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THERAPEUTIC DIETETICS
or
The Science of Health Foods
and
Their Medicinal Values

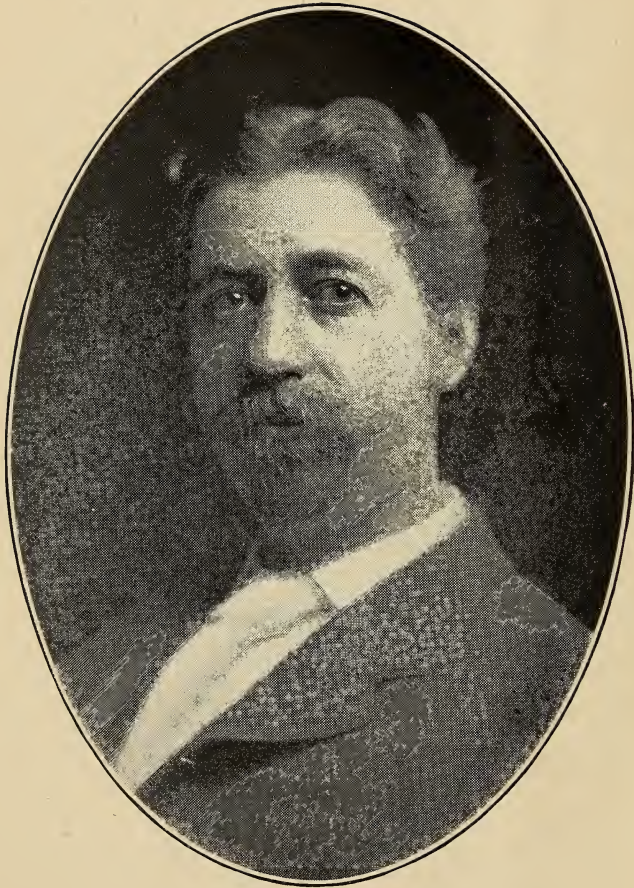


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Wm. F. W. Hazelden.

THERAPEUTIC DIETETICS

OR

The Science of Health Foods and Their Medicinal Values.

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Principal of

THE VENICE HEALTH SCHOOL,

Venice-on-Sea,

California.

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This Work is Dedicated to the Wants of Humanity.

INTRODUCTION

“Those who desire to possess good memories, beauty, length of life, perfect health, with physical, moral and spiritual strength, should abstain from eating animal flesh.”—Mahabharata.

“Thou shalt not kill.”—The Bible.

“All men are afraid of punishment, and all men fear death; remember that thou art like unto them; therefore slay not nor cause to be slain.”

“All men are afraid of punishment, and all men love life; remember that thou art like them; therefore slay not, nor cause to be slain.”—Dhamapada.

“He is not called a noble man who kills or injures living creatures; but he is called a true noble man who has pity and consideration for all that lives and breathes.”—Ibid.

“Kill not—for pity’s sake—and lest ye slay the meanest thing upon its upward way.”—Light of Asia.

P R E F A C E

In presenting this little book on Therapeutic Diets, the author has endeavored to draw the line between a Therapeutic Diet on the one hand, and a general daily diet fitted to meet the needs of healthy people.

All men do not suffer from stomach diseases; therefore some of the Vegetarian Systems that are now in practice may do some good in some cases, where a certain mode of living has been followed; yet from their very nature they are unfitted for a general diet on account of the sameness of their ingredients and characterless taste.

In giving up animal food one must be supplied with a diet which is tasty, stimulating, easy of digestion, rapid of assimilation, and simple of preparation. Undoubtedly the simplification of diet is the ultimate goal, but this is the period of transition between the animal foods to the vegetable foods.

“The foods which increase life, energy, strength, health, joy and cheerfulness, are those which are of their very nature tasteful, oleaginous, substantial and agreeable; and they are liked by men of a spiritual tendency.

“The foods which are bitter, sour, saltish, excessively hot, pungent, dry and burning, are liked by men of a passionate tendency. These foods cause pain, misery and disease.

“The foods that have passed their season, or that have become insipid, putrid or stale, are eaten by men of an animal tendency.”—Bhagavad Gitá.

Animal foods are necessary for the development of some; the spices, sours, bitters, pungent and aromatic foods for others, while the simple oleaginous, cereal, nutal and frutal foods are for those who have out-

grown the carnal and intellectual stages of their evolution.

These three classifications or divisions of food stuffs show their relative action in the development of a nation as well as in the evolution of man.

When a man is a savage he eats flesh like an animal, without cooking, condiments or service.

When he becomes civilized he cooks his foods, uses condiments and eats according to custom, and not according to natural inclination or appetite.

And when the man has become spiritualized he eats recognized foods, not according to his appetite, but according to his wants, which wants of themselves are few.

We are not all in the carnal classification, nor in the intellectual classification, nor are there many of us in the spiritual; but take comfort in that you know to what stage of evolution you belong, and stop not until the goal is reached.

The dawn can be seen by all; for the day does not burst upon the world suddenly; neither does a man or a nation become vegetarian in a day, a week, a month or a year.

All things are governed by the one great law of evolution; from the atom to the man, and from the man to the universe.

Some men are vegetarians from the knowledge of right living; others are vegetarians through the lack of such knowledge. I say unto you, condemn not the one, nor praise the other; for all systems of dietetics have been necessary for the physical, intellectual and spiritual development of man.

Therefore, they who live entirely upon a flesh diet partake of the nature of darkness and sin; they who eat entirely of the pungent and savory foods partake of the character of passion and sickness; while they who eat of a simple, nutritious and varied diet partake of the character of gentleness, cheerfulness and health; for verily every man and nation partakes of the character of his or its diet.

That this little book will meet the wants of those who are searching for something that will help them to help themselves, is the sincere wish of the author.

VEGETABLES VERSUS ANIMAL FOOD

Vegetable versus Animal Food has become the theme of the hour. Prominent hygienists, medical men as well as laymen, have at last met upon a common ground for the eliminating of disease, and for the upbuilding of the human race. To change a man's thinking, you must completely change his eating. We have never discussed the Vegetarian question as it was discussed by the Grecian philosophers or the Oriental sages. Hence the popular conception of vegetarianism in this country today, is that a vegetarian diet is a mass of sloppy, tasteless vegetables, served luke warm, and surrounded with white sauce and water. Nothing can be further from the facts than such a belief, as the receipts in this little work will demonstrate.

The eating of animal flesh is a perverted appetite which has been handed down to us through periods of war, famine and ignorance, into this period of civilization, enlightenment and peace.

The Scriptures of the world are full of denunciations against the practice of slaying animals for the eating of their flesh; and yet to think of eating the heart, the liver, the stomach, the kidneys and other organs which I will not mention. Surely the idea of eating such flesh is an abomination unto our higher nature, and a positive disgrace to any code of dietetical ethics.

Can it be possible that we, a deeply religious people, worshipping a God of love and peace, can find no more

appropriate way of thanksgiving unto Him for His goodness unto us, than through the eating of turkeys, lobsters and the flesh of animals?

The ethical principle underlying vegetarianism is its love of justice; and for us to suppose that we are the only beings who have souls and immortality is the greatest arrogance.

All life is some expression of our Heavenly Father; it emanates from Him and returns to Him; therefore the destruction of life is an outrage against Him, the Creator of all things.

Vegetarianism expresses growth; growth from the animal man into the enlightened or spiritual man; growth from disease into health; growth from viciousness and fear into kindness and courage, and from brute force into endurance. Food supplies the vital energy for our thinking, acting and being; therefore one should naturally look to this all-important subject when considering the building and maintaining of the body, the mind and its functions.

A narrow circumscribed diet produces a narrow, circumscribed mind. The man who lives entirely on meat may become a physical or intellectual giant; but beyond that few meat eaters go.

The more meat we eat, the more restless and uncertain becomes the mind; the more meat we eat and wine we drink, the more our passions and appetites increase, while memory fails, and activity vanishes.

From a purely selfish standpoint, is it not better to become calm, firm, courageous and self-controlled than it is to be ireful, unsteady, fearful and uncontrollable?

These pages are dedicated to those who are free from the bonds of arguments and arraignments, and

who are seeking a way out of the darkness of physical and mental weariness into perfect health and mental stability. Some people will say that they cannot eat vegetables, as vegetables disagree with them, etc. The answer is, that, as soon as one discontinues the eating of meats, vegetables will cease to give them trouble. It is not the vegetables that cause the distress; it is the poisons produced by the decomposing of animal tissue in a weakened and much abused stomach.

Food adulterations are ruinous to human vitality. By living on foods which we prepare ourselves, we avoid this danger. Pure foods should be our battle cry till death from the use of "Preservatives" becomes a thing unknown.

The Dietetical Chemist is the man of the hour. No field offers better inducements to the chemist than the field of dietetical research.

Pure foods and right diet are the salvation of any race; and the strong body and the strong mind are the children of right living.

Predigested foods are chemical impossibilities. To reduce a food substance to a liquid, is one thing, but to digest and assimilate this chemical product is quite another. No laboratory can do the work of the stomach.

If one had the food of angels and lacked the power of digestion and assimilation, the food would be useless. It is as senseless to expect a prolapsed, undersized and weakened stomach to perform its natural functions as it is to expect a blind eye to see.

First bring the stomach into its right position, by raising the diaphragm. This is done by physiological muscular contraction at the navel, drawing the whole

physiological system up. This movement brings the organs to their natural positions and permits the perfect performance of all their functions.

With the knowledge of the stomach's muscular control; comes also the control of the stomach's functions.

Bad cooking and wrong thinking are the causes of nine-tenths of all stomach troubles. Uncharitable people pull up the roots of their digestions early in life. "Benevolence is the Lord of the stomach."

Food cannot be too rich in character, variety, color, taste or odor; and one should never prepare food while in a condition of fear, anger, worry or uneasiness. The more religiously food is prepared the greater becomes its constructive force. All foods should be prepared in a devotional spirit, and not as an unpleasant duty.

Cooking is essentially a duty of love, not a labor of despair.

Too much care cannot be given to the selecting and preparing of foods. Fear, the greatest enemy of man, will cease to be when vegetables form his principal food. As the character of our thoughts depends largely upon the character of our foods, we must look to our diet to produce the best physical and mental results. Unseasoned and tasteless food is not necessary to vegetarianism; on the contrary, true vegetarianism is the richest, the most varied, tasty and satisfactory of all systems of diet. A knowledge of the vegetable world affords unlimited combinations of food principles. True vegetarianism makes use of the herbs, spices, peppers, fruits, nuts, cereals and all vegetables that grow above the ground, eggs, milk, butter, cream, cheese, olive oil, olives and preserves. Diet is the only rational system of medication; for through

the knowledge of the therapeutic values of the tastes, colors, odors and perfumes, we are able to supply the body and mind with the medicinal qualities which they need. Through applied physiological action, perfect equilibrium and continuity of action is established between the body, its organs and the mind, allowing nature to build and sustain in permanent health, man, woman and child. Above all this stands the important fact, that by the adoption of this system of Therapeutic Dietetics, the morbid appetites and desires for alcoholic drinks, tobacco, sweet-meats, morphine, opium and other abnormal appetites are forever destroyed.

Therapeutic Dietetics so thoroughly supplies all the needs of the body that there is no craving for stimulants. The more varied the diet, the more varied and greater becomes the range of thought; the more circumscribed the diet, the narrower becomes the range of mental activity; therefore, professional and business people who must depend upon their mentality for a living, should receive a most liberal, varied and nutritious diet. An important fact to bear in mind is, that growing boys and girls should have a strong and varied diet, coupled with proper physiological exercises, in order that the will may become firm, the eyes bright, the chest full, the mind steadfast and the body healthy. Children so nourished will not crave injurious foods and stimulants.

Habit is not found in variety or inclusiveness but only in restriction and exclusiveness.

The home should be conducted upon strict business principles. A good business man only employs the most intelligent, moral and progressive help. He knows, by years of experience, that poor help and

underpaid help are ruinous to any business. Ignorance in the employe means ruin to the employer. A business run after the usual manner of the home would not last a week. It is folly to expect from ignorance, results which can only come from the highest intelligence; it is as absurd to expect blood from a stone as to expect scientific results from an ignorant person in your kitchen.

Improper foods and badly cooked foods, first ruin the body and then the mind; our thoughts are governed in a large degree by our foods.

The system of preparing foods herein set forth, is so simple that an artist can prepare a banquet while attired in evening dress, and serve it in a drawing-room without soiling his person or the daintiest of furniture.

How different from meat cooking!

There is no smell more disgusting than the smell of roasting flesh. There is no grease more defiling than animal fat. There is no labor more injurious to mind and body than continuous dish-washing. There is no sound more distressing to the ear than Death's groan. And there is no labor so degrading as the slaughtering of innocent animals. If each had to slaughter for himself, how few would be the slaughtered.

"Peace reigns in the heart of those who eat not of animal flesh." Abolish the kitchen, and dismiss the cook; substitute the laboratory for the kitchen, and the chemist for the cook. Make your kitchen the heart of the home. Place intelligence where ignorance has reigned supreme for centuries; make the preparation of foods a pleasure, a religious duty and an ennobling occupation.

There is a lecture by the Swami Abhedananda, entitled "Why a Hindu is a Vegetarian." (The Vedanta Society, 102 East 58th street, New York). It is short; it covers the ground and it will repay reading. The price is ten cents per copy.

Now a few words upon the Beautiful. Therapeutic Dietetics is in reality picture cooking; the contents of every dish and sauce-pan is a picture in the process of preparation, not a horrible mass of cooking flesh. The roasts and stews, after all, play a small part at the banquet table; the genuine pleasure is in the flowers, the herbs, the garnishings, the color effects, and, above all, in the congenial companionship. The meats play a small part at the table, for they depend upon the vegetable world to make them palatable, while the vegetable world is in no way dependent upon the carnal world for either its savor or its existence. Where do the herbivorous man and animal obtain their strength and fine physical endurance? Why, from the vegetable salts. Then is it not more reasonable to eat for ourselves than to leave it to some animal to chew and appropriate for us and give us the salts second-handed?—that is, we mostly obtain our vegetable salts after they have passed through a course of animal assimilation. It is not in accord with the ethics of our times that one should be a slave to any person or thing, yet the meat eater is a slave to the animal kingdom for his very existence. Meat eating makes slaves; slaves in bondage to sin, sickness and death.

A good appetite is the finest condiment; not the unnatural, forced appetite resulting from an inflamed stomach, but the normal appetite that comes of good health and moderation.

Over-eating and over-drinking is self-abuse, producing an irritated condition of the stomach, bowels and kidneys; so that instead of feeding ourselves under such conditions, we should withhold all foods until the irritation has subsided. Water, fresh and soft, will be found the best stimulant for the kidneys. Rice water and barley water will be found an efficacious remedy in most cases of stomach and intestinal disorders. Stomach troubles will not often arise where one eats but two meals a day; and after one has eaten for a month or two according to this system of dietetics (the whole system having appropriated unto itself its natural requirements), one will notice that the appetite falls off, and that two meals a day are more than ample, one meal often proving to be sufficient. As there may arise some criticism of the richness of our food preparations, it must be borne in mind that this work is written for a therapeutic purpose, viz., to help those who are under the bondage of meat eating and sickness. These receipts are presented to meet their requirements. The ultimate goal for us all is simplicity of diet, which we will deal with in a future edition. This little work is called by the faithful, the First Step in the Path of Right Eating. Man was given dominion over the birds of the air, the fish of the sea, and the beasts of the field. The animal was not given dominion over man. Since Bible days, conditions have somewhat changed; the pig has obtained dominion over many.

Condiments are one of the great bugaboos of the American people. Why should condiments be healthful to over 400,000,000 of the world's inhabitants, and injurious to a possible 72,000,000? The best teacher

is experience; let each one experience for himself the difference between food stimulants, which are the only natural stimulants, and alcohol, strychnine, nitroglycerine, atrophine and other so-called neurotic stimulants too numerous to mention, all of which are chemical monstrosities and dangerous poisons.

Many will say that it is impossible for them to eat the savory herbs, as they cannot digest them. In answer to this we will say, that it is not the herbs that they cannot digest, but the goose or turkey fat, which has absorbed their odors. Animal fats are made into pomades; these pomades are used in the manufacturing and extracting of floral perfumes; they are right in the laboratory, but they are very bad things in the stomach. Quit eating the goose and turkey and you will soon find that you can eat every kind of savory herb.

The Scientific Horticulturist will find much food for thought when he directs his energies to fertilizing vegetables with minerals instead of decaying animal and vegetable matter. All vegetation has evolved from the minerals, therefore, the minerals are the natural foods of all plant life. If the vegetables lack in mineral salts all the eating of them will not supply our organisms with what they don't possess; we must feed foods with what we expect them to feed us.

The idea of obtaining something from nothing is not good reasoning; we must learn to cultivate our foods so that they will contain the highest chemical values.

In conclusion, let me say to those who are sufferers from stomach trouble and to those who are not, give this system of Therapeutic Dietetics a fair and reasonable trial, remembering that reason should measure

all and wisdom guide ; do not, because the food is palatable, indulge in over-eating. Sufferers from stomach troubles should not eat, at first, much pepper, but gradually increase the amount until the system has temporarily lost the desire for it ; then stop eating it till nature demands it again. Those who will give this system of Dietetics a trial will find it entirely satisfactory. The system is not an experiment, but is the result of years of personal experience and practice.

UTENSILS

“One should not place new wine in old bottles.” neither should one furnish a Dietetical Laboratory with old, greasy culinary utensils.

- 2 Agate Spiders.
- 2 Agate Sauce Pans (small).
- 2 Agate Sauce Pans (large).
- 6 Agate Baking Pans (assorted).
- 6 Agate Bowls (assorted).
- 1 Agate Kettle (large).
- 3 Agate Pitchers (assorted).
- 12 Agate Dishes (assorted).
- 3 Agate Cooking Spoons (assorted).
- 2 Spatulas.
- 1 Agate Bean Pot.
- 1 Meat Grinder (medium size).

SUPPLIES.

A few suggestions for the stocking of the Laboratory :

- 1 Bottle of Cross & Blackwell's Mint.
- 1 Bottle of Cross & Blackwell's Savory.
- 1 Bottle of Cross & Blackwell's Sage.

- 1 Bottle of Cross & Blackwell's Thyme.
- 1 Bottle of Cross & Blackwell's Marjoram.
- 1 Bottle of Cross & Blackwell's Parsley.

Use fresh herbs where it is possible, and should your grocer not carry the above brand of goods, use the compressed herbs, but not the ground.

5 lbs. of Onions.

½ lb. of Garlic.

1 Bottle of Cross & Blackwell's Curry Powder.

1 Package Bermuda Arrow Root.

1 Package Corn Starch (Kingsford).

1 lb. Dried Mushrooms (Japanese).

½ lb. W. Black Pepper.

½ lb. Paprika (Maluwitz).

5 lbs. Mexican Chili.

1 lb. Italian Pepperoni.

½ lb. Stilton Cheese.

½ lb. Roman Cheese.

1 lb. New York Cheese.

2 lbs. Unsalted Butter.

1 Quart Blue Label Tomato Catsup.

1 Gallon Olive Oil. (California oils are superior to all imported).

1 Bottle of Cross & Blackwell's Chow Chow.

1 Bottle French Capers.

5 lbs. Macaroni.

3 lbs. Spaghetti.

3 lbs. Vermicelli.

1 Box Guava Jelly (Wilson).

1 Bottle Major Gray's Chutney.

2 Quarts California Green Olives.

2 Quarts California Black Olives.

1 Quart Dried Olives (Italian or Chinese).

1 Box Osborn Biscuits (Huntley and Palmer).

- 1 Box Oaten Biscuits (Huntley and Palmer).
- 1 Sack Unsifted Whole Wheat Flour.
- 5 lbs. Chinese Rice.
- 5 lbs. California Prunes.
- 5 lbs. Arizonian Apricots.
- 2 lbs. California Figs.
- 1 Keg Japanese Sauce.
- 2 lbs. of Walnuts, Almonds, Brazil and Pecan Nuts.

RELISHES.

No. 1.

Take and chop fine, afterwards mix well together 3 pickled walnuts, 6 black olives, 1 heart of celery, 1 tablespoon of French capers, $\frac{1}{8}$ of a pound of New York cream cheese and 3 sprigs of fresh parsley; then dress with 1 tablespoonful of olive oil, juice of 1 lemon, salt and paprika. Serve on cold buttered toast.

No. 2.

Take and mix well together 2 tablespoons of chopped chow chow, 1 tablespoon of chopped French capers, 1 finely chopped hard-boiled egg, 6 black olives (green will do), 1 green pepper; dress with 1 tablespoon of tomato ketchup, 1 tablespoonful olive oil, juice of half a lemon, salt and paprika. Serve on buttered toast.

No. 3.

Chop together the following: Two tomatoes, 2 green peppers, 2 onions, 1 tablespoon French capers, 3 sprigs of fresh parsley and 3 sprigs of mint; dress with salt, lemon juice, paprika, olive oil and freshly grated horse-radish. Serve on lettuce leaves between fresh bread and butter.

No. 4.

Take and chop fine the following: 12 black olives, 1 green pepper, 1 cucumber, 1 medium onion, $\frac{1}{2}$ cup of freshly fried almonds and one hard-boiled egg. Dress this with three dessertspoons of olive oil, juice of 1 lemon, 10 drops of Tobasco sauce, 1 dessertspoon of Japanese sauce and one tablespoon Taragon vinegar. Serve on fresh lettuce leaves between cold buttered toast.

No. 5.

Take $\frac{1}{2}$ pint of freshly grated horseradish, place in a basin and then add 4 teaspoons of olive oil, 10 drops of Tobasco sauce, 1 tablespoon of dry mustard, 2 tablespoons of Taragon vinegar, 1 teaspoon of celery salt, 2 finely chopped hard-boiled eggs, $\frac{1}{4}$ pint of good cream; mix and beat thoroughly together and serve on sliced tomatoes upon bread and butter.

No. 6.

Take 4 hard-boiled eggs, 1 bunch of picked watercress, 1 bouquet each of mint and parsley, 1 medium onion, 2 oz. of finely chopped cheese; mince all together, and dress with 3 tablespoons of olive oil, 6 drops of Tobasco sauce, 1 teaspoon of celery salt, 1 tablespoon of Taragon vinegar. Serve on baked buttered crackers.

SOUP.**No. 1.**

Chop coarse and place in 3 quarts of water the following vegetables: 4 tomatoes, 6 carrots, 1 small head of cabbage, 4 green peppers, 2 heads of celery, 1 small

bunch of parsley, 4 medium onions, $\frac{3}{4}$ cup of rice and a pinch of thyme, marjoram, sage, 1 teaspoon of salt; let cook slowly for two hours, then add 4 tablespoons of Japanese sauce, 1 heaping tablespoon of butter and $\frac{1}{2}$ pint of cream.

No. 2, OR ST. JULIEN.

To make a St. Julien soup, take the above recipe and compound it the same way, leaving out the rice and cream. After the soup has cooked for two hours strain off the liquid and add 2 tablespoons of Japanese sauce, 1 tablespoon of butter, and sprinkle liberally with Parmesan cheese. Serve with salted crackers.

No. 3, BOUILLON.

To make a Bouillon soup, take and strain off the liquid the same as for St. Julien, then compound the following: To $\frac{1}{2}$ pint of cream add and stir till smooth, 1 dessertspoon of corn starch and 4 tablespoons of Japanese sauce. Mix all together and bring to a boil, then add 1 tablespoon of butter. Serve with dry toast.

No. 4, PUREE.

To make a Puree of green peas, take 1 quart of shelled peas and place in $2\frac{1}{2}$ quarts of water with a little salt and 4 large sprigs of fresh mint; let cook for 45 minutes, then drain off the liquid into another sauce pan; then pass the peas through a wire sieve, taking care not to let the skins into the soup; then add $\frac{1}{2}$ pint of cream in which has been well stirred 1 level teaspoon of arrow root; bring to a boil and add 1 tablespoon of butter. Serve with chopped dried toast.

No. 5, CONSOMME.

To make a Consomme, leave the rice out of the soup and cook down the stock from two quarts to one quart, strain out the stock and add 1 tablespoon of butter and 3 of Japanese sauce, with a liberal sprinkling of Cassacobalo cheese. Serve with chopped pieces of dried toast.

No. 6, WHITE CONSOMME.

Chop rather fine and place in 3 quarts of water 1 egg plant, 6 oyster plants, 2 onions, 2 medium-sized cucumbers and 2 green peppers; cook this for two hours, strain off, then add $\frac{1}{2}$ pint of cream into which has been rubbed smooth 1 dessertspoon of corn starch; add this to the liquid, bring it to a boil, then add 1 tablespoon of butter and 1 tablespoon of fine-chopped parsley. Serve with crackers.

No. 7, CHILI.

Cut the stalk end off of $\frac{1}{2}$ lb. of Mexican chilis, cook the pods in salt and water for 45 minutes, keeping them well covered with water while cooking, then pour off the liquid and throw the chilis into cold water for ten minutes, then take a knife and cut them lengthwise, washing out the seeds which may be attached, scrape out the pulp from the skins with a blunt knife, put the pulp into a sauce pan containing 2 quarts of water, then take 2 heads of celery, 1 bunch of parsley and chop fine, 2 cloves of minced garlic, 2 medium-sized onions, 4 oyster plants, and 4 carrots; cook altogether for $1\frac{1}{2}$ hours slowly, then add $\frac{1}{2}$ pint of cream, a little salt, 4 tablespoons of Japanese sauce; sprinkle

liberally with Parmesan cheese. Serve with small slices of dried toast.

No. 8, MUSHROOM.

Take 2 cloves of garlic, mince fine, 1 lb. of fresh mushrooms (or $\frac{1}{4}$ lb. of dried), 1 head of celery, 4 carrots, 2 green peppers and a pinch each of thyme and marjoram, 1 teaspoon of salt, 2 tablespoons of tomato ketchup, boil in 2 quarts of water for 2 hours, then add 1 tablespoon of butter. Serve with dry toast. ($\frac{1}{4}$ pint of cream may be added if desired.)

No. 9, BARLEY.

Put $1\frac{1}{2}$ cups of pearl barley into 3 quarts of water, cut fine 3 large onions, 4 carrots, 4 oyster plants, 3 turnips, 2 green peppers and 1 cucumber; cook slowly for two hours, then add $\frac{1}{2}$ pint of cream, 1 tablespoon of butter, 1 tablespoon of grated cheese, 1 tablespoon of finely minced parsley and a little black pepper, and salt, bring to a boil. Serve with toast.

No. 10, CHESTNUT.

Boil 1 lb. of Italian chestnuts and then rub the meat through a wire sieve. Then take 1 level tablespoon of cornstarch, 1 tablespoon of butter, mix smooth before placing in the saucepan, then stir in slowly $1\frac{1}{2}$ quarts of milk or cream, 1 tablespoon of finely minced parsley, and a pinch each of thyme and marjoram, 3 tablespoons of Japanese sauce; stir well together and bring to a boil; then let stand and simmer for 45 minutes. Serve with crackers. Pepper and salt to taste.

ROASTS.

No. 1.

Take a large loaf of bread and cut it lengthwise, butter it well, and sprinkle liberally with a finely minced onion and parsley, then slice fine $\frac{1}{2}$ lb. of New York cream cheese and sprinkle this on the tops, add pepper and salt to taste, and place in a medium hot oven to bake for twenty minutes. Serve and eat through the meal.

No. 2.

Take a large loaf of bread and cut the top off lengthwise, remove the inside and fill with the following: Chop fine 1 medium sized onion, 1 medium sized egg plant, 3 tomatoes, 3 green peppers, 2 heads of celery, 2 cloves of minced garlic and $\frac{1}{2}$ lb. of New York cream cheese; mix with 1 pint of cracker dust (or bread crumbs), salt and pepper to taste; moisten with 2 pints of milk, mix well together, then fill the loaf; place 2 tablespoons of butter on the top and replace the top of the loaf, put the loaf in a baking pan and place the residue of the stuffing around the loaf, with a little water, and butter; place in a rather hot oven and bake for 1 hour.

No. 3.

Take a medium sized hard-shell squash, remove the pips and the lining and fill in with the following:

Take $1\frac{1}{2}$ pints of bread crumbs and beat into them 4 eggs and $\frac{1}{2}$ pint of cream and $\frac{1}{8}$ lb. of butter; chop fine 2 heads of celery, 2 onions, 2 green peppers, 2 carrots, 2 turnips, $\frac{1}{2}$ lb. of mushrooms, and 1 cup of water; mix these well together and fill both halves of

the squash, place in a large baking pan in which has been placed a little water and a tablespoon of butter, to baste the squash while cooking.

No. 4.

Take and peel 1 lb. of mushrooms, slice 2 large onions, 3 large green peppers, 2 heads of celery and 4 large tomatoes; place these layer upon layer in an agate baking pan, adding a little chopped parsley, paprika and salt, place a little cream and butter between the layers; fill the pan nearly full and then cover with 1 cup of grated cheese and 1 cup of water; place in the oven and bake for 1½ hours.

No. 5, BAKED BEANS.

Soak for 12 hours 1 lb. of red beans, chop ½ lb. of mushrooms, 2 onions, 2 heads of celery, 1 very small head of cabbage, 1 bunch of parsley, 6 seeded dried prunes and a pinch each of thyme and marjoram, 1 teaspoon of paprika, 3 tablespoons of Japanese sauce, ¼ lb. of butter, ¼ pint tomato ketchup, 1-3 of a pint of cream and 1 tablespoon of molasses; mix well together and place in the bean pot, pouring in sufficient water to cover the beans, and let bake for 6 hours.

No. 6.

Soak over night 1 lb. of white navy beans. Take and chop fine ½ lb. of California black olives, 2 heads of celery, 2 onions, 4 tomatoes, 3 green peppers, 1 oz. of seeded raisins, 1 bunch of parsley and 4 carrots; mix well together and place in the bean pot, with ¼ lb. of butter, ½ pint of cream, and 3 tablespoons of Japanese sauce; fill the pot with sufficient water to cover the beans, and bake slowly for six hours.

No. 7.

Soak over night 1 lb. of red beans, chop 1 lb. of mushrooms, 1 lb. tomatoes, 1 lb. onions, $\frac{1}{2}$ lb. of celery, 1 bunch of parsley, mix well together with $\frac{1}{4}$ lb. of butter, then place in a bean pot in the following manner: Place a layer of beans and then a thin layer of freshly grated cocoanut, then another layer of the beans, etc., until the pot is nearly full, then pour over it sufficient to cover, water, in which has been mixed 3 tablespoons of Japanese sauce, and place in the oven and bake for 6 hours.

No. 8.

Take $\frac{1}{2}$ lb. of mushrooms and place in the skillet with 2 tablespoons of butter; chop in medium sized pieces, 3 tomatoes, 3 green peppers, a bunch of finely minced parsley and 3 onions; fry till well done, then empty the contents of a can of Fenton's kidney beans and mix well together; add 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of paprika, $\frac{1}{2}$ pint of cream and a pinch of marjoram and thyme; let them stew for fifteen minutes, and serve.

Note.—This makes an excellent luncheon dish, and goes well with baked tomato salad, new potatoes and green peas.

No. 9, SEPTEMBER BEANS.

Shell 1 quart of ripe beans, slice 3 tomatoes, 2 cucumbers, 3 onions, 2 fine-minced cloves of garlic, 3 green peppers and a pinch each of black pepper and salt, 1 tablespoon of butter, 1 small bunch of parsley; to this add 2 quarts of water and $\frac{1}{2}$ pint of cream; bring to a boil; then let stand and simmer for two hours. Serve.

No. 10, MUSHROOMS (My Favorite).

Take and peel $\frac{1}{2}$ lb. of fresh mushrooms, place these in a skillet in which has been put 2 tablespoons of butter, add to this 3 sliced tomatoes, 3 onions, 2 finely minced cloves of garlic, 1 medium bunch of minced parsley, a pinch of black pepper, salt, thyme, marjoram, $\frac{1}{2}$ pint of cream and 1 pint of water; let stew for $1\frac{1}{2}$ hours and serve with rice.

REMARKS ON ROASTS.

The roasts should always be served with a menu consisting of something after the following: Soup, potatoes or rice, fresh beans, baked tomatoes, green peas or corn, artichokes, sekale or asparagus, a good salad, fried nuts, fruit, jelly and olives.

SAVORY OMELETS.

No. 1, JAPANESE OMELET.

Chop fine 1 medium sized cucumber, 2 green peppers, 1 head of celery, 2 tomatoes, 2 onions, 1 bunch of parsley, 1 pinch each of thyme and marjoram; place this in a spider with 1 tablespoon of butter, 2 cups of water, and cook for twenty minutes. Then break into a bowl 6 eggs, add to them $\frac{1}{2}$ pint of cream and 3 tablespoons of Japanese sauce; stir well together and cook for twenty minutes longer. Serve with rice.

This makes an excellent breakfast dish.

OMELET No. 2.

Slice and fry well 2 tomatoes, 2 onions, 3 green peppers in 2 tablespoons of butter. Break and beat in $\frac{1}{2}$

pint of cream; 6 eggs with $\frac{1}{2}$ teaspoon of paprika, $\frac{1}{2}$ teaspoon of salt, and a pinch each of thyme and marjoram; mix well together and cook for fifteen minutes. Serve with rice or baked potatoes.

No. 3.

Take and mince fine 2 onions, 1 bunch of parsley and 2 tomatoes; fry these in butter till well browned, then add 1 cup of chili pulp, $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of Japanese sauce, $\frac{1}{8}$ pint of cream; scramble into this 6 eggs; cook for a further ten minutes. Serve with rice or pearl barley.

No. 4.

Crack and mince fine 1 clove of garlic, 1 bunch of parsley, 2 sliced tomatoes, 2 green peppers or $\frac{1}{2}$ cup of red chili pulp, and fry in butter for fifteen minutes; then drop into the skillet 6 eggs, taking care not to break the yolks; cook this for two minutes; then add 1 pinch each of salt, thyme, marjoram, and then cover the contents with thin layers of New York cheese; place the lid on the skillet and further cook till the cheese has melted. Serve on dry toast or with rice.

No. 5, SCRAMBLED EGGS.

Take 1 tablespoon of Japanese sauce, and 1 pinch each of thyme and marjoram, mint and cayenne pepper; place in a skillet with 1 tablespoon of butter, 1 fine-minced clove of garlic and $\frac{1}{8}$ pint of cream; mix well together, then break in and scramble 4 eggs; cook for 10 minutes. Serve with rice or baked potatoes.

No. 6.

Take and mince 3 onions, 1 small bunch of parsley,

2 sweet apples and a pinch each of thyme, marjoram, sage and cayenne; to this add 2 tablespoons of Japanese sauce, $\frac{1}{4}$ pint of cream, 1 pint of bouillon stock, $\frac{1}{4}$ pint of red chili pulp; mix this well together and bring to a boil, then break into it 6 eggs and stir well; cook for a further 15 minutes. Serve with rice or pearl barley.

No. 7, CHESTNUT OMELET.

Take and boil 1 lb. of chestnuts, then remove their skins; press the meats through a potato masher, place this in the center of an entree dish, then around it place mashed potato in which has been rubbed the following: 2 tablespoons of minced parsley, 1 level teaspoon each of salt, paprika, 1 tablespoon of butter, 2 tablespoons of Mango chutney, and 6 finely minced, hard-boiled eggs. Serve with black olives and rice.

CHEESE DISHES.

No. 1.

Take 1 cup of chili pulp and place in a skillet with 1 tablespoon of butter, $\frac{1}{2}$ teaspoon of celery seeds, 3 tablespoons of tomato ketchup, 1 tablespoon of Japanese sauce, and a pinch each of thyme, marjoram, 1 finely minced clove of garlic and a bunch of parsley chopped fine; fry all together for 15 minutes, then melt into the skillet $\frac{1}{2}$ lb. of New York cream cheese, stir well and cook for a further 5 minutes. Serve on toast. Salt to taste.

No. 2.

Take 2 onions, 2 tomatoes, 2 green peppers, 1 finely minced clove of garlic, a pinch each of thyme, mar-

joram and mint, with a bunch of finely chopped parsley; fry till brown, then add $\frac{1}{4}$ pint of cream, $\frac{1}{2}$ lb. of sliced New York cream cheese, 1 tablespoon of Bengal chutney; salt to taste; mix well and cook for a further 5 minutes. Serve on salted crackers.

No. 3.

Take 1 cup of chili pulp and a cup each of chopped onion, green peppers and cucumbers; place in a skillet with 1 tablespoon of butter and fry till brown; then add $\frac{1}{4}$ pint of cream and 4 eggs; beat all together, then add $\frac{1}{2}$ lb. of finely sliced New York cream cheese and 1 teaspoon of salt; cook for a further 10 minutes, then spread on dry toast and sprinkle with tomato ketchup and a squeeze of lemon juice. Serve with black olives.

No. 4.

Crack and mince fine 1 clove of garlic, 1 tablespoon of French capers, $\frac{1}{2}$ dozen of stoned black olives, 1 small onion; add to this a pinch each of marjoram, sage, thyme and mint, 1 tablespoon of Japanese sauce, 1 dessertspoon of celery salt, 1 cup of chili pulp, 1 dessertspoon of salt, 1 lb. of unsalted butter and 1 lb. of New York cream cheese; place the mixture in a mortar and thoroughly pound together until it is smooth and has the consistency of soft butter; let it stand for two hours in a cool place, then spread it on thin bread and butter. By placing it in air-tight jars it will keep for a long time.

No. 5.

Chop fine 1 onion, 1 green pepper, 1 head of celery, 1 small cucumber, 1 tablespoon of French capers, 2

tablespoons of English pickled walnuts, 2 tomatoes, 1 clove of minced garlic, 1 apple, 1 tablespoon of Bengal chutney; rub this until smooth, then add to the mixture $\frac{1}{2}$ lb. of coarse-grated cheese and dress with salt, paprika, olive oil, Taragon vinegar and lemon juice. Serve on lettuce leaves or crackers.

No. 6.

Chop rather fine 2 cold boiled potatoes, 2 hard-boiled eggs, 1 onion, 2 tomatoes, 1 tablespoon of French capers, 1 pint of stringed beans, 1 lb. of cold asparagus, $\frac{1}{2}$ lb. of grated New York cream cheese, 2 green peppers, 2 heads of celery, 2 heads of lettuce, 2 heads of endive; place this in a bowl and dress with 1 tablespoon of Taragon vinegar, juice of 1 lemon, salt, paprika and olive oil.

No. 7, CHILI CHEESE.

Take 1 pint of chili pulp, 1 tablespoon of Japanese sauce, 2 finely minced cloves of garlic, 1 tablespoon of minced parsley and a pinch each of thyme, marjoram and sage and $\frac{1}{2}$ teaspoon of celery seeds; fry this in 2 tablespoons of butter for 10 minutes, then add $\frac{1}{2}$ lb. of New York cream cheese; stir well till the cheese is melted. Serve on hot dry toast.

EGG-PLANT.

STEWED EGG-PLANT.

No. 1.

Take a medium sized egg-plant, pare off the skin and cut in slices about $\frac{3}{4}$ of an inch in thickness, then place a skillet on a hot fire with 2 tablespoons of but-

ter; into this drop 2 finely minced cloves of garlic, and fry until brown; then put in the egg-plant and fry on both sides till it is brown and tender, and place this in a dish on one side. Take a stew-pan, put in the same 2 tablespoons of butter, $\frac{1}{2}$ teaspoon of paprika, $\frac{1}{2}$ teaspoon of thyme and marjoram, 1 bunch of finely minced parsley, $\frac{1}{4}$ teaspoon of black pepper, 2 tablespoons of Japanese sauce, $1\frac{1}{2}$ pints of soup stock and $\frac{1}{4}$ pint of cream; mix well together, and boil for 5 minutes; then place in the dressing the fried sliced egg-plant, and cook for a further 15 minutes; then drop carefully into the skillet, so as not to break the yolks, 6 eggs, and cook for a further 5 minutes. The dish is then ready, and should be served with rice, baked tomatoes, green peas, new potatoes, and salad.

CURRIED EGG-PLANT.

No. 2.

Crack and mince fine 2 cloves of garlic and fry in 3 tablespoons of butter until quite brown, then add 2 desertspoons of curry powder, a pinch each of marjoram, thyme and celery seeds, 1 finely chopped bunch of parsley; mix well together and fry for 10 minutes; pour into this $1\frac{1}{2}$ pints of soup stock, $\frac{1}{4}$ pint of cream, 2 tablespoons of Japanese sauce, and bring it all to a boil; then put in the slices of egg-plant that have been fried in butter until brown, in another skillet, and cook slowly for 40 minutes. Serve with rice, olives, fried almonds, salad, baked squash, green beans and Major Grey's chutney.

Fry the egg-plant in the same way as in recipe No. 1.

ANOTHER WAY OF CURRYING EGG-PLANT.

No. 3.

Take a nice large egg-plant, pare and slice in slices $\frac{3}{4}$ of an inch thick. Fry brown in butter in a large spider (it takes considerable butter; keep adding as you need it), and put on a plate and set to one side. Place another lump of butter in the spider, and fry a clove of garlic which has been minced very fine; fry brown, then into the same spider put 1 tablespoon full of curry powder and slightly scorch; let the spider cool off, then put in a pinch of salt, thyme, marjoram, 1 small bunch of minced parsley, 2 tablespoons of Japanese sauce, and $\frac{1}{2}$ pint of cream and $\frac{1}{2}$ cup of water; mix all together and bring to a boil. Then lay your egg-plant in gently, being careful not to break the slices, cover the spider over and cook $\frac{1}{2}$ hour. Serve with rice, Stilton cheese, red-currant jelly and black olives.

BAKED EGG-PLANT.

No. 4.

Place in a baking pan 2 cups of water, $\frac{1}{8}$ lb. of butter, 1 finely minced clove of garlic (or two medium onions), 1 bunch of parsley, 2 heads of celery, 2 green peppers, 1 sliced apple, 4 sliced tomatoes, and $\frac{1}{2}$ lb. of mushrooms; chop rather fine, then slice a large egg-plant in $\frac{3}{4}$ of an inch slices, and lay in the bottom of the pan; cover with the dressing, pour over this $\frac{1}{2}$ pint of cream in which has been mixed 2 tablespoons of Japanese sauce and $\frac{1}{2}$ teaspoon of paprika; place in the oven and bake for 1 hour. Serve with a

bouillon soup, plain salad, asparagus, green peas and potatoes.

KUSH-KUSH.

No. 1.

Take and wash well 1 lb. of pearl barley and place it with 3 quarts of water in a stew-pan; then chop rather fine 1 head of cabbage, 2 heads of celery, 3 onions, 2 green peppers, 3 tomatoes, 3 turnips, 4 carrots, 1 bunch of parsley, 2 cucumbers, 1 cup of ground English walnuts, $\frac{1}{4}$ lb. of butter, 1 teaspoon of paprika and 1 of salt; mix well together, cover the vessel, place in the oven and bake for 5 hours. Serve with grated cheese, black olives and salad, with mint tea.

No. 2.

Take and wash well 1 lb. of pearl barley and place in a stew-pan with 2 quarts of water; add 2 lbs. of peeled Jerusalem artichokes, 1 cup of chili pulp, 1 medium sized cabbage chopped fine, 1 small egg-plant cut up into 1-inch cubes, 2 heads of celery minced, and a pinch each of marjoram and thyme, 3 minced onions, 3 ounces of stoned dates, 2 ounces dried figs, 1 cup of freshly grated cocoanut, 1 dessertspoon of Bengal chutney; mix well and place in a bean pot, cook in oven for 5 hours.

MACARONI.

No. 1.

Place in three quarts of water the following ingredients: 1 pinch of Spanish saffron, 1 level teaspoon of mint, thyme, marjoram, paprika, 1 finely minced clove

of garlic, 1 bunch of minced parsley, $\frac{1}{4}$ lb. of dried mushrooms, 1 tablespoon of butter and 1 dessertspoon of salt. Bring all to a rapid boil, and add $\frac{1}{2}$ lb. of Italian macaroni or spaghetti; cook for 1 hour, then drain off, and dress with the following dressing: $\frac{1}{4}$ pint of cream, 1 tablespoon of butter, $\frac{1}{2}$ pint of grated Casacaballa cheese, 4 tablespoons of tomato ketchup; mix well and bring to a boil and serve. This may also be placed, after dressing, in the oven for twenty minutes. It is excellent either way.

Another way to serve this recipe is to prepare the macaroni as per recipe, then place it in the oven for thirty minutes; take it out and dress as follows: Take 1 dessertspoon of corn starch and dissolve it in 1 cup of water and 1 cup of cream, rub smooth and bring to a boil, then add 2 finely minced, hard-boiled eggs, 1 cup of chili pulp and 1 tablespoon of minced French capers and parsley; mix all together, bring to a boil, and pour over the macaroni.

No. 2.

Break $\frac{1}{2}$ lb. of macaroni or spaghetti into three-inch pieces; put into a stew-pan of boiling water (about 3 quarts of water), in which has been placed 2 cloves of finely minced garlic and a $\frac{1}{2}$ teaspoon each of thyme, marjoram, paprika and 2 tablespoons of Japanese sauce; boil all together for 30 minutes, then drain, and place in a well-buttered dish layers of grated cheese and fried almonds (or freshly grated cocoanut); sprinkle over each layer of macaroni with a teaspoon of butter and 1 dessertspoon of tomato ketchup to each layer. When the dish is nearly full, pour over it $\frac{1}{2}$ pint of cream, and bake for 30 minutes. Serve with baked tomatoes, squash, salad and olives.

No. 3.

Put 3 quarts of cold water into a sauce-pan with 1 dessertspoon of salt, 1 pinch of Spanish saffron and 1 finely minced clove of garlic and bring to a boil; then put into it $\frac{1}{2}$ lb. of macaroni or spaghetti, and let it cook for 30 minutes; drain off, then add $\frac{1}{2}$ lb. of grated cheese, 3 tablespoons of butter, $\frac{1}{2}$ teaspoon of paprika, $\frac{1}{2}$ pint of ground walnuts, $\frac{1}{2}$ pint of chili pulp, 1 tablespoon of minced parsley, and a pinch each of thyme and marjoram; smother over a slow fire for 15 minutes.

Note.—A pinch of Spanish saffron should always be cooked with macaroni. Get the imported saffron; the domestic is useless for cooking purposes.

THERAPEUTIC BREADS.

The grain breads form one of the most valuable forces in the science of therapeutic foods; in fact, they are the great nutritives of nearly all stomach and intestinal complaints.

The author does not hold with the popular theory that starches are injurious and responsible for a great many diseases, only where the grains have been treated so that it is pure starch when it should be flour. This means that nature has been robbed of all the digestive measures and safeguards that she, in her wisdom, has provided to meet the requirements of functional demands.

Again, it is the author's belief that all grains which are milled for bread purposes should be milled by the slow milling process, for when the grains are being converted into flour by the rapid milling process, the

heat generated in the process causes a chemical change to take place in the flour, through the escaping of the natural volatile oils and vital principles which pass off in a gaseous form, and thus greatly depreciates the chemical values of the flour. Nature has provided everything sufficient unto our needs, therefore it is not wise to cast aside that which she has abundantly supplied. Without starch to neutralize the acids and alcoloids, and to help combine the fecal waste matter for peristaltic action, the bowels would collapse for want of bulk or waste material, hence the impossibility of concentrated foods ever becoming a valuable staple in dietetic economics.

So long as we have the physiological organs that we have in our present state of physiological evolution, bulk is a necessity. A small quantity of oats is a good thing for a horse, but all oats and no hay would soon kill the horse.

The same would prove true if we eradicated starch entirely from our foods. We would all soon be suffering from acute saline poisoning. Nature has supplied variety, because in variety we find the antidote to all restrictions. Variety is necessary to maintain development. If it were not so, it would not be here.

Again, in regard to salt: Many hold that salt is very injurious and has no dietetic value; yet salt is the great galvanic principle, and without galvanism there could be no such thing as electricity, or inter-electrics, and without this trinity of subtle elements there could be no such thing as life. Salts, acids and alcoloids are called the vital trinity, and to dismiss them from our diet would mean that digestion and assimilation would be impossible; for by their action upon the foods, dur-

ing the process of digestion, the separating of the different elements is accomplished, which allows of their neutralization, organic secretion and bodily recuperation.

Again, some question the merits of baking powders, declaring they are unwholesome, yet if they stop to think one apple, an orange, or, in fact, any acid fruit eaten during the meal in which is used bread prepared from baking powder, would be ample to neutralize the effect of the baking powder. Remember, all things are poisons if used to excess, or continuously. We can make a change in bread raising by substituting yeast for baking powder, and by this, you prevent any ill consequences that could possibly arise from bread eating.

The object of these therapeutic bread recipes is to meet certain stomach and intestinal conditions, and are so combined that the baking powder therein used can have no injurious effects whatever.

Every house should be provided with an F. No. 4 Quaker City Health Food Mill, which can be obtained from 1023 Foulkrod street, Frankfort, Phil. These mills are the best yet devised, being able to grind, or, more properly speaking, crush and roll, all kinds of fruits, grains and other products, perfectly.

No. 1.

Grind in a Quaker Mill sufficient whole wheat to make 1 quart of whole wheat flour; grind medium coarse; to this add $\frac{1}{2}$ pint of a good white flour, mix together, and then add a teaspoon of salt, a dessert-spoon of baking powder and a dessertspoon of granulated sugar; stir these well together, then add 4 table-

spoons of olive oil and 1 quart of milk; knead thoroughly, place on a board or table and roll out until it is $\frac{3}{4}$ of an inch thick, cut in strips or biscuits, and bake in a medium hot oven from 20 to 25 minutes. Eat for breakfast or dinner.

Mint tea, as per recipe No. 1, should be drunk during the meal. This bread will be of great value where there is a disposition towards sluggish digestion.

No. 2.

Grind in a Quaker Mill sufficient wheat to make 1 quart of flour, sufficient white oats to make 1 pint of oat flour, and $\frac{1}{2}$ pint of good white flour; grind the oats and wheat medium coarse, mix these together, and then add a teaspoon of salt, a dessertspoon of baking powder and a tablespoon of sugar; mix all these together and then add 4 tablespoons of olive oil and 1 quart of milk; mix and roll according to recipe No. 1, and bake for 25 minutes. This bread should be eaten at lunch and will be found of great value in mild cases of constipation. A good cup of Ceylon tea or hot water during the meal in which it is eaten will prove beneficial.

No. 3.

Place in a Quaker Mill sufficient wheat to make 1 quart of flour, oats sufficient to make 1 pint of oat flour, and barley sufficient to make the same quantity; mix these three together, then add a teaspoon of salt, $1\frac{1}{2}$ dessertspoons of baking powder; stir well together, and then add 5 tablespoons of olive oil and $1\frac{1}{2}$ quarts of milk or water. Roll into biscuit form and bake slowly in a medium hot oven for 30 minutes.

Note.—This bread will be found of great merit in all cases of sluggish liver and chronic constipation.

No. 4.

Place in a Quaker Mill sufficient wheat to make 1 quart of white flour, oats to make 1 pint of oat flour, barley to make 1 pint of barley flour, and rye to make the same amount. Grind these coarse, mix well, and then add a teaspoon of salt, $1\frac{1}{2}$ dessertspoons of baking powder and a tablespoon of sugar; mix these well together, then add 5 tablespoons of olive oil and $1\frac{1}{2}$ quarts of milk or water. Roll about 1 inch thick and bake in a medium oven for 35 minutes.

To obtain the best results from these breads the meal should consist largely of vegetable soups, raw salads, vegetables and raw and stewed fruits, with hot tea or hot water, and never more than two meals per day.

MILK SUBSTITUTES.

In therapeutic dietetics a substitute for milk becomes an urgent necessity in a great many cases. A milk diet is often not only injurious, but positively harmful, and actually feeds the disease from which the patient is a sufferer. Milk, where the digestion is weak, cannot be digested; it simply passes into the consistency of cheese, which packs the intestinal track and thus corrodes the entire system instead of nourishing the body.

In tuberculous cases, where the popular milk diet treatment is so generally prescribed, the patient reaches a state where milk becomes nauseating. To force a person to partake of nourishment under such mental repulsion is nothing short of criminal, for the food partakes of the character of our thoughts, and hence adds insult to injury when the patients are forced to eat what is an actual abhorrence to them.

In milk substitutes, not only is this entirely removed, but we are able to give unlimited variety to substitutions that are the most highly nutritious, varied in taste and easy of preparation, besides all being hygienic and nonfermentable.

From a dietetic standpoint, these facts must be appreciated, as in sickness the sameness of taste in the foods becomes a burden to the patient.

No. 1.

Take 3 tablespoons of Chinese rice and place in 2 quarts of water; to this add 2 ounces of finely ground walnuts. Allow this to boil slowly for 3 hours; strain out, then add 1 tablespoonful of honey and the juice of $\frac{1}{2}$ a lemon. Mix these well and serve, either hot or cold, half an hour before any meal, or one wineglass every hour, if necessary, where no other meals are taken.

No. 2.

Take 3 tablespoons of pearl barley and add to this 2 ounces of ground pecans. Place these in 2 quarts of water and boil slowly for 3 hours; strain out and add 2 tablespoons of honey and 2 ounces of pineapple juice. This can be used in the same quantity as No. 1.

No. 3.

Take 4 tablespoons of crushed oats and 2 ounces of freshly ground almonds; place these in 2 quarts of water and boil slowly for 3 hours; strain out, then add 1 tablespoon of honey and the juice of 1 apple. This will be found very refreshing and sustaining after any period of excessive heat or exertion.

No. 4.

Take 4 tablespoons of whole wheat and 2 ounces of ground chestnuts, place in 2 quarts of water and cook very slowly for $2\frac{1}{2}$ hours; strain out, then add 2 tablespoons of honey and 4 ounces of fig juice.

Fig juice is obtained in the following way: Take 1 pound of dried figs, chop fine, place in 1 quart of water, cook very slowly for 1 hour, then strain through a cloth and use according to the above directions.

No. 5.

Take 4 tablespoons of rye, 1 ounce of ground walnuts, 1 ounce of ground pecans and 1 ounce of ground almonds; place these in $2\frac{1}{2}$ quarts of water and let cook very slowly for 2 hours, then strain out and add $\frac{1}{2}$ pint of prune juice, the latter being prepared the same as the figs in formula No. 4.

No. 6.

Take 3 tablespoons of rice, 2 of barley, 2 of oats, 2 of wheat, and 1 of rye; to this add 1 ounce each of ground walnuts, pecans, almonds and chestnuts. Place in 3 quarts of water and cook slowly for $1\frac{1}{2}$ hours; strain out and then add the juice of $\frac{1}{2}$ a lemon and 3 tablespoons of honey.

Should these quantities be more than necessary, it is a simple matter to divide them by half, or even less if desirable. The object of this is to insure freshness of the preparation, which preparation will keep in a cool room for at least 48 hours, without change, though the author advises that where these food products are for invalids they should have them prepared every day, so as to obtain the greatest amount of vital nutrition possible.

The author, in presenting these formula to the public, wishes to say that he has given them wide practice for many years, and has found that they never produce distress in any cases when taken by themselves, and it is his advice that where people are in such weakened condition that they can only eat such kind of foods, it would be wise for them to forego all others, living entirely upon these substitutes until sufficient strength has returned to demand a further increase of diet.

The food products here set forth, with their several combinations, in these recipes, give the highest possible amount of nutrition, and yet call for the least possible effort in digestion. They are tasty, clean, wholesome, and easy of preparation, and their dietetic values beyond estimate.

After children have been weaned, a wineglass of any of these substitutes will be found most beneficial two or three times a day, with a little fruit juice and salad between times.

During the heat of summer these preparations are most beneficial, being cooling, nourishing and very refreshing. A wineglass taken $\frac{1}{2}$ hour before meals will remove the sense of collapsible fatigue which is so often experienced during the heat of summer, and in this way they greatly help digestion.

In all cases of sickness, convalescence, and for nursing mothers, they will be found invaluable.

CURRY.

CURRIED EGGS No. 1.

Put 1 tablespoon of butter into a spider. Crack

and mince fine 1 clove of garlic and fry until brown. Chop 4 green peppers, 1 bunch of parsley and 1 cucumber; mix all together and fry for 20 minutes. Then take another spider, place in it 1 tablespoon of butter, and, when melted, rub into it 1 tablespoon of curry powder, and scorch slightly. (This is one of the secrets of making curry; scorch the powder, but do not burn it.) Add to this $\frac{1}{2}$ pint of cream, $\frac{1}{2}$ cup of water and $\frac{1}{2}$ teaspoon of salt, then empty the contents of spider No. 1 into spider No. 2. Bring this to a boil and drop into it 6 eggs, being careful not to break the yolks. Place lid upon the spider and cook for $\frac{1}{2}$ hour. Serve with rice, olives, guava jelly and Major Grey's chutney.

CURRIED EGGS No. 2.

Crack and mince fine 2 cloves of garlic, and fry in 2 tablespoons of butter till brown, then add 1 tablespoon of curry powder, a pinch each of marjoram and thyme, 1 bunch of finely minced parsley; mix and fry well for 3 minutes. Add 1 pint of clear soup stock, 2 tablespoons of Japanese sauce, $\frac{1}{2}$ pint of cream, $\frac{1}{2}$ of a freshly grated cocoanut, and let simmer for 1 hour, then drop in six or eight eggs, taking care not to break the yolks; cook this slowly for 20 minutes, and serve with rice, Major Grey's chutney, guava jelly, baked tomatoes, string beans, salad and fried almonds.

CURRIED MUSHROOMS No. 3.

Peel and fry 1 lb. of mushrooms in 3 tablespoons of butter in which has been placed 2 finely minced cloves of garlic and a pinch each of mint, sage, thyme, mar-

joram and 1 tablespoon of curry powder; fry all together until the mushrooms are done, then mix 1 tablespoon of corn starch in $\frac{1}{2}$ pint of cream and pour this over the mushrooms; then drop in 6 eggs, taking care not to break the yolks; cook together for 15 minutes slowly, and serve with rice, salad, squash, beans and artichokes.

SALADS.

No. 1.

Take a Canton-ware salad bowl and crack and mince very fine 1 clove of Italian garlic, then take a wooden potato masher and rub well the bowl with the minced garlic; then add the leaves of 2 lettuces that have been well washed and drained in the following manner: Make a large bag out of cheesecloth and place the lettuce leaves in it. After they have been washed, then take them out of doors and shake the water from the same by circling the bag over and over. This process removes the water; at the same time it adds to the crispness of the lettuce. Then dress with salt, paprika, olive oil and lemon juice, and rub the salad around the bowl a few times with a salad spoon and fork.

Lemon or lime juice should always be used in the place of vinegar. Canton-ware is preferable for salad bowls, on account of its rough or raised surface, so the garlic can be well ground to its sides.

No. 2.

Take and separate the leaves of 1 lettuce and 1 endive, wash well and drain through a cheesecloth bag, place in a Canton-ware salad bowl in which has

been rubbed 1 clove of finely minced garlic; then put the following into the bowl: 1 cup of cold boiled string beans, 3 sliced tomatoes, 2 minced green peppers and 1 cucumber, with 3 medium sliced potatoes and $\frac{1}{2}$ cup of chili pulp; stir well together and dress with salt, paprika, olive oil and lemon juice, and garnish with 3 sliced hard-boiled eggs.

Note.—Serve your salads through the meal; never make a separate course of them.

No. 3, SLAW.

Take and slice very fine 1 small head of summer cabbage and the leaves of 1 good sized lettuce, 3 tomatoes, 2 green peppers, 2 cups of cold boiled navy beans, 1 tablespoon of minced parsley, 1 tablespoon of dried mustard, 4 tablespoons of minced black olives and 1 tablespoon of French capers; mix well together and dress with salt, cayenne pepper, olive oil, lemon juice and a few drops of Taragon vinegar.

No. 4.

Take and wash well 2 heads of lettuce and drain through a cheesecloth bag; then take and mince fine 1 clove of garlic, and rub well the salad bowl with the same; then take and slice 3 tomatoes, 4 cold boiled potatoes, 1 head of celery, 1 good sized apple and a very small head of finely cut cabbage; mix well together and dress with salt, cayenne pepper, olive oil and lemon juice; add to this a few drops of Taragon vinegar.

No. 5.

Take and slice 4 tomatoes, 4 cold boiled potatoes, 1 small onion, 1 small cucumber, 2 hard-boiled eggs and

1 green pepper; place in a bowl that has been well rubbed with garlic, and dress with cayenne, salt and mayonnaise dressing.

No. 6.

Take and wash 2 heads of lettuce, drain through the cheesecloth bag, place in a bowl which has been well rubbed with garlic, then cut into slices 12 cold boiled artichokes; sprinkle this over with freshly grated horseradish, 1 tablespoon of minced parsley, 1 of French capers, 1 of Bengal chutney, and dress this with salt, paprika, olive oil and lemon juice.

No. 7.

Take and rub well a salad bowl with garlic; into this place 1 quart of plain boiled red beans; mix with them 2 tablespoons of minced parsley, 2 tablespoons of minced capers, 2 tablespoons of fresh-made mustard, 2 tablespoons of horseradish, 1 dessertspoon of salt, 1 teaspoon of paprika; mix well together, then add 4 sliced tomatoes, 1 pint of finely sliced slaw (or the leaves of 1 large lettuce); mix well and dress with olive oil, lemon juice and a few drops of Taragon vinegar.

No. 8.

Take and rub well a salad bowl with garlic, and put in it the leaves of 1 large lettuce; slice carefully 4 large tomatoes and place on the lettuce leaves; then take and mince fine 1 tablespoon of capers, 2 tablespoons of Major Grey's chutney, 1 bouquet of parsley, 4 hard-boiled eggs, 12 stoned black olives, and mix with this 1 tablespoon of Japanese sauce, the juice of 1 lemon, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of cayenne, 4

tablespoons of olive oil; place this dressing with a spoon upon the tomatoes, garnish your dish with cold hard-boiled eggs, and point the dish with mayonnaise dressing.

No. 9.

Take and rub well the salad bowl with garlic; put in the leaves of 1 lettuce, 1 sliced apple, 1 minced green pepper, 1 tablespoon of capers, $\frac{1}{2}$ pint of cracked English walnuts, 2 sliced bananas, 1 large sliced peach and 2 large sliced tomatoes; dress with salt, paprika, olive oil, lemon juice, and give a liberal sprinkling of Bengal chutney.

VEGETABLES.

Vegetables alone supply the vital force of man. It is the vegetable salts, not the animal salts, that he requires; and all vegetables that grow above the ground form man's natural diet and supply his natural needs. The tuber family should never become a staple article of food. There is no harm in the occasional eating of a potato, but do not make the potato the chief vegetable of the meal. Use rice sixteen times to potatoes once. The greatest antiseptics known to our modern world of drugs are those derived from the herbs; therefore, when herbs are liberally used in the preparation of foods, they form a natural antiseptic for the physiological system, and also the very food of the psychologic being. Color, odor and varieties are the food principles for the nervous system. The solids go to supply the waste of the body, and the liquids the waste of the mind.

“Bread is for the body, but colors, odors and perfumes are the food of the soul.”

The secret in cooking vegetables properly is to cook quickly and with only sufficient water to cover them, so that when they are cooked there remains no water in the vessel. This prevents the waste of the vegetable salts, and saves the flavor of the vegetables. Where there is much water used, the virtues of the vegetables are thrown away in the water. One does not draw the tea, cast away the liquid, and eat the leaves; neither should one throw away the virtues of other foods derived from infusion or cooking.

Such vegetables as spinach, beet tops, etc., should never be cooked in water, for they contain sufficient moisture to cook themselves.

Some of the most therapeutic of vegetables are asparagus, artichokes, cecale, cabbage, Brussels sprouts, savory cabbage, Scotch kale, summer squash, onions and sweet corn; in salads, tomatoes, Barde-de-Cabbashon, endive and lettuce. The sweet herbs, such as thyme, marjoram, mint, parsley, savory and celery—all of which hold a natural affinity with the other members of the vegetable family—are also therapeutic.

There is a popular tendency to over-cook vegetables. There is no excuse for the practice. A simple rule for the testing of the cooking of vegetables is this: When, on inserting a steel fork, it leaves the vegetables freely, they are cooked and ready for eating.

Beauty is the food for the eye, taste for the tongue, firmness for the body, and perfume for the soul.

Make your dishes beautiful with various garnishings. Use freely minced parsley, paprika, a liberal use of

butter, a little black pepper, capers, and, where possible, olive oil and lemon juice.

White dressings are fine when made with a little tomato chutney, chili pulp or Tobasco ground pepper; this, with a little pinch of finely minced parsley, adds character to the dressing and beauty to the dish.

NUTS.

FRIED ALMONDS.

Place in a skillet 4 tablespoons of olive oil and bring it to a smoking heat; then pour in $\frac{3}{4}$ of a lb. of paper-shelled almonds, that have had their shells removed, but not blanched; stir well while cooking, to keep from burning. When the nuts turn to a deep brown color, pour off the oil and sprinkle with salt. No meal is complete without fried almonds; and they should be eaten through it, and not as a course.

No. 2.

Cocoanut can be prepared in the same way as the almonds. Another excellent way to cook cocoanut is to cut in sices and place these slices in the oven till it is brown, then sprinkle with salt, and eat through the meal. Brazil nuts are excellent prepared in the same manner.

The oil in which nuts have been cooked should never be thrown away. It has no equal for frying purposes, and gives everything which is recooked in it a great flavor.

Never blanch your nuts; it destroys their digestive quality. Chestnuts can be boiled and roasted and used with any roasts, stews or salads.

Always eat your nuts through your meal. Nature has so ordained that they should be eaten thus.

Walnuts should be eaten with raisins. They have a taste affinity for each other, and are thus naturally adapted for dessert purposes.

Filberts, pecans, black walnuts and hickory nuts, when ground into pastes, are splendid for flavoring purposes. A tablespoon of any of them can be used with great advantage in anything from soups to salads.

CRYSTALLIZED NUTS.

Take and make a syrup of 1 lb. of cane sugar to 1½ pints of water; bring to a boil and then drop in the nuts. Remove them, so that they can dry, then repeat the process until they are heavily covered with the sugar. Cocoanut should be sliced and boiled in the syrup for ½ hour before being removed from the syrup. The same rule holds good with Brazil nuts.

DRIED FRUITS.

Prunes, peaches, sultanas, raisins, currants, pears, apples, apricots, cherries, figs and citrons. Our California and Arizona products are now superior to any importations, and, as they are fresh and more carefully prepared, preference should be given them when possible.

CRYSTALLIZED FRUIT AND NUTS.

Strawberries, pineapples, cherries, pears, figs, apricots, green gages, cocoanuts, Brazil nuts, pecans, filberts and almonds. Make a syrup from 8 lbs. of cane

sugar (beet sugar is useless for preserving or crystallizing) to 1 gallon of soft water and 1 dessertspoon of corn starch; bring to a boil (stirring all the time, so that the syrup is smooth), then drop in the fruit, taking care that it is dry; let it remain a short time, remove and dry; repeat the process till it is heavily coated, then place in a dry, cool place. Nuts are treated in the same manner, only they should be boiled for ten minutes in the syrup, taken out, dried, and then redipped until they are coated sufficiently.

SYRUP.

Simple syrup is made after the following manner: Take 8 lbs. of cane cube sugar and dissolve this in 1 gallon of distilled water; bring this to a boil, let it stand and cool. It is then ready for use. Where one prefers to use syrups instead of extracts, the simple rule is a gallon of syrup to $\frac{1}{2}$ gallon of extract.

NUTS.

Cocoanuts, Brazil nuts, walnuts, filberts, chestnuts, pecans, hickory, almonds and peanuts. It is better to buy your nuts in large quantities in the middle of November and place them in a cool, dark and dry cellar. A reliable commission man is the best person to go to for your supply of nuts.

JAPANESE BEAN FLOUR.

It is one of the best ingredients for a rapid meal, besides being tasty and nutritious.

Take $\frac{1}{4}$ pint of cream and mix it with 2 tablespoons

of the bean flour, 2 tablespoons of Japanese sauce, and when well mixed add 2 quarts of boiling water, 1 tablespoon of butter; bring this to a boil and let it cook for ten minutes. It is then ready to serve with black olives and toast.

It can also be used as a thickening in most anything with good results.

CANE VS. BEET SUGAR.

In spite of all that is said to the contrary by those who are interested in the cultivation of the beet root, beet sugar is not as good, and never can be as good as cane sugar. In the first place, beet sugar is useless for preserving or for the making of syrups. Where it is used for such purposes, preservatives must be used; and no preservatives are wholesome. The human stomach is not a laboratory for experimental purposes.

A simple way to detect beet sugar from cane is to squeeze a lemon on the sugar. If it is beet sugar it will turn peacock blue; if cane, its color will not be affected.

Cane sugar has a pronounced crystal, while beet sugar looks like smooth white sand; a cube of cane sugar is rough and irregular, while beet sugar is smooth and even. These points will lead to the detection of beet sugar when sold for cane.

UNSALTED BUTTER.

The old saying, "a little is good, but more is better," expresses the way in which butter is robbed of its tissue-building quality and its flavor by the excessive use of salt.

Salt does not make tissue, but butter and cheese are great tissue producers. Therefore do not destroy their virtue by over-salting.

Unsalted butter will keep from 14 to 21 days easily in the ice box; and why it should be expected to keep longer and be sold as fresh butter, I, for one, do not understand. Butter should have just one level tea-spoon of salt to the pound, and a small one at that. This helps bring out the sweetness of the butter, without changing the character of the butter fats.

There is nothing more detrimental to health and inducive to catarrhal conditions than salt, especially when taken into the system in butter, lard, dripping or white meat fat. Salt thus eaten is condensed into a watery consistency which readily becomes absorbed in the fatted molecules, which molecules when acted upon by the process of digestion and assimilation revert back to the crystalized formation. These crystals often times are deposited upon a mucus surface, which sets up an irritation, such irritation produces inflammation of the tissue, and inflammation is but another word for catarrh.

PEPPER.

Pepper is the only natural stimulant, and from its use no bad effects occur. Compare this with alcohol and other stimulants. Reason measures all, and wisdom guides; we do not rub a raw surface with pepper, any more than we would rub pepper in our eyes.

First heal the raw places with food antiseptics, then use pepper to quicken circulation; you will then be well, strong and active, with a mind that is clear, firm and self-reliant.

DESSERTS.

It will be found that desserts are unnecessary in this system of cooking; but where there is a desire for a little sweet or pie or pudding, have them at the lightest meal.

A good fruit pie can hurt no one; but to live on pie, as the principal article of diet, will kill the hardest.

RED CHILI.

The red chili pulp is prepared after the following manner: Take $\frac{1}{2}$ lb. of Mexican chili or Italian pepperoni; cut the wrong end off and place the pod in a large vessel of cold salt and water; cook for 40 minutes over a quick fire, then strain off the water and throw the pods into a cold water bath for 10 minutes. Cut them open lengthwise, wash out the seeds, then remove the pulp from the skin with a blunt knife. Place the pulp in a stone or glass jar, and keep in a cool place. It is then ready for use, and will keep fresh for some time.

This pulp is invaluable to this method of cooking, and should be used according to the recipes given here, when it will always be found appetizing and sustaining.

GREEN CHILI.

The skins from green peppers can be removed after the following manner: Place the peppers in a baking pan and put this in a hot oven for a few minutes or till the peppers are blistered; throw them into cold water and the skins will readily separate. The pepper

should then be opened with a sharp knife, and the seeds washed out; place pulp in Mason jars with a little salt; bring to boiling point and seal. This will keep all Winter, and it is a most delicious article.

FRIED GREEN PEPPERS.

Remove the skins of 6 large peppers, egg and bread crumb them, and fry in ghee or butter, with 3 sliced tomatoes till browned; then place 6 eggs in the skillet, taking care not to break the yolks; add salt to taste, $\frac{1}{2}$ teaspoon of paprika and 1 tablespoon of minced parsley. Serve with rice and black olives.

GREEN CHILI WITH CHEESE.

Remove the skins of 6 large peppers, egg and bread crumb them and fry in ghee or butter till brown with 1 finely minced clove of garlic; take a pinch each of thyme, marjoram and mint, and 1 pint of good soup stock, 1 tablespoon of Japanese sauce, mix together and cook for a further 3 minutes, then cover this with $\frac{1}{2}$ lb. finely sliced New York cream cheese, cover the skillet and let it cook till the cheese is thoroughly melted. Serve with rice, olives and another side dish.

GREEN CHILI OMELET.

Take $\frac{1}{2}$ pint of the green chili pulp and fry in 4 tablespoons of ghee or butter with 3 tomatoes, 3 sliced onions, 1 clove of minced garlic till thoroughly browned; pour over this 1 pint of soup stock, $\frac{1}{4}$ pint of cream and a pinch each of thyme, marjoram, mint and black pepper, 2 tablespoons of Japanese sauce and $\frac{1}{2}$ pint of crushed nuts; let cook for twenty minutes,

then break into this 4 eggs and stir well together ; cook for a further ten minutes. Serve with rice.

Take and slice 4 large peppers, 4 tomatoes, 4 onions, 2 cucumbers, 2 small Summer squashes, 1 pint of green peas, $\frac{1}{2}$ pint of dried mushrooms, teaspoon of salt, $\frac{1}{2}$ teaspoon of paprika ; place all in a deep baking-pan and pour over it 1 pint of good soup stock, 2 tablespoons of butter, $\frac{1}{2}$ pint of cream and 1 pint of water ; sprinkle this with a pinch of thyme, marjoram, sage, black pepper and 2 tablespoons of minced parsley, and let bake in a moderately hot oven for 1 hour.

Serve with boiled potatoes, salad and olives.

CURRY POWDER.

Probably the best procurable in this country are Cross & Blackwell's and Davis & Co.'s ; the former to be had of all grocers and the latter at Hamilton Place, Boston, Mass.

GARLIC.

The uses, and not the abuses, are what concerns this system of cooking. The proper way to prepare garlic is first to crack the clove by placing it under a heavy knife-blade and hitting the same with the hand upon the chopping-board. This reduces it to a fiber, which can be minced fine with a sharp knife. Then place it in the salad bowl and rub it around with a wooden potato masher, which ensures perfect distribution. For cooking, pursue the same method of preparation ; then, when minced, place in the vessel with butter, and fry till it is a light brown.

MAYONNAISE DRESSING.

For a pint of mayonnaise dressing take the yolks of 2 eggs, 1 saltspoon of salt, $\frac{1}{2}$ teaspoon of black pepper and paprika, 1 teaspoon of dry mustard, 1 dessertspoon of Taragon vinegar, 1 dessertspoon of lemon juice, mix into a smooth paste in a bowl that has been well rubbed with garlic, then add $\frac{3}{4}$ pint of best olive oil, 2 ozs. of lemon juice, stir in a few drops at a time till the mixture is of a creamy consistency, place on the ice for a few hours before bottling or serving.

JAPANESE SAUCE.—CHOU-YOU.

It is the monarch of all sauces. It is prepared from bean and rice flour, and arrives at the age of perfection when it is four to five years old. It can be used to advantage in all systems of cooking, and when once it has been used no meal will prove complete without it.

Harvey's sauce, Worcestershire sauce, East Indian sauce and the Old Sauce are all imported sauces, and can be had of only first-class houses. They are all of the first quality, and the names of the firms who prepare them are a sufficient guaranty of their purity.

KETCHUPS.

Walnut and mushroom ketchup are imported by Cross & Blackwell, and are both excellent for flavoring soups, etc. Indian Soy is also imported by the same house, and to those who love a sweet sauce this is without a peer.

DOMESTIC.

Tomato, mustard, horseradish, Tabasco and chili are fine in flavor and supply a number of wants on the lunch and supper table.

GHEE OR CLARIFIED BUTTER.

Take and finely grate one large cocoanut, place this in a kettle with 1 pound of unsalted butter, bring this to a boil, and let it simmer for 2 hours, then add 3 lbs. more of the unsalted butter; bring to a boil once more and let it stand and settle; strain off; place in bottles, cork well and seal and use in cooking instead of butter.

When ghee has been prepared after this method it has no equal for cooking, as it gives a beautiful nutty flavor and is withal most economical.

CHUTNEYS.

The most popular of the imported Chutneys are: Bengal sweet mango Chutney, Colonel Skinner's and Major Grey's. These are bottled and imported by Messrs. Cross & Blackwell, and can be obtained from all first-class grocers.

TOMATO CHUTNEY.

Take 10 lbs. of ripe tomatoes, 3 lbs. of apples, 1 lb. of seeded raisins, 1 lb. of dried figs, 1 lb. of dried prunes, 4 lbs. of sliced onions, 6 cloves of minced garlic, 3 lbs. of honey, 3 lbs. of tamarinds, $\frac{1}{2}$ lb. of mixed spice, juice of 12 lemons and 3 lbs. of black grapes; boil all together for four hours, then pass through a coarse jelly bag, bring again to a boil and place in Mason jars. This will keep for years.

CHILI CHUTNEY.

Take and pulp 5 lbs. of Mexican chili, add to this 2 lbs. of apples, 4 lbs. of skinned tomatoes, 2 lbs. of dried apricots, 3 lbs. of finely chopped onions, 2 lbs. of tamarinds, 1 lb. of black molasses, 1 lb. of dried prunes, 1 lb. of dried figs, $\frac{1}{2}$ lb. of mixed spices, the juice of 12 lemons, 6 minced cloves of garlic, 2 lbs. of honey; cook together for four hours, and place in Mason jars.

GRAPE CHUTNEY.

Take 1 gallon of black grape juice, and add to this 4 lbs. of skinned tomatoes, $\frac{1}{2}$ lb. of mixed spices, 2 lbs. of dried apricots, 2 lbs. of figs, 1 lb. of prunes, 1 lb. of tamarinds, 3 lbs. of finely minced onions, 6 cloves of minced garlic, 12 minced apples, 1 teaspoon each of thyme, marjoram, mint, parsley, 1 oz. of ground ginger, 2 lbs. of honey, 1 lb. of black molasses, 2 lbs. of Sultanas, the juice of 18 lemons and 2 finely grated, large, fresh cocoanuts; cook slowly for five hours, then place in Mason jars.

These Chutneys are to be used as relishes and for flavoring purposes. No laboratory is complete without a great variety of Chutneys, as they are the foundation of many tasty dishes.

FLAVORINGS.

The most popular flavoring extracts are: Vanilla, strawberry, lemon, grape, chartreuse, maraschino, benedictine, curacao, vermouth, cherry, brandy, rum, peach, banana and rose.

As we have before stated in this little work, we deal

with the uses, and not with the abuses, of things. Correct your diet, and you will have corrected your habits. Drunkards and narcotic fiends are the products of wrong diet. There is no fear that you will become the victim of alcoholic stimulants when you live upon a vegetarian diet. Nearly all flavors now offered on the market are synthetic, and therefore are, by their very nature, injurious to the human being.

Is it not better to prepare one's own extracts than to buy the poisonous substitutes that are offered for fruit extracts?

It may cost a little more time and money to prepare your own extracts, but you have the great advantage of knowing that they are pure.

To make Vanilla Extract, take $\frac{1}{2}$ gallon of Cologne spirits and place in a 1-gallon glass-stoppered tincture bottle; add to this 4 ozs. of glycerine, $\frac{1}{2}$ pint of maraschino and $\frac{1}{4}$ pint of curacao; shake well together, then take a meat grinder, clean it thoroughly and pass through it $\frac{3}{4}$ lb. of Mexican 12-inch vanilla beans; set the knives to cut as fine as possible, wash your grinder in a little of the Cologne spirit, then place the crushed beans and the washings into the gallon bottle, shake this every day thoroughly for three weeks, then draw off and pass through a filter. The object of adding the glycerine, maraschino and curacao is to hold the flavor of the vanilla, which otherwise will escape in the process of cooking.

STRAWBERRY EXTRACT.

Take 10 lbs. of small ripe red strawberries and 8 lbs. of cane sugar, boil them together for 1 hour, pass

this through a jelly bag, and while the liquid is still hot, add 4 ozs. of glycerine, $\frac{1}{2}$ pint of benedictine, 1 quart of Cologne spirit; shake well and keep in well-corked bottle.

LEMON EXTRACT.

Take a gallon glass-stoppered salt jar and fill with sliced lemons; add as you fill the jar, 1 lb. of cane sugar, 3 ozs. of glycerine and $\frac{1}{4}$ pint of yellow chartreuse, and fill up the jar with Cologne spirit; let it stand from ten to fourteen days; filter off and cork well.

GRAPE EXTRACT.

Take 10 lbs. of Tokay grapes when they are thoroughly ripe, and boil with 5 lbs. of cane sugar and 1 quart of water for an hour; pass this through a jelly bag, and, while the liquid is hot, add 2 ozs. of glycerine, 1 quart of Cologne spirit and $\frac{1}{4}$ pint of curacao; bottle and seal.

Cherries and peaches can be prepared the same way as the grape, except the cherries should receive $\frac{1}{2}$ pint of Old Brown brandy, and the peaches $\frac{1}{4}$ pint of Vermouth.

These extracts are very strong, and great care must be taken not to use too much of them. One dessert-spoon to the pint will make a pronounced flavor. And to my temperance critics I will say that Butyric ether, chloroform, ether, coal tar compounds and essential oils are far more injurious to the consumer than the small amount of Cologne spirits that these formulas

call for, and we should not strain at a gnat while we are swallowing a camel.

FRUIT DRINKS.

Take the juice of 6 lemons and place it in an agate pan with 2 lbs. of grapes, 1 lb. of peaches, 1 lb. of ripe greengages or plums, and one grated pineapple; add to this 2 quarts of water, 1 lb. of cane sugar; let it cook for 1 hour, strain through a bag, let cool, then add 1 tablespoon of grape extract and 1 quart of aerated water. Serve in wine glasses with a little cracked ice.

CHERRY.

Take the juice of 4 lemons and place it in an agate pan with 2 lbs. of Morella cherries, 1 lb. of raspberries, 1 grated pineapple, and 1 lb. of ripe apricots; add to this 2 quarts of water, $\frac{1}{2}$ lb. of cane sugar, and let it boil for forty minutes. Strain and let cool, then add 1 tablespoon of cherry extract (or vanilla extract), stir in well and add 1 quart more of water. Serve in wine glasses with a little cracked ice.

CLARET CUP.

No. 1.

Take the juice of 6 lemons, 6 oranges, 2 lbs. of white grapes, 1 lb. of peaches, break all together and let stand for 1 hour; strain through a bag without squeezing, then add 2 tablespoons of grape extract, 1 tablespoon of cherry extract, 2 quarts of aerated water. Serve in tumblers.

No. 2.

Take 1 tablespoonful of vanilla extract, 1 of cherry,

1 of peach, 3 of curacao, juice of 2 lbs. of white grapes, the juice of 6 lemons, and 1 grated pineapple. Mix together, then add 2 quarts of Manitou water. Serve in tumblers with a little cracked ice.

In making fruit drinks, preserved jellies dissolved in water will answer the purpose of fruit; and by keeping up your stock of flavoring extracts you can make innumerable drinks, all the year round, in a very few minutes. These drinks will be found very refreshing and wholesome and at the same time delicious in flavor.

COFFEE.

Coffee, the same as tea, is a natural stimulant, and, when taken in moderation and properly prepared, supplies a great want to some systems. Coffee is rank poison to some, and tea is to others; where this is so, it is self-abuse to drink either of them. Drink the one suitable for your wants, but be careful that your wants are not your masters. The same rules apply in the preparation of coffee and tea, namely: Do not stew them, and be sure that they are fresh.

Make your coffee by infusion, clarify it with the white of an egg, drink it without milk or cream and never with oatmeal or breakfast foods; and it will generally be found more wholesome than most of the coffee substitutes.

In this system of diet the wants of the body are so perfectly supplied that to form a habit for any one thing is impossible.

Be sure that tea or coffee agree with you before you make a practice of drinking either of them.

TEA AND TEAS.

It is from the general prejudice in some cases, and from ignorance in others, that this natural stimulant is so much abused.

The improper way of preparing and the continued drinking of the same kind of tea, without change of character or any neutralizing quality, makes tea injurious.

The golden rule to follow in making tea, is, first, a china tea-pot; secondly, fresh boiling water; thirdly, never allow the tea to draw for longer than four minutes, and never on a hot stove, so that the tea boils; and, fourthly, never use a metal teapot or a metal spoon. Should the first brew prove insufficient, always make a fresh pot; never re-water the leaves or squeeze the pot to make the extra cup.

Tea is a great blender with other herbs, as the following recipes will prove:

MINT TEA.

Take and place in a china tea pot 1 teaspoon of Ceylon tea, 2 slices of lemon and 3 sprigs of mint; pour over this 1½ pints of fresh boiling water; let it stand 4 minutes, then pour out. This is a delightful beverage, either hot or cold.

GINGER TEA.

Place 1 teaspoon of Ceylon tea in a china tea pot; to this add 1 teaspoon of freshly ground Jamaica ginger, 3 sprigs of mint, 2 slices of lemon and 1½ pints of fresh boiling water; let it stand for four minutes and pour out.

This is a great stimulant and leaves no bad effects.

SPICED TEA.

Place 1 teaspoon of Ceylon tea in a china tea pot; to this add $\frac{1}{2}$ teaspoon each of freshly ground ginger, nutmeg, calamus, 6 drops of tincture of vanilla and 3 sprigs of mint, and 4 thin slices of lemon; pour over this $1\frac{1}{2}$ pints of fresh boiling water, and let it stand for four minutes. It is then ready to serve and will prove a great comfort after excessive fatigue or exposure.

A good rule to follow in the drinking of tea is to alternate India tea one month with China tea the next. This, with occasionally a drink of the spiced and aromatic teas, will prevent the forming of any habit either for China or India teas.

PICKLES.

All vinegars are injurious to the stomach when taken in excess, and pickles should be eaten sparingly. Wine and cider vinegars are the least injurious. A few drops of Taragon vinegar for the flavoring of a salad cannot be harmful, neither is the toothsome pickle, once in a while.

DILL PICKLE.

Make a brine from good salt, and soft fresh water, so that it tastes strongly of the salt, place this in a barrel till wanted. Then take a keg and lay in layers the cucumbers and a little dill, cover this with grape leaves and a spoonful of mixed spice, then a layer of sweet mango peppers and more grape leaves, then another layer of cucumbers and mixed spice; do this, alternating the mangoes and cucumbers till the keg is

nearly full, then pour the brine over it till all is covered; on this place a plate or the top of the keg, and do not place where it can become frozen.

Take 5 lbs. of chilis, 5 lbs. of green mango peppers, 5 lbs. of limes, $\frac{1}{2}$ lb. of mixed spice, 5 lbs. of cucumbers, 5 lbs. of sliced ripe tomatoes, 2 lbs. of sliced onions, 8 cloves of minced garlic and the juice of 12 lemons with 2 tablespoons of salt; to this add 2 quarts of white wine, and let it simmer for 3 hours, then place in Mason jars. Pints will be the most serviceable.

Cross & Blackwell's pickled walnuts, chow chow, piccalili, mixed pickles, beans and red cabbage stand as a class by themselves; they are prepared in the finest malt vinegar and from the best of vegetables.

Our domestic brands of tomatoes, cucumbers, onions, fruit and mixed pickles need no special mentioning.

NOTES ON IMPORTED AND DOMESTIC PREPARATIONS.

Macaroni, spaghetti, vermicelli, sun-cured olives, white garlic, olive oil, Parmesan cheese, Roman cheese, cassacaballo cheese, tomato paste and dried tomatoes may be had of all Italian grocers.

JAPANESE SAUCE.

Sho-you, or Japanese sauce, bean flour, dried mushrooms, pickled egg-plant, pickled bamboo, rice and other canned goods may be had of most Oriental importing houses.

IMPORTED HERBS.

Sweet savory, sage, mint, thyme, marjoram and par-

sley are bottled and imported by Cross & Blackwell, of London, England.

IMPORTED PEPPERS.

Nepaul pepper, paprika, peperoni, Mexican sweet pepper and black pepper may be obtained of all first-class grocers. White pepper is not fit to eat.

NOTES ON FOREIGN AND DOMESTIC PREPARATIONS.

CURRY POWDER.

Curry powder; Cross & Blackwell and Davis & Co., Hamilton Place, Boston, Mass.

STARCHES.

Tapioca, sage, arrow-root, cornstarch, farina and rice; all first-class houses.

MUSHROOMS.

Best French canned, all grocers. Sun-dried mushrooms; Italian and Japanese importing houses.

OLIVES.

California and Arizona black olives have the most perfect taste and carry a rich percentage of oil. They can be had of first-class grocers or direct from Western houses.

JELLIES.

Red currant, black currant, apple, pear, peach, green gage and guava jellies are always handy and are most wholesome.

IMPORTED CRACKERS.

The Osborne, Albert, Oaten, Breakfast, Luncheon and Le Man's biscuits are all manufactured by the Huntley & Palmer Biscuit Co., and can be had of most first-class grocers.

RICE.

Chinese rice can be obtained from Chinese importing houses; Japanese rice from Japanese importing houses; Patna, Carolina and Louisiana from all grocers.

CHEESE.

English cheddar, English Stilton, Roquefort, Gorgonzola, Parmesan, Cassacaballa, Roman and Swiss cheeses; all first-class grocers and delicatessen establishments.

OLIVE OILS.

Today our own domestic oils surpass in quality the imported oils. The Phoenix, St. Gabriel's Copper's, Purity, Eirhman's and the Crescenta olive oils are all of first-class quality; and where heavy oils are liked, these have no equals.

OLIVES.

Our domestic olives are the finest the world can produce.

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