

# PROPER NUTRITION

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FOOD AND ITS RELATION  
TO OUR BODY

BY

**J. P. MOLS**

BUFFALO, N. Y.



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# PROPER NUTRITION

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The normal body is composed of  
elements harmoniously combined

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# PREFACE

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## Health and What It Needs

Health is the normal process of all life functions in the organs of our body.

What is necessary for the maintenance of that life process, (Health)? The answer is air, light, water, action and rest. The human being has forgotten how to regulate these life necessities according to quality and quantity, while the more fortunate lower animal has at least its instinct as a guide.

Natural Science must, therefore, replace the missing instinct in us, as long as ignorance in diet is one of the causes of abnormal condition in our bodies.

Some may ask, why is it if wrong supply is the cause of wrong function in our body, that this logical thought is overlooked and only the effect is recognized? Almost ninety per cent. of every hundred want to be given remedies rather than do their own thinking and learning the cause in order to remove it.

If our grandfathers had their whiskey, meat and potatoes every day and our grandmothers lived to be ninety-four years old and drank six cups of coffee each day along with cake and pie, why should we condemn these foods and change our diets? These and like questions are asked not only by the laity but also by our so-called Health Students.

But the light regarding causes of disease is shining brighter every day and with the improvement of hygienic conditions, we soon will learn to conquer diseases and upon realizing that wrong nutrition is

the cause of wrong function, whether it be in the human or any other machine we will at once become interested in the study of the relation of food to health.

### **What Is the Medium of Nutrition?**

Blood is the only tissue food. We know that blood or the constituents in blood are not always the same. We know that the elements in the blood are not always sufficient to supply all the cells in our body. We know the specific weight of our blood is fluctuating. Just how easily physical and chemical influences affect our blood is shown by its quick coagulation. In all cases of disease disposition, we find as the cause wrong food supply or pathological, (wrong) food digestion.

We can observe that out of rock, (lifeless stony matter), plant life develops in earth combined with water and air and under the electrical influences of sunlight and heat.

Plants grow because the ether out of which the universe was created combines all elements to a structure. As ether itself is combustible, its presence in plant life makes the plant subject to combustion, in a larger degree, because part of the plant body which was composed of oxydized substances and acting as a scaffold always remains as a so-called ashes.

### **Which Are the Elements Found in the Human Body?**

In almost all plant structure, we find elements predominating such as calcium, natrium, calium, magnesia, iron and manganese combining with silica, chlorine, florine, phosphorus and sulphur. These are the elements which guarantee form to the animal as well as to the plant life.



For illustration, if we take a dry leaf and light it, part of it will burn but the ashes will keep the form of a leaf.

The same is true of the human body. A corpse will keep its shape for many years, which is proven when a casket containing the body of a person who has been dead for years, is opened. The natural structure remains but as soon as it is touched, the frame collapses to a dust pile. The combustible elements had decomposed, but the form giving elements had kept the same form as they had maintained in life.

The animal body is directly or indirectly composed of plant substance and shares its combustibility. Cows, chickens, geese, horses, sheep, elephants, all change their food (the vegetable substance) into the specific body material. For this reason the animal body has for its foundation, combustible substance, besides about three-fourths per cent. water and upon these our existence rests, Strength and Health.

### **Elimination and Chemical Changes in the Human System**

Our bodily substance through breathing is subject to a process of chemical combustion.

We must eliminate the products of combustion thru lungs, kidneys, bowels and skin. In order to keep our strength, we must replace what we consume during our mental and physical activities, at a time when we do not require strength, which time is during sleep.

Since physiological chemistry teaches us that the final product of combustion of our bodily sub-

stance in the oxygen we breathe, is dehydrated ammonium carbonate ( $\text{N}_2\text{H}_4\text{CO}$ ) to which the name urea has been given, as it was first discovered in urine (which removes the burnt constituents dissolved in water from the circulation).

It is plain that this same urea, combined with combustible substances must form a basis of our tissues, and if continuously discharged through our kidneys, must be replaced through food, composed of the elements mentioned above, in order to keep our bodies normal.

Consequently, the whole secret to keep energy and health lies in the proper nourishment. That is to say, our food must contain enough of the above twelve mineral elements, besides all nitrogenous hydrocarbons in a harmonious process, to rebuild our body substance which is subject to a continuous change.

### **Incomplete Text Books**

This simple truth is not taught in our physiology. Our text books do not consider the mineral elements in our structure at all important. Our teaching of the composition of animal and plant life, that is carbon, oxygen, hydrogen and nitrogen are very incomplete.

Not only should we combine the above twelve mineral elements with carbon and nitrogen, but their organic combination forms the most fundamental substance in our body and without them (the body frame forming elements) plant and animal growth is impossible.

Now we will find out what part the single mineral elements play. We must comprehend that the

lack of any of these must lead to physical and mental insufficiency. In other words, we must bring repair material to the parts from which the mineral elements have been consumed, if the human structure is to keep its highest capability and maintain health.

At present, according to statistics, the leading elements in the composition of our food are protein (nitrogenous food), carbohydrates (starches and sugars), hydrocarbons (fats).

What is the cause of the large increase of cases of Cancer, which in 1917 claimed 100,000 people; Tuberculosis, 110,285; Bright's Disease, 78,000; and Heart Disease, 115,337.

### **Mineral Elements Are the Fundamentals of Life**

Our plant life raised in soil poor in minerals is underdeveloped and easily subject to decay. Why can't we raise fruit in our wonderful fruit belt, free from spots, like they do in the western part of our country in the lava soil, or in the valleys which are flooded every spring with the disintegrated stonemeal, washed down from the hills?

If we carry the minerals away from the soil in the crops, we must replace them, otherwise the structure of the new plant will be abnormal.

Everybody should be able to see that if all twelve minerals are used every year and not replaced, the soil will soon become deficient in them, as they cannot last forever.

Usually after a crop which had short roots the farmer plows deep, the purpose is to bring the new earth (minerals) to the top. After a crop of potatoes or corn has been planted, the soil is given a

rest in order to recuperate. Clover, especially alfalfa, is sown. Why? The roots penetrate as far down as eighteen feet and carry the minerals to the top. The farmer calls this giving the soil a rest, but the truth is, that the soil is restored to its equilibrium.

### **Farmers Should Know the Chemistry of the Soil**

We are trying to replace the minerals with potassium, phosphoric acid and nitrogen. But the fact holds true, that which is removed, must be replaced if a normal structure is desired.

For an example, suppose you break a window in your house, you must, in order to make the window as it was before, repair it with the elements of which it was composed (glass). If the plaster falls from your walls or ceiling, you must replace it with plaster. If one brick should fall from your chimney, you cannot put two bricks in its place. Neither can you put glass in your chimney in place of brick or plaster in place of the glass in your window, nor glass in place of the plaster in your ceiling.

If you have a defective part in your machine, you must replace it with a repaired or new part in order to have a perfect machine. So it is with our soil, plant and animal bodies.

The farmer who boasts of the fine results he obtains from using stable manure, has results where the bedding of his cattle was composed largely of straw, which is rich in mineral elements, thereby bringing back some of the elements which were taken away in oats, wheat, barley and rye crops.

Perhaps some of you will wonder what this has to do with us as individuals. I am not a farmer nor

am I in the agricultural business. But you and yours depend upon food and it is your duty to see whether or not your food receives right influences during its development and during its commercial handling, which is constructive or destructive. These illustrations are used to show that all life is subject to the law of supply and demand.

The elements which are necessary for the building of a plant are just as necessary for the animal body, but what a plant is developed on is not sufficient for the human body. A plant requires no blood, only water, contrary to the human and animal bodies, as is the character of the nitrogenous food which does not contain enough mineral elements. The result is chemical decomposition of the blood and lymph protein. This is the cause of tubercular cattle. Food which comes from poor soil, lacking in minerals, does not contain a normal structure and therefore cannot make the right material (blood) for the cattle.

### **Why Children Get Sick**

Our children whom we intend to raise on milk from wrongly fed cows succumb in their early life to all kinds of diseases, especially diphtheria. If the children are fed on milk, poor in lime and iron, which has been diluted about one-fourth water, we will produce a chemical decomposition of the lymph protein which brings a disease known as smallpox. The cause of tuberculosis is the excess of protein food eaten by the cattle, and which is insufficient on lime, iron, sodium, sulphur, etc. In our own human society there is the same fault, an excess of protein food.

Our lungs are not the only organs which represent abnormal development. Every organ which consumes energy, that is, breaks down cells and tissues, if they are not rebuilt with the necessary constituencies, is subject to abnormal conditions (disease).

### **Wrong Supply**

The lymphatic system of our bodies is like a railroad system with junctions, having many roads entering these junctions: no one can say where it begins or where it ends. The beginning is everywhere as it should be, with an intermediate factor between blood material and nerve substance.

Now then if the Lymphatics with their relay stations (the Lymphatic gland) have the important mission of draining from two million mouths (the lacteals) the chyle for the purpose of supplying fresh material to the blood and nervous system, and to all parts of our bodies, it is easy to understand that an organ will never become diseased unless the nutrition is wrong. On the contrary, the result in many manifestations is that the organs lose their regular healthy combinations.

Therefore, such symptoms as degeneration of liver, kidneys, uterus, ovaries, mammary glands, etc., can be traced back to the cause of **WRONG SUPPLY**.

### **Confusing Advices by Scientists About Protein**

Food physiology has shown that our bodies need protein, fats, carbohydrates (starches and sugars) and mineral salts for its repair and rebuilding material. Many have studied the chemical problem of the building of our body, but they do not

seem to know how much protein the human body needs for its existence. About thirty years ago it was necessary to eat at least one hundred and thirty grams of protein in order to live. Then it came down to 120, 100, 80 and then Hirschfeld came down to 40 grams a day and proved that with such quantities people kept well.

We know that carbohydrates act as fuel or heat or in other words as working material for our body. The fat, it is claimed, we can do without in case of emergency. The minerals are always placed last and in many cases are not even mentioned. In Anemia, it is claimed, there is a lack of iron. In the case of Rickets, the cause is lack of Calcium (lime). How long will it take for our professional men to see the protein folly?

A person with diseased kidneys, can discharge large amounts of albumen. A sick person can become emaciated to the bone, but as long as the bone structure remains solid, the body in many cases builds up in a short time, without any food, theoretically short on protein.

### **Symptoms of Too Much Protein**

Why does the cow in the barn, fed on protein food become emaciated and when taken out into pasture, living on grass, get fat? Food rich in minerals gave her the concrete structure. It is to our body, as the mortar is to the brick. You can put one brick upon another and have a wall, but it has no resistance, for you can push it over. But as soon as you put a little binding material in between, the brick wall becomes solid. The same holds true in our body. Look at all our protein eaters, big bodies, but the only place where they have endurance is at

the table. In any other place of action you will find them in the audience. These are the men and women who are called the pictures of health and who fall over in the prime of life, and, without even a warning signal, die.

Angina Pectorus (choking of the heart) is the diagnosis in such cases, but protein oversupply and mineral undersupply would be a better diagnosis. It is indeed sad that we use our minds and thoughts for everything with the exception "Our Own Body."

Science has conquered the depth of the ocean, thousands of feet up into the air, way down into the earth, the hottest as well as the coldest, the driest and most humid atmospheric influences of nature. But the diseases are increasing. The average life of our brothers and sisters is getting shorter each year. Why?

Some tell us to eat only fruits and nuts, others tell us only vegetables and not meat. But what about the hunter living mostly on meat and exposed to all kind of weather? He is more alert than many of our vegetarians. Why is it that tuberculosis is increasing in our stock farms, the same as it is increasing in our human family? It certainly is not lack of sanitation, for the environments of many of the cattle could well be used as an example for many of our homes. No, it is in the cattle, the same as it is in the human, food fundamentals. Protein is what we need to break milk records with and milk and eggs are the cry for our patients. But, we must remember that protein is chemically composed of carbon, oxygen, hydrogen, nitrogen, phosphates and sulphates, six negative acid-producing elements. They are the cause of carbonic, phosphoric, sulphuric, uric, oxalic and many other acids in our system.



## Ammonia in Our Body is Formed Due to Insufficient Basic Minerals

I must confess that it is not an easy problem for the professional man as well as the laity to make a proper combination of food on the confusing figures which our food scientists give out. A very eminent scientist comes to the conclusion that Chlor is always combined with Kali or nitric and is almost exclusively discharged through the kidneys. So is phosphorus and sulphur in our food almost completely combusted to phosphoric and sulphuric acids, and these acids before they are discharged through the bowels and kidneys, combine with inorganic bases and are neutralized. In a case where the organism is insufficiently supplied with inorganic bases, ammonia is formed as a self-help of the body and is used to neutralize the acids which are formed, as though food were brought into our organism. In many text books we find the formation of ammonia in our body, explained as an economic factor for the purpose of saving the inorganic basis. This is not so. The formation of ammonia first takes place after the insufficient amount of basis will cause poor neutralization of acid elements and improper combustion. The appearance of ammonia is, therefore, less an indicator of an excess of acids than the insufficient amount of alkali which existed before the beginning of our life process, prepared for the life reactions in our organism. It has made fundamentals which require the most efficient uses of energy for the best end products. As soon as we change these fundamentals we find waste of energy, poor oxidation, i. e., albumen to urea, carbon and water

cause hydrolitic splits which form ammonia, ammoniac acid and indirectly are the cause of oxidation to uric acid.

We can analyze these if we reduce the bases in our food. First we increase the uric acid in the urine, then ammoniac and finally the ammoniac-acids are increased. The conclusion is, that, if we feed the organism too much phosphorus, sulphur, chlor or in other words an insufficient amount of basic elements, the organism whether plant, animal or human will become sick.

A lasting healthy food must contain sufficient inorganic basis with which the body is able to neutralize the acids which are formed in the organism. Therefore, in selecting food, it is necessary to consider acid-binding materials, whether positive, neutral or negative in character.

The following table will explain our wrong system of food economy. We throw away the basic elements containing the acid splitting principles which are found in the outer leaves of the plant and eat the acid-producing elements which are found in the tender or inner part of the plant.

For example—Green Kale in March—

	Bases (positive)	Acids (negative)
Outer leaves . . . . .	24.01	22.67
Inner leaves . . . . .	25.93	29.98
Butts . . . . .	31.40	39.98

Asparagus—

Heads . . . . .	19.41	33.85
Stem . . . . .	8.21	5.14

The roots of fruits and all vegetables have a large amount of positive bases with but a few exceptions.

As vegetables turn to seed, the acid-producing element is increased, as the above illustration shows. (See also the table on green beans and peas.)

### **Normal Food, Milk and Blood, Have More Acid-Splitting Than Acid-Producing Elements**

All normal blood contains a surplus of basic minerals, but all tests made on meat regardless from what class, showed a large surplus of acids (see food table). The same is true of eggs. The natural food of mammals, the milk, contains more basis than acids. The beast, the meat-eating animal, shows a surplus of acid which must be explained in the large amount of protein which the mother animal consumes.

According to analysis, the human milk, a staple food for the body, contains about 15 to 30 per cent. per thousand more basic elements and the same percentage seems to be necessary for adults. We find all dairy products rich in basis if they are poor in protein and fat and vice versa.

### **Seed Food Is Acid-Producing**

All dry seed foods contain, due to their large amount of protein, a surplus of acid-producing elements with the exception of caraway, chestnuts and acorns. Flour manufactured from cereals has more acid than basis, the same is true of bread and macaroni. All edible roots show a surplus of basis, the foremost is the potato. Positive basic minerals, we

find in all vegetables with a few exception. Cauliflower is positive, all legumes as long as they are young belong to the vegetable class and are positive in basic minerals (young peas and beans). But as soon as they turn into the reproducing elements (seeds) they become negative (surplus acid).

Fruit is rich in basic minerals, an exception is the cranberry, which contains much sulphur and thus becomes negative. All nuts are negative, due to the large amount of protein and fat.

The reader in considering food has one important fact to contend with, and that is the use or the abuse of food while preparing or combining it. Raw food which cannot be digested, is, in many ways improved through cooking, in other cases it is denatured. Any browned fat is indigestible. Crusts if through baking are browned, are indigestible and in addition consume due waste energy to be eliminated, besides the disturbance it creates in the process of digestion. Combinations of phosphorus which could be used for the system, are, through cooking converted into useless phosphoric acid.

### **Influence of Heat upon Food**

The value in cooking, is that it makes a tasteful and appetizing preparation and this is important because it creates an appetite. The most easily digested food will lay like a brick in the stomach, if eaten against the will or without appetite. Most of the alkaline elements are dissolved from the vegetables into the broth through the cooking process. While meat broth would give a surplus of acids, it would be rendered alkaline by cooking about 75 per cent. vegetables in it,

On the other hand, by cooking vegetables we dissolve the basic minerals in the broth, decreasing the percentage of bases and thereby making the vegetable rich in acid. This we can improve by using the broth instead of throwing it away. If it does not go well in today's meal, save it for tomorrow. Cooked-out vegetables are not much more than woody fibre or empty cells, and through the cooking-out process, we convert them from a useful into a damaging factor. Steam or fireless cooking or baking are best for those who cannot enjoy the vegetables in salad form, the natural or raw state.

### **Stable Manure a Damaging Factor**

Another damaging factor is the influence upon our vegetables in our gardens or fields, of stable manure (deteriorating elements) which when eaten cause gases in many cases.

The over-stimulation of the soil with ammonia sulphate and super-phosphate, should be condemned, because the fast growing process of the plant will not allow the liquification and assimilation of mineral matter from the soil into the plant cells. The result is a negative mineral-containing vegetable, rich in phosphate, sulphate and chlor and little or no basis composed of potash, sodium, calcium, magnesium and iron oxide. This can be seen in the quick deterioration of the plant, after it is separated from the earth. The vegetable men can tell by the plant, which was grown in the hot house and which out of doors. Which had the natural and which had the stimulating influences. Another form of destruction is the bleaching process with sulphur on dried fruits, and in canned goods the addition of salicylic

acid which is used for commercial benefit. The addition of water which the vegetable takes in through cooking makes it about 20 per cent. less positive in minerals than the raw vegetable.

### **Mineral Elements Positive, Protein Negative**

Could it be possible that the mineral elements are more positive than the protein? Not only is the human family suffering from the protein theory but also the animal and plant life. Many patients come to my office who have been advised by their physicians to take about 70 per cent. of their meal composed of protein, while all analyses of blood (the only standard food) show from one-fifth to one-sixth per cent. of protein.

The close analysis of mothers' milk shows only 1.9 protein and this is not only a food which repairs and rebuilds as is needed for the grown body, but also builds new cells and tissues in the growing body. Healthy bodies are fed sick, the sick ones are fed to death with an excess of protein. The plants are fed with nitrogenous fertilizer which stimulated the plant upward. In analyzing the plant, phosphoric acid and potash were found as the main factor and consequently they were the most important factor when it came to select the nutrition for the plant. What is the result?

In diseased plants we find one parasite after another eats the chemically wrong combined plant because the abnormal condition in a plant is the best place for the disease germ to thrive. Identically the same as we have epidemics in the wrongly fed human family, we have them in the wrongly nourished plants. In the one catarrh, ulcer, tuberculosis and

cancer, in the other, potato plagues and other plant diseases. What is missing?

Mineral elements. How can we make bone without phosphorus and carbonate of lime? What does iron mean to our blood corpuscles? What is the blood serum without sodium phosphate and sodium carbonate? Is it not a fact that sulphur makes our protein elements what they are in our organism. Without phosphorus we cannot have Lecithine which is one of the main elements in our brain.

### **Food Requirements Differ in Human and Animal Characters as Well as in Atmosphere**

How much our bodies need of these elements after they have been filtrated through the influences of sunlight and oxygen, depends upon the different functions and atmospheric influences.

One child takes one quart of milk as an average and a second takes one quart and one-half, both keep well. If the first child were forced to take the amount the second child takes, he would become ill due to over-feeding, and so it is with adults. Some eat enough food to satisfy two or three of a moderate type and apparently seem to be well. It is not what we eat that keeps us alive, but what we DIGEST. Many children and adults are fed sick by living according to specific regulations, which is wrong. When must we eat? Natural or physiological hunger is the only natural call when our digestive apparatus is ready to receive food. It is unreasonable to force a child to eat at the table when either lunch or dinner is served, when it already has had its hunger satisfied by following the instincts

in eating the food before mother has cooked it, for instance, the raw carrot, potato or the core of the cabbage (which mother generally throws away) and thereby getting the lime, magnesia, iron and soda before the vegetables were cooked out.

### **Do Not Eat to Live**

People living in the mountains eat about one-fifth of the food which people eat who live in cities. Of course, they don't suffer from obesity (fatty deposits). They don't choke up their organs with morbid deposits and then have them cut out. They eat to live, hence their endurance and long life.

During my travel to Europe in 1920, I saw young men and girls walking to physical contests over mountains for hours and all they lived on was war bread made from dry beans, oats, straw and leaves from herbs that they had plucked while going along the road. They sang on their way to the contest and sang going home at about twelve o'clock at night, and all this on what little nutrition they had.

Try to get a person who lives to eat, to sing a song or take a long walk through the hills, after their meal, you will find the answer a shout of welcome response. Why? Singing and walking, especially over the hills, consumes energy. and in the case of the above-mentioned person, the digestive organs consume for their function all the blood the system is able to spare. The brain becomes anemic, hence the reason for falling to sleep after meals, when they try to read a newspaper whose headlines are enough to wake up any half-normal person. We are not living on what we eat, but on what we DIGEST.



How many normal bodies do we find in the human family? Up to twenty-five or thirty years some are able to keep their reserve energy in the normal forms, but then they either turn into fatty deposits or emaciation, decaying of teeth, cold hands and feet, headaches, pains in the back, etc. A well-built body, full of pep, is a rarity after forty.

Much destruction is caused from eating food too hot, and thus harming the teeth and the lining of the alimentary canal. One-third of our food is what we need to keep our bodies normal and the other two-thirds, we waste, to make our bodies abnormal. We are spending too much time and money to make our animals perfect, we learn by experiment through proper food and care how beautifully their bodies develop, but we never give a thought to apply the same to our body. The human body is the most abnormal, of any living species whether plant or animal. The result is mental and physical degeneration.

### **What a Beautiful Body Needs**

A beautiful body is the result of a harmonious design (right thought), proper material (food) and constructive mechanical influences upon them, right digestion, or in other words, what you think you look, what you look you do, what you do you are. What was the terrible war but wrong thinking, the result of wrong living? We keep on building larger hospitals for the sake of health. Insanity is increasing and the growing records of criminals certainly are not giving us the satisfaction that we are making a heaven about us.

The ideally beautiful man and woman, meaning inner and outer harmony, are but a vague vision. Our society cannot enjoy art, common sense, philosophy or constructive thinking. This is proof that our selection of food, also its combination is wrong. Proper food would yield correct action, that we must decrease the heavy protein supply and increase the leafy and underground vegetables, also salads and especially fruit in our menus. Of course, the excuse in many cases is, vegetables and fruit make us sick. It is not the natural food but the sickly conditions upon which the food with neutralizing elements act, as a cleansing process, and in many cases it is the fault of the so-called domestic science (cook). The most important action for our mothers is, for them to see that the food for their children is proper, natural and in the right combination.

Salads made from fruit, leafy vegetables, red and white cabbage, etc., are easily digested, especially if they are not prepared with vinegar. The bloating of our stomachs and intestines are caused by pathological fermentation (improper digestion). This will take place in most cases when the foods have lost their basic minerals—sodium, lime, magnesium, iron and potash, or are mixed with wrong combinations or are cooked out and thereby increase the acid-producing carbon, phosphorus and sulphuric acid. This is the same as taking the mortar (binding material) away from the bricks when building a house.

It is the minerals in the fruit and vegetables which neutralize the acid-producing elements. The acid reaction of the stomach has very little chance to act on food such as leafy vegetables which are rich

in basic minerals, such as the gastric juices in mammals prove.

### **Importance of Conscientious Food Mechanics (Cooks)**

Another bad factor is the large doses of table salt with which we try to replace the very important organic salt which has been cooked out. We can lessen the bloating influences if we prepare the vegetable in such a way, that the minerals are not lost, such as steaming or with a fireless cooker. Use the heat to soften the vegetables, cutting them or grinding so that the heat can easily penetrate, 15-20 minutes afterward adding the proper dressings.

In order to eliminate the strong odor from certain vegetables, place them in hot water from five to ten minutes and in this short space of time the minerals will not have had time to be dissolved from the cells into the water.

It is the slow heating and boiling process which causes the elimination of the mineral salts.

Potatoes lose 28 per cent. of their minerals in boiling and seven per cent. in baking, spinach dissolves 16 per cent. of its minerals in the water in which it was cooked, according to Dr. Koenig, one of the best European authorities on food chemistry.

This shows that a very conscientious mechanic is needed to handle the material for our body (food).

All we need is three to four grams of table salt instead of 20 to 30 grams as we use in the average home.

### **Too Much Food, as Well as Wrong Combinations Mean Wasting Body Energy**

Foods even if they are nutritious for our body should not be eaten in excess. Salads, fruits and nuts should be eaten as a meal and not as is usually done, eaten with meals in addition to meats, potatoes, bread, tea and coffee.

The above will not only give us sufficient food but it will also save the energy spent on the excessive food, which we can use to eliminate chronic morbid deposits. I don't wish to take away all the food which you particularly liked or that you craved for, but if they are acid-producing use them sparingly, as a side dish, and not as your main nutrition. When you are in a normal condition, as long as you keep 51 per cent. of the basic minerals, you may take 49 per cent. of the acid-producing and still keep the equilibrium in favor of health.

For instance, if you make a meal of peas, beans or lentils which have a large amount of vegetable protein, you may produce digestive disturbances, due to the acid-producing protein. This can be prevented if you take vegetable or fruit salads in such proportions so that the basic minerals in them are sufficient to neutralize the acid-forming elements.

Another bad practice is the use of vinegar which is the cause of many digestive disturbances, while the vegetable acids, such as lemon juice, will promote digestion. If, for instance, you prepare a cucumber salad using vinegar, you may create digestive disturbances which will last for days, if you prepare with lemon juice or olive oil, even a sick person can digest it, if properly chewed.

Nervous indigestion will not show as much gas when soups and meat are eaten, but the excess of acids in the system which is cause of semi-paralyzed bowels, is not removed until you bring the basic minerals, through proper food into your system. A little mechanical assistance, such as packs, massage, etc., will soon bring the nervous system its equilibrium again, especially if the food contains the proper elements, given in proportion to the energy in the digestive organs and is properly digested. The nutrition is finally brought through the blood stream to the nerves which hitherto had been withheld.

The study of the fundamental base of life is an honor to any human being because it is to the key to physical, moral and intellectual health. Of course, we must overcome much prejudice for many mistakes are made by those who undertake radical changes, such as are made from the animal to the vegetable protein (the meat eater to the vegetarian).

### **Who Lives the Best, the Natural or the Unnatural Eater?**

The grass and vegetable-eating animals are well, have elasticity and endurance and are the strongest of all species. The berry-eating bird is very much alert because of the meatless diet. The poor bird in the cage, fed on seeds rich in protein, suffers bodily and finally dies of mineral starvation, because human ignorance deprives him of the mineral-containing greens. We find also, that the human being who favors the fruits and vegetables and eats cereals, legumes, nuts and meat, keep well, while those who reverse the process get sick because of excess protein as sure as their human brother who

lives exclusively on meat, bread, potatoes, coffee and tea.

To prove this examine the average traveling salesman with his chronic stomach, in the hotel or restaurant, he starts with a drink of ice water followed by a plate of soup with white bread, then another drink of water to quench his thirst, then two kinds of meat with potatoes and white bread, washed down with ice water. The salad and fruit he leaves untouched, because it forms acid in his stomach according to his theory. He smokes a cigarette or cigar while waiting for his coffee, which is poured over the acid producing combination, and then probably finishes with a dish of ice cream.

If you have a robust body to begin with, in about ten or fifteen years of such meals, you will be a chronic dispeptic in spite of all your reserve energy. Symptoms of high blood pressure, abnormal conditions of the heart making their appearance, uric acid deposits, arteriosclerosis (hardening of the arteries) and many more.

### **Drinking of Water**

Instead of these life-shortening influences, we should take fruit in the morning, vegetables for dinner, the principle food should be green vegetables and salad with fruit as a dessert. Everything else should be taken as a side dish. No flushing with ice water or any other fluids, because they will dilute or wash away the chemicals which must penetrate into the food in order to separate the useful from the useless.

And here I would like to say a few words to the water drinker. If the natural filtrated water has

been poured from the natural vegetables after cooking and has lowered the percentage necessary for the body (78 per cent.) it must be replaced. But anyone who eats fruits and vegetables that have natural fluids, which have been filtrated through the influences of sunlight and oxygen, get all the liquid they need, about 85 per cent., and do not have to follow the advice of drinking with and after meals.

### **Why We Should Eat Our Smallest Meal at Night**

After the daily activities our bodies are in a state of physiological enervation and morbid incumbrance.

In a tired body the blood supply is sluggish; loaded with waste matter; acting like a mud stream instead of a blood stream. The capillaries are semi-paralyzed. The pulse is increased. The temperature of the blood is higher. The secretions are reduced. The blood is loaded with carbon dioxide.

Such a body had very little reactive power, and as such, is not supplied with energy enough to manufacture sufficient chemicals for the digestive glands, which are needed for the separation of the useful from the useless elements in food. In other words, for the support of physiological digestion.

No animal will eat when exhausted, except the human being. Our system of eating the biggest meal when we are lowest in energy is wrong.

Sunset is the natural signal to stop using energy in the external parts of our body. It is the time to rest the conscious mind and to begin operating the sub-conscious mind upon the internal parts for repairing and rebuilding what has been used up during mental and physical activities.

Our push-button system has not promoted our physiological function but it has greatly contributed to our bodies' enervation by supporting unnatural life.

I have tried to give combinations of food in the following menus as they should be combined in order to show how psychological influences upon the digestive glands can be produced through artistic decoration and combination of many colors. That part of preparation I will leave to the skill of our domestic scientists.

Too many of our mothers do not know the necessities for their young ones. No natural animal will trust anybody with the care of their brood. The result is they live and grow. But the mortality of our children is increasing.

If our mothers will go back to nature, learn natural methods and then with natural influences our children and the race will become natural.



**January 1st**

BREAKFAST	DINNER	SUPPER
Grapefruit and Figs Oatmeal	Spinach Soup Spinach Cauliflower Endive and Beet Salad Potatoes Baked Apple Cream	Corn Muffins Fruit Salad Cream

**January 2nd**

BREAKFAST	DINNER	SUPPER
Orange Juice Prunes, Apricots Cornmeal	Tomato Soup Stewed Yellow Turnip Lettuce Salad Baked Potatoes Fruit	Rice with Apples or Raisins Milk

**January 3rd**

BREAKFAST	DINNER	SUPPER
Sliced Orange Rolled Oats and Figs Milk	1/2 Grapefruit Squash Spinach Lettuce Salad Baked Potato Fruit	Milk Cottage Cheese Raisins, Nuts Wheat Muffins

### January 4th

BREAKFAST	DINNER	SUPPER
Grapefruit	Vegetable Soup (thick)	Fruit Salad
Dates, Apples	Brussels Sprouts	Muffins and Butter
Nuts (2 oz.)	Endive and Beet Salad	
	Potatoes	
	Fruit	

### January 5th

BREAKFAST	DINNER	SUPPER
Orange	Grapefruit	Baked Apples
Oatmeal, Milk	Bean Soup	Cream
	Lettuce Salad	Barley Muffins
	Fruit	

### January 6th

BREAKFAST	DINNER	SUPPER
Grapefruit	Vegetable Soup (thick)	Baked Apples
Prunes, Apricots	Endive and Beet	Raisins
Oatmeal	Salad	Rice, Milk
	Fruit	

**January 7th**

BREAKFAST	DINNER	SUPPER
Orange Cream of Wheat Milk	Tomato Soup Peas, Carrots Celery Salad Apple Potatoes Fruit	Cottage Cheese Watercress May'se Dressing Baked Potatoes

**January 8th**

BREAKFAST	DINNER	SUPPER
Grapefruit Rolled Oats	Pea Soup (thick) Lettuce Salad Fruit	Fruit Salad Cream Muffins

**January 9th**

BREAKFAST	DINNER	SUPPER
Orange Rolled Oats Milk	Spinach Soup Spinach Yellow Turnip Stewed Endive and Beet Salad Fruit	Rice Apples Raisins Milk

## January 10th

## BREAKFAST

Orange  
Puffed Rice with  
Milk

## DINNER

½ Grapefruit  
Bean Soup  
Apple and Cel-  
ery Salad  
Fruit

## SUPPER

Cottage Cheese  
on Apples, Rai-  
sins, Lemon  
Corn Muffins

## January 11th

## BREAKFAST

Orange  
Oatmeal, Milk

## DINNER

Tomato Soup  
Spinach or  
Cauliflower  
Endive and Beet  
Salad  
Rice or Potatoes  
Fruit

## SUPPER

Watercress  
Baked Apple  
Wheat Muffins

## January 12th

## BREAKFAST

Grapefruit  
Figs  
Cream of Wheat  
Milk

## DINNER

Lima Beans  
Squash  
Lettuce Salad  
Fruit

## SUPPER

Baked Apple  
Honey, Nuts  
Cream  
Barley Muffins

**January 13th**

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	Poached Egg
Oatmeal, Milk	Creamed Carrots	on Toast
	Mashed Potatoes	Fruit Salad
	Endive and Beet Salad	
	Baked Apples	
	Cream	

**January 14th**

BREAKFAST	DINNER	SUPPER
Grapefruit	Vegetable Soup (thick)	Cottage Cheese
Prunes, Apricots or Bananas, Nuts	Lettuce Salad	Watercress
	Kale	Muffins
	Baked Potato	
	Fruit	

**January 15th**

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Soup	Fruit Salad
Cornmeal, Milk	Spinach	Whipped Cream
	Squash	Whole Wheat
	Endive and Beet Salad	Muffins
	Fruit	

**January 16th**

BREAKFAST	DINNER	SUPPER
Grapefruit Rolled Oats Milk	Barley Soup Cold Slaw Salad (Cabbage) Fruit	Apples with Rice Milk

**January 17th**

BREAKFAST	DINNER	SUPPER
Orange Oatmeal Milk	Pea Soup (thick) Apple, Lettuce and Celery Salad Fruit	Cottage Cheese Watercress Corn Muffins

**January 18th**

BREAKFAST	DINNER	SUPPER
Grapefruit Figs Nuts	Vegetable Soup (thick) Green Beans Squash Endive and Beet Salad Fruit	Rolled Oats Fruit

**January 19th**

BREAKFAST	DINNER	SUPPER
Orange Juice Cream of Wheat	Celery Soup Creamed Brussels Sprouts White Turnip Lettuce, Celery and Apple Salad Fruit	Apples with Rice Milk

**January 20th**

BREAKFAST	DINNER	SUPPER
Grapefruit Prunes Cornmeal	½ Grapefruit Baked Beans Spinach Lettuce and Tomato Salad Apple Sauce Raisins	Apple, Lettuce and Celery Salad Poached Egg on Toast Glass of Milk

**January 21st**

BREAKFAST	DINNER	SUPPER
Orange Juice Rolled Oats and Milk	½ Grapefruit Rice Soup Vegetable Oysters Endive and Beet Salad Fruit	Watercress, Celery and Apple Salad Barley Muffins Glass of Milk

## PROPER NUTRITION

**January 22nd**

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal, Milk	Spinach Soup Spinach Squash Lettuce Salad Fruit	Fruit Salad Cream Whole Wheat Muffins

**January 23rd**

BREAKFAST	DINNER	SUPPER
Grapefruit Prunes, Apricots Cream of Wheat	1/2 Grapefruit Pea Soup (thick) Cabbage Salad Fruit	Rice, Apples, Raisins, Milk

**January 24th**

BREAKFAST	DINNER	SUPPER
Orange Juice Cornmeal, Milk	Vegetable Soup (thick) Lettuce, Celery and Apple Salad Sweet Potatoes Fruit	Cottage Cheese Watercress Muffins



**January 25th**

BREAKFAST	DINNER	SUPPER
Grapefruit Banana, Apple Nuts (1 oz.)	Celery Soup Stewed Yellow Turnip Endive and Beet Salad Apple Sauce Raisins	Rolled Oats Fruit

**January 26th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Nuts (1 oz.)	1/2 Grapefruit Lima Beans Squash Lettuce, Celery and Apple Salad Fruit	Baked Apples Cream Whole Wheat Muffins

**January 27th**

BREAKFAST	DINNER	SUPPER
1/2 Grapefruit Prunes, Apricots Cream of Wheat	Vegetable Soup (thick) Lettuce Salad Sweet Potatoes Fruit	Cottage Cheese on Apples Corn Muffins

**January 28th**

BREAKFAST	DINNER	SUPPER
Orange	Potato Soup	Rice
Rolled Oats	Creamed Peas	Apple
Milk	Creamed Carrots	Raisins
	Endive and Beet	Milk
	Salad	
	Fruit	

**January 29th**

BREAKFAST	DINNER	SUPPER
	½ Grapefruit	
Glass of Orange	Soup of Vegeta-	Fruit Salad
Juice	ble Broth	Cream
Cornmeal, Milk	Spinach or	Whole Wheat
	Cauliflower	Muffins
	Lettuce Salad	
	Fruit	

**January 30th**

BREAKFAST	DINNER	SUPPER
	½ Grapefruit	
Grapefruit	Bean Soup	
Prunes, Apricots	(thick)	Rolled Oats
	Endive and Beet	Fruit
	Salad	
	Apple Sauce	
	Raisins	

**January 31st**

BREAKFAST	DINNER	SUPPER
Orange Juice Figs, Apples Nuts (2 oz.) or Oatmeal, Milk	Vegetable Soup (thick) Lettuce, Celery and Apple Salad Fruit	Apples and Rice Milk Barley Muffins

**February 1st**

BREAKFAST	DINNER	SUPPER
Grapefruit Rolled Oats Milk	Brussels Sprouts Stewed Yellow Turnips Endive and Beet Salad Baked Apple	Cottage Cheese on Apples, Rai sins, Lemon Corn Muffins

**February 2nd**

BREAKFAST	DINNER	SUPPER
Orange Juice Figs Cornmeal, Milk	Celery Soup Squash Cabbage and Nut Salad Sweet Potatoes Apple Sauce	Fruit Salad Cream Cornmeal Muffins

**February 3rd**

BREAKFAST	DINNER	SUPPER
Grapefruit	½ Grapefruit	
Oatmeal	Lima Beans	Rolled Oats
Milk	Spinach	Fruit
	Endive and Beet	
	Salad	
	Fruit	

**February 4th**

BREAKFAST	DINNER	SUPPER
	Tomato Soup	
	Kale	Baked Apples
Orange	Creamed Yellow	Cream
Cornmeal	Turnips	Whole Wheat
Milk	Iceberg Lettuce	Muffins
	Salad	Butter
	Fruit	

**February 5th**

BREAKFAST	DINNER	SUPPER
	Soup of Veget- able Broth	
Grapefruit Juice	Spinach or Cauli- flower	Fruit Salad
Cream of Wheat	Baked Potatoes	Muffins
Milk	Lettuce and Fruit Salad	

**February 6th**

BREAKFAST	DINNER	SUPPER
Orange Rolled Oats Milk	1/2 Grapefruit Peas, Carrots and Parsley Creamed Apple and Cel- ery Salad Fruit	Cottage Cheese Corn Muffins Baked Apples Milk

**February 7th**

BREAKFAST	DINNER	SUPPER
Grapefruit Prunes, Apricots Cornmeal, Milk	Barley Soup (thick) Curly Cabbage Creamed Endive and Beet Salad Fruit	Watercress Poached Egg Toast

**February 8th**

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal, Milk	Vegetable Soup Parsnips Lettuce Salad Fruit	Apples Raisins Rice Milk

**February 9th**

BREAKFAST	DINNER	SUPPER
Grapefruit Prunes or Figs Apricots Cornmeal, Milk	Stewed Yellow Turnips Iceberg Lettuce or Beet Salad Fruit ,	Fruit Salad Barley Muffins Glass of Milk

**February 10th**

BREAKFAST	DINNER	SUPPER
Orange Juice Rolled Oats Milk	½ Grapefruit Peas and Carrots Creamed Endive and Beet Salad Baked Potato Apple Sauce Raisins	Watercress Poached Egg Toast Glass of Milk

**February 11th**

BREAKFAST	DINNER	SUPPER
Orange Juice Prunes Cream of Wheat	½ Grapefruit Vegetable Soup (thick) Iceberg Lettuce Salad Fruit	Rice and Milk Apples and Milk Raisins and Milk

**February 12th**

**BREAKFAST**

Orange Juice  
Long Walk

**DINNER**

1/2 Grapefruit  
Spinach or Cauliflower,  
Baked Potatoes  
Lettuce or Celery Salad  
Fruit

**SUPPER**

Fruit Salad  
Barley Muffins

**February 13th**

**BREAKFAST**

Orange Juice  
Figs  
Nuts (1 oz.) or  
Cereal and Milk

**DINNER**

1/2 Grapefruit  
Lima Beans  
Parsnips  
Iceberg Lettuce  
or Beet Salad  
Baked Apple

**SUPPER**

Watercress  
Whole Wheat  
Muffins  
Glass of Milk

**February 14th**

**BREAKFAST**

Orange Juice  
Oatmeal  
Milk

**DINNER**

Cauliflower  
Stewed White  
Turnips  
Lettuce or  
Celery Salad  
Fruit

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**February 15th**

BREAKFAST	DINNER	SUPPER
Orange Juice Figs Cornmeal, Milk	1/2 Grapefruit Vegetable Soup (thick) Cabbage, Nut or Grated Carrot Salad Fruit	Watercress or Celery Salad Milk Muffins

**February 16th**

BREAKFAST	DINNER	SUPPER
Orange Juice Rolled Oats	1/2 Grapefruit Pea Soup (thick) Iceberg Lettuce Salad Beet Salad Fruit	Fruit Salad Cream Barley Muffins

**February 17th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Banana, Nuts (1 oz) or But- tered Toast (Walnut Bread)	1/2 Grapefruit Lima Beans Vegetable Oysters Lettuce or Celery Salad Baked Apple Cream	Watercress Poached Eggs Toast Glass of Milk



**February 18th**

**BREAKFAST**

Orange  
Rolled Oats  
Milk

**DINNER**

1/2 Grapefruit  
Vegetable Soup  
(thick)  
Iceberg Lettuce  
and Beet Salad  
Salad  
Fruit

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**February 19th**

**BREAKFAST**

Orange, Figs  
Oatmeal, Milk

**DINNER**

1/2 Grapefruit  
Spinach or  
Brussel Sprouts  
Baked Potato  
Lettuce or  
Celery Salad  
Fruit

**SUPPER**

Fruit Salad  
Cream  
Barley Muffins

**February 20th**

**BREAKFAST**

Orange Juice  
Cornmeal, Milk

**DINNER**

1/2 Grapefruit  
Celery Soup  
Green Beans  
Squash  
Iceberg Lettuce  
Apple Sauce  
Raisins

**SUPPER**

Watersress,  
Apple or  
Celery Salad  
Corn Muffins

**February 21st**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots or Cream of Wheat	1/2 Grapefruit Creamed Carrots Cabbage Salad Baked Potato Fruit	Cottage Cheese Apples Barley Muffins

**February 22nd**

BREAKFAST	DINNER	SUPPER
Orange Oatmeal Milk	Spinach Soup Spinach Stewed Yellow Turnip Iceberg Lettuce or Beet Salad Fruit	Apples and milk or Rice and Milk

**February 23rd**

BREAKFAST	DINNER	SUPPER
Orange Apricots or Banana Nuts (1 oz.) or Buttered Whole Wheat Toast ,	1/2 Grapefruit Lima Beans Oyster Plant Lettuce or Celery Salad Fruit	Watercress Poached Eggs Toast Baked Apples Cream

**February 24th**

**BREAKFAST**

Orange Juice  
Rolled Oats  
Milk

**DINNER**

1/2 Grapefruit  
Cauliflower  
Squash  
Iceberg Lettuce  
and Beet Salad  
Potatoes  
Apple Sauce  
Raisins

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**February 25th**

**BREAKFAST**

Orange Juice  
Prunes, Banana  
Nuts (1 oz.) or  
Buttered Toast

**DINNER**

1/2 Grapefruit  
Vegetable Soup  
(thick)  
Lettuce and  
Celery Salad  
Baked Potatoes  
Fruit

**SUPPER**

Watercress  
Whole Wheat  
Muffins  
Milk

**February 26th**

**BREAKFAST**

Orange Juice  
Oatmeal, Milk

**DINNER**

Spinach Soup  
Spinach  
Creamed Carrots  
Iceburg Lettuce  
and Beet Salad  
Fruit

**SUPPER**

Fruit Salad  
Cream  
Barley Muffins

**February 27th**

BREAKFAST	DINNER	SUPPER
Orange Juice Banana, Apple Nuts (1 oz.) or Buttered Toast	½ Grapefruit Lentil Soup (thick) Lettuce and Celery Salad Fruit	Watercress Eggs on Toast Glass of Milk

**February 28th**

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal Milk	Curly Cabbage Stewed White Turnip Iceberg Lettuce and Beet Salad Baked Apples Cream	Rice Apples Raisins Milk

**March 1st**

BREAKFAST	DINNER	SUPPER
Orange Rolled Oats Milk	½ Grapefruit Pea Soup (thick) Iceberg Lettuce and Fruit Salad Fruit	Watercress Celery Baked Potatoes

**March 2nd**

**BREAKFAST**

Orange, Prunes  
Apricots,  
Banana or  
Buttered Toast

**DINNER**

Vegetable Soup  
(thick)  
Endive and  
Beet Salad  
Baked Potatoes  
Fruit

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**March 3rd**

**BREAKFAST**

Orange Juice  
Cornmeal, Milk

**DINNER**

1/2 Grapefruit  
Lima Beans  
Creamed Carrots  
Lettuce and  
Celery Salad  
Apple Sauce

**SUPPER**

Cottage Cheese  
with Nuts and  
Apples  
Muffins

**March 4th**

**BREAKFAST**

Orange, Figs  
Apple, Nuts  
(1 oz.) or  
Buttered Toast

**DINNER**

Spinach Soup  
Spinach  
Vegetable  
Oysters  
Iceburg Lettuce  
Salad ,  
Fruit

**SUPPER**

Fruit Salad  
Muffins

**March 5th**

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	Watercress
Oatmeal, Milk	Kale	Poached Eggs on Toast
	Creamed Onions	Glass of Milk
	Lettuce, Celery or Apple Salad	
	Fruit	

**March 6th**

BREAKFAST	DINNER	SUPPER
Orange	Cauliflower	Rice
Cereal	Stewed White Turnip	Fruit
	Iceberg Lettuce Salad	Milk
	Fruit	

**March 7th**

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Soup	Cottage Cheese on Apples
1 Banana, Figs	Spinach	Corn Muffins
Nuts (1 oz.) or Buttered Toast	Squash	
	Lettuce and Celery Salad	
	Fruit	

**March 8th**

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	
Figs	Lima Beans	Watercress
Cream of Wheat	Carrots	Poached Eggs
Milk	Iceberg Lettuce	on Toast
	and Beet Salad	
	Apple Sauce	
	Raisins	

**March 9th**

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	Fruit Salad
Prunes, Apricots	(thick)	Whole Wheat
Rolled Oats	Baked Potato	Muffins
	Cabbage Salad	
	Fruit	

**March 10th**

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	Watercress
1 Banana	Pea Soup (thick)	Celery
Nuts (1 oz.) or	Oyster Plant	Apple
Buttered Toast	Lettuce and	Salad
	Celery Salad	Baked Potatoes
	Baked Apple	

**March 11th**

BREAKFAST	DINNER	SUPPER
Cup of Sage Tea	1/2 Grapefruit	Fruit Salad
Honey	Green Beans	Corn Muffins
	Squash	Glass of Milk
	Iceberg Lettuce	
	Salad	
	Fruit	

**March 12th**

BREAKFAST	DINNER	SUPPER
Orange	Celery Soup	Rice
1 Banana, Figs	Brussel Sprouts	Apples
Nuts (1 oz.) or	Stewed White	Raisins
Buttered Toast	Turnips	Milk
	Lettuce and	
	Celery Salad	
	Fruit	

**March 13th**

BREAKFAST	DINNER	SUPPER
Cup of Herb Tea	1/2 Grapefruit	Watercress
Honey	Spinach	Celery and
	Squash	Apple Salad
	Iceberg Lettuce	Whole Wheat
	and Beet Salad	Muffins
	Fruit	Glass of Milk



**March 14th**

**BREAKFAST**

Orange, Figs  
Nuts (1 oz.) or  
Buttered Toast

**DINNER**

Vegetable Soup  
(thick)  
Cabbage Salad  
Baked Potato  
Fruit

**SUPPER**

Cottage Cheese  
on Nuts and  
Apples ,  
Muffins

**March 15th**

**BREAKFAST**

Orange  
Prunes, Apricots  
1 Cup of Herb  
Tea and Honey

**DINNER**

½ Grapefruit  
Kale ,  
Stewed White  
Turnips  
Lettuce and  
Celery Salad  
Apple Sauce  
Raisins

**SUPPER**

Watercress  
Poached Eggs  
on Toast

**March 16th**

**BREAKFAST**

Orange Juice  
1 Banana, Figs  
Nuts (1 oz.) or  
Buttered Toast

**DINNER**

½ Grapefruit  
Lima Beans  
Iceberg Lettuce  
and Beet Salad  
Fruit

**SUPPER**

Farina, Milk  
Baked Apple  
Cream

**March 17th**

BREAKFAST	DINNER	SUPPER
Cup of Herb Tea Honey	1/2 Grapefruit Pea Soup (thick) Vegetable Oysters Lettuce and Celery Salad Fruit	Watercress Milk Corn Muffins

**March 18th**

BREAKFAST	DINNER	SUPPER
Orange Juice Dates, Apple Nuts (1 oz.) or Buttered Toast	Spinach Soup Spinach Squash Iceberg Lettuce or Beet Salad Baked Apples Cream	Fruit Whole Wheat Muffins

**March 19th**

BREAKFAST	DINNER	SUPPER
Orange Juice Figs, Dates Nuts (1 oz.) or Herb Tea Honey	1/2 Grapefruit Vegetable Soup (thick) Cabbage Salad Vegetable Oysters Fruit	Cottage Cheese on Apples Whole Wheat Muffins

**March 20th**

**BREAKFAST**

Orange Juice  
1 Banana  
Nuts (1 oz.) or  
Buttered Toast

**DINNER**

1/2 Grapefruit  
Green Beans  
Parsnips  
Iceberg Lettuce  
or Beet Salad  
Fruit

**SUPPER**

Watercress  
Apples  
Celery  
Salad  
Baked Potato

**March 21st**

**BREAKFAST**

Orange Juice  
Prunes, Apricots  
or Herb Tea  
Honey

**DINNER**

Curly Cabbage  
Stewed White  
Turnips  
Lettuce and  
Celery Salad  
Apple Sauce  
Raisins

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**March 22nd**

**BREAKFAST**

Orange  
Raisins, Dates  
or 1 Cup Herb  
Tea

**DINNER**

1/2 Grapefruit  
Spinach  
Creamed Carrots  
Iceberg Lettuce  
or Beet Salad  
Fruit

**SUPPER**

Watercress  
Poached Eggs  
on Toast

**March 23rd**

BREAKFAST	DINNER	SUPPER
Orange Juice 1 Banana Nuts (1 oz.) or Herb Tea	1/2 Grapefruit Pea Soup (thick) Celery and Lettuce Salad Apple Sauce Raisins	Cornmeal Baked Apples Milk

**March 24th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots or Herb Tea	Vegetable Soup (thick) Lettuce Salad Fruit	Watercress Celery Apples Salad Corn Muffins

**March 25th**

BREAKFAST	DINNER	SUPPER
Herb Tea Honey	Spinach Soup Spinach Squash Lettuce and Celery Salad Baked Apple Cream	Fruit Salad Whole Wheat Muffins

**March 26th**

**BREAKFAST**

Orange Juice  
1 Banana, Figs  
6 Walnuts

**DINNER**

Celery Soup  
Brussel Sprouts  
Creamed  
Stewed White  
Turnips  
Lettuce Salad  
Fruit

**SUPPER**

Lettuce  
Celery  
Apple  
Salad  
Baked Potato

**March 27th**

**BREAKFAST**

Orange  
Prunes, Apricots  
or 1 Cup  
Herb Tea

**DINNER**

1/2 Grapefruit  
Lima Beans  
Vegetable  
Oysters  
Lettuce and  
Celery Salad  
Fruit

**SUPPER**

Cottage Cheese  
on Apples  
Corn Muffins

**March 28th**

**BREAKFAST**

Orange Juice  
Figs  
Nuts (1 oz.) or  
Buttered Toast

**DINNER**

1/2 Grapefruit  
Vegetable Soup  
(thick)  
Cabbage Salad  
Baked Potato  
Fruit

**SUPPER**

Rice  
Apples  
Raisins  
Milk

**March 29th**

BREAKFAST	DINNER	SUPPER
Orange Juice	½ Grapefruit	Watercress
1 Banana	Spinach	2 Eggs
6 Walnuts or	Parsnips	Toast
1 Cup Herb Tea	Iceberg Lettuce	
	or Beet Salad	
	Fruit	

**March 30th**

BREAKFAST	DINNER	SUPPER
Orange	½ Grapefruit	
Prunes, Apricots	Pea Soup (thick)	Fruit Salad
or Buttered	Lettuce	Whole Wheat
Toast	Celery	Muffins
	Carrots	
	Salad	
	Fruit	

**March 31st**

BREAKFAST	DINNER	SUPPER
Orange Juice	Vegetable Soup	Watercress
6 Walnuts	(thick)	Celery and
1 Banana or	Iceberg Lettuce	Apple Salad
1 Cup Herb Tea	Salad	Corn Muffins
	Fruit	

**April 1st**

**BREAKFAST**

Herb Tea  
Honey

**DINNER**

Spinach Soup  
Spinach  
Sweet Potatoes  
Lettuce and  
Celery Salad  
Fruit

**SUPPER**

Fruit Salad  
Barley Muffins

**April 2nd**

**BREAKFAST**

Orange  
Prunes, Apricots  
or Herb Tea

**DINNER**

Green Beans  
Vegetable  
Oysters  
Endive and  
Beet Salad  
Baked Apples

**SUPPER**

Cottage Cheese  
on Nuts and  
Apples  
Corn Muffins

**April 3rd**

**BREAKFAST**

Grapefruit  
Dates

**DINNER**

Barley Soup  
(thick)  
Cabbage and  
Carrot Salad  
Fruit  
Nuts

**SUPPER**

Watercress  
Celery  
Salad  
Barley Muffins  
Milk

**April 4th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Bean Soup (thick) Celery Salad Lettuce Apple Sauce Raisins	Rice Apples Raisins Milk

**April 5th**

BREAKFAST	DINNER	SUPPER
Orange 1 Banana or Herb Tea 6 Walnuts	1/2 Grapefruit Spinach Squash Iceberg Lettuce Salad Baked Apple Cream	Cottage Cheese on Nuts and Apples Buttered Toast Corn Muffins

**April 6th**

BREAKFAST	DINNER	SUPPER
Grapefruit or Herb Tea Dates	1/2 Grapefruit Lima Bean Soup Lettuce and Tomato Salad Fruit	Lettuce Celery and Apple Salad Barley Muffins



**April 7th**

**BREAKFAST**

Orange Juice  
1 Banana  
6 Walnuts or  
Buttered Toast

**DINNER**

Vegetable Soup  
(thick)  
Cabbage and  
Nut Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

**April 8th**

**BREAKFAST**

Herb Tea  
Honey

**DINNER**

½ Grapefruit  
Spinach Soup  
Spinach  
Squash  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Fruit Salad  
Barley Muffins

**April 9th**

**BREAKFAST**

Orange  
Prunes, Apricots  
or Buttered  
Toast

**DINNER**

Curly Cabbage  
Stewed Yellow  
Turnips  
Iceberg Lettuce  
Salad ,  
Apple Sauce  
Raisins

**SUPPER**

Cottage Cheese  
Apples and Nuts  
Corn Muffins

**April 10th**

<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
$\frac{1}{2}$ Grapefruit Dates	Tomato Soup Carrots or Parsnips Creamed Lettuce Salad Celery Baked Apples Nuts, Honey	Dandelions Poached Eggs on Toast

**April 11th**

<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
Orange Juice Prunes, Apricots	$\frac{1}{2}$ Grapefruit Spinach or Cauliflower Vegetable , Oysters Lettuce and Tomato Salad Fruit	Lettuce Celery Apples Salad Barley Muffins Glass of Milk

**April 12th**

<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
Orange Juice Figs Nuts (1 oz.)	$\frac{1}{2}$ Grapefruit Green Beans Parsnips Iceberg Lettuce Salad Fruit	Dandelions Poached Eggs on Toast

**April 13th**

**BREAKFAST**

Grapefruit  
Dates, Figs

**DINNER**

Rice Soup  
(thick)  
Cabbage and  
Carrot Salad  
Nuts ,  
Baked Potato  
Fruit

**SUPPER**

Lettuce  
Celery  
Apple  
Salad  
Barley Muffins  
Glass of Milk

**April 14th**

**BREAKFAST**

Orange  
Banana  
Nuts (1/2 oz.)

**DINNER**

Vegetable Soup  
(thick)  
Lettuce and  
Tomato Salad  
Baked Apple  
Nuts, Honey

**SUPPER**

Cottage Cheese  
Apples  
Corn Muffins

**April 15th**

**BREAKFAST**

Spring Tea  
Honey

**DINNER**

Vegetable Broth  
Spinach  
Baked Potatoes  
Lettuce and  
Tomato Salad  
Celery Fruit

**SUPPER**

Fruit Salad  
Rolled Oats  
Muffins

## PROPER NUTRITION

## April 16th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	Dandelions
Prunes, Apricots	Brussel Sprouts	Beets
	Stewed White Turnips	Salad
	Iceberg Lettuce Salad	Baked Potato
	Fruit	

## April 17th

BREAKFAST	DINNER	SUPPER
Grapefruit	Rice Soup	Lettuce
Dates, Banana	Cabbage and Nut Salad	Celery
Nuts (1 oz.)	Vegetable Oysters	Apples
	Fruit	Salad
		Barley Muffins
		Glass of Milk

## April 18th

BREAKFAST	DINNER	SUPPER
Orange Juice	Fruit Salad	Dandelion Sala
Apple	String Beans	Poached Egg
Nuts (1/2 oz.)	Stewed Yellow Turnip	on Toast
	Lettuce and Tomato Salad	
	Baked Potato	

**April 19th**

**BREAKFAST**

Orange  
Figs  
Nuts (1½ oz.)

**DINNER**

Vegetable Soup  
(thick)  
Head Lettuce  
Salad  
Radishes  
Baked Potato

**SUPPER**

Cottage Cheese  
on Apples  
Raisins  
Nuts  
Lemon  
Corn Muffins

**April 20th**

**BREAKFAST**

Orange Juice  
1 Banana  
6 Nuts

**DINNER**

½ Grapefruit  
Bean Soup  
(thick)  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Lettuce  
Apples  
Celery  
Salad  
Baked Potato

**April 21st**

**BREAKFAST**

Orange  
Prunes, Apricots

**DINNER**

½ Grapefruit  
Peas and Car-  
rots Creamed  
Celery  
Iceberg Lettuce  
Salad  
Fruit

**SUPPER**

Rice  
Apple  
Raisins  
Rhubarb

**April 22nd**

BREAKFAST	DINNER	SUPPER
Spring Tea Honey	1/2 Grapefruit Spinach Baked Potato Lettuce and Tomato Salad Fruit	Fruit Salad Corn Muffins

**April 23rd**

BREAKFAST	DINNER	SUPPER
Orange Juice Prunes, Apricots	1/2 Grapefruit Rice Soup (thick) Cabbage Salad Carrots Nuts, Fruit	Cottage Cheese on Apples Raisins Barley Muffins

**April 24th**

BREAKFAST	DINNER	SUPPER
Orange Dates, Raisins	Vegetable Soup (thick) Watercress Salad Vegetable Oysters Fruit Desert	Rice Fruit Milk

**April 25th**

**BREAKFAST**

Orange Juice  
1 Banana  
Figs  
Nuts (1 oz.)

**DINNER**

Tomato Soup  
Cold Slaw  
(cabbage)  
Baked Potatoes  
Fruit

**SUPPER**

Dandelion Salad  
Whole Wheat  
Muffins  
Milk

**April 26th**

**BREAKFAST**

Orange Juice  
Prunes, Apricots

**DINNER**

½ Grapefruit  
Spinach or  
Cauliflower  
Lettuce Salad  
Baked Potato  
Baked Apple  
Cream

**SUPPER**

Lettuce  
Celery  
Apples  
Salad  
Milk  
Barley Muffins

**April 27th**

**BREAKFAST**

Orange  
1 Banana  
Figs  
Nuts (1 oz.)

**DINNER**

½ Grapefruit  
New Peas and  
Carrots Creamed  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

**April 28th**

BREAKFAST	DINNER	SUPPER
Orange Cereal, Milk	Tomato Soup String Beans Head Lettuce Radishes Salad Baked Potatoes	Dandelions Poached Eggs Corn Muffins

**April 29th**

BREAKFAST	DINNER	SUPPER
Herb Tta Honey	½ Grapefruit Spinach Soup Spinach Baked Potatoes Lettuce and Tomato Salad Fruit	Fruit Salad Barley Muffins

**April 30th**

BREAKFAST	DINNER	SUPPER
Orange 1 Banana or Cereal Figs Nuts (1 oz.) Milk	½ Grapefruit Young Peas and Carrots Creamed Lettuce Salad Fruit	Dandelion Salad Poached Egg on Toast



**May 1st**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	Celery Soup Kale Lettuce Salad Radishes Baked Potatoes Fruit	Rice Fruit Milk

**May 2nd**

BREAKFAST	DINNER	SUPPER
Orange 1 Banana Nuts (1 oz.) or Cereal, Milk	Vegetable Soup (thick) Lettuce Celery Apple Salad Potatoes; Fruit Salad	Watercress Salad Celery Baked Potato

**May 3rd**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	Rice Soup String Beans Cucumber Salad Potatoes Fruit	Dandelion Salad Poached Egg on Toast

## PROPER NUTRITION

**May 4th**

BREAKFAST	DINNER	SUPPER
Orange Apple, Nuts	1/2 Grapefruit Barley Soup Cold Slaw (cabbage) Fruit	Cottage Cheese on Apples Raisins Parsley Lemon

**May 5th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricot or Buttered Toast	Celery Soup Lima Beans Carrots Lettuce Salad Fruit	Fruit Salad Cream Whole Wheat Muffins

**May 6th**

BREAKFAST	DINNER	SUPPER
Orange Juice Figs	1/2 Grapefruit Spinach Asparagus Jap Rice Head Lettuce Salad Fruit Desert	Apple Celery Salad Poached Egg on Toast

**May 7th**

**BREAKFAST**

Grapefruit  
Figs

**DINNER**

Tomato Soup  
Fresh Peas  
Carrots  
Creamed  
Cucumber Salad

**SUPPER**

Dandelions  
Poached Egg  
Barley Muffins

**May 8th**

**BREAKFAST**

Orange  
Prunes, Apricots  
or Cereal, Milk

**DINNER**

1/2 Grapefruit  
Creamed Onions  
Baked Potato  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Cottage Cheese  
Watercress  
Whole Wheat  
Muffins

**May 9th**

**BREAKFAST**

Orange  
1 Banana  
Nuts (1 oz.)

**DINNER**

Vegetable Soup  
(thick)  
Iceberg Lettuce  
Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

## PROPER NUTRITION

**May 10th****BREAKFAST**

Orange  
1 Banana  
Figs or  
Buttered Toast

**DINNER**

1/2 Grapefruit  
Spinach  
Potato  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Dandelion  
Young Onions  
Baked Potato

**May 11th****BREAKFAST**

Orange  
Prunes, Apricots

**DINNER**

1/2 Grapefruit  
Vegetable Soup  
(thick)  
Celery  
Carrot  
Salad  
Nuts  
Fruit

**SUPPER**

Lettuce  
Celery  
Apple  
Salad  
Barley Muffins  
Glass of Milk

**May 12th****BREAKFAST**

Grapefruit  
Figs

**DINNER**

1/2 Grapefruit  
Fresh Peas  
Carrots  
Watercress  
Salad  
Baked Apple  
Cream

**SUPPER**

Dandelions  
Cucumber  
Poached Egg  
on Toast

**May 13th**

**BREAKFAST**

**DINNER**

**SUPPER**

Cup of Herb Tea

1/2 Grapefruit  
Spinach  
Asparagus  
Baked Potato  
Lettuce and  
Tomato Salad  
Fruit

Lettuce  
Radish  
Celery  
Salad  
Whole Wheat  
Muffins  
Milk

**May 14th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange, Prunes  
Nuts (1 oz.) or  
Cereal, Milk

1/2 Grapefruit  
Beans  
Carrots  
Lettuce and  
Beet Salad  
Fruit

Cottage Cheese  
Watercress  
Barley Muffins  
Glass of Milk

**May 15th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Prunes, Apricots  
or Buttered  
Toast

Rice Soup  
Asparagus  
Lettuce and  
Tomato Salad  
Baked Potato  
Fruit

Dandelions  
Poached Egg  
on Toast

## PROPER NUTRITION

## May 16th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	
1 Banana	Lima Beans	
Nuts (1 oz.) or	Lettuce	Rice
Cereal, Milk	Radish	Fruit
	Celery	Milk
	Salad	
	Vegetable	
	Oysters	
	Fruit	

## May 17th

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	
Prunes, Apricots	(thick)	Watercress
	Cabbage and	Salad
	Carrot Salad	Corn Muffins
	Nuts	Glass of Milk
	Baked Potato	
	Fruit	

## May 18th

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	
Banana, Figs	(thick)	Farina Soup
	Cauliflower	Fruit
	Baked Potato	Milk
	Lettuce and	
	Tomato Salad	
	Fruit	

**May 19th**

**BREAKFAST**

Orange  
Apple, Nuts

**DINNER**

1/2 Grapefruit  
Spinach  
Squash  
Iceberg Lettuce  
Salad  
Fruit

**SUPPER**

Cottage Cheese  
Dandelions  
Corn Muffins

**May 20th**

**BREAKFAST**

1 Cup Sassafras  
Tea  
Honey

**DINNER**

1/2 Grapefruit  
Green Peas  
Carrots  
Tomatoes and  
Lettuce Salad  
Cucumber  
Baked Potato  
Fruit

**SUPPER**

Fruit Salad  
Barley Muffins

**May 21st**

**BREAKFAST**

Orange  
Prunes, Apricots

**DINNER**

1/2 Grapefruit  
New Stewed  
White Turnips  
Lettuce Salad  
Fruit

**SUPPER**

Watercress and  
Beet Salad  
Baked Potato  
Milk

**May 22nd**

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts (1 oz.)	Vegetable Soup (thick) Carrot and Celery Salad Potatoes Fruit	Rice Baked Rhubarb Honey

**May 23rd**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Green Beans Vegetable Oysters Lettuce and Tomato Salad Fruit	Dandelion and Cucumber Salad Baked Potato

**May 24th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apple Nuts (1 oz.)	1/2 Grapefruit Peas Carrots Lettuce Radishes Young Onions Salad Rice Fruit	Watercress Celery Salad Baked Potato



**May 25th**

BREAKFAST	DINNER	SUPPER
Orange Figs, Nuts or Sassafras Tea	1/2 Grapefruit Beet Tops Vegetable Oysters Lettuce and Tomato Salad Fruit	Dandelions Cottage Cheese Corn Muffins

**May 26th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots or Apple Tea	1/2 Grapefruit Lima Bean Soup Lettuce Salad Baked Rhubarb	Watercress Tomatoes Onions Baked Potatoes

**May 27th**

BREAKFAST	DINNER	SUPPER
1 Cup Herb Tea	Celery Soup Spinach Asparagus Lettuce and Tomato Salad Baked Potato Fruit	Strawberries Cream Barley Muffins

**May 28th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs, Nuts	Vegetable Soup Lettuce Salad Baked Potato Rhubarb	Rice Fruit Salad

**May 29th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Young Peas Carrots Lettuce and Tomato Salad Potatoes Fruit	Dandelions Poached Eggs on Toast Milk

**May 30th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins, Nuts	Baked Potato Beet Tops Wax Beans Lettuce Salad Fruit	Cottage Cheese Watercress Baked Potatoes

**May 31st**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange, Banana  
Nuts (1 oz.) or  
Cup Herb Tea

1/2 Grapefruit  
Peas  
Lettuce and  
Tomato Salad  
Baked Potato  
Fruit

Rice  
Fruit  
Milk

**June 1st**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Prunes, Apricot

Spinach  
Kohlrabi  
Baked Potatoes  
Lettuce and  
Tomato Salad  
Fruit

Watercress  
Celery  
Radishes  
Baked Potato

**June 2nd**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Prunes, Banana  
or Cup Herb Tea

Rice Soup  
(thick)  
Lettuce Salad  
Fruit

Apple and  
Nut Salad  
Baked Potato

**June 3rd**

BREAKFAST	DINNER	SUPPER
Sassafras Tea Honey	1/2 Grapefruit Green Beans Carrots Lettuce and Tomato Salad Rhubarb	Watercress Celery Radishes Salad Baked Potato

**June 4th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Dandelions Poached Eggs on Toast Glass of Milk

**June 5th**

BREAKFAST	DINNER	SUPPER
Orange Figs, Banana	Stewed White Turnips Lettuce and Tomato Salad Baked Rhubarb Honey	'Watercress Salad Baked Potato

**June 6th**

**BREAKFAST**

Orange  
Corn Flakes  
Milk

**DINNER**

Celery Soup  
(thick)  
Chard  
Creamed Onions  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

**June 7th**

**BREAKFAST**

Orange  
Prunes, Apricots

**DINNER**

String Beans  
Stewed Carrots  
Lettuce and  
Cucumber Salad  
Fruit

**SUPPER**

Watercress  
Cottage Cheese  
Baked Potato

**June 8th**

**BREAKFAST**

Orange  
Puffed Rice  
Milk

**DINNER**

Vegetable Soup  
(thick)  
Cabbage and  
Beet Salad  
Baked Potato  
Rhubarb, Honey

**SUPPER**

Dandelions  
Barley Muffins  
Glass of Milk

**June 9th**

BREAKFAST	DINNER	SUPPER
Orange Banana, Dates	1/2 Grapefruit Peas Carrots Cucumber and Tomato Salad Baked Potato Fruit	Watercress Salad Baked Potato

**June 10th**

BREAKFAST	DINNER	SUPPER
Sassafras Tea Honey	1/2 Grapefruit Spinach Vegetable Oysters Lettuce and Cucumber Salad Fruit	Strawberries Milk Barley Muffins

**June 11th**

BREAKFAST	DINNER	SUPPER
Orange Banana, Prunes	1/2 Grapefruit Lima Beans Squash Lettuce and Tomato Salad Rhubarb	Rice Fruit Milk

**June 12th**

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Watercress Radishes Salad

**June 13th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Stewed White Turnips Iceberg Lettuce Salad Baked Rhubarb	Strawberries Milk Corn Muffins

**June 14th**

BREAKFAST	DINNER	SUPPER
Orange Whole Rice Milk	1/2 Grapefruit Peas Carrots Lettuce and Cucumber Salad Baked Potato Fruit	Dandelions Poached Egg on Toast Glass of Milk

**June 15th**

BREAKFAST	DINNER	SUPPER
Orange Banana, Figs	String Beans Vegetable Oysters Lettuce and Radish Salad Fruit	Watercress Cottage Cheese Baked Potato

**June 16th**

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Cauliflower Baked Potato Lettuce and Tomato Salad Fruit	Strawberries Milk Barley Muffins

**June 17th**

BREAKFAST	DINNER	SUPPER
Orange Banana, Prunes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Squash Fruit	Rice Fruit Milk



**June 18th**

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	1/2 Grapefruit Peas Carrots Tomato and Cucumber Salad Baked Potato Fruit	Strawberries Milk

**June 19th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Banana	1/2 Grapefruit String Beans Kohlrabi Iceberg Lettuce Salad Fruit	Dandelion Salad Baked Potato

**June 20th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk	Rice Soup Chard Squash Lettuce and Tomato Salad Fruit	Cottage Cheese Watercress Baked Potato

**June 21st**

BREAKFAST	DINNER	SUPPER
Orange Banana, Figs	1/2 Grapefruit New Lima Beans Beet Tops Lettuce Salad Baked Rhubarb	Rice Fruit Milk

**June 22nd**

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Vegetable Soup (thick) Spinach Stewed Yellow Turnips Lettuce and Cucumber Salad Fruit	Watercress Celery Barley Muffins Glass of Milk

**June 23rd**

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Chard Creamed Carrots Lettuce and Radish Salad Rhubarb	Fruit Salad Cream Whole Wheat Muffins

**June 24th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	New Peas Vegetable Oysters Lettuce and Tomato Salad Fruit	Dandelions Baked Potato

**June 25th**

BREAKFAST	DINNER	SUPPER
Orange Whole Rice Milk	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Watercress Cottage Cheese Potatoes

**June 26th**

BREAKFAST	DINNER	SUPPER
Orange Juice Banana Figs	Stewed White Turnips Potatoes Lettuce and Tomato Salad Baked Rhubarb	Rice Fruit Barley Muffins

## June 27th

BREAKFAST	DINNER	SUPPER
Orange	Kohlrabi	Fruit Salad
Whole Wheat	Green Beans	Cream
Toast	Lettuce Salad	Nut Bread
	Strawberries	

## June 28th

BREAKFAST	DINNER	SUPPER
Oranges, Prunes	Rice Soup	Dandelions
Apricots	Beet Tops	Poached Egg
	Creamed Carrots	Toast
	Iceberg Lettuce	Glass of Milk
	Beet Salad	
	Watermelon	

## June 29th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Cantaloupe	Watercress
Whole Wheat	Lima Beans	Cottage Cheese
Milk	Squash	Baked Potato
Toast	Lettuce and	
	Tomato Salad	
	Baked Rhubarb	

**June 30th**

**BREAKFAST**

Elderberry  
Blossom Tea  
Honey

**DINNER**

Spinach Broth  
Soup  
Asparagus  
Baked Potato  
Watermelon

**SUPPER**

Strawberries  
Milk  
Whole Wheat  
Muffins

**July 1st**

**BREAKFAST**

Orange, Banana  
Figs

**DINNER**

1/2 Grapefruit  
String Beans  
Squash  
Dandelions  
Radishes  
Fruit

**SUPPER**

Watercress  
Celery  
Poached Egg  
Barley Muffins

**July 2nd**

**BREAKFAST**

Orange  
Whole Wheat  
Milk

**DINNER**

Vegetable Soup  
(thick)  
Asparagus  
Vegetable  
Oysters  
Lettuce and  
Tomato Salad  
Watermelon

**SUPPER**

Dandelions  
Young Onions  
Salad  
Baked Potato

## July 3rd

BREAKFAST	DINNER	SUPPER
Oranges, Prunes Apricots or 1/2 Cantaloupe	1/2 Melon String Beans Kohlrabi Lettuce and Radish Salad Baked Rhubarb	Rice Fruit Milk

## July 4th

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Asparagus Lettuce and Tomato Salad Watermelon	Fruit Salad Whipped Cream Muffins

## July 5th

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Vegetable Soup (thick) Lettuce Celery Radish Salad Baked Potato Baked Rhubarb	Cottage Cheese Watercress Baked Potato

**July 6th**

**BREAKFAST**

Orange  
Whole Wheat  
Milk

**DINNER**

1/2 Melon  
Peas  
Carrots  
Lettuce and  
Radish Salad  
Baked Potato  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

**July 7th**

**BREAKFAST**

Orange  
Whole Rice  
Milk

**DINNER**

Pineapple  
String Beans  
Kohlrabi  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Dandelions  
Cherry Pancakes  
Milk

**July 8th**

**BREAKFAST**

Orange, Banana  
Figs or  
Cantaloupe

**DINNER**

Rice Soup  
(thick)  
Chard  
Corn  
Lettuce Salad  
Baked Rhubarb

**SUPPER**

Strawberries  
Milk  
Whole Wheat  
Muffins

**July 9th**

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Pineapple Peas Carrots Lettuce and Tomato Salad Baked Potato	Rice Milk Fruit

**July 10th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Prunes or Raspberries	Spinach Corn Lettuce Radish Baked Potatoes Baked Rhubarb	Dandelions Cottage Cheese Potatoes

**July 11th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Rice Soup Asparagus Squash Lettuce and Tomato Salad Watermelon	Dandelion and Beet Salad Baked Potato



**July 12th**

**BREAKFAST**

Orange  
Puffed Rice

**DINNER**

Chard  
Vegetable  
Oysters  
Lettuce and  
Cucumber Salad  
Rice  
Fruit

**SUPPER**

Fruit Salad  
Milk  
Corn Muffins

**July 13th**

**BREAKFAST**

Elderberry  
Blossom Tea  
Honey

**DINNER**

Melon  
Beet Tops  
Wax Beans  
Dandelion and  
Beet Salad  
Baked Potato  
Baked Rhubarb

**SUPPER**

Strawberries  
Milk  
Barley Muffins

**July 14th**

**BREAKFAST**

Orange, Banana  
Figs or  
Cantaloupe

**DINNER**

Pineapple  
Peas  
Carrots  
Lettuce and  
Tomato Salad  
Potatoes  
Watermelon

**SUPPER**

Rice  
Fruit  
Milk

**July 15th****BREAKFAST**

Orange  
Puffed Rice  
Raspberries

**DINNER**

Melon  
Green Beans  
Corn  
Lettuce and  
Radish Salad  
Potato  
Baked Rhubarb

**SUPPER**

Dandelions  
Cherry Muffins  
Milk

**July 16th****BREAKFAST**

Orange, Banana  
Prunes

**DINNER**

String Beans  
Squash  
Lettuce and  
Tomato Salad  
Watermelon

**SUPPER**

Strawberries  
Milk  
Whole Wheat  
Muffins

**July 17th****BREAKFAST**

Orange  
Puffed Rice  
Raspberries  
Milk

**DINNER**

Rice Soup  
Asparagus  
Corn  
Lettuce and  
Cucumber Salad  
Baked Potato  
Watermelon

**SUPPER**

Watercress  
Cottage Cheese  
Corn Muffins

**July 18th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange or  
Strawberries  
Puffed Wheat  
Milk

Peas  
Melon  
Carrots  
Lettuce and  
Tomato Salad  
Baked Potato  
Baked Rhubarb

Dandelions  
Cherry Muffins  
Milk

**July 19th**

**BREAKFAST**

**DINNER**

**SUPPER**

Banana  
Strawberries  
and Milk

Vegetable Soup  
(thick)  
Cabbage  
Beet  
Nuts  
Salad  
Baked Potato  
Watermelon

Milk  
Rice  
Fruit

**July 20th**

**BREAKFAST**

**DINNER**

**SUPPER**

Banana  
Raspberries  
Puffed Rice

Melon  
Corn  
Spinach  
Lettuce and  
Tomato Salad  
Potato  
Fruit

Strawberries  
Milk  
Barley Muffins

## PROPER NUTRITION

## July 21st

BREAKFAST	DINNER	SUPPER
Orange	String Beans	Dandelion and
Puffed Wheat	Squash	Beet Salad
Blackberries	Lettuce and	Baked Potato
	Cucumber Salad	
	Potato	
	Watermelon	

## July 22nd

BREAKFAST	DINNER	SUPPER
Orange	Celery Soup	Rice
Puffed Rice	Peas	Milk
Thimbleberries	Carrots	Fruit
	Lettuce and	
	Tomato Salad	
	Potatoes	
	Baked Rhubarb	

## July 23rd

BREAKFAST	DINNER	SUPPER
Banana	Chard	Watercress
Strawberries	Corn	Cottage Cheese
	Lettuce and	Baked Potato
	Radish Salad	
	Potatoes	
	Watermelon	

**July 24th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Puffed Wheat  
Raspberries

Pineapple  
String Beans  
and Carrots  
Vegetable  
Oysters  
Lettuce and  
Tomato Salad  
Watermelon

Milk  
Cherry  
Shortcake

**July 25th**

**BREAKFAST**

**DINNER**

**SUPPER**

Strawberries  
Banana and  
Milk

Vegetable Soup  
(thick)  
Cabbage and  
Carrot Salad  
Nuts  
Baked Potato  
Baked Rhubarb

Dandelion and  
Celery Salad  
Corn Muffins  
Glass of Milk

**July 26th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Puffed Rice  
Raspberries

Melon  
Spinach  
Corn  
Lettuce and  
Tomato Salad  
Jap Rice

Strawberries  
Milk  
Barley Muffins

**July 27th**

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Melon Chard Asparagus Dandelion Salad Berries	Strawberry Shortcake Glass of Milk

**July 28th**

BREAKFAST	DINNER	SUPPER
Strawberries Banana Cornflakes	Melon Peas Carrots Lettuce and Tomato Salad Rice	Watercress Celery Muffins Glass of Milk

**July 29th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	Rice Soup Asparagus Corn Lettuce and Cucumber Salad Potatoes Melon	Dandelion and Beet Salad Baked Potatoes

**July 30th**

**BREAKFAST**

Whole Wheat  
Banana  
Cherries

**DINNER**

String Bean  
Squash  
Lettuce and  
Tomato Salad  
Jap Rice  
Melon

**SUPPER**

Strawberries  
Milk  
Barley Muffins

**July 31st**

**BREAKFAST**

Orange  
Puffed Wheat  
Berries  
Milk

**DINNER**

Vegetable Soup  
(thick)  
Vegetable  
Oysters  
Lettuce and  
Radish Salad  
Watermelon

**SUPPER**

Watercress  
Cottage Cheese  
Corn Muffins

**August 1st**

**BREAKFAST**

Orange  
Puffed Rice and  
Milk

**DINNER**

Spinach  
Corn  
Lettuce and  
Celery Salad  
Potatoes  
Watermelon

**SUPPER**

Dandelion and  
Beet Salad  
Corn Muffins  
Glass of Milk

**August 2nd**

BREAKFAST	DINNER	SUPPER
Banana Cherries Cornflakes	Green Beans Asparagus Lettuce and Tomato Salad Baked Potato Watermelon	Fruit Salad Barley Muffins Milk

**August 3rd**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Barley Soup (thick) Cabbage and Carrot Salad Nuts Potatoes Baked Rhubarb	Cottage Cheese Baked Potatoes Sliced Tomatoes

**August 4th**

BREAKFAST	DINNER	SUPPER
Orange, Banana and Nut Salad	Cantaloupe Peas Carrots, Lettuce and Radish Salad Rice Fruit	Dandelion and Beet Salad Corn Muffins Glass of Milk



**August 5th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Berries	Vegetable Soup Wax Beans Corn Lettuce and Celery Salad Potatoes Watermelon	Rice Fruit Milk

**August 6th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Cherries Cornflakes	String Beans Squash Lettuce Sliced Tomatoes Melon	Strawberries Milk Barley Muffins

**August 7th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	Rice Soup (thick) Beet Tops Corn Lettuce and Cucumber Salad	Fruit Watercress Celery Baked Potatoes Pears

**August 8th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts, Cherries	Spinach Yellow Turnip Stewed Lettuce and Tomato Salad Potato Watermelon	Rice Fruit Milk

**August 9th**

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Cantaloupe Chard Creamed Carrots Lettuce and Radish Salad Baked Rhubarb	Strawberry Shortcake Glass of Milk

**August 10th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	String Beans Squash Lettuce and Tomato Salad Rice Fruit	Cucumber Sliced Cottage Cheese Barley Muffins Pears

**August 11th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts, Cherries	Vegetable Soup Corn and Wax Beans Lettuce and Cucumber Salad Potatoes Watermelon	Dandelion and Beet Salad Poached Egg Whole Wheat Muffins

**August 12th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Berries	Peas Carrots Lettuce and Tomato Salad Baked Potato Fruit	Rice Fruit Milk

**August 13th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raspberries Cornflakes	Barley Soup Cabbage, Beet and Nut Salad Potatoes Watermelon	Watercress. Whole Wheat Muffins Glass of Milk

**August 14th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk	Spinach Broth Soup Spinach Corn Lettuce and Tomato Salad Baked Potatoes Rhubarb	Glass of Milk Dandelions Potatoes

**August 15th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raspberries	Rice Soup Beet Tops Corn Lettuce and Radish Salad Fruit	Rice Fruit Milk

**August 16th**

BREAKFAST	DINNER	SUPPER
Orange Juice Banana, Prunes Peaches	Cantaloupe Chard Asparagus Dandelions Watermelon	Raspberries Milk Barley Muffins

**August 17th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Puffed Wheat  
Milk and  
Peaches

Vegetable Soup  
(thick)  
Cabbage and  
Carrot Salad  
Nuts  
Melon

Sliced Cucumber  
Cottage Cheese  
Whole Wheat  
Muffins

**August 18th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange, Banana  
Berries, Nuts

Green Beans  
Squash  
Lettuce and  
Tomato Salad  
Baked Potatoes  
Fruit

Dandelion and  
Beet Salad  
Barley Muffins  
Glass of Milk  
Pears

**August 19th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange  
Puffed Rice  
Milk and  
Peaches

Barley Soup  
Spinach  
Corn  
Lettuce and  
Cucumber Salad  
Fruit

Rice  
Fruit  
Milk

**August 20th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	Peas Carrots Lettuce and Tomato Salad Rice Watermelon	Milk Raspberry Shortcake

**August 21st**

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts or Sliced Peaches	Spinach Squash Lettuce and Tomato Salad Melon	Radishes Cottage Cheese Baked Potato

**August 22nd**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Berries	String Beans Kohlrabi Lettuce and Cucumber Salad Potatoes Melon	Rice Fruit Milk

**August 23rd**

**BREAKFAST**

Banana, Berries  
Puffed Wheat

**DINNER**

Barley Soup  
Cabbage and  
Carrot Salad  
Nuts  
Fruit

**SUPPER**

Fruit Salad  
Cream  
Corn Muffins

**August 24th**

**BREAKFAST**

Orange  
Puffed Rice  
Milk  
Berries

**DINNER**

Vegetable Soup  
Corn  
Lettuce, Celery  
and Radish  
Salad  
Watermelon

**SUPPER**

Endive and  
Beet Salad  
Milk  
Barley Muffins

**August 25th**

**BREAKFAST**

Orange  
Puffed Wheat  
Berries

**DINNER**

Carrots  
Green Peas  
Lettuce and  
Radish Salad  
Baked Rhubarb  
Honey

**SUPPER**

Rice  
Fruit  
Milk

**August 26th****BREAKFAST**

Orange, Banana  
Nuts  
Flakes

**DINNER**

Spinach  
Corn  
Lettuce and  
Tomato Salad  
Muskmelon

**SUPPER**

Sliced Cucumber  
Cottage Cheese  
Baked Potato  
Pears

**August 27th****BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Berries

**DINNER**

String Beans  
Kohlrabi  
Lettuce and  
Cucumber Salad  
Jap Rice  
Melon

**SUPPER**

Endive and  
Beet Salad  
Milk  
Barley Muffins

**August 28th****BREAKFAST**

Orange, Banana  
Whole Wheat

**DINNER**

Cantaloupe  
Spinach  
Asparagus  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk



**August 29th**

**BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Sliced Peaches

**DINNER**

Barley Soup  
(thick)  
Corn or Beans  
Lettuce and  
Celery Salad  
Watermelon

**SUPPER**

Rice  
Fruit  
Milk

**August 30th**

**BREAKFAST**

Orange  
Puffed Wheat  
Milk

**DINNER**

Peas  
Carrots  
Lettuce and  
Tomato Salad  
Baked Potato  
Fruit

**SUPPER**

Fruit  
Oatmeal Muffins  
Milk

**August 31st**

**BREAKFAST**

Orange, Banana  
Berries  
Whole Wheat  
Milk

**DINNER**

Vegetable Soup  
Corn  
Lettuce and  
Tomato Salad  
Melon

**SUPPER**

Cucumber  
Mayonnaise  
Baked Potatoes  
Pears

**September 1st**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk	String Beans Squash Lettuce and Radish Salad Potatoes Fruit	Rice Fruit Milk

**September 2nd**

BREAKFAST	DINNER	SUPPER
Orange, Banana Berries Cornflakes	Barley Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Endive and Beet Salad Whole Wheat Muffins

**September 3rd**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Chard Corn Lettuce and Celery Salad Potatoes Melon	Sliced Cucumber Cottage Cheese Barley Muffins

**September 4th**

**BREAKFAST**

Orange, Banana  
Grapes  
Spinach Broth

**DINNER**

Soup  
Spinach  
Celery Salad  
Vegetable  
Oysters  
Muskmelon

**SUPPER**

Fruit Salad  
Barley Muffins  
Milk

**September 5th**

**BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Peas  
Carrots  
Lettuce and  
Cucumber Salad  
Baked Potato  
Fruit

**SUPPER**

Endive Salad  
Poached Egg  
Toast

**September 6th**

**BREAKFAST**

Orange, Banana  
Grapes

**DINNER**

Vegetable Soup  
Stewed Kohlrabi  
Lettuce and  
Tomato Salad  
Watermelon

**SUPPER**

Fruit Salad  
Barley Muffins

**September 7th**

BREAKFAST	DINNER	SUPPER
Cornflakes Milk Grapes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Watermelon	Sliced Cucumber Cottage Cheese Barley Muffins

**September 8th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Grapes String Beans Kohlrabi Lettuce and Tomato Salad Baked Potato Fruit	Milk Fruit Rice

**September 9th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Peas Carrots Lettuce and Radish Salad Baked Potato Muskmelon	Fruit Salad Corn Muffins

**September 10th**

**BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Barley Soup  
(thick)  
Corn or  
String Beans  
Lettuce and  
Tomato Salad  
Watermelon

**SUPPER**

Endive and  
Beet Salad  
Baked Potatoes  
Pears

**September 11th**

**BREAKFAST**

Orange, Banana  
Grapes and  
Sliced Peaches

**DINNER**

Spinach  
Vegetable  
Oysters  
Lettuce and  
Tomato Salad  
Watermelon

**SUPPER**

Spanish Onions  
Cottage Cheese  
Oatmeal Muffins  
Fruit

**September 12th**

**BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Rice Soup  
(thick)  
String Beans  
and Carrots  
Lettuce and  
Radish Salad  
Fruit

**SUPPER**

Rice  
Fruit  
Milk

**September 13th**

BREAKFAST	DINNER	SUPPER
Cornflakes Banana Grapes and Milk	String Beans Squash Lettuce and Cucumber Salad Rice Fruit	Fruit Salad Whipped Cream Corn Muffins

**September 14th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Muksmelon	Milk Fruit Barley Muffins

**September 15th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	String Beans Squash Lettuce and Tomato Salad Potatoes Melon	Celery and Beet Salad Baked Potatoes Fruit

**September 16th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Barley Soup (thick) Chard Parsnips Lettuce and Celery Salad Watermelon	Lettuce and Tomato Salad Poached Eggs Baked Potato

**September 17th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Peas Carrots Lettuce and Tomato Salad Potatoes Melon	Fruit Salad Cream Barley Muffins

**September 18th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Spinach Broth Soup Spinach Kohlrabi Lettuce and Tomato Salad Baked Apple Fruit	Rice Peaches Milk

**September 19th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	String Beans Creamed Carrots Lettuce and Cucumber Salad Rice Melon	Fruit Salad Cream Oatmeal Muffins

**September 20th**

BREAKFAST	DINNER	SUPPER
Honey Dew Melons	Rice Soup (thick) Cauliflower Lettuce and Radish Salad Potatoes Melon	Cornmeal Milk Grapes

**September 21st**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Vegetable Soup (thick) Corn Lettuce and Radish Salad Baked Potatoes Fruit	Peaches, Rice Milk



**September 22nd**

**BREAKFAST**

Banana, Apples  
Nuts  
String Beans

**DINNER**

Carrots  
Lettuce and  
Cucumber Salad  
Potatoes  
Muskmelon

**SUPPER**

Endive and  
Beet Salad  
Poached Eggs  
Corn Muffins

**September 23rd**

**BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Barley Soup  
(thick)  
Cabbage and  
Carrot Salad  
Nuts  
Potatoes  
Stewed Pears

**SUPPER**

Apples  
Rice  
Milk

**September 24th**

**BREAKFAST**

Banana  
Plums  
Nuts

**DINNER**

Cauliflower  
Vegetable  
Oysters  
Endive and  
Beet Salad  
Baked Potatoes  
Melon

**SUPPER**

Lettuce and  
Tomato Salad  
Poached Eggs  
Toast

**September 25th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Spinach Soup Spinach Yellow Turnip Tomato and Cucumber Salad Fruit	Fruit Salad Cornmeal Cake

**September 26th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Creamed Carrots Squash Endive and Beet Salad Baked Potato Stewed Pears	Baked Apples Cream Barley Muffins

**September 27th**

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Rice Soup (thick) Vegetable Oysters Lettuce and Cucumber Salad Baked Apple Cream	Peaches Rice Milk

**September 28th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Nuts	Vegetable Soup Corn Endive and Beet Salad Baked Potatoes Melon	Peaches Rice Milk

**September 29th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	String Beans Squash Cabbage and Carrot Salad Baked Apple	Lettuce and Celery Salad Cottage Cheese Potatoes

**September 30th**

BREAKFAST	DINNER	SUPPER
Banana Nuts Grapes	Barley Soup (thick) Chard Parsnips Lettuce and Tomato Salad Baked Potatoes Stewed Pears	Apples Rice Milk and Sliced Peaches

**October 1st****BREAKFAST**

Orange Juice  
Whole Wheat  
Muffins  
Grapes

**DINNER**

Spinach Soup  
Spinach  
Yellow Turnips  
Lettuce and  
Tomato Salad  
Fruit

**SUPPER**

Fruit Salad  
Cream  
Oatmeal Muffins

**October 2nd****BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Curly Cabbage  
Creamed  
Squash  
Cucumber and  
Celery Salad  
Fruit  
Baked Apples

**SUPPER**

Poached Egg  
Whole Wheat  
Muffins

**October 3rd****BREAKFAST**

Orange  
Nuts (2 oz.)  
Grapes

**DINNER**

Vegetable Soup  
Cabbage and  
Carrot Salad  
Nuts  
Potatoes  
Melon

**SUPPER**

Apples  
Rice  
Milk

**October 4th**

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk Grapes	String Beans Squash Endive and Beet Salad Potatoes Fruit	Fruit Salad Cream Oatmeal Muffins

**October 5th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Barley Soup (thick) Lettuce and Tomato Salad Baked Potato Fruit	Pears Rice Milk

**October 6th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Spinach Soup Spinach Creamed Carrots Lettuce and Celery Salad Potatoes Melon	Baked Apples Cream Barley Muffins

**October 7th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Prunes	Rice Soup Eggplant Endive and Beet Salad Potatoes Melon	Cottage Cheese Fruit Barley Muffins

**October 8th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Potatoes Fruit	Apple Rice Milk

**October 9th**

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Spinach Soup Spinach Squash Lettuce and Tomato Salad Fruit	Fruit Whipped Cream Corn Muffins

**October 10th**

**BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Grapes

**DINNER**

String Beans  
Squash  
Lettuce and  
Tomato Salad  
Potatoes  
Melon

**SUPPER**

Baked Apples  
Cream  
Barley Muffins

**October 11th**

**BREAKFAST**

Orange, Prunes  
Apricots and  
Sliced Peaches

**DINNER**

Tomatoes  
Stewed  
White Turnips  
Endive and  
Beet Salad  
Melon

**SUPPER**

Pears  
Rice  
Milk

**October 12th**

**BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Grapes

**DINNER**

Chard  
Vegetable  
Oysters  
Lettuce and  
Tomato Salad  
Sweet Potatoes  
Fruit

**SUPPER**

Apples  
Raisins  
Cottage Cheese  
Barley Muffins

**October 13th****BREAKFAST**

Orange, Banana  
Apple, Raisins

**DINNER**

Vegetable Soup  
Corn  
Endive and  
Beet Salad  
Baked Potatoes  
Melon

**SUPPER**

Baked Apple  
Cream  
Whole Wheat  
Muffins

**October 14th****BREAKFAST**

Orange  
Prunes, Apricots

**DINNER**

String Beans  
Stewed Carrots  
Lettuce and  
Tomato Salad  
Sweet Potatoes  
Melon

**SUPPER**

Nut, Apple and  
Celery Salad  
Corn Muffins  
Milk

**October 15th****BREAKFAST**

Orange  
Puffed Wheat  
Milk

**DINNER**

Barley Soup  
(thick)  
Kale  
Parsnips  
Lettuce and  
Celery Salad  
Sweet Potato  
Melon

**SUPPER**

Baked Apples  
Cream  
Barley Muffins



**October 16th**

**BREAKFAST**

**DINNER**

**SUPPER**

Honey Dew  
Melon

Spinach Soup  
Spinach  
Squash  
Endive and  
Beet Salad  
Fruit

Fruit Salad  
Barley Muffins

**October 17th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange, Banana  
Grapes or Pears

Lima Beans  
Creamed Carrots  
Cucumber Salad  
Baked Potatoes  
Fruit

Pears  
Rice  
Milk

**October 18th**

**BREAKFAST**

**DINNER**

**SUPPER**

Orange, Banana  
Apples, Nuts

Vegetable Soup  
(thick)  
Cabbage and  
Carrot Salad  
Nuts  
Potatoes  
Melon

Cottage Cheese  
Raisins, Apples  
Corn Muffins

**October 19th****BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Grapes

**DINNER**

Spinach  
Yellow Turnip  
Stewed  
Endive and  
Tomato Salad  
Sweet Potatoes  
Fruit

**SUPPER**

Apples  
Rice  
Milk

**October 20th****BREAKFAST**

Orange, Prunes  
Apricots or  
Grapes

**DINNER**

String Beans  
Squash  
Endive and  
Beet Salad  
Potatoes  
Melon

**SUPPER**

Baked Apples  
Cream  
Barley Muffins

**October 21st****BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Curly Cabbage  
Creamed  
Vegetable  
Oysters  
Lettuce and  
Tomato Salad  
Potatoes  
Apple Sauce  
Raisins

**SUPPER**

Lettuce and  
Celery Salad  
Poached Eggs  
Corn Muffins

**October 22nd**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts	Vegetable Soup (thick) Endive and Beet Salad Sweet Potatoes Apple Sauce Sliced Peaches	Pears Rice Milk

**October 23rd**

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Spinach Soup Spinach Squash Lettuce and Tomato Salad Fruit	Fruit Salad Barley Muffins

**October 24th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Lima Beans Parsnips Lettuce and Celery Salad Potatoes Melon	Cottage Cheese Apples, Raisins Corn Muffins

**October 25th**

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	Barley Soup (thick) Cabbage and Carrot Salad Nuts Baked Potatoes Melon	Baked Apples Cream Corn Muffins

**October 26th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Kale Stewed Yellow Turnip Endive and Beet Salad Sweet Potatoes Apple Sauce	Fruit Salad Oatmeal Muffins

**October 27th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Rice Soup (thick) Vegetable Oysters Lettuce and Tomato Salad Baked Potatoes Baked Apples	Tomato and Cucumber Salad Poached Eggs Potatoes

**October 28th**

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Pea Soup (thick) Spinach Endive and Apple Salad Melon	Apples, Raisins Cottage Cheese Barley Muffins

**October 29th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Potatoes Fruit	Apples Rice Milk

**October 30th**

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Tomato Soup Curly Cabbage Stewed Carrots Lettuce and Tomato Salad Melon	Fruit Salad Cream Muffins

**October 31st****BREAKFAST**

Orange  
Puffed Wheat  
Milk  
Grapes

**DINNER**

String Beans  
Squash  
Endive and  
Beet Salad  
Sweet Potatoes  
Melon

**SUPPER**

Cottage Cheese  
Raisins, Nuts  
Apples  
Corn Muffins

**November 1st****BREAKFAST**

Orange  
Puffed Rice  
Milk  
Grapes

**DINNER**

Stewed White  
Turnip  
Kale  
Lettuce and  
Tomato Salad  
Baked Potatoes  
Fruit

**SUPPER**

Lettuce  
Poached Egg  
Barley Muffins

**November 2nd****BREAKFAST**

Orange, Banana  
Apples  
Oatmeal, Milk

**DINNER**

Grapefruit  
Lima Beans  
Vegetable  
Oysters  
Endive and Beet  
Salad  
Apple Sauce  
Raisins

**SUPPER**

Apples, Rice  
Milk

**November 3rd**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	Spinach Soup Spinach Squash Lettuce and Celery Salad Baked Potatoes Melon	Cottage Cheese Applies, Raisins Barley Muffins

**November 4th**

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal Mush	String Beans Creamed Carrots Lettuce and Tomato Salad Sweet Potatoes Fruit	Cottage Cheese Apples, Raisins Whole Wheat Muffins

**November 5th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Raisins	Vegetable Soup Cabbage, Car- rots and Nuts Salad Potatoes Fruit	Rice, Pears Milk

**November 6th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	Spinach Soup Spinach Parsnips Celery Salad Baked Apples Cream	Fruit Salad Cream Corn Muffins

**November 7th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Rice Soup (thick) Red Cabbage Endive and Beet Salad Baked Potatoes Fruit	Baked Apples Cream Barley Muffins

**November 8th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Nuts	1/2 Grapefruit Kale Potatoes Squash Lettuce and Celery Salad Apple Sauce Raisins	Lettuce and Tomato Salad Poached Eggs Baked Potatoes



**November 9th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Oatmeal	Fruit Barley Soup Curly Cabbage Vegetable Oysters Endive and Beet Salad Sweet Potatoes	Apples, Rice Milk

**November 10th**

BREAKFAST	DINNER	SUPPER
Orange Farina Milk	½ Grapefruit Lima Beans Squash Lettuce and Celery Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

**November 11th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Nuts	Lentil Soup Creamed Carrots Lettuce Salad Fruit	Cottage Cheese Apples, Raisins Corn Muffins

## November 12th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Farina, Milk	Barley Soup (thick) Cabbage and Carrots Salad Nuts Baked Potatoes Fruit	Apples, Rice Raisins Milk Barley Muffins

## November 13th

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Spinach Soup Spinach Parsnips Iceberg Lettuce Apple Sauce Raisins	Fruit Salad Cream Corn Muffins

## November 14th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Cornmeal	Kale-Rice Squash Endive and Beet Salad Fruit	Baked Apples Cream Whole Wheat Muffins

**November 15th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Banana Nuts (1 oz.)	Vegetable Soup (thick) Kale and Potatoes Lettuce Salad Apple Sauce Raisins	Apples Milk Barley Muffins

**November 16th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts Oatmeal, Milk	Spinach Squash Celery and Apple Salad Baked Potatoes Fruit	Cottage Cheese Apples, Raisins, Corn Muffins

**November 17th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Raisins	Barley Soup (thick) Lettuce Salad Sweet Potatoes Baked Apples Cream	Iceberg Lettuce and Celery Salad Poached Egg Baked Potatoes Fruit

## PROPER NUTRITION†

**November 18th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins, Figs Cereal, Milk	Curly Cabbage Squash Endive and Beet Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

**November 19th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts (1 oz.)	1/2 Grapefruit Lima Beans Vegetable Oysters Cabbage and Celery Salad Sweet Potatoes Apple Sauce	Apples, Rice Raisins Milk Barley Muffins

**November 20th**

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Kale Rice Vegetable Oysters Lettuce and Celery Salad Fruit	Fruit Salad Cream Barley Muffins

**November 21st**

**BREAKFAST**

Orange, Banana  
Nuts (1 oz.)

**DINNER**

Vegetable Soup  
(thick)  
Cabbage, Car-  
rots and Nuts  
Salad  
Baked Potato  
Fruit

**SUPPER**

Lettuce and Cel-  
ery Salad  
Poached Eggs  
Baked Potatoes

**November 22nd**

**BREAKFAST**

Orange, Banana  
Figs, Milk

**DINNER**

Kale  
Potatoes  
Squash  
Endive and Beet  
Salad  
Baked Apples  
Cream

**SUPPER**

Cottage Cheese  
Apples, Raisins  
Barley Muffins

**November 23rd**

**BREAKFAST**

Orange, Apples  
Nuts, Oatmeal

**DINNER**

Lentil Soup  
(thick)  
Cabbage and  
Celery Salad  
Fruit

**SUPPER**

Apples, Rice  
Raisins  
Milk  
Corn Muffins

**November 24th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Farina	1/2 Grapefruit Lima Beans Vegetable Oysters Endive and Beet Salad Fruit	Baked Apples Cream Barley Muffins

**November 25th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts	Kale Yellow Turnip Stewed Endive and Beet Salad Baked Potatoes Fruit	Pears, Rice Raisins Milk Barley Muffins

**November 26th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins	Vegetable Soup (thick) Cabbage, Car- rots and Nuts Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

**November 27th**

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Spinach Soup Spinach Squash Lettuce and Celery Salad Apple Sauce	Fruit Salad Cream Corn Muffins

**November 28th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	1/2 Grapefruit White Turnip Curly Cabbage Celery Salad Fruit	Baked Apples Cream Corn Muffins

**November 29th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs, Cornmeal	Pea Soup (thick) Endive and Beet Salad Baked Potatoes Apple Sauce Raisins	Lettuce and Celery Salad Poached Eggs Potatoes

**November 30th****BREAKFAST**

Orange, Apples  
Nuts (2oz.)

**DINNER**

Barley Soup  
(thick)  
Lettuce Salad  
Sweet Potatoes  
Baked Apples  
Cream

**SUPPER**

Cottage Cheese  
Apples, Raisins  
Corn Muffins

**December 1st****BREAKFAST**

Orange  
Oatmeal, Milk

**DINNER**

Lima Beans  
Squash  
Endive and Beet  
Salad  
Potatoes  
Fruit

**SUPPER**

Apples, Rice  
Raisins  
Milk  
Barley Muffins

**December 2nd****BREAKFAST**

Orange, Prunes  
Apricots

**DINNER**

1/2 Grapefruit  
Peas  
Carrots  
Endive and Beet  
Salad  
Potatoes  
Baked Apples  
Cream

**SUPPER**

Apples, Rice  
Milk  
Barley Muffins



**December 3rd**

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins Farina, Milk	Barley Soup (thick) Cabbage, Car- rots and Nuts Salad Sweet Potatoes Fruit	Cottage Cheese Apples, Raisins Barley Muffins

**December 4th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Figs, Cornmeal	1/2 Grapefruit Spinach Vegetable Oysters Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Muffins

**December 5th**

BREAKFAST	DINNER	SUPPER
Orange, Raisins Oatmeal, Milk	Tomato Soup White Turnips Kale Lettuce, Apple Nuts, Salad Fruit	Lettuce and Cel- ery Salad Glass of Milk Corn Muffins

**December 6th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Figs Oatmeal, Milk	1/2 Grapefruit Spinach Squash Endive and Beet Salad Sweet Potatoes Apple Sauce Raisins	Cottage Cheese Apples, Raisins Corn Muffins

**December 7th**

BREAKFAST	DINNER	SUPPER
Orange, Raisins Cornmeal	Vegetable Soup (thick) Parsnips Lettuce and Celery Salad Baked Potatoes Fruit	Baked Apples Cream Barley Muffins Glass of Milk

**December 8th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	1/2 Grapefruit Lima Beans Squash Endive and Beet Salad Sweet Potatoes Fruit	Apples, Rice Raisins Milk

**December 9th**

BREAKFAST	DINNER	SUPPER
Orange Oatmeal Milk	½ Grapefruit Kale-Rice Endive and Beet Salad Fruit	Baked Apples Cream Whole Wheat Muffins Glass of Milk

**December 10th**

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs Nuts (1 oz.) Farina, Milk	Barley Soup (thick) Cabbage, Car- rots and Nuts Salad Potatoes Fruit	Lettuce and Celery Salad Glass of Milk Corn Muffins

**December 11th**

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon Shredded Wheat	Spinach Soup Spinach Squash Lettuce Salad Fruit	Fruit Salad Cream Corn Muffins

**December 12th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Oatmeal, Milk	Vegetable Soup Stewed White Turnips Iceberg Lettuce and Beet Salad Fruit	Cottage Cheese Apples, Raisins Barley Muffins

**December 13th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Oatmeal Milk	1/2 Grapefruit Peas Carrots Lettuce and Celery Salad Potatoes Fruit	Baked Apples Cream Glass of Milk Corn Muffins

**December 14th**

BREAKFAST	DINNER	SUPPER
Orange Cornmeal Milk	Kale Potatoes Vegetable Oysters Endive and Beet Salad Fruit	Apples, Rice Raisins Milk

**December 15th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Oatmeal Milk	Rice Soup (thick) Brussels Sprouts Lettuce and Celery Salad Potatoes Baked Apples Cream	Cottage Cheese Apples, Raisins Barley Muffins

**December 16th**

BREAKFAST	DINNER	SUPPER
Orange, Apples Cream of Wheat	Spinach Parsnips Lettuce and Celery Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Barley Muffins

**December 17th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Rolled Oats	Vegetable Soup (thick) Cabbage, Car- rots and Nuts Salad Sweet Potatoes Fruit	Apples, Rice Raisins Milk

**December 18th**

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon Shredded Wheat	Spinach Soup Spinach Squash Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Muffins

**December 19th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Cornmeal	Barley Soup (thick) Stewed Yellow Turnips Iceberg Lettuce Sweet Potatoes Apple Sauce Raisins	Lettuce and Cel- ery Salad Glass of Milk Corn Muffins

**December 20th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Oatmeal Milk	1/2 Grapefruit Lima Beans Squash Endive and Beet Salad Baked Apples Cream	Apples, Rice Raisins Milk

**December 21st**

BREAKFAST	DINNER	SUPPER
Orange, Raisins Cream of Wheat	Kale, Rice Vegetable Oysters Lettuce and Celery Salad Baked Potatoes Fruit	Cottage Cheese Apples, Raisins Barley Muffins

**December 22nd**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Rolled Oats	Rice Soup (thick) Brussels Sprouts Endive and Beet Salad Sweet Potatoes Fruit	Baked Apples Cream Glass of Milk Corn Muffins

**December 23rd**

BREAKFAST	DINNER	SUPPER
Orange, Figs Cornmeal	Barley Soup (thick) Cabbage and Nuts Salad Sweet Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

**December 24th**

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	Fruit Salad
Figs	Spinach	Cream
Cream of Wheat	Squash	Barley Muffins
	Iceberg Lettuce	
	Salad	
	Fruit	

**December 25th**

BREAKFAST	DINNER	SUPPER
Orange, Apples	Brussels Sprouts	Apple, Rice
Raisins	Yellow Turnip	Raisins
Oatmeal	Stewed	Milk
	Lettuce and	
	Tomato Salad	
	Baked Apple	
	Cream	

**December 26th**

BREAKFAST	DINNER	SUPPER
Orange, Raisins	Vegetable Soup	Fruit
Rolled Ots	White Turnips	Fruit Salad
	Endive and Beet	Cream
	Salad	Barley Muffins



**December 27th**

BREAKFAST	DINNER	SUPPER
Orange, Figs Cornmeal	1/2 Grapefruit Lima Beans Iceberg Lettuce Baked Potatoes Fruit	Apples, Rice Raisins Milk

**December 28th**

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	Barley Soup Parsnips Lettuce Salad Potatoes Baked Apples Cream	Cottage Cheese Apples, Raisins Corn Muffins

**December 29th**

BREAKFAST	DINNER	SUPPER
Orange, Raisins Oatmeal Milk	1/2 Grapefruit Peas Carrots Endive and Beet Salad Sweet Potatoes Fruit	Glass of Milk Baked Apples Cream Barley Muffins

**December 30th**

BREAKFAST	DINNER	SUPPER
Orange, Raisins Cream of Wheat	1/2 Grapefruit Spinach Squash Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Cake

**December 31st**

BREAKFAST	DINNER	SUPPER
Orange, Figs Rolled Oats	Vegetable Soup Cabbage and Nuts Salad Sweet Potato Baked Apples Cream	Fruit Salad Cream Muffins

# RECIPES

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## MINERAL ELEMENT CONTAINING SOUPS

### Rice Soup

- |                |                        |
|----------------|------------------------|
| 1 Cup Rice     | 1 Kohlrabi             |
| 1 Large Carrot | 1 Tsp. Chopped Parsley |
| 1 Stalk Celery | ½ Tsp. Nutmeg          |

Wash rice and put into boiling water. Add carrots, celery and kohlrabi, cut into cubes, and let them simmer for about 20 minutes. Add parsley, nutmeg and salt to taste. Serve.

### Celery Soup

- |               |                |
|---------------|----------------|
| 1 Knob Celery | 1 Tsp. Parsley |
|---------------|----------------|

### Cream Sauce

- |                |               |
|----------------|---------------|
| 1 Tbsp. Butter | 1 Tbsp. Flour |
|----------------|---------------|

Peel celery, cut into cubes, and boil fifteen minutes. Strain. Make a cream sauce. Melt butter until it is frothy, add flour. Then slowly add water in which celery had been boiled until all water is used up. Add parsley, celery and salt to taste. Serve.

### Vegetable Soup

- |                  |                        |
|------------------|------------------------|
| 2 Large Carrots  | 1 Onion                |
| 1 Stalk Celery   | ¼ Head Cabbage         |
| 2 Potatoes       | 1 Tbsp. Butter         |
| 1 Bunch Kohlrabi | 1 Tsp. Chopped Parsley |

Put ingredients through food chopper. Then add enough water to cover vegetables and boil for 15 minutes. Remove from fire, salt to taste, add butter and parsley. Serve.

### Spinach Soup

Spinach Water	$\frac{1}{2}$ Tsp. Grated Nutmeg
1 Egg	1 Tbsp. Butter
1 Tbsp. Flour	

Use water in which spinach was cooked. Beat egg with flour until it is a smooth paste and gradually add to boiling spinach water. Remove from fire, add butter and nutmeg, salt to taste and serve.

### Potato Soup

2 Large Potatoes	1 Onion
1 Carrot	Cream Sauce
1 Stalk Celery	1 Tsp. Chopped Parsley

Cut potatoes, carrot, celery and onion. Cook for about fifteen minutes and put through potato ricer. Make cream sauce, using water in which vegetables were boiled, add bulk and let come to a boil. Remove from fire, add parsley, and salt to taste. Serve.

### Tomato Soup

15 Tomatoes	1 Tsp. Chopped Parsley
1 Stalk Celery	2 Tbsp. Butter
1 Onion	2 Tbsp. Flour

Wash and cut tomatoes, celery and onion. Boil fifteen minutes. Strain. Make cream sauce, using

water drained from vegetables, and slowly add bulk. Remove from fire, add parsley and serve.

### Pea Soup

- |                |                |
|----------------|----------------|
| 1 Lb. Peas     | 1 Potato       |
| 1 Stalk Celery | 1 Tbsp. Butter |
| 1 Stalk Leak   |                |

Wash peas and soak until soft. Cook in same water in which they were soaked. Add celery, leak and potato and cook until tender. Strain through sieve. Add salt to taste and butter. Cut bread squares and toast them until crisp, add to soup when ready to serve.

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Bean, Lentil, and Lima Bean Soups are made same as Pea Soup.

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## DRESSINGS

### Lemon Dressing

- |              |                   |
|--------------|-------------------|
| One Lemon    | 1 Tbsp. Sugar     |
| 2 Cups Water | 2 Tbsp. Olive Oil |

Squeeze the juice of the lemon, dilute with water, add sugar and olive oil. Salt to taste, mix well.

### Mayonnaise Dressing

- |                         |                             |
|-------------------------|-----------------------------|
| Yolk of One Egg         | $\frac{1}{2}$ Cup Olive Oil |
| $\frac{1}{2}$ Tsp. Salt | 1 Tbsp. Lemon Juice         |

Beat yolk of egg until thick, add dry ingredients and continue beating. Add a few drops of lemon juice and the oil drop by drop until it is half used,

then add remaining lemon juice, and continue with oil until all is used. Be sure that all the ingredients are cold.

### **Bacon-fat Dressing**

3 Slices Bacon	2 Tbsp. Sugar
Juice of One Lemon	1Tsp. Salt
2 Cups Water	

Cut bacon into small cubes, fry slowly until light brown. Remove from fire, add lemon juice, sugar and salt, mix well and add water.

### **Mayonnaise Cream Dressing for Fruit Salad**

Prepare the same as Mayonnaise Dressing, omitting lemon juice and adding  $\frac{1}{4}$  cup of whipped cream, after all olive juice has been used. Serve at once.

### **Mayonnaise Dressing for Vegetable Salad**

Prepare Mayonnaise Dressing No. 1, add a chopped tomato (minus seeds) and two slices green pepper. Mix thoroughly and pour over salad. Serve at once.

## **FRUIT SALADS**

### **No. 1**

$\frac{1}{2}$ Grapefruit	Mayonnaise Cream
2 Oranges	Dressing
2 Bananas	1 Head Lettuce
1 Apple or Pear	4 Tbsp. Finely
1 Stalk Celery	Chopped Nuts

Remove skin from grapefruit, oranges and bananas and cut into cubes. Cut apple into cubes. Wash and clean celery, cut into small pieces. Add mayonnaise cream dressing when ready to serve. Place on crisp lettuce leaves. Garnish with chopped nuts, and put red cherry in center and serve.

**No. 2**

- |                    |                |
|--------------------|----------------|
| 1 Cup Strawberries | 2 Bananas      |
| 1 Cup Raspberries  | Lettuce Leaves |

Clean and wash strawberries and raspberries and slice bananas. Arrange strawberries in middle of bed of lettuce with banana slices around edge of dish. Put raspberries on top. Cover with mayonnaise cream dressing, put green cherry on top. Serve.

**No. 3**

- |                       |                      |
|-----------------------|----------------------|
| 1/2 Cantaloupe        | 1 Banana             |
| 1 Orange              | 1 Tbsp. Chopped Nuts |
| 1/2 Cup Whipped Cream | Cherry               |

Cut medium sized cantaloupe in half, remove meat, cut banana and 1/2 orange into cubes. Mix with cantaloupe and fill empty cantaloupe shell. Place orange slices in star shape over top. Add spoonful of whipped cream in center with cherry. Cover with chopped nuts and serve (individual dish).

**No. 4**

- |               |                  |
|---------------|------------------|
| 1 Grapefruit  | 1 Bunch Grapes   |
| 2 Apples      | Mayonnaise Cream |
| 1/4 Pineapple | Dressing         |
| Green Cherry  | 1 Tbsp. Nuts     |
| 1 Red Banana  |                  |

Cut grapefruit in half and remove fruit. Cut zig-zag edge on grapefruit to make it attractive. Mix fruit with apples, pineapple and banana, cut into cubes, add cream dressing. Put mixture into grapefruit shell. Decorate edge with grapes cut in half and put green cherry on top. Sprinkle with nuts and serve (individual dish).

### No. 5

- |                     |                    |
|---------------------|--------------------|
| 1 Large Orange      | Raspberries        |
| 1 Cup Red and Black | 1 Cup Strawberries |

Cut orange in half, remove fruit. Mix with red berries. Return to empty shells and arrange ring of blackberries around edge. Fill in with grated coconut and serve.

### No. 6

- |                          |                      |
|--------------------------|----------------------|
| $\frac{1}{2}$ Grapefruit | 1 Tbsp. Chopped Nuts |
| 1 Orange                 | Mayonnaise Cream     |
| $\frac{1}{4}$ Pineapple  | Dressing             |
| 1 Cup Strawberries       |                      |

Remove fruit from grapefruit shell after cutting it in half, cut orange and pineapple into small pieces, add strawberries. Mix with dressing, trim with different colors, sprinkle with chopped nuts. Serve. (Individual Dish.)

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## CEREALS AND GRUELS

### Rolled Oats

One cup of rolled oats to 3 cups of water. Steam in double boiler about 2 hours. Salt, add piece of butter and serve with milk.



**Cream of Wheat**

Prepare as in Rolled Oats and cook  $\frac{1}{2}$  hour.

**Cornmeal**

Prepare as in Rolled Oats and cook 1 hour.

In preparing cereals or gruels for the sick, strain the above through wire sieve.

**Barley Gruel**

Same as in Rolled Oats.

**BAKED GOODS**

**Walnut Bread**

3 Cups Whole Wheat Flour	1 Cup Raisins, Dates or Figs
3 Tsp. Baking Powder	$\frac{1}{2}$ Tsp. Salt
1 Cup Walnuts (chopped)	1 Cup Brown Sugar
	1 Cup Milk

Mix ingredients in order given and bake in moderate oven one hour.

**Whole Wheat Muffins**

4 Cups Whole Wheat Flour	2 Cups Milk
4 Tsp. Baking Powder	$\frac{1}{2}$ Cup Melted Butter
1 Cup Brown Sugar	1 Cup Raisins, Dates or Figs
$\frac{1}{2}$ Tsp. Salt	

Mix dry ingredients; add milk slowly, then melted butter, and lastly add raisins, dates or figs

chopped. Bake in moderate oven from 20 to 30 minutes, in buttered muffin tins. Yield: 12 muffins.

### Rolled Oats Muffins

$\frac{1}{2}$ Cup Rolled Oats	1 Tsp. Baking Powder
1 Cup Sour Milk	1 Cup Flour
1 Tsp. Salt	2 Tbsp. Melted Butter
$\frac{1}{2}$ Tsp. Soda	

Soak the rolled oats overnight in the sour milk. In the morning add the dry ingredients, sifted together; then add the melted fat. Pour the mixture into greased muffin pans, and bake it in a moderate oven.

### Barley Muffins

1 Cup Whole Wheat Flour	1 Cup Barley Meal
$\frac{1}{4}$ Tsp. Salt	1 Egg
2 Tsp. Baking Powder	$1\frac{1}{4}$ Cups Sour Milk
$\frac{1}{2}$ Tsp. Soda	2 Tbsp. Butter Melted

Sift together the first four ingredients, and add the remaining ingredients in the order given. Bake the mixture in muffin tins in a moderate oven.

### Oatmeal Cakes

$\frac{1}{2}$ Cup Butter	$\frac{1}{2}$ Cup Lard
2 Cups Brown Sugar	$\frac{1}{2}$ Cup Boiling Water
3 Cups Quaker Oats	1 Cup Raisins (chopped in 2 cups flour)
1 Egg	1 Tsp. Cinnamon or Cloves
1 Tsp. Vanilla	
$\frac{1}{2}$ Tsp. Salt	
$\frac{1}{2}$ Tsp. Soda	

The mixture will be quite stiff. Melt the lard in the boiling water. Combine ingredients in the order given, adding the raisins combined with flour, spice and soda.

Drop one teaspoonful at a time on a greased baking pan, leaving plenty of space for spreading. Bake in moderate oven for twenty minutes.

### Combination Bread

3 Cups Whole Wheat Flour	1 Tbsp. Salt
3 Cups Rye Flour	1 Cup Shortening
3 Cups White Flour	1 Qt. Luke Warm Water
1 Yeast Cake	

Dissolve yeast cake in one cup luke warm water, and mix with white flour, let rise for about 30 minutes, then mix with rye and whole wheat flours, add salt and shortening with the water. Then knead for about fifteen minutes, put into tins and allow it to rise until it is double its size. Bake in moderate oven for one hour. Yield: Three loaves.

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### SALADS

Salads made especially of the leafy vegetables containing the acid splitting elements—Iron, Sodium, Calcium and Magnesium should be served at every meal. At least 50% of our meals should be composed of raw vegetables. Care should be taken that all insect eggs which are lodged in vegetables are removed. This is easily done by washing each leaf separately and soaking them in salt water.

### **Head Lettuce With Lemon Dressing**

Remove all wilted leaves. Wash thoroughly, changing water 5 or 6 times. Cut in small pieces and put into colander to drain. Mix with Lemon Dressing and serve.

### **Head Lettuce With Mayonnaise Dressing**

Clean, cut lettuce as directions above and serve with Mayonnaise Dressing.

### **Watercress Salad**

Clean thoroughly, washing about 8 times. Put into colander to drain. Serve with Mayonnaise and finely chopped new onions.

### **Dandelion Salad**

Pick each leaf from stalk and wash in cold water. Drain in colander. Mix with Bacon-fat Dressing and serve.

### **Endive Salad**

Discard outer withered leaves. Pick each leaf from stalk and wash in several waters. Drain in colander. Cut into small pieces, mix with Bacon-fat Dressing and serve.

### **Cucumber Salad**

Wash and cut Cucumbers (without peeling) mix with Lemon or Mayonnaise Dressing and serve.

### **Tomato Salad**

Peel tomatoes and cut into slices about  $\frac{1}{4}$  inch thick. Serve on lettuce with Mayonnaise Dressing.

### **Celery and Apple Salad**

Clean celery carefully and allow to stand in cold water for 10 minutes. Cut into cubes. Wash and cut apples into dice. Mix with Mayonnaise and arrange on lettuce leaves.

### **Red or White Cabbage Salad**

Chop cabbage fine, mix thoroughly with Mayonnaise Dressing. Arrange beets or carrots around edge of dish and serve.

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## **THE PROPER WAY TO PREPARE VEGETABLES IN ORDER TO PRESERVE THE MINERAL ELEMENTS**

### **Spinach**

Clean and wash very carefully. Put into steamer and steam 10 minutes. Drain (save water for soup). Chop fine, add cream sauce using water from spinach, and grated nutmeg. Return to fire, let it come to boiling point, remove from fire and serve.

### **Dandelions**

Clean and wash very carefully. Put into steamer and steam 10 minutes. Drain. Add finely chopped onion which has been fried in butter to a light brown. Boil for 2 minutes and serve.

### **Kale**

Remove large outer stem from leaves. Clean thoroughly in salt water. Cut in small pieces, steam for 15 minutes and drain. Add finely chopped onion which has been fried to a light brown in butter, simmer for 5 minutes and serve.

### **Kale and Potatoes**

Prepare Kale as above. Butter baking dish and place alternate layers of Kale and Mashed Potatoes. Top layer to be Potatoes. Add a few pieces of butter, bake in moderate oven  $\frac{1}{2}$  hour and serve. (In preparing mashed potatoes do not use milk, but the water in which potatoes were boiled. Also scrub the peelings of potatoes well. Boil them separately and the water may be used for mashed potatoes.)

### **Kale and Rice**

Wash rice, let it come to a boil and drain. Add boiling water and boil for 20 minutes. Place alternate layers of Kale and Rice in making dish. Bake  $\frac{1}{2}$  hour in moderate oven and serve. Salt to taste.

### **Curly Cabbage**

Clean and wash each leaf carefully. Cut fine and steam about 15 minutes. Melt large piece of butter, add flour and gradually the water in which the cabbage has been cooked and stir until it thickens, season with nutmeg and salt. Add chopped cabbage and simmer 3 minutes. Serve.

### **Brussels Sprouts**

Remove outer leaves, wash carefully and allow to stand in salt water about 2 minutes. Steam until

tender (about 20 minutes). Put into cream sauce and simmer about 7 minutes.

### **Peas and Carrots**

Shell peas. Wash, scrape and cut carrots into strips about 2 inches long. Boil together about 20 minutes. Drain. Add cream sauce and simmer about 10 minutes. Season, add chopped parsley and serve.

### **Asparagus**

Cut off woody part. Wash, scrape and boil from about 10-15 minutes. Drain, pour over melted butter and serve.

### **Swiss Chard**

Prepare same as Kale.

### **Corn**

Remove only the outer withered leaves. Add enough water to cover bottom of kettle and boil for 10 minutes. While boiling be sure to cover kettle tightly. Drain, remove balance of leaves from cobs and serve with butter.

### **Carrots**

Wash and scrape carrots. Cut into strips and boil in salt water. Drain. Cover with cream sauce and simmer for 2 minutes. Remove from fire, add finely chopped parsley and serve.

### **Kohlrabi**

Peel root and cut into small pieces. Wash leaves and chop. Boil about 20 minutes and drain.

Put into cream sauce (made with the water in which vegetable was cooked). Simmer about 5 minutes, add finely chopped parsley and serve.

### **Green Beans**

Wash, string and cut into small pieces. Boil about 25 minutes. Add beans to cream sauce and simmer about 15 minutes. Add salt and parsley. Serve.

### **Waxed Beans**

Prepare the same as Green Beans

### **Cauliflower**

Remove leaves and wash carefully. Allow to stand in salt water about 5 minutes. Wash in clear water and boil both Cauliflower and leaves about  $\frac{1}{2}$  hour. Drain, put into cream sauce and simmer for 10 minutes. Add salt, grated nutmeg and serve.

### **Vegetable Oysters**

Scrape and throw immediately into cold water to which lemon juice has been added. This prevents the vegetable from turning black. Cut into strips and boil about  $\frac{1}{2}$  hour. Add salt and grated nutmeg. Serve.

### **Parsnips**

Prepare same as Carrots.



### **Carrots and Potatoes**

Scrape carrots and peel potatoes. Cut both in strips and boil about 20 minutes. Cover with cream sauce and simmer 5 minutes. Add chopped parsley and serve.

### **Baked Parsnips**

Scrape and wash. Boil in salted water about 1/2 hour. Cut into slices and bake in butter to a golden brown. Serve with upper ground vegetables.

### **Squash**

Remove seeds and bake in a moderate oven about 1 hour. Scrape and mash squash, add butter and salt. Serve. A leafy vegetable is a good combination with squash.

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## **HERBS**

The atmospheric influences are contracting upon the eliminating valves, lungs, kidneys, bowels and skin in winter. Thereby they retain many of the elements in the bloodstream which produce a blood filled with impurities. Living on vegetables raised artificially in hothouses, on stable manure, or stimulated with phosphates will not tend to better the condition because they lack the acid splitting mineral elements.

Even though the system of transportation has enabled us to bring home-grown products from the South, the prices of them are so high that the average

person is not able to buy them during the winter, sufficiently to properly balance the meals. The result is too much nitrogenous food (acid producing) and not enough acid neutralizing food (sodium, calcium, magnesia, iron, calcium).

Some think they can "beat nature to it", by putting poisons which have caused abnormal conditions in the animal body into a test tube and when they find out the element which will neutralize the disease maker, use them in the human body, thinking it will work the same as in the test tube, ignoring the emotional influences through the human mind. The outcome is the development from a minor into a major disease. We cannot harmoniously beat nature in its physiological chemistry.

As soon as the earth is sufficiently warmed through the sunrays (Spring) the plants will grow with their rich amount of organic mineral elements, supplying us with all that we need for a housecleaning process in our body.

In many cases our body is choked up with morbid matter and has to start that cleaning process in a radical form such as fevers in local parts of the human system.

It is up to us to clean house before we choke up with filth. Centuries ago people went out and picked herbs to use in spring cure (cleaning the body of morbid matter).

Many have the conception that laxatives will perform the function.

Over stimulation of the internal organs and more enervation of the eliminating organs is the result of such a process. We can bring our blood back

to its proper alkalinity with the following combinations which are available for anyone out in nature in the spring.

	Teaspoons		Teaspoons	
1	Sassafras	3	Elder Blossom	1
	Shaving Grass	1	Elder Leaves	1
	Sage	1	Sauerdock	1
	Peppermint	1	8 Sassafras	4
2	Com'n Nettle Root	4	Strawberry	
	Common Yarrow	1	Leaves	1
	Birch Leaves	1	Nettle Leaves	1
	Oats	2	Wormwood	1
3	Sassafras	3	Camomile	1
	Blackberry Leaves	1	9 Elder Root	4
	Dandelion	1	Sauerdock Leaves	1
	Camomile	1	Sage	1
4	Elder Root	4	Shaving Grass	1
	Walnut Leaves	1	Daisy Blossom	1
	Ribwort	1	10 Dandelion Root	4
	Sauerdock Leaves	1	Elder Blossom	1
5	Dandelion Root	3	Blackberry Leaves	1
	Elder Leaves	1	Walnut Leaves	1
	Sage	1	Sauerdock	1
	Common Yarrow	1	11 Sauerdock Root	4
6	Sauerdock Root	3	Peppermint	1
	Daisy Blossom	1	Ribwort	1
	Daisy Leaves	1	Oats	1
	Peppermint	1	Daisy Leaves	1
7	Dandelion Root	3		

### Preparation of the Above

Clean herbs in water thoroughly cut them fine or put through a grinder.

To every spoonful of chopped herbs add one pint of boiling water. Remove from fire, let steep for about fifteen minutes. Take one cupful about one hour before every meal during spring months or at least two hours after meals.

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## CALORIES

Students, who wish to go into detail about the value of food, will find the following of great importance to them.

A large calorie is the amount of heat necessary to raise the temperature of one kilogram of water  $1^{\circ}\text{C}$ .

One gram of Protein equals 4 calories.

One gram of Carbohydrate equals 4 calories.

One gram of Fat equals 9 calories.

Question 1—If a person wants to put 200 calories of Protein into a meal, how many grams of Protein are necessary?

Answer—One gram of Protein equals 4 calories, therefore, we need as many grams of Protein as 4 is contained in 200 or 50 grams of Protein. In Carbohydrates we would have the same. In the case of Fat, we would have to divide 200 by 9 to get the amount of fat necessary to make 200 calories.

Question 2—A certain food is analyzed and found to contain:

5 grams of Protein ( $5 \times 4 = 20$  calories)

10 grams of Carbohydrates ( $10 \times 4 = 40$  calories)

3 grams of Fat ( $3 \times 9 = 27$  calories)

Total—87 calories.

Figure how much energy is in 100 grams of milk, cheese, butter, vegetables, meat in the form of Protein, Carbohydrates (starch and sugar), Hydrocarbons (fats).

100 grams of cow's milk contains:

3.4 grams Protein  
3.7 grams Fats  
5.0 grams Milk Sugar

100 grams of beef contains

20.0 grams Protein  
4.8 grams Fats  
6.0 grams Carbohydrates

100 grams of curly cabbage contains:

3.5 grams Protein  
0.7 grams Fats  
6.0 grams Carbohydrates

100 grams of beans contains:

24.5 grams Protein  
1.8 grams Fats  
48.2 grams Carbohydrates

100 grams of potatoes contains:

2.0 grams Protein  
0.1 grams Fats  
22.5 grams Carbohydrates

Example—A person should have 2,760 calories. The food at hand is 500 grams of milk, 500 grams potatoes and peas. How many grams of peas are necessary?

500 grams of milk equals 5x67 calories or 335 calories.

100 grams of milk contains 67 calories:

3.4 protein times 4 calories equals 13.6

3.7 fats times 9 calories equals 33.3

5.0 carbo. times 4 calories equals 20.0

Total—66.9

500 grams of potatoes equals 5x99 calories or 495 calories.

100 grams potatoes contains 99 calories:

2.0 protein times 4 calories equals 8

0.1 fat times 9 calories equals 0.9

22.5 carbo. times 4 calories equals 90.0

Total—98.9

Grandtotal—830 calories.

Of the 2,760 calories, 830 are supplied by the milk and potatoes. The remaining 1,930 must be supplied by the peas.

100 grams peas contain 314 calories:

23.0 grams protein times 4 cal. equals 92

2.0 fat times 9 cal. equal 18

51.0 grams carbo. times 4 cal. equals 204

Total—314

By dividing 1,930 calories (the amount required), by 314 calories (the amount supplied by 100 grams of peas), we find the result is 6.1x100 grams peas—610 grams of peas necessary.

## How to Find the Amount of Energy Which Food Must Supply

A calorie is equivalent to 425,000 gr. of energy (work).

Our muscles use 20%. That is, if we need 20 calories to perform a certain work, we must take a supply of 100 calories in food.

If we want to express the necessary energy quantities in food, we must count 1 gr. protein as 4 calories, 1 gr. carbohydrates, 4 and 1 gr. fats 9 calories.

If we want to supply the required energy in form of food, we must figure the amount of energy according to the amount of its organic elements.

For example—a worker carries 100 kg. in one hour 10x10 meters. What is the amount of energy used. Weight X distance—100 kg x 10 m x 10 equals 10,000 kgm.

A man carries 75 kg. in one hour 15x10m. The total energy used is 75 kg. x 10m x 15 equals 11,250 kgm.

A man should work equivalent to 50,000 kgm. How much energy does he need?

Answer—For 425 kgm. of work 5x1 calories are necessary. A calorie is equal to 425 kgm. But the muscles only get 20% of the energy. The balance is consumed in heat. Therefore, instead of one, we must figure five calories. If we divide 50,000 kgm. by 425 and multiply that figure by 5, equals 588.23 calories, the energy necessary for the above work.

How much bacon is necessary to produce 85,000 kgm. of energy?

Answer—Divide 85,000 by 425 or 200 calories x 5 equals 1,000 calories. As 1 gr. of fat equals 9 calories, we divide 1,000 by 9 or 111.11 gr.

Example—106,250 kgm. energy should be supplied by potatoes.

Answer—100 gr. potatoes equals 99 calories. 106,250 kgm. energy require 250 x 5 calories equals 1,250 calories equals 1,263 gr. potatoes.



## EVOLUTION OF LIFE AND A KEY TO WHAT IT NEEDS

The rock is a chemical combination of elements in a crystal form and we find the same combinations in all evolutionary developments in plant as well as in animal life.

When the elements in rock lose their affinity for their binding material, the forms of rock disintegrate, that is, the crystal combination separates into a finer form, dust.

The rain washes this powderized form down to the soil where millions of hungry mouths are open ready to absorb them for the use of reconstruction, in order to form a new life.

These liquified inorganic elements from the rock are assimilated by the seeds which are a sense memory of a primary plant and represent the egg for the new life composed of phosphates and sulphates as the controlling elements. Phosphate has affinity for sunlight and sulphate is the controller.

The moisture from the earth and the heat of the sun will cause the coat of this seed to crack and life will spring forth, digesting the elements brought down from the disintegrated rock or stone meal which is changed into a sap or blood and as the seed grows, one cell upon another is formed, storing the organic elements until it represents what we call a plant.

The structure of that plant is taken into a crushing machine (teeth) separated into small bits and mixed with certain chemicals (digestive juices) for the purpose of separating the useful from the useless, during a process called digestion.

Out of the elements which gave the rock and afterward the plant their forms, a new sap is formed called blood. Through this fluid one cell after another is formed until they combine to make what we call the human body.

The characteristic of this structure depends upon the process of evolution. A crude or robust structure has been receiving the elements and influences which represent that form.

The temperamental or refined rock, plant or body are made from elements which went through a refining or filtrating process, composed of three stages.

The first is the design or sense memory of the parent structure. Every structure using its best for reproducing elements.

The second is material, elements of which the body or structure are composed and thirdly action, the influence which is used to materialize the sense memory: if constructive to improve upon it, or, if destructive, to destroy it.

To illustrate this, take the design of a house. If it were of a crude nature, the house will, if materialized represent a log house. If the sense memory or influences upon the design are of a constructive and refined nature, the crude material, the logs will be shaped, that is it will have to go through a refining process in order to be in harmony with the design. If the influences of action on the material are in harmony with the first two, the structure will represent a refined house.

Our bodies are subject to the same laws or influences in evolution.

Our bodies are also a representation of a primary thought (design), material (elements) and

action (influences). Our characteristics are either of a crude or a refined nature.

Crude if the material has not been refined as in the illustration of the log house. Refined if the material (food) which formed the previous structure (plant) had been composed of refined elements.

The sap first forms the underground, the crude elements, which are best fitted for the robust, heavy worker. Then as the elements travel through sunlight and oxygen, they are more refined as they form the vegetables and as the sap travels through the trunks and branches of trees, forming fruit, it receives the most refining and filtering process of all.

In conclusion, if the reader does not care to go into detail regarding the fundamentals or the key which I am trying to give in this book on Principles of Diet, remember the following:

A meal should be composed of—

First—for a hard worker:

50 % of the underground plants—potatoes, carrots, etc.

30 % of the leafy vegetables—spinach, cabbage, lettuce, kale, etc.

20 % fruit

Second—for light physical work:

30 % underground plants

50 % leafy vegetables

20 % fruit

Third—for the mental worker:

20 % underground plants

30 % leafy vegetables

50 % fruit

## GENERAL RULES

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The stomach should be the servant and not the master of the body.

While eating have your mind concentrated on your meal and not on a newspaper, or thinking about business.

A weak body also has weak digestive organs and it is not what you EAT, but what you DIGEST that makes you strong.

An expression, after finishing a meal, to the effect that you feel stronger is psycholical and not physical.

A person working indoors does not need as much food as a person who works outdoors.

The physically active requires more food than one who is mentally engaged.

Walk home after parties or banquets. Do not put fuel for a five horsepower on a one horsepower stomach. More men have been killed through the digestive tract than upon all the world's battle fields.

When the food tastes the best stop eating, it is your taste buds calling not your stomach.

We represent intellectually, physically and morally the exact sum of what food we have taken.

My advice to those who have a craving for meat is to take it with about 90% of vegetables and fruits, for if the craving is not satisfied, it is far worse for the nervous system than the acid producing meat.

It requires mental and physical harmony to make anything perfect.

Phsycological and physical harmony are the basic influence necessary to guarantee proper digestion.

If, when you are invited to eat and you find that the table contains a meal which is against your ideas of combination, don't suppress your digestive fluids by worrying about the effects it will have upon you, but, maintain cheerfulness while eating.

In order to properly balance your meal see chart on food tables and compare total bases with total acids and be sure that the bases are greater than the acids, i.e. if the bases are 51 and the acids are 49, your meal is properly balanced, as far as minerals are concerned.

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### NOTE !!

The analysis given in the chart are taken from authorities on physiological chemistry of Koenig, Pirquet, Rubner, Lahmann, Wolff, Roese, Albu, Schall, Atwater, Berg, Bunge, Hensel, Abderhalden, Letheby and Hindhede.

I have endeavored, in the contents of this book, to answer a few of the many questions asked me and to try to simplify the much discussed and confused subject "PROPER NUTRITION".

**Much Credit is Due to  
PAULA E. MOLS, D.C.  
For the Work and Co-operation  
in Compiling This Book.**

**THE AUTHOR**

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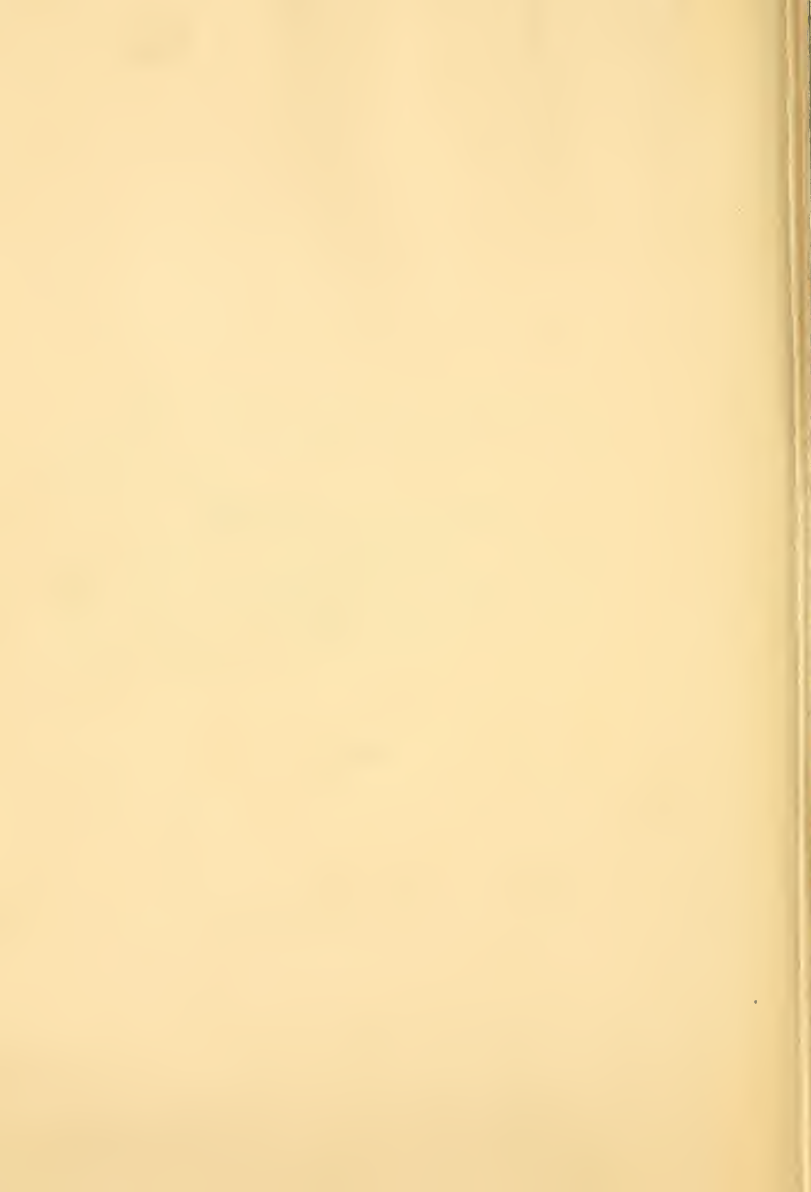


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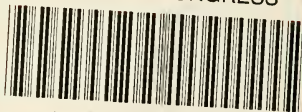
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