

HOW TO LIVE 100 YEARS.

OR

THE NEW SCIENCE
OF LIVING.



The Dawn of Liberty is Here.

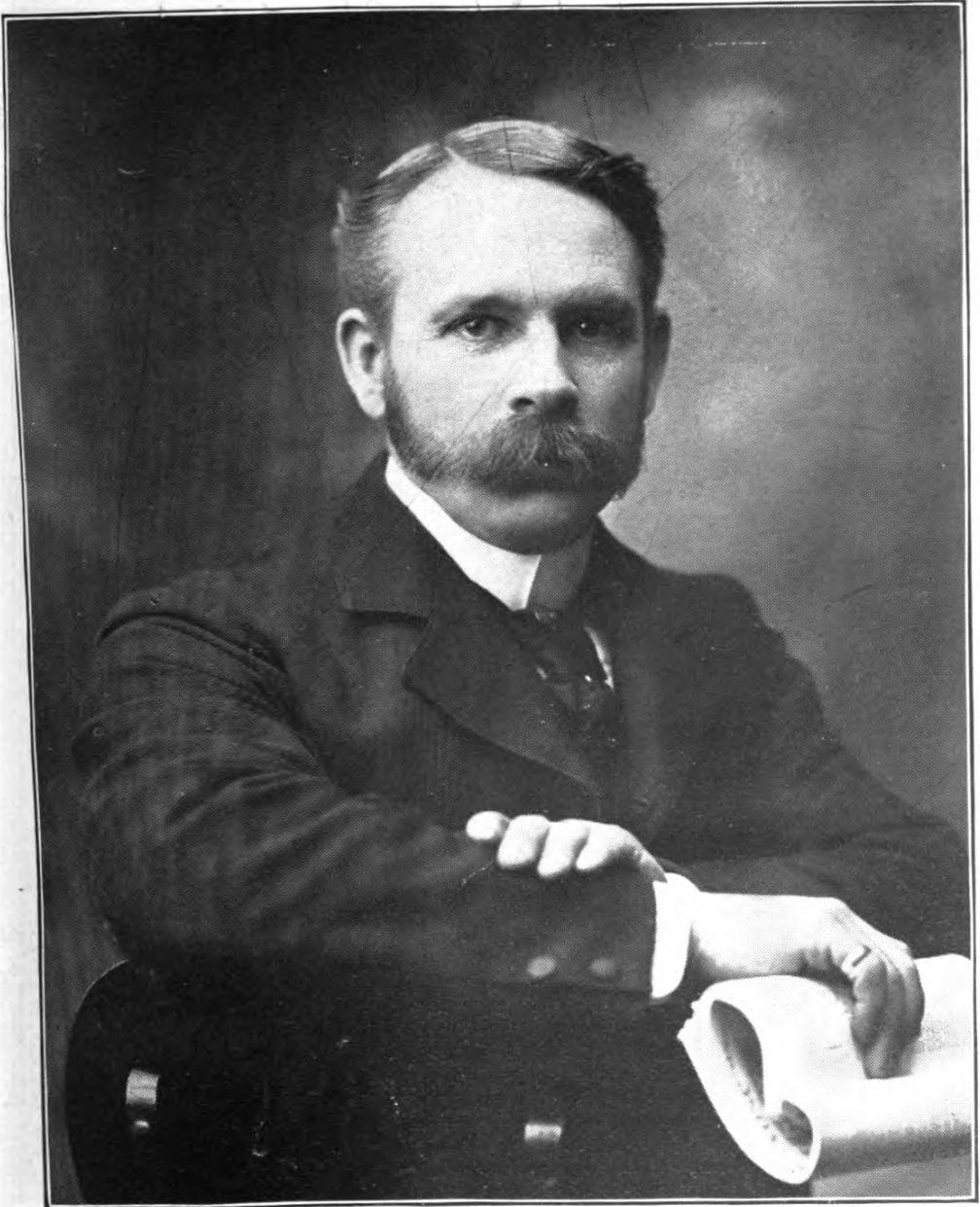
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Yours Truly
W. J. Gordon M.D.

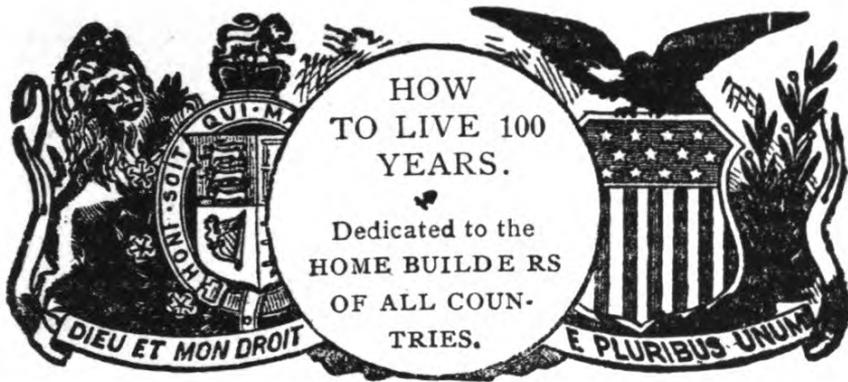
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I was left fatherless at the age of ten years, and had it not been for the wisdom of my father in having his life insured, my mother, with her family of five small children, would have been homeless and unprovided for. Hence the boy who was given a shelter, through this wise method has always held in high respect all sound life insurance companies and association of all countries, which he believes are the most practical co-operative institutions, now known for providing homes and maintenance when premature and unexpected death comes to the family.

As these companies will naturally be interested in this gospel which educates the people how to possess sixty to seventy years more life and happiness, it is with deep gratitude and with pleasure that I dedicate this book to The Life Insurance Companies, associations and institutions of all countries.

THE AUTHOR.

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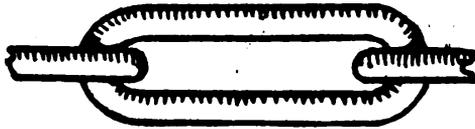
HOW TO LIVE 100 YEARS,
OR
THE NEW SCIENCE OF LIVING

BY W. I. GORDON, M. D., P. D.

Author of *THE NEW FORCE—I SUGGEST SUGGESTION, ETC.*

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HOW TO LIVE 100 YEARS, OR
THE NEW SCIENCE
OF LIVING.



This cut represents the Missing Link, in the chain of life, which will give man 70 years more life. The 70 years can be gained by eating foods that contain sufficient life principle to excite our functions to perform natural action.

THE MISSING LINK DISCOVERED. SIXTY TO
SEVENTY YEARS OF USEFUL
LIFE GAINED.

THE QUESTION SOLVED WHY MAN DIES
SEVENTY YEARS BEFORE HIS
ALLOTTED TIME.

HUMANITY'S REDEMPTION

CAN BE ACCOMPLISHED IN THREE
MONTHS, THROUGH PROPER
LIVING.



When man eats and drinks properly, then and not until then will he think properly, then disease will cease to exist, misery will be unknown. No exceptions to this statement.

PREFACE.

*"Oh what a tangled web we weave
When first we practice to deceive."*

This book is sent out to all people with one definite object in view, and that one, briefly stated, is to educate them how to procure sufficient force and energy to live their allotted one hundred or more years, free from crime, disease and all other forms of troubles, which are at present disturbing our peace and harmony, keeping men warring upon each other and abbreviating their years.

Man's heritage is perfect health, and a practical work has been badly needed to show why he lives out only one-third of his allotted time. The reason man dies early is because the *life-principle* is deficient in his daily food. He therefore becomes weakened in mind and body, and premature decay and death result.

This book does not cater to any "pre-digested" or other unnatural food products, as the author well knows the weaklings, degenerates and diseases they are producing. Hence he scorns the advertisements that show through the thin veneer of "directions to health" in most of the food books now before the public. If the work of the stomach is taken away that organ will become weak the same as any other idle muscular organ, and who wants to make a weak stomach weaker?

Weakness is always the result of the continued use of such foods as do not require the natural action of the stomach, as the *life principle* has already been taken from them. The public should beware of them; they produce weakness, hence disease and misery.

The author believes this book should be in every family, and should be read and re-read until its teachings are fully understood. After that, its methods will be adopted, as everybody wants health and happiness. I place the *life-principle* in italics. To the best of my knowledge the italics are mine, because it has never before been clearly shown what was lacking in our food-supply. To animal and other unnatural foods can be attributed either directly or indirectly all diseases with their appalling results, namely—crime and degeneracy in all its forms.

We must call your attention to the terrible usurpation of power and the calm denial of all personal rights to retain clean bodies that now confronts the people.

Death and disease are being forced upon the people by physicians, backed by the statutory laws and its minions, compelling them to allow the various antitoxines (diseased animal products) to be injected into their bodies under threats of various kinds.

Vaccine and other so-called antitoxines are very dangerous, as shown by the terrible deaths at St. Louis and other places, the direct

result of injecting antitoxin virus into healthy people. In our own city, we have the case of a woman vaccinated by her brother, an M. D., and after three days her death ensued, due to the vaccination. Thousands of other cases could be cited more appalling. This barbarous and obsolete practice has been proven to be one of the greatest factors of spreading disease and defiling the body, making it weak for all time. Let us all discountenance any physician who acts so unfair as to require the assistance of a policeman and others to assist him to intimidate people to submit to this outrage.

We had hundreds of diseased persons recently in this city as the result of the so-called impure virus. In point of fact, it is nothing but a diseased product—*nothing pure about it*. It is obtained by injecting the pus matter from a diseased person suffering from the so-called specific disease into an animal. After it becomes saturated with the poison, the blood serum is withdrawn and used to inject into healthy persons. The healthy person becomes diseased, if sufficient quantity is injected; if they do not, it is because Nature is strong enough to throw off the poison without systemic disturbances, and it is said not to have taken.

This book not only teaches us how to live 100 years in health and happiness, but it also teaches us how to recover from all diseased conditions through the use of nature's sources. It places air

first, and describes its place in cure; second, water with its great cleansing power to purify our bodies (the internal bath.) The final chapters include the power of mind over matter from a scientific standpoint, together with all natural methods of cure, showing clearly that nature alone cures. Medicine, systems, and all contrivances are detrimental to nature, and do not even assist in curing. The false impressions that are being perpetuated by schools of pathies, isms and creeds, must be obliterated before the masses can obtain perfect health.

The uncooked and cooked recipes are practical and have been in constant use for the past few years redeeming perverted people who were diseased through unnatural living.

In presenting the recipes in this book, for the use of those who desire to live upon natural food only, we have been assisted by our friends, who have learned the truths found in this book. We are also indebted to the American Public Health Association for their courtesy. This association is endeavoring, unselfishly, to educate the people what foods to eat, to produce the most energy, with the least amount of expenditure necessary to keep each person in perfect health.

Yours for longevity, health and happiness for one hundred years of life.

W. I. GORDON, M. D., P. D.

ATTENTION! The purchase price of this book will be refunded to any person who has not been benefited after carefully adopting its teachings for one month.

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BIBLE QUOTATIONS ABOUT MEAT EATING.

“God created man in his own image.” And God said, “Behold, I have given you every herb bearing seed which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed, to you it shall be for meat.”

“But flesh with the life thereof, which is the blood thereof, shall ye not eat.”

Dear Readers, the word “meat” often occurs in Scriptures synonymous with food. Every sane person knows God does not murder, and He commanded “Thou shalt not kill.” There is not a single argument to be advanced, founded upon all history to show that meat ever benefited mankind. Man was never intended to be a murderer, and whenever he eats meat he, like other carnivorous animals, looks for prey to kill. Our trusts, starving people to death, are controlled by flesh eaters. I fully believe that when the translators of the Bible were at work they made a mistake in translation, or purposely inserted the word meat to uphold their eating the food that they desired. The translators were meat eaters. This unnatural desire was created through eating dead meat. I know if the clergymen will live upon natural food for three months they will be workers for man’s higher development and not sustainers of trusts and wrong systems that are stealing the very life blood from the people and cutting short their supplies of food, shelter and raiment.

TO THE CLERGY OF ALL DENOMINATIONS:

The only reason why Christ's philosophy is inoperative after nineteen hundred years have elapsed is due to the fact that His supposed messengers on earth are living contrary to God's command. "Thou shalt not kill" was commanded. There is no excuse for the clergymen eating meat, except ignorance, and that is not commendable. If they, like a great many other people outside of the pulpit, demand men to murder innocent animals for them, they are more guilty than those who perform the deed, because many of these people are driven to take life in this barbarous manner through stress of circumstances. It would be more honorable for each clergyman to kill the animals themselves, rather than require other persons to spend their lives in killing, until they become so hardened that human life is worth no more to them than the innocent animal's life they take. Let us clearly illustrate this fact. A study of crime in the City of Chicago has proven that the murders in Chicago that were performed by the residents of Chicago could always be traced to the Chicago stock-yards. In all due fairness, we must draw this deduction, because it is logical—no man can be a true messenger for God and His people until he lives a natural life and eats as God commanded.

NOTE.

Dear Reader:—Buy this book and give it to your clergyman and make him, like Jesus, a true messenger on earth. You will do him, and his congregation, and humanity an undying favor.



What! I have just settled down to the fact that messages can be sent around the world in a few minutes with a wire.

THEN comes the WIRELESS TELEGRAPHY system which is sending thoughts across the Atlantic without wires.

THEN a man in China catches a thought the *instant it is sent from New York*, 13,000 miles away, proving thought transference.

THEN eat life and live forever.

What! What! Where am I! Let's see? This book clearly shows how we can live to be Century plants and still be young and never be sick if we eat the Life Principle.

Well! I shall read it, that's decided, and be young once more.

CHAPTER I.

DEAR READERS—

Pleasure is man's inheritance. Why not have it? The ultimate aim of all life is pleasure, which is obtained by us, at present, in the various forms that appeal to each individual's taste. To-day very few know what natural pleasure means, because we have wandered so far from Nature's paths, and most people imagine that which is called pleasure, is real pleasure, while in point of fact, it is a perversion in many forms, better known as insanity.

This desire for pleasure necessarily remains in full force, as long as pleasure outweighs pain and discomfort. Therefore it is each person's duty to understand how to procure the most pleasure out of life. The only real abiding pleasure in existence is necessarily based upon Nature's laws. (No exception to this statement).

"The proper study of mankind is man."—*Pope*.

We should study ourselves, then we can procure pure, unending pleasure and procrastinate the sentence passed upon man by his Creator—"Dust thou art and unto dust shalt thou return."

No medicine ever produced life, therefore it is detrimental to life. If you are diseased, your only chance for recovery lies in eating foods that contain THE LIFE PRINCIPLE. These foods, together with natural treatments, abundance of air, and the appropriate amount of water is your only salvation. This book does not cater to breakfast food fads or other unnatural products. It teaches you nature's ways, therefore perfect health and long life are yours if you adopt it as a guide.

Through abuse of Nature's laws for thousands of generations, we are no longer led by the unerring instincts which are found incorporate in wild animals. They scent danger from afar, while man may be murdered without being aware of the presence of his enemy.

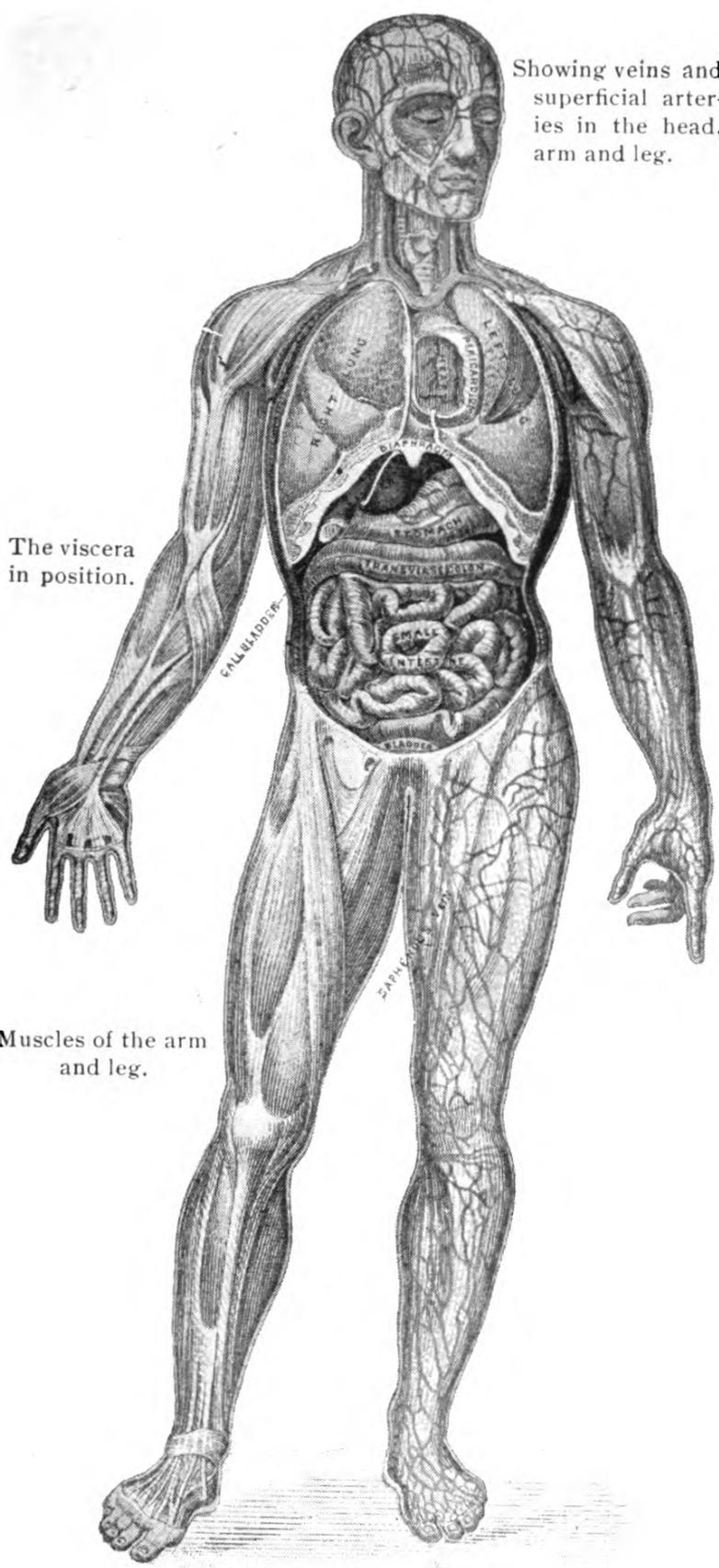
The present condition of man's judgment is best summed up in the following verses:

“Reasoning at every step they tread,
Men yet mistake their way;
While meaner things, by instinct led,
Are rarely known to stray.”

It has been proven beyond a question of a doubt that man's original food was fruits, vegetables and succulent roots, and these products are the only ones that can be used today without endangering our bodies to disease and premature decay.

After endeavoring to change men's lives, I must admit that Casto's saying is right. We must agree with him that clear and logical deductions are worthless, seemingly, and lose their force, when opposed by artificial appetites and pleasures.

“It is a hard and difficult task to undertake to dispute with men's stomachs which have no ears.” When man is willing to learn what is best adapted for him to eat and is not controlled by a perverted appetite, then he will eat his natural food and enjoy real happiness and this world will be a



Showing veins and superficial arteries in the head, arm and leg.

The viscera in position.

Muscles of the arm and leg.

Grains, fruits and vegetables will keep the different organs working in perfect harmony.

realization of the Lord's Prayer—a heaven here.

Grains, fruits and vegetables, partaken as food, produce health and the vital energy required by man to be an angel on earth.

Another motive for adopting a vegetarian diet is economy. The majority of the human race are from necessity vegetarians, and we do not find that feebleness of mind or body ensues from their diet. Many people would gladly embrace vegetarianism were it not for fear of becoming weak. If people could only free themselves from this idea. Let me assure you there is no risk to your health by making a trial. I speak from experience. You will rapidly increase in strength and flesh, if thin; reduce in flesh, if fat. And if once embraced, vegetarianism will be adhered to forever.

The heavy, dull meat-eater would become sprightly, courageous, free and light as a bird, devoid of anxiety and fear. It brings about a complete transformation mentally, morally, physically and spiritually.

What are we all striving after while here? I answer it is energy. Energy is what all forms of life are seeking, and all live organic matter, whether animate or inanimate, is constantly reaching out for sustenance and absorbing that which will perpetuate its existence and enhance its strength. The trees and the flowers and the grasses, and, also, all of what are called the "lower animals," when left in their natural state,

pass unerring knowledge as to what special sustenance is suited to their own respective organs of assimilation, and seek no other; but man, the highest type of animate life, seems to be in doubt as to whether he can best produce energy by partaking of such foods as are pregnant with the life-giving principle and do not clog the system, or those in which that principle has been partially if not wholly destroyed and which leave obstructing matter and, often, disease germs behind.

Carnivorous animals are provided with fangs and tusks, with which they seize and hold their prey, from which they draw the life principle contained in the blood, and prehistoric man may have been provided in a similar manner, for a similar purpose. If such was the case, the fact only goes to prove the doctrine of evolution; as the twentieth century man has neither fangs nor tusks and is fitted for only such natural foods as fruits, nuts, grains and vegetables. And these contain the principle that produces the vim and vigor and fine sensitiveness of true life.

No one who overtaxes his organs of assimilation with improper food, intoxicating liquors, tobacco or drugs can expect to attain to the high state of mental receptivity that is absolutely necessary to enable mankind to distinguish right from wrong or good from evil. Man must live naturally if he would think clearly.

The human body will assimilate and produce

good results from such foods as it is fitted for, and no others; and the idea with every individual should be to get all of the life principle obtainable without overtaxing the organs of assimilation. When this idea becomes universal all things will be seen in a new light—the light of truth and naturalness. The idea that the natural man is sinful—“as prone to evil as the sparks to fly upward”—is an absurdity unworthy of a moment’s thought. Man’s selfishness, his disposition to rob and oppress his fellow-man, is the result of *unnaturalness*, brought about by centuries of wrong living. But the twentieth century, with its unbearable showing of corruption, degeneracy and disease, has brought an awakening to the world, and the necessity of turning back to nature is slowly becoming apparent.

In the minds of many there is some doubt as to the definition of vegetarianism, therefore we will give the following quotation from the report of the London Vegetarian Society, which is one of the most active in existence:

“The aims of the London Vegetarian Society are to advocate the total disuse of the flesh of animals (fish, flesh and fowl) as food, and to promote a more extensive use of pulse, grains, nuts, fruits and other products of the vegetable kingdom, thus propagating a principle tending essentially to true civilization, to universal

humaneness, and to the increase of happiness generally.”

The vegetable kingdom contains every requisite for the support of the human body, without milk or eggs. In speaking on this subject, Sir Henry Thompson observes: “The vegetable kingdom comprehends the cereals, legumes, roots, starches, sugar, herbs and fruits. Persons who style themselves vegetarians often consume milk, eggs and butter, which are choice foods from the animal kingdom. There are other persons, of course, who are strictly vegetarian eaters, and such alone have any right to the full title of vegetarians.” I feel if we include fish and abstain from all other meat products until we can procure suitable vegetable, fruit and nut foods in our markets we will reach the century mark.

Vegetarianism is as old as the history of the world. From time immemorial there have been sects which have practiced vegetarianism as a religious duty or, under the belief vegetarianism rendered the body more capable of performing religious duties. In the year 1098 there was a society formed in connection with the church which lived entirely on herbs and roots. *This society has lasted to the present day.* Other sects, not so strict, have allowed themselves the use of fish.

Again, others adopt vegetarianism in their search after perfect health. Gout, dyspepsia, and many other diseases would disappear if vegetarianism were strictly adhered to.

WHY I AM A VEGETARIAN.

This question is asked so frequently, therefore I give my reasons, which are as follows: 1st—I believe the statements made in the Bible—“Thou shalt not kill” and “But flesh with life thereof shall we not eat.” Gen.9-4, and many others were placed there for man’s best interest, warning him of the evils from which he is now suffering. 2nd—I am opposed to brute force in any form. 3rd—I know that our present alarming amount of so-called selfishness is due to unnatural living. 4th—I know that natural living as laid down in this book will make Christ’s philosophy operative in three months. We ask the co-operation of all people who desire a Heaven on earth. With a heaven here we will be positive of one in the hereafter.

CHAPTER II.

HOW TO LIVE 100 YEARS.

"It is wrong to believe blindly. You must exercise your own reason and judgment; you must practice and see whether these things happen or not. Take up the method and practice honestly, and then, if you do not find this higher truth, you will have the right to say there is no truth in the claim; but before you have done this, you are not rational in denying the truth of these assertions. No faith or belief is necessary. Believe nothing until you find it out for yourself. Truth requires no prop to make it stand."—Virekanada.

How to live one hundred years is a subject which will interest all who wish to become centenarians and enjoy perfect health and happiness throughout the journey of life. And let me state at the outset that all who will adopt and apply the simple methods laid down in this book to them it will become possible to see the light of two centuries.

Humanity is now confronted with over 7,000 different diseases, according to some authorities, and possibly a larger number of crimes and different forms of degeneracy.

We maintain when man understands that meat is extremely dangerous, as a food, under all cir-

cumstances, he will then abstain from its use and *not before*.

You will agree with us, before you finish this book, that man is losing from 60 to 70 years of happy life *now*, because he eats this death-producing product.

That meat is necessary, as a food to gain energy, is a delusion that must be expelled to evolve. This book will dispel the illusion.

MEAT HAS NO FOOD VALUE AFTER IT IS DEAD.

Meat has no food value after it is dead. Man kills the animal, this act destroys all life and then his cannibalistic tendencies prompt him to eat the often unnoticed diseased carcass.

This unnatural product to man's diet incites man to act as all other meat-eating animals do; they always take advantage of those who are weaker than themselves, which is considered their natural food.

Man is the only animal that is so degenerated, that he preys upon and takes advantage of, his own specie.

This is all due to *unnaturalness*. It is claimed that this appalling state of unnaturalness is due to man's selfishness in withholding the necessities of life and controlling the educational institutions and public channels for diffusing knowledge for the necessary education to uplift the masses. We assert without fear of contradiction from any one who can arrive at a logical conclusion, that the terrible disease now raging,

which is so terrific in its contagion that it now menaces 99 per cent. of all peoples, is entirely due to this cannibalistic, or meat-eating habit, which perverts man and makes him an insane demon, more dangerous than any of his victims that are incarcerated in insane asylums, jails, reformatories, hospitals, sanitariums, etc. This disease has a very inoffensive name for its contaminating influence. Its seeming inoffensiveness is the reason why the masses have not awakened to its deadly contagion.

This most dangerous phase of insanity is called Selfishness.

We must recognize and treat it as a disease before humanity can have the houses, food and raiment which they produce. The necessaries and comforts of life for bringing mankind to the highest form of physical regeneration is positively necessary. Spirituality arises entirely, all people know, from a natural body.

We are positive this unnatural disease, robbing all men of souls and bodies, is the most hideous disease we have to combat.

Now to prove this assertion we will cite one of the many cases who has this terrible disease in such malignant form that all humanity has recognized the danger of its spreading contagion. It is stated upon authority that a man called John D. Rockefeller has managed to grasp in one lifetime four hundred million dollars. If this is represented by value and that value placed in

wheat it means that four hundred million bushels of wheat at one dollar per bushel is being stored up and withheld from the masses who produced it. (John calls it his wheat.)

The large number of people it has required to produce this enormous pile of wheat are debarred from using it to procure nutrition, through the force of power centered in armies, navies, policemen, unjust courts, etc. The poorly nourished and starving people are eagerly looking and longing for their share of this immense pile, and are unable, through the force just mentioned, to procure the necessary sustenance.

I ask can you doubt this man's insanity when he sees the crime, misery and death he is causing by withholding this wheat, which was produced by the masses, hence belongs to them, and remains unmoved in the face of existing evidence? With this clear illustration before you I know you will agree with me that no human being in his right mind would withhold this necessary food. It is insanity in its most dangerous form, allowed unlimited liberty because it is innocently called—Selfishness.

All food economists agree that wheat is man's best food, therefore it is necessary that men have access to this pile of wheat, which they have produced, which contains the life-principle, and this product is essential and necessary for man to obtain to live his one hundred or more years. Therefore we mention the necessity of treating this dis-

ease in a humane manner that the people may have access to their own.

Rockefeller is said to be a chronic dyspeptic. If so he does not receive sufficient nutrition to balance him. This is the only cause any one can offer for this man's perversion.

The exposure recently of the crimes and wasted lives that have resulted from the up-building of the Standard Oil Trust has awakened the thinkers of the civilized world. This octopus institution is now bleeding the whole world where oil is used. Even the lights burning upon the altars in the Holy Land must pay tribute to this monster. It is said this institution owes its life and existence to John Rockefeller.

Practically no system is working along clear logical lines to obtain man's redemption from all of these afflictions. Redemption, for all people, lies primarily in their securing sufficient energy to be a powerful person. Physically, mentally, morally and spiritually. All of these attributes which are necessary for our highest development, it should be our highest aim to attain. We are dependent first and last upon life giving food to gain this condition. This book will be one of the practical basic educational factors to cure SELFISHNESS, stop Drunkenness, in all forms, banish crime and disease and assist in producing Heaven on Earth.

How simple the proposition is—just give the people sufficient life producing food and disease

and sin will vanish like snow in August; selfishness will be unknown, except in history, because it is unnatural and we will live hundreds of years and reign with our Creator on Earth when we learn what to eat and how to clean our bodies. Reader, disease rightly interpreted, means filth.

ADULTERATION OF FOODS.

Professor James H. Shepard, state chemist of South Dakota, says: "By examining a large number of prepared foods in my laboratory I have found that the use of coloring matter is extensively practiced. Many times it is used where it might well be dispensed with, but in the majority of cases it is used to conceal inferiority. While this use in itself is reprehensible, what shall we say when coloring matter is employed that of itself is poisonous or unsanitary?"

"From a sanitary point of view coloring matters used in foods may be divided into two classes: First, those that are admittedly harmless so far as detrimental effects upon the health are concerned; and, second, those that are directly poisonous or tend toward functional derangement of the digestive, excretory or nervous system.

"Belonging to the first class are such substances as anatto, turmeric, litmus, cochineal and other harmless vegetable colors. On the use of this class of coloring matter I do not care to dwell. I wish simply to go on record as holding the

belief that they add nothing to the nutritive value of the foods upon which they are employed. These colors, while they may be pleasing to the eye, do not make the food more digestible, nor do they enhance its value in any way except in the price at which they are sold to the consumer. It may be that the æsthetic sense of the public demands these bright colors, but if so I am inclined to charge this perverted taste to the manufacturers who are making poor use of their stewardship in order to reap unearned rewards. To me these bright colors are a badge or brand of inferiority. When a highly colored vinegar, jam, catsup, or any other prepared food comes into the laboratory, I say, 'Aha! my friend, what sore spot or sensitive spot are you trying to conceal under this gaudy exterior?' And when its pitiable secret is laid bare I sometimes say, 'How long, O Lord, how long!'

"Under harmful or poisonous coloring matters used in food products, I shall assemble the coal tar dyes in all their numbers and with all their relatives. I know that some of them are supposed to be harmless, but this list of harmless ones is growing less with more extended and better investigation. Moreover, methods of manufacture change so rapidly and names and nomenclature shift so swiftly that there is no safety in their use. Some coal tar colors are prompt and active poisons, others affect the excretory organs, especially the kidneys, most

unfavorably. Some of them are so poisonous that when applied to the skin prompt and vigorous symptoms of systemic poisoning ensue. I have had cases under my advisement where poorly dyed clothing, which crocked, gave rise to serious results.

“After long and serious thought on the subject I have reached the conclusion that we should have a national law prohibiting all coal tar colors and their congeners from being used in food products. Truly such dangerous chemicals as these are neither meat for strong men nor food for babes and sucklings.

“Just think of the proposition: We have pharmacy and medical laws regulating the administration of drugs, extracts and simples, and yet we allow a class of people without any medical skill to administer poisonous colors to ourselves and to our children in colored foods, beverages and confections.”

In further discussing this subject, Professor Shepard speaks of the different so-called preservatives used in preparing foods for commerce and states: “The use of chemical preservatives is for one of the following purposes: “First, they may be used to prevent fermentative or putrefactive process in the article of food after it is placed upon the market; or, second, they may be used for the purpose of arresting decay in raw materials before manufacture; or, third, they may be used for the purpose of disinfecting

tainted raw material in order that this unsanitary material may be sold in the place of sound, wholesome food stuffs.

“Now when we come to consider the fact that nearly every one of our modern prepared food products may be found in the market carrying one or more chemical preservatives it becomes a matter of grave national concern.”

The kitchen (that is your stomach) being out of order, the garret (the head) cannot be right, and every room in the house becomes affected. Remedy the evil in the kitchen and all will be right in parlor and chamber. If you put improper food into the stomach you play mischief with it and with the whole machine besides.—
Abernethy.

CHAPTER III.

THE CAUSE EXPLAINED WHY MAN DOES NOT
BECOME JUST.

The author of this book, after twenty years of experience in attending upon and ministering to, the needs of diseased people has been forced to this conclusion:

Disease is unnecessary, if we eat the food that produces suitable nutriment. We maintain every one can be healthy from the cradle to the grave; that is, if they will learn and adopt natural methods of living, as given herein. Although false and pernicious teachings have become popular, yet no 'pathy, sect nor creed can bring a sick person back to health without observing the laws of Nature regarding food, raiment, pure air, etc. The physical body must be appropriately nourished and clothed and provided with pure air to produce a healthy man. Many new schools of healing are springing up, all endeavoring to impress the people. They have the only system that cures. They are always found to be systems built up to catch the people's dollars. They even resort to such ancient methods as the pretense of prayer, being necessary to cure; the discovery of new laws or methods unknown before. New pathies and isms spring up to clasp or grip upon the only law of cure. I would liken "the law of

cure" to a great endless cable; thousands of systems are gripping upon this cable, which is controlled first and last by our Creator, and he does not want anyones miserable pretences or prayers. He requires you to learn the laws of your body, apply them and you will be perfectly healthy. No other method will be countenanced by him. Let us be factors in banishing the many ignoramous, fools and pretenders who are taking advantage of the people's ignorance of the laws of cure. We are constantly told man is born selfish. This pretense is used to cover all impositions.

A perfectly healthy man will never be selfish. Why? Because he understands that Nature produces enough for the real needs of all of her children and that his happiness does not depend on his crushing out the lives of thousands of human beings by depriving them of proper sustenance in order to become a Rockefeller, a Vanderbilt, a Morgan or a Lorillard. The methods by which millionaires are produced always have the same result, i. e., depriving thousands of sufficient food and other necessaries to maintain health, and, consequently, long and vigorous life. It is starvation for the masses. Luxury for the few.

Nature produces abundance for all, therefore Nature's supplies and all the manufactured products that are necessary for health and happiness should be in the possession of every family and



Dr. Gordon's office. Center figure was incarcerated in insane asylum most of the time for 16 years. Rescued by eating natural food, well directed action of mind and muscular treatment, which stimulated the entire organism to healthy action.

every person on the earth. But everybody knows that these material blessings are not in every home, and what can we expect but disease and degeneracy? Let a person be partially deprived of the necessaries of life for any considerable length of time and he will invariably degenerate. There are no exceptions to this statement.

The only persons who are generally recognized at the present time as being unnatural are those who have lost mental equilibrium to the extent of becoming dangerous to the community at large, then they are adjudged insane and incompetent to mingle with their fellow-men; but I state, without fear of contradiction from any person who is natural enough to arrive at a logical conclusion, that *any person* who is deprived of the full necessaries of life for any considerable length of time becomes dangerous to himself and the community at large. Hence the health of one is necessary for the health of all—and vice versa.

The life germ, or principle, to be found in natural foods (uncooked) will produce, in every person, the necessary vitality to become healthy. This vitality is the power within us that gives the necessary resistance to overcome or repel disease. The power derived from suitable food is our only safeguard from disease. There is no medicine or compound that will ward off or control disease. We must insist you remember that vitality gained from food is our only safeguard.

The necessity of eating only such foods as contain the life principle has been overlooked. Even the wealthy, who have abundant means with which to provide themselves with proper sustenance, become unable to resist disease, because they consume large quantities of *dead food*. The life principle being absent, little vitality is produced and the person succumbs to the inevitable weakness and disease. The prevailing ignorance among all classes has caused the people to accept such results as the decree of Providence. Any one who perpetuates this doctrine is mankind's worst enemy.

Live food is always digestible. For instance, let us consider the carnivorous animals. They will not eat their food dead; they must and will have the life that is in it, hence they seize their prey and suck the *life* principle, the blood, from it. Man is a frugivorous animal, and he will be healthy in exact accordance with the way in which he carries out the methods of life he was intended for, which consist of the consuming of sufficient fruits, grains and vegetables to obtain the desired energy. Food in the form nature gives it to us is best for the stomach, as the digestive qualities are in the outer coat, or skin again we obtain energy first hand like the animals do. If energy existed in meat, we obtain it second handed. They have absorbed all life from the foods.

THINGS TO BE REMEMBERED.

First—We are not tempted to over-eat when consuming natural foods.

Second—Such natural foods as tempt the appetite are the most easy of digestion and supply the greatest amount of vitality.

Third—All foods lose in digestibility and vital force by cooking.

Fourth—The simpler the preparation, the less condiments used and the smaller the variety of foods mixed together, the better the food.

Fifth—Natural solid food is easier to digest than soups or any semi-fluid food.

Sixth—No person should eat food after it is prepared by cooking and seasoning that he would not eat in its natural state.

By observing this rule, one cannot go astray in selecting foods. For instance, meat in any form is unnatural food for man; and who among the readers of this book would walk up to a fowl, bullock, sheep, hog or any other animal and attempt men to devour it?

I doubt finding the cannibal. This method of attack is the only justifiable one that we can uphold; we can then, like other animals of prey, procure the life principle, which contains the only real food value in animals, that food principle all carnivorous animals by instinct require and obtain. Man is the only exception; he eats the dead products and does not live out one-half of

his days, which proves the fact that Nature excuses no one on account of ignorance of her laws.

Dear reader, you are not a flesh-eating animal. The good book says "Thou shalt not kill." Let us live up to this teaching and our lives will be long upon the land our Creator gave us.

THE FOOD PRINCIPLES.

It is necessary for every housewife to have a knowledge of the food question, for it has a direct bearing upon the health and happiness of the family. A proper proportion of the different principles that are called food principles, must be studied. We shall enumerate the following as the food principles:

1. Air.
2. Water.
3. Proteids.
4. Fats.
5. Carbohydrates.
6. Salts or mineral constituents.
7. Sunshine daily from the sun.

We briefly describe them as follows:

(1.) Air—The most important of all principles to be taken into the human body to retain or regain health. It is best summed up in importance in this statement: We cannot live over four minutes without it.

This, the most important of food products, it must be taken into our lungs in sufficient quan-

tity and purity to expand two million air cells, which act as mediums for its transmission into the blood, which carries it into every tissue and fluid of the body. It is nature's great digestant; in fact, it is the only necessary one for us to take. Deep breathing will assist in the cure of all diseases. Without air we must die inside of four minutes, with air and water we can live 60 days without food and recover.

These few facts show its greater food value over the following six principles:

(2.) Water—Our bodies, when full grown, are two-thirds water. Our food contains from 1 to 94 per cent of it; therefore, considering the scope of its importance as a life sustainer it is taken up under Drinks, and its uses for the cure of disease is also clearly shown.

PROTEIDS.

A class of nearly allied bodies is included under this head. The whole class is sometimes called "Albumens."

The housewife is familiar with proteids in such foods as eggs and cheese. These contain the principle in various proportions, for example:

Eggs in both white and yolk.....12.5 per cent.
Fresh cows' milk on an average.....3.4 per cent.
Cheese25-30 per cent.
Dried Codfish30 per cent.

Vegetables are more deficient in proteids

though the grains and legumes contain much of it.

Wheat flour has 10 to 12 per cent.

Peas, beans and lentils have 22.85 to 27.7 per cent.

In fresh vegetables we find only from $\frac{1}{2}$ to 3 per cent, excepting green peas and beans in which the proteids reach 5 to 6.5 per cent.

FATS.

Fats are obtained from both the animal and vegetable kingdoms. Those used by us in past cookery come mostly from animals, and are known to the housewife as butter, lard and tallow. Vegetable food as a rule, contain fats, Cotton seed oil is far superior for cooking, both for economy and digestibility.

Some of the cereals, like corn and oats, contain from 4 to 7 per cent. of fats.

CARBOHYDRATES.

The bodies classed as "carbohydrates" are found mainly in vegetables. The housekeeper knows them as starches and sugars.

Under the starches proper are included such things as the starches of grains and seeds, Iceland moss, gums and dextrin.

Milk is one of the few animal products that has more than a very small quantity of carbohydrates. It contains on the average about 4.8

per cent. of this principle—slightly more than of either proteids or fats.

SALTS.

The things that give hardness to our bones, like calcium phosphate, and the common salt with which we flavor our food, illustrate this class.

(7.) Sunshine—As no animal or vegetable matter can exist without the sun, therefore it is necessary that we receive a certain amount of the solar rays from the sun each day.

FUNCTIONS OF FOOD PRINCIPLES.

To know in what proportion these food principles should be represented in our diet, we must inquire into the part played by each of them in the body. The first we described above as nature's great digestant, etc. The second, water, is the great medium which floats things through the body; the salts, are combined in various ways with the solids and fluids of our foods, and we shall not easily suffer from lack of them.

The next three food principles (let us call them in the following pages the great food principles), cannot be so summarily dealt with. We might say, briefly and dogmatically, that the proteids are "flesh foods," the fats are "heat foods," the carbohydrates "work foods." To be sure, experimenters are agreed on the main points, but the different schools are still at war on the final explanations and on many details,

and it has become more and more evident that we cannot portion off the work of the body in this simple style. Though each of the three great food principles can be said to have a favorite part which it plays better than any other, yet we find that like an actor of varied talents, it has more than one role in its repertoire.

FUNCTION OF PROTEIDS.

That this class is indispensable we have the best of proofs. It must be given us in one or another of its forms, for even if we are not athletes, nearly one-half of our body is made up of muscle which is one-fifth proteid, and the nitrogen in this proteid can only be furnished by proteid again, since neither fats nor carbohydrates contain any of it; therefore in making up bills of fare, let us remember that growing and working proteid, yes, even idle proteid as Dr. Smith found, needs proteid, and that there is nothing in any of the other food principles that can entirely take its place.

Though we think of proteid mostly as a great body builder and restorer, it can also to some extent furnish fat when it stands in a certain relation to the fats and carbohydrates of our food, and we are assured by experimenters that it also furnishes heat and muscle energy under certain conditions.

In these last two activities, however, it is far excelled by fats and carbohydrates. We shall

therefore think of it as the nitrogen-furnisher of our tissues, and also as the grand stimulant among foods, inciting the body, as it does, to burn up more of other kinds.

Scientists, at one time, held the opinion that our muscle energy comes chiefly from proteids. This view has been abandoned, but many a working man still believes that meat is the only kind of food that is of any account; he thinks of fats and starches as quite unimportant comparatively. Now it has been proved over and over again, that we can combine vegetable-producing proteids with fats and carbohydrate vegetable food in such a proportion that it shall play only its main role, viz., that of building and restoring, while these latter furnish the heat and muscle energy needed. Proteid food is such a costly article that it will not do to put it at work when cheaper material can do even better.

FUNCTION OF FATS.

The fats also have more than one office in the body. They can be stored as body fat, or they can be burned and give off heat, and they may also serve as a source of muscular energy, in an indirect manner at least.

FUNCTION OF CARBOHYDRATES.

The carbohydrate principle furnishes fat to our tissues, and is a source of heat and muscle

energy, indeed the chief source of muscle energy in all ordinary diets.

FLAVORINGS.

So far we have had chiefly in mind the real working constituents of food, if we may so speak. But many things cannot be studied or classified in the above way; they must be looked at from another point of view.

Thus, a pinch of pepper, a cup of coffee, a fine, juicy strawberry—what of these? They may contain all five of the food principles, but who cares for the proteid action or carbohydrate effect of his cup of good coffee at breakfast, or what interest for us has the heating effect of the volatile oil to which the strawberry owes a part of its delicious taste?

Surely the economical housekeeper who would throw out of the list of necessaries all the things that tickle the palate, that rouse the sense of smell, that please the eye and stimulate our tired nerves, just because these things contain but little food, would make a grave mistake. She may know just what foods to buy, what vegetables are most healthful and economical, but if she does not understand how to “make the mouth water,” her labor is largely lost. Especially if she has but little money, should she pay great attention to this subject, for it is the only way to induce the body to take up plain food with relish.

The list of these spices, flavors, harmless drinks and the like, is a long one. Unfortunately, we have no comprehensive word that will include everything of the sort, from a sprig of parsley to a cup of coffee; the German calls them "Genuss-mittel"—"pleasure-giving things."

PROPORTIONS AND AMOUNTS OF FOOD PRINCIPLES.

We have brought our discussion of the seven great food principles to the point where we can enquire in what proportions and amounts these should be represented in our diet.

CHAPTER IV.

The necessary quantities of the three great food principles required to be taken daily by an adult to procure a perfect and harmonious action of all organs and to replace all waste when a person is active.

The standard daily dietary that is most frequently cited, and which, perhaps, best represents the food consumption of the average European workman in towns, is that proposed by Professor Voit. This dietary was made upon the basis of a large number of observed cases. It demands for a man of average size, engaged in average manual labor,

Proteids.*	Fats.	Carbohydrates.
118 gms.	56 gms.	500 gms.
*28.34 grams.—1 oz.		

Now it is the opinion of all competent judges, that we have sufficient proteid in the natural food.

We will give an instance how much below these figures the amount consumed sometimes falls.

Professor Boehm found that a poor North German family, consisting of a man, wife and a

child five years old, had in one week for their food:

Potatoes	41 lbs.
Rye flour	2½ lbs.
Meat	1¾ lbs.
Rice	½ lb.
Rye Bread	12 lbs.

A very little milk.

Calculating the food principles contained in these amounts, we find that the three individuals daily consumed of—

Proteids,	Fats,	Carbohydrates,
175.5 gms.	41 gms.	1251. gms.

It needs no comment to show how insufficient is this dietary in amount, and how incorrect in proportion.

Our climate is more trying and our people work faster, and we shall do well to allow more vegetable fat producing foods for our working-man. If our man is to get daily one-third of his proteid in the form of animal food, this would be represented by from 5 to 5.8 ozs. cheese, or by 8 eggs.

We believe that it is better to go a little high rather than too low with proteid food. As a rule, people who eat enough vegetable proteids are vigorous and have what we call "stamina." But many workingmen in America would be surprised to learn how well health and strength

can be maintained on what is nourishing, provided the dietary contains enough vegetable proteid and fat.

PRACTICAL APPLICATIONS.

It now remains for us to see whether the economist can get practical help from the foregoing facts about the character of foods and the use that is made of them in the body.

We have seen that we cannot economize in the amount of our food beyond certain limits and yet remain healthy and strong; also that we must not greatly alter the relative proportions in which experience has shown that these foods are best combined. The true field of household economy has, then, certain prescribed limits.

RECIPES FOR PREPARING RAW VEGETABLES FOR TABLE FOOD.

We will first take up Uncooked Vegetables, and show their adaptability, etc., as food.

Vegetables eaten in their natural state, or raw, retain all the *life principle*; therefore form a perfect food. Begin to eat them raw and you will soon love them.

The following recipes are prepared with this object in view, i. e., the retention of the *life principle*. All fully matured vegetables are to be preferred to those undeveloped.

Most vegetables come in a bulky form and need to be minced or cut into smaller proportions.

A mill can be used for this purpose with great advantage. The hand food mill costs from sixty-five cents to five dollars, and it acts in the place of teeth for those persons who have none. All vegetables must be prepared by washing, then remove the outer covering, when necessary, then they can be placed in the mill and ground. Directions go with each mill, fully explaining its workings. All these dishes should be served in as attractive a manner as possible. Flowers should always ornament the table, if it is possible to procure them.

Dressings for raw vegetables should consist of nothing but pure olive oil with acid derived from the lemon or apple. Salt to the taste. Olive oil and sliced hard boiled eggs can be used with any of the following recipes if desired with great advantage in taste and nourishment:

Table Recipes for preparing uncooked vegetables and retaining THEIR LIFE PRINCIPLE.

BEETS.

Pare the beets, chop fine, with knife, or cut into smaller pieces, then grind through the mill and add salt. This is palatable to all people. If one prefers the taste of onions, then slice one thin over the above preparation and squeeze the juice of a lemon over it. After eating sparsely for a few meals you will enjoy this recipe and regain life and a healthy stomach.

SWEET POTATOES.

Cleanse and pare potatoes. Either slice fine or grind through the mill and season to taste. Ground carrots and onions can be added with advantage if desired.

LETTUCE.

Place lettuce in water an hour before using. This makes it crisp and fresh. Separate the leaves, shaking the water from them. Serve plain with salt.

LETTUCE SALAD.

Cut in small pieces, add salt and if desired a trifle of sugar, an onion sliced fine and lemon juice squeezed over the compound. A medium hard boiled egg can be added to this salad.

Endive, or winter lettuce, can be treated similarly.

WATER CRESS.

Picked freshly, cleansed thoroughly, this product of nature makes a tempting relish on the table for all people.

ONIONS.

Can be prepared and served whole with salt. They can be combined with all vegetables. Another way to serve is slice onion fine, sprinkle salt over it. Lemon juice squeezed over it makes it more palatable and modifies the harsh taste of the onion. Served with whole wheat bread, it makes a fine meal. This is especially adapted to

nervous people. The whole onion family, garlic, leek, etc., can be treated in the same way as above. This family affords us a suitable natural relish for dressings of all kinds. It is the best tonic known in the vegetable food line.

CUCUMBERS.

Prepare by peeling, then slice across or lengthwise. Best served with salt alone.

Another way.—Take one large fresh cucumber. Pare it and slice fine, sprinkle liberal dash of salt over it. If you prefer, cut up four or five small onions over it, and squeeze lemon juice, directly over the onions. The older the cucumber, the more salt it requires and the more food value it contains. Unless the cucumber is just picked from the vine, it should be placed in cool water with the stem down and well covered. A wilted cucumber will respond readily to this treatment. It is the coming in contact with its nature that restores it.

CORN.

Corn should be eaten directly from the cob if one has good teeth, or cut from the cob and ground through the mill. Salt should be added. Eaten in this way the *life principle* is not lost. Corn should be well masticated.

CARROTS.

Scrape or cleanse carrot well, grind through mill and add salt. If desired one can add turnips

and parsnips to any of the carrot family.

This vegetable is particularly good for children.

CABBAGE.

Select firm head of cabbage, cut into small pieces and grind through the mill or shave fine with knife. Sprinkle well with salt. If desired, lemon juice may be added and a little celery or celery seed. All of the cabbage family to be treated the same way. The mixing of white, red and green cabbage with other vegetables is attractive to the eye and enjoyable to the taste.

CELERY.

Celery with a little salt forms an excellent food. It can be eaten in its natural form or minced. Celery seed is often used with other vegetables and gives a good flavor. It can be served with all meals to advantage.

PEAS.

Fresh green peas from the vine may be eaten in their natural state if thoroughly masticated; they will be relished by all people after eating them a few times.

Another way.—Pass them through the mill, sprinkle salt over mixture and sufficient olive oil and lemon juice to suit the taste.



All alcoholics and others who are victims to habits will reform
when they gain sufficient life principle in
their food—not before.

TOMATOES.

Slice firm, ripe tomatoes and serve with salt and lemon juice or add finely cut onions. A piece of whole wheat bread, spread with nut butter and a slice of tomato makes a delicious sandwich. Tomatoes can be sliced and served with all vegetables to advantage.

RADISHES.

Slice large radishes, mix with salt and serve with whole wheat bread.

SALSIFY ROOTS.

Scrape the roots and wash in cold water. Either slice very fine or grind through the mill. Eat with salt. If long exposed to the air, salsify will turn dark.

SPINACH.

Wash spinach carefully through many waters. Drain and sprinkle salt over it.

Spinach contains a great deal of iron.

NOTE.—These recipes are given with one object only—to serve as a guide until you have suited your own taste. We will give you credit for your favorite recipe in our larger book, which is in process of arrangement for the future, send them to us.

CHAPTER V.

“For thousands of years men have expected to procure redemption for violation of Nature’s laws through the taking of remedies. They have always failed and always will. Use Nature’s foods and be healthy.”—Gordon.

Twentieth Century Cookery—The principle underlying all our recipes is to retain as far as possible the full food value with only The Life Principle destroyed.

Up to this time we have not mentioned cooked foods. They are necessary to be used as bulk-foods and other reasons, to be set forth later.

The life principle being absent, one naturally asks—have they any food value. I answer unhesitatingly—they have.

They contain the inorganic salts in the right proportion, also the necessary fats, carbohydrates and proteids. These constituents are absolutely necessary in proper proportion to sustain life. They are not always transported in suitable quantities and conditions in their natural state. Not being furnished when they are tender and most adapted for food, cooking then becomes necessary. We deplore that fresh fruits, grains and vegetables should be withheld from the masses on account of price. There is sufficient produced

and plenty of public means of transportation and the only excuse in the scarcity of supply furnished in our large cities and towns is the startling fact that trusts and combines are controlling the price of food products and the transportation of them, making all humanity suffer in every direction through their insatiable greed.

Confronted as we are with the necessity of cooking food, which destroys the life principle, we are more deeply impressed that some food must be furnished with each meal that contains the life principle.

I would compare the necessity of impregnating and combining an abundance of the life principle in cooked foods, to yeast in dough. The life principle permeates the food and stimulates the organs to natural activity.

We know that cooking would be unnecessary if we began to live upon raw food—after leaving the mother's breast. Inasmuch as the condition and customs are against Nature's simple method, which produces perfect health, we are now confronted with the necessity of teaching the people how to live out their allotted time under present conditions and customs. We know that sufficient life giving food containing the *Life Principle* has been absent in all past dietaries. The result has been—man has lived only one-third of his allotted time and suffered untold misery and disease in his unnatural demise. The result of using natural uncooked food is perfect assimilation

which produces the condition known as perfect health. This statement has been proven up in thousands of instances, and all sufferers of disease should know this fact to enable them to procure health.

The information given in this book will acquaint you with the reason why man does not live out his allotted time.

The present discrepancy in point of years, between the present age of man, 38 years, and 110 years, the natural period of life, is due to man's eating dead food. The missing link between the ages of 38 and 110 years, is found to be the Life Principle. We can supply it with each meal.—Eat live food each meal.

We have excluded meat in all forms, because it is unnatural food for man. We have retained for the use of the beginner or for the person who imagines meat produces strength, five animal products—eggs, milk, cheese, animal butter and fish.

These five are of the most beneficial in point of food value in the whole list of animal products.

I wish it to be distinctly understood, these five animal products are to serve merely as a stepping stone or bridge from the *old to the new* and the Better Way, true vegetarianism, the only way to live 100 or more years.

We have exploited animal life in just one instance in retaining these five products, i. e., in destroying life in the fish, which you will find

unnecessary to retain after a short period of natural living.*

The egg stands at the head of the list in point of general nourishment. It can be taken with advantage raw. It is the only animal product that man uses that contains the life principle intact; that is, when eaten raw, immediately after removing from the shell. It is the best animal product used in cooking. The greatest food value is obtained by breaking the shell and eating immediately, when fresh, without cooking.

All clear headed physicians agree that cancers and other malignant tumors, besides thousands of other diseases too numerous to mention, in a work like this, are solely due to meat eating. Most domestic animals, that are now used for food, are diseased.

The millionaires own stock yards and control the inspection of meats. The people eat the dead diseased carcasses, and add wealth to the trusts.

Volumes could be written showing that crime, misery and disease are caused by meat eating.

I do not think it is necessary to point out further to you the alarming necessity of a change in living. If we wish to act wisely for ourselves

*Humanitarians in all countries have been forced to this conclusion: All meat-eaters have a desire for alcohol. All alcoholics have a desire for meat; therefore, to these two unnatural products we owe man's present selfishness. It is farcial to expect a Heaven on Earth, or the development of soul power, until men know what to eat. A strict vegetarian is always unselfish.

and posterity we will "right about face" and adopt our natural food.

We know that the necessity has been proven to all thoughtful persons, why man should adopt his natural food. This fact is best shown you by recalling to your mind such instances as we all can observe daily in thousands of cases in all large cities.

If the adults, who are under nourished, generally due to the lack of sufficient life principle in their food, they will suffer in physical strength and in clear headedness.

In children the result is undeveloped mental and physical strength, as shown in the weak minded and rickety ones.

The above summary shows the importance of adopting *The New Science of Living*.

Dear reader, this subject is of such vital importance to us and our posterity, that we cannot impress you too deeply of the pernicious habit of living upon dead food, either animal or vegetable. The history of all past civilization has shown man to be the only exception to nature's law of longevity. Eating dead food has robbed him of sixty to seventy years of life, also kept him warring upon his brother. Making this beautiful world a hell instead of a heaven. Let us make this world a heaven for all mankind. This is possible only through natural living.

CHAPTER VI.

NATURAL COOKERY—PLAIN AND UNCOMPLICATED.

To elaborate, complicated and compound cookery, the world owes a great part of its disease and suffering. With the exception of a few modern works, the aim of the cook books placed before the public seems to be to show into how many forms an article of food may be distorted. For instance, if we look under the heading of potatoes, we will find that vegetable in forms grading from that which is palatable and digestible to that which must be eaten on faith that it is potato, and which would disturb the digestion of any stomach but an ostrich's.

So, the object does not appear to be the necessity of telling people how to cook, so much as showing them how not to cook. Simplicity in cookery would go far towards solving the problem of disease, and would give rest and leisure for the improvement of the intellect.

Too much cooking is done, and too much compounding of foods is added to the first mistake. If we wish to get the benefit of an apple, we must eat an apple—not a conglomeration of apple, lemon, quince, spices and what not; and the same holds good with other foods. There are some combinations of foods that are allowable, it is

true, but there are so many that are not that it is best to leave the matter to the taste, which has been given us for that purpose. The mixture should be made in the stomach, after the taste has passed judgment upon each separate kind of food. Such mixtures as baffle the sense of taste should never be taken into the stomach. For instance, some woman will make a pumpkin pie on the same principle that the quack doctor made his blood medicine, which he said contained twenty-four kinds of roots and herbs and consequently was infallible. A pumpkin pie made up of more eggs than pumpkin and a handful of mixed spices baffles the taste; but one made of pumpkin, milk and sugar is a delight to that same sense. And, to be accurate, some stewed pumpkin with a piece of brown bread and a cup of milk are still better.

To sum up, there should be less cooking; less thought over banquets, chafing dishes and epicurian layouts, and more time devoted to higher thought.

PRACTICAL DIFFICULTIES THAT CONFRONT US.

DEAR READERS—

The author's request for me to explain my views is accepted with the full expectation of receiving your tolerance. I have suffered through the lack of not having the life principle furnished

with my food, therefore, I do not wish you to be as unlucky as I have been, hence:

I write this to benefit you all. I have been deeply impressed that the practical difficulties in the way of living healthy and procuring hygienic household cookery are not small in America. We find, as a general rule, the wife and mother is obliged to act as the cook. She is overburdened with cares, having little or no time, after marriage, to educate herself in preparing food. She is not able to cope with this important branch of household work without practical knowledge. The necessary care and attention due the little ones is all that she should do. In most instances she has had no training in hygienic household cooking, before marriage, therefore her kitchen is anything but a perfect one in arrangement. The result obtained in the preparation of foods, etc., are necessarily in proportion to the housewife's practical education in this line. The plain living and simple cooking required are the main factors that help women in the old countries, to enjoy better health than in this country, beside giving them more time for enjoyment. Again, many European families have means of reducing much of this household labor. Especially in Germany, where there are bakeries, where all classes may take their bread, cakes, pies and joints of meat to be baked, at the cost of a few cents—2 to 3 cents—less than fuel would cost them. Also soup kitchens, where a good, nutritious soup can be

procured for about 2 cents per pint. These are all great helps to the cook of a household, of which our American women know absolutely nothing.

The cost of bread and flour in Germany are about equal, while in America the cost of flour is about the same as in Germany, but the bread costs us as much again. The bakeries are certainly getting all the gain in this country, but the quality of their bread is producing disease and death and the people do not effectually protest.

Having lived the earlier part of my life in Germany, I appreciate that the women of all countries would do well to insist upon Government inspection of bakeries and all food products, as they do in Germany. This would give us one of the most practical solutions for procuring healthy food. Let us insist that we have decent bread and other food products. I have lived upon food that contained the life principle and recovered my health, which was lost in this country through eating the unnatural foods prepared in this country. I find it is impossible to procure life giving food in restaurants, hotels or boarding houses. We must prepare the foods in our own home, that need cooking, until the present conditions are changed. I cannot insist too strongly



Showing the muscular system which is built up quickly by eating whole wheat foods and those vegetables that contain the life principle.

TO THE
JOHN CRERAN
LIBRARY.

upon the life principle in foods being eaten with each meal.

Yours, for one hundred years of life,

THERESE SCHERWEIT.

CEREALS.

Cereals may be considered the staples of a vegetarian diet. They may be eaten with every meal, at all times of the year, do not have to be eaten immediately after being cooked and do not clog the appetite. A diet of grains alone will sustain life, but care should be taken to procure fresh grain itself or such grain products as have passed through only the most simple processes in preparation, that the food principles may not be lacking in them. The processes through which many of the cereal foods now on the market have passed have fitted them admirably for commerce, but not for the human stomach. Simple freshness—liveness is the great desideratum.

COOKING OF GRAINS.

The grains may be cooked whole, coarsely ground, as grits, and finely ground, as flour.

Grains Cooked Whole.—All these grains can be cooked whole, but it is seldom done because of the length of time required. Only rice and barley are generally so cooked.

GRAINS.

The cereals or grains, though containing much less proteid than the legumes, are more valuable to us because of their excellent taste, their availability to the cook and the readiness with which when ground they yield us their nutrients.

Since the grains are such important foods, a table is appended showing the average richness in food principles of those in common use among us. We find that different analyses of the same grain differ greatly from each other, barley for instance, ranging from 8 to 18% in its proteid, and this may account for a certain grain being popular in one country and not in another.

In our country we are especially fortunate in the cheapness and excellence of at least two of the grains, Wheat and Indian Corn. The first has of course much higher food value, but the latter is so cheap and can be so easily cooked that it is a blessing to the poor. The large per cent. of both proteids and fat in oats is to be noted, justifying as it does, the high esteem in which they are now held among us. At the other extreme is rice, the poorest of the grains in both these principles, but its almost perfect digestibility renders it very useful.

Fine Wheat Flour...	10.	1.0	75.2	13.	0.3
Rye Flour	11.5	2.	69.5	14.	1.5
Barley Grits	11.	1.5	71.5	15.	0.5
Oat Grits	14.5	6.0	65.	10.	2.5

Buckwheat Flour	9.5	2.	72.5	14.	1.
Corn or Maize Flour.	10.15	4.80	68.45	14.	2.6
Rice Grains	8.	1.	76.5	13.	0.5

RECIPES.

WHEAT—THE MOST VALUABLE OF THE CEREALS.

Boiled Whole Wheat; or Pulse—New wheat is better than old for boiling, but if old, it should be soaked in cold water over night.

THE QUICK BOILING OF WHOLE WHEAT.

Take the quantity of wheat desired. Wash thoroughly the following proportions to be used: One cup of wheat to one pint of water. Place in a deep vessel, pour boiling hot water over it and let it boil for half an hour. Add boiling water if necessary. Remove and place the wheat in the upper boiler of a double boiler—fill the lower boiler with boiling water and let stand on the back part of the range or stove over night. The next morning warm up and serve with sugar and cream. (This quantity is sufficient to serve breakfast for four people. Eight people can enjoy a perfect whole wheat breakfast, which will cost as follows. Wheat costs three (3) cents, milk to serve 5 cents, sugar three cents, fruit 12 cents, total cost 26 cents. Making it cost each

No soft foods, as a steady diet, are as good for the system as those that have to be masticated, but as the teeth of middle-aged people are universally bad in most countries, such foods are often necessary. Dentists universally agree to save the teeth, some harder food should always be eaten with mush of any kind.

person 3 cents for a good healthy, palatable and nutritious meal; one prepared with the life principle and foods necessary to supply all waste.

SLOW BOILING.

Put the wheat to boil in a double boiler or covered kettle with about two quarts of water to one pint of wheat and boil slowly for five hours, or until the kernels are soft. If the water evaporates, always add hot water. Just before removing from the fire add a small quantity of salt.

Boiled wheat is an excellent and sustaining food. Daniel and many others, of Bible times, lived on pulse, and the muscles of the athletes of Greece were built up upon it.

CRACKED WHEAT.

Cracked wheat should always be fresh. Use three pints of water to one dessert spoonful of salt, one-half pint of cracked wheat. Put the salt in the water and bring to a boil, then sift in the cracked wheat with the hand, stirring constantly until the wheat no longer settles to the bottom of the pan. Then put on the part of the range where the heat is moderate and let boil for one hour. A double boiler may be used, but an open pan will answer the purpose.

Cracked or whole wheat may be eaten alone, with fresh fruits, or seeded raisins, currants or previously soaked dried fruits may be added half

an hour before removing from the fire. Cream milk or nut butter will also be found excellent with cracked wheat.

GRAHAM MUSH.

Wheat meal one pint, water one and one-half quarts, salt one teaspoonful. Put the salt in the water and let the latter come to a boil, then sift in the flour with the hand, stirring constantly at first; then let boil slowly for one hour.

WHEAT BREAD.

All forms of wheat bread should be made from the entire wheat flour; as many of the food producing products are left out in the manufacture of white flour. Much of the white flour is, also, so adulterated with talc as to be entirely unfit for food. Flour adulterated with talc may be known from the genuine by its bluish-white color, its mealy and lumpy appearance, its gritty feel when rubbed between the fingers and thumb and by its weight. A pint of adulterated flour will weigh more than a pint of pure flour—sometimes much more.

WHEAT BREAD.

Recipe No. 1.—One quart of warm water; one-half cake of compressed yeast dissolved in a small portion of the water; flour to make a very stiff batter. Let this batter rise until light and then add flour to make a dough barely stiff

enough to be handled, kneading in one tablespoonful of salt, put in a warm place to rise and when light knead down again and form into loaves. Put the loaves in pans previously oiled and let rise again. Bake in a steady heat for one hour.

SALT RISING WHEAT BREAD.

Recipe No. 2.—One cup warm water, one-quarter teaspoonful of salt, one-half teaspoonful brown sugar. Stir in flour to make a stiff batter and put the dish containing this into a pan or jar of warm water and let rise over night. Early in the morning add flour to make a dough just stiff enough to be handled, knead, form into loaves, place in pans and let rise. Bake a full hour in steady heat. Loaves of this bread should never be very large—not over one pound in weight when done.

SHEET CAKES.

One quart of cold water, one teaspoonful of salt, flour to make a very thin batter—half the thickness of ordinary griddle-cake batter. Have a heavy griddle or polished flat stone sizzling hot, throw the batter on in half gill quantities, remove from griddle with turning shovel (do not turn), putting the cakes on a dish in a pile and covering. Do not grease or oil the griddle.

These cakes are very sustaining food.

GEMS.

One and one-half cups of cold water, one-half teaspoonful of salt, three cups of flour. Beat swiftly for five minutes or more, pour into well heated gem irons and bake in a hot oven for 20 minutes.

WATER MUFFINS.

Put four tablespoonfuls of fresh, strong yeast or one-half cake of compressed yeast into a pint of lukewarm water. Add a little salt; about a small teaspoonful; then stir in gradually as much sifted flour as will make a thick batter. Cover the pan, and set it in a warm place to rise. When it is quite light, fill muffin rings and bake in quick heat.

RYE.

Rye meal sifted through a coarse sieve to remove a portion of the outer covering is the best for all human consumption. When in this form it will make into a more porous, friable bread than in any other way.

RYE BREAD.

Recipe No. 1.—Make a batter as for wheat bread in Recipe No. 1, using only a pint of water. When light scald a pint of rye meal, let it cool to lukewarm heat, put in the risen batter and add sufficient unscalded rye meal to knead into loaves and a teaspoon of salt. Let rise and

bake in a slow, even heat for one and one-half hours.

RYE AND INDIAN BREAD.

Sift two quarts of rye, and two quarts of Indian meal, and mix them well together. Pour three pints of boiling water upon the meal; add two teaspoonfuls of salt, and stir the whole very hard. Let it stand till it becomes of only a luke-warm heat, and then stir in half a pint of good fresh yeast, or one and one-half cakes of compressed yeast. Knead the mixture into a stiff dough, and set it to rise in a pan. Cover it with a thick cloth that has been previously warmed, and set it near the fire. When it is quite light, and has cracked all over the top, make it into two loaves, let rise, put them into a moderate oven, and bake them two hours.

RYE DODGERS.

Scald a coffee cup of rye meal with a coffee cup of water, add a teaspoonful of salt and stir well. Oil a baking pan and drop the batter upon it in tablespoonful quantities a few inches apart and bake in a quick heat until done through.

USES FOR BREAD.

TO DRY BREAD.

These are so numerous that the housekeeper need never fear the accumulation of stale bread, if she will only take care of it in time. Every

day the bits left from meals and the dry ends of the loaf must be dried hard in the oven and then put away in paper bags. If time allows, pare off the crusts, cut into cubes and dry separately to add to soups.

This dried bread will keep for weeks or months—it must simply be kept clean and dry. In any recipe where bread crumbs are called for, as bread pudding or bread omelet, use this dried bread, laying it first in *cold* water till it is soft, then pressing it dry in a towel and crumbling it lightly with the hand.

Here are a few of the ways in which bread can be used.

USES FOR BREAD IN SLICES.

TOAST.

In dry toast, milk toast, and water toast, to be eaten as such and as a foundation for many other dishes.

Fried toast—bread slices soaked in egg and milk, or water, and fried on a griddle with a little butter. Cold milk or water toast may be so used.

STEAMED BREAD.

Stale bread may be cut in slices and steamed so as to taste sweet and good. Set the slices up on end in the steamer and steam five or ten minutes, then dry a little in an oven.

BREAD REBAKED.

Biscuits of all sorts, even when several days old, may be made nearly as good as when fresh, by wetting the tops and setting in a hot oven for about five minutes. A convenient way of having warm biscuits for breakfast.

USES FOR CRUMBS OR DRIED BREAD.

Soaked and crumbled it is used in bread dough instead of half the flour. Also used in bread omelettes, bread pancakes and bread puddings.

In Bread Dressing—Pour enough hot water dry bread to soften it and chop it not too fine; season with chopped onion, herbs and butter. The addition of an egg is an improvement. Bake covered, about an hour, then uncover and brown. This mixture may be fried in spoonfuls on a griddle and eaten with a sweet sauce as the simplest form of pancakes.

GRAHAM BREAD.

To one quart of graham flour, one teacupful of rye flour, one teacupful of wheat flour, half a teaspoonful of salt, two or three tablespoonsful—according to taste—of molasses, and a piece of butter the size of a walnut, add one and one-half pints of lukewarm water, or milk in which a cake of compressed yeast has been dissolved, and mix all thoroughly together. Set in a moderately warm place, free from draft, to rise. When well risen, add one tablespoonful of wheat flour,

knead well, place in pans and set to rise. When well risen, bake in a moderately quick oven. About 45 minutes will be sufficient to bake. If mixed over night use half a cake of yeast.

BROWN BREAD TOAST.

Comparatively few persons are aware of the delicacies of brown bread toast. It is exceedingly appetizing and easily digested. But the brown bread which produces nice toast is made quite differently from the usual kind. Take one cup of wheat flour, one cup of rye meal, one cup of yellow corn meal, one teaspoonful of salt, three tablespoonsful of sugar, and one cake of compressed yeast, dissolved in a little warm water. Mix with milk, which has been scalded and cooled, until it is of the right consistency to shape; when light put into pans, let it rise again and bake one hour. The next day it can be sliced and toasted. Make a cream gravy and serve hot.

GLUTEN BREAD FOR GENERAL USE.

Dissolve one cake of compressed yeast in a small cupful of lukewarm (not hot) water. Pour one-half pint of lukewarm milk into one pint of lukewarm water, and to this mixture add one tablespoonful of shortening—butter or oil. Into this pour the water containing the yeast, and add sufficient gluten flour to make a stiff batter. Set to rise, and when light, add one or

two tablespoonsful of sugar, according to taste, one teaspoonful of salt, and enough gluten flour to make dough as soft as can be handled. Knead well, make into two loaves, put into pans, and set them to rise. When well risen, bake in a moderately hot oven for about 40 minutes.

GLUTEN BREAD.

CONTAINING NO STARCH, AND THEREFORE, A SUITABLE ARTICLE OF DIET FOR DYSPEPTICS OR SUFFERERS FROM DIABETES.

To Make One Loaf:—Take one and on-half pints Gluten flour, one pint lukewarm (not hot) water, in which half a compressed yeast cake has been previously dissolved, and one small teaspoonful of salt. Mix all together and beat thoroughly with a spoon. The mixture must not be kneaded. Set to rise, and when light add one tablespoonful of Gluten flour. Beat again, put into a pan, set to rise and when light, bake in a moderately hot oven for about 55 minutes.

FRITTERS.

These are various doughs and batters fried in boiling cooking oil, and eaten warm with sugar or a sweet sauce. The hot oil gives a puffy lightness and a delicious crisp crust.

Lard has been used in the past, but cooking oil is now used and is better. The oil must be smoking hot to prevent its soaking into the dough.

For the same reason batters so cooked must contain more egg than if they were to be baked.

FORMS.

The fritter may be rolled out and cut in shapes, or dropped in spoonfuls or run through a funnel, being, of course, mixed of different consistency for each method. When nicely browned, take out with a wire spoon and lay on brown paper, which will absorb the oil, then sprinkle with sugar and send to table.

SODA RAISED FRITTERS.

Ingredients. One pint flour (one-half may be graham), one-half teaspoon salt, one teaspoon oil or butter, one egg and one-half pint sour milk with one-half teaspoon soda, or same of sweet milk with one-half teaspoon soda and one teaspoon cream of tartar. Beat the egg, white and yolk separately, adding the white last of all.

Drop from a spoon into boiling oil *or*, omit nearly half the flour and pour through a funnel.

This batter may be also raised with yeast.

EGG RAISED FRITTERS.

These are more crisp and delicate. If liked very light, soda or cream of tartar or baking powder may be added to these also. These batters are thinner than the preceding; they must be well beaten if no soda is used.

1. Ingredients. One scant pint of flour, two

eggs, one teaspoon salt, one-half pint milk, one teaspoon oil or butter.

Beat the yolks well, then again well with the flour and milk, add the stiffly beaten whites last. Fry in spoonfuls.

2. Ingredients. One heaping pint flour, four eggs, one tablespoon oil or butter, one teaspoon salt, about a pint of water, or enough to make the batter a little thicker than for pancakes. Proceed as before.

ADDITIONS.

One tablespoon of lemon juice may be added to any of the above recipes, or a little nutmeg or cinnamon if liked.

FRUIT FRITTERS.

Take sour apples, peel, cut out the core neatly and slice round in slices one-quarter inch thick. Soak these a few hours in lemon juice or other flavoring. Dip in either of the above batters and fry. (They are also very good without being soaked in the flavoring.)

Peaches, pine apples and bananas may be used in the same way.

BREAD FRITTERS.

Trim the crust from sliced bread, cut in nice shapes and soak soft, but not till they break, in a cup of milk to which has been added one beaten

egg and some flavoring, as cinnamon, lemon, etc. Dip in fritter batter and fry.

OATS.

OAT MEAL MUSH.

Two quarts of water, one dessert spoonful of salt. Bring the water to a boil and sift in the meal with the hand until a thin mush is formed, stirring constantly, then set where the heat is moderate and cook one hour.

Oat cakes may be made in the same manner as wheat bread, except that the dough should be divided into smaller quantities.

BARLEY.

Barley is often overlooked in the United States as a product for human consumption except what is called pearled barley, but it will make cakes or bread the same as other cereals, and its use for such purposes is still general in many parts of the world.

BUCKWHEAT.

The general idea in our country is that buckwheat is fit only for griddle cakes, but if more flour is added to buckwheat batter and the dough is baked in small firm cakes in an oven it will be found to be more digestible.

INDIAN CORN.

GREEN CORN BOILED.

Remove the husk and silk from the ears, put in cold water to cover them and boil 20 minutes.

GREEN CORN STEWED.

Clip the ends off the kernels of corn on the ear, scrape out the pulp and put to stew in a small quantity of water in a double boiler or stew pan set in a kettle of boiling water and covered. Cook one-half hour and add a little salt and ground butternut meats on removing from the fire.

HOMINY.

Wash the hominy very clean through three or four waters. Then put it into a pot, allowing two quarts of cold water to one quart of hominy, and boil it slowly about three hours. If the water evaporates before it is done, add hot water, but not enough to have any left when the hominy is done.

INDIAN BATTER CAKES.

Mix together a quart of sifted Indian meal, (the yellow meal is best for all purposes,) and a handful of wheat flour. Warm a quart of milk, and stir into it a small teaspoonful of salt, and two large tablespoonfuls of the best fresh yeast, part of cake of compressed yeast. Beat two eggs very light, and stir them gradually into the milk

in turn with the meal. Cover it, and set it to rise for three or four hours. When quite light, bake it on a griddle in the manner of buckwheat cakes.

CORN BREAD.

One quart of buttermilk or sour milk, one teaspoonful of baking soda, one teaspoonful of salt. Add yellow corn meal until somewhat thicker than for batter cakes, turn into a previously oiled and heated baking pan of a size that will make the batter about three-quarters of an inch deep before rising. Bake in a steady heat 30 minutes.

WATER CORN BREAD.

Mix corn meal with cold water to a rather stiff paste, throw in a little salt, spread out in a baking pan and bake in a slow oven one hour. On taking from the oven wrap in a slightly damp cloth.

COOKING CEREALS AND MAKING MUSH.

All cereals should be put into boiling water, stirred until they begin to thicken, and then allowed to cook slowly without stirring until they are thoroughly done.

Oatmeal, rolled wheat, rolled barley, and cereals of this kind are better cooked in a double boiler, while the wheat preparations, as wheatlet, farinose, farina, and materials of this character, should be sprinkled dry into a saucepan of rapidly boiling water and cooked for 30 minutes. Cook

Irish or steel-cut oatmeal for at least four hours. It is better to have it cooked over night. Rolled oats require at least an hour; rolled wheat, one hour; rolled barley, one hour; Indian mush, at least two hours; graham mush, one hour, and the wheat preparations, 30 minutes.

Water boils at sea level at 212 degrees, consequently neither milk nor water will boil in a double boiler—in fact, the temperature rarely reaches 200 degrees, which is sufficient for cooking custards and cornstarch mixtures.

FRUIT PUDDINGS WITH BREAD.

1. BROWN BETTY.

Ingredients. One pint bread crumbs, or dry bread moistened, one quart chopped sour apples, one-half pint sugar, two teaspoons cinnamon, four tablespoons olive oil or butter.

Arrange bread and apples in layers in a pudding dish, beginning and ending with the bread crumbs, seasoning each layer with the sugar and spice and spreading the butter over the top. Cover it till the apples are soft, then uncover to brown.

2. BERRY BETTY.

The same, made with raspberries or blackberries. If not juicy enough, a little water must be added. A pudding may be made in the same way with cherries or any other well flavored fruit.

CHAPTER VII.

SIMPLE SWEET DISHES.

This department does not pretend to be elaborate, it simply aims to classify as many of the nutritious kinds as the ordinary family needs. These will generally be used as desserts but there is no reason why the main dish of the meal should not have sugar in it. A writer states that in a simple *pension* in Thuringia, Germany, I once ate a dinner consisting of a soup, a salad and one other dish, which we would call a bread pudding. I was helped bountifully to this main dish of the meal, I ate and was satisfied, for the materials were good and it was well made and delicately baked. Palatability and nutrition require simplicity in preparing desserts. These requisites should be uppermost in the minds of all housewives.

MILK PUDDINGS.

INDIAN PUDDING.

One quart of milk, one-half cup corn meal, one teaspoon salt, two dessertspoons of olive oil, one tablespoon ginger, one-half cup molasses. Bake covered for three hours in very slow oven and serve with sweet sauce.

SWELLED RICE PUDDING.

One quart skim milk or one pint full milk and one pint water, one-half cup rice, two tablespoons sugar, one-half teaspoon salt. Bake slowly two hours covered, then uncover and brown. It will be a creamy mass and delicious in taste. Serve with sauce. Raisins may be added.

MINUTE PUDDING OF WHEAT OR GRAHAM FLOUR.

Ingredients. One quart milk—skim milk with one teaspoon butter will do—two eggs, three-quarters pint flour, one teaspoon salt. To prevent burning make in double boiler or pail set in a kettle of boiling water. Mix the flour and egg smooth with part of the milk, heat the remainder to boiling and stir in the egg and flour. Stir till it thickens, then let it swell and cook slowly for 15 minutes. Serve with fruit, or with sugar and milk.

FARINA PUDDING.

Ingredients. One pint water, one pint milk, one teaspoon salt, one-half pint farina, two eggs. Make as above.

This is excellent cut in slices when cold and fried brown on a griddle. It may also be made without eggs.

BUTTERMILK PUDDING.

Ingredients. One pint fresh buttermilk, two tablespoons cream or butter, one teaspoon salt, a pinch of soda, and flour for stiff batter. Steam

two hours, or till it bursts open, or bake in little cups or patties. May be eaten with any fruit sauce or with milk and sugar.

FRUIT PUDDINGS WITH SODA BISCUIT DOUGH.

STRAWBERRY SHORTCAKES.

When baked as shortcake, split the cakes and spread between each pair strawberries mashed and sweetened.

OTHER FRUIT SHORTCAKES.

In the same way make shortcake of berries of any sort, stewed apples, stewed pieplant, lemon or orange tart filling, in short, any filling for a pie, that is ready to eat without further cooking. These should be eaten warm but not hot, and are as good next day, if put in the oven long enough to become again warm and crisp.

ROLY POLY PUDDING AND APPLE DUMPLING.

These favorite dishes are but modifications of the fruit shortcake. In the first the dough is made just stiff enough to roll out, covered with apples or berries or other fruit, then rolled up and put to bake in a pan containing a little water.

For apple dumplings, the crust is cut in squares, sliced apples placed in the middle, then the corners gathered up and pinched together. Bake like Roly Poly pudding, or steam.

APPLE PIE.

If you wish to cook your fruit at the same time with the crust, fill a deep pie plate with fruit, as apples, and cover with the rolled out shortcake. Bake brown, and when done lift the crust sweeten the fruit, replace the crust, and the "pie" is ready to serve.

Raised biscuit or bun dough can be used in the same way, or still better, yeast pancake mixture in layers with any sort of fruit.

If you will call these fruit shortcakes "pies," and be content therewith, you will save much labor, much expensive material, and set before your family a more healthful dish.

CUSTARD PUDDINGS.

1. PLAIN.

Ingredients. One quart milk, four eggs, beaten yolks and whites separately, four table-spoons sugar, a grating of nutmeg and a pinch of salt. Bake in a buttered pudding dish till solid, and take from the oven before it curdles.

2. RICE AND CUSTARD.

To above ingredients add one-half cup of rice cooked soft in part of the milk, or in water. Bake one-half to three-quarters of an hour, till nicely browned.

This is the foundation for the many varieties of rice pudding. Raisins may be added.

3. TAPIOCA. 4. SAGO.

Tapioco and Sago puddings are made in the same way, except that they must be soaked for two hours in part of the milk or in water.

INDIAN AND CUSTARD PUDDING.

To the ingredients for plain custard pudding add one pint of corn meal and an extra cup of milk, one teaspoon salt, one teaspoon ginger, one-fourth cup sugar and one-half cup chopped beef suet or two tablespoonfuls tried out fat. Scald the meal first in the milk and bake the pudding, covered, two hours in slow oven.

BREAD AND CUSTARD PUDDINGS.

1. BREAD PUDDING.

One quart boiling milk poured on as much bread—as will absorb it, about one pint if hard—four eggs, one-half teaspoon salt, one-half cup sugar.

The milk and bread are allowed to get cold and the other ingredients well beaten with it, the eggs being beaten separately, and the whites added last. Bake one hour in a buttered dish. Eat without a sauce.

Of course a bread pudding can be made with fewer eggs, but then it will hardly do for the main dish of a meal.

2. BREAD PUDDING (SIMPLE.)

Dried bread soaked soft in cold water and pressed dry in a cloth, milk to make it into a soft

mush. Add one beaten egg to a pint of the mixture. Bake from half an hour to an hour and eat with sweet sauce.

WITH RAISINS.

Raisins or currants or fresh fruit, as cherries, may be added.

WITH DRIED APPLES.

After putting in one-half the pudding mixture, put a thick layer of stewed dried apples mashed and sweetened, and flavored with orange peel or cinnamon.

BREAD AND BUTTER PUDDING.

A convenient variation on the ordinary bread pudding.

PLAIN.

Spread thin slices of bread with butter, and pour over them a simple custard, viz.: four eggs to one quart of milk, four tablespoons sugar, a pinch of salt. Keep pressed down till the custard is absorbed. Bake slowly till firm and brown. Eat with or without sauce.

WITH FRUIT.

The bread slices may be spread with India currants, or with any kind of fresh or dried cooked fruit, not too juicy.

INDIVIDUAL BREAD PUDDINGS.

Cut small round loaves of bread into quarters, or use biscuits. Soak in a mixture of four eggs,

whites and yolks, beaten separately, and added to one pint of milk with a little sugar and nutmeg. When they have absorbed all they will without breaking, drain and bake in slow oven to a nice brown, spreading a little butter over once or twice at the last. This dish can be made very pretty by putting currants in the holes around the top and sticking in pieces of blanched almonds.

PUDDING SAUCE.

One pint cold water made into smooth starch with a heaping tablespoon flour. Cook ten minutes, strain if necessary, sweeten to taste and pour it on one tablespoon butter and juice of a lemon or other flavoring. If lemon is not used add one tablespoon vinegar.

This can be made richer by using more butter and sugar; stir them to a cream with the flavoring, then add the starch.

BREAD MAKING.

Principles Involved.—So far we have used in the cooking of flour no other principle than the simple application of water and heat. We must now consider how fine flour is to be made into what is known as bread. As before said, the particles easily pack together when wet into a pasty dough which, if so baked, would defy mastication and digestion. We must contrive in some way to separate these flour particles by forcing between them air or some other gas, so as

to present as large a surface as possible to the action of the digestive juices and this may be done: First, by surrounding these particles by fat, as in making pie-crust; second, by the air contained in beaten egg; third, by forcing carbonic acid gas through the mass by the action of (*a*) yeast, or (*b*) of bi-carbonate of soda acting on some acid.

FLOUR RAISED WITH CARBONIC ACID GAS.

This is brought about by (*a*) the growth of the yeast plant or by the action (*b*) of bicarbonate of soda on some acid. Both of these methods have their advantages.

Yeast.—The action of the yeast plant when brought into contact with flour and water is to develop carbon dioxide gas and alcohol. This it does at the expense of the little sugar already in the flour, but still more at the expense of that which it manufactures out of the starch, or as some say, out of the gluten. The chemist ascertains this loss of nutritive matter to be as high as 1 per cent., and Liebig, who was strongly opposed to this method of bread raising, estimated that 40,000 people might be fed on the flour that was wasted in this way in Germany alone. But notwithstanding this waste, the method, on account of its convenience and the good taste it gives to bread, still holds its ground.

The time cannot be far distant when the baker will furnish us better and cheaper bread than we

can make in our own kitchens. This has long been the case on the continent of Europe, but for some reason we have not yet reached that point in civilization and the housekeeper must still learn this art and practice it, for good bread is a necessity.

Quality of Flour.—The best flour is, even for the poor, the cheapest, as it makes more and better bread to the pound. There should always be two kinds kept on hand; the yellowish, high-priced gluten flour for bread making, and the whiter, cheaper sort for pastry, cake and thickenings.

No recipe for making yeast will be given, as the compressed yeast is so much better than the housewife can make, and is now obtainable even in small towns.

To Make Bread.—Proportions. One quart warm water, two and one-half quarts (about) of flour, one tablespoon salt, one tablespoon or one cake of compressed yeast, or one-half cup liquid yeast. The proportions of flour and water differ according to the quality of the flour, the gluten flours taking up much more water than the starch flours.

Put the flour and salt into your bread pan and make a hole in the middle, then pour in gradually the water in which the yeast has been dissolved, mixing as you pour with your hand or with a spoon. As soon as the mass will hold together, take it out on a moulding board and with floured

hands work it gradually into a tender dough, using as little flour as possible, for the dough must remain as soft as can be handled. This first moulding should take from fifteen to twenty minutes. Then let the bread rise in a warm place; the yeast plant can live in a temperature ranging from 30° to 170° F., but thrives best at about 72°. Cover with a cloth and in winter keep by a warm stove. If made with compressed yeast, the dough will rise the first time in an hour. Take it at its first lightness, before it begins to sink back (it should be like a honeycomb all through, and double or treble its original bulk), put it on your moulding board, or one-half of it at a time, and mould it well until it is fine and tender again. Add no flour this time but keep the hands moist with warm water or milk or with oil. Divide into loaves—small ones—which should only half fill the greased tins, and set again to rise, keeping it at the same temperature and letting it get very light again. Flour that is rich in gluten requires longer to rise than that containing more starch.

Baking Bread.—It is difficult to give directions about the heat of the oven. One housekeeper says “hot enough so that you can hold your hand in till you count twelve,” another, “until you can count thirty,” and the puzzled novice can only inquire “how fast do you count?” The oven must be hot enough to brown the bread lightly in ten minutes, and to bake a small loaf in from twenty minutes to half an hour.

Additional Facts.—If more convenient, a bread sponge may be made at first with the water, yeast, and part of the flour, and when light, the rest of the flour added. It hastens the process a little.

How Many Times Shall Bread Rise?—Do not let the bread rise more than twice; it loses each time some of its nutritive qualities. Bread raised *once* is coarse of grain but sweet to the taste.

To Keep Bread Long.—Mould it harder than you do bread that is to be eaten soon.

Dough That Has Become Chilled.—Set the bread pan immediately into a larger one filled with warm water and as the water cools replace with warm until the dough begins to rise again.

Dough Raised During the night.—This method is often convenient, and does very well if slower yeast is used, but bread is better to be raised quickly with compressed yeast. If the latter is used a forenoon is sufficient for the process of making and baking.

To Delay the Baking of Bread Dough.—For convenience, as to make warm biscuits for supper, rising dough may be kept at a standstill for hours without injury at a temperature of about 50°, as in a cellar, and an hour before baking brought into a warm room to finish the rising process.

BREADS FROM OTHER FLOURS.

Graham Bread.—Graham bread is made like white bread, using two parts graham to one of

white flour, or any other proportion liked, but it should be mixed very soft. A little sugar and oil should be added, one tablespoon oil and two tablespoons sugar or molasses. Bake slower and longer than white bread.

The usual and most convenient way of making graham bread is to mix the flour and other ingredients with some of the white sponge on baking day.

Rye Bread.—Rye bread is made exactly as is bread from wheat flour, but in this country four parts rye, one part corn meal, and a handful of wheat flour are generally used. It must bake much longer—two to three hours in a slow oven. It is still better steamed the first two hours and baked the third.

Corn Bread.—Corn bread is made of three parts corn meal to one of wheat flour, same quantity of yeast and salt as for white bread, and an addition of two tablespoons oil and two tablespoons sugar. It is only to be stirred, not moulded, and need rise but once.

BISCUITS, BUNS, ETC.

Breakfast Rolls or Biscuits.—These are “little breads” of either white or graham flour. Make part of the dough out into little balls which will rise more quickly and bake in a shorter time, a little butter or oil, one tablespoon to a quart of dough being generally moulded with it.

When called "Breakfast Rolls" the dough is made out into flat round cakes, the top buttered and folded over not quite in the middle.

Milk Rolls.—Milk rolls are made from bread dough mixed with milk instead of water ; they are very tender and delicate.

Wheat Gems or Drop Biscuits.—One modification in the baking of dough is worthy of mention. Use about a cup more milk in mixing the recipe for bread given above, so that the dough will just drop from a spoon and then bake in forms in the oven, or on a slow griddle.

Rusks.—These are made from bread dough mixed with milk and with the addition of four eggs and one cup of butter to a quart of milk. Form, long and high.

Other Uses For Rusk Dough.—There are many uses for the above dough. When made out into biscuit shape it may be steamed and eaten as a simple pudding with fruit, or, made into tiny balls and cooked, when light, in a vegetable stew, the dish being then called a vegetable pot-pie.

Buns, Plain.—These are like *Rusks* (above) plus two cups of sugar and a little spice, say one-half teaspoon nutmeg. Roll the dough out one-half inch thick, and cut with a biscuit cutter. Let it rise till very light, which will take some time on account of the sugar.

Fruit Buns.—To plain buns add one cup India currants, washed, dried and floured, or raisins cut in bits.

Raised Cake.—From the recipe for Buns, as above, a plain and good cake may be made by using one pint instead of one quart of milk to the given quantity of eggs, butter and sugar, and adding a little more fruit. Bake in a ribbed pudding dish which has been thickly buttered, and in the butter, blanched almonds arranged in rows.

Doughnuts.—Bun dough may also be fried in oil, as doughnuts.

For a Fine Brown Crust.—To give a fine crust to biscuit or buns, brush over before baking with a feather dipped in one of these mixtures—one teaspoon of molasses and milk, two teaspoons of sugar and milk, or three teaspoons sugar and the white of an egg.

To show the true relation of the above doughs to each other, the quantity has been kept the same as for bread dough, but one-half the given quantity of cake, buns or biscuit would be enough for a large family.

To Steam Bread.—Any of the above doughs can be cooked by steaming instead of baking, when more convenient. They will of course lack the brown crust, but may afterward be dried or browned in the oven. A somewhat longer time is required for steaming than for baking.

YEAST BREADS—THIN.

Raised Pancakes, Wheat, Graham and Corn.—The materials for these are one quart milk, or milk and water, a little more than a quart of flour,

one tablespoon compressed yeast or one-half cup liquid yeast, one teaspoon salt, one tablespoon oil; the flour may be wheat flour, wheat and graham mixed, or wheat and corn mixed, or part bread crumbs may be mixed with the flour. Make and raise like bread sponge. It is better they should be too thick than too thin, as milk may be added to thin them after they are light, but raw flour added at that time spoils them.

Pancakes With Eggs.—Add to the above batter, just before baking, one, two or three eggs, yolks and whites beaten separately. Use in this case somewhat less flour.

Muffins and Waffles.—These can be made of either of the above pancake batters, with one cup to one pint more flour.

BUCKWHEAT FLOUR.

Buckwheat flour makes bread that is relished by those accustomed to its somewhat peculiar taste, but in this country it is used only in pancakes.

Buckwheat Pancakes.—One quart buckwheat flour, one teaspoon salt, one cup or less of corn meal scalded in a little water, two teaspoons molasses (to make them brown—a little buttermilk answers the same purpose), one tablespoon compressed yeast, one quart warm water, or enough to make a thin batter. Let rise over night.

FLOUR RAISED WITH SODA.

Soda.—On the interaction of bicarbonate of soda and different acids, by which carbonic acid gas is liberated is based a common method of raising doughs. It wastes none of the flour, as does yeast, but it has its own disadvantages. The product of these chemicals acting on each other is a salt which is left in the bread; hydrochloric acid acted on by soda gives common salt, to which there could be no objection, but this method is not easily used in the household, and the salts left by other acids, as the lactic acid of milk when acted on by bicarbonate of soda, we get enough of in other dishes. Whether reliable experiments have been made as to the comparative digestibility of breads raised with soda and those raised with yeast the writer does not know, but there is a widespread impression that the former should be eaten only occasionally, and it is certain that we tire of them sooner than of yeast breads. Besides, which is of importance to one who must economize in milk, eggs, etc., better materials must be used with soda than with yeast to produce an equally rich tasting bread or cake.

METHODS.

We have three methods of using bicarbonate of soda to raise flour; by its action on

1. The acid contained in sour milk, from one to two teaspoons of soda being used to a quart of milk.

2. On cream of tartar, the proportions being one teaspoon of soda to two of cream of tartar to a quart of flour.

3. On tartaric or other acids already mixed with it in a baking powder and to be used according to directions on the package, or, one may say in general, that three teaspoons of the powder go to every quart of flour.

Secret of Success.—The secret of success in making soda raised breads consists in (1) the perfect mixing of the soda and cream of tartar or

the baking powder, with the flour (cooks who are particular sieving these ingredients five times.) In this connection we cannot urge too strongly that each housewife should make and keep on hand this prepared flour; in a leisure time she can measure, sieve and mix it, and she has then in making biscuit or cake, only to chop in the butter or oil, add the milk and eggs and it is done.

2. In light mixing of the shortening with the flour, this is best accomplished with a chopping knife.

3. In a rapid completion of the work after the two raising agencies have become wet and begun to work, and no delay in baking when all is ready.

Soda Biscuits.—Ingredients. One quart of flour, one teaspoon salt, one tablespoon butter or oil, one scant pint *sweet* milk or water with one teaspoon soda and two of cream of tartar, or three teaspoons of baking powder; or, one

scant pint *sour* milk with one teaspoon soda and one teaspoon cream of tartar; if the milk be very sour omit the cream of tartar.

To Make.—In a chopping bowl stir all well together except the shortening and milk, then *chop* in the shortening which should be cold and hard, till all is fine and well mixed. Now add the milk a little at a time, still mixing with the chopping knife. Take out on the moulding board and roll out with as little mixing as possible.

This dough is often made richer, even one cup of butter or one-half cup oil to one quart of flour being used, but so much as this can only be considered extravagant and unhealthful.

As Biscuit.—To use this dough. Roll one inch thick, cut with biscuit cutter and bake. To be eaten warm with fruits.

As Graham Biscuits.—Use three parts graham flour to one of wheat and treat in same manner.

As Short Cake.—Roll one-half inch thick, fit into jelly cake tins and bake. When nicely browned, split and butter and pile up like toast.

SODA BREAD OF CORN MEAL.

Corn Bread, or Johnny Cake.—I. Plain. One cup sweet milk, one cup sour or buttermilk, or both of sour milk, one teaspoon salt, one teaspoon soda, one tablespoon butter or oil, three cups Indian meal, and one of wheat flour, or all of Indian meal. Pour into a tin and bake forty minutes.

II. Richer. The same with an egg and one-half cup sugar added.

III. Very nice. No. 1, with the addition of three eggs, one-half cup sugar and one-third cup butter or oil, one cup meal being omitted.

SODA RAISED BREAD—THIN.

Pancakes Without Eggs.—First. Of wheat flour. Ingredients. One quart flour, one teaspoon salt, and one scant quart sour milk, with two level teaspoons soda and the same of cream of tartar unless the milk is very sour, when omit the cream of tartar. Sweet milk can also be used with one teaspoon soda and two of cream of tartar, or three of baking powder.

To Make.—Mix the salt and cream of tartar if used, with flour. Make a hole in the middle and pour in the milk gradually, stirring with a spoon till smooth. Then beat hard for five minutes, or till it is bubbly. Add the soda dissolved in a teaspoon of hot water, and bake immediately on a very hot griddle.

Unless well beaten before the soda is added, these pancakes without eggs are not a success.

If made with sour milk they will be still better, if when mixed (without the soda, of course) the batter is left to stand twelve or even twenty-four hours. Just before using add the soda dissolved in a little hot water.

Second. Of Graham Flour.—Are made in the same way, one part being of white flour and three parts graham.

Third. Of Corn Meal.—As above, with corn meal instead of graham.

Pancakes With Eggs.—Ingredients. To any of the three preceding recipes add two or three eggs, beating yolks and whites separately.

Muffins and Waffles.—Muffins and waffles of all kinds are the same as pancakes, made a little thicker and with the addition of one tablespoon of butter or oil.

Wheat, Graham or Corn Pancakes.—Add to above foundation mixture a scant pint of either of these flours.

Cooked Rice, Hominy or Corn Mush Pancakes.—Add to the foundation mixture one cup of flour and two cups of boiled rice, hominy or corn mush (or the proportions may be reversed). Bake in small, rather thick cakes. If they stick to the griddle add a little more flour.

Bread Pancakes.—Add to the foundation mixture one cup flour and two cups bread crumbs that have been soaked soft in milk or water and mashed smooth. The batter should be rather thick. Bake in small cakes adding more flour if they stick.

Muffins and Waffles.—Muffins and Waffles of all sorts are made like pancakes, but a little stiffer with flour.

FLOUR RAISED WITH EGG.

The next most simple method of cooking fine flour, is to introduce between its particles the air

adherent to beaten egg, and by the immediate application of heat to expand the air and stiffen the mass thus aerated. By this method none of the food principle is wasted as when yeast is used, nor is a chemical salt left in the dough as in the action of soda, but the method is expensive and is limited in its use to what may be called fancy breads and cakes.

We have selected the following mixture as the foundation for egg breads; of course others are possible:

Foundation of Egg Breads.—One quart milk, three eggs, one tablespoon oil or butter and one teaspoon salt.

This mixture is then thickened with any kind of flour, or with part flour and part bread, boiled rice, boiled hominy or corn mush.

To Mix.—First beat the eggs very light, whites and yolks separately, then the yolks smoothly with the flour and milk, stir the whites in at last very lightly and bake immediately. The eggs must be beaten *very* light, and the batter just of good pouring consistency, thinner than if no eggs were used.

GRAHAM FLOUR.

This preparation of wheat, though finely ground, may be treated somewhat like grits, and a bread may be made of it with the addition of water only which will be light and palatable.

The secret of success is in having the oven very hot.

Graham Gems.—Mix salted graham flour with cold water to a batter thick enough to drop, then put it into iron forms already heated, and bake in a very hot oven for about fifteen minutes.

FINE WHEAT FLOUR.

Flour may be cooked, of course, in boiling water or milk, and in this way is used to thicken gravies or soups, and also to make a sort of mush with milk and eggs.

The principle of cooking it in this case differs not at all from the cooking of a potato; in both cases the starch granules soak up the hot water till they burst their cellulose walls. But if we were to try to *bake* flour when wet up into a thick paste, we would find it, in the first place, difficult to accomplish, the heat being very slowly communicated from the surface to the interior, and when done, we would have only a tough indigestible mass. There is, however, one way of preparing such a paste for cooking, which we will consider before treating the “raising” of flour for bread. Flour dough is in this case kneaded hard, rolled thin and then dried. So treated we know it in the form of

MACARONI AND NOODLES.

Macaroni.—A trade article extensively used abroad where the best kinds cost only ten or

twelve cents a pound, and the broken or imperfect sticks not more than seven. It is a valuable article of food, but its use will not become extensive among us while it is so dear.

Like the fine flour of which it is principally composed it is deficient in fat, and must be eaten with the addition of oil, butter, cheese or milk.

How Cooked.—Put into plenty of salted boiling water, and boil twenty or thirty minutes, till it is perfectly tender (if old it takes longer to cook). Drain carefully, pouring it into a colander or lifting out with a skimmer.

To Use.—First. (Best.) Put it in the dish in layers with grated cheese and oil or butter.

Second—Serve with milk and butter or oil sauce.

Third—Add two beaten eggs to the milk and oil or butter sauce.

Other Uses.—Like bread and rice, macaroni when cooked is made into a great number of dishes; it is added to soups and it is cooked with certain vegetables, as tomatoes, etc.

With Tomatoes.—Arrange the macaroni in a pudding dish in layers with grated cheese and stewed tomatoes. Brown in the oven.

Noodles.—This is also a trade article, but that of home manufacture is much better. It may be called one of the German national dishes, so extensive is its use among that people, with whom it often constitutes the main dish of a meal without meat.

Ingredients.—Three eggs, three tablespoons milk or water, one teaspoon salt, and flour.

To Make.—Make a hole in the middle of the flour, put in the other ingredients and work to a stiff dough, then cut in four strips, knead each till fine grained, roll out as thin as possible and lay the sheet out to dry. When all are rolled begin with the first, cut it into four equal pieces, lay the pieces together and shave off very fine as you would cabbage, pick the shavings apart with floured hands and let them dry a little.

To Use.—Boil them a few at a time in salted water, taking them out with a skimmer and keeping them warm. Strew over them bread crumbs fried in oil or butter or use like macaroni.

These noodles will keep indefinitely when dried hard, therefore when eggs are cheap they may be made and laid up for the winter. The water in which they are boiled is the basis of Noodle Soup; it needs only the addition of a little butter or oil, a tablespoonful of chopped parsley and a few of the cooked noodles.

Experimenters have proved that flour in the form of noodles and macaroni is more perfectly digested than even in bread.

MUSHES.

Wheat, Oat and Corn Mushes.—Time two to three hours. This time may be shortened by soaking the grits some hours in water. Oatmeal and corn cannot be overcooked.

Amount of Water.—They all, except corn, absorb from three to four times their bulk of water; corn, a little over twice.

Salt.—One teaspoonful to one cupful of grits.

Method of Cooking.—Steaming is best, as there is then no danger of burning or of making the mush pasty by stirring. Put the grits and four times their bulk of water into a double boiler or into a dish and set the dish into a steamer, or use a tin pail with tight cover, and set in a kettle of water—any way to keep it at boiling heat without burning.

Uses for Cold Mushes.—Porridge. Stir any cold cooked mush smooth with half water and half milk to the consistency of porridge. Add a little salt and boil up. Sugar and cinnamon or nutmeg may be added as flavor. Of course porridges can be also made of the uncooked grits, they are simply very thin mushes.

Pancakes.—One cup of cold oatmeal, hominy or corn mush, two cups flour, one-half pint of milk, one-half teaspoonful salt, and one egg, two teaspoons baking powder or one of soda and two of cream of tartar. Or, sour milk may be used with one teaspoon soda, omitting the cream of tartar. These mushes will differ a little in thickness, and therefore more or less flour may be needed. Bake on griddle.

Muffins.—The same mixture as above, with the addition of a little more flour. Bake in muffin rings.

To Fry.—For this, only corn mush and hominy are commonly used. When cooking, add a handful of wheat flour to the mush to make it stiffer. Pack while warm into a square mould and when cold cut in slices and fry slowly to a nice brown on a griddle with a little fat. Or the slices may be dipped into beaten egg, then into bread crumbs, and fried in boiling fat.

CORN FLOUR.

There is one fine flour that can be treated in the same way as the coarsely ground,—and that made from Indian corn. Perhaps on account of its larger per cent of fat and because little of its albumen is in the form of gluten, it does not form into a sticky paste as does wheat flour, but can be mixed with water only and then boiled or baked into digestible and good tasting food, and this is one thing that makes corn so valuable a grain to people like the Negroes of the Southern States, whose cooking apparatus is of the most primitive sort. Corn meal has one peculiarity,—it quickly sours and should be kept no longer than a week. The kiln-dried meal, however, keeps indefinitely, and is now largely used, but is not as sweet as the freshly ground. The name “meal” seems to be used for both the fine and coarsely ground.

Corn Mush.—This, whether made from fine or coarsely ground corn, is cooked like grits.

Hoe Cake or Corn Pone.—One quart Indian meal, one teaspoon salt. Moisten to a dough

with boiling water or milk; let it stand a few hours till it shows air bubbles on the surface, then make into thick cakes and bake in the oven, or cut in slices and fry on a griddle. Break, not cut, and eat hot.

RICE.

To Cook.—In cooking rice, the aim should be to have the grains distinct from each other, soft, dry and mealy.

Use about a cup of rice to a quart of water, put in a sauce pan over the fire when the water is cold and bring to a boil, stirring and lifting with a fork so as not to mash the kernels while keeping it from adhering to the bottom of the pan. Twenty minutes should cook it done. If the water is not sufficient, add a small quantity of hot water while cooking.

Steamed.—This is the best way. Add to the rice three times its bulk of water, salt well, put in a covered dish in a steamer and steam one-half hour. Or, the rice may be soaked over night, and it will then steam soft in twenty minutes.

Boiled.—Put the rice into a large quantity of boiling water, add one teaspoon salt to each cupful of rice; boil fast, stirring occasionally. Drain, dry out a little and keep warm by covering with a cloth, as is done with potatoes. Save the water poured off for soup.

To Use.—Its best use is as a vegetable. Being of a bland and neutral character, it can, like

bread, be made into an endless number of dishes, or into dessert dishes, with sugar, fruits, etc.

Grated cheese is a good addition to rice, supplying its lack of proteids and fat.

Rice Muffins.—One pint of milk, one quart of flour, one pint of boiled rice, three eggs, one teaspoonful of salt, two teaspoonfuls baking powder, one teaspoonful of melted butter. Mix the salt and baking powder with the flour and rub through a sieve. Beat the eggs and add to the milk. Stir into the flour. Add the butter and rice. Beat thoroughly. Bake thirty five minutes in buttered pans. Three dozen can be made from the quantities given.

Pearl Barley Boiled.—Soak all night and boil soft in salted water. It may also be steamed: Use as a thickening for soups, or like rice, as a vegetable, or as a breakfast dish with sugar and milk.

With Prunes.—It is excellent mixed with its bulk of stewed prunes; pour over it melted butter, sugar and cinnamon.

GRAINS, COARSELY GROUND, OR GRITS.

These are better adapted to simple cookery than are fine flours, since to make them eatable it is only necessary to cook them soft in water. The grains used in this way among us are cracked wheat, farina or wheat grits, oatmeal, hominy and corn meal, and they are all cooked in nearly the same way.

TAPIOCA.

Few people realize that tapioca is of value except as a dessert, yet a sufficient amount of the following tapioca pudding to satisfy the appetite will be sufficient food for six hours:

Tapioca Pudding.—One cup of pearly tapioca, one quart of milk, a small piece of butter, two eggs, two-thirds cup of brown sugar. Soak the tapioca in water enough to barely cover it for about two hours, beat the eggs lightly, put all the ingredients together in a deep baking pan and cook one hour in a steady heat. This needs no dip or dressing.

SAGO.

Sago Pudding.—One quart of milk, three-quarter cup of sago, two eggs, two-thirds cup of white sugar. Soak the sago in the milk for an hour, then add the eggs, lightly beaten, and sugar. Bake about forty minutes.

The grains are cheaper for us in point of nutrition and price than any other.

The bread recipes are tested ones and if you procure the flour necessary for making them, from some reliable dealer or miller, then you can be assured that your staff of life, made from these recipes can be relied upon, as a basis for living tissue with the different boiled grains, all of which can be prepared according to recipes given for boiling wheat quick or slow.

Oatmeal and cornmeal can be used as break-

fast foods occasionally instead of whole wheat, if desired, and can be served similarly.

Dried beans, peas and lentils follow the grains in point of nutrition and price, as standard family food.

Buckwheat makes good cakes. Rice and other grains, good puddings. Barley can be used to advantage in our vegetable soups.

CHAPTER VIII.

"No spice but hunger; no stimulant but exercise."—*Dr. Felix L. Oswald.*

COOKING OF VEGETABLES.

We have shown some mixtures of vegetables that are appetizing and nutritious in the raw, or uncooked foods. We will now give general directions for the cooking of vegetables.

THE LEGUMES.

As we have seen, the food value of the dried bean, pea and lentil, is great, but as usually cooked a large per cent. of it is lost to us.

In the process of cooking, the cellulose part must be broken up, softened, and as much as possible entirely removed. These vegetables, if they cannot be obtained ground, can be ground in your family mill or they must be soaked in cold water some time before cooking, cooked till very soft and then mashed and sieved. No form of cooking that does not include sieving can be recommended except for very hardy stomachs.

POTATO.

This vegetable must also be treated with care. The starch grains of which it is so largely composed swell in the process of cooking, and burst

the cellulose walls confining them, but when this stage is reached the potato is too often spoiled by being allowed to absorb steam and become sodden. As soon as tender, boiled potatoes should be drained, dried out a few moments, then sprinkled with salt, and the kettle covered close with a towel, until they are served. They should then be put into a napkin and sent to the table.

We are not obliged to use it to excess, considering its cheapness and availability it is for us a good vegetable and on these accounts, though it makes a poor enough showing as a food value, we must rank it next to the bean in importance. It has only 2 per cent. of proteids, no fat and only 20.7 per cent. carbohydrates, and yet since it can be prepared in so many ways and we never tire of its mild flavor, it will doubtless continue to come upon our tables more frequently than any other vegetable. But every day or twice a day, in large amounts, is far too often; indeed those who use it to this extent must be ignorant of its relatively low food value. The quality of the potato is of great importance and none but the best should be used. It should be a mealy variety and perfectly ripe.

OTHER VEGETABLES.

Other garden vegetables are cooked more or less alike; put into boiling water and kept at a rapid boil until tender, and no longer, the length of time varying for any given vegetable according

to the freshness, size, and degree of maturity. When done or nearly so, they should be seasoned and served as soon as possible.

MIXED VEGETABLES.

A welcome variety in the serving of vegetables can be found in skillful mixture of two or more kinds. A few of these mixtures are, green corn and shelled beans, or succotash, green corn and tomatoes, green corn with stewed potatoes, potatoes and turnips mashed together, green peas with a quarter as many carrots cut very small, potatoes with same proportion of carrots and seasoned with fried sliced onions poured over.

VEGETABLES AND FRUITS.

There are also mixtures of vegetables and fruits that are very successful, as lentils or beans with a border of stewed prunes.

CARBOHYDRATE-CONTAINING FOODS AND THEIR PREPARATION.

We are now to furnish for the body the third great food principle, the carbohydrates. These we mean when we speak of the starches and sugars, and with unimportant exceptions, they are furnished by the vegetable world only.

CELLULOSE.

As we have seen, that troublesome body, cellulose, plays here a large role. It is the skeleton,

so to speak, of plants, built by them out of sugar and starch; the chemist finds no difficulty in his laboratory in turning it back into dextrin and sugar, and our stomachs too can digest a large part of the cellulose of very young and tender plants,—from 47 per cent. to 62 per cent. it has been found, of young lettuce, celery, cabbage and carrots,—but in older plants, the cellulose proper becomes all intergrown and encrusted with substances of a woody and mineral nature, from which even the chemist separates it with the greatest difficulty, while our digestive juices are entirely unequal to the task. Therefore it is that the whole art of the cook is needed in treating this substance; she must soften it, she must break it up, and in many cases separate it as completely as possible from the sugars, starches and proteids which it hinders us from appropriating to our use.

ITS USE.

In some cases, as in oatmeal and graham flour, we leave the cellulose because of its mechanical action on the bowels. To be sure, this is a wasteful process, for the cellulose carries with it when it leaves the body considerable undigested food, but better this waste than to give the muscles of our intestines so little work to do that they become unable to digest any but fine, condensed foods.

As a rule, however, we must think of cellulose

not as a food at all, but as a tough, foreign body which we must reckon with before we can utilize the proteid and starch particles of many important vegetable foods.

AMOUNT OF CARBOHYDRATE.

The carbohydrates, especially the starches, are the cheapest of the food constituents and therefore most apt to be in excess, especially in the food of the poor. According to estimates already given, an adult at average hard work gets along nicely with $1\frac{1}{2}$ lbs. of carbohydrate material (meaning, of course, the dry amount of this one principle), though fortunately, as mentioned under "Fats," it is found that some of this large amount can be exchanged for fat, if the body, for any reason can better use the latter. Brainworkers and the richer classes the world over take less of carbohydrates, at least in their starch form, and more proteids and fats.

Inasmuch as we get these carbohydrates from the vegetable kingdom, and because the housewife must furnish them combined with other principles as in bread and other things made of flour, and in various dishes in which vegetables are combined with milk, eggs, etc., we will cease speaking of carbohydrates as such, and will give a few hints as to how to prepare vegetable foods so that we can get the most out of them, bearing in mind, however, what has been said about not

following out this principle to the extent of weakening the bowels.

TO WHAT EXTENT DIGESTED.

This leads us, first, to examine the general digestibility of the whole class of vegetable foods; meaning by this, not the rapidity nor the ease, but the *extent* to which the nutritive principle is yielded up to us. It has been found that, as usually prepared, vegetable foods give up to us from one-quarter to one-half less of their nutrients than do animal foods, and especially is this true of those that are rich in proteids. To illustrate: a workman eats as part of his dinner a dish of boiled beans, but though he rightly considers that he has been eating a nourishing dish, he has really absorbed only 60 per cent. of the nitrogenous substances contained in it, the other 40 per cent. passing from him unused because of its intimate connection with the cellulose; at least this was the case with Professor Strumpell who records the result of personal experiments on the digestibility of beans cooked whole. Now this workman digested of the meat part of his dinner 97½ per cent., and this comparison shows how the tougher kinds of cellulose interfere with the absorption of the food matters which they enclose.

The starch part of vegetable food we seem to get out much better than the proteid part, even with our ordinary methods of cooking; thus out

of cooked rice we get almost 99 per cent. of the starch, but only 80 per cent. of what proteid it contains; flour in the form of noodles and macaroni yields up $98\frac{1}{2}$ per cent. of its starch and 80 per cent. of its albumen,—in the form of bread a little less of each. The potato will give us only 75 per cent. of what little proteid it contains, but as high as 92.5 per cent. of starch.

EFFECT OF TOO MUCH STARCH IN THE DIET.

Although the starch-containing foods are cheap and although they yield up a good per cent. of this nutritive principle, they must not be used to excess for the following reason. Starch must first be turned into sugar by our digestive juices before it can be taken up into the blood, and if the stomach is given more at a time than it can master, certain fermentations may take place, and digestion be influenced. The best authorities say that without doubt the continued and severe diarrhœas of small children are due to the fermentation of starch foods for which their digestive organs are not yet ready.

These fermentations, the irritating action on the bowels of too much cellulose, and the loss of a good deal of proteid substance connected with it form the shady side of a vegetable diet. Even the ox with his many stomachs gets out of grass and unchopped hay only 60 per cent. of the proteid and 50 per cent. of the fat contained in it.

VEGETABLE PROTEIDS.

Even in our part of the world two-thirds of the proteid food of most people is taken from the vegetable kingdom, and in order to choose our food profitably, we must know where to look for vegetable proteids, and how to fit them for eating. Here the cereals and the legumes are our friends, the former furnishing from 7 to 14 per cent. in their dried state.

SUGARS.

Most people would class sugar among the luxuries, and indeed we are best acquainted with it in those combinations with fruit, eggs, butter, and various flavoring matters, which, as puddings, pies, cakes, custards, etc., make up our dessert list.

Food Value.—Our first concern, however, is with its food value. It gives us the high figure of 99% of the fifth food principle,—Carbohydrates. That is, it must be put in the list with bread and it can be used to a certain extent instead of bread and other starch foods. Moreover, it is especially fitted for a food in cases where nourishment is needed immediately, as it is digested and absorbed into the system almost as quickly as water and without taxing the digestive organs, and perhaps on this account is its consumption so great in our country; we live fast, and we want our nutriment in a condensed form.

But on account of its cost and because we are able to take only a moderate amount at a time, sugar cannot, to any great extent, take the place of the starches; we are to value it chiefly for the relish it gives to other foods. As a flavor, it is of the greatest value, but if we prize variety we are certainly accustomed to the taste of sugar in too many dishes, as in rice, custards, and various egg and bread dishes, which the foreigner would sometimes salt instead of sweeten, and eat with his meal instead of at the end of it.

We would suggest that when we do use sugar, as in a pudding, for instance, that we use less of it than we are accustomed to do, for in that case we could eat enough of a dish so flavored to make it furnish more of the real substance of a meal.

BEANS, PEAS AND LENTILS—PER CENT. OF
PROTEIDS.

Look again at the remarkable per cent. of proteid given by this class of vegetables. Beans and peas, 23 per cent.; lentils, 25 per cent.; while beef gives on the average only from 17 to 21 per cent. By people who from choice or necessity live principally of vegetables, the legumes have always been largely used; their consumption is extensive in India, China, and in all of Europe.

To be sure, the *quality* of the proteid is not the same as in meat,—it is less stimulating and palatable, and perhaps in other ways inferior, but the

proteid needs of the body can be answered by it, and that is a very important item when the question is one of economy.

DIGESTIBILITY.

The impression that dried beans and peas are "hearty" food, fitted for outdoor workers rather than for less vigorous people or those of sedentary habits, seems justified by the fact that these vegetables contain an unusually large per cent. of cellulose of the tougher sort which requires a long continued application of heat to free it from the proteid and starch of the vegetable; indeed, unless it is broken fine or ground into flour, cooking, however long continued, will be insufficient. We have seen that Professor Strumpell digested only 40 per cent. of the proteid of beans cooked in the ordinary way, but when they were ground to flour and baked he digested 91.8 per cent. The fact is, we could cook and eat our wheat whole much more easily than we can our beans, and yet bean flour is not in the market, if we except the "prepared" sort in small, expensive packages. It seems that the best we can do is to cook beans well and sieve them; in that way we free them from the skins at least.

SPLIT PEA.

The dried and split pea, though as valuable as the bean and already freed from the skin, is not as much used among us; it should be more employed in soups and as a vegetable.

Lentils a few years ago were to be found only in large cities; now they are more easily attainable. Their food value, as we have seen, is still greater than that of beans and peas, but the taste is not as agreeable until one becomes accustomed to it. An economist cannot afford to neglect the legume family.

HOW LONG TO COOK VEGETABLES.

HOW LONG TO COOK VEGETABLES.

The time required for cooking green vegetables is as follows:

Green peas, young and fresh.....	15	minutes
Green peas, old and not so fresh.....	30	"
String beans	45	"
Lima beans, young.....	30	"
Lima beans, older.....	45	"
Cabbage, whole head and hard.....	2	hours
Cabbage, sliced.....	30	minutes
Cabbage, chopped fine.....	20	"
Cauliflower and broccoli.....	30	"
Cucumbers, cut into quarters.....	30	"
Squash, pared and cut into blocks...	20	"
Tomatoes, peeled and cut for stewing.	30	"
Tomatoes, baked whole in slow oven.	30	"
Onions, young.....	45	"
Spanish onions, whole.....	2	hours
Spanish onions, cut into eighths.....	1	"
Okra	1	"
Green peppers, stuffed and baked...	1	"

Green peppers, stewed.....	30	minutes
Celery, stewed.....	30	“
Spinach	10	“
Brussels sprouts, fresh.....	30	“
Kale	45	“

All white and underground vegetables are, as a rule, rich in woody fibre, which is softened by gentle cooking in soft water. As salt hardens the water it should be added when the vegetables are done. The following table, if carefully followed, will be found satisfactory:

Potatoes of medium size should be the center easily with a fork, which which will require.....	30	minutes
Potatoes cut into cubes or balls.....	10	“
Rice, Carolina.....	30	“
Rice, Patna.....	20	“
Beans, winter or old, soaked over night, cooked slowly.....	2	hours
If for baking, cook until the skin easily cracks.		
Peas, old or split, soaked over night and cooked.....	2	hours
Lentils, soaked over night and cooked	1	“
Sweet potatoes, medium size.....	30	minutes
Turnips, white, cut into blocks.....	20	“
Turnips, yellow, cut into blocks....	45	“
Carrots, sliced or cut into dice.....	1	hour
Parsnips, cut into halves.....	1	“
Beets, new.....	45	minutes
Beets, old.....	4	hours

Salsify, sliced.....	45	minutes
Salsify, quartered.....	45	“
Artichokes, cut into slices.....	30	“
Asparagus	45	“
Green corn, after it begins to boil..	5	“

VEGETABLES.

Vegetable Roast.—Three cups of flour, one cup of oil. Fry in a frying pan until a nice brown, then add two cups of water and one cup of chopped common and sweet potatoes and a little carrot, mixed. Mix well together and roll up in a lump. Make a dressing as you would for a flesh roast. Roll out the lump and inclose the dressing. Put in the oven and bake to a nice brown, basting with a gravy made of oil and browned flour and water.

POTATOES.

Potatoes are best roasted in hot ashes or baked in an oven, but may be boiled with the skins on. Fried potatoes, “Saratoga chips” and all such preparations of this vegetable should be avoided.

Sweet Potatoes.—Sweet potatoes are also best baked, but if boiled should not be soaked in cold water previously, as is often done with common potatoes. Sweet potatoes boiled and then put in hot salad oil are a very good dish.

TURNIPS.

Boiled Turnips.—Take off a thick paring from the outside, and boil the turnips gently for an

hour and a half. Try them with a fork, and when quite tender, take them up, drain them on a sieve, and either send them to table whole with melted butter, or mash them. Season with a little salt and mix with them a very small quantity of butter. Setting in the sun after they are cooked, or on a part of the table upon which the sun may happen to shine, will give to turnips a singularly unpleasant taste, and should therefore be avoided.

PARSNIPS.

Parsnips should be left in the ground long after they have reached their full growth, before being pulled, as they lose their toughness by some process which mother nature performs and which we do not yet understand. This vegetable is always best with oil dressing. Scrape and quarter your parsnips, steam or boil until tender and then add a little salt and enough good salad oil to half cover them. Let all the water remain on them, and simmer oil, water and parsnips a short time, after which, thicken with a little flour previously mixed with cold water.

CARROTS.

Very young carrots are the best for the human system. Cook in the same way as parsnips. Carrots are good for mixing with other vegetables in making vegetable roasts, soups, etc.

BEETS.

Beets are best baked if care is taken to have them baked in a steady heat. If the heat is too low the beets will dry on the outside, and if too high they will burn; and a burnt beet is not palatable. Never cut through the skin of a beet in preparing it either to boil or bake.

To Bake Beets.—Have your beets fresh and all about the same size, leave a long top and all the small roots on. Put into an oven of the same heat you have for bread and cook steadily for two hours.

To Boil Beets.—Prepare the same as for baking and drop them into hot water. They will need from 2 to 2½ hours to cook. Beets either baked or boiled should be dashed into cold water for three or four minutes, when done, to remove the skin. Beets are good without any dressing, but vinegar, butter, and salt and pepper may be added if desired. Young beets are excellent with an acid dressing and the addition of sliced hard boiled eggs.

CAULIFLOWER.

To Cook.—Remove the green leaves that surround the head or white part, and peel off the outside skin of the small piece of stalk that is left on. Cut the cauliflower in four, and lay it for an hour in a pan of cold water. Then tie it together before it goes into the pot. Put it into boiling water and simmer it till the stalk is thoroughly

tender, keeping it well covered with water, and carefully removing the scum. It will take about two hours.

Take it up as soon as it is done; remaining in the water will discolor it. Drain it well, and send it to the table with melted butter.

It will be much whiter if put on in boiling milk and water.

BROCOLI.

To Cook.—Prepare brocoli for boiling in the same manner as cauliflower, leaving the stalks rather longer, and splitting the head in half only. Tie it together again, before it goes into the pot. Put it on in hot water, and let it simmer till the stalk is perfectly tender.

As soon as it is done take it out of the water and drain it. Send melted butter to table with it.

CABBAGE.

In selecting cabbage always observe the color. If the leaf stems are quite green, the cabbage will not be tender. Also, if the head is extremely hard, it will prove tough and rank. Choose that which is creamy white and of medium density.

To Boil Cabbage.—Cut your cabbage into quarters and subdivide the quarters into slices about an inch in thickness, leaving a part of the stem on each one. Put into a sauce pan or kettle with enough water to about half cover the cabbage, cover tightly and boil about 30 minutes, then

remove the cover and let boil until the water is almost evaporated. By this time the cabbage will be well done and a dressing of salted milk and a small amount of butter may be added—a short time before serving.

Fried Cabbage.—Halve a head of cabbage, then with a slaw cutter or sharp knife shave in very thin slices until you get to the coarse stems. Put the cabbage into a frying pan with a tablespoonful of butter, cotolene or Wesson oil and a little salt, pour in half a pint of water, cover tightly and cook for twenty minutes. This needs no dressing.

TURNIPS.

The turnip family is so extensive that it would be difficult to speak of all the varieties, but it is safe to say that all kinds except the rutabaga and yellow “butterball” are improved by mashing and adding butter, salt and black pepper. The best of all the turnip family is, probably, what is called the sweet globe Swede. This may be cooked in slices in salted water and will be found delicious plain.

SALSIFY.

To Cook.—Having scraped the salsify roots, and washed them in cold water, parboil them. Then take them out, drain them, cut them into large pieces and fry them in butter.

Salsify is frequently stewed slowly till quite tender, and then served up with melted butter. Or it may be first boiled, then grated, and made into cakes to be fried in butter.

Salsify must not be left exposed to the air, or it will turn blackish.

SPINACH.

To Cook.—Spinach requires close examination and picking, as insects are frequently found among it, and it is often gritty. Wash it through three or four waters. Then drain it, and put it on in boiling water. Ten minutes is generally sufficient time to boil spinach. Be careful to remove the scum. When it is quite tender take it up, and drain and squeeze it well.

ASPARAGUS.

To Cook.—Cut the asparagus while it is very tender, wash well, clip into inch pieces, leaving the tops in, and boil in salted water until tender. Skim out of water, add hot milk in which butter has been melted and thicken very slightly with flour.

PEAS.

To Cook.—Cook green peas in the smallest amount of water possible without burning and dress the same as asparagus. Dried peas and pea meal are used quite extensively, made into soups and porridge, and are good substitutes for green peas.

BEANS.

String Beans.—Cut off the tips of green bean pods to the tough fibre or “string” at the side and pull the fibre down the side to the other end, cut off that end in the same way and pull the fibre down on the other side. Then wash the pods well and put in a sauce-pan with as little water as will cook them without burning, add a little salt and cook slowly for about an hour. Just before removing from the fire, add dressing same as for peas.

Shelled Beans.—These should always be allowed to reach their full size—not ripeness—before gathering to cook. Then they should be cooked the same as string beans.

Dry Beans.—All dried or ripe and hardened beans should be soaked over night before baking or boiling. If the beans are a year old or more, a very small amount of baking soda should be put in the water in which they are soaked—about half a teaspoonful to two quarts of water.

ONIONS.

Onions, leeks and garlick are all of the same nature, and are vegetables that ought not to be left out of the diet of anyone, particularly those who live in malarial districts. Those suffering from malaria can—and nature directs them to—use onions without limit. In a certain county of New York, where in the early days there was

much malaria, the settlers sought for wild leeks, which nature had provided in abundance, with so much persistence that they were called the people "with leek hooks on their heels."

Boiled Onions.—Boil onions whole when not too large and in a small quantity of water. When done, add butter, salt and pepper, leaving them in the water in which they have been boiled. A small quantity of cream may be added if desired.

Onions sliced fine and fried in vegetable oil are a very palatable dish.

TOMATOES.

Tomatoes are best raw, but as they cannot be had in that form the year through, canned tomatoes must be resorted to.

Stewed Tomatoes.—Put canned tomatoes in an earthen or granite-ware vessel and bring to a smart boil; have ready half a cup of cream and a couple of slices of toasted bread; put in the cream and a little salt and pepper, stir all together and break the toast in pieces and drop in just before removing from the fire.

MUSHROOMS.

Mushrooms should always be broiled. Place them with the white side down on hot coals or a broiling grate and cook quickly; sprinkle salt among the pink gills and they are ready to eat.

CELERY.

Celery should be well blanched and eaten—as should everything else—only when the appetite craves it. Celery root makes an excellent flavor for soups or purees when solid food cannot be eaten.

SQUASHES.

Summer squashes are a light but necessary food, in their season, and are easily prepared by boiling in a small quantity of water, draining and washing and adding a little salt and butter. Winter squashes are a heartier food and are more worthy of the name our English friends give them, which is “vegetable marrows.”

Baked Winter Squash.—Cut a squash in pieces about three inches across, place them on a grate in the oven with the outside shell on and bake in a steady heat until the yellow meat is soft. Serve these pieces to each individual and let each season to his or her own taste.

Boiled Winter Squash.—Pare the hard outside shell away, cut the squash into strips an inch or so wide, place in a kettle and boil until soft. Drain and add salt and butter, but no pepper or other condiment, and mash all together, when it will be ready for serving.

PUMPKIN.

Pumpkin, when eaten plain or prepared for pies, should always be stewed in a small quantity

of water and boiled down until all of the water is taken up. It makes a sweet, agreeable food, which is improved if the milk from raw oatmeal is added to it. Prepare this milk by putting cold water upon raw oat meal and stirring it, then draining off the milk, or white liquid.

CUCUMBERS.

Cucumbers contain the active life-giving element in a large degree. Nothing but salt and lemon juice should be used with cucumbers, and they should never be cooked in any form. The lemon juice is used if a tart taste is required.

LETTUCE.

No one who has eaten lettuce with a dressing of some kind can understand what he has missed by not eating it plain, with salt only, and accompanied with whole wheat bread. Lettuce should be allowed to head, and then be eaten with salt; if the person eating wants acid—squeeze lemon juice over it.

GREENS.

Among the plants that may be used as greens are, first of all, poke, which are the stalks of the poke-berry plant while they are yet very young and tender. They make a delicious dish when cooked in salted water and dressed with butter or ground beech nuts.

Then there are milkweed, beet tops, narrow dock, dandelion, mustard plant, horseradish tops and cowslips. These all contain the life principle in quickly assimilatable form, and may be prepared by simple boiling and dressing with salt and either nut or cow's butter.

VEGETABLE RICE.

(As it is Cooked in India.)

To prepare rice as a vegetable, use the brightest, newest tin, fill with plenty of water, add salt, one teaspoonful to each cup of rice, and let it come to a boil. Meanwhile rinse rice thoroughly by washing again and again in fresh water. Throw the rice in when water is boiling rapidly. The violent boiling of the water keeps the rice in motion and prevents the kernels from adhering. Rice should boil but eleven minutes after the violent boiling point is again resumed, as the throwing in of the rice chills the water a few minutes. When done, remove at once, drain, shake well and serve at once.

Grated cheese is sometimes served with rice. It supplies its lack of fat and proteids and makes a highly nutritious food.

Rice can be used as a dessert with fruits and sugar and cream.

BRAIN AND NERVE FOODS.

Among the brain and nerve building foods will be found: Wheat, rye, corn, beans, barley, oat-

meal, peas, sweet potatoes, figs, prunes, apples, cherries.

MUSCLE FOODS.

Wheat, buckwheat, apples, rice, figs, corn, cheese, peas, beans, oatmeal, rye, barley, prunes, sweet potatoes, potatoes, cabbage, currants, cherries.

HEAT PRODUCING FOODS.

Rice, rye, corn, wheat, buckwheat, figs, oatmeal, peas, cheese, sweet potatoes, prunes, cherries, potatoes, cabbage, currants, onions, asparagus, cucumbers, apples, peas, beans.

“The art of cooking and the science of eating are as yet but incomplete theories in the brain of the twentieth century.”

GARDEN VEGETABLES.

Green vegetables, excepting the pea and bean, are not to be valued chiefly for what we can reckon up in them of proteids, fats and carbohydrates, for the amount is very small. Except in the height of the season they must be looked on as luxuries, but we will buy them as often as we can afford them. In quantities sufficient to flavor soups and stews they can always be afforded, and in this way should be freely used, carrots, celery, parsnips, and tomatoes, for example.

Peas and beans are the most nutritious of vegetables and take the place of meat to a large extent.

CHAPTER IX.

"Joy, Temperance and Repose. Slam the door upon the Doctor's nose."

HIGHLY NUTRITIOUS VEGETABLE SOUPS.

SOUPS WITHOUT MEAT.

In General.—These soups should be largely used by the economical housewife; they are cheap and nutritious, and if carefully made and seasoned, excellent in taste. A large number of recipes are given, from which can be selected what is suited to materials on hand, to amount of time and quantity of fire.

VEGETABLE SOUPS.

These will be arranged under Vegetable Soups, Flour and Bread Soups, and Cold Soups.

Bean Soup.—Ingredients. One pound beans, one onion, two tablespoons butter, salt and pepper. Additions to be made according to taste. two ounces butter or oil, a pinch of red pepper, or, an hour before serving, different vegetables, as carrots and turnips, chopped and fried.

Soak the beans over night in two quarts water. In the morning pour off, put on fresh water and cook with the onion and oil till very soft, then mash or press through a colan-

der to remove the skins, and add enough water to make two quarts of somewhat thick soup. Season.

This soup may also be made from cold baked beans. Boil one-half hour, or till they fall to pieces, then strain and season.

Split or Dried Pea Soup.—Make like bean soup.

Lentil Soup.—Make like bean soup.

Green Vegetable Soups.—The water in which vegetables have been cooked should never be thrown away, with the exception of that used for cooking beets, and potatoes boiled without peeling; even cabbage water can be made the basis of a good soup.

General Method.—Boil the vegetables until very tender, mash or press through a colander, thin sufficiently and season. ,

Potato Soup.—Good and cheap. Ingredients. Six large potatoes peeled, one large onion, one heaping teaspoon salt. For a richer soup add two ounces butter or oil (in this case put in less salt) or add one cup of milk or a beaten egg. Chopped celery leaves give a good flavor.

Boil potatoes, onions and salt in a little water, and when very soft mash; then add, a little at a time and stirring to keep it smooth, a quart of hot water and one tablespoon oil, in which one tablespoon flour has been cooked; or use the oil for frying bread dice, which add at the last minute.

Most cooks fry the sliced onion before putting it in the soup, but the difference in taste is so slight as not to be worth the few minutes extra time, if time is an object.

Green Pea Soup.—This is a delicious soup and very nutritious. Large peas, a little too hard to be used as a vegetable, may be utilized in its manufacture.

Ingredients.—One pint shelled peas, three pints water, one small onion, one tablespoon oil, one tablespoon flour; salt.

Put peas and onion in boiling water and cook half an hour to an hour, till very soft. Press through colander and season.

Pea and Tomato Soup.—Add to above when done, one pint stewed tomatoes and a little more seasoning. This is an excellent soup, having the nutrition of the pea and the flavor of the tomato.

Tomato Soup.—Valuable for its fine flavor, and may be made nutritious also by adding milk or eggs.

Ingredients.—One pint tomatoes, two pints water, one tablespoon oil, one tablespoon flour, salt.

Cook the flour in the oil, add the peeled tomatoes and a very little water. When they have cooked to pieces, mash them against the side of the pot, add the rest of the water and the seasoning.

Tomato Soup No. 2.—Proceed as above, using instead of half the water, one pint of milk, into which one-quarter teaspoon soda has been stirred.

Parsnip Soup.—Ingredients. One pint of parsnips cut in pieces, three small potatoes, three pints water, or water and milk, salt, use oil or butter.

Cook till the vegetables fall to pieces, mash and add seasoning. If milk can be substituted for part of the water the soup will be improved.

Young Vegetable or Spring Soup.—Ingredients. One pint chopped onion, carrot, turnips and celery root in about equal parts, one tablespoon oil, one teaspoon sugar, salt.

Heat the oil, add sugar, salt; then stir the vegetables in it till they begin to brown, add three pints water and set back to simmer one to two hours. Serve without straining.

Green Corn Soup.—Ingredients. One-half dozen ears green corn, three pints water, one tablespoon oil and one tablespoon flour, salt, an egg and cup of milk.

Cut the corn from the cob and boil one hour. Add the flour which has been fried in the oil, season and strain.

Dried Corn Soup.—Make as above, using dried corn, soaked over night and boiled two hours.

Sorrel Soup.—An excellent flavor, new to most of us. One pint sheep's sorrel, light

measure (bought in city markets, or gathered in country fields), one onion, a few leaves of lettuce and parsley all chopped fine, one-eighth teaspoon nutmeg, one tablespoon oil, two tablespoons flour, three pints water, one or two eggs, one cup milk, salt.

Heat the oil, add the chopped vegetables and sweat or steam for ten minutes, then add flour and last the boiling water; add the milk just before serving. Serve fried bread with it.

“Hit and Miss” Soup.—To illustrate how all bits can be used, here is a soup actually made from “leavings.”

One cup water drained from macaroni, one cup water drained from cabbage, with a few shreds of the cabbage, one tablespoonful of oil, one scant tablespoon boiled rice. Simmer these together with a chopped onion while the rest of the dinner is cooking, thicken with a little flour and serve with fried bread.

FLOUR AND BREAD SOUPS.

Flour Soup.—Ingredients. One tablespoon oil, one heaping tablespoon flour, two sliced onions, two pints water, one pint milk, one cupful of mashed potato, salt.

Fry the onions in the oil until light brown; remove, pressing out the fat. In same oil now cook the flour till it is yellow, and add, a little at a time, the water. Put back the onions and let it stand awhile, then add milk and potato. Salt well.

The potato may be omitted and a little more flour used.

Browned Flour Soup.—Ingredients. One tablespoon oil, one-half cup flour, two pints water, one pint milk, one teaspoon salt.

Cook the flour brown in the oil over a slow fire or in the oven; add slowly the water and other ingredients. Serve with fried bread.

Browned Farina Soup.—Make like above, but of wheat farina.

Bread Soup.—Ingredients. Dry bread, broken in bits, water, salt, an onion and a little oil.

Soak the bread in boiling water for a few minutes, add the onion sliced and fried in the oil, salt.

Or, use milk instead of water, and toasted or fried bread.

MILK SOUPS OR PORRIDGES.

These are especially good in families where there are children, and would be welcome on almost any supper table. They are almost equally good eaten cold.

In making use a porcelain kettle or an iron kettle, greasing it first with a little butter, as a scorched taste spoils the dish.

Wheat Porridge (Salted).—Ingredients. Three pints milk, one pint of water (or half water and half milk), one-third cup flour, two eggs, two teaspoons salt.

To the boiling milk and water, add the flour stirred smooth with a little cold milk; let it cook ten minutes. Beat the eggs in gradually, but do not cook them; serve with fried bread. Grated cheese is an addition to this soup.

Wheat Porridge (Sweet).—Same as above, but using only a pinch of salt, and as flavoring three tablespoons sugar and one-quarter teaspoon cinnamon. The flavor may be varied by using grated lemon peel, nutmeg, vanilla, bitter almond or two fresh peach leaves boiled with the milk.

Of Farina.—These two porridges are still better made of farina instead of flour.

Barley Porridge.—Pearl barley is soaked over night in water, and then cooked for two hours till soft. During the last hour add milk instead of water, as it dries away. Flavor with salt and butter or oil.

Indian Meal Porridge.—Ingredients. One cup meal, two quarts water, one tablespoon flour, one pint milk, salt. Boil the meal and water an hour, add flour and salt and boil one-quarter hour, and add the milk just before serving.

Oatmeal Porridge.—Make in the same way, using oatmeal instead of flour.

Graham Porridge.—One cup graham flour to three pints milk and water. Cook fifteen minutes. This may be varied in flavor like flour porridge.

These three porridges can be made from cold corn, oatmeal or graham mush.

Chocolate Soup.—Ingredients. One-quarter pound chocolate, two and a half quarts milk and water, sugar to taste, one egg yolk, a little vanilla or cinnamon.

Cook the chocolate soft in a little water and add rest; when boiling put in the other ingredients and cook the beaten white of an egg in spoonfuls on top. Serve with fried bread.

Buttermilk Soup or "Pop."—The foreign kitchen has many recipes for this soup quite unknown among us. Cooking brings out the acid, but once used to that taste, one finds the soup good and wholesome.

Ingredients.—To each pint of buttermilk, one tablespoon flour and one tablespoon butteer or oil, a little salt.

Bring gradually to a boil, stirring constantly to prevent curdling, and pour on fried bread.

Varieties.—Sugar and cinnamon are often added to this soup; also the yolk and beaten white of one egg. It is considered nutritious for the sick.

Another.—The Germans often add to this soup small potatoes.

Or to the buttermilk soup when done, is added half the quantity of cooked pears or prunes.

Brewis.—To salted boiling milk, put enough bread crumbs (either white or graham) to make a thick smooth porridge.

Sour Cream Soup.—This soup is earnestly recommended for trial, as there are few ways in which such a delicious taste may be given to simple materials.

Ingredients.—Three pints water, one-half cup sour cream and the following mixture: One-quarter cup milk, one-half cup flour, one teaspoon oil, one-half tablespoon salt, one teaspoon sugar, one egg, one tablespoon fluid yeast or one-quarter teaspoon compressed yeast. Mix these together into a dough and let it get light, then drop half of it in teaspoonfuls into the boiling water and cream; then thin the rest with water until it will pour, add it to the soup and cook five minutes. (Not all the dough may be needed.)

Cider Soup.—Ingredients.—One pint cider (tart), one pint water, one cup milk (boiling), one tablespoon flour, a little cinnamon and sugar.

Let cider and water come to a boil, add the flour rubbed smooth, and cook a few minutes; and lastly add the milk. Serve with toast. An egg yolk may be added.

FRUIT SOUPS.

To be Eaten Warm or Cold.

These are made of almost any well flavored fruit, cooked soft and mashed, sufficient water

added, with a little thickening, sugar and spice. They are especially welcome in summer; may be eaten as a first course, or set aside to be used as a drink during the meal.

Apple Soup, No. 1.—Ingredients. Four cups peeled and quartered apples, cooked to a mush in a little water, one and one-half pints water, one teaspoon cornstarch, three teaspoons sugar, one-quarter teaspoon cinnamon, a pinch of salt.

No. 2.—A soup plate full apples, one cup of rice. Cook soft and rub through a sieve, adding a little sugar, cinnamon, lemon peel, and an egg yolk. Thin sufficiently with water.

No. 3.—Instead of rice, use in the above recipe bread with the addition of a few India currants.

No. 4.—Instead of rice, use oatmeal, and cook till soft, or use that already cooked.

Plum Soup.—Make like apple soup, but if the plums are very sour add a little soda,—one-quarter teaspoon to a quart of soup.

Cherry Soup.—Made in the same manner.

These soups may also be made of dried plums, prunes or dried sour cherries. Soak the fruit over night.

Soups of Pears, Etc.—If soup is made of a milder fruit, as pears, which are at some seasons so cheap, add a few sour apples or more spice, to give flavor.

ADDITIONS TO SOUPS.

If your soup has not strength enough, milk and eggs may be added.

How to Add Eggs.—The egg should be beaten, mixed with a little of the soup, then added to the rest, but not boiled. The yolk is better for this purpose than the white.

1. Flour.—This may be boiled a few minutes with the soup after being mixed smooth in a little water, or better, cook it in a little butter before adding to the soup.

2. Bread Sponge.—On baking day, save a little of the bread sponge, make thin enough to pour, and if you wish, add a beaten egg. Set away half an hour to rise again, and when light pour into the soup.

3. Farina.—This preparation of wheat, now sold by the pound at a reasonable price, is most valuable as an addition to soup; it needs only to be sprinkled in and boiled for a few moments.

4. Potato.—Mashed potato mixed smooth with a little milk or grated cold potato may be added to soup to give body.

5. Barley.—Add to the soup one hour before it is done pearl barley that has been soaked over night.

6. One-half hour before serving, add to soup one tablespoon of rice to a quart of soup.

7. Bits of bread dried hard in the oven, may be added to the soup just before serving, or fry

them in the spider in a little butter or soak in milk and egg before frying. Or, toast bread and cut in squares.

8. Any small vegetables may be added, such as asparagus tops, tiny onions that have been first boiled in another pot, cooked peas, beans, etc.

Most important of all additions to soup are those which need a little more time to prepare, but are worth the trouble if the soup is to be the principal part of the dinner. Such are the following:

DUMPLINGS FOR SOUPS AND STEWS.

This word has an unpleasant sound, too suggestive of the heavy and unwholesome balls often served under this name, but there seems to be no other name under which these different preparations can be classed. Their basis is bread and eggs, or flour and eggs.

Bread mentioned here is hard dried bread; it must be softened by soaking in cold water (hot water makes it pasty), then press it dry in a cloth and crumble it.

Fish Balls.—Any cooked fish or several different kinds when there is too little of each to be otherwise used, is chopped fine and mixed with as much bread, salted, a little butter and a chopped onion and some herbs, and to each cup of this mixture allow an egg. Mix lightly, make out into little balls and cook in

very gently boiling soup. Try one first to see if it holds together. If not, add a little flour.

This mixture can also be fried in a pan as an omelette, or baked.

Flour and Bread Balls.—Three cups, half bread, half flour, one egg, butter size of an egg, one cup milk and water, salt. Soak the bread in the milk and water, and make out into little balls with the other ingredients. Cook, covered, fifteen minutes (may also be boiled in salted water and eaten with fruit).

Egg Sponge.—One egg, one teaspoon flour, a little salt. Beat white of egg to foam, mix lightly with the rest and pour on top of the soup. Turn over in a few minutes with a skimmer, and before putting into the tureen, cut it in pieces.

No. 2.—One heaping tablespoon flour to one egg and the yolk of another, and one teaspoon butter. Beat hard and drop in with a teaspoon.

Schwaben Spetzel.—One egg, three table-spoons milk, nearly one-half cup of flour, salt. Pour through a funnel into soup or salted water, cook five minutes.

Biscuit Dough Balls.—An excellent addition to a stew or soup is of biscuit or rusk dough made into balls no larger than a chestnut, and cooked in the stew, or steamed in a cloth above it.

Buttermilk Balls.—Also the following of buttermilk: One cup buttermilk, one-half teaspoon

of soda, one egg, salt, and flour enough to allow of the batter being dropped in spoonfuls.

Macaroni.—Cooked macaroni cut in pieces an inch long, is a pleasant addition to soup.

FLAVORS OR SEASONINGS.

Without doubt "hunger is the best sauce," but it is not true, as many think, that a craving for variety is the sign of a pampered and unnatural appetite; even animals, whom we cannot accuse of having "notions," have been known to starve in the experimenter's hands rather than eat a perfectly nutritious food of whose flavor they had wearied, and prisoners become so tired of a too oft repeated dish that they vomit at the sight and smell of it.

What we call flavors may or may not be associated with a real food. All vegetables are rich in flavors and each fruit has its peculiar taste; then, there are the spices and aromatic herbs which are not parts of a real food, and it is most important that the cook should understand the art of adding these as seasonings to mild tasting foods, so as to make new dishes which shall be both nutritious and appetizing. The bulk of our nourishment must be made up of a half-dozen grains and as many garden vegetables, but the skillful cook can make of them, with the help of other flavors, an endless variety of dishes.

An American traveling on the continent of Europe becomes acquainted with many new dishes and tastes, and although not all of them are to his liking, he must conclude that our cookery, compared for instance, with that of the French, is very monotonous. To be sure, we have the advantage of the European in that our markets offer us a greater variety of natural foods, especially fruits, each having a flavor of its own, and this fact makes us somewhat more independent of the art of the cook; but still we have need for every lesson of this sort, and especially is this the case with the poor, who must keep to the cheapest food materials, which are not in themselves rich in flavor.

Spices and other flavors, when not used to excess, stimulate our digestive organs to appropriate more easily the food to which they are added; their agreeable odor starts the digestive juices, both in the mouth and in the stomach, and their flavor acting on the palate has the same effect.

The more common spices and flavors, as the housewife uses these terms, are salt, pepper, mustard, cinnamon and mace, nutmegs, cloves, ginger, caraway and coriander seeds, vanilla, and many volatile oils, such as those contained in the rind of lemons and oranges; and to this list we must add certain vegetables, as the horse-the caper and nasturtium seeds, and the aromatic

herbs. Caution.—Pepper, mustard and cloves must be used with caution on account of their great strength; used without, they unduly stimulate.

All these have their use and their abuse. Salt is hardly thought of in this list, so necessary do we consider it, and its use is well enough governed by our palate, though no doubt we over, rather than under salt our foods. Pepper is also in nearly every household used to excess, being added to too many dishes. The pungent mustard should be still more carefully used; but a little of it adds relish to a salad and goes especially well with certain vegetables, as beans. Cinnamon, mace and nutmeg, we use principally with sweet dishes, but nutmeg makes a nice variety in croquettes; foreign cooks use it far too much to suit our taste. Almost our only use of the caraway and coriander seeds is in the cookies; try the former in a potato soup for variety. Ginger seems to go well with Indian meal in a pudding or porridge, and with molasses, wherever used.

To give the uses for onions and for the aromatic herbs would be too long a task. The latter can all be bought in a dried state very cheaply, and they retain their flavor well; one of the most useful, however, parsley, is much better fresh; by all means keep a little box of it growing in a window. Perhaps, after onion, celery is

most useful as a flavor for soups and stews, root, stem, leaves and seeds being all valuable.

In the flavoring of soups and stews, it is well to use a number of flavors, letting no one of them be prominent above the others; on the other hand, it is well to have certain favorite dishes seasoned always in the same way; summer savory in a bread dressing.

CHAPTER X.

SALADS.

A simple salad should be seen on every table three hundred and sixty-five times a year.

Persons living in the country can, without cost, pick sorrel, dandelions, long dock and garden or water cress in season.

If you must choose between dessert and salad, by all means choose the latter.

The green vegetables contain the salts necessary to the well being of our blood and the life principle in its full power.

At the very head of the salad vegetables stands the cos, or Romaine lettuce, the ordinary head lettuce, endive, chicory, sorrel, celery, garden and water cress, cucumbers and tomatoes.

In the spring, young dandelion leaves mixed with lettuce and a little well cooked beet root make a good salad.

In the winter nothing can be more delightful than the crisp, carefully cut white and red cabbage with salt. Celery also furnishes a simple, nutritious and palatable salad.

Salads should always be dressed in as tempting a manner as possible.

If one desires the flavor of garlic, the bowl in which the salad is to be served should be rubbed

with a piece. Bits of garlic in the salad is unpleasant.

All salads are best seasoned with lemon juice. If lemon is not obtainable use pure cider vinegar.

SALAD.

Equal parts of coarsely minced apples, finely ground English walnuts and minced celery. Make a dressing of a little of the walnut meal, a little milk, thickened slightly over the fire with flour and sufficient salt.

GENERAL REMARKS ABOUT FRUITS.

Our markets offer us a great variety of fine fruits, and many of them are cheap in their season; apples in the fall are within the reach of the very poorest.

Fresh fruits have a large per cent. of water, as high as 89 per cent. in the orange, and few fruits have less than 80 per cent. Their food value is mainly in the form of sugar, apples giving us on an average 7.7 per cent. grapes, 14.3 per cent.; or proteids, the amount does not, with the single exception of the strawberry, reach 1 per cent.; but fruits are very useful to us on account of their flavor, due to various aromatic bodies, fruit acids and sugar. The apple is especially valuable on account of its cheapness and fine keeping qualities, and is used in a variety

of ways by the cook to give a relish to plain materials. Although our largest use of them is in sweet dishes, they are perhaps quite as valuable used without sugar; they may be fried in slices and eaten.

Fruit is not for all people easy of digestion if eaten in considerable quantities, and this is partly on account of its relatively large per cent. of woody fibre, and also, especially when not quite ripe, because of the acids and pectose contained in them. Huckleberries have 12 per cent. woody fibre, apples only 2 per cent., including the seeds and skin.

The importance of dried fruits as food is not well enough understood. Fruit loses in drying a large portion of its water, leaving its nutritive parts in more condensed form for our use; dried apples are very near to bread in the per cent. of nutrients they offer, and the dried pear may be called the date of Germany, so general is its use. With us this fruit is too expensive, but in parts of Germany dried pears are commonly exposed for sale by the barrel like beans; they are eaten in great quantities by the common people, who seem to digest them and dried apples without any trouble, accustomed as their stomachs are to a rye bread and vegetable diet. These dried fruits can be made into a variety of dishes, with potatoes and with beans, and also with noodles and macaroni.

CHAPTER XI.

FRUIT.

To expect health from a diet that does not include fruit would be like expecting a tropical blossom to take on its gorgeous coloring without sunlight. Fruits are absolutely indispensable to health, and Nature provides them in the right form and at the right time to suit the conditions in every locality on our planet. All we have to do is to reach out and take that which grows before our eyes. In localities where bilious conditions are likely to occur, the sharp acid fruits will be found, and so on with all the sub-acid, astringent and other fruits. This necessity for fruit to maintain health will show why every family should sit beneath its "own vine and fig tree," and not be shut up in tenement houses, while a trust holds the fruit products beyond their reach.

All fruits should be eaten without cooking when possible, and when cooked, should not be mixed nor burdened with condiments. A recipe that says you shall add to pared apples "a few strips of lemon peel, grated nutmeg, a little cinnamon and stew them in a syrup made with half a pound of sugar to a pint of water" (such a recipe is before us as we write), is a specimen

of the little things which make torpid livers—and similar brains.

Baked Apples.—When cooked, apples, whether sweet or sour, are always best baked. Wash the apples, cut out any bruises or blemishes of insects and place in a baking pan with a little water in the bottom. Let cook in a moderate heat until soft to the core, which may be known by piercing with a fork. They should be eaten cold.

Apple Sauce.—Pare and quarter the apples, cutting out the core from each piece, put in a sauce pan with a small quantity of water, cover and cook till done. Turn out without breaking the quarters more than can be avoided and sprinkle lightly with sugar in each separate dish as they are served.

Apple Pie.—Line a pie pan with a paste made of 1 pint of flour, 1 teaspoonful of best baking powder, 1 tablespoonful of vegetable cooking oil, $\frac{1}{2}$ teaspoonful of salt and water enough to make a dough that will mold softly. Fill this with thickly sliced apples, sift over them a small amount of sugar, add tablespoons of water, cover them with a top from the dough and bake in moderate steady heat half an hour.

PEARS.

Pears that contain a great amount of water and lack sweetness and flavor may be improved by baking for immediate use, and by drying for future use. A pear that is so flat and tasteless

as to be almost unfit for food may be so improved by drying in thin slices in the shade as to make a most delicious sauce when soaked and stewed in winter when strong and rich foods can be eaten.

PEACHES.

Nearly every recipe for canning fruits begins by giving a certain amount of sugar to be used in making a syrup in which to boil the fruit before sealing, yet nothing could be more unnecessary than such a process. Sugar should not be used in canning, except when the fruit is sharply acid and the can is of tin.

Canned Peaches.—Pare and halve the peaches, put them in a granite-ware kettle with about one quart of water and a small handful of the peach meats, taken from the stones, to six quarts of fruit. Heat until the fruit is heated through and put at once into cans.

Dried Peaches.—Peaches are much better when dried if not subjected to the fumes of sulphur, which most of the dried peaches of commerce are. The sulphur kills the insect germs, it is true, but the fruit usually absorbs too much of it and is also "killed." Wipe smooth with a cloth, cut in halves and dry with the skins on.

PLUMS.

Under this head comes all the great variety called blue, egg, damson, gage, prune, etc., and

all may be preserved for future use in the same manner as peaches. Here is another method:

Plums for Winter.—Take fine ripe plums, and cut them in half. Extract all the stones, and spread out the plums on large dishes. Set the dishes on the sunny roof of a porch or shed, and let the plums have the full benefit of the sun for three or four days, taking them in as soon as it is off, or if the sky becomes cloudy. This will half dry them. Then pack them closely in stone jars with a thick layer of brown sugar between every layer of plums, putting plenty of sugar at the bottom and top of the jars. Cover them closely, and set them away in a dry place.

If they have been properly managed, they will keep a year, and are very good for pies and other purposes in the winter and spring.

BERRIES.

The great variety of berries can hardly be classed under one head, but blackberries, blueberries, black raspberries, and elderberries may all be canned by the same process as peaches. The delicate red raspberry and the strawberry should be steamed for canning. Cranberries keep so well that canning is unnecessary. In cooking cranberries, it is an erroneous idea to stir them until a jelly is formed. Let the berries remain as nearly whole as possible and do not add sugar until just before removing from the fire.

GRAPES.

Grapes have been made into fermented wines so long that those who raise large quantities often ask the question, "What else can I do with them?" But there are many ways other than destroying their usefulness by fermentation. Grapes laid in dry saw-dust and kept in a cool and dry place will keep a long time; they may be canned, and wine that is not fermented may be made from them—it is known as unfermented grape juice.

CHERRIES.

The same process may be followed in canning and drying cherries as in peaches.

Cherry Pie.—Line a deep quart pan with paste similar to that for apple pie, roll a pint of pitted cherries in sugar and then in flour, put a layer of them in the pan and drop very small pieces of dough like the crust over the cherries, and then another layer of cherries and another of bits of dough until the cherries are all in. Cover with same kind of dough rolled to $\frac{1}{4}$ -inch, cut a hole in the top and bake in steady heat for half an hour.

Dip for same.—Put a pint of water and a half teacupful of sugar in a sauce pan with a small piece of butter and a pinch of salt; put over the fire and let come to boil, then thicken with flour previously mixed with water, until of the consistency of thin porridge. Cut the pie into liberal sections and pour the dip over each piece

before serving. If a flavor is desired, add 1 teaspoonful of vanilla or lemon extract to the dip just before removing from the fire.

PINEAPPLES.

Pineapples should always be ripe before being used for food. Outside of the sections where they grow, a really ripe pineapple is seldom seen. When a pineapple is ripe what are called the "eyes" can be removed by pinching them between the thumb and fore finger and pulling them out. No one can appreciate the rare flavor of a pineapple until he has eaten a ripe one.

To Prepare Fresh Pineapples.—Cut off the top and bottom and pare off the rind. Then cut the pineapples in very thin round slices and put them into a deep dish, sprinkling every slice with sugar. Cover them, and let them lie in the sugar for an hour or two before they are to be eaten.

Pineapple Custard.—Remove the skin carefully from the pineapple and grate the pulp fine; mix with white sugar and let it stand awhile. Make a custard of four eggs and a quart of milk. When cold pour it over the pineapple.

ORANGES.

The oranges grown in Florida and along the Gulf coast are good quality. Those grown on the Pacific coast are much better. Heat is necessary to develop the sweetness and flavor. In eating an orange, pare off the outer skin, leaving a

thin layer over the pulp, and chew and swallow this skin. Oranges are good in fevered conditions and the skin is strong in its beneficial qualities.

LEMONS.

The author of a work on hygienic living and cooking, put out a few years ago, says of lemons: "They are so extremely acid that, dietically speaking, they take the place of a condiment rather than a food. . . . Lemon juice, diluted with water, may be taken for a disordered liver."

That writer evidently saw the lemon question from a different standpoint than those do who suffer from malarial diseases. A lady who had barely survived an attack of malarial fever and the physician's quinine, says of that time: "I believe if my friends had kept lemons from me I would surely have died, but I overcame their opposition and ate lemons as I would apples and soon began to recover. I would eat four or five lemons in a day right out of hand, without sugar."

So it will be seen that the acid question is largely determined by the condition of the body. Nature always calls for what she needs.

BANANAS.

Bananas are a much more sustaining food than usually considered. A banana should be perfectly ripe to make proper food, and care should always be taken not to eat too many at once.

When perfectly ripe, there is less danger of this, as they are more satisfying than the green fruits ripened by artificial means which fill the market stalls of all the cities in the middle states.

PRESERVES, JAMS AND JELLIES.

Home made preserves and jellies are both a food and a luxury. In the midst of winter we can place upon our tables fruits as tempting and delicious and almost in their natural state, through the method of canning and preserving.

First of all, if possible use gas, gasoline or kerosene in place of the fire-range. This will save coal and wood, temper and many other unpleasant things. Next have a good kettle, one of iron, porcelain-lined, being the best. Plenty of wooden spoons, a cup with a good handle and an accurate scale complete the outfit.

Select fruit that is just about ripe, fresh, sound and dry. If fruit is over-ripe, in making jelly, it will not get firm, no matter how long you boil it.

The question of covering fruit is of much importance. Some prefer paper dipped in oil, others pour melted paraffin over the jelly or jam. To combine the two is the better plan. First cover the fruit with paraffin wax and then paste paper over the tops. This will preserve the fruit and prevent its losing in freshness.

In canning and preserving, when glass jars are used, be sure and supply yourself with *new*

rubber rings. Old ones are useless, and their use is lost economy.

Jellies and jams can be used with any meal. Taken simply with whole wheat bread or added to puddings and cereals, they always prove an addition. What looks more appetizing than a clear jelly, or well canned fruit in a bright glass dish? Gelatines are often used in place of jelly. While they take little time in preparing, yet the labor expended in the preparation of one's own jelly is well worth the difference in taste and enjoyment.

For canning, none but perfectly ripe, sound fruit should be used.

In factories where the fruit is steamed, no sugar is used, and the fruit is placed on the table almost in its natural form.

In preserving tart fruits, tin cans should not be used, but in their place, glass jars with porcelain tops. In filling jars see that they have been well heated, place upon a damp folded cloth and fill rapidly. The handle of a silver spoon can be run about the inside to break any air bubble that may have formed. Secure the tops at once.

Any left over juices can be strained and boiled down to jelly.

FRUITS AND NUTS ARE TRUE FOODS.

THE U. S. DEPARTMENT OF AGRICULTURE HAS CONDUCTED EXPERIMENTS ON DIFFERENT FOODS
—THE RESULTS. *

The United States Department of Agriculture has for several years been conducting a series of experiments to determine the dietary value of different foods, says the *Scientific American*.

Nine dietary studies and 31 digestion experiments were carried on. In the majority of dietary studies and all but one of the digestion experiments fruits and nuts constituted all or almost all of the diet. The results of the investigation emphasize the fact that both fruit and nuts should be considered as true foods rather than as food accessories. The subjects were two women, three children, two elderly men, and two university students. The men all did hard manual labor during a part of the time, the students working to support themselves while pursuing their studies.

ARTICLES SELECTED.

The fare given in these experiments was in every case one that would appeal to any normal appetite. It embraced honey, tomatoes, apples,

* The information found within the three pages numbered 175¼, 175½ and 175¾ was furnished when the book was complete. The government endorsement of the author's statements on nutrition through the book was considered a justifiable reason for this insertion.

bananas, cantaloupe, grapes, verdal, cornchon, tokay, scarlet haws, pears, pomegranates, persimmons, oranges, strawberries, watermelons, figs, almonds and peanut butter. The only animal foods allowed were cottage cheese and eggs, and these in limited quantities. The cost of such a diet varied from 15 to 18 cents a day. Comparative experiments were carried along in which animal foods were employed under the usual conditions of living, and in these the daily cost ran from 26 to 30 cents. It was found that the food eaten supplied about 60 per cent. of the protein usually secured by the average meat diet, while health and strength continued the same, if not improved, and in two or three cases there was a slight gain in flesh and weight.

THE OBJECTS IN VIEW.

One of the chief objects of the series of experiments was to furnish data as to the value of nuts as food. Fruits contain little protein, and nuts are relied on in the fruitarian plan of eating to balance the ration. Fruits are rich in carbohydrates and nuts in fat. A pound of peanuts, which costs 7 cents, furnishes 1,000 calories of energy at a cost of 3½ cents, and protein at a cost of 36 cents a pound. A porterhouse steak costs for the same result respectively 22½ cents and \$1.31, when the steak can be bought for 25 cents a pound.

The average price per pound of the protein of

nuts ranges higher than the corresponding average of meats, but the cost per pound of peanut protein is lower than for meats, fish, eggs, milk, dairy products and prepared cereals. The only foods which furnish protein at a less cost than peanuts are flour and dried beans. According to Prof. Jaffa's experiments, nuts are the cheapest source of energy for the fruitarian, the peanut ranging far ahead of any other variety.

Although peanuts supply protein and energy for a smaller sum than bread, they are outranked by dried beans, which, at 5 cents a pound, will supply for 10 cents over 200 grammes of protein and 3,040 calories of energy.

CHAPTER XII.

NUTS.

Nuts are the best food known. They are indispensable to the vegetarian, because in them he finds in exact proportions, the natural necessary constituents of foods, artificially obtained now from animals and taken in the forms of meat, butter and milk.

The variety of nuts is so great that it would be impossible to mention all of the kinds and qualities of this most excellent and *natural* food. From the beechnut to the cocoanut they all carry the germ of reproduction, possess the wisdom as to just when to push that germ forth to the sunlight. The beechnut sleeps under the fallen leaves until spring, when it suddenly awakens and puts out its tender leaves to absorb life from the air, which it knows, in some occult way, is now tempered to its needs. And so it is with the cocoanut, which keeps its eyes tightly closed until that inner light tells it when to open them. Oh, yes, the nuts are as wise and as live as we are, and no one who makes nuts a good part of his diet will ever be a dullard.

Nuts do not need either grinding or cooking to improve them, but as many cannot chew hard substances both processes may sometimes be resorted to.

PEANUT BUTTER.

Roast the peanuts, shell, place between two coarse towels, rub gently and then blow off the brown skins. Lightly dust salt over them and grind at once. Pack the butter into jars, cover well and keep in a cool place. To be used plain or diluted with water.

BRAZIL NUT.

In appearance the brazil nut is like a huge black walnut. It is sometimes called butternut, but must not be confounded with the white walnut or butternut of this country.

This nut is very rich in oil, and improves and softens all nut butters. If ground and pressed these nuts yield a sweet oil, which is delicious on fruit salads.

As these nuts are very rich in fatty matter and oil, they make the best of all nut butters.

Trim off all the brown skin with a sharp knife, cut into pieces, grind, pack in jars, cover and keep in a cool place.

ALMOND BUTTER.

Blanch the almonds by covering them with boiling water and allowing them to stand a moment; then rub gently. The skin will be removed. Arrange nuts in thin layers in baking pans and place in moderate oven to dry. Do not brown or overheat them. When removed from oven, grind them at once. Mixed with an equal

quantity of pine-nuts, this butter, which is very palatable, is more economical. Grind nuts together.

NUT LOAF.

One cup of chopped nut meats of three or four kinds, one cup of bread crumbs, one cup of cream, one egg. Add sage, salt to taste. Bake one-half hour.

ALMOND PUDDING.

A plain rice pudding, the variety that is made with rice and milk and without eggs, is much improved if a cupful of almond meats, blanched and chopped very fine, is put in to be cooked with the pudding.

MOULD OF NUTS.

Put through the nut grinder half a pound of roasted peanuts, one ounce of blanched and dried almonds and half a pound of pecan nuts. Mix with these four ripe bananas that have been pressed through a sieve. Pack the mixture into a mould and steam continuously for two hours. When done remove the lid of the kettle and when the mixture is cold turn it out and serve the same as cold meat.

FRUIT SANDWICHES.

Cut equal quantities of fine fresh figs, raisins and blanched almonds very small. Moisten with

orange juice, and spread on white bread and butter.

ALMOND SAUCE.

Thicken a pint of boiling milk with flour, previously mixed with some cold milk, until of the consistency of ordinary pudding dip, add two tablespoonfuls of sugar and, lastly, two tablespoonfuls of finely ground almonds. This can be used with pudding or waffles.

ALMOND CREAM.

Thin the manufactured almond butter with tepid water until of the consistency of thin cream, add one egg thoroughly beaten to a pint of this, sweeten to the taste and flavor if desired.

ALMOND GEMS.

One egg, one teaspoonful of lemon juice, eight tablespoonfuls of almond meal. Beat all together thoroughly, drop into gem irons and bake in gentle heat.

CHESTNUTS.

Chestnuts are a starchy food, and roasting or boiling does not detract, at least, from their edibility.

Italian chestnuts can be eaten raw, boiled or roasted. They have great food value. They should be thoroughly masticated.

ROASTED CHESTNUTS.

The large Spanish chestnuts are the best for roasting. Cut a slit in the shell of every one to prevent their bursting when hot. Put them into a pan, and set them over the fire till they are thoroughly roasted; stirring them up frequently and taking care not to let them burn. When they are done, peel off the shells, and send the chestnuts to table wrapped in a napkin to keep them warm.

CHESTNUT SOUP.

Boil two pounds of chestnut meats one hour, then strain them out of the water and mash fine. Cut one onion into slices, put it and the chestnuts back into the water, add a little mace and salt to taste, bring to a boil and add half a cup of milk and a small amount of table oil.

BOILED CHESTNUTS.

Shell the chestnuts and remove the skin, put in cold water and boil until soft. Skim out of the water when done and serve with celery salt.

COCOANUTS.

RAW COCOANUT.

Perforate your cocoanut by cutting through one of the eyes and let out the milk into a bowl. Then break the nut in two, take out the meat and pare off the black outer skin, then grate on a fine

grater. When grated, strain the milk through a piece of cheese cloth and add to the rest. Beat this with an egg whip for a short time, then serve in small sauce dishes to each person. This will need to be eaten with a spoon, and a dish in which to put the fiber after the sweetness has been extracted in the mouth should be provided, the same as for nut shells.

COCOANUT PUDDING.

Two eggs, a cup of flour, one-half cup of sugar, a tablespoonful of butter and two ounces of desiccated cocoanut. Beat the sugar with the butter, beat the eggs lightly, add a pint of milk, stir in the flour and cocoanut, pour into a pudding pan and steam or bake.

COCOANUT SAUCE.

One pint of milk, one ounce of butter or vegetable oil, one-half cup sugar, enough flour, previously mixed with a portion of the cold milk, to make the thickness of syrup and a teaspoonful of desiccated cocoanut. Remove from the fire immediately after it comes to a boil.

COCOANUT CUSTARD.

Beat three eggs lightly, stir them into one quart of milk, add one even tablespoonful of corn starch, a tablespoonful of desiccated cocoanut and half a cup of sugar. Stir all well together, pour into a pudding pan and bake in a slow heat.

COCOANUT PIE.

Steep a half cup of grated cocoanut in a pint and a half of milk for three-quarters of an hour, stirring occasionally, then strain out the cocoanut and let the milk become cool. Add to the milk one teaspoonful of corn starch, two lightly beaten eggs and three tablespoonfuls of sugar, turn into a pie pan lined with paste and bake without upper crust.

WALNUTS.

Under the head of walnuts comes a number of nuts of quite different appearance and, also, quality. First of all, there is the black walnut, with which the forests of the middle states once abounded and which are still quite plentiful and cheap. In fact, their cheapness—or commonness—for a long time caused them to be ignored as an article of food except by the pioneers who settled the sections where they grew and who often made meals on them when the pork barrel was low—without even thanking Providence for providing a much better food without the cruelty of slaughter.

Then there are the large English walnut and the smaller and more compact hickory nut.

All of these nuts are excellent as food, and are, like other vegetable foods, peculiarly adapted to the needs of the locality where they are found.

WALNUT CUSTARD.

Make a custard pie in the usual manner except to add the ground meats of a dozen black walnuts. This will make the pie of a dark color, but will add to its richness and flavor.

BLACK WALNUTS FOR THE TABLE.

Grind black walnut meats, mix into them rolled cracker crumbs to hold the oil and serve in small dishes, with a fork, to each guest.

JELLY SANDWICHES.

Mix a cupful of apple jelly with half a cupful of finely chopped hickory or pecan nuts, and spread on buttered bread.

DATE SANDWICHES.

Wash, dry and stone the dates, mash them to a pulp, and add an equal amount of finely chopped English walnut meats. Moisten slightly with lemon juice. Spread smoothly on thinly sliced brown bread.

FIG SANDWICHES.

Stem and chop very fine a sufficient number of figs. Add enough water to make of the consistency of marmalade, and simmer to a smooth paste. Flavor with a little lemon juice, and when cool spread on thin slices of buttered bread, and sprinkle thickly with finely chopped walnuts.

BUTTERNUTS OR WHITE WALNUTS.

Little mention is made in ordinary health cook books of the butternut, or white walnut, as it is often called, although it is one of the most delicious nuts that grow. Butternut butter is easily made and will take the place of cow's butter in almost any dish.

BUTTERNUT BUTTER.

Grind butternut meats in a fine nut mill, pack in glass jars, cover and set in a cool place. Like all other nuts, butternuts—also butternut butter—will grow rancid if not used within a reasonable time, but they will keep a good while in cold weather. Try butternut butter on oat meal mush or cracked wheat or corn starch pudding.

BRAZIL NUTS.

Brazil nut butter may be made in the same way as butternut butter, and the nuts may also be shaved into thin slices with a knife or flaked in a mill and used to fill sandwiches along with honey or marmalade. They are fine for the table and may be served in halves after the inside shell or covering has been cut away.

PECANS.

The pecan is of the hickory nut family and has the appearance of an elongated hickory nut. Pecan trees are very plentiful in sections along the Mississippi river, growing on the higher

banks of its tributaries, and the nuts have become of commercial value within the last thirty or forty years. They have the same qualities as hickory nuts, but are smaller and more difficult to utilize.

PEANUTS

The peanut, which is called the "goober" by the people where it grows, is, as perhaps is well known, a ground nut, which grows in the light sandy soil of the hillsides in the Southern states. Most of the people where these nuts grow eat them raw, but roasting certainly adds to their flavor and makes them more palatable. Peanut butter has become such a common article of commerce that it is easily obtainable without the trouble to prepare at home.

ANOTHER RECIPE FOR MAKING PEANUT BUTTER.

It is made by grinding roasted peanuts and mixing them with oil—pure olive oil in some instances and less desirable ones in others. There are many brands of this butter and the housewife must judge which is best.

NUT AND VEGETABLE ROAST BETTER THAN MEAT.

One cup of strained stewed tomato, one cup of cooked lentils (measured after being rubbed through a colander), one cup of cooked whole wheat, one tablespoonful of peanut butter, one-half teaspoonful of finely powdered and sifted sage, or one tablespoonful of very finely minced

celery. Add a little salt for seasoning, turn into a baking dish, and bake in the oven until quite dry. Serve in slices with a gravy made by cooking together for a few moments two cups of lentils prepared as above, one cup of strained stewed tomato, salt to season and a tablespoonful of peanut butter.

PEANUT CUSTARD.

Rub one rounded tablespoonful of peanut butter smooth with one-half cup of water. Add one egg, two tablespoonfuls of sugar, and one-fourth teaspoonful of salt. Beat all well together, add the other half cup of water, cook in a double boiler until creamy, pour into custard cups, set in a pan of hot water and bake in a slow oven until set; or into a small pie pan covered with paste, and bake as a pie.

PEANUT CREAM.

Put the desired quantity of peanut butter into a cup or bowl, add to it very little water, rub in thoroughly with a spoon, adding water until it is of the desired consistency, then whip lightly. Peanut cream may be used in seasoning green peas, beans, or tomatoes.

PIE CRUST.

Take one large tablespoonful of peanut butter to one cup of flour, and use in the same manner as ordinary shortening, adding cold water sufficient to make a dough.

SALAD DRESSING.

Beat two eggs, add one-half cup of vinegar in which one large tablespoonful of peanut butter has been creamed, one tablespoonful of sugar, one teaspoonful of salt and one-half teaspoonful of mustard. Mix until perfectly smooth. Stir constantly over the fire until it thickens, but do not allow it to boil. Remove, cool and it is ready for use. This salad dressing will keep.

PEANUT FUDGE.

One tablespoonful of peanut butter mixed smooth in one-third cup of milk, two-thirds cup of granulated sugar. Let boil, stirring constantly until it will harden when dropped into cold water. Remove from fire and beat for a minute, then pour on to an oiled plate.

BEECHNUTS.

These nuts are so small that the trouble of preparing them is greater than that required by many others, but they are a very fine flavored food and contain an oil that exceeds most others in sweetness and delicacy to the taste. Where one lives near a beech wood, these nuts may be gathered in great quantities by spreading sheets of newspapers under the trees while the nuts are falling, gathering up each morning what fall through the night. When fresh the shells may be cracked open by rolling them on a table with an ordinary rolling pin, after which the meats

may be extracted easily. Beechnuts will keep a long time without becoming rancid, hence can be ground and kept for use where butter is needed.

HAZEL NUTS.

Where hazel bushes grow in abundance there is often no other growth—not even trees. Miles on miles of hazel brush may be seen in some parts of the western country where not a tree or other shrub is to be seen. So it behooves the residents to use what they have, and many times the traveler who passes through will see the fields and roadsides filled with gatherers of the little round nuts. The filbert, which is of the same family, may be found for sale in most markets, and comes mostly from Spain. But no one can appreciate and enjoy these nuts so well as those who live where nothing but hazel copses relieve the monotony of long stretches of prairie. This nut gives strength and endurance to a much greater extent than it has been given credit for.

PINE NUTS.

These nuts are the seeds of a number of kinds of pine trees which grow in the southwestern part of the United States. They are now on our markets, although for many years the Indians, native to the country where they grow, were the only ones who knew their value. These nuts may be ground like others, and as they combine

the desirable food elements, are a valuable acquisition to our markets.

ACORNS.

The variety of the product of the oak tree is so great that it would be impossible to follow it in so brief a work, but all of the sweet variety of acorns are fit for food. There is a small kind of oak tree, sometimes called "pin-oak," and "scrub-oak," that grows in sections of the partially arid localities of the United States and which bears great quantities of acorns, which are the principal food of the Indian tribes native to those sections. The acorn is dried and ground into meal, from which little flat cakes are made, and then baked upon hot flat stones. An Indian will travel all day with a few of these cakes in his pocket, to be eaten with water as a drink when he reaches a stream or spring.

OTHER USES OF NUTS.

Nuts may be shelled, dusted with salt and served the same as salted almonds. Nuts may be added to cream vegetable soups. For instance, in preparing asparagus soup, the butter and flour may be omitted and peanut meal or pine nut butter added in its place.

Salsify, turnips or carrots may be combined with nuts. An inventive mind can create fifty palatable dishes from these hints.

CHAPTER XIII.

"Never give a sick man anything that would make a well man sick."

DESSERTS.

Desserts are to be used at the close of the meal.

While the author agrees with other hygienic writers that nuts and natural fruits make the best closure for a meal, still he does not wish to deny those who care and wish to enjoy a thoroughly hygienic pudding or pie. He remembers the pleasure they gave him, when a child, and since, upon a few occasions, and remembers looking them up and helping himself, when the inward promptings forced him, but true, upon a few occasions, without mother's knowledge. The after effects were slightly uncomfortable, i. e., when mother traced the loss to him, but never to such an extent as to make him cranky enough to wish to banish these foods. Therefore, the few hygienic recipes of pies and puddings are indispensable for those who still desire them. All can partake, moderately, of them and have this assurance, they will do you good. No dyspepsia food in them.

Ice-cream should never be taken with meals. It retards digestion from thirty minutes to one hour. If you wish it, eat it with light food for a lunch, or as a refreshment.

Iced drinks should never be served to a healthy person.

A WORD ABOUT PIES.

A pie is as wholesome as other cooked foods. Made properly, the author remembers with keen delight, some of the delicious fruit and custard pies his mother served. We all look back with deep reverence after leaving mother and acknowledge her unselfishness and personal sacrifices which were shown even in giving us an extra piece of pie. God bless our mothers! We hope the mothers of this generation will teach their daughters hygienic cooking, for this is the only method known that we can employ to free humanity from the terrible disease called dyspepsia. Reader! Do you know him? If so you want to cut his acquaintance at once. I made his acquaintance and felt pleased when able to cut loose from his grip, which, by the way, is tenacious; the world was then good enough to live in for one hundred years. The dyspeptic finds no real pleasure in life. I make these comments here because pie-eating is charged up as the great producer of dyspepsia. Eat them cool. A fruit pie, with crust made as directed, will not injure anyone and it will be a lasting remembrance to some child of the kindness of mother. Our pie's base is natural fruit; in the winter use dried fruit, stewed until soft. Canned fruit can be used for pies or puddings.

In preparing pies, no lard or butter is used. The up-to-date hygienic cook's crust is made of pure vegetable cooking oil. (See page describing Oils in this book.) Either two crusts can be used or one with a meringue.

Note carefully, the secret in mixing pastry, is, first, to have both the flour and mixing fluid cold; second, to put it together as lightly as possible; third, to do no kneading—only enough gentle pressure to hold the mixture together. In using cotton seed oil for shortening, good satisfaction is obtained, provided the cook does not use more of it than is needed, or does not burn or scorch it.

FLOUR RAISED WITH OIL.

Pie-crust.—The familiar example of this method is pie-crust, where a paste of water and flour is repeatedly rolled and spread with some fat oil until the paste is in paper-thick layers with the fat between. When baked, the air expands and separates the flour particles, a true lightness being the result.

So much oil must be employed to produce this result, however, that the use of this method will of course be limited to the construction of dessert dishes, of which not much is eaten at once.

A flour rich in starch is better for this purpose than a gluten flour.

PUDDINGS.

Where crumbs are used in these recipes good home made graham bread should be used.

Delicious Pudding.—Pare and core about twelve medium-sized, rather tart apples. Fill the centers with raisins or currants. Place them in a shallow pudding dish, add a little water, and bake until the apples are soft, but not broken. Remove from the oven and while the fruit is cooling prepare the custard as follows: Beat the yolks of three eggs, add one-half cup of sugar, then one quart of sweet milk and stir in two tablespoonfuls of sifted flour, then add the beaten whites and mix thoroughly. Pour this custard over the apples and place back in the oven, inside of a dripping pan containing a little boiling water. Bake slowly; it will take from twenty to thirty minutes. Serve without a dressing.

Bread and Fruit Pudding.—Scald two (scant) cups of stale bread crumbs, with three cups of sweet milk, and mix lightly. Take the yolks of two eggs, stir in two tablespoons of sugar and add the bread and milk, a little at a time. (Be sure the milk is sufficiently cooled, so as not to curdle the eggs.) Then stir in the well beaten whites and two cups of finely chopped, rather tart apples. Pour into a pudding dish, cover and place in the oven, inside of a shallow pan containing a little boiling water. Bake an hour and a quarter in a moderate oven. Serve lukewarm,

without dressing. Any kind of fruit may be added that is desired.

Apple Pudding.—Mix the yolks of three eggs with two tablespoonfuls of sugar, add two cups of sour cream, or milk, three grated or scraped apples, one tablespoon of fine corn meal, one teaspoonful of soda (dissolved in boiling water), and two cups of sifted white flour, and stir thoroughly. Then add the whites beaten to a stiff froth and mix thoroughly. Pour into a well oiled or buttered shallow pan, set in a dripping pan, containing boiling water, and place immediately in a very moderate oven. Bake from forty to fifty minutes. The pudding should be about two inches thick, when done, and delicately browned top and bottom. It is best eaten warm, and good without any sauce.

Fruit Pudding.—Wash, peel and trim the rhubarb. Split each stalk once or twice and cut into short bits (about three pints). Fill a pudding dish with alternate layers of crumbs (made from good home-made graham bread, rather stale), about three cups, and rhubarb, beginning with bread and ending with it. Each layer of rhubarb should be twice as thick as the crumbs, and sprinkle the sugar over it as you put it in. When the dish is full, pour the water over the whole and place it, well covered, in the oven, inside of a shallow pan of boiling water. Bake one-half hour slowly, then uncover and brown quickly.

Serve cold and with lemon sauce, if desired. Any fresh fruit may be used in place of rhubarb.

Excellent Pudding.—One quart of sweet apples, pared, cored and chopped fine. Take two quarts of milk and bring just to a boil, then slowly stir in one pint of coarse corn meal, beat thoroughly to remove lumps. When done should be about the consistency of good corn mush. Cook this mixture again until it comes to a boil, stirring from five to seven minutes. Remove from the fire and add one quart of cold milk. Stir in the apples, two-thirds cup of sugar, about one-half teacup of flour and beat well. Pour into a deep pudding dish, set in a pan of boiling water and bake slowly from three to four hours, stirring several times the first hour. Should be nicely browned on top when done. In the mixing, molasses or syrup may be used in place of sugar, but the pudding is less delicate when this is used. This pudding may be served without a sauce, but the juice of different fruits may be used as a sauce if desired.

Lemon Pudding.—Bring three cups of sweet milk to a boil, stir in two tablespoonfuls of cornstarch, wet with a little cold milk or water, boil five minutes, stirring constantly to prevent burning. Remove from the fire, take the yolks of three eggs, add one-half cup of sugar, the juice of two lemons, and mix thoroughly. When the cornstarch is almost cold stir in the eggs, etc., add the whites, beaten to a froth, last. Pour into

a pudding dish and set in a shallow pan containing boiling water and bake from twenty to thirty minutes, or until barely set. Serve warm or cold.

Lemon Meringue.—Soak two cups of dry bread crumbs one-half hour in three cups of sweet milk. Stir into the beaten yolks of three eggs the juice of one lemon and one-third cup of sugar, then add the bread and milk. Pour into a pudding dish and bake slowly from thirty to forty minutes in a shallow pan containing boiling water. When done cover with a meringue, made by beating together the whites of the eggs, one-third cup of sugar and the juice of one lemon. Place in oven and brown moderately. Oranges may be substituted for the lemons.

Plain Pudding.—Soak one pint of stale bread in one quart of sweet milk until soft. Do not stir. Beat the yolks of three eggs, stir into these one-third cup of sugar, then the bread and milk and the whites well whipped. Lightly stir together. Pour into a pudding dish and bake in a shallow pan of boiling water from twenty to thirty minutes, or until the pudding is barely firm in the center. If a little creamy it is all the better.

Queen of Puddings—Soak two heaping cups of bread crumbs, finely grated, in one quart of new milk, without stirring. Beat the yolks of three eggs, whip into these one-third cup of sugar and add the bread and milk, stirring as little as possible. Bake as in previous recipes, from thirty

to forty minutes. Remove from the oven, spread with a layer, not too thick, of ripe fruit, as strawberries, blackberries, etc. Cover immediately with a meringue, made by beating together the white of the eggs with one-third cup of sugar and the juice of one lemon. Return to the oven and brown slightly. Serve nearly cold, without a dressing, or with a little cream. In the winter this pudding may be made with raspberry jam, cranberry sauce, apple sauce, etc.

Cocoanut Pudding.—Pare off the outer part of one cocoanut and grate into one quart of new milk, put into a double boiler and place on the back of the stove where it will keep warm but not cook, stirring occasionally. After standing an hour or more heat the mixture slowly, but do not let it boil, and strain through a coarse cloth. Pour this over two cups dry, stale fine bread crumbs, add one-third cup of sugar, beaten with the yolks of three eggs, the milk of the cocoanut, if sweet, and mix thoroughly. Bake as in previous recipes, from thirty to forty minutes. Remove from the oven and spread with a meringue made by beating the whites of the eggs with one-third cup of sugar and adding the juice of one lemon. Serve cold—no dressing.

Berry Pudding.—Make a batter of two cups of sweet milk, the yolks of two eggs, two cups of sifted graham flour, stir in one teaspoonful of soda, dissolved in boiling water, and beat thoroughly. Add one quart of berries (any kind

desired), lightly dusted with flour, stirring lightly, so as not to break. Pour batter into a well oiled or buttered pudding dish, cover closely, leaving plenty of room to swell, and place in a steamer over a pot of boiling water; cook two hours. Do not open the steamer, but let the water boil fast.

Christmas Plum Pudding.—Make a batter of one cup stale bread crumbs, finely grated, two cups sour milk, or buttermilk, one cup sifted graham flour, one-half cup of white flour, one-quarter cup of butter, one half cup sugar and one teaspoonful of soda, dissolved in boiling water, mix thoroughly. Dredge one-third cup of currants and one-third cup of raisins in one-half cup of flour, and add also one-third cup chopped apples, one-third cup citron, shredded finely and mix all lightly together. Pour the pudding into a round tin basin, previously oiled or buttered, cover and place in a steamer. The water should boil constantly; do not lift the lid. It will require two and one-half hours to boil. Serve with lemon sauce. This is a simple plum pudding, the spices, “brown cherries” and brandies having been omitted as unnecessary and dangerous.

Graham Pudding.—Dredge with a little flour one cup of raisins, seeded and chopped, one-half cup of currants, washed and dried. Stir together one cup of sour milk, or cream, two cups of sifted graham flour, one-third cup of pure syrup, one

egg well beaten and two-third teaspoonful soda, dissolved in boiling water and beat well. When well mixed stir the fruit in lightly. Pour the batter into a well oiled or buttered dish, cover and set in a steamer and steam slowly for two and one-half hours. Serve with lemon sauce. If pure syrup cannot be had dissolve in a little boiling water about one-third cup of sugar. If sour milk cannot be procured use sweet cream or milk and two teaspoonfuls of cream of tartar in place of the soda.

Apple Tapioca Pudding.—Soak three-quarters cup of tapioca, after thoroughly washing, in a quart of cold water, set it back on the stove to warm a little, stirring once in a while. Two hours before using place it where it will get thoroughly hot, stir often and continue to heat until the tapioca is soft and clear. Place in the bottom of a pudding dish sufficient apples, pared and cored. Fill the centers with sugar, squeeze lemon juice into the latter, then pour the tapioca over them. Set the dish in a dripping pan with a little boiling water in it in a good oven and bake, covered, one hour, or until the apples are done. Serve with cream or fruit juice.

Lemon Tapioca Custard.—Treat the tapioca as in the previous recipe and make a custard. Stir a little of the tapioca in, then more, and finally turn altogether. Heat again to a boil, stirring all the time, and cook until the custard thickens. If desired, add a meringue.

Farina Pudding.—Heat three pints of sweet milk and when ready to boil stir in three tablespoonfuls of farina, very slowly. Cook ten minutes, or until the mixture thickens, stirring continuously. Beat the yolks of two eggs and one-third cup of sugar together, and when the mush is nearly cold stir them in. Add the whites well whipped and beat thoroughly. Pour into a well oiled or buttered dish and bake in a slow oven fifty minutes, or until the pudding is set.

Green Corn Pudding.—Select perfect ears, well filled, young and tender. Split the grains half their depth by drawing a sharp knife down the rows. With a dull knife scrape out the pulp by scraping from the large to the small end of the cob. (If you draw the knife in the other direction it tears out the grains, hulls and all.) Separate the yolks and whites of two eggs and beat thoroughly. Mix the corn, about three pints of pulp, with the eggs and beat hard. Then add one quart of sweet milk, a little at a time, beating well as you add it. When all is mixed, pour the batter into a well oiled or buttered pudding dish and put in a dripping pan of boiling water. Stir once from the bottom ten minutes after placing the dish in the oven. This pudding should be about two inches thick. The oven should be slow, the pudding baking from one hour to one hour and a half. It should be moderately brown on top when done. Serve warm.

Rice and Raisin Pudding.—Put one cup of rice, carefully washed, and one cup of raisins into one quart of water, add one and one-half pints of milk and set the dish on the back of the stove where it will heat slowly to a boil. Cook ten minutes and remove from the fire. Pour the pudding into a dish, add one and one-half pints more milk and place inside a pan of boiling water. Cover and bake in a slow oven two hours. Stir from the bottom once or twice, the first half hour. Serve without dressing, or with fruit stewed or canned.

SHELLS.

Shells of paste are made of one sheet each, rolled out in a circular form, and spread over the bottom, sides, and edges of buttered dishes or patty-pans, and baked empty; to be filled, when cool, with stewed fruit, (which for this purpose should be always cold,) or with sweetmeats. They should be made either of fine puff paste, or of the best plain paste, or of sweet paste. They are generally rolled out rather thick, and will require about half an hour to bake. The oven should be rather quick, and of equal heat throughout; if hotter in one part than in another, the paste will draw to one side, and be warped and disfigured. The shells should be baked of a light brown. When cool, they must be taken out of the dishes on which they are baked, and transferred to plates, and filled with the fruit.

Shells of puff paste will rise best if baked on flat patty-pans, or tin plates. When they are cool, pile the sweetmeats on them in a heap.

The thicker and higher the paste rises, and the more it flakes in layers or leaves, the finer it is considered.

Baking paste as empty shells, prevents it from being moist or clammy at the bottom.

Tarts are small shells with fruit in them.

PIES.

Pies may be made with any sort of paste. It is a fault to roll it out too thin; for if it has not sufficient substance, it will, when baked, be dry and tasteless. For a pie, divide the paste into two sheets; spread one of them over the bottom and sides of a deep dish well buttered. Next put in the fruit or other ingredients, (heaping it higher in the centre,) and then place the other sheet of paste on the top as a lid or cover; pressing the edges closely down, and afterwards crimping or notching them with a sharp small knife.

In making pies of juicy fruit, it is well to put on the centre of the under crust a common tea-cup, laying the fruit around it and over it. The juice will collect under the cup, and not be liable to run from between the edges. There should be plenty of sugar strewed among the fruit as you put it in to the pie.

Preserves should never be put into covered pies. The proper way is to lay them in baked shells.

All pies are best the day they are baked. If kept twenty-four hours the paste falls and becomes comparatively hard, heavy, and unwholesome. If the fruit is not ripe, it should be stewed with sugar, and then allowed to get cold before it is put into the pie. If put in warm it will make the paste heavy. With fruit pies always have a sugar dish on the table, in case they should not be found sweet enough.

STANDING PIES.

Take a half pound of butter or oil and put into a sauce-pan with three quarters of a pint of water; cover it, and set it on hot coals. Have ready in a pan two pounuds of sifted flour; make a hole in the mddle of it, pour in the melted butter as soon as it boils, and then with a spoon gradually mix in the flour. When it is well mixed, knead it with your hands into a stiff dough. Sprinkle your paste board with flour, lay the dough upon it, and continue to knead it with your hands till it no longer sticks to them, and is quite light. Then let it stand an hour to cool. Cut off pieces for the bottom and top; roll them out thick, and roll out a long piece for the sides or walls of the pie, which you must fix on the bottom so as to stand up all round; cement them together with white of egg, pinching and closing them firmly.

Then put in the ingredients of your pie, lay on the lid or top crust, pinching the edges closely together. You may ornament the sides and top with leaves or flowers of paste, shaped with a tin cutter, and notch or scollop the edges handsomely. Before you set it in the oven glaze it all over with the white of egg. Bake sufficiently. These pies are always eaten cold, and in winter will keep two or three weeks, if the air is carefully excluded from them; and they may be carried to considerable distance.

A PYRAMID OF TARTS.

Roll out a sufficient quantity of the best puff paste, or sugar paste; and with oval or circular cutters, cut it out into seven or eight pieces of different sizes; stamping the middle of each with the cutter you intend to using for the next. Bake them all separately, and when they are cool, pace them on a dish in a pyramid, (gradually diminishing in size,) the largest piece at the bottom, and the smallest at the top. Take various preserved fruits, and lay some of the largest on the lower piece of paste; on the next pace fruit that is rather smaller; and so on till you finish at the top with the smallest sweet-meats you have. The upper one may be not so large as a half-dollar, containing only a single raspberry or strawberry.

Notch all the edges handsomely. You may

ornament the top or pinnacle of the pyramid with a sprig of orange blossom or myrtle.

RHUBARB TARTS.

Take the young green stalks of the rhubarb plant, or spring fruit as it is called in England; and having peeled off the thin skin, cut the stalks into small pieces about an inch long, and put them into a sauce-pan with plenty of brown sugar, and its own juice. Cover it, and let it stew slowly till it is soft enough to mash to a marmalade. Then set it away to cool. Have ready some fresh baked shells; fill them with the stewed rhubarb, and grate white sugar over the top.

For covered pies, cut the rhubarb very small; mix a great deal of sugar with it, and put it in raw. Bake the pies about three quarters of an hour.

FIGS.

The figs of commerce, if properly washed before packing, are an excellent corrective for constipated conditions, but plain dried figs stewed are still better.

DATES.

Dates, raisins and rhubarb stewed together make a very palatable sauce. A date paste made by beating stoned dates and ground cinnamon stick together is excellent to use as confectionery,

as it cleanses the mouth and makes the gums and teeth healthy.

AMBROSIA.

Made of sliced oranges, white grapes cut in half and seeded, and stoned dates sprinkled with powdered sugar and shredded cocoanut.

When cooking acid fruits if a small pinch of carbonate of soda be added less sugar will be needed and the flavor will be greatly improved.

CHAPTER XIV.

"In what manner does the law of Nature enjoin sobriety?"

"By its powerful influence over our health. The man of sobriety digests his food with comfort; he is not oppressed by the weight of his aliment; his ideas are clear and easily expressed; he performs every function well; he attends with diligence to his business; he grows old free from sickness; he does not throw his money away in remedies for disorders; he enjoys with gay good humor the things which fortune or prudence have procured for him. Thus does generous Nature make a thousand rewards flow from a single virtue."

DRINKS FOR HEALTH.

Direct from the heart of Mother Earth fresh, sparkling, cool and sweet, gushes the water,—man's best and most natural drink.

Every time we stoop to take from Mother Earth her bountiful offering, we drink for health and happiness. We must take sufficient quantity to wash out our tissues daily. No other fluid can meet nature's requirements equal to pure water.

The nature of water makes it possible to penetrate into every cell of the body—washing out, strengthening, stimulating. It purifies the

blood stream and carries off the waste materials.

There are a few other beverages which can be used, and a knowledge of these may prove useful to the reader.

DRINKS.

Skim milk and buttermilk are good drinks and better than sweet milk, when used continuously for a drink; because sweet milk contains more fat than most people can digest, when used continuously, with a liberal diet of other food.

FRUIT DRINKS.

Fruit juices can be easily made and a tablespoon added to a fresh tumbler of water makes a refreshing drink. Lemonade is one of the most popular drinks to satisfy thirst and reduce fevers.

LIME FRUIT DRINK.

Lime juice, if pure, makes a wholesome and very refreshing drink. The weaker the solution the better it tastes. A dessert spoonful to a tumbler is usually enough.

RICE WATER.

In a bright tin pan or porcelain vessel, boil some rice in fresh pure water. Add lemon juice and sugar to taste. Be careful not to get it too thick.

BARLEY WATER.

Stew some pearl barley in water, add lemon or sugar to taste and serve when cold, or flavor

with sugar and milk and serve hot. This drink is very nutritious.

APPLE TEA.

Cut up two large apples and boil them in a pint of water until cooked. Strain and sugar to taste. Serve hot or cold.

MILK.

Milk is a perfect food. By this we mean that it contains the necessary elements to sustain life and build and repair tissues. Milk, however, is not a typical food for adults. It does not need mastication and teeth are given us for this purpose.

Milk should not be used as a beverage. If drank, milk should be sipped slowly or rolled or turned about in the mouth, to aid digestion. It is best cool but not iced.

TO STERILIZE MILK QUICKLY.

Into perfectly clean bottles, pour fresh milk. Stop them with cotton plugs. Place in a strainer or sterilizer and steam continuously for an hour and a half. To make sure that the milk is sterile, it may be put aside one night and sterilized for one hour the second day.

PASTEURIZED MILK.

Fill clean bottles with fresh milk, stop with cotton plugs. Place in water at the temperature of 155° Fahr. Slowly increase to 165° Fahr.,

and keep it there for thirty minutes. Do not let heat rise over 165° Fahr. This milk will not keep indefinitely but is much better for infant feeding than sterilized milk.

COFFEE.

The malt and cereal coffees are preferable to all other kinds. They are nutritious, economical and harmless, and can be served safely with each meal.

Barley, wheat and rye, in equal parts, roasted together, make one of the best of cereal coffees and is far superior to those put up in packages and sold under fanciful names. This will produce a cup of coffee equal to the best of coffee. Should be boiled fifteen minutes.

DRINKS AT MEALS.

A warm drink at meals is better than a cold one, especially in winter or at any time when we are tired; and the drinking of ice water cannot be too strongly condemned, lowering as it does the temperature of the stomach and so delaying digestion. To furnish warm drinks for each meal, acceptable to the palate, cheap and harmless, is no easy question. Soups once adopted as a part of two meals in the day, as is so frequently seen in Europe, and the problem is half solved; indeed some of the drinks here given are really thin vegetable soups or porridges to which the flavor of salt or of sugar may be given according to taste.

Coffee.—It may be concluded, after comparing authors on the subject, that although coffee somewhat retards digestion and acts as a stimulant to the nervous system, still one or even two cups of moderately strong coffee a day will not harm a healthy person. We may say, therefore, that its use to this extent is a question for each person to determine. (We advocate grain coffees only.)

Java and Mocha coffee in equal parts are considered the best mixture. Rio is much cheaper, and of strong pure flavor. The amount to be used for moderately strong coffee is one tablespoon (ground) to a cup.

Chicory is considered here only as an adulterant, whereas in Europe a very little of it, say one-half teaspoon of the prepared chicory to the cup of ground coffee, is used to improve the flavor.

Next to the quality of the coffee, it is of importance that it should be freshly ground and browned. If you buy it browned, reheat it first before grinding. The easiest and most economical way of making is to grind it very fine and put it into a bag made of woven stuff, a white stocking top will do; leave room to swell. Heat this in your coffee pot as hot as you can without burning. Pour on boiling water and keep it hot and close-covered for 15 or 20 minutes.

Boiling coffee increases its strength, but does not improve its flavor.

Tea.—All authors agree as to the harmfulness of strong tea, taken to excess.

Take great pains in making tea. Use an earthen teapot, and have a tea cozy or a large flannel cloth to wrap it in.

The water used should be between hard and soft, extracting the aroma but not the stringency; in China, river water is used. If hard water must be used, remember that boiling increases its hardness and that it should be used as soon as it reaches the boiling point.

Take one teaspoonful of tea to a cup, put it in the teapot and heat in an oven till hot, pour on one cup of water that has just come to a boil, and cover with the tea cozy. Let it stand five minutes, and then fill with the requisite quantity of hot water and serve immediately.

Cocoa and chocolate.—These both contain a good deal of nourishment, and as drinks are considered rather heavy. As the various kinds differ very much from each other, they are best prepared according to the recipes found on the packages.

Cambric Tea.—Milk, except for children, can hardly be looked upon as a drink, but diluted with hot water, and sweetened, it has already been christened for the children as “cambric tea,” and it is no bad drink for their elders.

Gruels.—A very thin gruel, slightly sweetened, is a good drink.

Oatmeal gruel.—Into a quart of boiling water stir two tablespoons oatmeal; boil for an hour or longer, strain through a coarse sieve or colander, add a pinch of salt, and a little milk and sugar.

Rice gruel.—Wet one tablespoon rice flour in a little cold milk, put into one quart boiling water, salt slightly and boil till transparent. Flavor with a little lemon peel and sugar.

Cornmeal gruel.—One quart boiling water, three tablespoons cornmeal washed in several waters, one-half teaspoon salt; add one-half cup milk and a little sugar;—a pinch of ginger is an improvement.

Barley gruel.—Soak pearl or ground barley all night or a few hours in cold water, put into boiling water and cook until very soft. Season like the others.

Sago and Tapioca gruel.—Can be made in the same way.

All these drinks must be thin and not too highly seasoned.

Corn coffee.—Brown common field corn as you would coffee, as brown as you can without burning. Grind coarsely and steep like coffee. Add milk and sugar, and you will find it a delicious drink.

Irish moss lemonade.—Wash a handful of Irish moss in five waters, pour over it two quarts boiling water and let it stand till cold. Strain, adding more water if necessary and add

the juice of two lemons and sweeten with lump sugar which you have rubbed on the lemons to obtain the oil in the skin.

Soda cream.—One pound of sugar, one ounce tartaric acid dissolved in a pint of hot water. When cold flavor with lemon zest or extract, and add the beaten white of an egg. When used, add two tablespoons of it to a glass of water in which you have dissolved one quarter teaspoon soda.

Apple water.—Slice juicy sour apples into boiling water and keep warm an hour. Strain and sweeten. All these drinks taste better cooled (but not too cold) with ice.

Cider.—Sweet cider can be bottled for use and makes a delicious drink. Boil and skim till it is clear—no longer; pour hot into bottles, and seal.

CHAPTER XV.

“God never created sickness, suffering and disease. They are man’s own creation. They come through his violating the law under which he lives. But so used are we to seeing them that we come gradually, if not to think of them as natural, then to look upon them as a matter of course. ‘The tongue of the wise is health.’”

THE ANIMAL PRODUCTS ALLOWED
ARE EGGS, CHEESE, MILK,
BUTTER AND FISH.

EGGS.

The importance of eggs is to be estimated from various points of view; their food value is great, their digestibility when fresh is almost perfect, and they can be cooked in so many ways and are a necessary ingredient of so many dishes, that the cook could ill spare them. Indeed, in all countries, their consumption seems to be limited only by their price.

Freshness.—After the first twenty-four hours an egg steadily deteriorates. Physicians say, “never give to an invalid an egg that is more than two or three days old.”

Eggs Compared with Meats as a Food.—To get an idea of the comparative value of eggs as a food let us compare them with medium fat beef.

	Water, Percent.	Proteids, Percent.	Fat, Percent.
Medium fat beef has	72.5	21.	5.5
Eggs have	74.5	12.5	12.

Take eggs at their cheapest, as in April when they often sell at fifteen cents a dozen, that would be 12½ cents a pound, ten eggs of average size weighing a pound. They could then be considered cheaper than other foods.

There are methods in use for preserving eggs fresh, on the principle of excluding air by sealing up the pores of the shell, but none of them are without risk and they cannot be recommended to one who must economize closely. It is better to go without eggs as nearly as possible in winter.

Raw Eggs.—Eggs are as digestible raw as cooked, and one easily comes to like the taste of a fresh raw egg beaten to a foam and mixed with a little milk or water and sugar flavored with a little nutmeg or jelly.

Soft Boiled Eggs.—To soft boil an egg its temperature should not be raised above 170°. The white will then be a jelly-like, digestible substance, but if exposed to a higher temperature, the white becomes horny while the yolk remains uncooked or becomes pasty. There are two methods of boiling an egg properly, which may be adopted according to convenience.

1st. Allow one quart of boiling water to four eggs. Use a pail or jar (heated before the water is put in) and wrap around with a flannel cloth. The eggs will be done in six minutes, but are not harmed by ten.

2nd. Put the eggs into cold water and bring slowly to a boil. They are done when the water begins to boil.

Hard Boiled Eggs.—to boil an egg hard, it is no more necessary to expose it to a high degree of heat than in the case of the soft boiled; the heat must simply be much longer continued, twenty minutes to a half hour. The egg will then be solid but not horny as when cooked in boiling water.

A great many attractive dishes can be made of cold boiled eggs.

Scrambled, Poached, Omelet, and Baked Eggs.—These are but different modes of cooking eggs soft or solid. The taste will be more delicate and they will be more digestible if in these cases also only the low degree of heat above mentioned be applied—more time being given them than is usually allowed.

EGG DISHES.

These dishes under many names and in many forms are composed of eggs and vegetables or some preparation of the grains, while numberless additions and flavors are used to give variety and make the dish tempting to the eye and palate.

Eggs so prepared have their full nutritive value; not so in rich puddings and cakes, where they are mixed with more sugar and fat than the system can take up in any quantity.

The following are a few recipes that have not been included under other heads. Many others will be found under the Cooking of the Grains.

Bread Omelet.—One cup of hard bread partly softened in hot water and milk, or in cold water (in which case press in a cloth and crumble), add one-half of a chopped onion, one tablespoon chopped parsley, one egg, salt and pepper. Heat in the frying pan or square baking pan, some bits of butter, and pour in the omlet. Cover and bake five minutes, then uncover and brown. Or it may be cooked slowly on top of the stove. Cut in pieces and serve plain or with a gravy.

Egged Bread.—Bread, fresh or stale, is cut in long strips, or in squares or rounds with a cake cutter. Let them soak till soft but not broken, in one pint of salted milk into which two eggs have been beaten. Bake a nice brown or fry on a griddle in half cottonseed oil and half butter. (May be made with one egg.)

Potato Omelet.—Fry a small onion, sliced, in a teaspoonful of butter, fill the pan with two cups of cold sliced potatoes, salt and pepper them, and pour over them two beaten eggs. Bake slowly till it is just solid and turn out carefully on a plat-

ter. *Or*, one cup potatoes and one cup bread crumbs may be used.

Rice Omelet.—One cup cold boiled rice, two teaspoons milk, one egg, one-half teaspoon salt. Mix and pour into a pan in which a tablespoon of butter has been heated. Fry and double over when done. *Or*, it may be baked like potato omelet.

Flour Omelet.—One egg, one cup milk, two tablespoons flour, pinch of salt, add the beaten white of the egg last.

(This is the "Yorkshire Pudding," which is baked in a buttered pan, cut into squares and serve.

Tomato Omelet.—Three eggs, one cup flour (scant), one tablespoon fine herbs, salt and cayenne pepper, one tablespoon sugar, juice of two large tomatoes and one cup warm milk. Bake in a buttered pan.

As has been remarked in another part of this book, an egg is best taken directly from the shell in its raw condition. But eggs can be prepared in many different ways. If they are fresh, soft boiled or poached. If boiled hard, they should be boiled at least twenty minutes to make them mellow and tender. To steep an egg, pour boiling hot water over the egg, cover and let stand seven to ten minutes.

CHEESE.

Cheese (Its Food Value).—In America, cheese is regarded more as a luxury than as a staple

article of food, and yet one pound of cheese is equal in food value to more than two pounds of other foods of this order, it being very rich in both fat and proteids. Considering this, its price is very low and it ought to be a treasure to the poor man and do good service in replacing meat.

Use of Cheese Abroad.—Its food value is fully recognized abroad. For the Swiss peasant it is a staple second only to bread, while the use of it in Italy and in Germany is extensive. A traveler once spent several weeks in the house of a larger farmer on the slope of Mt. Pilatus in Switzerland, and observed daily the food given to the harvesters; the luncheon sent twice a day to the fields consisted of a quarter section of the grayish skim cheese, accompanied with bread. He was told that the poor people in the region ate scarcely any meat, using cheese in its stead.

Many writers have observed the use of cheese in Germany. Every locality has its special variety of the soft kind made of sour milk, and great amounts of the Swiss, both skim and full milk, cheese are consumed. It is generally eaten uncooked, but also as an addition to cooked food in a great variety of dishes.

Digestibility.—There is no doubt of the food value of cheese, but there does seem to be some question as to its digestibility. When we come to inquire into this point, we find that thorough experiments have been made by German scien-

tists; Dr. Rebner, a pupil of Voit, gives the result of experiments on himself. He found that he could not consume much of it alone, but with milk he took easily 200 grams, or nearly one-half pound, and only when he took as high as 517 grams or over a pound daily, was it less completely digested than meat. Professor Konig says, that in the amounts in which it is generally eaten, 125 to 250 grams daily (one-quarter to one-half pound), it is as well digested as meat or eggs. The extensive use of it abroad would seem to be some guarantee for the digestibility of the foreign varieties at least.

American cheeses have in general a sharper flavor than the foreign, still it is probable that well mixed with other food, enough could be taken many a time, to give a man his needed daily quantity of animal proteid,—between six and seven ounces,—and this is a matter of great importance from an economical point of view.

Cheese.—Cheese is the curd of milk separated and pressed. It is not our object to discuss the making or keeping of cheese. Here we will deal with cheese as a food value.

Cheese is nitrogenous or proteid matter. It builds tissues and muscles. It must be taken in small quantities because it is concentrated food.

Cottage Cheese.—Pour four quarts of boiling water into four quarts of thick, sour milk; let it stand for a moment; put into a bag and let

drain over night. When ready to serve, beat well, add salt and cream.

There are a great many different varieties of chese. Each person must choose for himself that which is best adapted to his taste.

CHEESE DISHES.

Almost any cheese will give a good result in these dishes. Crumbly cream cheese is richer in taste and has also been shown to be more quickly digested. Skim cheeses are as nutritious except in fat, and in some dishes, as in "Fondamin," give a better result. Grate old cheeses, chop new and soft ones.

Grated Cheese.—Grate old cheese and serve with bread and butter. It is also a good addition to mashed potato, to flour porridges, to oatmeal and to wheat flour porridges, to rice, sago, tapioca and indeed to any starchy foods; it should be stirred in while these are quite hot.

Cooked Cheese With Bread.—The basis of these dishes is toasted bread (white or graham) arranged on a platter, and enough salted water poured on to soften it.

1. Grate enough old cheese to cover the toast prepared as above. Set in the oven to melt, and put the slices together as sandwiches. This is the simplest form of "Welsh Rarebit."

2. One-half pound of cheese, one tablespoon butter or oil and one cup milk. Stir still smooth

over a gentle fire or in a water bath and spread over the toast.

3. One-quarter pound cheese, one tablespoon butter, two egg yolks, one-half teaspoon mustard, a pinch of cayenne pepper. Stir to smooth paste, spread on the toast and set in a hot oven for four minutes.

4. To each person allow one egg, one tablespoon grated cheese, one-half teaspoon butter or one tablespoon milk, a little salt and pepper (cayenne best.) Cook like custard in a pail set in a kettle of hot water, stirring till smooth, it may then be used on toast or poured out on a platter. It may also be steamed five minutes in little cups, or baked very slowly for ten minutes.

5. Slices of bread lightly buttered, three eggs, one and one-half cups milk, one teaspoon salt, one cup grated cheese. Soak the bread in the milk and egg till soft but not broken. Lay the pieces in a pan, cover with the cheese and bake or steam.

Fondamin, or Fondue.—This is a famous foreign dish, and although it may seem to have a good many ingredients. it is really not much trouble to make.

One-fourth pound of grated cheese (skim better than cream), add to one gill of milk, in which is as much bicarbonate of potash as will lie on a three-cent piece, one-fourth teaspoon mustard, one half saltspoon white pepper, a few

grains of cayenne, one ounce butter, a grating of nutmeg and two tablespoons baked flour. Heat carefully till the cheese is dissolved. Add three beaten eggs and stir till smooth. This mixture should be baked separately for each person in patty pans or paper cases and eaten immediately. All cheese dishes should be served very hot.

MILK.

Milk is sometimes called the one perfect food, containing all the constituents in their right proportions. This is true only for the requirements of a baby, but it remains for any age a valuable food when rightly supplemented.

Milk contains on the average 3.31 per cent. proteids, 3.66 per cent. fat, 4.9 per cent. carbohydrates, 87.41 per cent. water, and .70 per cent. salts.

The housewife, if she wishes to use milk with economy, will not in cooking use it *as such*, but with due regard to the different values of the cream and the skim parts. In cities skim milk is sold for about one-half the price of full milk, and is well worth it if pure, but it is too often mixed with water.

Boiling Milk.—As soon as milk comes into the house it should be boiled, as it is a notorious carrier of disease germs which only in this way can be killed. Use an earthenware pitcher and let the milk remain standing in the same after cooking. The next day remove the cream for the

morning's coffee, and use the skim part during the day for cooking, with or without the addition of a little butter.

Keeping Milk.—To keep milk sweet in warm weather is a serious question to the housekeeper who has no cellar or refrigerator. It is of first importance that the vessels used to contain it should be scrupulously clean. Boiling, as above mentioned, and cooling it rapidly afterwards, will keep it sweet for twenty-four hours, unless the weather is very warm, and the time may be further extended by keeping the milk pitcher set in a dish of cold water. A quarter of a teaspoonful of baking soda to a quart of milk, added while it is still sweet, may be used in case of necessity but this is not to be commended for common use.

Canning Milk.—A method that the writer has employed is this: simply canning the milk as one would can fruit. Fill glass jars and screw down the lids, then place them in a steamer over cold water; heat the water gradually and steam the jars for an hour, then tighten the tops. I have never kept milk so treated for more than a week, but see no reason why it should not keep much longer.

Sour Milk.—However, if you find yourself with sour milk on your hands, do not throw it away, it has many uses. Buttermilk is also very valuable to the housewife; it can be kept a long time in good condition for mixing doughs by

covering with water, which must, however, be often changed for fresh.

USES FOR SOUR MILK AND BUTTERMILK.

Bonny Clabber.—Put skim milk into a glass dish or into tea cups and set away until it becomes solid. Then eat with sugar and powdered cinnamon sprinkled over it.

Cottage Cheese.—Set thick sour milk where it will heat gradually till the curd separates, then pour into a bag and let it drip till dry. Salt well, and add a little cream or milk and melted butter.

Buttermilk.—As a drink. For this it should be very fresh.

Both buttermilk and sour milk can be used.

1st. In making soda biscuit dough.

2d. In pancakes of all kinds.

3d. In corn bread.

4th. In some kinds of cake, as in gingerbread, cookies and doughnuts, where they are by many cooks preferred to sweet milk; and in almost any kind of cake sour milk may be substituted for sweet, remembering always to use only half the quantity of cream of tartar called for in the recipe.

FISH.

Fish.—From the standpoint of the economist fish is worthy of especial mention; nature does the feeding, we have only to pay for the catching.

In the season when it is best and cheapest, fresh fish can be used freely until we come to realize that a strict vegetable diet is best. We have only to remind the housewife that she loses one-third to one-fourth of the weight of a fish in bones and head.

Salted and Smoked Fish.—Salted and smoked fish is of great importance as food, and not alone for people living on the sea coast. Salted cod contains, according to Konig's tables, 30 per cent. of proteids, and this fact, together with its low price, fully justifies its popularity with all economical people.

Other salted and preserved fish, as for instance the herring, give variety in the diet of many a poor family.

Fish belongs to the nitrogenous foods. Stale fish are always to be avoided. Fish kept in cold storage as well as those frozen are dangerous. Fresh fish in season are the only ones to be used.

Fish can be baked, boiled, fried or stewed. Baked fish are the best.

FRESH FISH.

The varieties of fresh fish are numberless, and to cook and serve them in perfection requires careful study from the cook. The subject must here be treated very briefly.

Fresh fish may be cooked in any of the ways applicable to meat; the length of time being

much shorter, and care being required on account of the delicacy of the fibre. This makes broiling somewhat difficult. Small fish are perhaps best egged and bread crumbed and fried in hot fat.

Fish Chowder.—This dish deserves especial mention because of its cheapness and good flavor. It may be made of any fresh fish.

Fill a pudding dish with the fish cut in pieces, seasoning each layer with salt and pepper, and bits of butter; put over it a potato crust or a soda biscuit crust, and bake. Bread crumbs or sliced potatoes may be mixed with the fish, and more seasoning used.

Fish Soups.—Fresh fish can also be made into soups, and the cheaper kinds should be more used for this purpose.

Codfish Soup.—Cook one tablespoon of flour in one tablespoon of oil. Add one and one-half quarts milk, or milk and water, and when it boils stir in one teacup of cold boiled codfish that has been freed from skin and bones and then chopped fine or rubbed through a sieve. Add salt and pepper to taste.

Bullhead or Catfish Soup.—An excellent soup can be made of this cheap fish.

Clean and cut up two or three pounds and boil an hour in two quarts water with an onion and a piece of celery or any herbs (it must be well seasoned.) Then add one cup of milk and a piece of butter or oil.

BAKED FISH.

This recipe will answer for all sorts of fish you wish.

Make a stuffing of one-half pint of bread crumbs, one tablespoonful nut butter, a dash of salt. Fill in the fish and sew the head down firmly. Dust the fish with bread crumbs, baste it over with olive oil or clarified cotton oil, put one-half cup of water in the pan, and bake in a quick oven about one hour. Baste frequently. Serve carefully, and garnish with parsley and lemon.

SALT FISH.

Salt Cod.—This is one of the cheap foods that seems to be thoroughly appreciated among us, and good ways of cooking it are generally understood.

It must be freshened by laying it in water over night; put into cold water and bring gradually to a boil; set the kettle back where it will keep hot for half an hour, separate the flakes and serve with a milk sauce.

Fish Balls.—This favorite dish is prepared by adding to codfish, boiled as above and finely shredded, a like quantity of mashed potato. Make into balls and fry on a griddle or in boiling fat.

Any other fish can be used in the same way.

TO BOIL FRESH SALMON.

Scale and clean the fish, handling it as little as possible, and cutting it open no more than is

absolutely necessary. Place it on the strainer of a large fish kettle, and fill it up with cold water. Throw in a handful of salt. Let it boil slowly. The length of time depends on the size and weight of the fish. You may allow a quarter of an hour to each pound; but experience alone can determine the exact time. It must however be thoroughly done, as nothing is more disgusting than fish that is undercooked. You may try it with a fork. Skim it well or the color will be bad.

The minute it is completely boiled lift up the strainer and rest it across the top of the kettle, that the fish may drain, and then, if you cannot send it to table immediately, cover it with a soft napkin or flannel several folds double, to keep it firm by absorbing the moisture.

Send it to the table on a hot dish. Garnish with scraped horseradish and curled parsley. Have ready a small tureen of lobster sauce to accompany the salmon.

Take what is left of it after dinner and put it into a deep dish with a close cover. Having saved some of the water in which the fish was boiled, take a quart of it, and season it with half an ounce dash of pepper, and half an ounce of whole allspice, juice of lemon and a teaspoonful of salt. Boil it; and when cold, pour it over the fish, and cover it closely again. In a cold place, and set on ice, it will keep a day or two, and may be eaten at breakfast or supper.

If much of the salmon has been left you must proportion a larger quantity of the pickle.

Boil salmon trout in a similar manner.

TO BAKE FRESH SALMON WHOLE.

Having cleaned a small or moderate sized salmon, season it with salt, pepper, and powdered mace rubbed on it both outside and in. Skewer it with the tail turned round and put to the mouth. Lay it on a stand or trivet in a deep dish or pan, and stick it over with bits of butter rolled in flour. Put it into the oven and baste it occasionally, while baking, with its own drippings.

Garnish it with horseradish and sprigs of curled parsley, laid alternately round the edge of the dish; and send to table with it a small tureen of lobster sauce.

Salmon trout may be dressed in the same manner.

SALMON BAKED IN SLICES.

Take out the bone and cut the flesh into slices. Season them with cayenne and salt. Melt two ounces of butter or oil that has been rolled in flour, in a half pint of water, and mix with it two large glasses of unfermented grape juice and two tablespoons of tomatoes. This allowance is for a small quantity of salmon. For a large dish you must proportion the ingredients accordingly. Tie a sheet of buttered or oiled paper over the dish and put it into the oven.

You may bake trout or carp in the same manner.

SALMON STEAKS.

Split the salmon and take out the bone as nicely as possible, without mangling the flesh. Then cut it into fillets or steaks about an inch thick. Dry them lightly in a cloth, and dredge them with flour. Take care not to squeeze or press them. Have ready some clear bright coals, such as are fit for beefsteaks. Let the gridiron be clean and bright, and rub the bars with chalk to prevent the fish from sticking. Broil the slices thoroughly, turning them with steak tongs. Send them to table hot, wrapped in the folds of a napkin that has been heated. Serve up with them anchovy, or prawn, or lobster sauce.

Many epicures consider this the best way of cooking salmon.

Another way, perhaps still nicer, is to take some pieces of white paper and butter or oil them well. Wrap in each a slice of salmon, securing the paper around them with a string or pins. Lay them on a gridiron, and broil them over a clear but moderate fire, till thoroughly done. Take off the paper, and send the cutlets to table hot, garnished with fried parsley.

Serve up with them prawn or lobster sauce in a boat.

SMOKED SALMON.

Cut the fish up the back; clean, and scale it,

and take out the roe, but do not wash it. Take the bone neatly out. Rub it well inside and out with a mixture of salt and fine Havana sugar, in equal quantities, and a small portion of saltpetre. Cover the fish with a board on which weights are placed to press it down, and let it lie thus for two days and two nights. Drain it from the salt, wipe it dry, stretch it open, and fasten it so with pieces of stick. Then hang it up and smoke it over a wood fire. It will be smoked sufficiently in five or six days.

When you wish to eat it, cut off slices, soak them awhile in lukewarm water, and broil them for breakfast.

TO BOIL HALIBUT.

Halibut is seldom cooked whole; a piece weighing from four to six pounds being generally thought sufficient. Score deeply the skin of the back, and when you put it into the kettle lay it on the strainer with the back undermost. Cover it with cold water and throw in a handful of salt. Do not let it come to a boil too fast. Skim it carefully, and when it has boiled hard a few minutes, hang the kettle higher, or diminish the fire under it, so as to let it simmer for about twenty-five or thirty minutes. Then drain it, and send it to table, garnished with alternate heaps of grated horseradish and curled parsley, and accompanied by a boat of egg sauce.

What is left of the halibut you may prepare for the supper table by mincing it when cold and seasoning it with a dressing of salt, cayenne, sweet oil, hard boiled yolk of egg, and lemon juice.

HALIBUT CUTLETS.

Cut your halibut into steaks or cutlets about an inch thick. Wipe them with a dry cloth, and season them with salt and cayenne pepper. Have ready a pan of yolk of egg well beaten, and a large flat dish of grated bread crumbs.

Put some oil into a frying pan, and hold it over a clear fire till it boils. Dip your cutlets into the beaten egg, and then put into the bread crumbs. Fry them of a light brown. Serve them up hot, with the gravy in the bottom of the dish.

Salmon or any large fish may be fried in the same manner.

Halibut cutlets are very fine cut quite thin and fried in the best sweet oil, omitting the egg and bread crumbs.

TO BROIL MACKEREL.

Mackerel cannot be eaten in perfection except at the seaside, where it can be had immediately out of the water. It loses its flavor in a very few hours, and spoils sooner than any other fish. Broiling is the best way of cooking it.

Clean two fine fresh mackerel, and wipe them dry with a cloth. Split them open and rub them with salt. Spread some very bright coals on the

hearth, and set the gridiron over them well oiled. Lay on the mackerel, and broil them very nicely, taking care not to let them burn. When one side is quite done, turn them on the other. Lay them on a hot dish, and butter them before they go to table. Garnish them with lumps or parts of minced parsley mixed with butter and salt.

BOILED MACKEREL.

Clean the mackerel well and let them lie a short time in salt and water. Then put them into the fish kettle with cold water and a handful of salt. Boil them slowly. If small, they will be sufficiently cooked in twenty minutes. When the eye starts and the tail splits they are done. Take them up immediately on finding them boiled enough. If they stand any time in the water they will break.

Serve them up with parsley sauce, and garnish the dish with lumps of minced parsley.

For boiling, choose those that have soft roes.

Another way is to put them in cold salt and water and let them warm gradually for an hour. Then give them one hard boil, and they will be done.

TO BOIL SALT CODFISH.

The day previous to that on which it is to be eaten take the fish about four o'clock in the afternoon, and put it into a kettle of cold water.

Then place it within the kitchen fireplace, so as to keep it blood-warm. Next morning at ten, take out the fish, scrup it clean with a hard brush, and put it into a kettle of fresh cold water, into which a jill of molasses has been stirred. The molasses will be found an improvement. Place the kettle again near the fire, until about twenty minutes before dinner. Then hang it over the fire, and boil it hard a quarter of an hour, or a little more.

When done, drain it, and cut it into large pieces. Wrap them closely in a fine napkin and send them to table on a large dish, garnished round the edge with hard boiled eggs, either cut in half, or in circular slices, yolks and whites together. Have ready in a small tureen, egg sauce made with drawn butter, thickened with hard boiled eggs chopped fine. Place on one side of the fish a dish of mashed potatoes, on the other a dish of boiled parsnips.

The most usual way of preparing salt cod for eating when it comes to table, is (after picking out all the bones) to mince it fine on your plate, and mix it with mashed potato, parsnip, and egg-sauce, seasoning it to your taste with salt. What is left may be prepared for breakfast next morning. It should be put into a skillet or spider, which must be well buttered or oiled inside, and set over hot coals to warm and brown. Or it may be made up into small cakes and fried.

You may add to the mixture onions boiled and chopped.

TO BOIL FRESH COD.

Having washed and cleaned the fish, leave out the roe and liver ; rub some salt on the inside, and if the weather is very cold you may keep it till next day. Put sufficient water in the fish-kettle to cover the fish very well, and add to the water a large handful of salt. As soon as the salt is entirely melted put in the fish. A very small codfish will be done in about twenty minutes, (after the water has boiled ;) a large one will take half an hour, or more. Garnish with the roe and liver fried, or with scraped horseradish. Send it to table with oyster sauce in a boat.

ANOTHER WAY OF BOILING FRESH COD.

Put the fish into cold water with a handful of salt, and let it slowly and gradually warm for three hours if the cod is large, and two hours if it is small. Then increase the fire, and boil it hard for a few minutes only.

BAKED SHAD.

Keep on the head and fins. Make a force-meat or stuffing of grated bread crumbs, cold boiled vegetable, sweet marjoram, dash of pepper, salt, and a little powdered mace or cloves. Moisten it with beaten yolk of egg. Stuff the inside of the fish with it, reserving a little to

rub over the outside, having first rubbed the fish all over with yolk of egg.

LOBSTER SOUP.

Have ready a good broth made from vegetables or nuts. Strain thoroughly.

Having boiled three fine middlesized lobsters, extract all the flesh from the body and claws. Bruise part of the coral in a mortar, and also an equal quantity of the flesh. Mix them well together. Add mace, nutmeg, cayenne, and a little grated lemon peel; and make them up into force-meat balls, binding the mixture with the yolk of an egg slightly beaten.

Take three quarts of the vegetable broth, and put into it the flesh of the lobsters cut into mouthfuls. Boil it together about twenty minutes. Then thicken it with the remaining coral (which you must first rub through a sieve), and add the force-meat balls, and a little butter or oil rolled in flour. Simmer it gently for ten minutes, but do not let it come to a boil, as that will injure the color. Pour it into a tureen, and send it to table immediately.

OYSTER SOUP.

To two quarts of oysters add a pint of water, and let them set an hour. Then take them out of the liquor. Grate and roll fine a dozen crackers. Put them into the liquor with a large lump of fresh butter. When the grated crackers have quite dissolved, add a quart of milk with a

grated nutmeg, and a dozen blades of mace; and, if in season, a head of celery split fine and cut into small pieces. Season it to your taste with pepper.

Mix the whole together, and set it in a closely covered vessel over a slow fire. When it comes to a boil, put in the oysters; and when it comes to a boil again, they will be sufficiently done.

Before you send it to table put into the tureen some toasted bread cut into small squares, omitting the crust.

PLAIN OYSTER SOUP.

Take two quarts of large oysters. Strain their liquor into a soup pan; season it with a teaspoonful of whole pepper, a teaspoonful of whole allspice, the same quantity of whole cloves, and seven or eight blades of mace. If the oysters are fresh, add a large teaspoonful of salt; if they are salt oysters, none is requisite. Set the pan on hot coals, and boil it slowly (skimming it when necessary) till you find that it is sufficiently flavored with the taste of the spice. In the mean time (having cut out the hard part) chop the oysters fine, and season them with a powdered nutmeg. Take the liquor from the fire and strain out the spice from it. Then return it to the soup pan, and put the chopped oysters into it, with whatever liquid may have continued about them. Add a quarter of a pound of butter, divided into little bits and rolled in flour. Cover

the pan, and let it boil hard about five minutes. If oysters are cooked too much they become tough and tasteless.

CLAM SOUP.

Having put your clams into a pot of boiling water to make them open easily, take them from the shells, carefully saving the liquor. To the liquor of a quart of opened clams allow three quarts of water. Mix the water with the liquor of the clams and put it into a large pot. When it has simmered slowly for four hours, put in a large bunch of sweet herbs, a beaten nutmeg, a teaspoonful of mace, and a tablespoonful of whole pepper, but no salt, as the salt of the clam liquor will be sufficient. Stew it slowly an hour longer, and then strain it. When you have returned the liquor to the pot, add a quarter of a pound of butter divided into four and each bit rolled in flour. Then put in the clams, (having cut them in pieces), and let it boil fifteen minutes. Send it to table with toasted bread in it cut into dice.

This soup will be greatly improved by the addition of small force balls. Make them of cold minced vegetables mixed with a small quantity of butter or oil and sweet marjoram, and a smaller proportion of hard boiled egg, grated lemon peel, and powdered nutmeg. Pound all the ingredients together in a mortar, adding a little salt and pepper. Break in a raw

egg or two (in proportion to the quantity) to bind the whole together and prevent it from crumbling to pieces. Then thoroughly mixed, make the force-meat into small balls, and let them boil ten minutes in the soup, shortly before you send it to table.

It will be a great improvement to cut up a yam and boil it in the soup.

Oyster soup may be made in this manner.

PLAIN CLAM SOUP.

Take a hundred clams, well washed, and put them into a large pot of boiling water. This will cause the shells to open. As they open take them out, and extract the clams, taking care to save the liquor. Mix with the liquor a quart of water, (or what will be much better, a quart of milk), and thicken it with butter rolled in flour. Add a large bunch of parsley tied up, and a large tablespoonful of whole pepper. Put the liquid into a pot over a moderate fire. Make some little round dumplings (about the size of a hickory nut) of flour and oil or butter, and put them into the soup. When it comes to a boil, put in the clams, and keep them boiling an hour. Take them out before you send the soup to table.

When the soup is done, take out the bunch of parsley. Have ready some toasted bread cut into small squares or dice. Put it into the soup before you send it to table.

You may make oyster soup in a similar manner.

WATER SOUCHY.

Cut up four flounders, or half a dozen perch, two onions, and a bunch of parsley. Put them into three quarts of water, and boil them till the fish go entirely to pieces, and dissolve in the water. Then strain the liquor through a sieve, and put it into a kettle or stew pan. Have ready a few more fish with the heads, tails and fins removed, and the brown skin taken off. Cut little notches in them, and lay them for a short time in very cold water. Then put them into the stew pan with the liquor or soup stock of the first fish. Season with pepper, salt and mace, and add a two tablespoonfuls of vinegar. Boil it gently for a quarter of an hour, and skim it well.

Provide some parsley roots, cut into slices and boiled till very tender; and also a quantity of parsley leaves boiled nice and green. After the fish pan has boiled moderately fifteen minutes take it off the fire and put in the parsley roots.

Take out the fish and lay them in a broad deep dish, or in a tureen, and then pour on the soup very gently for fear of breaking them. Strew the green parsley leaves over the top. Have ready plates of bread and butter, which it is customary to eat with water souchy.

Water souchy (commonly pronounced *sookev*) is Dutch soup. It may be made of any sort of

small fish; but flounders and perch are generally used for it. It is very good made of carp.

FISH.

REMARKS.

In choosing fresh fish, select only those that are thick and firm, with bright scales and stiff fins; the gills a very lively red, and the eyes full and prominent. In the summer, as soon as they are brought home, clean them, and put them in ice till you are ready to cook them; and even then do not attempt to keep a fresh fish till next day. Mackerel cannot be cooked too soon, as they spoil more readily than any other fish.

Oysters in the shell may be kept from a week to a fortnight, by the following process: Cover them with water, and wash them clean with a birch broom. Then lay them with the deep or concave part of the shell undermost, and sprinkle each of them well with salt and Indian meal. Fill up the tub with cold water. Repeat this every day, first pouring off the liquid of the day before.

The tub must stand all the time in a cool cellar, and be covered well with an old blanket, carpeting, or something of the sort.

If carefully attended to, oysters kept in this manner will not only live but fatten.

It is customary to eat fish only at the commencement of the dinner. Fish and soup are generally served up alone, before any of the other

dishes appear, and with no vegetable but potatoes; it being considered a solecism in good taste to accompany them with any of the other productions of the garden except a little horseradish, parsley, etc., as garnishing.

In England, and at the most fashionable tables in America, bread only is eaten with fish. To this rule salt cod is an exception.

CHAPTER XVI.

"We must call the highest prudence to counsel and ask why health and beauty and genius should now be the exception rather than the rule of human nature. We have ignorantly violated law upon law until we stand amidst ruins. Beauty should be the dowry of every man and woman, as invariably as sensation, but it is rare. Health or sound organization should be universal."

FATS AND OILS.

The fifth food principle, Fats, stands between the two great nutrients, Proteids on the one hand and Carbohydrates on the other, and we find that we can indulge in considerable latitude as to its use. When we wish to get our food in a more condensed form, we can use fats freely in connection with proteids and lessen the amount of carbohydrates. In army dietaries the amount of fat is largely increased for marching, and for great exertion the quantity becomes three times that allowed in garrison life.

On the other hand, fat when coupled with enough carbohydrate food can replace some of the proteid, and often does so in the food of hardy and economical people.

Diet of Bavarian Woodchopper.—The Bavarian woodchopper is enabled by his splendid digestion to arrange his diet in the following way: he takes little proteid from the animal kingdom, but in order to get enough of it from vegetable products, he must, as we know, take in an immense quantity of the starch associated with it, and to this he adds a great quantity of fat. Von Liebig says that such a man takes on the average

Proteids	Fats	Carbohydrates
112 gms.	309 gms.	691 gms.

We see, therefore, that we can have a sliding scale for fat; that while we should not go below two ounces a day, we may, in case we lower one or both of the other two great constituents, go up to eight or nine ounces.

Importance of Fat Not Realized.—People belonging to the well to-do classes, unless they have given special study to the subject, seldom realize the importance of fat in our economy. Fat means to them fat meat, suet, lard and the like, and the much eating of these is considered proof of a gross appetite; they do not consider how much fat they can take in vegetable oil, in eggs, in milk, in nuts, in grains like maize, etc., in the seasoning of their varied dishes. Animal fat being unnatural to man's diet, it should never be eaten if vegetable fats can be procured. We find in very fat mutton, we can eat twice as much fat as proteid without knowing it.

Indeed, a well fed man of the upper classes may have more fat in his daily diet than has the freshly arrived Mecklenburg laborer who spreads a quarter inch layer of lard on his bread. The latter cannot take his fat in unsuspected forms; he craves this principle with his unscientific vegetable diet, and must take it as he can get it in any form.

Now let us understand that where economy is to be considered, this question of fat does not take care of itself as it does for the rich man. The economical housewife wants to avoid sickness, therefore she should always keep in mind that she must furnish her family enough fat, and furnish it in natural form if possible.

Digestibility of Fat.—It is consoling to the economist to know that little of this food principle will be wasted in the body. Fat is more completely absorbed, according to the testimony of the experimenters, than any other kind of food.

We want to say a few words as to the character of different animal and vegetable fats, and then we are done with this subject.

All the fats consumed by us, without exception, are composed of three bodies called neutral fats, mixed together in varying proportions. These three bodies are "olein," "palmatin" (margarin), and "stearin," and the chief difference between them is that they melt at different temperatures; the more olein a fat has, the more

easily it melts, and the less it has, the more it is like tallow. In vegetable oils, we find in addition to these, small quantities of what are called "fatty acids," etc., and in butter we have beside the three common fats, a small per cent of four scarcer ones.

Fats Compared.—Practically, therefore, all fats are supposed to be alike chemically and when absorbed they are supposed to do the same work in the body, their varying flavors and their colors having nothing to do with this has been past teaching.

However, their flavor, their appearance and the ease with which they melt in the mouth and in the digestive tract have much to do with our estimation of them as foods.

As to the comparative digestibility of these fats, it is generally admitted that those which melt at a low temperature, like butter and vegetable oils, are most readily taken up by the system, it is thought that we could digest beeswax if it would melt in the stomach. Still, although butter stands in common estimation as the most digestible, as it is the most palatable of the animal fats, the stomach finds no trouble in disposing of reasonable amounts of any fats used in the household. (Vegetable fats are always digestible.)

Artificial Butter.—The fact that all fats are so similar in composition, and that, if once digested, they are supposed to do the same service in the

body, first led scientists to try to make out of the cheaper fats a substitute for butter. It was Napoleon III. who set the chemist Mege-Mourier at work to discover an artificial butter for use in the army. This chemist added butter color and flavors made in the laboratory, to olein and margarin extracted from beef suet, and mixed with this a little real butter, and so successful was the result, that the making of artificial butter has become a great industry. This butter is often better than cow's butter.

Therefore, since some cannot bring themselves to use oleomargarine we must do the best we can in these kitchen laboratories of ours to make other fats than butter acceptable to the taste.

The vegetable oils fill the place perfectly; in fact, they are far better for general consumption than animal fats, which should be discarded as food.

Butter Tried Out.—Whatever butter you use in cooking until you learn the right use of vegetable oil should be *cooked* butter, which may be prepared when butter is cheap, and put away for winter use. So prepared it will keep as long as lard.

A second quality of butter may be used for this, or that which is beginning to be rancid; if already so, add one quarter teaspoonful soda to each pound, but such butter when tried out will not keep as long as that made from sweet butter. In

trying out butter great care must be taken not to burn it. Put it in a large iron kettle and cook it down very slowly until you no longer hear the sound of boiling; it will then begin to froth and rise and this is a sure sign that the process is completed. Set the kettle back to cool a few moments, then skim and pour off the butter from the dregs into jars. Keep in a cool place and closely covered. In any recipe use one quarter less than of fresh butter. Oil being preferable to either recipe use it.

SAUCES FOR VEGETABLES.

The economical and busy housewife says she has no time nor money for sauces, but the fact is she cannot afford to do without them.

OILS AND THEIR USES.

There are vegetable oils now sold which but for past prejudices would now be used instead of animal fats. They are far superior for all purposes.

Pure, clarified cottonseed oil is a fine oil with a delicate flavor; *Rapeseed Oil*, which is used extensively abroad for this purpose, is also a pure vegetable oil, but somewhat rank in flavor. It is treated thus: A raw potato is cut up and put into the kettle, heating with the oil and cooking till it is brown, it is then taken out and the oil used like lard. The potato has absorbed the rank flavor.

Olive oil can be used for all cooking purposes, but it is expensive, therefore its use is generally limited to the preparations of salads and its use upon the table. This oil can be used instead of butter. It is easy to digest and more economical than butter.

Caution.—Genuine olive oil comes to this country from Italy, branded and under seal, authorized by the government, it can be bought from the Italian supply stores in tin cans with the seal intact. Most of the individual brands placed upon the market that are bottled and labeled “olive oil,” are nothing but imitations, and very poor ones at that. If we could have universal laws to punish these offenders olive oil would be universally used to the great advantage of the human family.

All vegetables must have some fat to season them and to use butter in every case is extravagant and gives no variety, while a cheaper fat if made into a sauce with flour and water, can be flavored in a dozen ways.

DRAWN BUTTER OR OIL SAUCES.

Drawn butter, which is the foundation of most of the sauces, is thus made: (Oil may be substituted to advantage in these sauces.)

Plain.—A heaping tablespoon of butter is put into a saucepan; when it boils, one heaping tablespoon flour is added and stirred as it cooks. To this add gradually one pint of water, one tea-

spoon salt and one-quarter teaspoon of pepper. If you wish to unite economy and good flavor use one-half tablespoon of cottonseed oil in making the sauce, and add one-half tablespoon butter, cut in little pieces, just before serving.

Milk sauce is the same, made with milk instead of water.

In brown sauce, the butter and flour are stirred till they brown, then make as above.

Any number of sauces can be made from these three by adding different flavors; chopped pickles and a tablespoon vinegar are added to No. 1 when it is to be used on fish; or mustard for mustard sauce.

The addition of eggs, raw or cooked, makes another variety.

Milk Gravies.—With the help of milk we can make a gravy as in “milk sauce,” seasoning with salt and pepper and perhaps some powdered herb.

Children like all these gravies, if nicely made and flavored, to eat on bread as well as on vegetables.

VEGETABLE SAUCES.

A few cheap sauces for some vegetables and as a relish alone deserve special mention.

Tomato Sauce.—Boil one pint fresh or canned tomatoes with a little onion, salt, and herb flavoring until quite thick, then strain and add one tea-

spoonful of flour cooked in a teaspoonful of butter or oil.

Fruit Sauce.—Any sour fruit, as apples or plums, makes an excellent sauce.

CHAPTER XVII.

“Full, rich, and abounding health is the normal condition of life. Anything else is an abnormal condition, and abnormal conditions, as a rule, come through perversions.”

COOKERY FOR THE SICK.

It is comparatively easy for your family to live on a small income while all its members are in good health, but you will find your resources all too slender when you must cater for the appetite of an invalid without you understand the food question.

At best, sickness is always a severe drain on the limited income, but here, as in every other department of your work, you will find that good sense and ingenuity will often stand you in stead for money

During a severe illness the food as much as the medicine is under the care of the physician, but when the danger is over and he has left you with only general directions, you will be more than likely in your bewilderment to take the advice of the first neighbor that drops in, although you may know that neither her judgment nor experience is as good as your own.

Now consider first, what did the doctor mean by saying that the patient must be “built up,” and how is the wasted frame to get back the

fat and muscle that were burned away in the sickness? Chiefly, as you know, by the digestion of food, the proteids and fats and carbohydrates that we have been talking about, and still another, a real food although so often forgotten, the oxygen of the air.

We have said that we need not concern ourselves about this food, that it would take care of itself; and so it will when we are in a state of health and living as human beings should, for as we walk or work we are fed by the air without knowing it. But the case is quite different with a poor invalid shut up in a sick room, we must bring the fresh air to him with as much care and regularity as we do his foods.

When we are considering what we shall feed our invalid, we cannot do better than keep to our old classification of Air, Water, Inorganic Salts, Sunshine, Proteids, Fats, and Carbohydrates. He must have all these principles but in the most digestible form, for the stomach is feeble like the rest of the body. For this reason the proteids must be furnished mainly from the animal kingdom, butter and cream must supply the fat, and the carbohydrates must bring with them as little as possible of the tough cellulose, and they must be so cooked as to be easily digested.

First, as to Proteids.

Hot milk, given often in small quantities, is much used in the early stages of recovery and

is generally better liked if accompanied by a bit of toasted bread or made into a thin gruel.

Eggs are an important item in the diet of an invalid; being very nutritious and, if fresh, easily digested; do not use them at all if uncertain of their age.

Eggs may be given raw, soft boiled, or poached in hot water. An egg may be served in many ways and makes always a pretty and attractive dish. In cooking, it should never be submitted to a high temperature, as that makes the white part horny and indigestible.

A custard made from an egg and a cup of milk and a half table spoon of sugar may be given in a cosvalence with fruit.

These custards should be made in a pail set in a kettle of boiling water, the custard being stirred until it begins to thicken.

As to fats, the system needs them, of course. Animal fats should only be used, as butter or better still, cream. The vegetable oils are better if relished. The butter must never be melted and soaked into the food, nor made into sauce.

As to the vegetable part of the diet, much care must be used. In the form of gruel or porridge, it is generally very welcome and gives the fluid part of the meal in a good form. Milk may take the place of water. Fruit juices can be added if desired.

Toast is with good reason considered invalids' food, for the process of toasting turns part

of the starch of the bread into dextrine which is digested with great ease. Grains may be also browned or roasted. Roast rice as you would coffee, cook as usual and eat with a little cream. Remember that bread for toast must be cut thin and first dried out at a little distance from the fire, then brought nearer and browned. You may then serve it as dry toast lightly buttered, or in addition to the butter and a little salt, pour hot water or milk on it just before serving.

Panada of toasted brown bread, white bread or crackers, is made by piling the pieces in a bowl, having sprinkled either salt or sugar over, and then pouring over enough boiling water to soak them well. It should be kept hot for an hour or more, the pieces then lifted out carefully on a hot saucer and served with a little cream and perhaps more salt or sugar. Nutmeg may be added.

Rice is also a very valuable food for use in sickness, as it does not tax the most delicate digestion.

Macaroni is easily digested and of high food value. It should be boiled in salted water till tender and served with a little butter or cream. Or it may be added to a custard and lightly baked.

Barley, thoroughly cooked, is good food for an invalid. Oatmeal must be used with caution until the digestion becomes stronger.

As to vegetables proper, a mealy baked potato is perhaps the first to be introduced into the bill of fare; remove the inside, mash fine and season with a little salt and cream. Beware of potatoes cooked in any other way.

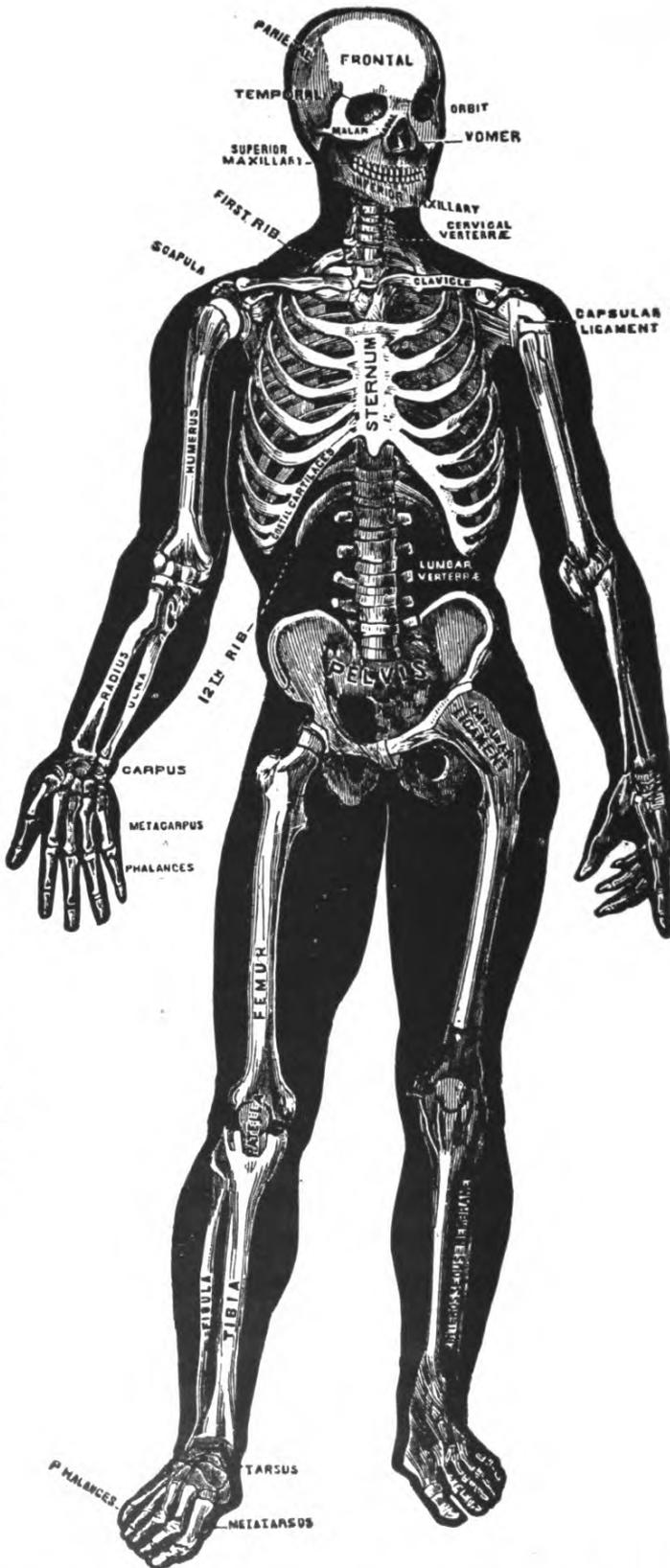
The juice of fruits may be used early as a flavor in drinks, but the pulp must be discarded. A baked apple is safest to begin with, when the time comes to introduce fruit as such into the diet.

As to serving, use the best china, silver and linen that you have in the house and let exquisite neatness never fail.

Remember that surprises are delightful to a sick person; never let the bill of fare be known before hand, and if you can disguise a well know dish, so much the better. Beaten white of egg is a good fairy and serves you cheaply. Snowy white or made golden brown in the oven, it may top many a dish, concealing at one time a custard, at another a cup of delicate apple sauce.

The process of cooking, if simple, an invalid loves to watch and the sight is often a whet to the appetite. Bring his gruel to him in the form of much and thin it before his eyes with milk or cream, coddle his egg in a stone ware bowl while he eats another course, and by all means make his tea at the bed-side.

X-ray picture of the human skeleton. Each bone named.



To keep this frame erect and elastic through life, **THE LIFE PRINCIPLE** must be taken into the system with each meal.

CHAPTER XVIII.

Q.—“By what means does Nature prohibit gluttony?”

A.—“By the numerous evils attached to it. The glutton, oppressed by his aliment, digests with pain and difficulty; his head, disturbed by the fumes arising during bad digestion, is incapable of receiving neat and clear ideas; he gives himself up with fury to the inordinate movements of luxury and anger, which destroys his health; his body becomes fat, heavy and unfit for labor; he passes through painful and expensive fits of sickness; he rarely lives to old age, and his later part of life is marked by infirmity and disgust.”—Volney.

DEAR SISTERS—

I believe our tables should be as neat as possible in arrangement—that is cleanliness of dishes, linen, silverware, etc.

Decorate with flowers, if possible. Work up a Sunday smile for each meal; this will become contagious and hearty laughter will become general. All will eventually participate in this healthy exercise, which is better than all the pepsin or other so-called digestants the doctors prescribe. Music is enjoyable to all. A music box or graphophone can be placed in every

home. They will pay for themselves in a short time and many of the doctors and undertakers will have to look for other employment if the above hints are adopted, and happiness and contentment will reign supreme. You will agree with me that our happiness depends upon our putting the doctor and undertaker out of business. Eat natural food; remember to have some food every meal that contains the life principle, and our families will be well and happy, enjoying long life.

Yours for One Hundred Years of Health and Happiness.

A TWENTIETH CENTURY WOMAN.

I have enjoyed preparing hygienic meals, therefore accepted the author's invitation, with pleasure, to give you as nearly as possible a sample of the week's serving, in my own home, of highly nutritious food. I always keep the life principle in foods uppermost in my mind when preparing food.

Let me call your attention to the fact that that peanut butter is preferable to cow's butter and should be served with each meal. Malt coffee, or coffee from grain, roasted and ground, is better than any of the products upon the market. Malt coffee costs five cents per pound. If you roast your own grain coffee from rye, wheat or barley the cost will be two to three cents per pound. You can serve with each meal.

I use olive oil for dressings and vegetable oil for cooking, which is cheaper and better than hog's fat and such preparations, which must be eliminated from our foods, if we wish health. Hog foods produce hoggish people always. No exceptions to this rule.

SUNDAY—BREAKFAST.

Fruit, whole wheat, egg omelet, lettuce salad, baked potato, coffee, whole wheat bread, quince marmalade.

DINNER.

Celery soup, boiled trout, brown bread, raw sweet potato salad, baked squash, raw carrots, cold cabbage slaw, rice pudding, lemonade.

SUPPER.

Whole wheat muffins, boiled rice, mashed strained sweet potato, stewed onions, celery, eggs, figs, cocoa.

MONDAY—BREAKFAST.

Sliced peaches, boiled whole wheat. (This is the best breakfast food known.) Soft boiled or poached eggs, creamed potatoes, sliced tomatoes, or some other uncooked vegetables as prepared under recipe for uncooked vegetables; Graham gems.

DINNER.

Tomato soup, escalloped potatoes, baked white fish, creamed peas, egg plant, mashed turnips, celery, lettuce, tapioca pudding, nuts.

SUPPER.

Baked bananas, whole wheat bread, rice croquettes, baked sweet potatoes, raws eggs, whipped up or poached; sliced cucumbers, cabbage slaw, cocoa, stuffed dates.

TUESDAY—BREAKFAST.

Whole wheat, boiled; stewed apples, broiled halibut, steamed potatoes, boiled beets, with lemon juice; gluten bread, sliced bananas, cream, coffee, nuts.

DINNER.

Barley soup, boiled parsnips, celery, oysters, Lima beass, lettuce salad, browned sweet potatoes, creamed turnips, cranberry sauce, brown bread, lemon custard.

SUPPER.

Whole wheat gems, stuffed prunes, celery sandwich with rye bread, stewed apricots, blanched almonds, milk.

WEDNESDAY—BREAKFAST.

Fruits, steamed apples, oatmeal, boiled potato, scrambled eggs, lettuce, cucumber salad, bread, bread, coffee.

DINNER.

Asparagus soup, panned oysters, potatoes boiled in jackets, cream cauliflower, spinach, boiled string beans, artichokes boiled, whole wheat bread, sago pudding, walnuts.

SUPPER.

Steamed rice with raisins, celery, baked beans, creamed potatoes, boiled onions, fig sandwiches with gluten bread, apple sauce with graham gems.

THURSDAY—BREAKFAST.

Fruits, whole wheat gems, stewed apricots, peanut butter sandwich, cheese muff, dates with cream, coffee, melons.

DINNER.

Creamed bean soup, boiled sweet potato, lentil cutlets, creamed parsnips, lettuce salad, sliced tomatoes and cucumbers, brown bread, squash, floating island dessert, creamed walnuts.

SUPPER.

Rice muffins, stewed prunes, rye bread, baked cheese omelet, cabbage slaw, tomatoes, beets, dates with cream, coffee.

FRIDAY—BREAKFAST.

Melons, boiled hominy, stewed peaches, boiled chestnuts, corn muffins, stewed crab apples, coffee, preserved strawberries.

DINNER.

Vegetable soup, mashed potatoes, creamed asparagus, corn on cob, sliced tomatoes, brown bread, mashed parsnips, baked kidney beans, rice with grated cheese, custard pudding.

SUPPER.

Baked beans, cabbage salad, gluten bread,

blanched almonds, walnut sandwich, celery, stewed mushrooms, baked apples.

SATURDAY—BREAKFAST.

Corn muffins, stewed rhubarb, sliced oranges with dates and cream, coffee, boiled hominy, apple sauce.

DINNER.

Green pea soup, steamed potatoes, vegetable marrow, baked shad, stewed artichokes, creamed carrots, celery, baked onions, creamed succotash, tapioca pudding with pineapple sauce, rye bread, chestnut sauce.

SUPPER.

Barley muffins with honey, rolled fig sandwich with celery, brown bread, stuffed dates, prune dessert, baked chestnuts, cocoa.

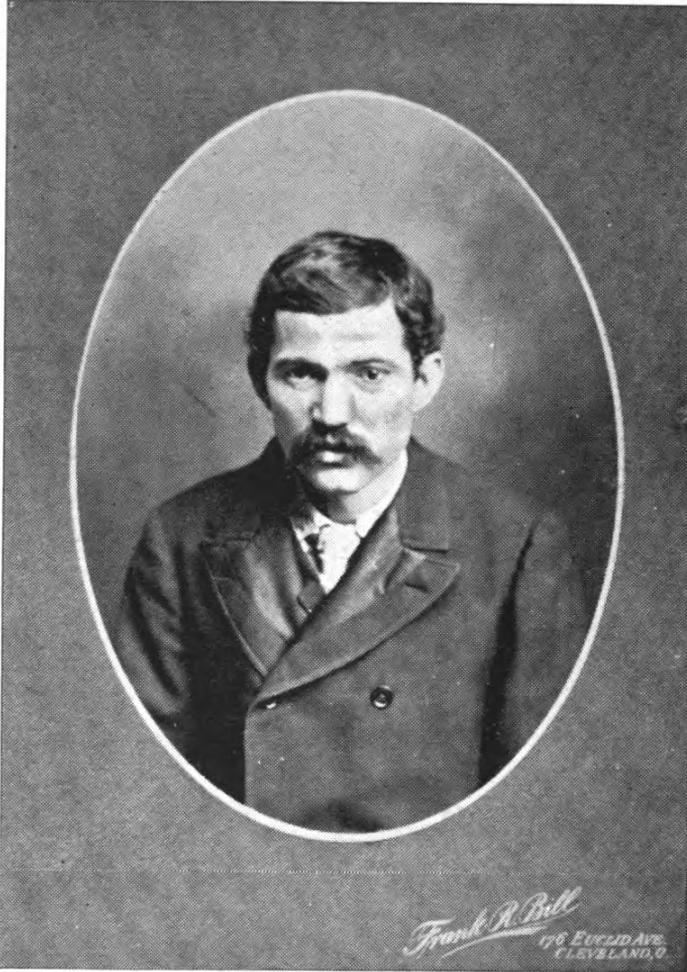


Photo No. 1.

Suggestion given of return of the disease which he suffered from three weeks before this picture was taken. He had been in this condition for six months, and given up as incurable by eight physicians who decided he must be placed in the insane asylum the rest of his life.

Suggested from condition shown in Photo No. 2.

Showing clearly the effect of mind over matter.

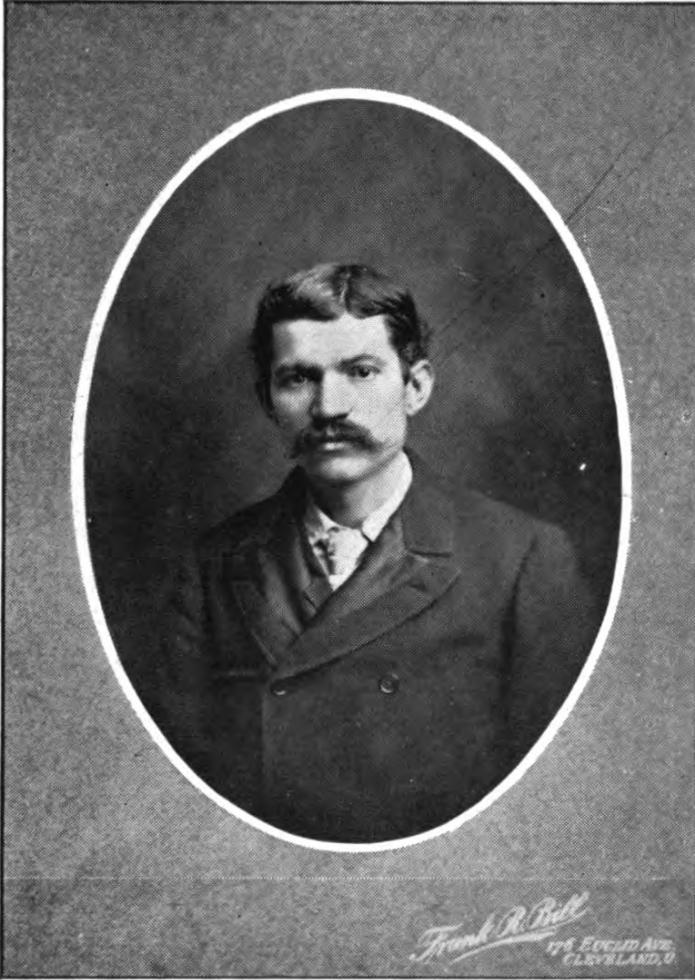


Photo No. 2.

Suggestion given that health had returned, two minutes after Photo No. 1 was taken. He resumed his usual occupation the eighth week after taking suggestive treatment. He was placed entirely upon grain, vegetable, fruit and nut foods.

Showing clearly the effect of mind over matter.

CHAPTER XIX.

“If we desire one thing, and expect another, we are houses divided against themselves. Determine resolutely to expect only what you desire, and then you will attract only what you desire.”

“Every thing is infectious in this world, good or bad. If your body be in a certain state of tension it will be liable to produce the same tension in others. If you are strong and healthy those that live near you will be liable to become strong and healthy; but if you are sick and weak those around you will be liable to become the same. This vibration will be, as it were, conveyed to another body. Indeed, in the case of one man trying to heal another, the first idea is simply transferring his own health to the other. This is the primitive sort of healing. Consciously, or unconsciously, health can be transmitted. The very strong man, living with the very weak man, will make him a little stronger, whether he knows it or not. When consciously done it becomes quicker and better in its action.”
—Virekanada.

THE POWER OF MIND OVER MATTER.

I hear you ask, how will this interest us, who are looking for health and happiness, through proper living.

Answer—Because it would be impossible to regain health without our own mind controlling the functions of the body. The effect of mind acting upon the functions of the body can make us sick quickly. Granting this to be true, then the rule will work in the opposite direction, i. e. when the mind thoroughly understands the laws of health, it will direct the person to take proper nourishment. live up to the laws of health, and he will soon become perfectly well.

Perverted, or diseased, minds are produced in 99 per cent of all cases through in-nutrition or starvation, due to eating foods that do not contain the life-principle. This principle is found in uncooked food. We cannot afford to eat a meal without food that will reproduce itself. Only such food sustains life. Most of the foods we eat are bulk foods.

Perfect harmony cannot exist between the mind and body without the body is appropriately nourished.

All persons sometime in their life ask themselves this question: "Is life worth living?" And they generally reply in the negative.

I am positive that every one who eats life-giving food will possess a healthy mind, hence will answer, "life is worth living."

The sum total of all that goes to make life worth living may be expressed in one word, contentment. Perfect health always produces a contented mind—no exception to this statement.

As is aptly remarked. A contented mind is a perpetual feast."

Worldly possessions, intellectual attainments, brilliant achievements, social position, yea, the grateful homage and hearty plaudits of the world, count for naught, if there be not a contented mind. Since it requires a healthy body to have a healthy mind, it is fair to conclude that we must return to nature when unhealthy, and again respect her laws. Then we will regain perfect health.

If a healthy mind has such a powerful influence in moulding mental conditions, it follows that the estimate of human life is necessarily gauged by the measure of health each person possesses.

"The greatest study of mankind is man;" and that which distinguishes man from the lower animals is mind. It is mind, not matter, that makes the man. And what is mind?

It is not my purpose to attempt any disquisition on mental science, for it is immaterial to our purpose to know what it is. It is with its outward manifestations, that we are most deeply interested at this time.

If, however, we may be permitted the simile, we may say that mind is not unlike electricity, in that we know it better by its phenomena and functions, than from any definite knowledge of its intrinsic nature. Each is a powerful force in nature, the one intellectual, the other physical, and yet we know perhaps as little about them,

beyond what we see them do, as does the savage, of the elements of nature that surround him.

“Man, know thyself,” is as pregnant with food for thought as when first it was uttered.

By common acceptance, at least, the word “mind” has come to signify that attribute in man which not only takes cognizance of outward things, through the medium of the special senses, but evolves thought, purpose and ideas as well. In short, the mind possesses the power both of perception and conception and yet mind does not fully comprehend itself.

You ask, what is mind? Answer.—It is beyond description. No one can give an appropriate definition.

So far as the average physician has to deal with the mind, he should learn that a healthy mind can exist only in a healthy body, and that there are many physical disturbances that find expression in a disturbed mind.

Langour, grief, shock, the friction of our environment and diverse diseased states, all exert an influence in determining the mental status.

The mind seems so intimately associated with the body, and especially the central nervous system, that a study of mental perversion brings us at once to the ascertaining the cause of those conditions that affect the integrity of the brain.

When the future shall loan us a little more of wisdom, and we learn to know a little more of the compact between the mind and the body,

methinks 'twill be found that about all the conditions of the body that affect the mental condition may be arranged in two classes; first, those which affect the circulation in the brain, which may be but temporary, or more lasting and involving nutrition and structural integrity; and second, the various toxines or poisons, including those taken in, also those already formed in the body.

How logical this dual classification really is may be quite problematical when we stop to ponder that the cause of an impaired circulation may be a poison or a poisonous germ.

Among the more conspicuous disturbances of the circulation resulting in mental perversions, may be cited ephemeral fever with which the child may be "out of its head," the eruptive fevers, inflammatory fevers, congestion, effusion and hemorrhage of the brain, the condition of faint, sun stroke, exhaustive hemorrhages and copious fluxes, states denoting anaemia.

Among the poisonous conditions affecting mental equilibrium may be mentioned typhus and typhoid fever, kidney disease, septicemia or blood poisoning, and many others.

While a volume of no inconsiderable size might be written in an exhaustive consideration of mental perversions growing out of this array of provocative conditions, it is unnecessary. Through proper living you can avoid them. Food containing the life-principle found in a

vegetarian diet soon relieves these conditions and performs a cure.

“One swallow does not make a summer,” but many repetitions constitute a rule, and the causes we are considering are certainly so common that the physician of discerning mind must have learned to associate cause and effect, although the *modus operandi* by which results are brought about be not understood.

A truth is a truth, and none the less valuable because we can not explain all its phenomena.

When we have become awakened to the fact that we can always have a sound mind and body if we eat proper food, then we will disbelieve in disease or studying it or practicing to produce it.

We will avoid diseases and other troubles by eating right, which will be more profitable than suffering.

The proper food for man to adopt as his natural food and show the wisdom other animals do is to live upon live food. Man's anatomy and physiology clearly shows he is a frugivorous animal, hence adapted to eat grains, fruits and vegetables only. Therefore our natural food is to be found in the vegetable kingdom, i. e. if the Creator did not make a mistake.

It consists of grains, fruits and vegetables. Eat these and possess health and happiness for one hundred years.

CHAPTER XX.

*"The Kingdom of Heaven" is with us,
"The Holy Spirit is within us."*

HEART TO HEART TALKS ABOUT
FOODS NECESSARY TO EAT TO
MAINTAIN OR REGAIN
PERFECT HEALTH.

Dear readers, do you want health?

If so, you must realize that it depends upon your understanding the laws of health. Health is the natural condition of man, and if he does not enjoy it, he may know that in some way he is disobeying natural law.

That we live in a realm of law—that we are surrounded by laws that we cannot break—is a truism. Yet when the fact is recognized in a real and vital way, a certain sense of helplessness is apt to overpower us, as though we felt ourselves in the grip of a mighty power, that, seizing us, whirls us away whither it will.

The very reverse of this is in reality the case. All forces of nature can be used in proportion as they are understood. "Nature is conquered by obedience."

On the invariability of law depends the security of scientific experiment, all power of planning a result, and of predicting the future. On this

the chemist rests, sure that nature will ever respond in the same way if he is precise in putting his questions. Any variation in his results is taken by him as implying a change in his procedure, not a change in nature.

Every organ and cell in man's body is laboring unceasingly to keep his body in the best possible condition with the material furnished them.

Every day man wears out tissue and builds new to replace it.

Man eats food from which to furnish his blood stream with the material that is to replace the tissue which was worn out.

Food is taken into the body to build tissue or yield energy.

If a man builds as good tissue as he wears out, and does not waste his vitality or nerve force, his body will continue healthy until he reaches a ripe old age.

If he does not replace the part worn out with as good material as was there before, his body becomes less and less solid, until some part refuses to do its work; then he is called sick, and starts to find a means of relief.

In his hurry to see results, he usually drugs his body with medicine directed to drive the overworked and poorly nourished organs to renew their exertion, and thus for a time he is galvanized back to seeming health. This is only a temporary makeshift.

If he has lived right, and built as good a structure as his daily activities had used up, he would have remained sound in mind and body.

A healthy mind requires a healthy brain, and the brain cannot be healthy if the man does not furnish as good material to build new brain cells as there was in the cells that he wore out.

It is hard to convince a man that the food he takes into his stomach today is the great power for health or sickness; and yet he will agree with you that if his expenses in any other line are greater than his income, bankruptcy will ensue.

He likes to dodge the responsibility by laying the blame for his sickness on the shoulders of his silent ancestors, claiming to have inherited it.

If he would stop and think that he has built over the body given him by his parents several times since he became possessed of it, and that there is not a single cell in it now, that there was at the time he was born, he will see that heredity is a very poor excuse.

Every person should keep his body in perfect condition, because it is much more easy to prevent disease than to cure it after the blood has become loaded with the poison.

The blood cells work day and night to keep us healthy, and if we keep the stomach clean, and the blood stream normal, there is very little chance of our being sick.

There is no better armor against death than a

contented mind, a clean stomach and a healthy blood stream.

Heredity and climate play no part when we learn to live right.

Foods and natural treatment that contain the life-principle, not medicine, are the means for restoring an impoverished blood stream to its normal condition.

We do not need to suffer from the same diseases that our ancestors did, any more than we need to wear the same kind of clothes that they wore.

The food we eat today governs the kind of a body we will have in the future.

If we live as nature intended us to live, we will be healthy.

If we disobey nature's laws, it will bring us sickness.

If we are sick, we can be healthy if we will stop our wrong habits and feed our bodies for health.

Disease is not God-given, but the result of man's disobedience to natural law.

Microscopic investigation has shown that the air we breathe, the food we eat, the water we drink, our clothing, and even our furniture, are full of germs which may produce disease. Consequently, we must find other means than sterilization to prevent disease.

Thus far, no substance has been found which will effectually destroy the germs without injuring the patient.

There have been many substances announced, but all have proven delusive, and some most decidedly dangerous.

While bacteriologists have been searching for a chemical combination to destroy bacteria, they have been inclined to overlook the fact that All-wise Providence has provided man with the means to prevent infection.

Healthy blood is antagonistic to germ life; while blood lacking in its normal elements furnishes a favorable culture field for the development of disease germs.

In diseased blood they revel and multiply rapidly.

It stands all people in hand to keep their blood in the best possible condition. For when the blood is healthy the body is protected against the hurtful germs.

If they do gain an entrance, the healthy blood destroys them, and expels their poison.

Healthy blood is a faithful sentinel that never sleeps, but it is on guard every second, day and night, to protect the life of the body.

We find the life-principle in the grains, fruits and vegetables in their natural state.

They will reproduce themselves.

Cooking destroys the life-principle and often all food value is lost. Chemistry cannot produce life, neither can it prepare our food.

Whenever you find a person who does not eat some raw food with his meals, you find him ailing.

This law never fails. "Life produces life. Death produces death." Moral.—If you want to live long and have perfect health, eat the life-principle, which is found in uncooked whole grains, celery, cabbage and other vegetables. Also in the various fruits, namely—apples, oranges, pears, etc. Nuts of all kinds, in their mature state, also contain life, hence they are good food.

People are beginning to realize that medicine does not have all the power that has been credited to it; and that in order to prolong life, and gain comfort, they must find a more rational weapon against disease and death.

We can choose a weapon with which to fight a foe with much the best judgment, if we know how our enemy is armed.

The enemy to death and disease is the life-principle, and we find these principles in all live foods, such as the whole grains, fruits and vegetables.

This fact immediately appeals to all people who know anything about nature.

The best authorities that have ever written about healing the body when diseased all claim

in about the same strain as this quotation from Sir Astley Cooper, one of the greatest surgeons the world has ever known. He says: "The science of medicine is founded upon conjecture and improved by murder."

Medicine is often used to cover the evidence of the presence of a foe, rather than to remove the real enemy that was undermining the health, opening a way by which death could enter.

When morphine is taken to deaden pain, it only benumbs the senses, so that the damage being done can not be felt.

If your house was being destroyed by fire, you would not cover up your head and stop your ears so that you should not know what was going on. You would save more of your property by doing all in your power to quench the flames. So it is with any disease of the body; it is much better to remove the cause, where it is possible, than it is to cover up the results.

When you go to work to find the real enemy to fight in chronic disease, you discover in most cases (excepting those produced by poison and accidents in general), that you have to combat: **IMPROPER ALIMENTATION OR WRONG FEEDING, AND IMPROPER EXPENDITURE OF NERVE FORCE.**

Improper alimentation is feeding upon food that does not contain the life-principle in proper proportion of elements with which to supply the daily expenditure of the body.

Proper alimentation is feeding upon food that contains the life-principle. These you can digest; food that you can assimilate; food that gives you healthy blood; food that does not overwork the digestive organs; food that will not ferment before digestion is complete; food that will not feed fermentation that already exists; food that will not reverse the peristaltic action of the bowels; food that will not load the blood with excess of any material; food that can be organized into nerve, bone and muscle.

If you eat food that you cannot digest, you do not nourish your muscles; you do not nourish your nerves; you do not nourish your blood stream; you do not nourish your vital organs; you do not nourish your digestive organs.

But you starve your muscles, your nerves, your blood stream, your digestive organs, and all other organs and parts of the body.

You fill your stomach and bowels with dead food which decays, filling the digestive tract with poison, which is liable to be carried into the blood stream.

As long as food that can ferment before digestion can take place, is taken into the stomach, the products of fermentation increase. In time, the gases and yeasts paralyze the lining cells of the stomach and bowels.

The walls of the stomach and bowels become saturated with the products of fermentation. The

products of fermentation pass into the blood stream.

The indigestion has laid the foundation for chronic disease.

If the bowels be constipated, the course is shorter than it is when part of the yeasty contents of the abdomen is carried off with the stools.

You must remove the cause before you can stop the downward stride of disease.

No matter how much gold you plate over the brass, it will wear through. You may cover up disease many times, but if you leave the cause, it will be sure to come to the surface again.

The real disease is the cause which produces the symptoms that we call disease.

We think of the lungs and cough as the disease in consumption of the lungs, when the real disease is the condition of the blood stream that produces the deposits and softening in the lungs.

Washing the stomach, bowels and blood stream, will help to rid you of the products of fermentation; but you must stop feeding the fermentation, or the washing will be an endless task.

If you wash out the stomach by drinking water in proper quantities at the right time, you will have a clean stomach for eating and sleeping.

The next step in the work is to prepare the stomach for digestion.

The nerves of the stomach must be coaxed back to life and the stasis in the blood vessels removed by natural methods.

The stomach must not be whipped to increased exertion, which would only serve to further exhaust its vitality; but it must be aided, so that it can do its work with the least possible expenditure of energy.

The object of taking food is to replace the waste produced by your daily activities, and to maintain a stock of material in the blood stream for increasing your muscle and nerve development.

In order to replace nerve and muscular tissue, lost by your mental and physical labor, the food eaten must supply the same elements as there were in the tissue worn out.

If the food does not contain as good material as there was in the used tissue, the structure built will not be as strong, and will not endure as much as the one worn out.

To maintain your bodies at the proper standard of health, the food eaten, when digested and assimilated, must be able to supply to the blood, elements that will produce as good tissue as that it is to replace.

If a part of a machine is worn out, and you do not replace the worn part with as strong a piece as was there before, you weaken the machine.

A man or a machine is only as strong as is the weakest part.

There must be enough food to supply all the parts worn, or some part will gradually become weaker. As it is the world over, so it is in your

body; if there is not enough food for all, the weakest have to take what is left. The stronger and more vigorous organs have more life force or vitality, which enables them to take up and dispose of the food that they need, while the weaker and devitalized organs have to put up with what they can get. It is at this point that we introduce the benefits of manual and suggestive therapeutics which stimulate the weakened organs to activity and produce natural development.

It is not so with food alone, but the stronger organs get the lion's share of the nerve force, and the weaker organs have to struggle along as best they can.

If the elements taken into the blood stream are not in about the right proportion to each other, some organ or organs must be overworked to throw out the material not needed, or in a very short time the body would be overloaded with useless material, that would prevent healthy action of the organs.

When the organs, whose function it is to keep the system clear of material not needed, become weakened or exhausted from overwork, so that the blood stream is in danger of being overloaded, nature stores up the material in excess, producing thickenings, tumors, cancers, corpulence, etc.

Because a person is fat is no sign he is well nourished.

In fact, the muscles and nerves of fat people are seldom well developed.

Fat is of little use in the body except to upholster and round out the form, to furnish fuel and yield energy.

Fat does not keep out the cold, for the blood of a fat person seldom has enough vitality to keep its owner warm.

Nerve force furnishes that energy by which the different organs are enabled to perform their functions.

The more nerve force wasted, the less there is to run the organs of the body.

If the nerves are not furnished with proper food to keep them healthy, they waste nerve force by resisting the passage of the life current over them.

If your nerve cells are healthy, it requires less nerve force to run the body than it will if the nerves are poorly organized, when there is a part of the nerve current wasted in overcoming the resistance in the nerves themselves.

While eating, and for a time after the meal, the mind and body should be at rest, so as to allow all the available nerve force to flow to the stomach, to furnish the energy required for carrying on the process of digestion.

If you think or plan during a meal, you use up in the brain part of the force needed by your stomach.

Watch a perfectly healthy animal after its meal, and you will see it find a comfortable spot in which to take a nap.

If the meal is well selected, and thoroughly digested, you can do twice the mental work that you would if you should try to work your brain and stomach at the same time.

If you eat more than you can digest, or if you eat foods that can not be digested by your digestive apparatus, the stomach and bowels will soon be filled with sour yeasts and gases that deaden the cells lining the digestive organs.

This weakens the power of digestion, and in time so paralyzes the selective cells, that they allow the yeasts to be absorbed into the blood stream.

The gases absorbed from the stomach and bowels also partially paralyze the surrounding organs.

Medicine may whip the devitalized organs to increased activity for a time, but the body can not be brought back to health, unless the unhealthy drugging and feeding be stopped, and the stomach be furnished with food that can be digested without fermenting. This food must contain the life-principle.

The question naturally arises—what is man's natural food? We answer—grains, fruits and vegetables. We give you this proof: Man's teeth and all organs of digestion show he is frugivorous animal.

If he were a carnivorous animal he would have hook teeth similarly to those we find in the lion, tiger, wolf, cat, dog, and all other flesh-eating and blood-drinking animals.

The hook teeth allow them to hold their prey, while they suck the life blood before the animal dies. They then eat the flesh before life is extinguished. They will not eat dead flesh without they are starving. They are always looking for the life-principle.

Man in his ignorance eats the dead product which does not contain any-life principle in it, and thinks it has a food value, but it has *none*.

The only way for a man to be honest with himself, if he imagines that meat is a food best adapted to his wants, is to grasp his prey when alive and do as other carnivorous animals do, *procure* the life-principle.

This proof will convince all logical people that man was never made to eat meat. The feeding of meat to the young perverts the appetite, and sooner or later creates the desire for alcohol, tobacco and other stimulants or narcotics.

They continue this line of eating until their depraved appetites cause a complete cell change, and then we find the stomach unable to digest food, and all forms of dyspepsia and other diseases exist.

These patients will come back to nature's provision when natural food is taken and not before. This food containing the life-principle produces sufficient energy and vitality to enable the pa-

tient to give up the unhealthy products that cause disease.

PRECAUTIONS NECESSARY WHEN TAKING FOODS.

The food allowed should be taken slowly, chewing each mouthful well. The food should be masticated until it is thoroughly reduced to a pulp, before it is allowed to enter the stomach. Teeth are given you with which to masticate your food and you should use them.

Do not make your stomach do work that should have been done by the teeth.

Fluids should never be taken with your meals. If taken, however, it should be but a spoonful at a time.

Do not bolt your food and then throw a glass or cup of fluid down on it. The quantity of fluid to be taken should be regulated and taken between meals.

While the stomach is weak and sluggish, sip a glass of water, one hour before the meal, to wash out the stomach.

The stomach is the most important organ in the body, for every other organ depends upon it for its nourishment.

When the stomach is not doing its work well, every organ in the body has to suffer.

Yet you drug every organ before you look to the seat of your disease, brought on by years of wrong habits of living. No redemption until you accept nature's provision.

Healthy muscle or nerve depends upon the blood stream. The health of the blood stream depends upon the food you eat.

You must eat right before you can be healthy.

The length of time it takes to bring a body, diseased by years of wrong living, back to health, depends upon the adjustment and natural stimulation of the organs.

When you begin treatment, select a natural physician in whom you can place confidence, and then continue to follow his directions, until he brings you back to health.

There is no worse mistake made by patients than by trying to direct their own diet and care for themselves. It can not be done with any degree of success.

Your judgment will be lured in favor of your palate, long before you have any right to transgress the straight and narrow path.

In selecting foods best adapted for bringing a diseased body back to health they must meet the following requirements:

The food must supply the elements needed for building healthy tissue, in as nearly the normal proportion as possible.

The food must contain the life-principle to be readily digested.

The food must not be in such quantities as to overload the stomach and bowels.

The food must not contain in excess, material unsuited to build tissue or yield energy.

The food must feed all parts of the body, and at the same time overwork no organ.

The food must be regulated so that it can be taken with a keen appetite for all time.

Fruits, grains and vegetables are foods that meet every requirement.

This natural food feeds muscle, nerve and bone without furnishing an excess of any element. It produces the necessary bulk in the stomach and bowels to keep them in perfect order.

It does not feed the stomach and bowels with gases.

It replaces fatty and degenerated tissue by healthy tissue.

It will not feed fibrous growths, fatty growths, or connective tissue thickenings.

It furnishes all the nourishment required to keep nerve, bone and muscle at a healthy standard.

Keeping the blood at the standard of health, it nourishes the skin, so that it takes on a healthy glow.

Where the stomach and blood stream are kept washed by drinking warm water, in the proper manner, at the right time, and the digestion is kept in good condition, the natural diet soon brings health to all parts of the body.

The arteries and veins fill out, the muscles harden and become endowed with increased power.

The nerves become passive, and do not vibrate to every irritation.

The head becomes clear and capable of controlling the thoughts upon the topic at hand.

The muddy, sallow skin clears up, and takes on the complexion of health. There is no cosmetic to equal a well nourished blood stream, free from useless waste.

Nature labors every moment of your life to keep you in health.

CAUTION TO READERS.

You are often advised to exercise to try and develop soft and flabby muscles, forgetting that you have nothing in your blood stream to feed healthy tissue.

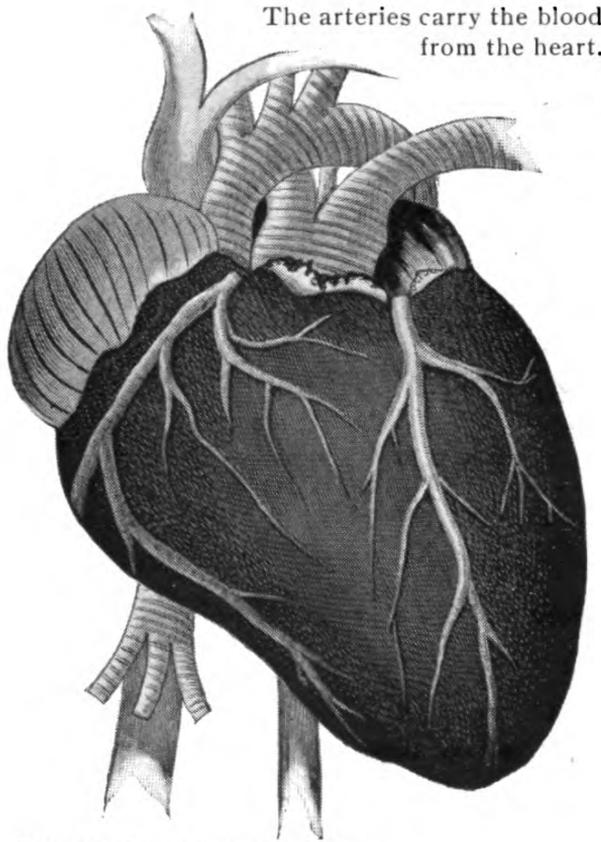
You complain of a weak, nervous system, and take tonics, nervines or pick-me-ups, without a thought as to what they do for you, or why your nerves are in need of them.

Often, when you complain of your work, your nerves and muscles are laboring harder to get their nourishment out of a blood stream, overloaded with useless waste, than they do in supplying your demand in business.

If you would stop eating foods that fill the stomach and bowels with paralyzing products, and eat right, you would soon be beyond the need of tonics.

How many hearts give out every month because they are overworked, pumping thick,

Save your heart by eating Grains, Fruits and Vegetables.



The arteries carry the blood
from the heart.

Blood returns from the veins.
The human heart.

This noble organ works night and day to keep us in perfect health.

As a rule all meat eaters have a diseased heart if they
live beyond the age of 50 years.

sticky blood, from which they can not get enough nourishment to support them.

Many of them are partially paralyzed by poisonous gases, absorbed from the stomach.

Natural living will cure all diseases.

I hear you ask if methods of diet will cure chronic and acute tumors, cancers and diseases in all forms, then, why do doctors advise medicine. I answer, they are not educated to nature's plan of cure; they are educated that drugs are a panacea for diseases. This false education will be abolished, when the people learn that all drugs are health destroyers and death producers.

In most cases the doctor is a doper.

All doctors know oxygen is our life, it is nature's greatest remedial agent, known to all men of intelligence as such.

The oxygen which is in the pure air is nature's digestant and the only one known to intelligent physicians. Therefore, if your digestion is impoverished, breathe in deeply, filling the lungs slowly, then exhale slowly. This method will soon repair the stomach, then partake of life-giving food and you will become strong. *One hour's deep breathing* will repair the system more than all the products found in drug stores the world over.

CHAPTER XXI.

*"But Faith, fanatic Faith, once wedded fast
To some dear falsehood, hugs it to the last."*

THE USES OF HOT WATER TO OVERCOME DISEASES

In all cases of disease there is need of an internal bath. In those troubles resulting from too exclusive and long-continued feeding upon food not containing the life principle, the stomach and bowels are more or less clogged up with retained waste material which produces poisonous substances and gases which are absorbed into the system.

In cases of long standing, the walls of the stomach and bowels become so saturated with the acids and gases resulting from the sour, fermenting material contained in them, that it takes months to remove the effects thus produced.

When the stomach and bowels are compelled to labor filled with unnatural food, they, in time, become partially deadened and fail to complete their work.

The selective cells provided by nature to prevent material foreign to the needs of the body from entering the blood stream, soon become weakened by the acids and gases, so that they lose their power, and allow the deleterious material to enter the blood stream.

To remove a condition, you must go at it right, and when you have found the right way, stick to

it until you have accomplished the work you started to do.

After the stomach is clean, the washing must be kept up, for the bowels must be cleansed or the fermentation will soon work back into the stomach.

The washing must be regularly and methodically carried on.

Just as there is a right and wrong way to do anything in life, so there is a right and a wrong, or rather, many wrong ways, to wash out.

PROPER MANNER TO WASH OUT THE STOMACH
AND BOWELS.

The washing should be done by drinking water (never use a stomach or rectal tube) that has been boiled and brought to a temperature of 110-120 degrees F.

The water should be drunk long enough before food is taken, to allow all of the water to get out of the stomach.

If possible, the water should be drunk one hour before food is taken.

The water should never be drunk until two hours and a half have elapsed after taking a meal.

The water should not be taken into the stomach until the food has passed out of the stomach.

The water should be taken half an hour before retiring.

Hot water requires no digestion, but passes directly into the circulation.

If you take an excess of water while digestion is in progress, you dilute the digestive juices, digestion is retarded, and time given the food to ferment before digestion has had a chance to be completed.

The water should not be drunk hot enough to be unpleasant.

The temperature of 110 Fah. is about right, but some prefer it a little warmer.

Water drunk below 110 Fah. is liable to produce nausea.

Cold water will not answer the purpose as it chills the stomach and lowers the vitality of that organ in bringing the water up to the temperature of the body.

Taking large quantities of cold water into the stomach is bad for anyone, no matter how healthy he may be.

There can be no good gained by chilling one of the most important organs of the body, to cool the palate for a few minutes.

Every time you fill your stomach with cold water, you give to that water of your vital energy enough to bring it up to a temperature of 98 2-5 Fah.

There are many people who do not understand the principle involved in drinking the water to wash out the stomach before eating and sleeping, who drink a cup of hot water just before they sit down to their meals, and imagine they are meeting all the requirements.

While the habit of taking a cup of hot water just before meals is better than drinking a glass or two of cold, as many do, it will not do any good in the way of washing.

The water must be given in time to get out of the stomach before the food is taken in, or you only stir up the sour mass and give it a chance to attack any fermentable food that comes in its way.

Hot water often starts out the gas that was absorbed before commencing the hot water drinking, and leads many to say that the water makes wind.

If you will just stop and think for one minute, you will not make that mistake.

Did you ever see water ferment?

Water can not make wind, nor can it ferment.

A sin is never so bad as when it is brought to light. Just so with our stomachs; we never know how bad they are until we start to wash them out.

It will do no good to drink a cup of hot water today, and then take another the next time you think of it.

If you clean house, you go to work and keep at it until you get all the dirt out.

If you don't, you never finish, but have to keep cleaning all the time or go dirty.

So with our stomachs; if we could stop putting in all food, we could clean a little now, and then

begin where we left off when we thought of it again.

We are putting in food three times a day, and one little wash does not make much impression on the results of years of careless feeding.

To get the best results we must avoid foods that do not produce energy and drink the hot water one hour before each meal, and one-half hour before we retire.

We must do this daily, until we have removed all trouble and gotten the stomach into as healthy a condition as that of an infant.

Hot water washes out the dirty, slimy, sour stomach before eating and sleeping.

The washing before eating tones up the tired stomach and leaves it refreshed to digest the next meal.

It washes out the sticky mucous that prevents a free secretion of the digestive juices.

It stimulates the nerves of the stomach, and causes an increased circulation of the blood through the blood vessels of the stomach, nourishing the glands and facilitating the assimilation of the digested food.

Before sleeping, it removes the irritation of the nerves of the stomach by acids and gases, preventing troubled sleep, bad dreams and wakefulness.

It removes, and thus prevents, fermenting products lying over night next to the diaphragm, heart and lungs, partially paralyzing them.

Hot water quenches thirst more effectually than cold.

Hot water stimulates the function of the liver, accelerating the flow of bile.

Hot water not only tends to wash out the stomach and bowels, but stimulates to increased activity all vital organs, and enables them to perform their functions.

Hot water dilutes ropy secretions.

Hot water dissolves all abnormal, crystalline substances that may be in the blood and urine.

Hot water everywhere promotes elimination.

Hot water excites downward peristalsis.

Hot water imparts a sensation of comfort and warmth to the body.

Hot water stimulates the flow of digestive juices.

Hot water dissolves the sticky mucous in the mouth and throat, allowing the membranes to be bathed in their natural secretions.

Hot water differs from all other stimulants in that it leaves no bad after effects.

Hot water supplies a foundation for the treatment of all chronic diseases.

The purer the water, the better it washes.

Pure, soft water, is preferable, as it dissolves deposits in the joints and tissues, and washes out uric acid. It is particularly advantageous in gouty and rheumatic affections.

When disease exists cold water chills the nerves and reduces the thirst for a short time

only, while the hot water, by removing the parched conditions of the gland openings, keeps the mouth soft and refreshed for hours after the water is taken.

If we supplied the body at regular intervals with the quantity of hot water, sufficient for its daily needs until a natural condition is produced we would not be obliged to keep a stream of cold water running down our throats, requiring heat energy to bring it up to the required temperature for assimilation.

The constant, pernicious habit of drinking ice cold beverages, thus chilling the stomach, is often productive of a weakened state of the digestive functions, and many people have brought on their stomach troubles in this way; adding to them by persistent disregard of their power of digesting and assimilating the food taken.

Water is not absorbed from the stomach while it is at a temperature lower than that of the body; 98½ degrees F. is the natural temperature.

Hot water passes from the digestive tract into the circulation very rapidly, thus avoiding the weight to the stomach that is imposed upon it by a quantity of cold water while being brought to the temperature of the body.

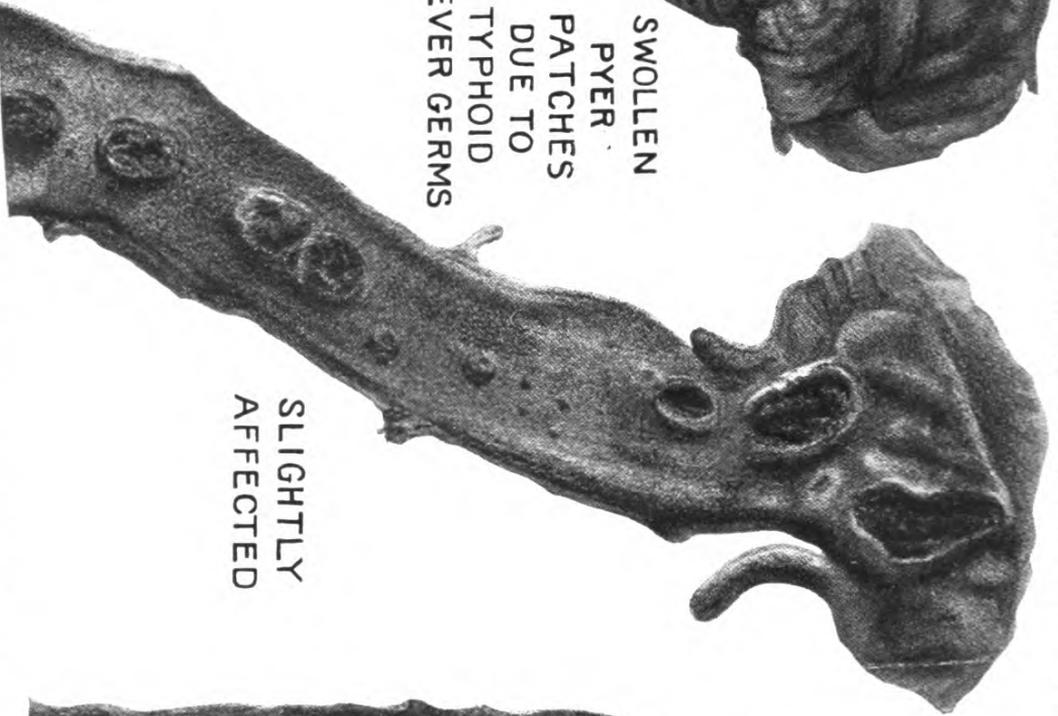
Water is the medium of exchange in the body.

If there is not enough water, the secretions are overloaded with solids, and consequently the organs are overworked.

Representing conditions present in typhoid fever. Don't eat dead animal food. It causes this condition.



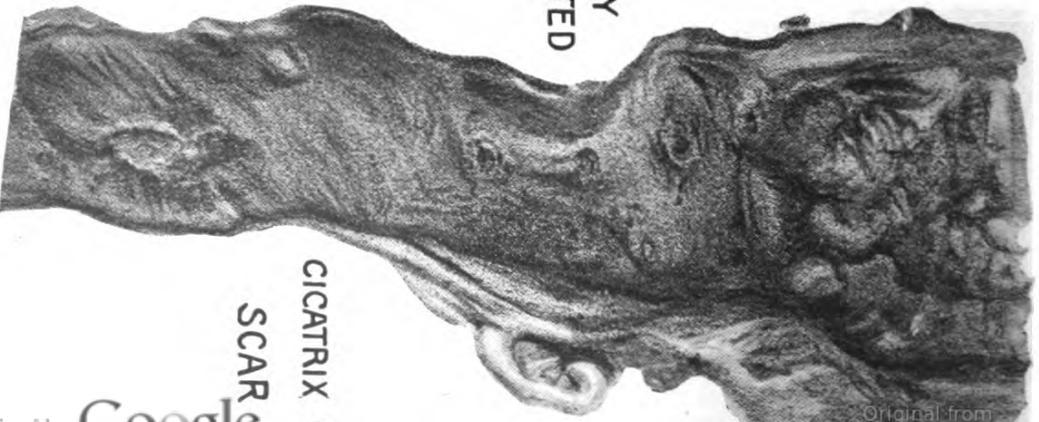
SWOLLEN
PYER
PATCHES
DUE TO
TYPHOID
FEVER GERMS



SLIGHTLY
AFFECTED



DEEPLY
AFFECTED



CICATRIX OR
SCAR

No disease can exist when live food is eaten.

Water removes the waste produced by oxidation of food materials in the tissue.

Every time we move a muscle or *think a thought*, we use both muscular and nerve tissue.

Unless the waste can be removed and means furnished to bring fresh nourishment to the parts, there is soon a loss of energy, and if this condition continues long, we have poorly developed nerve and muscle.

The blood is kept fluid by the water it contains.

In its normal state the blood is fluid and moves through the arteries, veins and capillaries with very little friction.

If there is an excess of waste, or the blood is loaded with foreign material absorbed from the digestive tract, or if the blood is not furnished enough water to keep it washed, it becomes sticky and requires more effort to keep it in circulation than is required for normal blood.

This brings more labor upon the heart muscle, and if the blood is defective in its nourishing powers, the heart muscle becomes overworked and the result is a weak heart.

You all know that it is much more easy to pump water than it is molasses.

That being the case, it is easy to see how much more work we give our hearts if we allow the blood to become overloaded with waste.

General Rule for Drinking Water.—One glass for every 16 pounds of bodily weight per day, making the average amount eight to ten glasses.

CHAPTER XXII.

HOW TO LIVE 100 YEARS WITHOUT
MEDICINE.

A practical book has been needed to bring people to a realization of how to live and what to live upon to possess perfect health from the cradle to the grave. You will become aware after reading this book, that all suffering can be avoided by simply attending to the laws of nature and eating sufficient food containing the life-principle. The human body, as well as animals and vegetables, is subject to the unchangeable laws of nature. By negligence and indifference, the several organs of the body which provide for the taking in of the nutrients and for the disposal of the wornout tissues, generally get out of order without being noticed, and the result is, either partial starvation of the blood, and consequently of all the tissues and organs, or the accumulation of refuse matter, which is an active poison if it remains in the body.

The most prevalent method of overcoming the symptoms, which result from disobeying natural law, is the greatest foe to the health of the present generation. *It is the pernicious habit of drugging.* Either the family physician, druggist or the person themselves choose a remedy, thus

stimulants, nerve tonics, blood purifiers, or sleep-producers, are taken. These nostrums are consumed by the gallon and ton. The primary effect of these poisonous mixtures is seemingly good. The nervous irritability, the exhausted feeling, the inability to rest, is apparently relieved by the first few doses. But in a short time the symptoms return, as they are bound to do, and the sufferer again turns to the medicine, which either whips the life cells to increased activity or deadens the sensibility of the organism. He may get relief a number of times, but he finds that it requires a larger and larger dose, until at last the fetters are forged and the drug habit is created through the cell change. The sufferer becomes a slave, oftentimes beyond redemption, shortening his life, making his existence while here unbearable to himself and friends.

The author does not care to tire you with testimonials, etc. He knows if you follow the advice given within these covers, you will be a living example of natural law, i. e., regarding length of life. Man will live like other animals, five times the age it requires him to come to maturity, which makes him a centenarian according to nature's plan.

The recent researches of chemistry along the lines of physiology and pathology have thrown a new and keener light upon the needs of man. The modern application of rational to internal healing has brought the balancing of nutrients

to the forefront as the speediest and most promising agency in combating diseased conditions.

The question "What is the natural food of man" has been discussed more or less intelligently from time immemorial. Within quite recent years, the science of dietetics, with its knowledge of the composition of the various food stuffs used by man and the waste resulting from various kinds of labor, has seemingly left nothing in doubt in regard to food values in sickness and in health except this fact that the life-principle must be taken every meal with our food or we will suffer. Both by exhaustive laboratory work and by patient clinical experimentation and observation, the ablest investigators of both hemispheres have addressed themselves to this most important task. The findings of physiologic and pathologic chemistry and of comparative anatomy have been clearly and definitely stated. Aside from air and water we are nourished by food alone, and its proper selection and utilization touches the highest plane of human interest and comprehends the most exalted possibilities of physical and mental well being.

Dietetics is not only applicable in the cure of disease, but, what is far better, if the science of feeding so as to adapt the income of the body to its expenses is adhered to, it is a prevention against diseased conditions, barring mechanical injuries, poisons and inoculation, and tends to promote longevity.

“Heredity should be treated as a friendly incentive to overcome weakness and not a cure.”

Suggestion will overcome the hereditary weakness if thought is properly used. Heredity is no longer an obstacle to health.

The cardinal offense about which there has been so much theological discussion and disbelief in a perfect self is now obsolete. We are created in the likeness of God, therefore we can become perfectly healthy when disease exists if we are educated to His laws.

WHAT IS DISEASE?

Disease is a deviation from health due to cell change in some part of the system; or in other words, it is an unnatural condition.

Therefore where disease exists, it requires nature's methods (not man's) to bring the one affected back to health.

Question.—What cures when disease exists?

Answer.—Air, water, natural food, sunshine, and proper mental stimulants.

Question.—What assists nature when the above requisites are furnished?

Answer.—Properly directed mind force to act upon the diseased parts, assisted by natural methods to increase circulation to those parts affected.

Question.—Do you mean to say that it is necessary for the patients mind to be concentrated through proper understanding, thus directing the mind force upon the disease?

Answer.—I do.

CHAPTER XXIII.

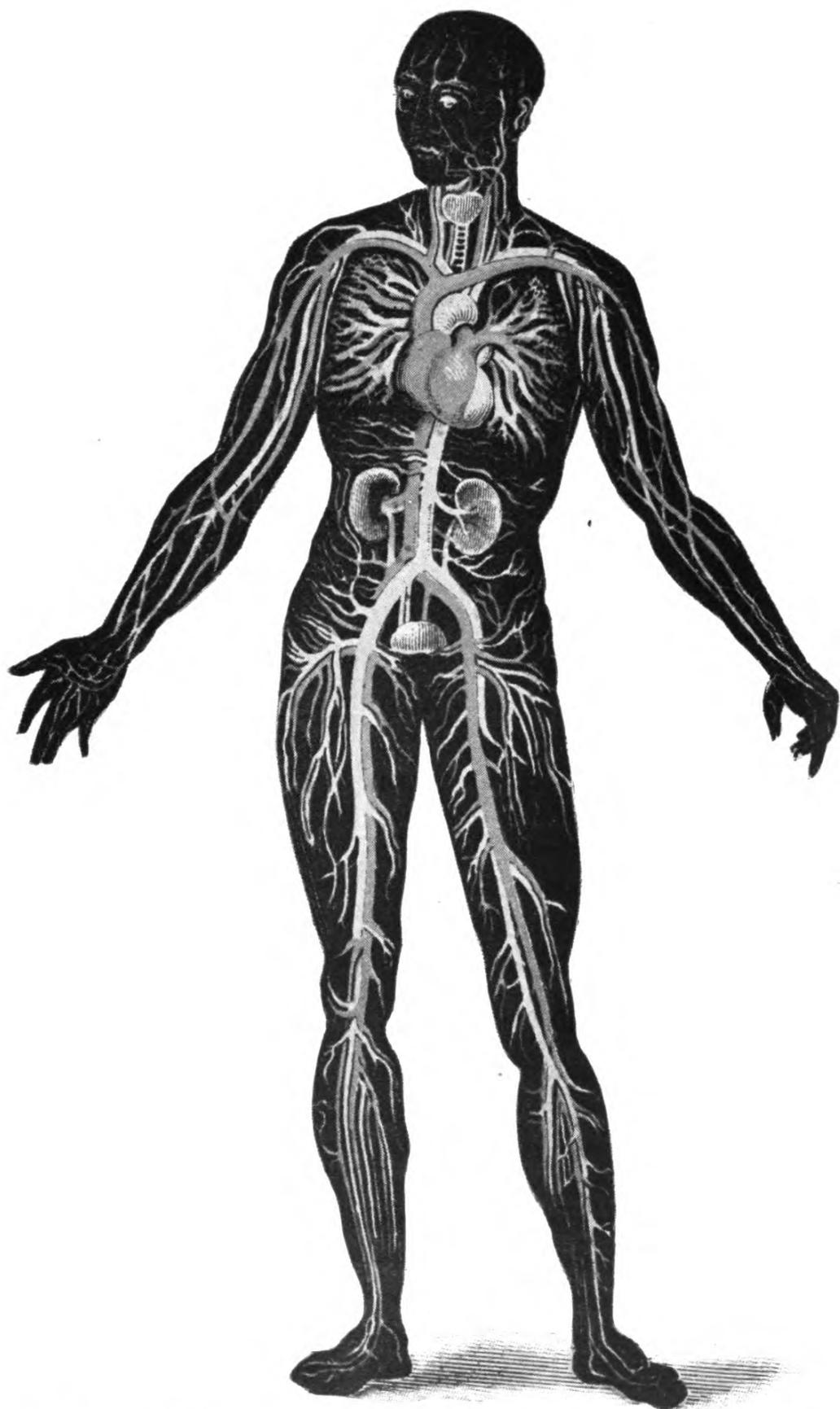
THE PROOF.

1. Fear will blanch the cheek, proving the blood current to that part is acted upon through mind force, thus shutting off the return circulation.

2. Shock from bad news of any kind may so interfere with digestion as to make the stomach throw off a meal, in a perfectly healthy person.

3. Dr. Carpenter, the greatest physiologist that ever lived, cites a well authenticated case of a criminal condemned to die. He was told he could die a painless death instead of the usual method, if he would consent to do so. He consented and his eyes were bandaged, then his finger was pricked with a needle, then a current of water was allowed to drip into a pail and he was told it was life blood. The mind, hearing the water drop, became positive that the blood was departing from the body, hence acquiesced with the impression given by the operator, and inside of twenty minutes the man was dead. Instances similar to the above can be cited without number.

4. Therefore from the above proof of mind acting upon the circulation in health, all intelligent people will admit it can and does work similarly where disease exists. I have been



Showing circulation of the blood. From the heart into the various organs, arteries and veins. Pure blood is the only safe guard against disease.

obliged to admit to myself, that every one who has been diseased or sick, have not been restored to health through believing in any system, they have always been cured through the agency of their own mind, acting either consciously or unconsciously upon the part affected (the blood current being carried to the affected part by mind stimulus, thus producing the necessary nutrition to the diseased locality.)

5. Granting that it is true what you have just found, regarding the mind force acting upon the circulation of the blood in health, will it act similarly in disease? Answer.—Yes.

Question.—How can a cure be effected when the mind is lacking nutrition, due to some disease of the body?

Answer.—In these cases it always requires a healthy mind to assist and direct the diseased one until the mind-forces in the patient become strong enough to throw off the disease, and with appropriate food that contains life-principle, a cure is produced.

Question.—Then medicine and drugs are not necessary to restore health; they never cure?

Answer.—No, emphatically no, when the physician knows the way to direct his patient's mind to effect a cure, otherwise the patient may out-will the doctor and throw off the poison. Medicine and drugs are always harmful and destroy the patient's chances of recovery. Proper nutrition and mind stimulus alone cure.

Question.—Are there no diseases which require the use of drugs?

Answer.—No. Decidedly no. Drugs do not contain life or life giving properties, hence they are worthless, a detriment to the person taking them.

Question.—Then there are no medicines that act as a panacea in special diseases?

Answer.—No, not one.

There are certain food remedies that are harmless and if well adapted, they are beneficial for their food value only, thus assisting restoration through the process of nutrition.

CHAPTER XXIV.

POSITIVE EVIDENCE THAT MEDICINE
NEVER CURED ANY DISEASE.

The most intelligent and honest physicians that have lived have lost all confidence in medicine alone to cure, and have pronounced the entire system a snare and a delusion, and not worthy to be called a science at all. Read the following extracts from some of the world's greatest doctors:

John Mason, M. D., F. R. S., says: "The science of medicine is a barbarous jargon."

Prof. Mott, the great surgeon, says: "Of all sciences, medicine is the most uncertain."

Dr. Marshall Hall, F. R. S., says: "Thousands are annually slaughtered in the quiet sick room."

Prof. S. M. Goss, of the medical college, Louisville, Ky., says: "Of the science of disease very little is known; indeed nothing at all."

Sir Astley Cooper, the famous English surgeon, says: "The science of medicine is founded on conjecture, and improved by murder."

Dr. Hufeland, the great German physician, says: "The greatest mortality of any of the professions is that of the doctors themselves."

Dr. Talmage, F. R. C., says: "I fearlessly assert that in most cases our patients would be better without a physician than with one."

Dr. Abernethy, of London, says: "There has

been a great increase of medical men lately, but upon my life diseases have increased in proportion."

And I say, no wonder; when we see of what stuff the doctors are made. In a small village that I know, in one season a half dozen of the most trifling boys in town were picked up by their parents and run through a medical college simply because the parents were at their wits' end to know what to do with them. They had become the terror of the place by their dissolute ways, and something had to be done to get them out of the community. So they were sent for two winters to a medical college and came out just what a full half of them do—licensed murderers, with legal authority to prey on the unoffending and ignorant people, whose unfounded belief in the medical profession renders them easy dupes.

Prof. Gregory, of the Edinburg Medical College, has the honesty to say: "Gentlemen, ninety-nine out of every one hundred medical facts are medical lies, and medical doctrines are, for the most part, stark, staring nonsense."

Dr. Kimball, of New Hampshire, says: "There is doctorcraft as well as a priestcraft. Physicians have slain more than war; the public would be infinitely better off without them."

Dr. Mason Good says: "My experience with materia medica has proved it the baseless fabric of a dream; its theory pernicious; and the way out of it the only good thing about it."

Dr. Cogswell, of Boston, says: "It is my firm belief that the prevailing mode of practice is productive of vastly more evil than good, and were it absolutely abolished mankind would be infinitely the gainer."

Prof. F. B. Parker, of New York, says: "Instead of investigating for themselves, medical men copy the errors of their predecessors, and have thus retarded the progress of medical science and perpetuated error."

Prof. Jamison, of Edinburgh, Scotland, says: "Nine times out of ten our miscalled remedies are absolutely injurious to our patients."

Sir John Forbes, physician to Queen Victoria's household, says: "No classification of disease or therapeutic agents ever yet promulgated is true, or anything like truth, and none can be adopted as a safe guidance in practice."

Dr. Alexander Ross, F. R. S. L., of England, says: "The medical practice of today has no more foundation in science, in philosophy or common sense than it had one hundred years ago. It is based on conjecture, improved by sad blunders often hidden by death."

Prof. Magendie, of Paris, says: "Oh! you tell me doctors cure people. I grant you people are cured. But how are they cured? Gentlemen, nature does a great deal; imagination does a great deal. Doctors do devilish little—when they don't do harm."

Dr. Benjamin Rush, of Philadelphia, says: "I am incessantly led to make apology for the instability of the theories and practice of physic. Dissectors daily convince us of our ignorance of disease, and cause us to blush at our prescriptions. What mischief have we not done under the belief of false facts and false theories? We have assisted in multiplying diseases; we have done more, we have increased their fatality."

Dr. Ramage, F. R. C. S., of London, says: "How rarely do our medicines do good! How often do they make our patients worse! I fearlessly assert that in most cases the sufferers would be better off without a physician than with one. I have seen enough of the malpractice of my professional brethren to warrant the strong language I employ."

In speaking as I am doing of the failure of medicine to cure, I am not trying to injure the thousands of honest though ignorant doctors who really believe in it and do the best they can with it. But I will say this, that the majority of practicing physicians have become case-hardened to the fact that medicine is not a certain cure for anything.

A WORD ABOUT BATHING.

The immersion of the body in water for cleansing purposes is undoubtedly as old as man himself. It has been recognized in all ages as one of the most potent factors for keeping the body free from disease.

In ancient times the natural streams, the rivers and lakes, and the oceans were used for bathing, but as people became more luxuriant, private and public baths were instituted. The public baths of Greece were connected with the gymnasiums.

When Rome was at the zenith of her glory, her baths became famous the world over for their beauty, luxury and grandeur. The bathing establishments consisted of four complete apartments. First, the undressing room, with an adjoining apartment where the bathers were anointed. Second, the cold room, where provisions were made for a cold bath. Third, an apartment moderately heated where the highest or lowest temperature was obtainable. Fourth, the sweating room, which had in connection with it a vapor or hot air bath. These baths were profusely decorated and the style of architecture was a masterpiece of art. As the Romans increased in power, the baths became more and more luxuriant, till finally one of Nature's greatest blessings was distorted into a means of producing weakness, degeneracy and eventually the downfall of the greatest empire of the world.

The Turkish bath cleanses the body through exciting perspiration. One of the principal features after bathing, which is included with this bath, is the kneading of the muscles and good rubbing, the pressing and squeezing of the skin and muscles of the whole body, also manipulation of the joints.

All countries have their noted resorts where people flock to drink and bathe in the natural waters for the purpose of throwing off disease. There are a great many different kinds of so-called medical baths, the sole object is to extort from those who have become diseased money and means.

We wish to emphasize the fact that the bathing of the entire body two or three times a week is positively essential to health. For those who have homes or can rent apartments with modern improvements, it is a simple matter to bathe whenever they desire. But for those, who by the force of circumstances are obliged to live in one or two rooms without even a receptacle large enough for holding a gallon of water, let alone a tub, the question how to procure a bath is not so easily solved. We will endeavor to throw some light upon the subject for their benefit.

1st.—Why do we bathe? To keep the external skin clean and in a healthy condition, by removing all the dead cuticle and freeing the pores from dust and dirt.

2nd.—What is needed for a perfect bath? A basin of fresh water, a sponge or cloth, the latter preferred, soap,* and a towel

Having shown the necessities required for a simple but perfect bath, no one need raise the plea of not having the proper convenience, as an excuse for the lack of bathing. Such a bath as described above is within the means of everyone, and the object of this article is to make everyone realize the necessity of the bath and the simple method required to obtain it.

TEMPERATURE OF WATER FOR THE BATH.

If we desire to cleanse the body quickly, we can use tepid water with soap. Wash quickly the whole body with cloth or sponge, then use a shower bath or response with clear cold water, then rub briskly with a rough towel till a warm glow spreads over the whole body. After this procedure one will *never take a cold*.

People who are not exposed to much dust and dirt will find a cold plunge or sponge in the morning sufficient to keep their skin in perfect condition, also keep their nervous system natural under the most severe nervous strain. A warm soap-bath once a week in connection with this will prove beneficial.

CAUTION REGARDING SOAP—The soap used upon the external skin should always be of a bland nature; that which floats being the best, as its floating proves that it has not been made heavy with caustic soda. We recommend soap made from VEGETABLE OIL as it is superior to that made from animal fat, and does not irritate the skin nor produce disease.

When we are diseased hot water has its greatest efficacy in bathing. A warm bath upon retiring relaxes the muscles, stimulates the action of the skin, thus assisting to throw off the poison of the disease. It is far preferable to any opiate in inducing sleep, if that were the only thing desired.

People with rheumatism find it a great advantage to take daily baths, immersing the entire body for hours.

Long continued hot baths weaken the system.

The *Plunge Bath*, with immediate rubbing, is the best method known to *cure all nervous diseases*. Medicines always keep nervous patients sick and distressed.

ELEMENTS OF SUCCESS.

These elements of success can be acquired by all people. They are necessary to understand, adopt and apply if health and happiness are desired.

Self knowledge of the laws of health, character and adaptation.

Self control to restrain evil passions and stimulate noble and useful powers.

Patience to plod on and never weary or give up until the goal is reached.

Capacity for hard work and the love of its performance.

Economy of powers and resources that nothing be squandered or frittered away.

Self respect that believes in one's own ability to think, to speak and to judge correctly.

Ability to survey large fields and grasp details over every part of the territory covered.

The power of concentration whereby every power is given to one thing for the time being to the exclusion of all others.

The power to judge wisely what is the next thing, most important among the multitude that press for attention and consideration.

A persistent purpose that is noble and unselfish.

*"I think I could turn and live with animals,
they are so plain and self-contained. I stand and
look at them long and long—*

*They do not sweat and whine about their con-
dition,*

*They do not lie awake in the dark and weep for
their sins;*

*They do not make me sick discussing their duty
to God;*

*No one is dissatisfied; not one is demented with
the mania of owning things."*

In conclusion we will state if you do not understand this gospel of perfect health, happiness and contentment, which will emancipate mankind, it is due to the fact that you have not lived the life herein laid down. Let us assure you that three months' natural living will bring you to a realization that God is within you and you will be willing to grant equality in every sense of the word to all mankind as Jesus did.

Eating the life-principle in foods is nature's method.

THE END.

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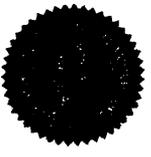
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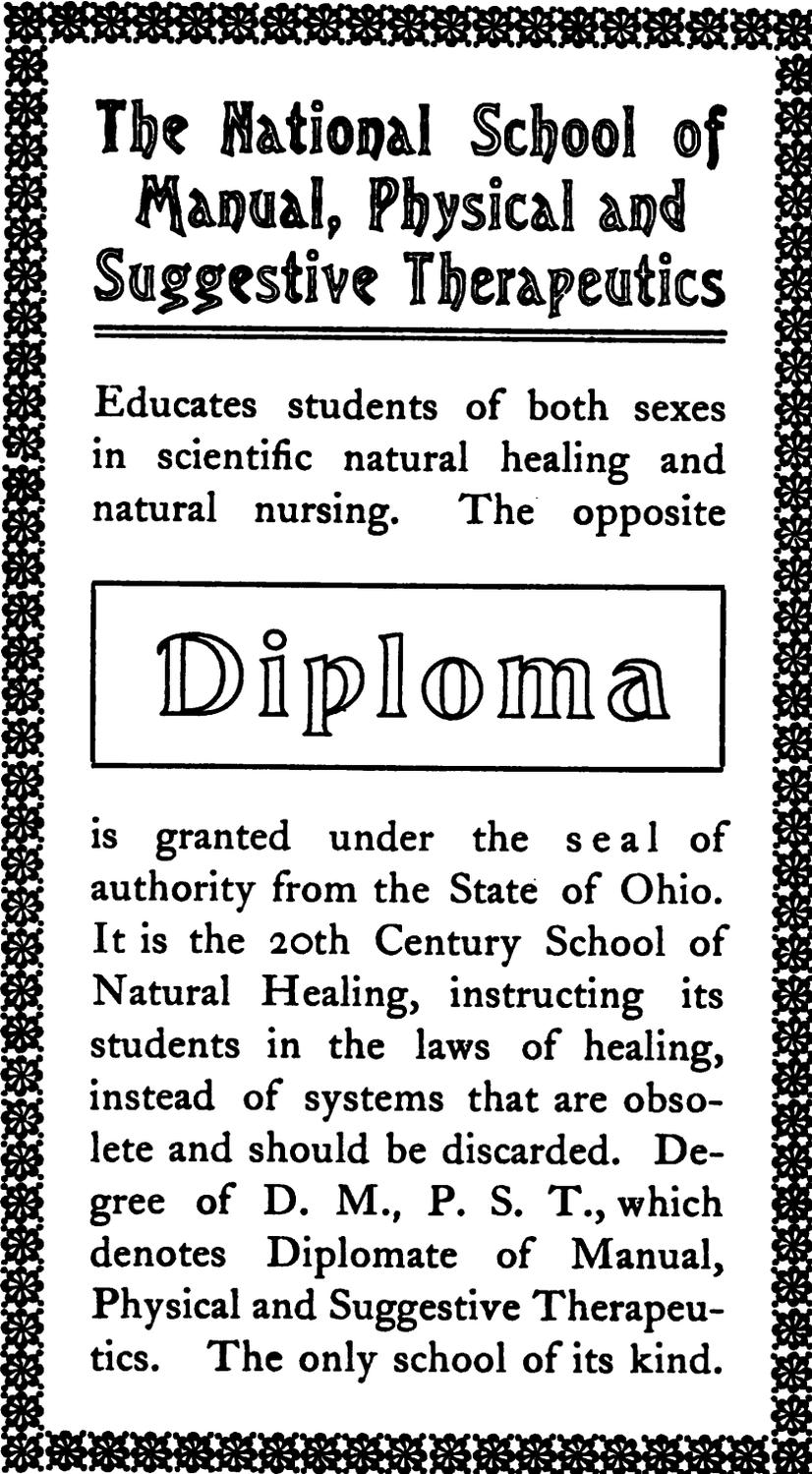
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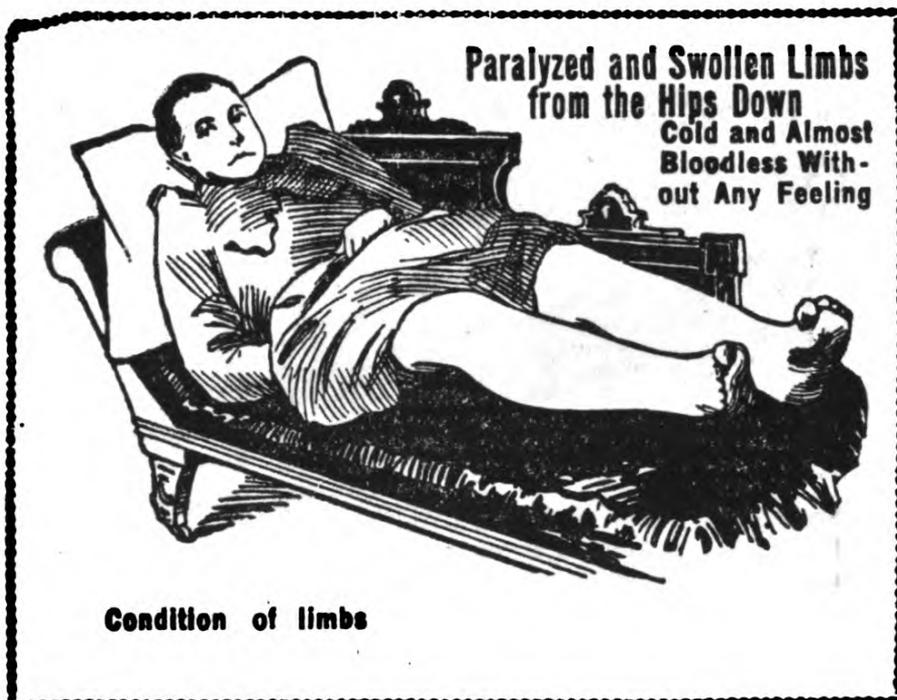


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We know "That without both physical and internal life working hand in hand man could not unfold," or be cured when sick.

We know "Nature has made ample provision for both sides of our nature."

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We know "That most afflictions of the body are produced by us in our ignorance of spiritual as well as natural laws, and sometimes in defiance of natural laws, i.e., when we prefer to carry out our own will in preference to the laws as made known to us through conscientiousness.

We know "Mankind to-day is not enjoying the blessings of life nature intended him to enjoy, mentally, morally, spiritually or physically.

We know "Natural law alone can heal a sin stricken soul; i. e. when man complies with the rule laid down for the curing.

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