

Diet slips / compliments of Fairchild Bros. & Foster.

Contributors

Fairchild Bros. & Foster.
Burroughs Wellcome Company.

Publication/Creation

New York : Fairchild Bros. & Foster, [1900?]

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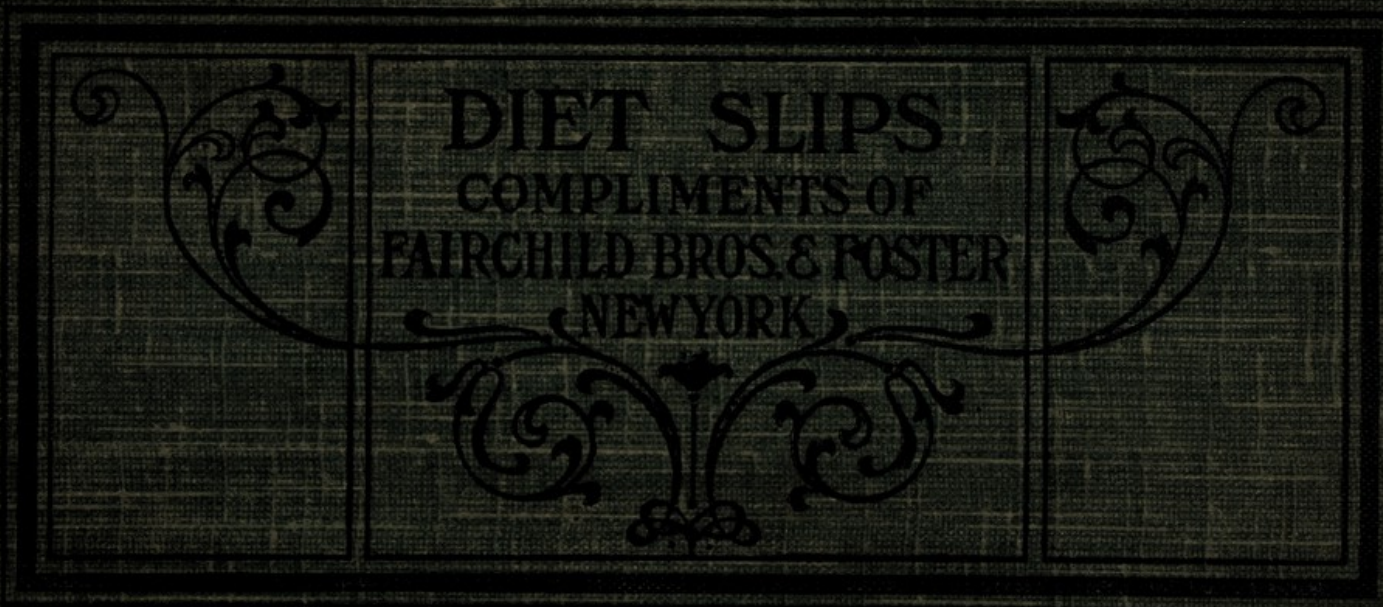
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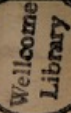
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DIET SLIPS
COMPLIMENTS OF
FAIRCHILD BROS. & POSTER
NEW YORK

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The FAIRCHILD PRODUCTS.



Pepsin in Scales.

Pepsin in Powder.

Glycerinum Pepticum.

Pepsencia.

An efficient peptic essence.

'Zymine' Peptonising Tubes.

'Zymine.'

Trypsin.

Peptogenic Milk Powder.

For modifying cows' milk for infants.

'Panopepton.'

A complete and sustaining food, and food-stimulant.

'Enzymol.'

A surgical solvent, antiseptic and deodoriser.

Diazyme.

Liquid animal diastase.

TRADE MARK
'PEPULE' BRAND OF

DIGESTIVE PRODUCTS.

The following products which have heretofore been issued by B. W. & Co., under their registered Trade Mark Brand 'Tabloid,' will hereafter be issued under F. Bros. & F.'s registered Trade Mark Brand 'Pepule.'

'Pepule' Pepsin, gr. 1.

'Pepule' Pepsin, gr. 3.

'Pepule' 'Zymine,' gr. 3.

'Pepule' 'Zymine' Compound.

Manufactured by

**FAIRCHILD BROS. & FOSTER,
NEW YORK.**

Agents for Europe, Asia, Africa, and Australasia,

**BURROUGHS WELLCOME & CO.,
LONDON AND SYDNEY.**

MO-PAM: WB 400-1900-F16d

MAY TAKE

FOODS. Clear soups, thickened with some well cooked farinaceous substance, mutton or chicken broth, beef tea, peptonised milk (see directions on back of this slip), Panopepton.

DRINKS. Pure cold water, toast water, lemon or orange juice in cold water, jelly water, cold whey (see directions on back of this slip), all sipped slowly.

MUST NOT TAKE

Any solid or vegetable food or fruit, until so directed by the physician in charge.

FEVERS

DIARRHOEA

OBESITY

BRIGHT'S DISEASE

CONSTIPATION

LIVER TROUBLES

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Peptonised Milk Cold.

Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass: stir this mixture thoroughly and drink immediately, sipping slowly.

How to Make Whey.

Put one pint of fresh milk into a saucepan and heat it lukewarm (not over 100° F.), then add two (2) teaspoonfuls of Pepsencia, and stir just enough to mix. Let it stand until firmly jellied, then beat up with a fork until it is finely divided; now strain and the whey (liquid part) is ready for use. Keep in a bottle in a cool place.

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MAY TAKE

FOODS. Clear soups, thickened with some well cooked farinaceous substance, nut-ton or chicken broth, beef tea, peptonised milk (see directions on back of this slip), Panopepton.

DRINKS. Pure cold water, toast water, lemon or orange juice in cold water, jelly water, cold whey (see directions on back of this slip), all sipped slowly.

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MAY TAKE

SOUPS. Milk soup well boiled, beef tea.

MEATS. Scraped fresh beef or mutton well broiled, sweetbread, beef juice from freshly broiled steak (all sparingly).

EGGS. Lightly boiled or poached on dry toast.

FARINACEOUS. Rice, sago, macaroni, tapioca, arrowroot, dry toast, milk toast, toasted crackers.

DESSERTS. Milk-puddings, plain, with sago, rice, tapioca or arrowroot (no sugar).

DRINKS. Tea, toast water, boiled peptonised milk (see directions on back of this slip). Panopepton.

MUST NOT TAKE

Oatmeal, fresh breads, rich soups, vegetables, fried dishes, fish, salt meats, lamb, veal, pork, brown bread, fruits, nuts, pies, pastry, ice cream, ice water, sugars, sweet dishes, custards, malt liquors, sweet wines.

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N. B.—Milk so prepared *will not* become bitter.

MAY TAKE

SOUPS. Milk soup well boiled, beef tea.

MEATS. Scraped fresh beef or mutton well broiled, sweetbread, beef juice from freshly broiled steak (all sparingly).

EGGS. Lightly boiled or poached on dry toast.

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N. B.—Milk so prepared *will not* become bitter.

MAY TAKE

FISH. Nearly all fresh fish, boiled.

MEATS. Lean beef, mutton or lamb, chicken, game (sparingly).

EGGS. Boiled or poached on toast.

FARINACEOUS. Stale bread, dry toast or crusts (sparingly).

VEGETABLES. Spinach, lettuce, celery, cresses, asparagus, cauliflower, onions, white cabbage, tomatoes, radishes, olives.

DESSERTS. Ripe fruits only—acid varieties preferable.

DRINKS. One cup of tea or coffee, without milk, cream or sugar, or one glass of pure water, sipped at the end of the meal.

MUST NOT TAKE

Soups, salmon, eels, salt fish, pork, veal, sausage, made dishes, fats, potatoes, macaroni, oatmeal, hominy, spices, rice, beets, carrots, turnips, parsnips, puddings, pies, pastry, cakes, sugars, sweets, milk, cream, malt or spirituous liquors, beers, sweet wines, champagne.

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DIABETES

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DIABETES

MAY TAKE

SOUPS. Broths with rice or barley, vegetable or fish soup.

FISH. Boiled or broiled fresh fish, raw oysters.

MEATS. Chicken, game, fat bacon, fat ham (sparingly).

FARINACEOUS. Hominy, oatmeal, rice, stale bread, whole wheat bread, toast, milk toast, biscuits, macaroni.

VEGETABLES. Cabbage, spinach, celery, water-cresses, lettuce, mushrooms, mashed potato, cauliflower, onions.

DESSERTS. Rice and milk puddings, stewed fruits, ripe raw fruits.

DRINKS. Pure water, peptonised milk (see directions on back of this slip), fresh buttermilk, milk with hot water equal parts, whey (see directions on back of this slip), weak tea, toast water.

MUST NOT TAKE

Fried fish, pork, corned beef, veal, heavy bread, hashes, stews, batter cakes, lamb, beef, mutton, gravies, peas, beans, pastry, ice cream, cakes, coffee, tobacco, malt or spirituous liquors.

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Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N. B.—Warm milk may be used instead of cold if the physician so directs.

How to Make Whey.

Put one pint of fresh milk into a saucepan and heat it lukewarm (not over 100° F.), then add two (2) teaspoonfuls of Pepsencia, and stir just enough to mix. Let it stand until firmly jellied, then beat up with a fork until it is finely divided: now strain and the whey (liquid part) is ready for use. Keep in a bottle in a cool place. Take hot or cold as directed.

MAY TAKE

SOUPS. Broths with rice or barley, vegetable or fish soup.

FISH. Boiled or broiled fresh fish, raw oysters.

MEATS. Chicken, game, fat bacon, fat ham (sparingly).

FARINACEOUS. Hominy, oatmeal, rice, stale bread, whole wheat bread, toast, milk toast, biscuits, macaroni.

VEGETABLES. Cabbage, spinach, celery, water-cresses, lettuce, mushrooms, mashed potato, cauliflower, onions.

DESSERTS. Rice and milk puddings, stewed fruits, ripe raw fruits.

DRINKS. Pure water, peptonised milk (see directions on back of this slip), fresh butter-milk, milk with hot water equal parts, whey (see directions on back of this slip), weak tea, toast water.

MUST NOT TAKE

Fried fish, pork, corned beef, veal, heavy bread, hashes, stews, batter cakes, lamb, beef, mutton, gravies, peas, beans, pastry, ice cream, cakes, coffee, tobacco, malt or spirituous liquors.

BRIGHT'S DISEASE

CONSTIPATION

LIVER TROUBLES

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Peptonised Milk.

Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

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MAY TAKE

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FISH. Boiled or broiled fresh fish, raw oysters.

MEATS. Chicken, game, fat bacon, fat ham (sparingly).

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MAY TAKE

SOUPS Meat broths, oyster soup.

FISH. Boiled fresh fish of all kinds, raw oysters.

MEATS. Almost any fresh tender meat, poultry, game.

FARINACEOUS. Oatmeal, hominy, whole wheat bread, brown bread, rye bread.

VEGETABLES. Boiled onions, brussels sprouts, spinach, cauliflower, potato, asparagus, green corn, green peas, salads with oil.

DESSERTS. Stewed prunes, figs, baked apples with cream, ripe peaches, pears, oranges, apples, melons, grapes, cherries, raisins, honey, plain puddings, fig puddings, apple charlotte.

DRINKS. Plenty of pure water, cold or hot, black coffee, cocoa, new cider, buttermilk, orange juice, unfermented grape juice.

MUST NOT TAKE

Salt, smoked, potted or preserved fish or meats, pork, liver, eggs, peas, beans, new bread, puddings of rice or sago, pastry, milk, sweets, tea, nuts, cheese, pineapple, spirituous liquors.

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MAY TAKE

SOUPS Meat broths, oyster soup.

FISH. Boiled fresh fish of all kinds, raw oysters.

MEATS. Almost any fresh tender meat, poultry, game.

FARINACEOUS. Oatmeal, hominy, whole wheat bread, brown bread, rye bread.

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FISH. Boiled fresh fish of all kinds, raw oysters.

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FARINACEOUS. Oatmeal, hominy, whole wheat bread, brown bread, rye bread.

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RHEUMATISM

GOUT

DYSPEPSIA

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RHEUMATISM

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MAY TAKE

SOUPS. Vegetable soups with a little bread or cracker, light broths.

FISH. Boiled fresh cod, bass, sole or whiting, raw oysters.

MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

FARINACEOUS. Oatmeal, hominy, tapioca, sago, arrowroot (well cooked), whole wheat bread, dry toast, crackers.

VEGETABLES. Mashed potato, almost all fresh vegetables (well boiled), plain salad of lettuce, water-cress, dandelions.

DESSERTS. Plain milk pudding of tapioca, sago, arrowroot or stewed fresh fruit (all without sugar or cream), raw ripe fruits.

DRINKS. Weak tea or coffee (without sugar or cream), hot water, pure, plain or aerated water.

MUST NOT TAKE

Strong soups, rich made dishes of any kind, hot bread or biscuits, preserved fish or meats, curries, red meats, eggs, fats, butter, sugar, herrings, eels, salmon, mackerel, sweets, creams, cheese, dried fruits, nuts, pies, pastry, cakes, malt liquors, sweet wines, champagne.

LIVER TROUBLES

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SOUPS. Vegetable soups with a little bread or cracker, light broths.

FISH. Boiled fresh cod, bass, sole or whiting, raw oysters.

MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

FARINACEOUS. Oatmeal, hominy, tapioca, sago, arrowroot (well cooked), whole wheat bread, dry toast, crackers.

VEGETABLES. Mashed potato, almost all fresh vegetables (well boiled), plain salad of lettuce, water-cress, dandelions.

DESSERTS. Plain milk pudding of tapioca, sago, arrowroot or stewed fresh fruit (all without sugar or cream), raw ripe fruits.

DRINKS. Weak tea or coffee (without sugar or cream), hot water, pure, plain or aerated water.

MUST NOT TAKE

Strong soups, rich made dishes of any kind, hot bread or biscuits, preserved fish or meats, curries, red meats, eggs, fats, butter, sugar, herrings, eels, salmon, mackerel, sweets, creams, cheese, dried fruits, nuts, pies, pastry, cakes, malt liquors, sweet wines, champagne.

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RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

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SOUPS. Vegetable soups with a little bread or cracker, light broths.

FISH. Boiled fresh cod, bass, sole or whiting, raw oysters.

MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

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RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

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SOUPS. Vegetable soups with a little bread or cracker, light broths.

FISH. Boiled fresh cod, bass, sole or whiting, raw oysters.

MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

FARINACEOUS. Oatmeal, hominy, tapioca, sago, arrowroot (well cooked), whole wheat bread, dry toast, crackers.

VEGETABLES. Mashed potato, almost all fresh vegetables (well boiled), plain salad of lettuce, water-cress, dandelions.

DESSERTS. Plain milk pudding of tapioca, sago, arrowroot or stewed fresh fruit (all without sugar or cream), raw ripe fruits.

DRINKS. Weak tea or coffee (without sugar or cream), hot water, pure, plain or aerated water.

MUST NOT TAKE

Strong soups, rich made dishes of any kind, hot bread or biscuits, preserved fish or meats, curries, red meats, eggs, fats, butter, sugar, herrings, eels, salmon, mackerel, sweets, creams, cheese, dried fruits, nuts, pies, pastry, cakes, malt liquors, sweet wines, champagne.

LIVER TROUBLES

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

AMERICAN SOCIETY OF
MATERIALS

VOLUME 10, NUMBER 1
JANUARY 1968

CONTENTS

ARTICLES

1. The Role of the
Materials Engineer
in the Design of
Structures

2. The Role of the
Materials Engineer
in the Design of
Structures

3. The Role of the
Materials Engineer
in the Design of
Structures

NOTES

4. The Role of the
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SOUPS. Vegetable soups with a little bread or cracker, light broths.

FISH. Boiled fresh cod, bass, sole or whiting, raw oysters.

MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

FARINACEOUS. Oatmeal, hominy, tapioca, sago, arrowroot (well cooked), whole wheat bread, dry toast, crackers.

VEGETABLES. Mashed potato, almost all fresh vegetables (well boiled), plain salad of lettuce, water-cress, dandelions.

DESSERTS. Plain milk pudding of tapioca, sago, arrowroot or stewed fresh fruit (all without sugar or cream), raw ripe fruits.

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MEATS. Tender lean mutton, lamb, chicken, game (all sparingly).

FARINACEOUS. Oatmeal, hominy, tapioca, sago, arrowroot (well cooked), whole wheat bread, dry toast, crackers.

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LIVER TROUBLES

RHEUMATISM

GOUT

DYSPEPSIA

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DIABETES

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MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

GOUT

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DIABETES

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MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

And when he was young, he was
not so much as now.

(And when he was young, he was
not so much as now.)

And when he was young, he was
not so much as now.

(And when he was young, he was
not so much as now.)

And when he was young, he was
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And when he was young, he was
not so much as now.

And when he was young, he was
not so much as now.

And when he was young, he was
not so much as now.

MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

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MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

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MAY TAKE

SOUPS. Small quantity only, of mutton broth, chicken or beef tea.

FISH. Raw oysters, fresh fish (whiter kinds) boiled.

MEATS. Chicken, calf's head, sweetbread, tripe, broiled fat bacon or boiled ham (all sparingly).

FARINACEOUS. Whole wheat or brown bread, arrowroot, rice, dry toast, milk toast.

VEGETABLES. Spinach, green peas or cabbage (well boiled), celery, lettuce, cresses, radishes.

DESSERTS. Milk, rice or arrowroot pudding (all without any sugar).

DRINKS. Tea (without any sugar), buttermilk, pure water, plain, with lemon or lime juice (no sugar).

MUST NOT TAKE

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters, salted, dried, potted or preserved fish or meats (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

RHEUMATISM

GOUT

DYSPEPSIA

DEBILITY

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DIABETES

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MAY TAKE

SOUPS. Fresh fish soups, vegetable broths—clear.

FISH. Raw oysters, fresh fish, boiled.

MEATS. Fat bacon, boiled or broiled, chicken, game, sweetbread (all sparingly).

FARINACEOUS. Oatmeal, rice, sago, hominy, whole wheat bread or biscuits, rye bread, rolls, crackers, dry toast, milk toast, macaroni.

VEGETABLES. Mashed potato, green peas, spinach, cabbage, cucumbers, cresses, lettuce, celery.

DESSERTS. Plain milk pudding, junket (see directions on back of this slip). rice and milk, sago and milk, stewed fruits (all without any sugar).

DRINKS. Weak tea (no sugar), milk, butter-milk, toast water, pure water, cold or hot.

MUST NOT TAKE

Veal, pork, goose, duck, turkey, salted, dried, potted or preserved fish or meat (except fat bacon), eels, mackerel, crabs, salmon, lobster, eggs, rich soups, gravies, patties, tomatoes, sweet potatoes, asparagus, peas, beans, mushrooms, rhubarb, lemons, pickles, vinegar, fried or made dishes, rich puddings, spices, pies, pastry, sweets, cheese, nuts, dried fruits, tobacco, coffee, cider, malt liquors, sweet wines, champagne.

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let it stand until firmly jellied. It is now ready for use, alone or with a cracker. If so desired, it can be placed on ice and taken cold.

MAY TAKE

SOUPS. Fresh fish soups, vegetable broths—clear.

FISH. Raw oysters, fresh fish, boiled.

MEATS. Fat bacon, boiled or broiled, chicken, game, sweetbread (all sparingly).

FARINACEOUS. Oatmeal, rice, sago, hominy, whole wheat bread or biscuits, rye bread, rolls, crackers, dry toast, milk toast, macaroni.

VEGETABLES. Mashed potato, green peas, spinach, cabbage, cucumbers, cresses, lettuce, celery.

DESSERTS. Plain milk pudding, junket (see directions on back of this slip) rice and milk, sago and milk, stewed fruits (all without any sugar).

DRINKS. Weak tea (no sugar), milk, butter-milk, toast water, pure water, cold or hot.

MUST NOT TAKE

Veal, pork, goose, duck, turkey, salted, dried, potted or preserved fish or meat (except fat bacon), eels, mackerel, crabs, salmon, lobster, eggs, rich soups, gravies, patties, tomatoes, sweet potatoes, asparagus, peas, beans, mushrooms, rhubarb, lemons, pickles, vinegar, fried or made dishes, rich puddings, spices, pies, pastry, sweets, cheese, nuts, dried fruits, tobacco, coffee, cider, malt liquors, sweet wines, champagne.

GOUT

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let it stand until firmly jellied. It is now ready for use, alone or with a cracker. If so desired, it can be placed on ice and taken cold.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cresses, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cresses, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cresses, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cresses, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cressess, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

MAY TAKE

SOUPS. Clear thin soups of beef, mutton or oysters.

FISH. Oysters raw, shad, cod, perch, bass, fresh mackerel.

MEATS. Beef, mutton, chicken, lamb, tripe, tongue, calf's head, broiled chopped meat, sweetbread, game, tender steak.

EGGS. Boiled, poached, raw.

FARINACEOUS. Hominy, rolled oats, rice, sago, tapioca, crackers, dry toast, stale bread, whole wheat bread, rice cakes.

VEGETABLES. Spinach, green peas, lettuce, cresses, celery, chicory, asparagus.

DESSERTS. Rice, tapioca, or farina pudding, junket (see directions on back of this slip), custards, baked apples, apple snow, apple tapioca, ripe fruits—raw or stewed.

DRINKS. *One* cup of weak tea, coffee, cocoa, milk and hot water equal parts, or *one* glass of pure cool water, sipped after eating, Panopepton in cold water.

MUST NOT TAKE

Rich soups, veal, pork, hashes, stews, turkey, potatoes, gravies, fried foods, liver, kidney; pickled, potted, corned or cured meats; salted, smoked or preserved fish; goose, duck, sausage, crabs, lobster, salmon, pies, pastry, candies, ice cream, cheese, nuts, ice water, malt or spirituous liquors.

DYSPEPSIA

DEBILITY

PHTHISIS

DIABETES

Junket.

Put one-half pint of fresh cool milk into a clean saucepan and heat it lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with sugar and grated nutmeg. If so desired, it may be placed on ice and taken cold.

An egg beaten to a froth and sweetened with two teaspoonfuls of sugar may previously be added to the half-pint of milk, forming a highly nutritious and smooth jelly. The Pepsencia will curdle milk with egg as readily as plain milk, at the same temperature.

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

DEBILITY

PHTHISIS

DIABETES

Cocoa Junket.

Put an even tablespoonful of any good cocoa and two teaspoonfuls of sugar into a saucepan, scald with two tablespoonfuls of boiling water; rub this paste smooth, then stir in *thoroughly* one-half pint of fresh cool milk. Heat this mixture lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with bread and butter, crackers or cake. If desired, can be placed on ice and taken cold.

Peptonised Milk.

Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

DEBILITY

PHTHISIS

DIABETES

Cocoa Junket.

Put an even tablespoonful of any good cocoa and two teaspoonfuls of sugar into a saucepan, scald with two tablespoonfuls of boiling water; rub this paste smooth, then stir in *thoroughly* one-half pint of fresh cool milk. Heat this mixture lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with bread and butter, crackers or cake. If desired, can be placed on ice and taken cold.

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Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

DEBILITY

PHTHISIS

DIABETES

Cocoa Junket.

Put an even tablespoonful of any good cocoa and two teaspoonfuls of sugar into a saucepan, scald with two tablespoonfuls of boiling water; rub this paste smooth, then stir in *thoroughly* one-half pint of fresh cool milk. Heat this mixture lukewarm (not over 100° F.), then add one teaspoonful of Pepsencia, and stir just enough to mix. Divide quickly into two coffee cups and let stand until firmly jellied. It is now ready for use, alone or with bread and butter, crackers or cake. If desired, can be placed on ice and taken cold.

Peptonised Milk.

Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

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Peptonised Milk.

Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

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N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Any broth, thickened with some farinaceous material, chicken or beef soup containing chopped meat, rich vegetable soups, whole beef tea.

FISH. All fresh fish, boiled or broiled, raw oysters.

MEATS. Beef, mutton, chicken, game, boiled ham, lamb chops or cutlet, broiled bacon, tender juicy steak, vienna steak.

EGGS. Soft boiled, poached, scrambled, raw with sherry.

FARINACEOUS. Rolled oats, sago, tapioca, hominy, barley, macaroni, vermicelli, rolls, biscuits, cakes, whole wheat bread, milk toast, dry toast, brown bread.

VEGETABLES. Nearly all, perfectly fresh and well cooked.

DESSERTS. Custards, egg-and-milk, rice or apple pudding, baked apples, fruit-jams, jellies, cocoa-junket (see directions on back of this slip), marmalade, sweet fruits, calf's foot jelly.

DRINKS. Cocoa, chocolate, milk—hot, cold, or peptonised (see directions on back of this slip), pure water, plain or aerated, wine-glass of Panopepton.

MUST NOT TAKE

Hashes, stews, cooked oysters, pork, veal, thin soups, turkey, salt meats except ham and bacon, cabbage, cucumbers, turnips, carrots, spices, pickles, vinegar, pies, pastry, bananas, pine-apples.

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Peptonised Milk.

Put two tablespoonfuls of cold water into a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, baked, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

PHTHISIS

DIABETES

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, baked, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

PHTHISIS

DIABETES

Peptonised Milk Gruel.

Put into a soup bowl one-half pint of thick, well-boiled, *hot* gruel, and one-half pint of fresh cold milk, mix, then add the contents of one of the 'Zymine' Peptonising Tubes (Fairchild), stir well and take immediately, sipping slowly.

Gruel made from arrowroot, flour, barley, oatmeal, etc., will serve for the purpose. In each instance, the farinaceous material should be boiled with water until the starch granules have been thoroughly swollen, broken up and incorporated with the water.

Peptonised Milk.

Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, baked, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

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Gruel made from arrowroot, flour, barley, oatmeal, etc., will serve for the purpose. In each instance, the farinaceous material should be boiled with water until the starch granules have been thoroughly swollen, broken up and incorporated with the water.

Peptonised Milk.

Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, baked, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

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Gruel made from arrowroot, flour, barley, oatmeal, etc., will serve for the purpose. In each instance, the farinaceous material should be boiled with water until the starch granules have been thoroughly swollen, broken up and incorporated with the water.

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Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, baked, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

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Gruel made from arrowroot, flour, barley, oatmeal, etc., will serve for the purpose. In each instance, the farinaceous material should be boiled with water until the starch granules have been thoroughly swollen, broken up and incorporated with the water.

Peptonised Milk.

Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

SOUPS. Turtle or oyster soup, mutton, chicken broth, purée of barley, rice, peas, beans, cream of celery or tomatoes, whole beef tea, peptonised milk gruel (see directions on back of this slip).

FISH. All kinds of fresh fish, boiled or broiled, oysters, raw, roasted, or broiled.

MEATS. Rare roast beef or mutton, lamb chops, ham, fat bacon, sweetbreads, poultry, game, tender steaks, vienna steak rare.

EGGS. Every way except fried.

FARINACEOUS. Oatmeal, hominy, rice, whole wheat bread, milk toast, biscuits, muffins.

VEGETABLES. Potatoes, bakéd, boiled or creamed, spinach, onions, asparagus, tomatoes, green peas, all well cooked, cresses, lettuce, alone or with oil dressing, celery.

DESSERTS. Farina, sago, tapioca, apple or milk pudding, floating island, custards, baked or stewed apples with fresh cream, cooked fruits, rice with fresh cream.

DRINKS. Fresh milk, cool, warm, or peptonised (see directions on back of this slip), cocoa, chocolate, buttermilk, pure water, tea, coffee, Panopepton.

MUST NOT TAKE

Fried foods, salt fish, hashes, gravies, veal, pork, carrots, parsnips, cabbage, beets, turnips, cucumbers, macaroni, sweets, pies, pastry, sweet wines.

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Peptonised Milk Gruel.

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Gruel made from arrowroot, flour, barley, oatmeal, etc., will serve for the purpose. In each instance, the farinaceous material should be boiled with water until the starch granules have been thoroughly swollen, broken up and incorporated with the water.

Peptonised Milk.

Put two tablespoonfuls of cold water in a goblet or glass; dissolve in this the powder contained in one of the 'Zymine' Peptonising Tubes (Fairchild), then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly.

N.B.—Warm milk may be used instead of cold if the physician so directs.

MAY TAKE

SOUPS. Soups or broths of beef, chicken, mutton, veal, oysters, terrapin or turtle (not thickened with any farinaceous substances), beef tea.

FISH. Shell fish and all kinds of fish, fresh, salted, dried, pickled or otherwise preserved (no dressing containing flour).

EGGS. In any way most acceptable.

MEATS. Fat beef, mutton, ham or bacon, poultry, sweetbreads, calf's head, sausage, kidneys, pig's feet, tongue, tripe, game (all cooked free of flour, potatoes, bread or crackers).

FARINACEOUS. Gluten porridge, gluten bread, gluten biscuits, gluten wafers, gluten griddle cakes, almond bread or cakes, bran bread or cakes.

VEGETABLES. Spinach, beet-tops, chicory, kale, lettuce, plain or dressed with oil and vinegar, cucumbers, onions, tomatoes, mushrooms, asparagus, celery, dandelions, cresses, radishes, pickles, olives.

DESSERTS. Custards, jellies, creams (without any sugar), walnuts, almonds, filberts, Brazil nuts, cocoanuts.

DRINKS. Tea or coffee (without any sugar), pure water.

MUST NOT TAKE

Liver, sugars, sweets or starches of any kind, wheaten bread or biscuits, oatmeal, barley, rice, rye bread, arrowroot, sago, macaroni, tapioca, vermicelli, potatoes, parsnips, beets, turnips, peas, carrots, beans, melons, fruits, puddings, pastry, pies, ices, honey, jams, sweet or sparkling wines, cordials, cider, porter, lager, chestnuts, peanuts.

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MAY TAKE

SOUPS. Soups or broths of beef, chicken, mutton, veal, oysters, terrapin or turtle (not thickened with any farinaceous substances), beef tea.

FISH. Shell fish and all kinds of fish, fresh, salted, dried, pickled or otherwise preserved (no dressing containing flour).

EGGS. In any way most acceptable.

MEATS. Fat beef, mutton, ham or bacon, poultry, sweetbreads, calf's head, sausage, kidneys, pig's feet, tongue, tripe, game (all cooked free of flour, potatoes, bread or crackers).

FARINACEOUS. Gluten porridge, gluten bread, gluten biscuits, gluten wafers, gluten griddle cakes, almond bread or cakes, bran bread or cakes.

VEGETABLES. Spinach, beet-tops, chicory, kale, lettuce, plain or dressed with oil and vinegar, cucumbers, onions, tomatoes, mushrooms, asparagus, celery, dandelions, cresses, radishes, pickles, olives.

DESSERTS. Custards, jellies, creams (without any sugar), walnuts, almonds, filberts, Brazil nuts, cocoanuts.

DRINKS. Tea or coffee (without any sugar), pure water.

MUST NOT TAKE

Liver, sugars, sweets or starches of any kind, wheaten bread or biscuits, oatmeal, barley, rice, rye bread, arrowroot, sago, macaroni, tapioca, vermicelli, potatoes, parsnips, beets, turnips, peas, carrots, beans, melons, fruits, puddings, pastry, pies, ices, honey, jams, sweet or sparkling wines, cordials, cider, porter, lager, chestnuts, peanuts.

Panopepton.



Panopepton

is the entire edible substance of prime lean beef and best wheat flour, thoroughly cooked, properly peptonised, sterilised and concentrated in vacuo, and preserved in a sound sherry.

Panopepton

is the food par excellence for invalids; in all acute diseases, fevers, etc.; in convalescence, for the large class of persons who, from feebleness or deranged digestion, or antipathy to ordinary foods, require a fluid, agreeable, and quickly assimilable food.

Supplied in 6 oz. and 12 oz. bottles.



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