower.

Cheese Canapies.

4 rounds of fried Brown Bread; 1 teaspoonful of dry Mustard; 2 tablespoonfuls of grated Cheese; Cayenne and Salt if required.

Fry the small rounds of brown bread to a nice colour. Spread a little mustard on each round; sprinkle over that a layer of grated cheese; add cayenne and salt if required; put the canapies in a quick oven till the cheese is dissolved. A few capers on each toast will be a great improvement. Serve very hot.

Cheese Fritters.

Take some Gruyère or good Cheddar Cheese; cut it in pieces about 2 inches long; season lightly with Cayenne Pepper, if required, and a little Salad Oil; let it lie in this seasoning for half an hour before using; then dip each piece separately into frying batter, and drop into clean boiling oil (see Chapter III.) for four or five minutes, when they should be a nice golden colour; then take up and sprinkle with a little Parmesan Cheese, and serve very hot.

Spaghetti and Cheese Patties.

1 oz. of Spaghetti; 1 oz. of Cheese; Cream (or Béchamel Sauce); Salt and Pepper if required; some good Short Crust.

Break up the spaghetti into little bits. Boil till tender, in just as much water as they will have absorbed when boiled, so as to avoid draining. Mix with it the cheese, seasoning, and enough cream or thin béchamel to make a thin paste. Fill pastry-lined patty-pans with the mixture.

CHAPTER XIV

SOUPS AND SAUCES

So far, we have had recipes for dry foods only. These foods were rich in body-building elements. We now come to a few recipes for moist foods. These are not very rich in body-building elements, but may help to arouse the digestive juices, to supply the body with water and valuable "salts," and—especially if taken late at night—to warm the body and induce sleep.

Animals, when they are ill, fast. Man seldom has the instinct or knowledge or strength of mind to fast. These soups may be a half-way house, and may in some cases be better than fasting, since they may quicken the clearing away of the mischief that is probably clogging the body and causing the illness.

Artichoke Soup.

2 lb. of Artichokes; ½ pint of Vegetable Stock (see Chapter III.); the Yolks of 2 Eggs; 1 pint of Milk; a pinch of Mace; a pinch of Flour.

Wash and peel the artichokes, boil them in

the milk and vegetable-stock until quite soft. Rub through a sieve, and set again on the side of the fire to simmer. Add the yolks of the eggs (well beaten) and the mace; thicken with a pinch of flour (previously dissolved in milk); serve with sippets of toast.

Vegetable Soup.

Put into a large stewpan 2 Onions, 1 Carrot, 1 Turnip, 1 stick of Celery, a bunch of Herbs, a few Butter Beans and Peas; simmer all for twelve hours and reduce to about 1 pint of soup; strain; add pepper and salt if required, and serve with fried Croûtons of bread, or with wholemeal biscuits.

Lentil and Tomato Soup.

½ lb. Lentils; 1 Onion; 1 small piece of burnt Onion; 1 oz. of grated Cheese; 1 lb. of Tomatoes; 1 oz. of Butter; a few sprays of Parsley; a little Lemon-juice; Pepper and Salt if required.

Wash the lentils and soak them six hours in a quart of water, add a second quart, and boil the lentils with the onion, parsley, cheese, and tomatoes. When quite soft, rub through a sieve; keep the resulting pulp boiling for two hours very slowly; if too thick at the end of this time, add a little more water. Before serving, add butter, the lemon-juice, and the pepper and salt if required.

Vermicelli Soup.

1 quart of Milk; 2 oz. of Vermicelli; the Yolks of two Eggs; a small piece of Butter; 1 saltspoonful of Celery Salt.

Put the milk into a pan, boil, add the celery salt, and stir; then add the vermicelli, stirring until quite soft; simmer for twenty minutes, strain, add the yolks of the eggs and the butter; serve with fried Croûtons of bread.

Rice Soup.

½ lb. of Patna Rice; the Yolks of 2 Eggs; ½ pint of Milk; a small piece of Butter; a little Salt if required.

Soak the rice for twelve hours in cold water, then put into a stewpan with milk, and simmer gently for two hours, with the lid only partly on; season with salt if required, bring to the boil, and boil for one hour; add the yolks of the eggs, well beaten; make all very hot; then turn into a tureen, at the bottom of which has been placed a piece of butter the size of a walnut. Serve at once.

Sauce for Vegetables, etc.

1 oz. of Cornflour (or Ground Rice); 1 oz. of Butter; ¼ pint of Vegetable Juice; ¼ pint of Milk; Celery Salt to taste.

Melt the butter in a saucepan, add the flour lightly and gradually, and stir until quite smooth. Next add the vegetable juice (the juice from the inner pan of a double cooker),

and the milk, stirring well until the mixture is of a soft, creamy consistency. Add the celery salt to taste, let the sauce simmer gently on the stove, and stir continually until the flour is thoroughly cooked.

Sweet Sauce.

½ oz. of Cornflour; 1 oz. of Butter; ½ pint of Milk; Raspberry or other Jam; colour with a little Carmine (if necessary).

Melt the butter in a saucepan, and add the cornflour lightly, stirring well until quite smooth. Add the milk and enough good jam to sweeten and flavour; if the colour is not strong enough, add the carmine. Stir for ten minutes to cook, strain the sauce, and serve with hot puddings or soufflées.

CHAPTER XV

NOURISHING ENTRÉES

IN this cookery there is no "joint." What is regarded as an "extra" by the rich, is often regarded as the mainstay of the meal by those who do not eat meat. The word entrée is not quite satisfactory, since entrée does not convey the idea of a staple dish. But it is probably a less objectionable word than "solid," since that suggests something heavy, like a Christmas plum-pudding.

These entrées are fairly rich in body-building elements, in contrast to the less nourishing vegetable recipes of the following chapter. A combination of the two will often give a well-balanced meal: for example, the Tomato Cheese, with Spinach, or the Nut Cutlets, with Carrots and Green Peas.

Tomato Cheese.

Line a buttered dish with Bread-crumbs (preferably brown-bread crumbs), grate some dry Cheese on the crumbs, add Pepper and Salt if required. Take 2, 3, or 4 Tomatoes, according to the size of the dish, and divide each into

4 slices. Put some of the pieces on the bread-crumbs, then add another layer of bread-crumbs, then another layer of tomatoes, then a thin layer of grated cheese, finally a thin layer of bread-crumbs. Dot small pieces of butter on the top, and bake for about twenty minutes.

Or the following recipes may be preferred :—

Tomatoes au Gratin.

4 Tomatoes ; 1 Onion ; 2 tablespoonfuls of Bread-crumbs ; 2 teaspoonfuls of chopped Parsley ; 6 Mushrooms ; the Yolks of 2 Eggs ; 2 teaspoonfuls of grated Cheese ; Salt and Pepper if required.

Cut off the bottoms of the tomatoes and remove the insides. Carefully chop up the mushrooms and one onion and some parsley till quite fine ; season with salt and pepper if required ; fry the whole for a few minutes ; add the yolks of the eggs ; mix, and fill the tomatoes. Sprinkle the top of each with equal quantities of cheese and bread-crumbs, and put into the oven to brown.

Nut Cutlets.

4 oz. of Nuts (kind according to taste, pine kernels being good) ; 2 oz. of Vermicelli ; a dash of Tomato Sauce ; a dash of any other good Sauce.

Rub the nuts and the vermicelli through a nut-mill, and mix well with the sauces into a stiff consistency ; roll out the resulting paste

a quarter of an inch thick, and cut into cutlet shapes. Brush over with egg and roll in bread-crumbs, and fry in boiling oil (see Chapter III.).

Welsh Rarebit.

4 oz. of dry Cheddar Cheese (grated); 1 oz. of ground Rice; 1 oz. of Butter; ½ gill of Milk; Pepper and Salt if required; ½ grated Onion.

Put the butter in a stewpan, add the ground rice and milk, stir until quite smooth; add the grated cheese, onion, and pepper and salt if required, stir until it becomes the consistency of cream, spread it on slices of toasted brown bread, put these under the deflector to brown, and serve hot.

Macaroni with Tomatoes.

4 oz of Vermicelli or small Macaroni; 2 oz. of Parmesan Cheese; 3 Tomatoes (of fair size); 2 tablespoonfuls of White Bread Crumbs; ¼ pint of Milk; a little Salt and Pepper if required.

Cook the macaroni in fast-boiling water, with a teaspoonful of salt if required, until tender, then strain. Put a layer of macaroni in a fireproof dish, then a layer of sliced tomatoes; strain over lightly some bread-crumbs, a little salt and pepper if required, and some of the cheese. Continue in layers, finishing with macaroni. Pour the milk in, cover with the lid of the dish, and bake in a moderate oven long enough to cook the tomatoes.

Buttered Macaroni.

2 oz. of Pipe Macaroni ; 2 oz. of Butter ; 2 oz. of grated Parmesan Cheese ; a little Salt and a little Coralline Pepper if required.

Boil the macaroni in fast-boiling water, with a pinch of salt if required, until just tender. Have the butter ready in a well-heated pie-dish, into which turn the strained macaroni. Mix these well together with two forks, adding, as you mix, a little grated cheese, and a very fine sprinkling of pepper if required. When all the butter is absorbed, dust over with grated cheese and a little pepper if required, and serve at once.

Savoury Macaroni à la Reine.

6 oz. of Vermicelli ; 3 oz. of Butter ; 6 oz. of Cheese (Cheddar or Parmesan); 1 dessertspoonful of Chutney ; 4 tablespoonfuls of Milk.

Melt the butter in a stewpan; stir in 4 tablespoonfuls of milk ; add the tomato chutney; stir in the grated cheese. When smooth, add the vermicelli, well boiled ; and serve hot.

[The two following recipes are not original. I cannot find where I obtained them.]

"Italian Spinach Macaroni.

"A Spinach; grated Biscuit or dry Bread ; grated Parmesan Cheese ; Eggs ; fresh Butter.

"Wash the spinach, and cook it in a double-pan cooker; add double the quantity of grated bread, and put in a pan with some butter, stirring

the spinach all the time. After five or ten minutes, take this off the fire and add the same amount of Parmesan cheese as of spinach. Then, when cool, break in one by one a sufficient quantity of eggs to make the whole thing the consistency of paste. Sprinkle the pastry-board with flour, and roll out the spinach to the thickness of a good-sized macaroni, cut in lengths of two inches, and throw into a saucepan of boiling water. When the pieces rise to the surface, they are ready to be served. Put in a sieve to drain, then serve on a dish, dressed like ordinary macaroni with butter and Parmesan cheese."

"Genoese Spaghetti.

"6 oz. of Spaghetti; 4 Tomatoes; 3 oz. of Cheese; 1½ oz. of Butter; 1 tablespoonful of Flour; Nutmeg; Pepper and Salt if required; Pimento (a tiny pinch); Castor Sugar if required.

"Lay the spaghetti (unbroken) in a baking-tin, and cover it with boiling water for 15 minutes. Invert a small basin in a saucepan and coil the softened spaghetti round it. Fill with boiled salt water, and cook till tender. Choose firm round tomatoes; cut them in halves; place them in a baking-dish, with a small piece of butter on each, and a dust of the mixed condiments. Bake from 15 to 20 minutes. Then cook 1 tablespoonful of the flour in 1 oz. of butter, and stir in slowly ¾ pint of the water in which the spaghetti was boiled, adding the grated cheese, and cooking until the material becomes a thin, smooth sauce. Make a circle of the

spaghetti on a hot dish. Carefully lift the tomatoes on a slice and put them in the centre. Pour the sauce over the spaghetti, and serve very hot."

Cheese and Lentils.

4 oz. of Cheddar Cheese; 4 oz. of Brown Bread Crumbs; 4 oz. of Lentils; ½ small Onion, grated; a few sprays of Parsley; a sprinkling of Cayenne Pepper; a pinch of Salt if required.

Soak and boil the lentils (see Chapter VI.) until tender, in no more water than the lentils will absorb in the cooking. When quite cold, grate them through a nut-mill with the cheese, bread-crumbs, and onion. Add the parsley chopped very fine, the sprinkling of pepper and salt if required, and mix thoroughly. Butter a shallow pie-dish, fill it, and bake in a moderate oven. Serve hot with any plain vegetable and toast.

Cheese and Butter Beans.

4 oz. of Cheddar Cheese; 4 oz. of Brown Bread Crumbs; 4 oz. of Butter Beans; ½ small Onion, grated; a few sprays of Parsley; a sprinkling of Cayenne Pepper; a pinch of Salt if required.

Boil the butter beans (after soaking over night) in no more water than they will absorb in the cooking (see Chapter VI.). When quite cold, grate them through a nut-mill with the cheese and onion and bread-crumbs. Add the parsley chopped very fine, and the sprinkling of pepper and salt if required, and mix thoroughly. Butter a shallow pie-dish, fill it, and bake in

a moderate oven. Serve hot, with mashed potatoes.

Haricots and Mushrooms.

1 lb. of Haricots; 1 lb. of Mushrooms; a little Butter; 4 oz. of grated Cheese; a little Milk; Pepper and Salt if required.

Well boil the beans (previously soaked for 12 hours): see Chapter VI. Skin the mushrooms, put them in a saucepan with the butter and a little milk, and pepper and salt if required. Simmer for 20 minutes; take them out of the liquor and chop them, but not too finely; return them to the liquor; add the beans, and serve very hot. Grated cheese may be handed with this dish.

Lentils and Mushrooms.

½ lb. of Lentils; ½ lb. of Mushrooms; a little Butter; a little Milk; Pepper and Salt if required.

Well cook the lentils (see Chapter VI.); add pepper and salt if required; skin the mushrooms, put a layer in a pie-dish with butter and a very little milk. Cover this with lentils; then put a layer of mushrooms; and so on, until the dish is full, moistening each layer with milk; cover with bread-crumbs, and bake until the mushrooms are tender. Add only a little milk as above, or this dish will be too sloppy.

Celery au Gratin.

4 sticks of Celery; 4 oz. of grated Cheese; a piece of Butter; a little Milk; Salt if required.

Wash the celery and cut it into pieces about two inches long; stew until quite tender. Put the grated cheese, butter, and milk into the saucepan, add salt if required, and keep stirring until the cheese has melted; let the contents come to the boil, and then pour them over the hot celery, and serve it immediately. Some nicely cooked brown bread toast should be handed with it.

Parmesan Cheese and Seakale.

1 lb. Seakale; 2 oz. of grated Parmesan Cheese; half a small Cucumber; ½ pint of Milk; the juice of half a Lemon; Pepper and Salt if required.

Wash and dress the seakale, and cut it up into even lengths, and tie it up into a bundle. Then place it in sufficient boiling milk to cover it. Cut up the cucumber and boil it in a little of the milk, until tender. When both are done, take out the seakale and lay it flat in a fireproof dish. Lay the cucumber on the top and add the milk, the pepper and salt if required, and the lemon-juice in small drops at a time. Then cover the top with the grated Parmesan cheese, and bake in the oven until it is of a golden brown.

Artichokes au Gratin.

1½ lb. of Artichokes; 3 oz. of grated Cheddar Cheese; ½ pint of Milk; ½ pint of Water; 1 oz. of Butter; the Yolk of 1 Egg; a pinch of Mace.

Wash and peel the artichokes; gently stew them, until tender, in the milk and water; if all the liquid is not absorbed, reduce to a pappy consistency, add 2 oz. of the cheese, the butter, the yolk of the egg (well beaten), and the mace. Mix all together thoroughly, put into a dish and sprinkle the remaining ounce of cheese on the top, and brown carefully under the deflector. Serve hot.

Haricots and Tomatoes in Sauce.

1 pint of Haricots; 1 lb. of Tomatoes; 3 oz. of grated Cheese; 1 gill of White Sauce.

Well boil the beans (see Chapter VI.); dip the tomatoes in boiling water and skin them. Put them in a saucepan with a little water, and steam for fifteen minutes; slice the tomatoes and add them to the beans, with white sauce; add the grated cheese; then mix in the beans and tomatoes. Make very hot and serve.

Butter Bean Cutlet.

½ lb. of Butter Beans; 2 oz. of Brown Bread Crumbs; 5 Cloves; some rind of Lemon (enough to flavour); 1 tablespoonful of Tomato Sauce; the Yolk of 1 Egg; Pepper and Salt if required; some Parsley, to be fried.

Soak the beans over night, cook for thirty minutes (see Chapter VI.) in water with the lemon rind and cloves, reduce the water as much as possible, and when the beans are tender set them aside to cool. When quite cold, put them

through a nut-mill. Mix thoroughly with the dry bread-crumbs, and the pepper and salt if required, then add the yolk of the egg well beaten up, with the tomato sauce, and work the mixture into a stiff paste. Roll out to the thickness of half an inch, cut into cutlet shapes, egg and bread-crumb, and fry in boiling oil (see Chapter III.) until brown. Serve with fried parsley.

Pea Cutlets.

6 oz. of cooked Blue Peas (see Chapter VI.), weighed when cooked; 1½ oz. of Bread-crumbs; a dash of Tomato Sauce; a dash of any other good Sauce; Pepper and Salt if required; some Parsley, to be fried.

Soak peas for twelve hours (see Chapter VI.), and cook until tender in as little water as possible, so that none of the nutriment is lost. When cold, put through a nut-mill, add the bread-crumbs, and pepper and salt if required, and mix with the sauces into a stiff paste; roll out, cut into cutlet shapes, egg, and roll in bread-crumbs. Cook in boiling oil (Chapter VI.). Serve with fried parsley.

Rice Cutlets.

2 Eggs; ¼ lb. of Rice; 1 tablespoonful of grated Cheese (Cheddar); 2 oz. of any kind of Nut-food; a handful of Brown Bread Crumbs; 1 tablespoonful of Tomato Sauce; a little Parsley; Pepper and Salt if required.

Wash and boil the rice in a little water till it

is tender and has absorbed the water, so that no precious liquid is wasted. Stew the nut-food in a gill of water for ten minutes, add the strained rice, the cheese, and seasoning to taste, then the yolks of the eggs, well beaten. Stir the mixture thoroughly until set, then turn out on a dish and let the whole cool. When it is quite cool, make it into cutlet shapes, dip each into the whites of the eggs, and roll in bread-crumbs. Fry in boiling oil (see Chapter III.).

Beans à la Sauce Blanche.

½ lb. well-cooked Beans (see Chapter VI.), weighed when cooked.

Make a creamy sauce with a little Butter, Flour, Milk, and a little Tarragon Vinegar. Add the well-cooked beans, and serve hot.

Baked Beans and Cauliflower.

1 Cauliflower; 1 pint of Haricot Beans or Butter Beans; 1 pint of White Sauce (made, as above, with Butter, Flour, Milk, and a little Tarragon Vinegar); grated Cheese.

Soak the beans for twelve hours (see Chapter VI.), and boil them well. Put the cauliflower into a very little boiling salted water, and cook gently for twenty minutes. Break it into small sprigs; mix gently the beans and the cauliflower, and put them into a pie-dish; pour over them a pint of the white sauce, add the grated cheese on the top, and put into the oven to brown.

Braized Butter Beans.

4 oz. of Butter Beans; 1 oz. of Butter; 1 dessertspoonful of Tarragon Vinegar; a little Milk; a dash of Tomato Sauce; Pepper and Salt if required.

Soak the butter beans over night (see Chapter VI.), and boil early next morning in milk, until the beans are quite tender, using only just enough milk for the beans to absorb. When tender, set aside to cool. Melt 1 oz. of butter in a frying-pan, add the tomato sauce and the Tarragon vinegar. When the pan is quite hot, put the butter beans in, and stir lightly with a fork to keep them from burning. When the beans are a light golden brown, turn the contents of the pan tastefully on to a dish, and serve hot.

Vegetable Pie.

1 Carrot; 1 Turnip; 2 Onions; 4 oz. of Peas; 4 oz. of Beans; 1 Tomato; Pie-crust as below.

Soak and set the beans and peas to cook (see Chapter VI.), and when about half done remove from the fire and add the remaining vegetables, uncooked, but thinly sliced. Place the mixture, after seasoning it to taste, into a pudding-bowl, cover with greased paper, and steam for six hours in a saucepan half full of boiling water. Then turn out into a buttered pie-dish, cover with crust and bake.

Pie-crust for this Pie.

¼ lb. of Butter; 2 oz. of Pea-flour; 2 oz. of Wheat-flour; ½ teacupful of Water; mix in the usual manner, and roll out thin.

Scrambled Eggs and Tomato.

1 oz. of Butter; ½ gill of Milk; 3 Eggs; the juice of 1 fresh Tomato or a dash of good Tomato Sauce; Pepper and Salt if required.

Melt the butter in a clean frying-pan, add the milk, after this the eggs, well beaten and thoroughly mixed with the juice of the tomato; add pepper and salt if required; keep stirring from the bottom with a fork to keep the mixture from burning until it is set and dry. It should now be quite light and digestible, and should be served at once with hot toast.

CHAPTER XVI

LESS NOURISHING VEGETABLE RECIPES

AS I said above, the following recipes are less valuable in respect of body-building elements than in respect of water, "salts," and some filling and fattening and heating elements.

I will send to anyone who writes to me, and encloses a stamped and addressed envelope, a booklet on the preparation of vegetables of other kinds—such as Brussels sprouts, spring cabbage, etc.

It is astonishing to find what excellent vegetable recipes can be made from the heads of turnips, beets, carrots, and other roots, if well selected; and from the stalks of lettuce, celery, etc.; and from a number of other things that many people throw away. One of the most delicious dishes consists of the outside leaves of a lettuce, properly cooked.

Spinach with Butter.

2 lb. of fresh Spinach well washed; 2 oz. of Butter; 2 oz. of fine Flour; ½ gill of Cream; White Pepper and Salt if required; croûtons of Fried Bread.

Put the butter and flour into a stewpan, and stir them together without browning them. Add the spinach, and cover the pan for twenty minutes. Then rub the spinach through a fine wire sieve and return it again to the stewpan; add the cream, reboil, and add the seasoning if required. Dish high in the centre of the dish, with croûtons in pretty shapes round.

Stewed Mushrooms.

1 lb. of Mushrooms; 2 oz. of Butter; 1 dessert-spoonful of Flour; a little pounded Mace; Pepper and Salt if required.

Wipe the mushrooms after washing, and boil them in a little water for twenty minutes; add the flour, mixed with the butter, the mace, and the pepper and salt if required; boil them until tender, and, when they are done, serve with sippets of toast.

Celery and Tomato Sauce.

Boil Celery in just as much water as it will absorb, and cut into short lengths. Place in a hot dish. Pour over it White Sauce (see above) flavoured with Tomato Sauce; garnish with chopped Parsley on the top.

Stuffed Tomatoes.

Tomatoes; Rice; Parsley; Onion fried in oil; Pepper and Salt if required.

Take off a round piece of the top of the

tomatoes, and take out the seeds, and fill up with the following farce:—Some fried onion, some rice, some parsley, and pepper and salt if required, all thoroughly mixed. Cover the tomatoes with the pieces cut off from the tops, and place them side by side close to each other in a stewpan, and stew gently in a liquor made of the juice from the tomatoes that have been scooped out, to which add a little water if necessary, so as to keep the tomatoes from sticking to the bottom of the pan.

Tomatoes and Rice.

1 lb. of Tomatoes; 3 oz. of Rice; 1 teaspoonful of Lemon-juice; 1 teaspoonful of Tomato Chutney; Pepper and Salt if required.

Cook the rice, but do not overdo it; it must be cooked in as little water as possible, so that none of the precious liquid need be wasted. When the rice is cooked, put it into a fireproof dish. Add the lemon-juice and the chutney, and the pepper and salt if required; then cut the tomatoes in halves, and place them on the top; put on the lid of the pie-dish, and bake in the oven for about 20 or 25 minutes.

Carrots with Green Peas.

1 quart of Green Peas; 5 or 6 young Carrots (medium-sized); 1 small Onion; 2 oz. of Butter; Pepper and Salt if required.

Shell the peas, then wash the pods and boil them in water enough to cover them for half an hour. Then put three gills of water in a stewpan

with the peas and the carrots. The carrots must have previously been washed and cut up into very thin slices. Cut the onion very finely, and add it to the peas and carrots. Add the pepper and salt if required. Stew until tender, then drain off the liquid and thicken it with a little flour; then stir in the butter, and pour the sauce over the vegetables.

Savoury Potato Rissoles.

2 tablespoonfuls of Bread-crumbs; 1 Tomato (finely chopped); some mashed cold Potatoes; a little Mixed Herb seasoning; Pepper and Salt if required.

Make a stuffing with the bread-crumbs, tomato, and seasoning. Shape two rounds of cold potatoes, make a little hollow in one and fill this with the stuffing, and cover by pressing the other potato shape over. Roll the rissole in egg and bread-crumbs, and fry in boiling oil (see Chapter III.).

CHAPTER XVII

SALADS

MOST salads are of value chiefly for their water, "salts," and refreshing and appetising effects.

Many green leaves can be used in salads—not only lettuce, endive, mustard and cress, watercress, but also tender spring cabbage, parsley and other herbs in small quantities, and fresh and tender potato-tops, etc.

Vegetable Salad with Butter Beans

(more nourishing).

A head of Lettuce; a small piece of Celery; ½ small Endive; a little Parsley; a small bunch of Watercress; 4 oz. of Butter Beans (soaked for twelve hours, and then cooked in just as much water as they will absorb); a small Tomato; a small piece of Cucumber.

Wash and trim the vegetables, and put them into a colander to drain. Use the juices for vegetable stock. Then put the vegetables into a clean cloth, and fold two or three times to get all the moisture away. Pull all into small pieces with the fingers, and put into a salad-bowl

that has already been dressed with a few whole leaves of the vegetables to be used. Cut up the cucumber into small pieces, shred the celery, and mix these with the butter beans. Then add these to the other vegetables, and mix with a salad spoon and fork (I prefer the kind that is made of bone). Then cut up the tomato into very thin slices, and arrange these nicely round the dish. You will improve the look of the dish still further if you cut some beetroot into very small slices and put them on the top, and sprinkle the whole with grated Cheese.

Green Salad.

The heart of 1 Lettuce (see Chapter III.); the heart of 1 small Endive; 1 small piece of cooked Carrot (this can come from the soup); 1 small piece of Cucumber; 1 small piece of Beetroot; 2 thin slices of Tomato; a little Parsley or other herb.

Wash the lettuce and endive. Take out the outside leaves for a vegetable recipe. Put the hearts into a dry, clean towel, and get them perfectly dry. Then pull them, with your fingers, into small pieces, and drop these into the salad-bowl. Next pull the parsley similarly. Then dress your salad-bowl with whole leaves of lettuce and endive. Cut up two slices of beetroot and two of carrot, and arrange them nicely round the dish. Cut up the remainder of the beetroot and carrot, and the cucumber, into very small pieces. Sprinkle these on the top of the salad. Arrange the slices of tomato at

each end, and pour over the dish a little of the accompanying dressing.

This salad is poor in body-building elements, which may be supplied by a sprinkling of grated cheese or grated nut.

Salad Dressing.

2 tablespoonfuls of purest Salad Oil; 1 tablespoonful of Lemon-juice; a dash of Tomato Chutney; Pepper and Salt if required.

Mix all these well together, and pour them on with a bone spoon. Do not mix them with the salad.

CHAPTER XVIII

FRUITS

I CANNOT help thinking that the proper time for fruits is before rather than during or after a meal. I regard them as to some extent like water and other drinks in this respect; and I am in favour of their use, as a rule, before a meal, for the reasons suggested in Chapters III. and IV.

I feel very strongly, also, that the quantities of shop-sugar usually mixed with fruits and fruit-juices is a mistake for most people. At first it is hard to give up all this sweetening. But in time it is usually found that ordinary fruits—like tea—are actually pleasanter without shop-sugar.

In fruits, as in green vegetables and salads, there is very little body-building material. Even the dried fruits—raisins, figs, prunes, and dates—contain not more than 4 per cent. of proteid.

The chief value is rather in some fattening and heating elements, in fibre to give work to the organs of digestion and excretion, and in the refreshing and cleansing "salts"—"salts" so refreshing that the use of fruit or fruit-juices

has often been known to prevent or cure the thirst of the dipsomaniac.

Even Dr Curgenven, in his book on the feeding of children, though he enthusiastically advises the use of meat-extracts (which I abominate even more than I abominate meat itself), yet admits that fruit-juices can be substituted. The same authority most sensibly warns people against excess of shop-sugar, especially when this is mixed with wet, starchy foods.

For my own part, I find that fruit-juices, taken alone or with a little water before a meal or late at night, agree with me even better than the fruits themselves, and certainly better than the syrupy stuff so frequently served under the name of "stewed fruit" or "compôte." I do not lay down any law. I merely mention a personal experience. As examples, I would cite the refreshing effects of a lemon squash, or an orange squash, which is, to my mind, as nice or even nicer, or a drink of unfermented apple-juice with a little lemon in it.

CHAPTER XIX

PUDDINGS, PORRIDGE, CAKE, BREAD

OF all the recipes in this book, the following—of puddings and porridges—are least to my liking. A pudding of the ordinary British type is to me, not an impossibility—for I can eat it, and like it fairly well at the time—but an abomination.

The proof of the pudding is—as I have said elsewhere—not *in* the eating, but *after* the eating.

The majority of the puddings suggested here are not rich in body-building elements. They must be regarded rather as heaters and fillers than as tissue-repairers.

The best puddings that I know, so far as effects (and also tastes and consistencies) are concerned, are made with proprietary foods.

These recipes here are, as the reader will notice, for the most part wet and sugary, so as to encourage fast eating, which, in the case of all starchy food, is decidedly inadvisable.

The cake which I offer is not so objectionable! The bread I find even more satisfactory than the cake.

With these provisos and warnings, I proceed to the recipes for puddings. The very word —pudding—seems to suggest such ideas as podgy and pulpy. But I hope that my puddings are rather less podgy and pulpy than the typical household ones. That is all I can say in their favour.

Brown Bread Pudding.

½ lb. of Brown Bread Crumbs ; 3 oz. of Sugar ; 3 oz. of Crystallised Cherries ; 1 gill of Cream or Milk ; 2 Eggs.

Mix the bread-crumbs, sugar, cherries cut in halves, and the yolks of the eggs in a basin ; warm the milk or cream and pour it over ; when cool, add the whipped whites lightly ; fill a greased pie-dish with the mixture, and bake three-quarters of an hour.

"Whiteland's Pudding.

"Slices of thin Bread and Butter ; Jam ; 3 Eggs ; 1 pint of Milk ; 2 oz. of Sugar ; Grated Lemon Peel or Lemon Flavour.

"Grease a basin or plain mould, line throughout with the bread and butter, fill lightly with bread and butter, putting jam between the layers, beat the eggs and sugar together, add to it the milk, well mix, flavour to taste. Pour into the mould, and soak for 30 minutes ; cover over with greased paper, and steam 30 to 40 minutes."

Rice Custard Pudding.

2 oz. of Rice; 2 Eggs; 1½ pints of Milk; 1 tablespoonful of Sugar; Nutmeg.

Stew the rice with a pint of milk till quite tender; pour it into a pie-dish; add the sugar (a little more, if liked); beat the eggs with the rest of the milk, and pour this over the material, grate a little nutmeg on the top, and bake in a cool oven till the custard is set.

Macaroni and Sultana Pudding.

4 oz. of Vermicelli; ¼ lb. of Sultanas; ¼ pint of Milk; 2 Eggs; 4 lumps of Loaf Sugar; a pinch of Salt.

Throw the vermicelli into fast-boiling water (salted), and boil till tender in just as much water as it will have absorbed when cooked. Have ready a buttered pie-dish lined with well-washed sultanas, over which spread the vermicelli carefully and lightly. Make a custard by simmering together the milk and the eggs (well beaten) and the sugar (more or less according to taste). This custard you should let thicken before coming to the boil, and you should then at once pour it over the contents of the dish, which you should bake to a delicate brown in a moderate oven.

The following pudding is plainer :—

Macaroni Pudding.

2 oz. of Vermicelli; 1 Egg; 2 oz. of Sugar; 1 oz. of Butter; 1 pint of Milk.

Break up the macaroni and boil until tender in the milk; when nearly cool, beat in the egg and sugar; pour into a greased pie-dish (buttered with the butter) and bake from 20 to 30 minutes in a moderate oven.

Sweet Omelette.

3 Eggs; 1 dessertspoonful of Castor Sugar; 1 oz. of Butter; a few drops of flavouring Essence; 1 tablespoonful of pure Jam.

Separate the yolks from the whites, and beat the yolks with the sugar until the mixture is thick; add the essence; whip the whites to a stiff froth, and stir this lightly into the yolks. Melt the butter in a pan, pour in the eggs, put on the fire for one minute, then in the oven (or under the gas grill) two or three minutes. Put the jam on one half, fold over, sprinkle with sugar on the top, and serve at once.

Ratafia Pudding.

3 Sponge-Cakes; 2 Eggs; ¾ pint of Milk; 1 tablespoonful of Castor Sugar; Ratafia Biscuits; Flavouring.

Cut the sponge-cakes into slices lengthways; lay these in a pie-dish. Prepare a custard with the eggs, milk, sugar, and flavouring; pour this over the sponge-cakes, and arrange the ratafia biscuits on the top. Bake in a cool oven.

Caramel Pudding.

Set 6 oz. of Sugar and 1 gill of Water to simmer until it is a dark, rich brown colour. Have ready a plain well-buttered mould, into which pour the sugar until it sets like a crust all round the basin. Whisk up the yolks of three and the whites of two eggs with ¾ pint of fresh Milk, sweeten to taste, and flavour with Vanilla or other essence. Pour this over the crust in the mould, cover, and steam for 1½ hours. Let it get cold in the mould before you turn it out; serve it cold.

Manchester Pudding.

3 oz. of Bread-crumbs; 3 oz. of Castor Sugar; 1 pint of Milk; 2 Eggs; 1 Lemon; pure Jam.

Boil the milk and the bread-crumbs with the grated lemon-rind, and add the sugar; when cool, beat in the eggs and pour half of the mixture into a buttered pie-dish, spread a layer of jam, and pour the rest of the mixture on the top. Bake for an hour.

Cabinet Pudding.

1 pint of Milk; Essence of Almonds; 3 Eggs; Angelica; Cherries; Ratafias; 1 tablespoonful of Sugar; Macaroons; Sponge-Cakes.

Butter and decorate a one-and-a-half-pint soufflée tin with the cherries and the angelica; fill lightly with the cakes and the biscuits; beat the eggs, mix with them the sugar, almond, and

milk; pour this into the mould, cover with greased paper, steam 45 to 60 minutes. Serve with wine sauce.

Almond Pudding.

6 oz. of Ground Almonds; 4 oz. of Castor Sugar; the Yolks of 4 Eggs; 1 tablespoonful of Cream; Vanilla.

Mix all the ingredients well together. Nearly fill some buttered Dariel moulds; bake for half an hour; turn out and serve with cream.

Chocolate Pudding.

6 oz. of Bread-crumbs; 2 oz. of pure Cocoa; 3 oz. of Butter; 3 oz. of Castor Sugar; 2 Eggs; 1 gill of Milk.

Dissolve the cocoa in the milk (slightly warmed); cream the butter and sugar; add the cocoa, bread-crumbs, and yolks of eggs; whisk the whites of the eggs, and fold in lightly; steam in one mould for three hours, or several little buttered moulds for half an hour.

Fritter Batter, or Fruit Fritters.

4 oz. of Flour (sifted); 1 tablespoonful of Salad Oil; 1 gill of warm Water; the Whites of 2 Eggs; 1 teaspoonful of Castor Sugar; a pinch of Salt if required.

Put the flour, sugar, and salt in a basin; mix it to a smooth paste with the salad oil and

warm water; whip the whites of the eggs stiffly, and stir them in lightly; dip the fruit (apple, banana, apricot, pineapple, or orange) into the batter; drop into a saucepan of boiling oil and fry to a golden brown; drain on paper, and serve very hot with castor sugar sifted over. For apple fritters, cut the apples into rings and remove the core; other fruit should be cut in convenient-sized pieces with a silver knife.

Steamed Blackberry and Apple Pudding.

Take 1½ lb. of Blackberries (washed, dried, and picked over); 2 Cooking Apples (peeled and sliced thin); gently stew for 15 minutes in half a pint of Water, to which have been added five Cloves and ¼ lb. of Sugar. Line the pudding-basin with crust, rolled out thin; add the stewed fruit; cover over with crust, cover the crust with a greased paper, and steam for two hours.

Pudding Crust for this Recipe.

¾ lb. of Flour (sifted); ¼ lb. of Butter; a pinch of Salt if required.

Rub the butter lightly in the flour and salt, mix with very cold water, and roll out thin.

Apricot Mould.

1½ pints of Milk; ½ lb. best Apricot Whole Fruit Jam; 2 oz. of Ground Rice.

Boil the milk and jam together for 15 minutes to extract all the flavour from the fruit. Strain; bring slowly to the boil again, adding the ground rice (previously dissolved in cold milk); boil all together, add a little sugar if needed, and pour into a mould well rinsed with cold water. When set, turn into a dish, and ornament with Glacé Cherries and Apricot Jam.

Jellies.

(1) Lemon Jelly.

3 gills of Water; ¼ pint of Lemon-juice; 3 oz. of Loaf Sugar; the rind of 1 Lemon; the shell and white of 1 Egg; 1 oz. of Agar Agar (a vegetable gelatine).

Whip the white of one egg, put all the ingredients into a stewpan, and whisk until the agar agar is dissolved; boil up; stand aside for 10 minutes and strain through a clean cloth.

(2) Pineapple Jelly.

Prepare as above, substituting pineapple cut in dice, and syrup for the lemon-juice.

(3) Orange Jelly.

½ pint of Orange Juice; 2 Lemons; 1 pint of Water; 1½ oz. of Agar Agar; the rind of 1 Lemon; 8 oz. of Loaf Sugar.

Put all the ingredients into a very clean stew-

pan, and stir over a gentle heat till the agar agar is quite dissolved. Strain into a wet mould. Orange jelly will not look quite clear. It is delicious made with Seville oranges.

Wheat Frumenty.

½ teacupful of Whole Wheat, cleaned; 2 teacupfuls of Water; 2 teacupfuls of Milk; a little Nutmeg; 2 lumps of Sugar if required.

Stew the wheat and water a day and a night, until the wheat bursts. Set the milk to boil, and then add to it enough wheat to make a thick porridge, and the grated nutmeg, and the sugar if required. Boil for 10 minutes, and serve as a porridge.

Plain Fruit Cake.

¾ lb. of Flour; 4 oz. of Sultanas; 2 oz. of Peel; 3½ oz. of Butter; 2½ oz. of Sugar; 2 Eggs; a little Milk; 1 tablespoonful of Baking Powder.

Cream the butter and sugar up in a warm mixing-pan for 10 minutes; add the eggs one by one, and cream up again for 5 minutes. Sift the flour and baking-powder into the mixture, stir lightly together with about half a teacupful of milk, sufficient to make a stiff mixture. Lastly stir in the fruit and mixed peel as above. Put in a papered tin, and bake in a moderate oven for 1½ hours. Place a little sifted Castor Sugar and a piece or two of Citron peel on the top of the cake, to improve the appearance.

Original Recipe for Bread.

1 lb. of fine Whole Wheat Flour; 4 tablespoonfuls of best Olive Oil; 1 tablespoonful of Baking Powder; Milk.

Mix to the proper consistency with milk and water (in equal quantities); place the dough in a loaf-tin and leave in the oven till baked.

CHAPTER XX

APPETISING AND OTHER DRINKS

I HAVE already spoken of fruit-juices, and their use before meals. Instead of them, one can help to cleanse the digestive tract, arouse the gastric juices, and so start a healthy appetite, by such "bitters" as dandelion tea or nettle tea. Here is an appetiser which many of my health-pupils have found useful before meals: though I do not altogether approve of rousing the jaded appetite, yet this may be better than taking a meal from a sense of duty, with no liking for it, and therefore, probably, with little saliva or gastric juice to digest it.

An Appetiser.

2 oz. of Hops; one pennyworth of Gentian Root; 1 quart of boiling Water.

Put the hops and the gentian root into a large jug with the water. Let this stand. Take a wine-glassful, or less, before meals.

For the early morning, a still larger number of my health-pupils like one of the two following drinks: some prefer one, some the other. They

probably have a gentle aperient effect, partly, perhaps, owing to the valuable "salts" that they contain.

Bran and Oat Tea.

Put a handful of Bran, and—unless it proves irritating—a handful of clean Oats, into a muslin bag which will hold about a handful of grain, with 10 Raisins cut up. Set these in a saucepan with water, leave to simmer for 1½ hours; add a little milk, and boil up again for a few minutes; flavour with lemon, and remove the muslin bag. The liquor can now be sipped while hot, and I think it is better without sugar.

Apple Tea with Raisins.

Slice 2 or 3 whole Apples, and take about 20 Raisins. Put these in a saucepan with about 1½ pints of water, and let them simmer for two hours. Strain off. Take a small cupful of the liquor (to which you can add a little lemon) the first thing in the morning or the last thing at night. This can be made in larger quantities, and reheated when required.

Some find the following better: it is certainly simpler:—

Apple Water.

Slice (without peeling) a pound of Apples, and boil in a quart of water till the fruit is quite soft. Strain through muslin, sweeten to taste, and serve cold.

Some, again, instead of the bran and raisin tea, prefer this:—

Bran Cream (Albert Broadbent's Recipe).

1 breakfastcupful of clean Bran; 2 breakfast-cupfuls of Water; a little Lemon-juice.

Place the bran and water in a covered jar in the oven for 4 or 5 hours. Press all the liquid through a sieve; add sugar if required, and lemon-juice; and stand in a cool place to jelly. Serve cold.

During the day, or at night, these drinks may be good. Though suitable for invalids, they are not inappropriate for healthy people.

Lemonade.

Pare off the yellow rind of a fresh Lemon, and be careful not to take off the white pith. Put the thin rind into a jug with the strained juice of two lemons, and about an ounce of Loaf Sugar if required. Pour over all 1½ pints of boiling water, and let the liquid stand until cold. Strain and serve. A thin slice of lemon left floating in the drink when brought to the table improves the appearance.

Lemonade made with barley water or rice water is often liked. So is this Milk Lemonade:

Milk Lemonade.

Put a tablespoonful of Loaf Sugar, if required, and 2 tablespoonfuls of Lemon Juice into a bowl,

and pour on a cupful of boiling water. Stir well until the sugar is dissolved, then add ½ pint of cold Milk. Stir well until the milk curdles, then strain.

Toast Water.

Take a slice of stale Bread (the crust of the loaf for preference) and toast it slowly through without burning it. When quite cold, pour over it a quart of boiling water; then let it stand covered until cold. Strain it through muslin and serve. You can mix half a tumbler of toast water with a tablespoonful of cream, and a little sugar if required.

White of Egg and Milk.

Beat the white of an Egg and mix it with a tumbler of Milk and half a tumbler of Soda Water.

Barley Milk.

3 tablespoonfuls of Pearl Barley; 1 cupful of boiling water; 1 cupful of fresh Milk.

Soak the barley for three hours in a little cold water. Add the cupful of boiling water, and cook for one hour. Then strain through a muslin bag, add the milk, and sweeten (if sugar is required). Bring the liquid to the boil, and drink it hot, or allow it to cool and drink it cold.

The two drinks that conclude this book are for use at night: the first is often found to be a sedative, the second, of course, a cure for incipient colds.

A Remedy for Over-acidity, Nervous Disorders, etc.

1 breakfastcupful of Barley; 1 breakfast-cupful of whole Rice; 2 heads of Lettuce or Endive.

Put the barley and rice in a pan with 5 pints of water, which must be rapidly boiling. Then lower the heat, bring to a gentle simmer till the 5 pints have been reduced to 1 pint. Stir often, or the mixture will stick to the bottom of the pan and burn. Then strain all the liquor through a linen bag or a fine colander.

Boil the lettuce in 3 pints of water till this in turn is reduced to half a pint. Then strain, and mix the two liquors together. Sip very slowly.

Treacle Posset.

3 tablespoonfuls of Black Treacle; the juice of ½ Lemon; a small piece of Butter; 1 gill of Water.

Put the water in a small saucepan, and add the butter and treacle. Bring to the boil, and then add the lemon-juice. Boil for two minutes. Take this hot when you go to bed, if you feel a cold coming on.

CHAPTER XXI

A FEW UNDESIRABLE COMBINATIONS

THOSE who have studied the subject of dyspepsia will tell you to avoid meat and fruit at the same meal. This applies especially to sugary stewed fruit or to fruit-tart.

Pastry in general, and especially pastry with fruit, are not desirable foods for most people.

Even vegetables and fruits do not harmonise well, in the case of delicate digestions. For my own part, I prefer to take the fruit before the meal. Either the fruit or the fruit-juice or simple water then has the excellent effects already mentioned; afterwards, during the meal, the vegetable seems to agree well. I find that with some others cooked vegetables and raw salads disagree, when taken at the same meal.

Shop-sugar is by no means the blessing which we are often led to suppose. There are numbers of things with which it goes badly, especially wet, starchy food (such as porridge). Not only may it interfere with the digestion; it also encourages fast eating, so that the food gets scarcely any mastication, scarcely any saliva although perhaps sugary food needs more saliva

than unsugary food, to counteract the over-acidity.

Too much shop-sugar, then, is likely to combine badly with almost any other food. So is too much condiment, especially of the fiery kind. Though useful as an appetiser now and then, it is apt to destroy the finer taste and to make people dependent on it. The veteran Indian officer, whose inside has been spurred day after day by hot curries and so forth, does not relish plain food for a long time afterwards.

Not only is too much flavouring bad; too much variety is bad also, especially at any one meal. Let there be variety during the day if you like: for example, let there be fruit in the early morning, vegetable or salad at mid-day, vegetable-soup at night, in addition to other foods. But do not think of combining at the same meal all these incongruous materials.

Very soon after one has begun the purer diet, instinct will tell one what to avoid. It is a pity, however, to make oneself the slave of too narrow a set of foods; it is better, I think, to be able to make a few mistakes with comparative impunity.

CHAPTER XXII

A FEW GENERAL RULES AND HINTS

COOKERY, as I have tried to show in the first chapter, is one of the highest and noblest of all arts. It is one of the most important and pleasing and paying of all hobbies and pursuits. People make the greatest mistake in looking down upon cookery as *infra dig.*, or as not worth the trouble.

Being an art, it deserves not only attention, but also leisurely attention. Many cooks are too hasty, too slipshod, to succeed. They regard their work as a nuisance, as a thing to be got over as soon as possible. This is the wrong aspect. People should take a pride in their cookery, and should devote quite a large amount of time to it. They should, on the one hand, be able to live almost without cookery themselves, but, on the other hand, be able to provide deliciously cooked and thoroughly healthy meals for others.

Part of the art of cookery closely akin to leisureliness is readiness. You cannot do your foods justice if you are hurrying. You must be prepared not only for the meal itself, but also for emergencies. You must have a few things

ready—a few things that will keep well, and that can be served as a meal within a few minutes.

Then there are other things which have to be prepared in good time beforehand. Conspicuous among these are the pulses. You must soak some kinds of dried peas for at least twenty-four hours; some kinds of beans for at least twelve hours; and I prefer to soak lentils for several hours. So that such foods are not suitable for hastily prepared meals.

For hastily prepared meals you will find that a dry cheese, eggs, and many cereal foods are appropriate. You can prepare a Welsh rarebit, an omelette, scrambled eggs and toast, in a few minutes.

Part of the art is economy. It is, in the end, economy of time to be leisurely and to be prepared for emergencies. Another economy is the avoidance of that waste which is almost universal in England. I have touched on this point already, when I alluded to the uses of the stock-pot and double pan, and also to the ways of preserving foods. Look in the common dustbin, and there you will find many valuable foods which should be in the stock-pot. You will find there outside leaves of lettuce, tops of turnips, tops of celery, peelings of potatoes, half-squeezed lemons.

This avoidance of waste is at the same time a help towards another requisite—cleanliness. Keep yourself, your kitchen, your utensils, and the foods inside them all clean.

Orderliness is akin to cleanliness. Let everything be in its place, and let that place be familiar to you. It is amazing how you can

economise space by means of pegs and shelves. You can put shelves on the inside, and even on the outside, of the door of a cupboard. You can put shelves in other places as well. You can get an excellent lesson by studying the kitchen of a big steamer or other ship. You will be amazed at the amount of room which there is. Some good hints are given in Lucy H. Yates' *Model Kitchen.*

Another part of the art is to note results, and give up and improve your plans according to these results.

Therefore keep memoranda for recording your experiences and hints. I shall be glad to have hints from anyone who can suggest improvements on what I offer here.

For the art of cookery is not yet within sight of perfection. There is unlimited progress ahead of us, and there is no reason why anyone should not find out something which will make for progress.

That is a great merit of the art of cookery: not only does it train the senses, save money, give great pleasure (to oneself as well as to others); not only has it a hundred other merits; it is also a grand field for the free ingenuity of the experimenter, so long as he or she experiments first on himself or herself.

CHAPTER XXIII

A NOTE ON PROPRIETARY FOODS IN GENERAL

PROPRIETARY foods have been omitted altogether in this book. I have dealt with them sufficiently in other works. Here, lest it should be supposed that I have given up proprietary foods, I mention briefly a few of their advantages.

Most of them are easy to get, wherever you are. Most of them are palatable; most are durable; most are reliable, though the analysis is often outrageously exaggerated. Most of them are pure: for example, milk powders are infinitely purer than any London milk that I have had. Most of them are digestible: whereas natural oatmeal is likely to be heating and irritating, prepared oatmeal of the patent kind, though inferior to the natural oatmeal by chemical analysis, is likely to be more digestible for the sedentary.

These are a few of the advantages of proprietary foods; and I would ask the reader to weigh these advantages before deciding to give these foods up altogether. Eventually it may seem best to aim at "natural" foods, as they are called; but just at first I would not suggest a sudden and thorough change. I think the proprietary foods,

though they are in every case more expensive than the originals, are likely to be admirable, if not as a permanent diet, yet at least as a stepping-stone towards the "natural" diet, and as an occasional change from it.

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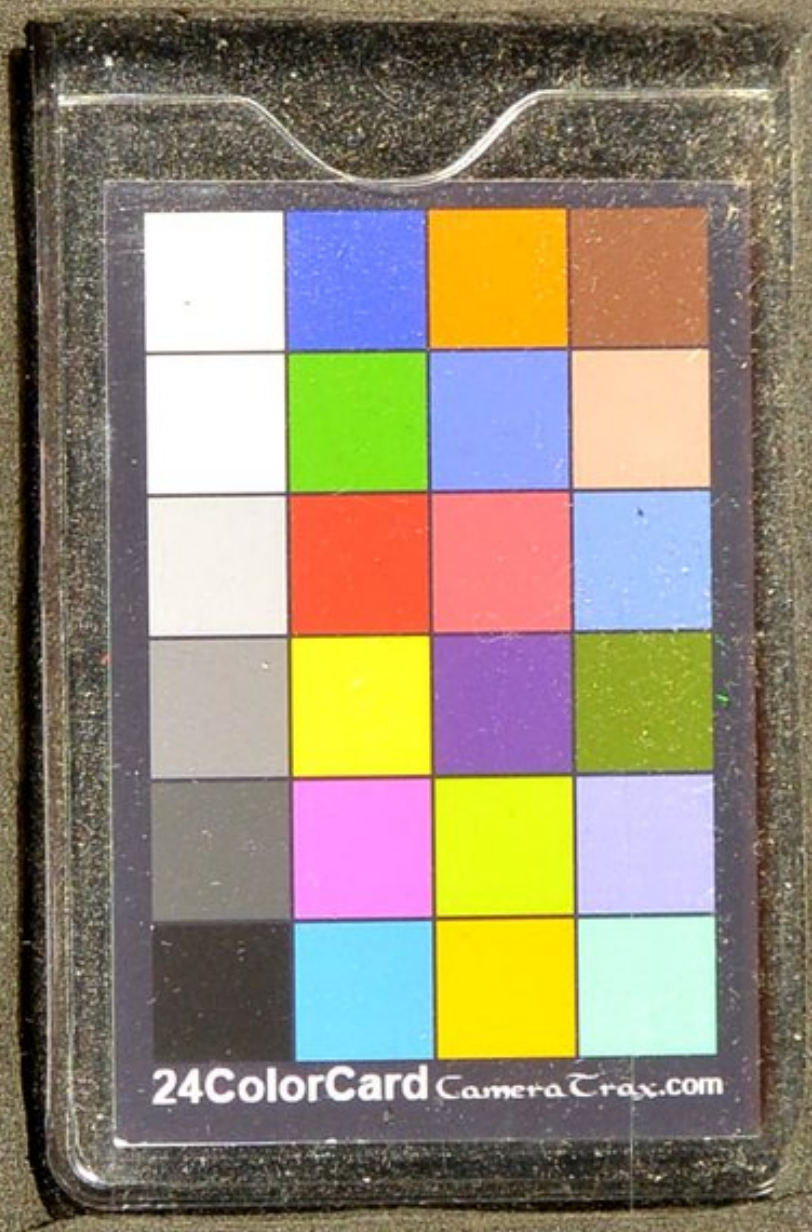
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