

DIABETIC COOKERY

RECIPES AND MENUS

REBECCA W. OPPENHEIMER

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BY

REBECCA W. OPPENHEIMER



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PREFACE

THE author would feel diffidence in publishing a cook book when so many excellent ones already exist, if it were not that she is here treating a special field in which her opportunities for observation and practice have been exceptional.

Because of her own need, the author became interested in diabetic foods given to patients in the highly successful treatments at Carlsbad and Neuenahr, where she spent her summers for eight years. Each year she saw the preparation of special recipes, worked out with scrupulous accuracy of measurement, and with unusual success in making the dietaries attractive to patients whose appetites were uncertain and difficult to satisfy. Little by little she collected and adapted the recipes which appear in this book. Each one has been cooked and tested by the author under the direction of a physician.

The tastes of the normal individual have been, and are being, catered to in a plethora of cook books, but the needs of the diabetic must be met in quite a different fashion. Little has been done for the general public in this country in preparing special recipes for the diabetic, and in working out their food values. Inasmuch as each person's carbohydrate tolerance is different, it is absolutely essential that the carbohydrate content of each recipe be known; only then can it be safely used. Furthermore, under some conditions, when the carbohydrate content of the diet is reduced, extra protein and fat are prescribed by the doctor to meet the energy requirement of the individual. Accordingly

the author has had the protein, fat, and carbohydrate grams, as well as the total value in calories, computed for each recipe. She believes that her work should make it possible for those who have the problem of a diabetic dietary to combine each day's rations in a way to be both safe and attractive.

The recipes and menus are so arranged that they are readily understood and directions can be easily followed.

Thanks and grateful acknowledgment are due to the late Dr. Richard Stein for his unfailing interest in this undertaking and to Miss Helene M. Pope of Teachers College for her valued help in computation. The author is under special obligation to Mrs. Mary S. Rose whose *Laboratory Handbook for Dietetics* has been used as the basis of all calculations.

REBECCA W. OPPENHEIMER.

NEW YORK CITY
May 1, 1917

BIBLIOGRAPHICAL NOTE

1. *Mrs. Rorer's Cook Book.*
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3. *Miss Parloa's Farmers' Bulletin.*
4. POOLE: *Cookery for the Diabetic.*
5. ROSE: *A Laboratory Handbook for Dietetics.*
6. Dr. E. P. JOSLIN: *Diet Tables.*
7. Dr. WM. EBSTEIN: *Über die Lebensweise der Zuckerkranken.*
8. Dr. H. STRAUS: *Winke für die Diabetische Küche.*
9. K. GRUBE: *The Dietetic Treatment of Diabetics.*
10. WINKLER: *365 Speisezettel für Diabetiker.*

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Diabetic Cookery

PRELIMINARY REMARKS

- | | |
|------------------------|--------------------------------|
| 1. BREADS, CAKES, ETC. | 6. CRYSTALLOSE |
| 2. BUTTER | 7. SPECIAL ARTICLES |
| 3. CREAM | (Where these can be purchased) |
| 4. FLOUR | 8. TABLE OF MEASUREMENTS |
| 5. SACCHARIN | AND EQUIVALENTS. |



Diabetic Cookery

Preliminary Remarks

1. BREADS, CAKES, etc.

Vary bread, muffins, rolls, cakes, etc., daily. A small quantity, just sufficient for one or two days' use at most, should be baked at a time, as any bread, etc., baked with Casoid Flour, Aleuronat or Almond Flour grows stale and tasteless very quickly.

2. BUTTER

Use sweet (unsalted) butter for the table, and for cooking purposes, wherever it is possible. Serve butter with every meal, unless its use is forbidden.

3. CREAM

Top milk, *i. e.*, the milk which rises to the top of the bottle, should be used for preparing sauces, custards, etc., as it is really thin cream, 20%; it is not quite so heavy as thick cream, 40%, but it is more digestible,

and answers all purposes, except for making ice creams, mousses, parfaits, etc.

Serve sour cream, 2-3 days old, frequently in place of cheese.

4. FLOUR

Prepare almond flour or meal at home; this is a very simple process and insures absolute purity. Do not grind more than $\frac{1}{2}$ lb. almonds at a time, as they mold quickly. Blanch $\frac{1}{2}$ lb. Valencia almonds; dry thoroughly; grind very fine in an almond grinder; sift like ordinary flour; keep in a covered glass jar in a cool place.

5. SACCHARIN

When saccharin is used for sweetening, dissolve one or two half-grain tablets in a teaspoonful of warm water, and add to the mixture. In sweetening cooked fruits, add saccharin just before serving.

6. CRYSTALLOSE

Dissolve 8-10 crystals in 1 oz. of hot water, when cool pour into a small bottle, cork well, keep in a dark place; use for sweetening as directed. 6-8 drops are generally sufficient.

7. SPECIAL ARTICLES

The following articles have been specially tested, and are the preparations which should be used in cooking for diabetics:

| <i>Article</i> | <i>Can be purchased at</i> |
|---|--|
| Aleuronat Flour ¹ | Lehn & Fink, 120 William St., New York City |
| Almond Flour | |
| Casoid Flour..... | Thomas Leeming & Sons, 233 Broadway, New York City |
| Cocoa (Cracked Cocoa or Cocoa Nibs)..... | Park & Tilford, New York City |
| Coffee Essence..... | Crosse & Blackwell, New York City |
| Flavoring Extracts (Burnett's) | |
| Saccharin Tablets ($\frac{1}{4}$ or $\frac{1}{2}$ Gr.) | Parke, Davis & Co., New York City |
| Crystalline..... | A. Klipstein & Co., 654 Green- wich St., New York City |
| Hoyt's Sweetina..... | The Pure Gluten Food Co., 90-92 West Broadway, New York City |
| Proto Puffs, Nos. 1 and 2, and other prepara- tions..... | Health Food Co., 25 Lexing- ton Avenue, New York City |
| Lyster's Prepared Casein Diabetic Flour..... | Lyster Brothers, Andover, Massachusetts |
| Gum Gluten Special Flour, Dainty Fluffs, Nos. 1 and 2, and other preparations..... | The Pure Gluten Food Co., 90-92 West Broadway, New York City |
| Royal Baking Powder | |

¹ Existing conditions may make it difficult at present to obtain Aleuronat Flour, or Casoid Flour, as these preparations are manufactured abroad. As a substitute use Lyster's Prepared Casein Diabetic Flour, or Gum Gluten Special Flour, which will give satisfaction.

8. TABLE OF MEASUREMENTS AND EQUIVALENTS

| | |
|--|---|
| 3 Teaspoons = 1 Tablespoon | $\frac{1}{4}$ Cup = $\frac{1}{2}$ Gill |
| 4 Tablespoons = 1 Oz. | $\frac{1}{2}$ Cup = 1 Gill |
| 4 Tablespoons = $\frac{1}{4}$ Cup | 1 Cup = 2 Gills, or $\frac{1}{2}$ Pt. |
| 16 Tablespoons = 1 Cup | 2 Cups = 4 Gills, or 1 Pt. |
| 1 Oz. = 28.35 Grams | |
| 1 Lb. = 453.6 " | |
| 1 gram protein = 4 calories | 1 kilogram = 2.2 pounds |
| 1 gm. carbohydrate = 4 calories | 30 grams or cubic centimeters = 1 ounce |
| 1 gram fat = 9 calories | A patient "at rest" requires 25 to 30 calories per kilogram body weight |
| 1 gram alcohol = 7 calories | |
| 6.25 grams protein contain 1 gram nitrogen | |

Diet Tables

- | | |
|-----------------------------------|--|
| 1. FOODS TO BE USED FREELY | 5. DRINKS PERMITTED |
| 2. FOODS TO BE USED MODERATELY | 6. (A) PERCENTAGES OF CARBOHYDRATES |
| 3. ESPECIALLY VALUABLE FOODS | (B) A FEW STANDARD FOOD VALUES |
| 4. FOODS STRICTLY FOR- BIDDEN | 7. VALUES FOR CHEESE |
| | 8. VALUES FOR NUTS |

DIET TABLES

TABLE I

Foods under this Table may be used freely under direction.

| FRESH MEATS | INTERNAL PARTS | EXTERNAL PARTS |
|-------------|----------------|----------------|
| 1. Beef | 1. Brain | 1. Feet |
| 2. Lamb | 2. Heart | 2. Ears |
| 3. Mutton | 3. Kidneys | 3. Tail |
| 4. Pork | 4. Marrow | 4. Mouth (used |
| 5. Veal | 5. Sweetbreads | for salad in |
| | 6. Tongue | Germany) |

| POULTRY | GAME |
|-------------------|--------------------|
| 1. Capon | 1. Canvasback Duck |
| 2. Chicken | 2. Grouse |
| 3. Duck | 3. Prairie Chicken |
| 4. Goose | 4. Plover |
| 5. Guinea Chicken | 5. Quail |
| 6. Pigeon | 6. Redhead Duck |
| 7. Squab | 7. Venison |
| 8. Turkey | 8. Wild Duck |
| | 9. Wild Turkey |

DRIED, CURED, SMOKED, AND SALTED MEATS

- | | |
|-----------|------------------------|
| 1. Bacon | 3. Ham |
| 2. Beef | 4. Sausage (home made) |
| 5. Tongue | |

FRESH FISH

1. All Fresh Fish
2. Shad Roe
3. Frogs' Legs

SMOKED, DRIED, AND CURED FISH

- | | |
|--------------|--------------|
| 1. Anchovies | 6. Sardelles |
| 2. Cod | 7. Sardines |
| 3. Eels | 8. Sprats |
| 4. Herring | 9. Sturgeon |
| 5. Mackerel | 10. Caviar |

SHELL FISH

- | | | |
|-------------|-------------|-------------|
| 1. Clams | 3. Oysters | 5. Shrimps |
| 2. Lobsters | 4. Scallops | 6. Terrapin |
| 7. Turtle | | |

ANIMAL AND VEGETABLE FATS

- | | |
|--------------|---------------|
| 1. Butter | 4. Crisco |
| 2. Drippings | 5. Olive Oil |
| 3. Lard | 6. Wesson Oil |

MILK
PREPARATIONS

1. Sweet and Sour Cream
2. Cream Cheeses
(See Table III)
3. Parmesan Cheese

VEGETABLES

- | | |
|-------------------------|-----------------|
| 1. Jerusalem Artichokes | 7. Kohlrabi |
| 2. Asparagus | 8. Young Onions |
| 3. String Beans | 9. Sauerkraut |
| 4. Beet Tops | 10. Sorrel |
| 5. Brussels Sprouts | 11. Spinach |
| 6. Cucumbers | 12. Squash |
| 13. Swiss Chard | |

VEGETABLE SALADS

- | | |
|------------|--------------|
| 1. Lettuce | 5. Dandelion |
| 2. Endive | 6. Field |
| 3. Romaine | 7. Cucumber |
| 4. Cress | 8. Chicory |

FLOUR

- | | |
|--------------|-----------------------------|
| 1. Aleuronat | 3. Lyster's Prepared Casein |
| 2. Casoid | Diabetic Flour |
| | 4. Glutosac Gluten Flour |

NUTS

All nuts (except Chestnuts, Peanuts, and Cocoanuts; these to be used under doctor's direction only).

RELISHES

- | | | |
|-----------------|------------------|-----------------|
| 1. Capers | 4. Mustard | 7. Radishes |
| 2. Dill Pickles | 5. Olives | 8. Pickled Wal- |
| 3. Horseradish | 6. Mixed Pickles | nuts |
- Catsups and Sauces in limited quantities.

CONDIMENTS

- | | | |
|---------------|-----------|-------------------|
| 1. Anise-seed | 4. Kümmel | 6. Pepper (white, |
| 2. Cinnamon | 5. Nutmeg | black, and red) |
| 3. Dill | | 7. Salt |

TABLE II

Foods under this Table may be used moderately and occasionally.

FRUITS

- | | |
|---------------------------|--------------------------------|
| 1. Apples (1 small one) | 7. Lemons |
| 2. Apricots (1 small one) | 8. Oranges (sour) |
| 3. Currants (1 tablespf.) | 9. Peaches (1 small one, ripe) |
| 4. Cranberries | 10. Pears (1 small one) |
| 5. Grape Fruit | 11. Rhubarb |
| 6. Green Gooseberries | |
| 12. Strawberries (8-10) | |

VEGETABLES

- | | |
|---------------------------|--------------------|
| 1. Artichokes | 10. Cooked lettuce |
| 2. Broccoli | 11. Mushrooms |
| 3. Savoy Cabbage | 12. Okra |
| 4. Celeriac (Knob Celery) | 13. Oyster Plant |
| 5. Celery (table) | 14. Potatoes (one) |
| 6. Egg Plant | 15. Pumpkin |
| 7. Kale | 16. Sweet Peppers |
| 8. Carrots | 17. Tomatoes (one) |
| 9. Cauliflower | 18. Turnips |

VEGETABLE SALADS

- | | |
|---------------------------|----------------|
| 1. Asparagus | 4. Cabbage |
| 2. Celeriac (Knob Celery) | 5. Cauliflower |
| 3. Celery | 6. Tomato |

CHEESES

- | | |
|------------|--------------|
| 1. Chester | 3. Roquefort |
| 2. Edam | 4. Swiss |

TABLE III

The following foods, owing to their great nutritive qualities, are especially valuable.

- | | |
|--------------|---------------------|
| 1. Butter | 3. Cream |
| 2. Olive Oil | 4. Devonshire Cream |

CREAM CHEESES

- | | |
|---------------|------------------------------|
| 1. Gervais | 5. Brie |
| 2. Neufchâtel | 6. Camembert |
| 3. Stilton | 7. Pot-cheese |
| 4. Cheddar | 8. Philadelphia Cream Cheese |

MEAT AND POULTRY

- | | |
|-----------|-----------|
| 1. Bacon | 5. Beef |
| 2. Ham | 6. Mutton |
| 3. Pork | 7. Goose |
| 4. Tongue | 8. Duck |

FISH AND EGGS

- | | |
|-------------|-----------|
| 1. Mackerel | 3. Caviar |
| 2. Salmon | 4. Eggs |

TABLE IV

FOODS STRICTLY FORBIDDEN

- | | |
|---------------------------------------|--------------------------------|
| 1. Sugars | 15. Beets (on doctor's order) |
| 2. All Farinaceous Foods and Starches | 16. Large Onions |
| 3. Pies | 17. All Sweet and Dried Fruits |
| 4. Puddings | 18. Honey |
| 5. Flour | 19. Levulose |
| 6. Bread | 20. All Sweet Wines |
| 7. Biscuits | 21. Liqueurs |
| 8. Rice (by permission only) | 22. Cordials |
| 9. Sago | 23. Syrups |
| 10. Arrowroot | 24. Beer |
| 11. Barley | 25. Ale |
| 12. Oatmeal (by permission only) | 26. Stout |
| 13. Tapioca | 27. Porter |
| 14. Macaroni | 28. Chocolate |
| | 29. Condensed Milk |

TABLE V

DRINKS PERMITTED

Sweetened with Saccharin only

- | | |
|----------------------------------|---|
| 1. Natural and Carbonated Waters | 8. Clabber |
| 2. Lemonade | 9. Cognac |
| 3. Tea | 10. Rum |
| 4. Coffee | 11. Whiskey |
| 5. Van Houten's Cocoa | 12. Moselle and Rhine Wines |
| 6. Cracked Cocoa or Cocoa Nibs | 13. Bordeaux, Burgundy, and other sugarless wines |
| 7. Sweet and Sour Cream | |

TABLE VI*

(A) FOODS ARRANGED APPROXIMATELY ACCORDING TO PERCENTAGE OF CARBOHYDRATES

| | 5% | 10% | 15% | 20% | |
|------------|--|---|--|--|---|
| VEGETABLES | Lettuce Spinach Sauerkraut String Beans Celery Asparagus Cucumbers Brussels Sprouts Sorrel Endive Dandelions Swiss Chard Sea Kale | Cauliflower Tomatoes Rhubarb Egg Plant Leeks Beet Greens Water Cress Cabbage Radishes Pumpkin Kohlrabi Broccoli Vegetable Marrow | Onions Squash Turnips Carrots Okra Mushrooms Beets | Green Peas Artichokes Parsnips Canned Lima Beans | Potatoes Shell Beans Baked Beans Green Corn Boiled Rice Boiled Macaroni |
| FRUITS | Ripe Olives (20% fat) Grape Fruit | Lemons Oranges Cranberries Strawberries Blackberries Gooseberries Peaches Pineapple Watermelon | Apples Pears Apricots Blueberries Cherries Currants Raspberries Huckleberries | Plums Bananas | |
| NUTS | Butternuts Pignolias | Brazil Nuts Bk. Walnuts Hickory Pecans Filberts | Almonds Walnuts (Eng.) Beechnuts Pistachios Pine Nuts | Peanuts 40% Chestnuts | |
| MISC. | Unsweetened & Unspiced Pickles, Clams, Oysters, Scallops, Liver, Fish Roe | Reckon available carbohydrates in vegetables of 5% group as 3%, of 10% group as 6%. | | | |

*This table is inserted by the kind permission of Dr. E. P. Joslin, through Lea & Febiger, Philadelphia, Pa., the publishers of his book, *Treatment of Diabetes Mellitus*.

(B) A FEW STANDARD FOOD VALUES

| (30 grams 1 oz.) CONTAIN APPROXIMATELY..... | Protein | Fat | Carbohydrates | Calories |
|--|------------|---------|---------------|----------|
| | Grams..... | | | |
| Oatmeal, dry wgt. | 5..... | 2..... | 20..... | 110 |
| Meat (uncooked) | 6..... | 2..... | 0..... | 40 |
| Meat (cooked) | 8..... | 3..... | 0..... | 60 |
| Broth | 0.7..... | 0..... | 0..... | 3 |
| Potato | 1..... | 0..... | 6..... | 30 |
| Bacon (cooked) | 5..... | 15..... | 0..... | 155 |
| Cream, 40% | 1..... | 12..... | 1..... | 120 |
| " 20% | 1..... | 6..... | 1..... | 60 |
| Milk | 1..... | 1..... | 2..... | 20 |
| Bread | 3..... | 0..... | 18..... | 90 |
| Butter | 0..... | 25..... | 0..... | 240 |
| Egg (one) | 6..... | 5..... | 0..... | 75 |
| Brazil Nuts | 5..... | 20..... | 2..... | 210 |
| Orange (one) | 0..... | 0..... | 10..... | 40 |
| Grape Fruit (one) | 0..... | 0..... | 10..... | 40 |
| Vegetables. 5-10 % groups | 0.5..... | 0..... | 1..... | 6 |

TABLE VII

CHEESE

| <i>Kinds</i> | <i>Weight</i> | <i>Protein</i> | <i>Fat</i> | <i>Carbo- hydrates</i> | <i>Total Calories</i> |
|----------------|---------------|----------------|-------------|----------------------------|---------------------------|
| | | <i>Gms.</i> | <i>Gms.</i> | <i>Gms.</i> | |
| American, pale | 1 lb. | 130.64 | 162.84 | 1.35 | 1994 |
| Brie | " | 72.12 | 95.25 | 6.35 | 1171 |
| Cheddar | " | 125.64 | 166.90 | 18.60 | 2079 |
| Cottage | " | 94.80 | 4.54 | 19.51 | 498 |
| Cream | " | 117.48 | 152.84 | 10.88 | 1888 |
| Neufchâtel | " | 84.82 | 124.30 | 6.80 | 1485 |
| Pineapple | " | 135.60 | 176.44 | 11.79 | 2178 |
| Roquefort | " | 102.50 | 133.80 | 8.16 | 1647 |
| Swiss | " | 125.18 | 158.30 | 5.90 | 1949 |

TABLE VIII

NUTS

| <i>Kinds</i> | <i>Weight</i> | <i>Protein</i> | <i>Fat</i> | <i>Carbo- hydrates</i> | <i>Total Calories</i> |
|----------------------|---------------|----------------|-------------|----------------------------|---------------------------|
| | | <i>Gms.</i> | <i>Gms.</i> | <i>Gms.</i> | |
| Almonds | 1 lb. | 95.25 | 249.03 | 78.47 | 2936 |
| Brazil nuts | " | 77.11 | 303.10 | 31.75 | 3162 |
| Butter nuts | " | 126.55 | 277.60 | 15.86 | 3068 |
| Filberts | " | 70.76 | 296.20 | 58.97 | 3185 |
| Hickory nuts | " | 69.86 | 305.72 | 51.70 | 3238 |
| Pecans | " | 43.55 | 319.79 | 69.40 | 3330 |
| Pine nuts | " | 153.77 | 224.93 | 73.94 | 2905 |
| Walnuts (California) | " | 83.46 | 292.10 | 58.97 | 3199 |
| Walnuts (black) | " | 125.19 | 255.38 | 53.06 | 3012 |
| Pistachios | " | 101.14 | 244.93 | 73.94 | 2905 |

Bread, Rolls, Muffins

ALEURONAT PREPARATIONS

- 1. ALEURONAT BREAD, ROLLS, MUFFINS**

ALMOND FLOUR PREPARATIONS

- 1. ALMOND BREAD**
- 2. ALMOND MUFFINS**
- 3. ALMOND BREAD MUFFINS**

LYSTER'S PREPARATIONS

- 1. DIABETIC MUFFINS**
- 2. FLOUR AND BRAN MUFFINS**

BREAD, ROLLS, AND MUFFINS

MADE WITH ALEURONAT

I. ALEURONAT BREAD, ROLLS, AND MUFFINS

| | | |
|------------|------------|--|
| Protein | 33.23 Gms. | 2 tablespf. Aleuronat Flour or $\frac{1}{2}$ oz. |
| Fat | 14.07 " | 2 tablespf. Almond Flour or $\frac{1}{2}$ oz. |
| Carb. | 0.08 " | 2 Eggs |
| Total Cal. | 260 | $\frac{1}{8}$ teaspf. Salt |
| | | $\frac{3}{4}$ teaspf. Baking Powder |
| | | 20% Cream, or Top Milk |

Mix and sift flour, salt, and baking powder; stir in eggs and top milk enough to make a soft dough, beat $\frac{1}{4}$ hr. with a spoon; drop into well-buttered small round bread pan, and bake $\frac{3}{4}$ hr. in a moderate oven.

This same quantity will make from 5-6 small rolls.

By adding 2 saccharin tablets, a sweet muffin can be made.

MADE WITH ALMOND FLOUR

I. ALMOND BREAD

| | | |
|------------|------------|-------------------------------------|
| Protein | 28.78 Gms. | 4 tablespf. Almond Flour or 1 oz. |
| Fat | 33.65 " | 2 Eggs (separated) |
| Carb. | 0.15 " | $1\frac{1}{2}$ tablespf. Butter |
| Total Cal. | 418 | A pinch of Salt |
| | | $\frac{2}{3}$ teaspf. Baking Powder |

Cream butter; add egg yolks and salt and beat thoroughly; next add the flour and baking powder; stir very smooth; last fold in the stiffly beaten whites. Bake in a buttered shallow cake tin, for $\frac{1}{2}$ hr., in a moderate oven.

2. ALMOND MUFFINS

| | | |
|------------|------------|---------------------------------|
| Protein | 45.57 Gms. | 5 tablespf. ground Almond Flour |
| Fat | 45.48 " | or $1\frac{1}{4}$ oz. |
| Carb. | 0.19 " | 4 Eggs |
| Total Cal. | 592 | A pinch of Salt |
| | | 2 Saccharin tablets |
| | | $1\frac{1}{2}$ tablespf. Butter |

Melt butter; cream it when cool; add 2 eggs, and half the Almond Flour; stir 10 minutes; separate remaining eggs; beat whites to a stiff froth. Dissolve saccharin in $\frac{1}{4}$ teaspf. water; add to the 2 egg yolks; beat lightly, stir into other mixture; now add the rest of the flour, stir thoroughly; fold in the stiffly beaten egg whites, and bake in well-buttered muffin rings in a moderate oven, from 20-30 minutes.

3. ALMOND BREAD MUFFINS

| | | |
|------------|------------|---------------------------------------|
| Protein | 43.09 Gms. | $\frac{1}{4}$ lb. blanched and ground |
| Fat | 77.36 " | Almonds |
| Carb. | 19.60 " | 3 Eggs |
| Total Cal. | 947 | Pinch of Salt |

Beat whites very stiff; beat yolks lightly; add salt; beat into whites gradually, alternating with the Almonds. Bake in greased pan 20-30 minutes.

MADE WITH LYSTER'S PREPARATIONS

I. DIABETIC MUFFINS

(Used by Dr. E. P. Joslin)

All of flour in one of the round boxes of Lyster's Prepared Casein Diabetic Flour

1 Egg

3 tablespf. of sweet heavy Cream, (40%)

2 tablespf. of melted Butter

Same quantity of drippings, bacon fat, melted lard, or Crisco may be used in place of butter.

This will make six to eight muffins. Each muffin has food value equivalent to one egg.

Beat white of egg very stiff; beat yolk separately from white; to the beaten yolk add the cream and melted Crisco, (Crisco to be measured after it is melted); then add the beaten white of egg; lastly the flour, beating the mixture all the while the flour is slowly added. Put in buttered, hot muffin irons, and bake for 10 to 20 minutes. If a gas range is used, bake 10 minutes; if coal range is used, have the oven hot and bake for 15 minutes. Oven door should not be opened for ten minutes.

(Use old-fashioned cast-iron muffin iron.)

2. FLOUR AND BRAN MUFFINS

1 level tablespoon Lard

1 Egg

2 tablespf. heavy Cream

1 cup washed Bran

1 package Lyster's Flour

$\frac{1}{4}$ cup Water, or less

Tie dry bran in cheesecloth and soak 1 hour. Wash

by squeezing water through and through. Change water several times, wring dry.

Separate egg and beat thoroughly. Add to the egg yolk the melted lard, cream, and beaten egg white. Add Lyster's Flour, washed bran, and water. Make nine muffins.

Cakes

MADE WITH NUTS OR ALEURONAT

LARGE CAKES

- | | |
|------------------------|--------------------|
| 1. ALMOND SPONGE | 5. CHOCOLATE LAYER |
| 2. ALMOND MOCHA | 6. CHEESE |
| 3. HAZELNUT OR FILBERT | 7. COFFEE |
| 4. ENGLISH WALNUT | 8. CINNAMON |
| 9. CRUMB CAKE | |

SMALL CAKES

- | | |
|--------------------------------|-----------------------------------|
| 1. COOKIES No. 1 | 7. ANISE ZWIEBACK |
| 2. COOKIES No. 2 | 8. ANISE DROPS |
| 3. GINGER COOKIES (POOLE) | 9. ALMOND MACAROONS |
| 4. SPICE COOKIES (VON WINKLER) | 10. HAZELNUT OR FILBERT MACAROONS |
| 5. CHOCOLATE (COCOA) COOKIES | 11. ENGLISH WALNUT MACAROONS |
| 6. CINNAMON BARS | |
| 12. ZWIEBACK (VON WINKLER) | |

CAKES

MADE WITH NUTS OR ALEURONAT

LARGE CAKES

1. ALMOND SPONGE CAKE (Individual)

| | | |
|-----------------------|------------|--------------------------------|
| Protein | 16.30 Gms. | 2 tablespf. blanchd and grated |
| Fat | 19.08 " | Almonds |
| Carb. | 2.84 " | 2 Eggs beaten separately |
| Total Cal. | 248 | Pinch of Salt |
| 2-3 Saccharin tablets | | |

Stir the yolks of the eggs foamy; add almonds, salt, and saccharin; fold in the stiffly beaten whites, and bake in a moderate oven, in a well-buttered cake pan.

2. ALMOND MOCHA CAKE (Individual)

Use the above ingredients, flavoring with a tablespf. of Crosse & Blackwell's coffee essence. Bake in two layers; when cold spread whipped cream flavored with coffee between the two layers.

| | | |
|------------|------------|--|
| Protein | 17.60 Gms. | For the Coffee Cream use: |
| Fat | 42.68 " | $\frac{1}{8}$ pt. Cream |
| Carb. | 4.61 " | Saccharin to taste |
| Total Cal. | 473 | 1 tablespf. Coffee Extract (Crosse & Blackwell's) |

3. HAZELNUT OR FILBERT CAKE (Individual)

| | | |
|------------|------------|------------------------------|
| Protein | 14.39 Gms. | Like Almond Sponge Cake, us- |
| Fat | 21.13 " | ing 2 tablespf. unblanched |
| Carb. | 1.87 " | grated Hazelnuts in place of |
| Total Cal. | 255 | the Almonds. |

4. ENGLISH WALNUT CAKE (Individual)

| | | |
|------------|------------|--------------------------------|
| Protein | 16.32 Gms. | Like Almond Sponge Cake, us- |
| Fat | 22.19 " | ing 2 tablespf. grated English |
| Carb. | 2.44 " | Walnuts in place of the Al- |
| Total Cal. | 275 | monds. |

5. CHOCOLATE LAYER CAKE (Individual)

| | | |
|------------|------------|----------------------------------|
| Protein | 10.99 Gms. | 2 tablespf. blanched and pounded |
| Fat | 20.39 " | Almonds |
| Carb. | 4.68 " | 1 ½ tablespf. Van Houten's Cocoa |
| Total Cal. | 245 | 1 Egg |
| | | 1 tablespf. Cream |
| | | 6 drops Vanilla Extract |
| | | Saccharin to taste |

Stir the egg to foam, add almonds and the cocoa which has been dissolved in the cream, then add vanilla extract and the saccharin. Bake in two layers on well-buttered tins in a moderate oven; when cold, spread whipped cream between the layers, and on the top layer.

6. CHEESE CAKE (Individual)

| | | |
|------------|------------|--------------------------|
| Protein | 49.18 Gms. | 2 tablespf. Aleuronat |
| Fat | 18.23 " | 2 Eggs |
| Carb. | 12.77 " | 1 tablespf. Butter |
| Total Cal. | 412 | 2 tablespf. Almond Flour |

$\frac{1}{4}$ tablespf. Royal Baking Powder
 2 Saccharin tablets
 5 tablespf. Pot-cheese

Cream or top milk, enough to make a soft dough.

Cream butter, stir in one well-beaten egg in which the saccharin has been dissolved, sift in Aleuronat, almonds, and baking powder; then beat, making a dough soft enough to roll out; cover the dough and let it stand for $\frac{1}{2}$ hour; during this time strain pot-cheese through a purée sieve, stir into this 1 egg yolk, 2-3 saccharin tablets, cream, and the egg white beaten very stiff; now roll out dough; butter a small spring form, put the dough into it, spread the cheese mixture on this, and bake $\frac{1}{2}$ - $\frac{3}{4}$ hr. in a moderate oven.

7. COFFEE CAKE (Individual)

| | | |
|------------|---|-----------------------|
| Protein | 32.10 Gms. | 4 tablespf. Butter |
| Fat | 72.48 " | 2 Eggs separated |
| Carb. | 5.78 " | 2 tablespf. Aleuronat |
| Total Cal. | 803 | 4 tablespf. Almonds |
| | $\frac{1}{2}$ tablespf. Royal Baking Powder | |
| | $\frac{1}{2}$ tablespf. Vanilla Extract | |
| | 3 Saccharin tablets | |

Cream butter, add egg yolks, Aleuronat, etc.

8. CINNAMON CAKE (Individual)

| | | |
|------------|---|--------------------------|
| Protein | 32.38 Gms. | 2 tablespf. Aleuronat |
| Fat | 13.78 " | 2 tablespf. Almond Flour |
| Carb. | 2.72 " | 2 Eggs |
| Total Cal. | 264 | 3 Saccharin tablets |
| | $\frac{1}{2}$ tablespf. Baking Powder | |
| | $\frac{1}{4}$ tablespf. ground Cinnamon | |
| | Cream to make a soft batter | |

Foam egg yolks, add Aleuronat, almonds, etc., last the stiff egg whites; pour into buttered cake tin; bake $\frac{1}{2}$ - $\frac{3}{4}$ hr. in a moderate oven.

9. CRUMB CAKE (Individual)

| | | |
|------------|------------|---|
| Protein | 34.36 Gms. | 2 tablespf. grated Almonds |
| Fat | 19.79 " | 2 Eggs |
| Carb. | 5.25 " | $\frac{1}{4}$ teaspf. Cinnamon |
| Total Cal. | 336 | $\frac{1}{4}$ teaspf. Lemon Juice |
| | | $\frac{1}{2}$ teaspf. grated Lemon rind |
| | | $\frac{1}{4}$ teaspf. Baking Powder |
| | | Saccharin to taste |

Beat eggs foamy with the saccharin dissolved in $\frac{1}{4}$ teaspf. of hot water; add other ingredients, baking powder last. Have the cake mold well buttered, and bake from 20-30 minutes in a moderate oven.

CAKES

MADE WITH NUTS OR ALEURONAT

SMALL CAKES

I. COOKIES, No. I

| | | |
|------------|------------|-------------------------------|
| Protein | 32.36 Gms. | 8 tablespf. Butter |
| Fat | 165.04 " | 12 tablespf. grated, blanched |
| Carb. | 17.04 " | Almonds |
| Total Cal. | 1682 | 1 Egg yolk, raw |
| | | Saccharin, 5-6 tablets |
| | | 8-10 drops Vanilla Extract |
| | | 3 hard-boiled yolks of Eggs |
| | | mashed through a strainer |
| | | 1 teaspf. grated Lemon rind |

Cream butter, add almonds, the strained egg yolks and other ingredients, moistening with the raw egg yolk. Roll out dough, cut out with biscuit cutter, sprinkle with chopped almonds, and bake on buttered tins.

2. COOKIES, No. 2

| | | |
|------------|------------|---|
| Protein | 25.99 Gms. | 2 tablespf. Aleuronat |
| Fat | 30.19 " | 2 tablespf. ground Almonds |
| Carb. | 9.07 " | 1 tablespf. Butter |
| Total Cal. | 412 | $\frac{1}{2}$ tablespf. ground Cinnamon |
| | | $\frac{1}{2}$ tablespf. Royal Baking Powder |
| | | 1 Egg |
| | | 2-3 Saccharin tablets |
| | | Cream, or top Milk |

Cream the butter; mix and sift Aleuronat, almonds, and baking powder; dissolve saccharin in a few drops of warm water. Blend butter with the sifted flour; add cinnamon and saccharin, next the whole egg, and lastly cream enough to make a dough stiff enough to roll out.

Roll out $\frac{1}{2}$ inch thick, cut out with a cake cutter, and bake in a moderate oven.

3. GINGER COOKIES

| | | |
|------------|------------|---------------------------------------|
| Protein | 28.51 Gms. | 4 tablespf. Almond Flour |
| Fat | 22.31 " | 2 Eggs separated |
| Carb. | 5.63 " | 4 Saccharin tablets |
| Total Cal. | 340 | 1 tablespf. Cream |
| | | $\frac{1}{2}$ tablespf. ground Ginger |

Foam egg yolks with saccharin dissolved in a few drops of water; add almond flour, ginger, and cream, stir smooth; drop from teaspoon on a buttered tin; flatten out, and bake in a moderate oven.

4. SPICE COOKIES

| | | |
|------------|------------|---------------------------------------|
| Protein | 31.95 Gms. | 4 tablespf. Almond Flour |
| Fat | 31.32 " | 2 Eggs, separated |
| Carb. | 8.47 " | 3-4 Saccharin tablets |
| Total Cal. | 445 | 1 tablespf. Cream |
| | | 1 teaspf. mixed spices |
| | | (Cinnamon, Cloves, and grated Nutmeg) |

Proceed as above, sprinkling a few coarsely chopped blanched almonds on top of the cakes.

5. CHOCOLATE (COCOA) COOKIES

| | | |
|------------|------------|---|
| Protein | 26.04 Gms. | 3 tablespf. Almond Flour |
| Fat | 17.56 " | 2 Eggs, separated |
| Carb. | 6.83 " | 4 Saccharin tablets |
| Total Cal. | 289 | 1 tablespf. Van Houten's Cocoa |
| | | $\frac{1}{2}$ teaspf. grated Lemon rind |
| | | $\frac{1}{2}$ teaspf. ground Cinnamon |
| | | 6-8 drops Vanilla Extract |

Proceed as for Ginger Cookies.

6. CINNAMON BARS

| | | |
|------------|------------|---|
| Protein | 43.58 Gms. | 8 tablespf. Almond Flour |
| Fat | 24.08 " | 2 Eggs separated |
| Carb. | 10.48 " | $\frac{1}{2}$ tablespf. ground Cinnamon |
| Total Cal. | 433 | 3-4 Saccharin tablets |

Mix ingredients, folding in stiffly beaten egg whites, last; butter tin; form narrow bars of the mixture, and bake in a moderate oven.

7. ANISE ZWIEBACK

| | | |
|------------|------------|--------------------------|
| Protein | 51.90 Gms. | 2 Eggs |
| Fat | 17.48 " | 4 tablespf. Aleuronat |
| Carb. | 5.44 " | 4 tablespf. Almond Flour |
| Total Cal. | 387 | ½ teaspf. Baking Powder |
| | | 1 teaspf. Anise Seed |
| | | 3-4 Saccharin tablets |

Beat the whole eggs with the saccharin; add dry ingredients; be sure that the anise seed is carefully cleaned; bake in shallow bread pan in a slow oven; when baked cut out into two-inch slices with a sharp knife, and toast a light brown in oven.

8. ANISE DROPS

| | |
|------------|------------|
| Protein | 51.90 Gms. |
| Fat | 17.48 " |
| Carb. | 5.44 " |
| Total Cal. | 387 |

Same ingredients as above. Drop with a teaspoon on a shallow tin; bake in a slow oven; do not toast.

9. ALMOND MACAROONS

| | | |
|------------|------------|---------------------------------|
| Protein | 14.50 Gms. | 4 tablespf. blanched and grated |
| Fat | 18.12 " | Almonds |
| Carb. | 5.68 " | 2 Egg whites |
| Total Cal. | 244 | 2-3 Saccharin tablets. |

Dissolve saccharin in a few drops of hot water; beat the egg whites to a very stiff froth; stir in the almonds and saccharin; bake in a very moderate oven, on well-buttered wax paper.

10. HAZELNUT OR FILBERT MACAROONS

| | | |
|------------|------------|--------------------------------|
| Protein | 12.68 Gms. | 4 tablespf. grated, unblanched |
| Fat | 22.22 " | Hazelnuts |
| Carb. | 3.74 " | 2-3 Saccharin tablets |
| Total Cal. | 266 | 2 Egg whites |

Proceed as for Macaroons.

11. ENGLISH WALNUT MACAROONS

| | | |
|------------|------------|-----------------------------------|
| Protein | 14.54 Gms. | 4 tablespf. coarsely chopped nuts |
| Fat | 24.34 " | 2-3 Saccharin tablets |
| Carb. | 4.88 " | 2 Egg whites |
| Total Cal. | 298 | |

Proceed as for Macaroons.

12. ZWIEBACK (Von Winkler)

| | | |
|------------|------------|-------------------------------------|
| Protein | 32.38 Gms. | 2 Eggs, separated |
| Fat | 13.78 " | 2 tablespf. Aleuronat |
| Carb. | 2.72 " | 2 tablespf. Almond Flour |
| Total Cal. | 265 | 2 Saccharin tablets |
| | | 6 drops Vanilla Extract |
| | | $\frac{1}{4}$ teaspf. Lemon rind |
| | | $\frac{1}{3}$ teaspf. Baking Powder |

Beat egg yolks, saccharin, vanilla, and lemon rind, stirring $\frac{1}{4}$ hour; add dry ingredients, stir perfectly smooth; add stiffly beaten egg whites, and bake in a well-buttered shallow pan, in a moderate oven; remove from pan; cool and cut into two-inch strips, using a very sharp hot knife. Toast these strips, in a very moderate oven.

These Zwieback will keep 2-3 days.

Casoid Preparations

REMARKS

BREADS, BISCUITS, CRACKERS, MUFFINS, ETC.

MADE WITH CASOID FLOUR

- | | |
|-----------------|----------------------|
| 1. BREAD, ROLLS | 4. CRACKERS (A), (B) |
| 2. BISCUITS | 5. PANCAKES |
| 3. MUFFINS | 6. EGG TOAST |

DESSERTS

MADE WITH CASOID FLOUR

- | | |
|-----------------------|-----------------------|
| 1. BREAD FRITTERS | 3. TARTS, FILLING FOR |
| 2. BREAD PUDDING (A), | TARTS |
| (B), (C), (D) | 4. CINNAMON CAKES |
| 5. CREAM PUFFS | |

CASOID PREPARATIONS

REMARKS

Casoid takes the first rank as a flour for diabetics, and therefore a special chapter is devoted to its use in the preparation of Bread, Muffins, Desserts, etc.

Casoid, to a great extent, has solved the problem which confronts the cook as to a substitute for wheat bread, and, as a diabetic naturally craves bread, the substitute must come as near to the real article as possible.

Breads, etc., made from Casoid flour, require skillful handling in mixing, and, most important of all, they require just the right oven heat to bake them properly. A little care and practice will produce good results, satisfactory to both the patient and the cook.

BREADS, BISCUITS, CRACKERS, MUFFINS, ETC.

MADE WITH CASOID FLOUR

I. CASOID BREAD, CASOID ROLLS

| | | |
|------------|------------|---------------------------------------|
| Protein | 38.04 Gms. | 4 tablespf. Casoid Flour |
| Fat | 12.30 " | $\frac{3}{4}$ tablespf. Baking Powder |
| Carb. | 2.49 " | $\frac{1}{8}$ tablespf. Salt |
| Total Cal. | 273 | |

2 Eggs, separated

2-3 tablespf. Cream

Beat yolks creamy; add salt and cream; fold in stiffly beaten egg whites; mix and sift flour and baking powder, and stir into the eggs, etc. Beat lightly, until dough is smooth.

Butter a small round bread pan very well; put dough in pan with a spoon; bake in moderate oven 30-45 minutes. This quantity makes one small round loaf of bread, enough for one day's use, or makes from 5-6 small rolls.

2. CASOID BISCUITS (2-3)

| | | |
|------------|------------|---------------------------------------|
| Protein | 31.37 Gms. | 4 tablespf. Casoid Flour |
| Fat | 28.75 " | 2 tablespf. Butter |
| Carb. | 1.73 " | 1-2 tablespf. Top Milk |
| Total Cal. | 391 | 1 Egg |
| | | A pinch of Salt |
| | | $\frac{3}{4}$ tablespf. Baking Powder |

Sift dry ingredients; rub in the butter, add egg, and lastly the milk. Make a dough stiff enough to roll; roll out, cut with biscuit cutter; prick with a fork, and bake on a floured tin in a moderate oven until a light brown; about 20-30 minutes.

These biscuits should be eaten warm, not hot.

3. CASOID MUFFINS (2-3)

| | | |
|------------|------------|---|
| Protein | 19.27 Gms. | 2 tablespf. Casoid Flour |
| Fat | 6.46 " | $\frac{1}{2}$ scant tablespf. Baking Powder |
| Carb. | 1.63 " | 1 Egg, separated |
| Total Cal. | 142 | 2 Saccharin tablets |
| | | A small pinch of Salt |
| | | 1-2 tablespf. Top Milk |

Beat yolk creamy with salt and dissolved saccharin; add stiffly beaten egg white and milk; mix and sift flour and

baking powder; stir into the egg, and beat batter smooth. Bake in well-buttered muffin pans from 20-30 minutes, in a moderate oven.

4. CASOID CRACKERS (A)

| | | |
|------------|------------|--------------------------|
| Protein | 26.97 Gms. | 4 tablespf. Casoid Flour |
| Fat | 10.27 " | 2 teaspf. Butter |
| Carb. | 0.21 " | ½ Egg |
| Total Cal. | 204 | A small pinch of Salt |

Rub butter and flour together; add salt; beat egg foamy; stir into the flour, and make a stiff dough. Roll out dough very thin and flat, cut with biscuit cutter, prick crackers with a fork; bake on a floured tin in a very moderate oven, until a light yellow color.

SWEET CASOID CRACKERS (B)

| | |
|------------|------------|
| Protein | 26.97 Gms. |
| Fat | 10.27 " |
| Carb. | 0.21 " |
| Total Cal. | 204 |

Same ingredients as above, with the addition of two dissolved saccharin tablets, and 6 drops of vanilla extract.

5. CASOID PANCAKES (3-4)

| | | |
|------------|------------|--------------------------------|
| Protein | 15.56 Gms. | 1 ½ tablespf. Casoid Flour |
| Fat | 5.51 " | 1 Egg, separated |
| Carb. | 0.46 " | ¼ teaspf.(scant) Baking Powder |
| Total Cal. | 113 | Small pinch of Salt |
| | | 1 tablespf. Top Milk |

Beat yolk foamy; add salt; next milk and the stiffly beaten white of the egg; mix and sift in flour and baking

powder; stir smooth, fry in butter, and serve very hot. The batter may be sweetened with 1 saccharin tablet, if sweet pancakes be liked.

6. CASOID EGG TOAST

| | | |
|------------|------------|-----------------------------|
| Protein | 86.42 Gms. | 4 slices stale Casoid Bread |
| Fat | 35.49 " | 1 Egg |
| Carb. | 5.62 " | 1 tablespf. Cream |
| Total Cal. | 688 | 1 Saccharin tablet |

Beat up egg, cream, and saccharin; dip bread slices in this batter, and then fry like pancakes in boiling hot butter; powder very lightly with ground cinnamon, and serve very hot, at once.

DESSERTS

MADE WITH CASOID

1. CASOID BREAD FRITTERS (2 Fritters)

| | | |
|------------|------------|----------------------------|
| Protein | 14.68 Gms. | 1½ tablespf. grated Casoid |
| Fat | 8.44 " | Bread |
| Carb. | 1.01 " | 1 Egg, separated |
| Total Cal. | 139 | ¼ teaspf. Baking Powder |
| | | 1 tablespf. Top Milk |
| | | 1-2 Saccharin tablets |
| | | ¼ teaspf. ground Cinnamon |
| | | A pinch of Salt |

Proceed as for Pancakes; serve very hot with a lemon sauce, or with stewed fruit.

2. CASOID BREAD PUDDING (A)

| | | |
|------------|------------|---|
| Protein | 14.95 Gms. | 2 tablespf. Casoid Bread Crumbs |
| Fat | 15.68 " | 1 tablespf. coarsely chopped |
| Carb. | 3.42 " | Almonds |
| Total Cal. | 215 | 1 Egg, separated |
| | | 3 Saccharin tablets |
| | | $\frac{1}{2}$ tablespf. ground Cinnamon |
| | | $\frac{1}{4}$ tablespf. Lemon rind |
| | | $\frac{1}{4}$ tablespf. Lemon juice |
| | | $\frac{1}{4}$ tablespf. Baking Powder |

Proceed as for Bread Fritters; butter a small china pudding mold; pour in batter; bake like a custard (see Baked Custard).

Serve hot or cold with a wine sauce, or a cream sauce.

CASOID BREAD PUDDING (B)

| | | |
|------------|------------|------------------------------------|
| Protein | 17.75 Gms. | 2 tablespf. Casoid Bread Crumbs |
| Fat | 9.98 " | 1 Egg, separated |
| Carb. | 1.84 " | 2 tablespf. Top Milk |
| Total Cal. | 168 | $\frac{1}{4}$ tablespf. Lemon rind |
| | | 5 drops Vanilla extract |
| | | 2 Saccharin tablets |

Proceed as above; serve hot with vanilla sauce; or cold with whipped cream (see Whipped Cream).

CASOID BREAD PUDDING (C)

| | | |
|------------|------------|--------------------------------|
| Protein | 15.50 Gms. | Same ingredients as for Recipe |
| Fat | 16.46 " | (A) with the addition of 1 |
| Carb. | 4.39 " | teaspf. Van Houten's Cocoa. |
| Total Cal. | 228 | |

CASOID BREAD PUDDING (*D*)

BROWN BETTY

| | | |
|------------|------------|---------------------------------------|
| Protein | 20.98 Gms. | 1 small sour Apple |
| Fat | 18.70 " | $\frac{1}{2}$ cup Casoid Bread Crumbs |
| Carb. | 8.62 " | 1 tablespf. Butter |
| Total Cal. | 285 | 2-3 Saccharin tablets. |

Chop apple fine; dissolve saccharin in 1 tablespf. water, and mix with apple; butter a small china pudding mold. Cover bottom of mold with crumbs, butter, and apples, repeating the layers till mold is full.

Bake slowly for 1 hour, in a moderate oven. Serve hot with fresh cream, or with a sweet cream sauce.

3. TARTS (2-3)

| | | |
|------------|------------|---------------------------------------|
| Protein | 19.19 Gms. | 2 tablespf. Casoid Flour |
| Fat | 12.57 " | 2 tablespf. Butter |
| Carb. | 0.11 " | A small pinch of Salt |
| Total Cal. | 190 | 1 Egg |
| | | $\frac{1}{4}$ tablespf. Baking Powder |
| | | 1 tablespf. cold Water |

Sift and mix dry ingredients; rub in the butter; beat up egg and stir into mixture; add water, and make a dough stiff enough to roll out. Line patty tins with the paste, and bake a light yellow in a moderate oven.

FILLING FOR TARTS

Fill baked shells with:

- | | |
|------------------------|---------------------------|
| A. Stewed Apples | D. Any other stewed fruit |
| B. Stewed Rhubarb | allowed |
| C. Stewed Gooseberries | E. Custard |
| | F. Cheese Custard |

4. CINNAMON CAKES

| | | | |
|------------|-------|------|---|
| Protein | 14.53 | Gms. | 2 tablespf. Casoid Flour |
| Fat | 0.33 | " | 1 tablespf. Almond Flour |
| Carb. | 3.13 | " | $\frac{3}{4}$ tablespf. Baking Powder |
| Total Cal. | 73 | | $\frac{1}{2}$ tablespf. ground Cinnamon |
| | | | $\frac{1}{4}$ tablespf. grated Lemon rind |
| | | | 6 drops Vanilla extract |
| | | | 3 Saccharin tablets |

Proceed as for Casoid Muffins, and bake in well-buttered patty pans from 20-30 minutes, in a moderate oven.

5. CASOID CREAM PUFFS (2-3)

| | | | |
|------------|-------|------|---------------------------------------|
| Protein | 19.40 | Gms. | 2 tablespf. Casoid Flour |
| Fat | 10.49 | " | 1 Egg, separated |
| Carb. | 0.50 | " | $\frac{1}{4}$ tablespf. Baking Powder |
| Total Cal. | 174 | | A tiny pinch of Salt |
| | | | 1 tablespf. Cream |

Proceed as for Casoid bread; put puffs in two buttered patty pans in a very moderate oven; they must be a deep yellow when baked. When nearly cold, cut open at the side and fill with custard (see Custards), or with stiffly whipped, sweetened, and flavored cream.

Nut Flavorings, Sauces, Puddings, Custards, Frozen Desserts, Miscellaneous Desserts

NUT FLAVORINGS

- | | |
|----------------------|------------------|
| 1. ALMOND OR FILBERT | 2. BURNT FILBERT |
|----------------------|------------------|

SAUCES FOR DESSERTS

- | | |
|----------|------------|
| 1. COCOA | 3. VANILLA |
| 2. LEMON | 4. WINE |

PUDDINGS

- | | |
|------------------------------|-----------------------------|
| 1. ALMOND PUDDING (GRUBE) | 5. PROTO-PUFF (A), (B) |
| 2. FILBERT | 6. CREAM PUDDING (POOLE) |
| 3. APPLE | 7. COCOA |
| 4. APPLE CUSTARD | 8. LEMON PUFF |

CUSTARDS

- | | |
|--------------------------------------|---|
| 1. BOILED | 4. MACAROON |
| 2. BAKED, WITH VARIOUS FLAVORINGS | 5. SNOWBALLS WITH VANILLA SAUCE, OR FLOATING ISLAND |
| 3. ALMOND | |
| 6. CHEESE CUSTARD | |

DIABETIC COOKERY

FROZEN DESSERTS

GELATINE DESSERTS

- | | |
|-------------------------------|-------------------|
| 1. WINE JELLY | 3. COFFEE JELLY |
| 2. LEMON JELLY | 4. BAVARIAN CREAM |
| 5. ALMOND OR FILBERT BAVARIAN | |

PLAIN CREAMS

- | | |
|---------------------------|--------------------|
| 1. WHIPPED CREAMS (PLAIN) | 2. CHARLOTTE RUSSE |
|---------------------------|--------------------|

PARFAITS

- | | |
|--------------------|-------------------|
| 1. CAFÉ PARFAIT | 2. ALMOND PARFAIT |
| 3. FILBERT PARFAIT | |

MOUSSES

- | | |
|------------------|--------------------|
| 1. COFFEE MOUSSE | 2. MACAROON MOUSSE |
|------------------|--------------------|

ICE CREAMS

- | | |
|---------------|-------------|
| 1. VANILLA | 3. HAZELNUT |
| 2. COFFEE | 4. MACAROON |
| 5. STRAWBERRY | |

WATER ICES, ROMAN PUNCH

- | | |
|----------------|---------------|
| 1. LEMON ICE | 2. ORANGE ICE |
| 3. ROMAN PUNCH | |

MISCELLANEOUS DESSERTS

- | | |
|-----------------------|--------------------|
| 1. APPLE FRITTERS | 3. FRENCH PANCAKES |
| 2. POPPY SEED NOODLES | 4. CREAM WAFFLES |

NUT FLAVORINGS

1. ALMOND OR FILBERT

| | | |
|------------|-------|---|
| Protein | 23.80 | } 4 oz. or $\frac{1}{4}$ lb. Almonds blanched |
| Fat | 62.24 | |
| Carb. | 19.60 | |
| Total Cal. | 734 | |

| | | |
|------------|-------|--|
| Protein | 19.66 | } 4 oz. or $\frac{1}{4}$ lb. Filberts unblanched |
| Fat | 70.99 | |
| Carb. | 8.16 | |
| Total Cal. | 750 | |

Blanch almonds, dry them on a clean cloth, and when perfectly dry put them on a pie plate in the oven, and let them remain until they turn a light brown.

Cool, grind in an almond grinder, and then pound to a paste in a mortar. Put in a covered glass jar, where the paste will keep indefinitely.

2. BURNT FILBERTS (Hazelnuts)

Wipe filberts on a clean cloth, removing the coarse, fibrous ends. Do not blanch. Then proceed as for burnt almonds.

SAUCES FOR DESSERTS

1. COCOA SAUCE (Individual)

| | | |
|------------|-----------|--|
| Protein | 7.15 Gms. | $\frac{1}{2}$ cup Top Milk |
| Fat | 10.93 " | 1 Egg yolk |
| Carb. | 7.61 " | $\frac{1}{2}$ teaspf. Van Houten's Cocoa |
| Total Cal. | 157 | 1 Saccharin tablet |

Heat top milk in double boiler; stir in egg yolk, which has been beaten foamy; beat until creamy, add the cocoa and dissolved saccharin; serve hot or cold.

2. LEMON SAUCE (Individual)

| | | |
|------------|-----------|------------------------------|
| Protein | 3.95 Gms. | Juice of $\frac{1}{2}$ Lemon |
| Fat | 6.24 " | $\frac{1}{2}$ cup Water |
| Carb. | 2.79 " | 1 teaspf. Almond Flour |
| Total Cal. | 83 | 1 Egg yolk |
| | | 1-2 Saccharin tablets |

Mix egg and lemon juice; beat foamy; stir into boiling water and beat until creamy; add almond flour and saccharin; strain. Serve hot or cold.

3. VANILLA SAUCE (Individual)

| | | |
|------------|-----------|---------------------------|
| Protein | 5.07 Gms. | $\frac{1}{2}$ cup Cream |
| Fat | 49.26 " | 1 Egg yolk |
| Carb. | 3.27 " | 4-5 drops Vanilla extract |
| Total Cal. | 477 | 1 Saccharin tablet |

Heat cream in double boiler; stir in egg yolk which has been beaten foamy; beat until creamy and add flavoring and dissolved saccharin; serve hot or cold.

The flavor of vanilla or cream sauce may be varied by substituting a half-inch stick cinnamon, $\frac{1}{2}$ teaspf. ground burnt almonds, or any other flavor.

4. WINE SAUCE (Individual)

See Wine Soup.

PUDDINGS

1. ALMOND PUDDING (GRUBE) (Individual)

| | | |
|------------|------------|---|
| Protein | 11.10 Gms. | $\frac{1}{8}$ pt. Cream |
| Fat | 40.51 " | 1 teaspf. Butter |
| Carb. | 6.90 " | 1 White of Egg |
| Total Cal. | 437 | 2 tablespf. blanchd and pounded Almonds |
| | | $\frac{1}{4}$ tablespf. Sherry |
| | | Saccharin to taste |

Heat the cream and dissolve the butter in it; cool, and when cold stir in the other ingredients, folding in the white of egg beaten to a stiff froth last. Pour into a buttered china mold; bake twenty minutes in a hot oven, and serve hot.

2. FILBERT PUDDING (Individual)

| | |
|------------|------------|
| Protein | 10.00 Gms. |
| Fat | 41.31 " |
| Carb. | 6.01 " |
| Total Cal. | 436 |

Same ingredients as for Almond Pudding, but substituting 1 oz. of unblanchd grated filberts for the almonds.

3. APPLE PUDDING (Individual)

| | | | |
|--------------------|------------|---------------|---------------------------|
| Protein | 13.07 Gms. | 1 | sour Apple grated |
| Fat | 10.29 " | 2 | Eggs, separated |
| Carb. | 7.67 " | $\frac{1}{4}$ | teaspf. Lemon juice |
| Total Cal. | 175 | $\frac{1}{4}$ | teaspf. Lemon rind grated |
| Saccharin to taste | | | |

Beat the yolks of the eggs frothy; stir in the other ingredients; fold in the stiffly beaten froth of the whites of the eggs; pour into a well buttered china mold, bake quickly in a hot oven, and serve at once.

4. APPLE CUSTARD PUDDING (Individual)

| | | | |
|---------------------------------------|------------|---------------|---------------------------|
| Protein | 18.40 Gms. | $\frac{1}{2}$ | sour Apple chopped |
| Fat | 9.45 " | 1 | Egg |
| Carb. | 8.25 " | 1 | tablespf. Aleuronat Flour |
| Total Cal. | 192 | 1 | tablespf. Almond Meal |
| Pinch of Salt | | | |
| Saccharin to taste | | | |
| Top Milk enough to make a soft batter | | | |

Stir the egg frothy; add flour and meal, saccharin and salt; make a smooth batter with the milk; stir in the apple, pour into a well buttered mold, bake half an hour, in a hot oven, and serve at once.

5. PROTO-PUFF PUDDING (A) (For two people)

| | | | |
|--|------------|---|--------------------------------|
| Protein | 33.22 Gms. | 1 | grated Proto-Puff No. 1 |
| Fat | 20.36 " | 2 | Eggs, whites beaten separately |
| Carb. | 3.00 " | 2 | tablespf. grated blanchd |
| Total Cal. | 328 | | Almonds |
| Pinch of Salt | | | |
| $\frac{1}{4}$ teaspf. ground Cinnamon | | | |
| $\frac{1}{4}$ teaspf. Lemon rind and juice | | | |
| 2 Saccharin tablets dissolved in a few drops cold water. | | | |

Beat the yolks of the eggs frothy; add the other ingredients; fold in the stiffly beaten whites of the eggs; pour into a well buttered cake tin, bake half an hour in a moderate oven. Serve with whipped cream, or a wine sauce. Serve hot.

PROTO-PUFF PUDDING (B) (For two people)

| | | |
|------------|------------|---------------------------|
| Protein | 33.97 Gms. | 1 grated Proto-Puff No. 1 |
| Fat | 18.94 " | 2 Eggs whole |
| Carb. | 6.29 " | ½ cup Top Milk |
| Total Cal. | 332 | 1 teaspf. Butter |

Cinnamon, salt, lemon rind and juice as in No. 1; saccharin to taste; bake as above, serve either hot or cold, with wine sauce.

6. CREAM PUDDING (POOLE) (Individual)

| | | |
|------------|------------|---------------------------|
| Protein | 17.91 Gms. | ½ pt. Cream |
| Fat | 97.46 " | 2 Eggs |
| Carb. | 8.67 " | 2-3 Saccharin tablets |
| Total Cal. | 984 | 2-3 slices Lemon peel |
| | | 1-2 pieces Stick Cinnamon |

Heat the cream with the cinnamon and lemon peel; when boiling remove the lemon peel and cinnamon; cool, stir in the eggs beaten foamy, and pour into a small well buttered pudding mold; steam from 30-40 minutes. Serve at once.

7. COCOA PUDDING (Individual)

| | | |
|------------|------------|----------------------------|
| Protein | 18.74 Gms. | Make like Cream Pudding, |
| Fat | 98.57 " | but adding ½ tablespf. Van |
| Carb. | 10.12 " | Houten's Cocoa. |
| Total Cal. | 1003 | |

These puddings are equally good if baked, instead of being steamed. Bake ½ hr. Serve with wine sauce.

8. LEMON PUFF PUDDING (Individual)

| | | |
|------------|------------|--------------------------|
| Protein | 13.11 Gms. | 2 Eggs, separated |
| Fat | 10.26 " | Juice and grated rind of |
| Carb. | 3.70 " | ½ Lemon |
| Total Cal. | 160 | 4 Saccharin tablets |

Foam egg yolks; stir in dissolved saccharin and lemon; fold in stiffly beaten whites of eggs; bake in china mold like a baked custard, 10-15 minutes.

Serve at once.

CUSTARDS

1. BOILED CUSTARD (Individual)

| | | |
|-----------------|------------|-------------------------------|
| Protein | 14.73 Gms. | 1 Egg |
| Fat | 14.84 " | 1 cup Top Milk, or thin Cream |
| Carb. | 12.25 " | 2 Saccharin tablets |
| Total Cal. | 240 | 1 pinch Salt |
| Vanilla Extract | | |

Beat egg to foam, with the saccharin dissolved in a few drops of hot water; add the salt.

Heat cream in double boiler, and when very hot pour it over the egg, stirring rapidly to prevent egg from curdling. Strain through a fine strainer, back into the double boiler, and cook, stirring all the time until the mixture is thick and creamy; pour into a glass dish and cool; flavor with a few drops of vanilla, and serve cold.

2. BAKED CUSTARD (2-3 custard cups)

| | | |
|-----------------------|------------|-----------------------|
| Protein | 18.31 Gms. | 2 Eggs, separated |
| Fat | 50.41 " | ½ pt. thin Cream, 20% |
| Carb. | 9.81 " | Salt—few grains |
| Total Cal. | 565 | 2 Saccharin tablets |
| 1 inch stick Cinnamon | | |

Heat the cream and cinnamon very hot, but do not boil;

separate eggs, beat whites to stiff froth; stir yolks foamy with dissolved saccharin and salt; pour hot cream over the yolks; beat carefully; fold in egg whites; strain through a fine strainer into custard cups; place cups in a pan; pour boiling water into the pan till it reaches the top of the cups; set pan in a moderate oven; bake 20-30 minutes. Serve cold.

Using the same foundation, but with different flavorings, add variety to the bill of fare.

FLAVOR WITH

| | | | |
|----------------------------------|------------|-------|------|
| (a) 1 teaspf. Van Houten's Cocoa | Protein | 19.14 | Gms. |
| | Fat | 51.52 | " |
| | Carb. | 11.26 | " |
| | Total Cal. | 584 | |

| | | | |
|---|------------|-------|------|
| (b) 1 tablespf. ground burnt Almonds | Protein | 20.03 | Gms. |
| | Fat | 54.91 | " |
| | Carb. | 11.23 | " |
| | Total Cal. | 618 | |

| | | | |
|---|------------|-------|------|
| (c) ½ tablespf. finely chopped Fil- berts or Hazelnuts | Protein | 18.94 | Gms. |
| | Fat | 53.17 | " |
| | Carb. | 9.28 | " |
| | Total Cal. | 596 | |

(d) Vanilla or Lemon Extract

3. ALMOND CUSTARD

| | |
|--------------------|-----------------------------|
| Protein 11.56 Gms. | 2 tablespf. blanched grated |
| Fat 54.99 " | Almonds |
| Carb. 12.65 " | 1 Egg yolk |
| Total Cal. 592 | 2 Saccharin tablets |
| | 1 cup thin Cream |

Put cream in double boiler; stir in almonds and dissolved saccharin; stir occasionally until the cream begins

to boil; beat egg foamy, pour cream over it, stirring to prevent curdling; put into a glass dish, cool, set on ice to chill.

4. MACAROON CUSTARD

| | | |
|------------|------------|-----------------------------|
| Protein | 29.23 Gms. | 4-6 Macaroons |
| Fat | 32.96 " | Soft Custard, with cinnamon |
| Carb. | 17.93 " | flavor |
| Total Cal. | 484 | |

Line a small glass dish with macaroons, pour hot custard over them; set on ice to chill.

5. SNOWBALLS WITH VANILLA SAUCE, OR FLOATING ISLAND

| | | |
|------------|------------|---------------------------|
| Protein | 24.69 Gms. | 3 Eggs, separated |
| Fat | 55.45 " | ½ pt. Cream, 20% |
| Carb. | 9.81 " | ¼ teaspf. Vanilla Extract |
| Total Cal. | 637 | Saccharin to taste |

Beat the egg whites to a stiff snow.

Boil sweetened and flavored cream; when boiling take a tablespf. of egg snow at a time, put in the boiling cream; turn the balls, and after a few minutes remove them with a skimmer, and allow them to drain. Strain and cool cream; mix in the three yolks; put in double boiler; beat with an egg whip, until it comes to a boil.

Pour this custard hot over the snowballs. Serve cold.

6. CHEESE CUSTARD

| | | |
|------------|------------|-----------------------------|
| Protein | 12.83 Gms. | 3-4 tablespf. Cream |
| Fat | 29.91 " | 2 Saccharin tablets |
| Carb. | 2.63 " | ¼ teaspf. grated Lemon rind |
| Total Cal. | 331 | 1½ tablespf. Pot Cheese |
| | | 1 Egg |
| | | 1 teaspf. Butter |

Melt butter in double boiler; mix egg and cream; add to pot cheese; stir smooth, and next add dissolved saccharin

and lemon rind; add to butter and stir constantly till mixture thickens. Strain into glass dish, cool; set on ice.

FROZEN DESSERTS

GELATINE DESSERTS

1. WINE JELLY (Individual)

| | | |
|------------|-----------|-------------------------------|
| Protein | 2.79 Gms. | 1 teaspf. granulated Gelatine |
| Fat | | 1 tablespf. cold Water |
| Carb. | 0.50 " | ½ cup boiling Water |
| Total Cal. | 300 | ½ cup sugarless Wine |
| | | 1 teaspf. Lemon juice |
| | | 4 Saccharin tablets |

Dissolve gelatine in cold water, let it stand five minutes; add boiling water, wine, lemon juice, and saccharin; strain through a fine strainer into a cold wet mold; set on ice to harden. Serve with whipped cream.

2. LEMON JELLY

| | | |
|------------|-----------|------------------------|
| Protein | 2.77 Gms. | Juice of ½ Orange |
| Fat | | Juice of 1 Lemon |
| Carb. | 9.88 " | 4 Saccharin tablets |
| Total Cal. | 50 | 1 ½ tablespf. Gelatine |
| | | 1 tablespf. cold Water |
| | | 1 cup boiling Water |

Proceed as in foregoing recipe.

3. COFFEE JELLY (Individual)

| | | |
|------------|-----------|---------------------------------------|
| Protein | 4.15 Gms. | $\frac{3}{4}$ cup strong black Coffee |
| Fat | | $1\frac{1}{2}$ tablespf. Gelatine |
| Carb. | | 1 tablespf. cold Water |
| Total Cal. | 16 | $\frac{1}{4}$ cup boiling Water |
| | | 2 Saccharin tablets |

Dissolve gelatine in cold water; let it stand five minutes; pour boiling water over it; add hot coffee and saccharin; strain through strainer and a jelly bag into wet mold. Set on ice to harden. Serve with whipped cream.

4. BAVARIAN CREAM (Individual)

| | | |
|------------|------------|-----------------------------------|
| Protein | 10.98 Gms. | $1\frac{1}{2}$ tablespf. Gelatine |
| Fat | 25.07 " | $\frac{1}{2}$ cup Cream, 40% |
| Carb. | 11.03 " | 1 tablespf. cold Water |
| Total Cal. | 314 | $\frac{1}{2}$ cup Top Milk |
| | | 3-4 Saccharin tablets |
| | | $\frac{1}{2}$ tablespf. Rum |

Soak gelatine in cold water; pour boiling hot top milk over it; add saccharin; strain and let mixture cool; when cool add rum.

Whip cream very stiff,¹ and set on ice. When the gelatine mixture begins to stiffen, beat it with an egg-whip till very smooth; fold in the whipped cream lightly; put into cold wet mold, and set on ice, until it is quite stiff.

¹ See directions for whipping cream, given under Plain Creams, Parfaits, Mousses, on opposite page.

5. ALMOND OR FILBERT BAVARIAN CREAM (Individual)

| | | |
|------------|------------|---|
| Protein | 15.37 Gms. | 1½ teaspf. Gelatine |
| Fat | 35.23 “ | 2 tablespf. cold Water |
| Carb. | 12.45 “ | ½ cup Top Milk |
| Total Cal. | 428 | ½ cup Cream, 40% |
| | | 4 Saccharin tablets |
| | | 1 Egg yolk |
| | | 1 tablespf. ground burnt Almonds, or Filberts |

Whip cream very stiff,¹ and set on ice to chill. Dissolve gelatine in cold water, and let it stand until soft. Beat egg foamy; put into double boiler with milk and saccharin; stir until mixture thickens; as soon as it boils stir in dissolved gelatine; remove from fire, and strain through fine strainer; add almond or filbert paste, and beat with egg-whip until it thickens; fold in the whipped cream which must be quite dry; pour into cold wet mold; set on ice to harden. Serve with whipped cream.

PLAIN CREAMS, PARFAITS, MOUSSES

DIRECTIONS FOR WHIPPING CREAM

See that cream is perfectly cold; it is well to keep it on ice 2-3 hrs. before using.

Half fill a pan with cracked ice, and put the bowl of cream in this pan; beat cream with a wire whip or with a Dover beater until it is very stiff; if the cream is cold it will take but a few minutes to become stiff.

¹ See directions for whipping cream, given below on this page.

PLAIN CREAMS

1. WHIPPED CREAMS (Individual)

| | | |
|------------|-----------|--|
| Protein | 1.21 Gms. | $\frac{1}{8}$ pt. Cream, 40% |
| Fat | 22.00 " | 1-2 Saccharin tablets |
| Carb. | 1.65 " | $\frac{1}{2}$ tablespf. Coffee Extract |
| Total Cal. | 213 | (Crosse & Blackwell's) |

Whip the cream until it is very stiff. Set on ice until wanted; it is better to whip the cream a very short time before it is to be served.

With different flavoring extracts, a pleasant change is easily produced.

| | |
|--|--|
| (a) Flavor with $\frac{1}{2}$ tablespf. finely ground burnt Almonds | Protein 2.07 Gms. Fat 24.25 " Carb. 2.36 " Total Cal. 240 |
|--|--|

(b) Flavor with 6-8 drops Vanilla
Extract

| | |
|---|---|
| (c) Flavor with $\frac{1}{2}$ teaspf. Rum | Practically no food value—except from very small amount of Alco- hol present. |
|---|---|

2. CHARLOTTE RUSSE

| | |
|--------------------|--|
| Protein 17.46 Gms. | 3 Almond Sponge Cakes |
| Fat 39.02 " | $\frac{1}{8}$ pt. Cream |
| Carb. 4.40 " | 1-2 Saccharin tablets |
| Total Cal. 448 | $\frac{1}{2}$ tablespf. sugarless Wine |

Whip cream stiff and sweeten. Break cakes in half; line a small glass dish with them; moisten with wine; heap cream over them, and set on ice to chill thoroughly.

PARFAITS

1. CAFÉ PARFAIT (For 2 persons)

| | | |
|------------|------------|----------------------------|
| Protein | 10.14 Gms. | 2 Egg yolks |
| Fat | 98.52 " | ½ pt. Cream, 40% |
| Carb. | 6.54 " | ½ tablespf. Coffee Extract |
| Total Cal. | 954 | 3-4 Saccharin tablets |

Put egg yolks, coffee extract, and dissolved saccharin in double boiler; stir until it begins to thicken, pour into a bowl, and beat until it is foamy and quite cold; whip the cream very stiff, fold it lightly into the mixture, pour into the ice cream mold, from which the paddle has been removed; pack it like any other cream, and let it stand 3-4 hrs.

2. ALMOND PARFAIT (For 2 persons)

| | | |
|------------|------------|---------------------------------|
| Protein | 11.00 Gms. | Like above, using ½ tablespf. |
| Fat | 100.77 " | burnt Almond powder for flavor- |
| Carb. | 7.25 " | ing, in place of the coffee. |
| Total Cal. | 979 | |

3. FILBERT PARFAIT (For 2 persons)

| | | |
|------------|------------|------------------------------|
| Protein | 11.39 Gms. | Like Café Parfait, using ½ |
| Fat | 103.74 " | tablespf. Filbert powder, in |
| Carb. | 7.58 " | place of the coffee extract. |
| Total Cal. | 1010 | |

MOUSSES

RULES FOR FREEZING IN A FREEZER

| | | |
|-----|----------------|-----------|
| Ice | A Pint Freezer | Rock Salt |
|-----|----------------|-----------|

Put ice in a coarse bag (coffee sacking makes a good bag), and pound; the finer the ice, the quicker the mixture

will freeze. In packing freezer, allow 1 large tablespoon of salt to three of ice, alternating the layers.

Fill the can $\frac{3}{4}$ full, as water expands in freezing.

Cream takes 10-20 minutes to freeze; when frozen, uncover, remove the paddle, scrape mixture from the sides of the freezer; beat with a fork until quite smooth; replace cover; tie a narrow strip of cloth dipped in melted wax around the outside of the cover, to keep out the salt water. Repack in ice and salt if necessary; cover freezer well, and set away till cream is to be served.

1. COFFEE MOUSSE (Individual)

| | | |
|------------|-----------|--|
| Protein | 1.21 Gms. | $\frac{1}{8}$ pt. Cream, 40% |
| Fat | 22.00 " | $\frac{1}{2}$ tablespf. Coffee Extract |
| Carb. | 1.65 " | 2-3 Saccharin tablets |
| Total Cal. | 213 | |

Whip the cream very stiff, drain on a sieve; return to bowl; beat in lightly extract and saccharin which has been diluted with $\frac{1}{4}$ teaspf. of cream. Put into mold set in freezer; pack as for ice cream, and let it stand 2-2 $\frac{1}{2}$ hrs.

2. MACAROON MOUSSE (Individual)

| | | |
|------------|------------|----------------------------|
| Protein | 15.71 Gms. | 3 grated Almond Macaroons. |
| Fat | 40.12 " | Proceed as above, but omit |
| Carb. | 7.33 " | Coffee Extract. |
| Total Cal. | 457 | |

This mousse may be varied, by using different flavorings.

(a) $\frac{1}{2}$ tablespf. powdered burnt Almonds

(b) $\frac{1}{2}$ tablespf. powdered burnt Filberts

(c) $\frac{1}{2}$ teaspf. Rum, etc.

ICE CREAMS

See rules for freezing given under MOUSSES.

1. VANILLA ICE CREAM (For 2 persons)

| | | |
|------------|------------|---------------------------|
| Protein | 11.23 Gms. | ½ pt. Cream, 40% |
| Fat | 92.24 " | 1 Egg |
| Carb. | 6.54 " | ½ teaspf. Vanilla Extract |
| Total Cal. | 901 | 4-5 Saccharin tablets |

Beat the egg foamy; add cream, saccharin dissolved in ¼ teaspf. hot water, and the vanilla extract. Freeze in pint freezer.

2. COFFEE ICE CREAM (For 2 persons)

Same as above, using ½ tablespf. Crosse & Blackwell's Coffee Extract, in place of the vanilla flavoring.

Same food value as No. 1.

3. HAZELNUT CREAM (For 2 persons)

| | | |
|------------|------------|-------------------------------|
| Protein | 12.50 Gms. | 1 tablespf. unblanched ground |
| Fat | 97.76 " | Hazelnuts. Other ingredients |
| Carb. | 7.58 " | as for vanilla cream. |
| Total Cal. | 960 | |

4. MACAROON ICE CREAM (For 2 persons)

3-4 grated Macaroons.

Other ingredients as for vanilla cream.

5. STRAWBERRY ICE CREAM (For 2 persons)

| | | |
|------------|------------|----------------------------------|
| Protein | 11.51 Gms. | ½ pt. Cream, 40% |
| Fat | 92.41 " | 1 Egg |
| Carb. | 8.64 " | 1 tablespf. Strawberries, mashed |
| Total Cal. | 912 | quite fine |
| | | 4-5 Saccharin tablets |

Prepare and freeze like vanilla cream.

WATER ICES, ROMAN PUNCH

1. LEMON ICE (Individual)

| | |
|-----------------|-------------------------|
| Protein | 1 cup Water |
| Fat | 1 tablespf. Lemon juice |
| Carb. 2.12 Gms. | 1 teaspf. Orange juice |
| Total Cal. 8 | 4 Saccharin tablets |

Mix as for lemonade. Strain, and freeze in small freezer, like ice cream.

2. ORANGE ICE (Individual)

| | |
|-----------------|--------------------------|
| Protein | 1 cup Water |
| Fat | 1 teaspf. Lemon juice |
| Carb. 3.97 Gms. | 2 tablespf. Orange Juice |
| Total Cal. 16 | 4 Saccharin tablets. |

Mix and freeze as in foregoing recipe.

3. ROMAN PUNCH (Individual)

Same ingredients as for lemon ice, but with the addition of 1 teaspf. Rum. Practically same food value as No. 1.

MISCELLANEOUS DESSERTS

1. APPLE FRITTERS (Individual)

| | |
|-------------------|--------------------|
| Protein 6.64 Gms. | 1 small sour Apple |
| Fat 5.25 " | 1 Egg, separated, |
| Carb. 7.67 " | Saccharin to taste |
| Total Cal. 104 | Pinch of Cinnamon |

Peel and core apple; cut in thick slices. Make an omelet batter of the egg; dip apples in batter, and fry in deep fat or butter.

Serve very hot.

2. POPPY SEED NOODLES (Individual)

| | | |
|------------|------------|------------------------------------|
| Protein | 12.93 Gms. | 2 Eggs, separated |
| Fat | 15.61 " | ½ tablespf. Butter, creamed |
| Carb. | | Additional Butter for frying, etc. |
| Total Cal. | 192 | Saccharin to taste |
| | | Poppy Seeds |

Beat butter and egg yolks foamy; fold in stiffly beaten whites, and bake in hot butter like an omelet; roll, cut into strips like broad noodles; sprinkle with powdered poppy seeds, and pour melted butter over them. Serve hot, at once.

3. FRENCH PANCAKES (Individual)

| | | |
|------------|------------|--------------------|
| Protein | 15.26 Gms. | 2 Eggs |
| Fat | 53.68 " | ½ cup Cream |
| Carb. | 3.27 " | 1 Saccharin tablet |
| Total Cal. | 557 | Butter for frying |

Whip cream; separate eggs, beat yolks foamy with saccharin; beat whites to stiff froth. Now blend ingredients, and beat until very stiff.

Melt a little butter in a pan; when very hot drop a spoonful of the batter into the boiling butter; fry rapidly. Roll, and put on a dish in the oven, where the pancake will rise.

Serve at once, very hot.

4. CREAM WAFFLES (Individual)

| | | |
|------------|------------|-----------------------------|
| Protein | 16.77 Gms. | 2 tablespf. Butter |
| Fat | 74.24 " | 1 Egg separated |
| Carb. | 5.89 " | ½ cup Cream, 40% |
| Total Cal. | 760 | 2 tablespf. Aleuronat Flour |
| | | ½ teaspf. grated Lemon rind |
| | | 2 Saccharin tablets |

Cream butter, stir in yolk, lemon rind, and saccharin; mix in gradually the Aleuronat and cream, and last of all

the stiffly beaten egg white. Heat the waffle iron; grease very well; pour in mixture. Do not have too hot a fire. Turn the iron now and then, and bake the waffles a light brown.

Serve very hot.

Eggs

REMARKS

FOOD VALUE

EGG DISHES

- | | |
|---|----------------------------------|
| 1. SCRAMBLED EGGS (A), (B), (C), (D) | 5. STUFFED EGGS (A), (B), (C) |
| 2. PANNED EGGS | 6. PLAIN OMELET (A), (B) |
| 3. EGG PUDDING | 7. FILLED OMELET |
| 4. SARDELLE EGGS | 8. OMELET SOUFFLÉ |
| 9. CHEESE SOUFFLÉ | |

EGGS

REMARKS

It is almost unnecessary to give directions for the preparation of Egg Dishes, but a few special recipes have been chosen which may provide a change in the rather monotonous diet of the diabetic.

FOOD VALUE

Average figures for 1 Egg: Weight 48 Gms. or 1.7 Oz.

| | |
|------------|-----------|
| Protein | 6.43 Gms. |
| Fat | 5.04 " |
| Carb. | ... |
| Total Cal. | 71 |

EGG DISHES

1. (A) SCRAMBLED EGGS, PLAIN (Individual)

| | | |
|------------|------------|--------------------|
| Protein | 12.89 Gms. | 2 Eggs |
| Fat | 15.61 " | ½ tablespf. Butter |
| Carb. | | Salt to taste |
| Total Cal. | 192 | |

Melt butter, then put it with the salt and eggs into an egg cup; set the cup in a pan of cold water over a hot fire, and stir eggs until they are thick. Serve at once, in the cup.

(B) SCRAMBLED EGGS WITH CHIVES (Individual)

Proceed as above, adding $\frac{1}{4}$ teaspf. minced Chives
Food value same as in 1 (A).

(C) SCRAMBLED EGGS WITH HAM (Individual)

| | | |
|------------|------------|----------------------------|
| Protein | 14.58 Gms. | Proceed as above, adding 1 |
| Fat | 18.58 " | teaspf. minced Ham |
| Carb. | | |
| Total Cal. | 226 | |

(D) SCRAMBLED EGGS WITH PARSLEY (Individual)

Proceed as above, adding $\frac{1}{4}$ teaspf. minced Parsley
Food value same as in 1 (A)

2. PANNED EGGS WITH PARMESAN CHEESE (Individual)

| | | |
|------------|------------|-----------------------------|
| Protein | 15.12 Gms. | 2 Eggs |
| Fat | 12.95 " | 1 tablespf. Parmesan Cheese |
| Carb. | 0.02 " | |
| Total Cal. | 177 | |

Boil eggs hard, cool, halve them; roll them in grated Parmesan Cheese; fry in butter. Serve hot.

3. EGG PUDDING (For 4 people)

| | | |
|------------|------------|-------------------------------------|
| Protein | 50.37 Gms. | 6 Eggs |
| Fat | 73.88 " | 1 tablespf. Butter |
| Carb. | 1.56 " | 4 tablespf. Top Milk |
| Total Cal. | 873 | 2 tablespf. diced Ham |
| | | $\frac{1}{2}$ teaspf. minced Chives |
| | | Salt to taste |

Scramble 4 eggs; cream the butter, add the yolks of 2 eggs, the milk, the diced ham, chives and salt; stir this into the scrambled eggs. Butter a pudding mold; pour in the mixture; steam $\frac{1}{2}$ hr.; turn out of mold, and serve at once.

4. SARDELLE EGGS (Individual)

| | | |
|------------|------------|-----------------|
| Protein | 17.23 Gms. | Sardelle Butter |
| Fat | 26.68 " | 2 Eggs |
| Carb. | 0.05 " | Parmesan Cheese |
| Total Cal. | 309 | |

Butter individual casserole with Sardelle butter; add 2 eggs, and a little grated Parmesan Cheese. Bake in oven until the eggs are set. Serve hot.

5. STUFFED EGGS (Individual)

(A) WITH SARDINES

| | | |
|------------|------------|---------------------------|
| Protein | 21.40 Gms. | 2 Eggs (hard boiled) |
| Fat | 21.08 " | 4 Sardines |
| Carb. | | ¼ teaspf. chopped Parsley |
| Total Cal. | 275 | 1 large teaspf. Butter |
| | | Salt and Pepper to taste |

Halve eggs; remove yolks carefully; skin and bone sardines; cream butter; add sardines and egg yolks; stir to a smooth paste, season, and fill into the halved whites.

(B) WITH SARDELLES

| | |
|------------|------------|
| Protein | 20.91 Gms. |
| Fat | 20.66 " |
| Carb. | |
| Total Cal. | 270 |

Use 4 sardelles in place of sardines; soak sardelles in milk for ¼ hr. Skin, bone, and chop very fine; cream butter; add sardelles, stir to a smooth paste; add mashed egg yolk and seasoning, omitting the parsley, and fill into the halved whites.

(C) WITH FRENCH MUSTARD

| | | |
|--------------------------|------------|--|
| Protein | 12.96 Gms. | 2 Eggs (hard boiled) |
| Fat | 15.51 " | 1 large tablespf. Butter |
| Carb. | 0.13 " | 1 large tablespf. Cream |
| Total Cal. | 192 | $\frac{1}{8}$ tablespf. French Mustard |
| Salt and Pepper to taste | | |
| Proceed as above. | | |

6. (A) PLAIN OMELET (Individual)

| | | |
|------------|------------|--------------------------------|
| Protein | 12.91 Gms. | 2 Eggs |
| Fat | 17.44 " | $\frac{2}{3}$ tablespf. Butter |
| Carb. | | A pinch of Salt |
| Total Cal. | 209 | |

Separate eggs; beat yolks foamy, beat whites to a stiff froth, blend mixture; season. Heat butter in an omelet pan; pour in batter; shake the pan constantly until omelet is baked. Put pan in oven for a few minutes, when it will rise; roll; serve at once, on a hot platter.

(B) PLAIN OMELET (Individual)

| | | |
|------------|------------|--------------------|
| Protein | 13.24 Gms. | 2 Eggs |
| Fat | 26.37 " | 1 tablespf. Cream |
| Carb. | 0.39 " | A pinch of Salt |
| Total Cal. | 292 | 1 tablespf. Butter |

Beat eggs foamy; add cream and salt. Bake as above. Roll, and serve at once.

7. FILLED OMELET (Individual)

Use Recipe No. 6, A or B, as a foundation; when omelet is cooked spread on it any of the following mixtures, which must have been cooked; roll, and serve at once.

DIABETIC COOKERY

I TABLESPOON COOKED, CHOPPED HAM

Protein 18.16 Gms.
Fat 23.27 "
Carb.
Total Cal. 282

I TABLESPOON COOKED CHICKEN

Protein 15.81 Gms.
Fat 19.89 "
Carb.
Total Cal. 242

I TABLESPOON COOKED VEAL

Protein 15.96 Gms.
Fat 18.48 "
Carb.
Total Cal. 230

I TABLESPOON COOKED TOMATOES

Protein 13.09 Gms.
Fat 17.47 "
Carb. 0.06 "
Total Cal. 212

I TABLESPOON COOKED SPINACH

Protein 13.23 Gms.
Fat 18.06 "
Carb. 0.39 "
Total Cal. 217

I TABLESPOON COOKED ASPARAGUS TIPS

| | | |
|------------|-------|------|
| Protein | 13.14 | Gms. |
| Fat | 17.46 | " |
| Carb. | 0.42 | " |
| Total Cal. | 212 | |

I TABLESPOON COOKED MUSHROOMS

| | | |
|------------|-------|------|
| Protein | 13.44 | Gms. |
| Fat | 17.40 | " |
| Carb. | 1.02 | " |
| Total Cal. | 216 | |

I TABLESPOON GRATED SWISS CHEESE

| | | |
|------------|-------|------|
| Protein | 15.12 | Gms. |
| Fat | 20.23 | " |
| Carb. | 0.10 | " |
| Total Cal. | 243 | |

I TABLESPOON PARMESAN CHEESE

| | | |
|------------|-------|------|
| Protein | 15.21 | Gms. |
| Fat | 20.31 | " |
| Carb. | 0.02 | " |
| Total Cal. | 244 | |

8. OMELET SOUFFLÉ (Individual)

| | | | | |
|------------|-------|------|-----|---------------------------|
| Protein | 19.29 | Gms. | 3 | Eggs, separated |
| Fat | 15.12 | " | ½ | teaspf. grated Lemon rind |
| Carb. | | | 1-2 | Saccharin tablets |
| Total Cal. | 313 | | | |

Beat yolks foamy; whites to a stiff froth. Stir lemon rind and dissolved saccharin into the yolks, and whip about 5 minutes; fold egg whites in lightly, pour into a well-buttered pan; bake 10 minutes in a moderate oven, and serve at once.

9. CHEESE SOUFFLÉ (Individual)

| | | |
|------------|------------|-----------------------------|
| Protein | 26.36 Gms. | 3 Eggs, separated |
| Fat | 45.75 " | 2 tablespf. Butter |
| Carb. | 0.14 " | 2 tablespf. grated Parmesan |
| Total Cal. | 517 | Cheese |
| | | 1 tablespf. Swiss Cheese |

Cream butter; add egg yolks and cheese; beat very light; fold in stiffly beaten whites; put into well buttered mold, and bake $\frac{1}{2}$ hr. in a hot oven. Serve at once.

Fish

LIST AND FOOD VALUES

NOTE

HOW TO BROIL FISH

HOW TO BAKE FISH

STUFFING FOR BAKED FISH

HOW TO BOIL FISH

HOW TO STEW FISH (*A*), (*B*)

HOW TO FRY FISH

SHELL FISH (*A*), (*B*), (*C*), (*D*)

MISCELLANEOUS DISHES

- | | |
|---------------------|--|
| 1. DEVILED LOBSTERS | 3. LEFT-OVERS (<i>A</i>), (<i>B</i>), (<i>C</i>) |
| 2. DEVILED CRABS | (Creamed, Scalloped, Soufflé) |

FISH

LIST OF FISH PERMITTED, WITH FOOD VALUES

| Kind | Measure (E.P.)* | | Protein | Fat | Carbo- hydrates | Total Calories |
|---|--------------------|-------|---------|-------|--------------------|-------------------|
| | lb. | Gms. | Gms. | Gms. | Gms. | |
| Striped Bass | 1 | 453.6 | 84.38 | 12.7 | | 451.8 |
| Sea Bass | " | " | 89.81 | 2.27 | | 379.9 |
| Black Bass | " | " | 93.44 | 7.71 | | 443.2 |
| Cod | " | " | 77.11 | 2.27 | | 329.0 |
| Bluefish | " | " | 87.99 | 5.44 | | 401.0 |
| Flounders | " | " | 29.03 | 1.36 | | 128.0 |
| Halibut | " | " | 84.36 | 23.58 | | 550.0 |
| Haddock | " | " | 78.02 | 1.36 | | 324.0 |
| Mackerel | " | " | 84.82 | 32.20 | | 629.0 |
| Perch (fresh) | " | " | 58.06 | 3.18 | | 261.0 |
| Pickarel—Pike | " | " | 48.54 | 1.36 | | 206.0 |
| Salmon (fresh) | " | " | 99.80 | 58.06 | | 922.0 |
| Shad | " | " | 85.12 | 43.04 | | 728.0 |
| Shad Roe | " | " | 94.72 | 17.12 | 11.79 | 581.0 |
| Smelts | " | " | 79.63 | 8.16 | | 393.0 |
| Trout | " | " | 80.64 | 46.72 | | 743.0 |
| Weak Fish | " | " | 80.74 | 10.61 | | 421.0 |
| White Bait | " | " | 103.84 | 29.44 | | 680.0 |
| Crabs (fresh) | " | " | 35.83 | 4.08 | 2.72 | 191.0 |
| Lobsters | " | " | 74.38 | 8.16 | 1.81 | 378.0 |
| Oysters (without juice, about 2 doz. large) | " | " | 27.22 | 5.90 | 14.97 | 222.0 |
| Scallops | " | " | 67.13 | 0.45 | 15.42 | 334.0 |
| Shrimps (100) | " | " | 115.20 | 4.50 | 1.81 | 504.0 |

* "E. P." means Edible Portion.

NOTE

Fish should be chosen, according to the season. They should be broiled, baked, boiled, or stewed; small pan fish may be fried, but should be used sparingly.

Broil: Bluefish, Striped Bass, Mackerel, Smelts, Shad, Trout; Lobsters, Oysters.

Bake: Bluefish, Shad, Striped Bass, Sea Bass, Weak Fish.

Boil: Cod, Black Bass, Halibut, Salmon; Lobsters, Crabs, Shrimps.

Stew: Striped Bass, Pike, Halibut.

Fry: Flounders, Perch, White Bait; Shad Roe, Scallops.

Pan Broil: Oysters.

HOW TO BROIL FISH

Clean fish; wipe with a cloth wet in cold salt water, then with a clean dry fish towel; rub with oil or butter; heat and grease broiler, to keep the fish from sticking; broil over a clear fire, turning broiler frequently, as the skin burns easily.

Time for broiling varies; if the fish is thick and there is fear of its being underdone, place the broiler on a roasting pan in the oven and finish cooking it. Raise the wires carefully, so that the fish does not break, slide on a hot dish; season with butter, pepper, and salt; garnish with slices of lemon, and serve at once.

HOW TO BAKE FISH

Wash fish in cold water; drain, and season with salt; put in a covered bowl, and let it stand for several hours, in a cool place. When ready to cook the fish, drain once more and wipe perfectly dry; put in baking pan, dot with butter; sprinkle with chopped parsley, add one bay leaf, 6 pepper corns, a clove, one small sliced onion, a slice of seeded lemon, and a cup of stock; bake until tender, basting frequently; when nearly done, thicken the sauce with 2-3 tablespf. sour cream. Serve very hot.

STUFFING FOR BAKED FISH

| | | |
|----------|------------|--------------------------------|
| Protein | 27.09 Gms. | 1 tablespf. Butter |
| Fat | 23.92 " | 1 cup Casoid Crumbs |
| Carb. | 1.41 " | 1 tablespf. grated Onion |
| Calories | 330 | 1 Egg |
| | | $\frac{1}{2}$ tablespf. Salt |
| | | $\frac{1}{4}$ tablespf. Pepper |
| | | 2 tablespf. Top Milk |
| | | 1 tablespf. chopped Parsley |

Heat butter in pan; cook the onion in it, but do not let it brown; cool; mix in the other ingredients, and then stuff the fish, sew it up; score the fish lightly in 2-3 places, and proceed as in baking.

HOW TO BOIL FISH

Clean and wash fish; season lightly with salt and pepper, put in a covered bowl and let it stand in a cool place for several hours; when ready to cook put water on to boil in a fish kettle, enough to cover the fish; for every quart of water allow $\frac{1}{2}$ tablespf. salt and $\frac{1}{2}$ tablespf. vinegar, 1 bay leaf, 1 onion cut in thin slices, 2-3 sprigs of parsley, 2-3 celery stalks with leaves, 1 celery knob peeled and cut in slices. As soon as the water boils draw the kettle aside and let the fish simmer until done. Allow from 12-15 minutes for each pound of fish.

Drain, and serve very hot with:

| | | |
|-------------------------|--|-----------|
| (A) Melted Butter Sauce | Protein | 2.96 Gms. |
| | Fat | 14.53 " |
| | Carb. | 3.94 " |
| | Total Cal. | 150 |
| (B) Mustard Sauce | See Sauces for Meats and Fish, page 95. | |
| (C) Egg Sauce | See Sauces for Meats and Fish, page 95. | |

HOW TO STEW FISH (A)

Clean and wash fish, season, and proceed as in directions given above. When ready to cook fish put water in fish kettle, $\frac{1}{2}$ pt. water to every pound of fish, add onion and celery knob and fish, and let them simmer until nearly tender; meanwhile blend a little butter with some Almond Flour, and a bit of minced parsley, and add to the water; let all cook about five minutes, then whiten sauce with top milk, and remove from range at once. Serve either hot or cold.

Garnish fish with slices of celery knob.

(B) HALIBUT STEWED WITH LEMON (For 4 people)

| | |
|------------------------------|---------------------------|
| 2-2½ lb. Halibut | Juice of 2 Lemons |
| 1 Onion | 2 Eggs |
| $\frac{1}{8}$ teaspf. Pepper | 1 Egg yolk |
| A pinch of Ginger | A pinch of Cayenne Pepper |
| 1 teaspf. chopped Parsley | |

Wash fish and salt lightly a few hours before using. Put in fish kettle with cold water enough to cover it; add onion, pepper, salt, and ginger; simmer until tender. When cooked remove fish, and strain the sauce.

Beat the two whole eggs and the egg yolk foamy with the lemon juice; heat sauce in double boiler, adding eggs, Cayenne and parsley; cook 10-15 minutes, stirring all the time. Pour sauce over fish, and serve cold.

HOW TO FRY FISH

Wash and dry fish; season with salt and pepper; dip in beaten egg, roll in Casoid crumbs; put in frying basket and immerse in boiling hot crisco or butter. Fry a golden brown.

Serve very hot with Sauce Tartare (see Sauces, No. 11) or Pickle Sauce (see Sauces, No. 9).

SHELL FISH

(A) BOILING

Put water in a kettle, enough to cover lobsters or crabs completely; when warm, add 1 teaspf. salt to quart of water; put fish in covered pot, and boil $\frac{1}{2}$ – $\frac{3}{4}$ hrs. When fish is cold break apart, remove claws, and take out the meat; discard stomach and gills from the body, and intestines from the tail. Save coral and the green fat.

(B) BROILING

Kill lobster by running a knife into the back, and then open the body with a mallet and a heavy knife; remove stomach and intestines. Place on broiler with shell part down, and broil over not too hot a fire for 30–45 minutes; butter lightly while broiling; place on a hot dish, break claws open, season with butter, pepper, and salt, and serve at once.

(C) PAN BROILING

Same process as for Meats.

(D) FRYING

See Fish.

MISCELLANEOUS DISHES

I. DEVILED LOBSTERS (Individual)

Protein 31.61 Gms.

Fat 11.84 "

Carb. 6.26 "

Total Cal. 254

1 cup diced Lobster

$\frac{1}{2}$ cup Top Milk

1 tablespf. Casoid Flour

$\frac{1}{2}$ tablespf. Butter

Salt to taste

A pinch of Cayenne

Blend flour and butter, heat milk, stir in flour and butter; stir smooth and when sauce boils season; add lobster, simmer for 10 minutes, and serve very hot.

2. DEVILED CRABS (Individual)

| | | | | |
|------------|-------|------|-------------|---------------------------|
| Protein | 14.87 | Gms. | 1 cup | Shredded Crab Meat |
| Fat | 11.74 | " | 1 tablespf. | Casoid Crumbs |
| Carb. | 2.45 | " | ½ Egg | |
| Total Cal. | 175 | | ½ tablespf. | chopped Parsley |
| | | | 2 tablespf. | Top Milk |
| | | | ½ tablespf. | Butter |
| | | | | Salt and Cayenne to taste |

Scrub two crab shells very carefully, and dry with a cloth. Mix ingredients well and fill into the shells; dot with butter, and bake in a moderate oven. Serve either hot or cold.

3. LEFT-OVERS

Cold fish may be utilized in various ways:

(A) CREAMED (Individual) (*e. g.*, HADDOCK)

| | | |
|------------|-------|------|
| Protein | 30.78 | Gms. |
| Fat | 10.89 | " |
| Carb. | 6.17 | " |
| Total Cal. | 245 | |

1 cup cold fish flaked, and cooked with a cream sauce. (See Deviled Lobster for Sauce.) Use white pepper, in place of Cayenne.

(B) SCALLOPED (Individual) (*e. g.*, BLUEFISH)

| | |
|--------------------|---|
| Protein 36.45 Gms. | 1 cup flaked boiled Fish |
| Fat 36.15 " | ½ cup Casoid Crumbs |
| Carb. 4.24 " | 1½ tablespf. Butter |
| Total Cal. 488 | ½ teaspf. Parsley |
| | ¼ cup White Sauce (see Sauce for Deviled Lobsters) |

Butter small china mold; put in fish and bread crumbs in alternate layers; dot each layer with butter, and pour white sauce over it; bake 30 minutes, in a moderate oven. Serve hot. Instead of fish, a cup of chopped oysters may be used.

(C) SOUFFLÉ (Individual) (*e. g.*, HADDOCK)

| | |
|--------------------|---|
| Protein 19.71 Gms. | ½ cup Shredded Fish |
| Fat 19.77 " | 1 Egg, separated |
| Carb. 3.94 " | ¼ teaspf. minced Chives |
| Total Cal. 273 | ¼ cup White Sauce, well sea- soned (see sauce for Deviled Lobsters) |

Put fish in cooled white sauce, stir in egg yolk beaten foamy, and add chives; beat very smooth; fold in stiffly beaten white; pour into buttered China mold; bake like baked custard, until brown. Serve at once.

Meats

LIST AND FOOD VALUES

NOTE

HOW TO BRAISE MEAT

HOW TO BROIL MEAT

HOW TO PAN BROIL MEAT

HOW TO COOK IN CASSEROLE

LEFT-OVERS

BREAKFAST SAUSAGE (RORER)

MEATS

MEATS PERMITTED, WITH LIST OF FOOD VALUES

| <i>Kinds</i> | <i>Measure</i> *E.P. | <i>Protein</i> | <i>Fat</i> | <i>Carbohy- drates</i> | <i>Total Calories</i> |
|-----------------------------------|-------------------------|----------------|-------------|----------------------------|---------------------------|
| <i>Steaks</i> | 1 lb. | <i>Gms.</i> | <i>Gms.</i> | <i>Gms.</i> | |
| Porterhouse | " | 99.34 | 92.53 | ... | 1230 |
| Round (medium fat) | " | 92.07 | 61.69 | ... | 923 |
| Rump | " | 78.92 | 115.68 | ... | 1357 |
| Sirloin | " | 85.73 | 83.91 | ... | 1098 |
| Tenderloin | " | 73.48 | 110.69 | ... | 1290 |
| <i>Beef</i> | | | | | |
| Corned | " | 70.76 | 118.84 | ... | 1353 |
| Loin (medium fat) | " | 83.71 | 91.62 | ... | 1160 |
| Neck | " | 91.18 | 74.84 | ... | 1038 |
| Plate (medium fat) | " | 74.84 | 132.00 | ... | 1487 |
| Ribs | " | 79.38 | 120.66 | ... | 1403 |
| Shank | " | 94.80 | 52.16 | ... | 849 |
| Shoulder and Clod | " | 88.90 | 51.26 | ... | 817 |
| Tongue (fresh) | " | 85.73 | 41.73 | ... | 718 |
| Tongue (pickled) | " | 58.06 | 92.98 | ... | 1069 |
| Tongue (dried, salted, smoked) | " | 136.08 | 29.48 | ... | 817 |
| <i>Veal</i> | | | | | |
| Breast (medium fat) | " | 88.00 | 62.59 | ... | 915 |
| Chuck (medium fat) | " | 89.36 | 29.48 | ... | 623 |
| Leg-Cutlets | " | 91.68 | 40.80 | ... | 734 |
| Loin (medium fat) | " | 90.24 | 48.99 | ... | 798 |
| Rib (medium fat) | " | 93.88 | 27.67 | ... | 625 |
| Rump (medium fat) | " | 89.82 | 73.48 | ... | 1021 |
| Shank (medium fat) | " | 93.89 | 20.87 | ... | 563 |
| Shoulder (medium fat) | " | 89.36 | 65.32 | ... | 945 |

* "E. P." means Edible Portion.

| <i>Kinds</i> | <i>Measure *E.P.</i> | <i>Protein</i> | <i>Fat</i> | <i>Carbo- hy- drates</i> | <i>Total Calories</i> |
|--------------------------------|--------------------------|----------------|------------|----------------------------------|---------------------------|
| <i>Lamb</i> | | | | | |
| Breast or Chuck | 1 lb. | 86.64 | 107.05 | ... | 1310 |
| Leg (hind) (medium fat) | " | 87.09 | 74.84 | ... | 1022 |
| Loin | " | 84.82 | 128.37 | ... | 1495 |
| Neck | " | 80.29 | 112.49 | ... | 1334 |
| Shoulder | " | 82.10 | 134.72 | ... | 1541 |
| Forequarter | " | 83.01 | 117.03 | ... | 1385 |
| Hindquarter | " | 88.91 | 86.64 | ... | 1135 |
| Chops, broiled | " | 98.43 | 135.63 | ... | 1615 |
| <i>Pork</i> | | | | | |
| Loin Chops (medium fat) | " | 75.30 | 136.53 | ... | 1530 |
| Bacon | " | 46.83 | 412.08 | ... | 2836 |
| Tenderloin | " | 85.74 | 58.97 | ... | 874 |
| <i>Poultry</i> | | | | | |
| Spring Chicken | " | 97.52 | 11.34 | ... | 492 |
| Fowl | " | 87.54 | 73.94 | ... | 1016 |
| Turkey | " | 95.71 | 103.88 | ... | 1318 |
| Goose | " | 73.93 | 164.20 | ... | 1774 |
| Duck | | | | | |
| Capon (cooked, not stuffed) | " | 122.47 | 52.16 | ... | 960 |
| Squab | | | | | |
| Pigeon | | | | | |

*"E. P." means Edible Portions.

NOTE

It is unnecessary to go into details about the preparation of meats. Boiled meats are not nutritious and therefore not very desirable; they may be served occasionally with sauces. (See Meat Sauces.) Fried meats should be entirely cut out of the Bill of Fare.

Steaks and Lamb Chops should be broiled, or pan broiled.

Beef, either roasted, or cooked in a casserole.

Veal, either roasted, or cooked in a casserole.

Veal Cutlets and Veal Chops (use very rarely) breaded, and fried in butter.

Lamb roasted, braised, or cooked in a casserole.

Pork roasted.

Fowl, boiled and served with sauces. (See Meat Sauces.)

Spring Chickens, broiled or braised.

Chickens, roasted and stuffed, or cooked in a casserole.

Turkey, Geese, Ducks, and Capons, roasted and stuffed.

Squabs and Pigeons, broiled, braised, and stuffed or cooked in a casserole.

Small birds, *i. e.*, *Quail, Partridge, Plover, Reed Birds*, etc., are good either broiled, pan broiled, or braised.

Larger birds, such as *Canvasback*, or other *Wild Ducks, Snipe, Grouse*, and *Wild Turkey*, are best roasted.

Venison, best roasted.

HOW TO BRAISE MEAT

Use pan with close-fitting lid.

Wipe meat, poultry, or game; remove most of the fat. Season. Heat butter or drippings boiling hot in pan; sear meat on both sides; add a little boiling hot stock and cover tightly. Draw pan to back of stove, and let the contents simmer until tender.

HOW TO BROIL MEAT

Wipe meat, poultry, or game. Remove all fat, and score the sides in several places. See that the fire is clear; grease broiler with a little fat, and broil carefully, turning broiler very often, so that both sides of the meat will be evenly cooked.

It takes about 8 minutes to cook an inch-thick steak, or 10-12 minutes if steak be thicker. 5-8 minutes will broil a chop. Have platter very hot; season, and serve at once.

HOW TO PAN BROIL MEAT

Heat a frying pan until it begins to smoke; wipe meat, etc., remove most of the fat; score, put in pan; sear on both sides, then draw pan to one side, and let the contents cook until done.

Remove fat, season, and serve very hot. Time the same as for broiling.

HOW TO COOK MEAT IN CASSEROLE

Wipe meat, etc. Season; put in casserole and cover; put in hot oven, and cook till tender, in its own juices. This is a specially good way to cook pot roast, fowl, and other heavy meats.

ROASTING OR BOILING

No directions need to be given.

LEFT-OVERS

Use left-overs for filling omelets, for force meat, etc.

Beef, veal, and pork make good force meat for stuffing poultry, for scalloping, etc. Minced chicken, turkey, etc., are better for creaming in ramekins, for making timbals, etc.

It would be superfluous to go into details about the preparation of these dishes.

BREAKFAST SAUSAGE (Mrs. Rorer) (Individual)

| | | |
|------------|------------|--|
| Protein | 37.65 Gms. | $\frac{1}{2}$ lb. fresh, lean Pork |
| Fat | 78.47 " | $\frac{1}{4}$ teaspf. powdered Sage Leaves |
| Carb. | | $\frac{1}{4}$ teaspf. Salt |
| Total Cal. | 856.9 | A pinch of Pepper |

Chop meat very fine, add seasoning, mix thoroughly; form into small cakes.

Fry in very hot dripping, until well browned.

NOTE: Unless fat that oozes out into pan in cooking bacon is used, about 50% of its full value is lost in cooking.

Fruits

NOTE

GENERAL RULE

STEWED AND BAKED FRUITS

- | | |
|--|-------------------------|
| 1. STEWED APPLE (<i>A</i>), (<i>B</i>) | 4. STEWED RHUBARB |
| 2. BAKED APPLE (<i>A</i>), (<i>B</i>) | 5. MISCELLANEOUS STEWED |
| 3. GOOSEBERRY FOOL | FRUITS |

FRUITS

NOTE

Fruits are not a staple article of food in diabetic diet; even the few fruits mentioned in Diet List No. 1 may be used only by the physician's orders. They form an occasional part in the bills of fare, so as to satisfy a natural craving for juicy succulent food, but must be used with nice discrimination even when permitted.

GENERAL RULE

Weigh fruit, unpeeled, uncored, or unstemmed before using.

STEWED AND BAKED FRUITS

I. (A) STEWED APPLE

| | | |
|--------------------|-----------|--------------------------------|
| Protein | 0.28 Gms. | 1 small sour Apple, 2½ oz. |
| Fat | 0.26 " | 1 teaspf. sugarless White Wine |
| Carb. | 10.01 " | 1 small pc. stick Cinnamon |
| Total Cal. | 43 | 1 small pc. Lemon peel |
| Saccharin to taste | | |

Wash, peel, and core apple; cut in small pieces, add wine, lemon peel, and stick cinnamon, and stew in covered porcelain pan. When tender strain through a coarse strainer; sweeten and cool.

(B) STEWED APPLE

| | | |
|--------------------|-----------|----------------------------|
| Protein | 6.71 Gms. | 1 Egg, separated |
| Fat | 5.30 " | 1 small pc. Lemon peel |
| Carb. | 8.26 " | 1 small sour Apple |
| Total Cal. | 107 | 1 small pc. stick Cinnamon |
| Saccharin to taste | | |

Proceed as above; beat egg yolk into the strained pulp. Cool; add stiffly beaten egg white. Serve cold.

2. (A) BAKED APPLE

| | | |
|------------------------------|-----------|------------------------------|
| Protein | 0.88 Gms. | 1 small sour Apple, weighing |
| Fat | 3.74 " | from 2-2½ oz. |
| Carb. | 9.95 " | 1-2 Saccharin tablets |
| Total Cal. | 77 | 1 teaspf. sugarless Red Wine |
| 2-3 coarsely chopped Almonds | | |
| ½ teaspf. Butter | | |
| A pinch of ground Cinnamon | | |

Wash, and peel apple very thin; core carefully, leaving a solid bottom, so that the apple can stand in the pan; scrape out part of the apple and mix it with cinnamon, saccharin, and almonds; fill mixture into the cavity.

Put butter on a small pie plate, set apple on plate, and pour wine over it. Bake in a hot oven until tender. Serve cold with whipped cream.

(B) BAKED APPLE

| | | |
|------------|-----------|------------------------------|
| Protein | 0.79 Gms. | 1 small sour Apple, weighing |
| Fat | 10.68 " | from 2-2½ oz. |
| Carb. | 8.45 " | 1-2 Saccharin tablets |
| Total Cal. | 133 | 2 tablespf. cream |

Wash apple; core, but do not peel it. Bake in a hot oven; when nearly done baste with saccharin dissolved in a teaspf. water. Serve cold, with the cream.

3. GOOSEBERRY FOOL

| | | |
|------------|-----------|--------------------------|
| Protein | 7.67 Gms. | 1 cup green Gooseberries |
| Fat | 5.99 " | 1 Egg, separated |
| Carb. | 10.36 " | Saccharin to taste |
| Total Cal. | 126 | |

Stem and wash gooseberries; stew in very little water; when tender drain off any water that is left (there should be almost none), and mash berries through a coarse strainer. Beat yolk of egg into the strained pulp; beat egg white to a stiff froth. Dissolve saccharin in $\frac{1}{4}$ teaspf. water; stir into the fruit when cold; fold in the egg white lightly, pour into a glass dish, and set on ice till wanted.

4. STEWED RHUBARB

For 200 Gms. rhubarb—about 7 oz.

| | | |
|------------|-----------|--------------------------|
| Protein | 0.80 Gms. | 4-5 young Rhubarb stalks |
| Fat | 0.80 " | 1 teaspf. Water |
| Carb. | 4.40 " | Saccharin to taste |
| Total Cal. | 28 | |

Wash, but do not peel rhubarb; cut into one half inch thick slices; put in an earthen dish and add 1 scant teaspf. water; cover, and bake in oven till tender. Cool, sweeten with dissolved saccharin, and set on ice until very cold. Serve plain, or with sweetened whipped cream.

5. MISCELLANEOUS STEWED FRUITS

Use two gills ($\frac{1}{2}$ cup) of the following, measured before stemming or cleaning:

| CRANBERRIES | | HUCKLEBERRIES | | STRAWBERRIES | |
|-------------|-----------|---------------|-----------|--------------|-----------|
| Protein | 0.19 Gms. | Protein | 0.35 Gms. | Protein | 1.40 Gms. |
| Fat | 0.29 " | Fat | 0.35 " | Fat | 0.94 " |
| Carb. | 4.75 " | Carb. | 9.63 " | Carb. | 10.92 " |
| Total Cal. | 22 | Total Cal. | 43 | Total Cal. | 58 |

| CURRANTS | | SOUR CHERRIES | |
|------------|-----------|---------------|-----------|
| Protein | 0.87 Gms. | Protein | 0.65 Gms. |
| Fat | | Fat | 0.54 " |
| Carb. | 7.42 " | Carb. | 10.68 " |
| Total Cal. | 33 | Total Cal. | 50 |

The above may be stewed with a little water and stick cinnamon, strained through a coarse strainer, sweetened with saccharin to taste, and served as a sauce, if the physician sanction their use.

Salads

NOTE

SALAD DRESSINGS

- | | |
|--------------------|----------------|
| 1. FRENCH | 3. SWEET CREAM |
| 2. MAYONNAISE | 4. SOUR CREAM |
| 5. BOILED DRESSING | |

SALADS OF UNCOOKED GREENS OR VEGETABLES

- | | |
|---|--------------------|
| 1. LETTUCE, ETC. | 3. CUCUMBER |
| 2. COLE SLAW (A), (B) | 4. TOMATO (A), (B) |
| 5. CELERY, APPLE, AND NUT, OR WALDORF SALAD | |

SALADS OF COOKED VEGETABLES

- | | |
|--------------|----------------|
| 1. ARTICHOKE | 3. BEANS |
| 2. ASPARAGUS | 4. CAULIFLOWER |
| 5. CELERIAC | |

MEAT SALADS

- | | |
|---------------|------------|
| 1. SWEETBREAD | 2. CHICKEN |
|---------------|------------|

FISH SALADS

- | | |
|-------------|-----------|
| 1. HERRING | 3. CRAB |
| 2. LOBSTER | 4. SHRIMP |
| 5. SHAD ROE | |

SALADS

NOTE

Fresh salads form a most important part of the Diabetic Diet. Wherever possible, lettuce should be served daily, with cole slaw as an alternative. Salads should be served plain and eaten with salt, or should be served with:

SALAD DRESSINGS

I. FRENCH DRESSING

| | |
|-----------------|--------------------------------|
| Protein | 2 tablespf. Olive Oil |
| Fat 22.22 Gms. | 2 tablespf. Tarragon Vinegar |
| Carb. | or 2 tablespf. Lemon Juice |
| Total Cal. 200 | 1 tablespf. Water |
| | $\frac{1}{4}$ tablespf. Salt |
| | 1 tablespf. French Mustard |
| | $\frac{1}{8}$ tablespf. Pepper |
| | A piece of white Onion |

Rub with the onion the inside of the bowl in which the dressing is to be made, that is, if the flavor is liked; put in salt and pepper, add oil, and stir well; next mustard; and last of all, the vinegar and water; stir until creamy.

Mustard and onion may be omitted. A saccharin tablet dissolved in a few drops of water may be added, if a moderately sweet dressing is liked. Two teaspf. lemon juice may be substituted for the vinegar, if the use of the latter is forbidden.

2. MAYONNAISE (Large Quantity)

| | | |
|------------|--------------------------|----------------------------|
| Protein | 5.34 Gms. | 1 Egg yolk, raw |
| Fat | 224.32 " | 1 cup Olive Oil |
| Carb. | 2.94 " | 1 pinch of white Pepper |
| Total Cal. | 2053 | $\frac{1}{4}$ teaspf. Salt |
| | Juice of 1 Lemon | |
| | 1 Egg yolk (hard boiled) | |

Have bowl and ingredients very cold; set bowl in pan of ice water, while mixing mayonnaise.

Mash boiled yolk to powder and stir smooth with raw egg yolk, salt, and pepper; stir until thick; now add oil drop by drop, always stirring in the same direction. Thin with lemon juice, then add more oil, until it is all used up. Keep in covered glass jar, on ice, until wanted. This mayonnaise will last for days, if it is covered, and kept in a cold place.

3. SWEET CREAM DRESSING

| | | |
|------------|------------------------------------|---------------------------------|
| Protein | 2.40 Gms. | $\frac{1}{2}$ cupful Cream, 20% |
| Fat | 54.70 " | 1 tablespf. Olive Oil |
| Carb. | 4.74 " | 1 Saccharin tablet |
| Total Cal. | 521 | $\frac{1}{4}$ teaspf. Salt |
| | 1 tablespf. Vinegar or Lemon Juice | |

Mix all the ingredients except the cream, beating until foamy; add cream, and beat until very light.

4. SOUR CREAM DRESSING

| | | |
|------------|-----------|--------------------------------------|
| Protein | 2.40 Gms. | $\frac{1}{2}$ cupful sour Cream, 20% |
| Fat | 54.70 " | 1 tablespf. Olive Oil |
| Carb. | 4.74 " | $\frac{1}{4}$ tablespf. Salt |
| Total Cal. | 521 | 2 Saccharin tablets |

$\frac{1}{2}$ tablespf. French Mustard

1 tablespf. Vinegar or Lemon Juice

Proceed as in foregoing recipe.

5. BOILED DRESSING

| | | |
|------------|------------|------------------------------|
| Protein | 19.12 Gms. | 1 tablespf. Olive Oil |
| Fat | 28.68 " | 2 tablespf. Vinegar |
| Carb. | 9.18 " | 2 Eggs |
| Total Cal. | 370 | $\frac{3}{4}$ cup Cream, 20% |

$\frac{1}{2}$ tablespf. dry Mustard

$\frac{1}{4}$ tablespf. Salt

A pinch of white Pepper

Beat eggs foamy; add other ingredients, cream last; put in double boiler, stir constantly until mixture boils and is of custard consistency.

Strain, bottle, and keep on ice.

SALADS OF UNCOOKED GREENS OR
VEGETABLES1. LETTUCE, ENDIVE, ROMAINE, CRESS, DANDELION,
CHICORY, FIELD

Clean by removing all the tough leaves; tear off the tender leaves, wash each one separately in cold water;

drain in colander; lay leaves in a salad net, or wrap in a piece of cheesecloth, and place on ice till wanted. All these salads except chicory may be served plain, with salt. Chicory, lettuce, and Romaine may be served with French dressing; lettuce and Romaine with mayonnaise.

The food value for 1-1½ oz. lettuce is:

| | |
|------------|-----------|
| Protein | 0.51 Gms. |
| Fat | 0.14 " |
| Carb. | 1.23 " |
| Total Cal. | 7 |

Approximately the same values hold for the other salads given above.

2. (A) COLE SLAW

Remove wilted leaves; cut cabbage on slaw cutter, or chop very fine; wash carefully, and soak in cold water for an hour. Drain; mix with French dressing, or pour hot boiled dressing over it, and serve at once.

(B)

| | | |
|------------|-----------|--|
| Protein | 1.57 Gms. | Clean and cut as above. Chop |
| Fat | 0.35 " | ½ a small sour apple, and ¼ |
| Carb. | 9.21 " | of a small white onion very |
| Total Cal. | 47 | fine; mix with French dressing, and add to the slaw. |

3. CUCUMBERS (Average Weight, 11⅔ oz.)

| | | |
|------------|-----------|------------------|
| Protein | 2.34 Gms. | 1 Cucumber |
| Fat | 0.67 " | Sprig of Parsley |
| Carb. | 8.61 " | |
| Total Cal. | 50 | |

Peel cucumber very fine, wash in cold water; cut on slaw cutter; salt slices lightly, and let them stand five

minutes; drain off water and serve at once with French dressing, or with a sour cream dressing, and sprinkle with finely chopped parsley.

4. (A) TOMATO SALAD (Individual)

| | | |
|------------|-----------|-------------------------|
| Protein | 1.32 Gms. | 1 small Tomato, chilled |
| Fat | 0.58 " | (Average Weight, 2 oz.) |
| Carb. | 5.70 " | |
| Total Cal. | 33 | |

Slice tomato, serve on lettuce heart with French dressing.

(B) STUFFED TOMATO (Individual)

| | | |
|------------|-----------|-------------------------|
| Protein | 1.90 Gms. | 1 small Tomato, chilled |
| Fat | 0.69 " | 1-2 Celery stalks |
| Carb. | 7.23 " | |
| Total Cal. | 43 | |

Scoop out the greater part of the inside of the tomato; chop celery; season with mayonnaise; fill into the hollow tomato, put mayonnaise on top, and serve on a few lettuce heart leaves. Set on ice, till ready to serve.

5. CELERY, APPLE, AND NUT SALAD; ALSO CALLED WALDORF SALAD

| | | |
|------------|-----------|-------------------|
| Protein | 3.91 Gms. | ½ sour Apple |
| Fat | 9.37 " | 2-4 Celery stalks |
| Carb. | 9.17 " | 5 English Walnuts |
| Total Cal. | 137 | |

Chop ingredients very fine; season with French dressing, or with mayonnaise, and serve very cold.

SALADS OF COOKED VEGETABLES

Any left-over, or freshly cooked vegetables (2 oz. of each) can be used for salads, viz.:

| | | |
|-------------------|-------------------|-------------------|
| 1. ARTICHOKE | 2. ASPARAGUS | 3. BEANS (STRING) |
| Protein 0.45 Gms. | Protein 0.86 Gms. | Protein 1.34 Gms. |
| Fat | Fat 0.06 " | Fat 0.12 " |
| Carb. 2.84 " | Carb. 1.58 " | Carb. 4.63 " |
| Total Cal. 13 | Total Cal. 10 | Total Cal. 25 |
| 4. CAULIFLOWER | 5. CELERIAC, ETC. | |
| Protein 1.02 Gms. | Protein 0.62 Gms. | |
| Fat 0.28 " | Fat 0.06 " | |
| Carb. 2.66 " | Carb. 1.86 " | |
| Total Cal. 17 | Total Cal. 10 | |

Season the above with: French Dressing, Boiled Dressing, or Mayonnaise.

MEAT SALADS

1. SWEETBREAD SALAD

Soak sweetbread in cold water $\frac{1}{2}$ hour, changing the water three to four times. Boil in lightly salted water, until tender. Drain; remove skin. Set away to cool and harden. Cut in dice; serve on lettuce leaves with mayonnaise.

2. CHICKEN SALAD

| | |
|--------------------|--------------------------------|
| Protein 23.95 Gms. | 1 cup diced cooked Chicken |
| Fat 29.18 " | $\frac{1}{2}$ cup diced Celery |
| Carb. 5.74 " | |
| Total Cal. 381 | |

Mix with French dressing; set on ice; when ready to serve place salad on lettuce leaves, and cover with mayonnaise; garnish with hard-boiled eggs, olives, capers, or gherkins.

FISH SALADS

1. HERRING SALAD

| | | |
|------------|------------|------------------------|
| Protein | 52.18 Gms. | ½ cup boiled Veal |
| Fat | 32.39 " | 2 Herrings (melt) |
| Carb. | 6.49 " | ½ sour Apple |
| Total Cal. | 527 | ½ teaspf. grated Onion |
| | | ½ dill Pickle |
| | | 1 Celery Knob |
| | | 5 English Walnuts |
| | | French salad dressing |
| | | 1 teaspf. Capers |

Soak herrings overnight; remove melt, and soak that separately. Wash herrings; drain; skin, bone, and chop fine; remove skin from melt; stir to a smooth paste with a little vinegar; chop other ingredients fine. Mix all with French salad dressing. Make the salad several hours before using.

Garnish with olives, hard-boiled eggs, and pickles.

2. LOBSTER SALAD

| | | |
|------------|------------|----------------------------|
| Protein | 23.56 Gms. | 1 cup finely diced Lobster |
| Fat | 1.83 " | 1 small head Lettuce |
| Carb. | 5.65 " | Mayonnaise |
| Total Cal. | 133 | |

Mix lobster with mayonnaise; serve on lettuce leaves; cover with mayonnaise, and garnish with hard-boiled eggs and olives.

3. CRAB SALAD

| | | |
|------------|------------|-------------------------------|
| Protein | 22.01 Gms. | Substitute Crabs for the Lob- |
| Fat | 2.92 " | ster; proceed in the same |
| Carb. | 6.50 " | way. |
| Total Cal. | 140 | |

4. SHRIMP SALAD

| | | |
|------------|------------|---------------------------------|
| Protein | 24.80 Gms. | Substitute Shrimps for the Lob- |
| Fat | 1.42 " | ster; proceed in the same |
| Carb. | 5.24 " | way. |
| Total Cal. | 133 | |

5. SHAD ROE SALAD

Proceed as for Sweetbread Salad (see Meat Salads, 1.)
Serve the same way.

Sauces for Meats and Fish

NOTE

SAUCES

- | | |
|---|---|
| 1. BÉARNAISE | 6. MUSTARD (<i>A</i>), (<i>B</i>) |
| 2. CREAM (<i>A</i>), (<i>B</i>) | 7. ONION |
| 3. EGG | 8. PARSLEY |
| 4. HERB | 9. PICKLE |
| 5. HORSERADISH (<i>A</i>), (<i>B</i>) | 10. SARDELLE (<i>A</i>), (<i>B</i>) |
11. TARTARE SAUCE

SAUCES FOR MEATS AND FISH

NOTE

Sauces for meats and fish are of importance in the diabetic's bill-of-fare. Prepared according to the given directions, they are nourishing and palatable, and moreover offer variety, vital matters for people whose strength must be built up.

SAUCES

Cook all sauces in double boiler, unless otherwise stated.

I. BÉARNAISE SAUCE

| | | |
|------------|-----------|--------------------------|
| Protein | 6.24 Gms. | 1 small white Onion |
| Fat | 11.67 " | 1 ½ tablespf. Vinegar |
| Carb. | 3.56 " | ½ tablespf. Butter |
| Total Cal. | 144 | 1 Egg yolk |
| | | ¼ cup clear Soup Stock |
| | | Pepper and Salt to taste |

Chop onion very fine, and cook in the vinegar until very tender; add butter and seasoning; stir in the egg yolk beaten foamy; thin with stock and beat until it is creamy.

2. (A) SOUR CREAM SAUCE (Cold)

| | | |
|------------|-----------|------------------------------|
| Protein | 7.01 Gms. | 2 tablespf. sour Cream, 20% |
| Fat | 21.06 " | ½ tablespf. Olive Oil |
| Carb. | 0.78 " | 1 Egg (hard boiled) |
| Total Cal. | 221 | 1 saltspf. Salt |
| | | ½ teaspf. minced Chives |
| | | ½ teaspf. minced Parsley |
| | | 1 tablespf. Tarragon Vinegar |
| | | Pinch of white Pepper |

Beat cream until light and thick. Mash egg yolk very fine and stir paste with the oil, which must be stirred in gradually; add vinegar, seasoning, herbs, and the chopped white of the egg. Fold in cream last.

(B) SWEET CREAM SAUCE (Cold)

Proceed as above, using same quantity sweet cream, instead of the sour cream. Full value same as in (A).

3. EGG SAUCE (Cold)

| | | |
|------------|-----------|------------------------------|
| Protein | 6.43 Gms. | 1 Egg (hard boiled) |
| Fat | 16.15 " | ½ teaspf. minced Chives |
| Carb. | | 1 tablespf. Tarragon Vinegar |
| Total Cal. | 171 | 1 tablespf. Olive Oil |
| | | 1 saltspf. Salt |
| | | ½ saltspf. Pepper |

Separate the egg, mash the yolk very fine, chop the white fine; mix salt and pepper, to which add egg yolk; stir in oil gradually and mix to a smooth paste; add chives and egg white, then stir in the vinegar. This sauce is good either with salads, or with cold fish.

4. HERB SAUCE (Cold)

| | | |
|------------|-----------|--------------------------------------|
| Protein | 6.43 Gms. | $\frac{1}{4}$ teaspf. minced Parsley |
| Fat | 16.15 " | $\frac{1}{4}$ teaspf. minced Chives |
| Carb. | ... | 1 Egg (hard boiled) |
| Total Cal. | 171 | 1 tablespf. Olive Oil |
| | | $\frac{1}{2}$ teaspf. French Mustard |
| | | 1 tablespf. Tarragon Vinegar |
| | | 1 saltspf. Salt |
| | | 1 pinch of white Pepper |

Proceed as for Egg Sauce.

5. (A) HORSERADISH SAUCE

| | | |
|------------|-----------|-----------------------------------|
| Protein | 6.36 Gms. | $\frac{3}{4}$ tablespf. Butter |
| Fat | 14.35 " | $\frac{1}{4}$ cup Soup Stock |
| Carb. | 4.67 " | $\frac{3}{4}$ teaspf. Lemon Juice |
| Total Cal. | 174 | 1 Egg yolk |
| | | 1 teaspf. grated Horseradish |
| | | 1 Saccharin tablet |
| | | Salt to taste |

Melt butter in double boiler; beat egg yolk to foam; stir it and the other ingredients into the butter, and beat constantly until the sauce is thick. Serve hot.

(B) HORSERADISH SAUCE

| | | |
|------------|-----------|--------------------------------|
| Protein | 5.05 Gms. | 1 tablespf. Butter |
| Fat | 11.56 " | $\frac{1}{4}$ cup Soup Stock |
| Carb. | 14.01 " | 1 tablespf. grated Horseradish |
| Total Cal. | 180 | Salt and Pepper to taste |

Proceed as above, and cook $\frac{1}{2}$ hour.

6. (A) MUSTARD SAUCE (Hot)

| | | |
|------------|-----------|---|
| Protein | 4.56 Gms. | 1 tablespf. French Mustard |
| Fat | 11.28 " | 1 tablespf. Butter |
| Carb. | 0.03 " | 1 tablespf. Tarragon Vinegar |
| Total Cal. | 120 | 2 tablespf. Soup Stock |
| | | ½ tablespf. Aleuronat Flour or Almond Flour |

Melt butter, stir in the flour until very smooth, then add boiling stock slowly, next the mustard and vinegar; stir until it is creamy, but do not boil; strain through strainer and serve hot with boiled beef, or with boiled fish.

(B) MUSTARD SAUCE (Cold)

| | | |
|------------|------------|-----------------------------|
| Protein | | 1 tablespf. French Mustard |
| Fat | 11.11 Gms. | 1 tablespf. Moselle Wine |
| Carb. | | ¼ teaspf. grated Lemon Rind |
| Total Cal. | 135 | 1 tablespf. Oil |

Mix carefully; stir until creamy; put on ice; serve with cold meat or cold fish.

7. ONION SAUCE

| | | |
|------------|-----------|----------------------------|
| Protein | 1.32 Gms. | 4 small white Onions |
| Fat | 16.82 " | 1½ tablespf. Butter |
| Carb. | 8.12 " | ½ teaspf. Lemon Juice |
| Total Cal. | 190 | 1 teaspf. Tarragon Vinegar |
| | | 1 Clove |
| | | ½ Bay Leaf |
| | | ¼ cup clear Soup Stock |
| | | Salt to taste |

Chop onions rather coarsely, brown them in the butter; add hot stock and other ingredients; simmer until very tender. Strain through purée sieve.

8. PARSLEY SAUCE

| | | | |
|--------------------------|-----------|---|-------------------------|
| Protein | 4.86 Gms. | 1 | teaspf. chopped Parsley |
| Fat | 16.39 " | ¼ | cup Top Milk |
| Carb. | 3.06 " | 1 | Egg yolk |
| Total Cal. | 180 | ¾ | tablespf. Butter |
| Salt and Pepper to taste | | | |

Proceed as with Horseradish Sauce.

9. PICKLE SAUCE

Like Egg Sauce, using ½ tablespf. finely chopped dill pickle in place of chives. Same full value.

10. (A) SARDELLE SAUCE (Hot)

| | | | |
|-------------------------|------------|---|-------------------|
| Protein | 15.07 Gms. | 4 | Sardelles |
| Fat | 16.44 " | 1 | small white Onion |
| Carb. | 3.56 " | ¾ | tablespf. Butter |
| Total Cal. | 223 | 1 | sprig Parsley |
| ½ cup strong Soup Stock | | | |

Soak sardelles in water ½ hr., changing the water several times; skin, bone, and chop very fine. Chop onion and parsley very fine, and stew in butter until tender; add boiling hot stock. Simmer 5 minutes; add sardelles a few minutes before serving, but do not let them boil.

(B) SARDELLE SAUCE (Cold)

| | | |
|------------|-----------|---|
| Protein | 9.19 Gms. | 1 Egg yolk (hard boiled) |
| Fat | 22.26 " | 3 Sardelles |
| Carb. | 1.57 " | $\frac{1}{4}$ teaspf. grated Onion |
| Total Cal. | 243 | $\frac{1}{4}$ teaspf. grated Lemon Rind |
| | | 1 tablespf. Olive Oil |
| | | $\frac{1}{2}$ tablespf. chopped Capers |
| | | $\frac{1}{4}$ teaspf. chopped Parsley |
| | | 1 tablespf. French Mustard |
| | | 1 Saccharin tablet |
| | | 2 tablespf. Tarragon Vinegar |

Mash egg yolks, and stir to smooth paste with the oil: soak, skin, bone, and chop sardelles very fine; mix in other ingredients and stir thoroughly.

Serve with cold meat, or with cold fish.

II. SAUCE TARTARE (Cold)

| | | |
|------------|-----------|--------------------------------------|
| Protein | 2.67 Gms. | 1 Egg yolk (hard boiled) |
| Fat | 27.88 " | 2 tablespf. Olive Oil |
| Carb. | ... | 1 tablespf. Tarragon Vinegar |
| Total Cal. | 262 | $\frac{3}{4}$ teaspf. minced Parsley |
| | | A pinch of Salt |
| | | A pinch of Pepper |
| | | 1 teaspf. Mustard |
| | | $\frac{1}{2}$ teaspf. chopped Capers |

Mash egg yolk very fine, proceed as for egg sauce; the sauce must be of the consistency of thick cream.

Soups and Broths

MEAT SOUPS

- | | |
|------------------------------|---------------------------------|
| 1. BEEF SOUP AND STOCK | 10. NOODLE SOUP |
| 2. CLEAR VEAL | 11. SOUP WITH MARROW BALLS |
| 3. CLEAR MUTTON | 12. SOUP WITH MEAT BALLS |
| 4. CLEAR CHICKEN | 13. SOUP WITH CAULI- FLOWER |
| 5. CLEAR VEAL AND BEEF | 14. SOUP WITH ASPARAGUS |
| 6. CLEAR VEAL AND CHICKEN | 15. SOUP WITH SORREL |
| 7. VEGETABLE | 16. SOUP WITH STEAK AND EGGS |
| 8. SOUP WITH EGG DICE | |
| 9. SOUP WITH CHICKEN DICE | |
17. OXTAIL SOUP

MEAT BROTHS

- | | |
|------------------|------------|
| 1. BEEF | 3. MUTTON |
| 2. VEAL AND BEEF | 4. CHICKEN |

VEGETABLE CREAM SOUPS

- | | |
|----------------|--------------------|
| 1. ASPARAGUS | 4. CELERY |
| 2. STRING BEAN | 5. TOMATO |
| 3. CAULIFLOWER | 6. MIXED VEGETABLE |

SWEET SOUPS

1. WINE

2. CREAM

FISH BROTHS AND SOUPS

1. CLAM BROTH

3. CLAM CHOWDER

2. CLAM SOUP

4. OYSTER STEW

5. OYSTER SOUP

SOUPS AND BROTHS

MEAT SOUPS

I. BEEF SOUP AND STOCK

½ lb. rack of Beef and shin for every person

1 pt. Water for every person

Wash meat and bones carefully, remove any dark spots or tainted flesh; place in an iron pot, cover with the cold water; bring slowly to boiling point, leaving the pot uncovered until it boils; season with salt to taste, then cover and simmer slowly from five to six hours.

Do not skim, unless clear soup is wanted. Strain through a wire strainer into an earthenware crock or bowl, and set away to cool. Leave the grease on soup until ready to use, when it can be carefully removed, leaving the stock clear. This soup forms the foundation for all beef soups and plain broths.

Food Value for 1 pt. Beef Stock

| | |
|------------|------------|
| Protein | 11.12 Gms. |
| Fat | 1.36 " |
| Carb. | |
| Total Cal. | 57 |

2. CLEAR VEAL SOUP

1 lb. Veal for every person
 1½ pts. Water for every person

Food Value for 1½ pts. Veal Soup

Protein 18.36 Gms.
 Fat 1.70 "
 Carb.
 Total Cal. 99

Proceed as with Beef Soup, but cook only three hours.

3. CLEAR MUTTON SOUP

1 lb. Scrag Mutton for every person
 1½ pts. Water for every person

Food Value for 1½ pts. Mutton Soup

Protein 18.02 Gms.
 Fat 2.38 "
 Carb.
 Total Cal. 104

Proceed as with Beef Soup.

4. CLEAR CHICKEN SOUP (2 Quarts)

| | |
|--------------------|----------------------------------|
| Protein 56.70 Gms. | 1 Fowl weighing from 2-4 lbs. |
| Fat 2.70 " | (not too fat) |
| Carb. | Use the feet, gizzard, and heart |
| Total Cal. 251 | 2 qts. cold Water |

Clean the feet by scalding with boiling water, skin them, remove the nails; the feet contain gelatinous matter which adds strength to the broth. Simmer from four to five hours.

Proceed as with Beef Stock.

5. CLEAR VEAL AND BEEF SOUP

1½ lbs. shin of Beef

1½ lbs. shoulder of Veal

Marrow bones of both Beef and Veal

2 qts. Water

Boil four hours, and proceed as for Beef Stock.

Compute values from Beef Stock and Clear Veal Soup.

6. CLEAR VEAL AND CHICKEN SOUP

1 Fowl weighing from 2½-3 lbs.

1 lb. knuckle of Veal

2 qts. cold Water

Proceed as with Number 4.

Compute values from Clear Veal and Clear Chicken Soups.

7. VEGETABLE SOUP (For 2 people)

Protein 12.36 Gms.

Fat 1.54 "

Carb. 5.14 "

Total Cal. 85

1 pt. Beef Stock

½ white Onion

3 sprigs Parsley

3 sticks Celery with leaves

1 Leek

3 Cabbage leaves

12 String Beans

Wash vegetables; chop very fine, and simmer in a little stock until nearly tender; then add one pt. stock, and simmer for one hour. Serve very hot.

8. SOUP WITH EGG DICE (Individual)

1 pt. hot Stock (any of the recipes given above).

Egg Dice

Protein 18.99 Gms.

Fat 8.41 "

Carb.

Total Cal. 152

1 Egg

$\frac{1}{2}$ teaspf. Butter

$\frac{1}{4}$ cup cold Stock

Pinch of Salt

Beat the egg foamy; add butter creamed, salt and cold stock; pour into a well buttered custard mold, place mold in pan of boiling water, and steam for one hour; cool, remove from mold, and when cold cut into dice; put into soup tureen; pour clear well-seasoned boiling hot soup stock over the dice, and serve at once.

9. SOUP WITH CHICKEN DICE (Individual)

Protein 18.44 Gms.

Fat 12.64 "

Carb.

Total Cal. 187.7

$\frac{1}{2}$ cup white meat of Chicken
cut into cubes

1 $\frac{1}{2}$ cups clear Chicken broth

1 Egg

$\frac{1}{4}$ teaspf. finely chopped Parsley

Seasoning to taste

Heat the chicken in 1 $\frac{1}{2}$ cups of broth; meanwhile beat an egg foamy in the tureen in which the soup is to be served; pour the chicken and broth over the egg, stirring to prevent curdling. Sprinkle with the parsley, and serve very hot, at once.

10. NOODLE SOUP (Individual)

| | | |
|------------|------------|---------------------------------------|
| Protein | 17.82 Gms. | 1 pt. good clear Stock |
| Fat | 20.05 " | Noodles |
| Carb. | 0.20 " | $\frac{1}{2}$ teaspf. chopped Parsley |
| Total Cal. | 253 | 1 Egg |
| | | $\frac{1}{3}$ tablesp. Butter |
| | | Seasoning to taste |

Noodles: Make an omelet with one egg, according to omelet recipe No. 6; roll, cool, and cut into very narrow strips; drop into boiling stock, heat noodles thoroughly; sprinkle parsley into stock, and serve very hot, at once.

11. SOUP WITH MARROW BALLS (Individual)

1 pt. clear soup Stock

Marrow Balls

| | | |
|------------|------------|--------------------------------------|
| Protein | 21.36 Gms. | Casoid Crumbs |
| Fat | 14.72 " | 1 tablespf. Marrow |
| Carb. | | $\frac{1}{2}$ Egg |
| Total Cal. | 217 | Pinch of Salt |
| | | $\frac{1}{4}$ teaspf. minced Parsley |
| | | Dash of grated Nutmeg |

Clean and wash the marrow carefully; melt in a hot pan, and cool. When cool cream it; stir in egg and salt; beat foamy, sprinkling in parsley and nutmeg; fold in crumbs to make a rather stiff dough.

Form into small dumplings, size of a marble, and set on ice for an hour. Heat the stock, drop in the balls. Cook until very light, from 5-8 minutes, and serve with the soup at once.

12. SOUP WITH MEAT BALLS (Individual)

1 pt. clear Soup

Meat Balls

Protein 33.91 Gms.

Fat 22.73 "

Carb.

Total Cal. 340

2 oz. scraped Beef

1 tablespf. Marrow

1 Egg, separated

Casoid Crumbs

1 teaspf. Butter

Salt and Nutmeg to taste

Melt marrow; cool; cream butter and marrow, add beef, yolk of egg, and seasoning; next, enough crumbs to bind the mixture, then add stiffly beaten white of egg.

Form dumplings with a small spoon; drop in boiling broth; cook from 15-20 minutes; serve very hot.

A teaspf. of chopped chives sprinkled into the soup just before serving adds to it, if the flavor is liked.

13. SOUP WITH CAULIFLOWER (Individual)

Protein 15.82 Gms.

Fat 2.62 "

Carb. 12.38 "

Total Cal. 138

2 cups good Broth

Very small head Cauliflower

2 sticks Celery

1 small Leek

Seasoning to taste

Wash, clean, and break cauliflower into small pieces. Put on to cook in a small saucepan. Cover with well-seasoned stock; add the finely chopped celery and leek; simmer until very tender, about $\frac{1}{2}$ hr. Be sure that the flowers are unbroken; add the rest of the broth, heat very hot, and serve at once.

14. SOUP WITH ASPARAGUS (Individual)

| | | |
|------------|------------|---------------------------------|
| Protein | 15.45 Gms. | 12 stalks of Asparagus |
| Fat | 1.85 " | Other ingredients as for Recipe |
| Carb. | 8.06 " | 13 above |
| Total Cal. | 112 | |

Proceed as for Cauliflower Soup, substituting the asparagus for the cauliflower. Canned asparagus may be used, but drain off the water in which it was canned, scald it with boiling water and drain again.

15. SOUP WITH SORREL (Individual)

| | | |
|--------------------------|-----------|--------------------------|
| Protein | 9.02 Gms. | $\frac{1}{2}$ cup Sorrel |
| Fat | 17.48 " | $\frac{1}{2}$ pt. Stock |
| Carb. | 2.36 " | 1 tablespf. Butter |
| Total Cal. | 202 | 1 Egg yolk |
| Salt and Pepper to taste | | |

Use cultivated sorrel. Take the tender green leaves from the midrib; wash in cold water, and shred very fine. Melt butter in an iron pan; put in the sorrel and stir for a few minutes; add stock and boil for five minutes; beat the egg yolk foamy and put into soup tureen; pour boiling soup over it, stirring all the time, so that the egg does not curdle. Serve at once.

16. SOUP WITH STEAK AND EGGS (Individual)

| | | |
|------------|------------|-------------------------------|
| Protein | 32.36 Gms. | $\frac{1}{4}$ lb. Round Steak |
| Fat | 15.30 " | 1 Egg yolk |
| Carb. | | 1 cup Beef Stock |
| Total Cal. | 267 | Seasoning to taste |

Warm $\frac{1}{4}$ cup of stock; put the rest on to heat very hot. Scrape the round; mix in the egg yolk. Pour over this, $\frac{1}{4}$ cup of warm stock. Stir carefully. Stir this into the hot stock, but do not let it boil. Season; serve at once.

17. OX-TAIL SOUP (Individual)

| | | |
|------------|---------------------------------|---------------------------|
| Protein | 13.96 Gms. | $\frac{3}{4}$ lb. Ox-tail |
| Fat | 3.76 " | 1 small Onion |
| Carb. | 6.84 " | 1 Celery stalk |
| Total Cal. | 117 | 1 Parsley sprig |
| | 1 $\frac{1}{2}$ pts. cold Water | |
| | 3 Pepper corns | |
| | $\frac{1}{2}$ teaspf. Salt | |
| | $\frac{1}{3}$ cup Tomatoes | |

Wash ox-tail; put in soup pot with cold water, and when the water boils let soup simmer for 1 hr. with the pot lid partly off; wash the onion but do not peel it, put it in the oven and bake it till light brown and tender, and add it with the vegetables and pepper corns to the soup; simmer slowly for two hours more; add salt; strain and cool. Remove grease, reheat, and serve very hot, adding 5-6 small pieces of the ox-tail.

MEAT BROTHS

(Almost a full meal in themselves)

1. BEEF BROTH (Individual)

| | | |
|------------|-----------|-------------------------------------|
| Protein | 9.95 Gms. | $\frac{1}{2}$ pt. strong Beef Stock |
| Fat | 10.84 " | 1 Egg yolk |
| Carb. | 1.42 " | 1 tablespf. finely ground Almonds |
| Total Cal. | 142 | Seasoning to taste |

Heat the stock, stir in almonds; boil for two minutes. Pour over the egg yolk, stirring carefully to avoid curdling. Serve very hot, at once.

2. VEAL AND BEEF BROTH (Individual)

| | | |
|------------|------------|-------------------------------|
| Protein | 27.03 Gms. | 1 pt. Soup (see No. 5, above) |
| Fat | 12.25 " | 1 Egg yolk |
| Carb. | | ½ cup finely chopped cooked |
| Total Cal. | 219 | Veal |
| | | Season to taste |

Put the cooked veal through the meat chopper; heat in the stock. Strain through a coarse sieve. Pour this boiling hot over the beaten egg yolk, and serve very hot, at once.

3. MUTTON BROTH (Individual)

| | | |
|------------|------------|--------------------------------|
| Protein | 16.76 Gms. | 2 lbs. scrag or neck of Mutton |
| Fat | 6.17 " | 1 qt. Water |
| Carb. | 0.83 " | 2 stalks Celery |
| Total Cal. | 126 | 1 Leek |
| | | Salt to taste |

Proceed as for beef stock (see No. 1). Simmer about three hours, adding celery and leek as soon as stock begins to boil. This broth is very nourishing, but not to everyone's taste. A whole egg dropped into the cup, after it contains the steaming hot broth, is a nourishing addition.

4. CHICKEN BROTH (Individual)

Use Stock No. 4. Proceed as in foregoing recipe.

VEGETABLE CREAM SOUPS

GENERAL DIRECTIONS

The foundation for Vegetable Cream Soups seldom varies. These soups are nourishing, quickly prepared, and very digestible.

All vegetables should be cleaned, blanched, and cooked in salted boiling water in an uncovered pan until tender enough to strain through a purée sieve.

CREAM FOUNDATION (Individual)

| | | |
|--------------------------|------------|--------------------------|
| Protein | 10.85 Gms. | 1 tablespf. Butter |
| Fat | 64.03 " | 1 tablespf. Almond Flour |
| Carb. | 11.12 " | 1 Egg yolk |
| Total Cal. | 570 | 1 cup thin Cream |
| Salt and Pepper to taste | | |

Melt butter; stir in the almond flour; add the cream; season; put in the strained vegetables; boil five minutes. Beat the egg yolk foamy in the tureen in which the soup is to be served. Pour the hot soup over it, stirring so that the yolk does not curdle, and serve very hot, at once.

I. ASPARAGUS SOUP (Individual)

| | | |
|------------|------------|------------------------|
| Protein | 14.90 Gms. | 12-15 Asparagus stalks |
| Fat | 64.48 " | |
| Carb. | 18.55 " | |
| Total Cal. | 714 | |

Scrape asparagus, break into small pieces; wash and cook in very little water until tender enough to strain through a colander. Strain and proceed as directed in foregoing recipe for Cream Foundation.

2. STRING BEAN SOUP (Individual)

| | | |
|------------|------------|---------------------------------|
| Protein | 13.90 Gms. | $\frac{3}{4}$ pt. String Beans |
| Fat | 64.49 " | $\frac{1}{2}$ small white Onion |
| Carb. | 21.98 " | 1 Celery stalk |
| Total Cal. | 630 | Seasoning to taste |

String, wash, and break beans into small pieces, then proceed as directed in recipe for Cream Foundation.

3. CAULIFLOWER SOUP (Individual)

| | | |
|------------|------------|--|
| Protein | 15.27 Gms. | 1 small head Cauliflower |
| Fat | 65.26 " | Wash, blanch, and break cauliflower into small pieces; proceed as directed in recipe for Cream Foundation. |
| Carb. | 22.67 " | |
| Total Cal. | 647 | |

4. CELERY SOUP (Individual)

| | | |
|------------|------------|--|
| Protein | 12.83 Gms. | 1 small bunch of Celery |
| Fat | 64.21 " | 1-2 Celery knobs |
| Carb. | 17.07 " | Proceed as directed in recipe for Cream Foundation |
| Total Cal. | 603 | |

5. TOMATO SOUP (Individual)

| | | |
|------------|-----------|--------------------------------------|
| Protein | 9.56 Gms. | $\frac{1}{2}$ pt. thin Cream |
| Fat | 48.37 " | $\frac{1}{4}$ can Tomatoes |
| Carb. | 19.53 " | 1 teaspf. Butter |
| Total Cal. | 539 | 1 sprig Parsley |
| | | $\frac{1}{8}$ teaspf. Baking Soda |
| | | $\frac{1}{2}$ tablespf. Almond Flour |

Stew tomatoes and parsley fifteen minutes. Put cream on to heat in double boiler; rub almond flour and butter together and stir into the boiling cream until thick. Strain tomatoes; add soda which has been dissolved in a little

cold water. Do not replace the tomatoes on the stove. Pour the boiling cream over them. The mixture will curdle if placed back on the fire. Serve at once.

6. MIXED VEGETABLE SOUP (Individual)

| | | |
|------------|---------------------------|---------------------|
| Protein | 9.70 Gms. | 1 small white Onion |
| Fat | 58.67 " | 1 Leek |
| Carb. | 18.04 " | 1 Celery knob |
| Total Cal. | 638 | 3 Cabbage leaves |
| | 1 Parsley sprig | |
| | 1 Celery stalk and leaves | |
| | 10 String Beans | |
| | 1 cup thin Cream, 20% | |
| | 1 tablespf. Butter | |
| | 1 tablespf. Almond Flour | |
| | Seasoning to taste | |

Clean the vegetables and chop very fine; boil in salted boiling water enough to cover them, in a partly uncovered pan; boil rapidly, then simmer for ten to fifteen minutes until tender; prepare cream foundation; pour over minced vegetables, and let them simmer for 5-8 minutes longer. Serve very hot.

A little cauliflower or asparagus, or both, will improve the flavor of the soup.

SWEET SOUPS

1. WINE SOUP (Individual) (If permitted)

| | | |
|------------|------------|------------------------------|
| Protein | 10.72 Gms. | ½ cup Wine, either Red or |
| Fat | 5.04 " | White Moselle, or Bordeaux |
| Carb. | | 1 Egg |
| Total Cal. | 111.2 | 1 small piece Stick Cinnamon |
| | | ¼ cup Water |
| | | 2-3 Saccharin tablets |

Beat the egg foamy with the dissolved saccharin tablets; add the wine and water, beating foamy. Put this mixture in a double boiler, add cinnamon, stirring constantly so that it foams until it reaches the boiling point.

Strain; beat again, and serve either hot or cold.

2. CREAM SOUP (Individual)

| | | |
|------------|------------|-------------------------------|
| Protein | 10.72 Gms. | 1 Egg yolk |
| Fat | 52.98 " | 1 cup thin Cream |
| Carb. | 11.12 " | 1 small piece Stick Cinnamon |
| Total Cal. | 562.6 | 1 tablespf. Almond Flour |
| | | 1 Saccharin tablet, dissolved |

Heat the cream in a double boiler; add the cinnamon, stir in the almond flour; beat the yolk of the egg foamy with the saccharin. Stir into the cream, beating all the time, so that the egg does not curdle.

Strain; serve very hot.

FISH BROTHS AND SOUPS

1. CLAM BROTH (Individual)

| | | |
|------------|-----------|------------------|
| Protein | 1.24 Gms. | 8 large Clams |
| Fat | 5.12 " | 1 teaspf. Butter |
| Carb. | 0.24 " | Pepper to taste |
| Total Cal. | 52.1 | |

Wash and brush the clams until perfectly clean; add one tablespoonful water; cook until the clam shells open; pour off the liquor; add the butter and pepper; reheat, and serve hot at once.

The clams may be utilized for chowder, or for soup.

2. CLAM SOUP (For 2 people)

| | | |
|------------|-------------------------|------------------------------|
| Protein | 23.94 Gms. | 1 doz. Clams |
| Fat | 50.65 " | $\frac{1}{2}$ cup cold Water |
| Carb. | 14.68 " | 1 cup Top Milk |
| Total Cal. | 608.8 | 1 tablesp. Butter |
| | 1 tablesp. Almond Flour | |
| | Salt, Pepper | |

Wash the clams carefully, scrubbing shells with a small brush; put clams on in the cold water in a small pot. Cook until shells open; remove from fire; take the shells out of the juice, remove the clams from the shells with a fork, cut off the tough part, and use only the soft part, which should be well chopped.

Blend the melted butter and almond flour; add cream to the clam juice, and when it is very hot slowly pour it over the butter and flour; put back in double boiler, and cook for about 10 minutes, stirring all the time to prevent the liquid from curdling; add the chopped clams; season and serve at once.

3. CLAM CHOWDER (Individual)

| | | |
|------------|-----------------------------------|------------------|
| Protein | 22.33 Gms. | 1 pt. Clams |
| Fat | 26.06 " | 1 cup Clam Juice |
| Carb. | 14.73 " | 2 Celery stalks |
| Total Cal. | 382.10 | 2 sprigs Parsley |
| | $\frac{1}{2}$ small Onion | |
| | $\frac{1}{4}$ cup Cream | |
| | 1 tablesp. Butter | |
| | Pepper to taste | |
| | 1 small Tomato, or | |
| | $\frac{1}{4}$ cup canned Tomatoes | |

Chop the clams, removing the tough parts first. Put the juice in kettle, and when it comes to the boiling point

remove scum that has risen to the top. Now add the finely chopped vegetables, clams, butter, and seasoning; cook until clams are very soft. Heat the cream, and pour into soup tureen. When the clams are tender (they take about half an hour to cook), pour the chowder over the hot cream; stir carefully so that it does not curdle. Do not replace upon the fire. Serve at once.

4. OYSTER STEW (Individual)

| | | |
|------------|-----------|---------------------------|
| Protein | 9.47 Gms. | $\frac{1}{2}$ pt. Oysters |
| Fat | 26.75 " | $\frac{1}{2}$ cup Cream |
| Carb. | 8.65 " | 1 teaspf. Butter |
| Total Cal. | 312.6 | Salt and Pepper to taste |

Strain the oysters, put liquor on to boil. Heat the cream separately but do not let it boil; put oysters into the boiling juice, do not let them boil, but cook slowly, and when the edges begin to curl, add butter and seasoning; pour hot cream into the tureen and turn the boiling stew over it, being careful not to let it curdle. Do not replace upon fire. Serve at once.

5. OYSTER SOUP (Individual)

| | | |
|------------|------------|---------------------------------|
| Protein | 10.05 Gms. | Prepared as above, only thick- |
| Fat | 28.29 " | ened with a teaspf. almond |
| Carb. | 8.65 " | flour, or with a teaspf. casoid |
| Total Cal. | 327.6 | crumbs. |

Vegetables

TABLE OF VALUES

NOTE

HOW TO PREPARE

- | | |
|-----------------------------------|----------------------------|
| 1. ARTICHOKEs | 16. JERUSALEM ARTICHOKEs, |
| 2. ASPARAGUS | (A), (B), (C), (D), (E) |
| 3. STRING BEANS, (A), (B) | 17. KALE |
| 4. BEET TOPs | 18. KOHLRABI, (A), (B) |
| 5. BEETS | 19. LETTUCE |
| 6. BROCCOLI | 20. MUSHROOMs, (A), (B) |
| 7. BRUSSELS SPROUTs | 21. OKRA OR GUMBO |
| 8. PLAIN CABBAGE, (A), (B) | 22. ONIONS, (A), (B) |
| 9. SAVOY CABBAGE, (A), (B) | 23. OYSTER PLANT (SALSIFY) |
| 10. CARROTs | 24. POTATOES, (A), (B) |
| 11. CAULIFLOWER, (A), (B), (C) | 25. PUMPKIN |
| 12. CELERIAC (KNOB CEL- ERY) | 26. SAUERKRAUT, (A), (B) |
| 13. CELERY (TABLE) | 27. SPINACH, (A), (B) |
| 14. CUCUMBERs | 28. SQUASH |
| 15. EGG PLANT | 29. SWEET PEPPERs |
| | 30. SWISS CHARD |
| | 31. TOMATOES, (A), (B) |

SAUCES FOR VEGETABLES

- | | |
|-----------|----------------|
| 1. BUTTER | 3. EGG |
| 2. CREAM | 4. HOLLANDAISE |

VEGETABLES

TABLE OF VALUES

| <i>Kind</i> | <i>Weight</i> | <i>Protein</i> | <i>Fat</i> | <i>Carbo- hydrates</i> | <i>Total Calories</i> |
|------------------------|---------------|----------------|------------|----------------------------|---------------------------|
| Artichokes | 1 lb. | 11.79 | 0.91 | 75.75 | 352 |
| Asparagus (fresh) | " | 8.16 | 0.91 | 14.96 | 101 |
| Asparagus (canned) | " | 6.80 | 0.45 | 12.70 | 82 |
| Beans (String) (fresh) | " | 10.40 | 1.36 | 33.60 | 189 |
| Beans (canned) | " | 4.98 | 0.45 | 17.23 | 93 |
| Beet Tops (cooked) | " | 9.98 | 4.54 | 48.08 | 273 |
| Beets | " | 7.26 | 0.45 | 44. | 209 |
| Broccoli | " | 9.07 | 0.45 | 22.68 | 131 |
| Brussels Sprouts | " | 6.80 | 0.45 | 15.42 | 85 |
| Cabbage | " | 7.25 | 1.36 | 25.40 | 143 |
| Carrots | " | 4.99 | 1.81 | 42.18 | 205 |
| Cauliflower | " | 8.16 | 2.27 | 21.32 | 138 |
| Celery (table) | " | 4.98 | 0.45 | 14.97 | 84 |
| Cucumbers | " | 3.63 | 0.91 | 14.06 | 79 |
| Egg Plant | " | 5.44 | 1.36 | 23.13 | 127 |
| Kohlrabi | " | 9.07 | 0.45 | 24.95 | 140 |
| Leeks | " | 5.44 | 2.27 | 26.31 | 147 |
| Lettuce | " | 5.44 | 1.36 | 13.15 | 87 |
| Mushrooms (fresh) | " | 15.88 | 1.81 | 30.85 | 203 |
| Okra | " | 7.26 | 0.91 | 33.57 | 172 |
| Onions | " | 7.26 | 1.36 | 44.80 | 220 |
| Oyster Plant | " | 5.44 | 0.91 | 23.13 | 122 |
| Potatoes | " | 9.93 | 0.45 | 83.46 | 378 |
| Pumpkin | " | 4.54 | 0.45 | 23.59 | 117 |
| Sauerkraut | " | 7.71 | 2.27 | 17.24 | 120 |
| Spinach | " | 9.52 | 1.36 | 14.50 | 108 |
| Squash | " | 6.35 | 2.27 | 40.82 | 209 |
| Sweet Peppers | " | 4.54 | 1.36 | 19.04 | 107 |
| Swiss Chard | " | 10.43 | 1.36 | 14.06 | 110 |
| Tomatoes (fresh) | " | 4.08 | 1.81 | 17.69 | 103 |
| Tomatoes (canned) | " | 5.44 | 0.91 | 18.10 | 103 |
| Turnips | " | 5.89 | 0.91 | 36.74 | 179 |

NOTE

Use fresh tender vegetables; clean thoroughly and examine carefully before cooking. Remove all the withered leaves, inedible parts, etc. Almost without exception, vegetables should be boiled in salted boiling water in an uncovered or only partly covered pan. When the vegetables have boiled rapidly for fifteen minutes, drain off the water, replace with boiling water, cook fifteen minutes again, drain, replace with boiling water, and cook until tender. This rule holds good for the herbaceous vegetables, viz., cabbage, spinach, and all the green leaves, stalks, shoots, sauerkraut, etc.

In using canned vegetables, drain off the water in the can, scald vegetables with boiling water, drain, then pour hot sauce over them, and serve at once.

For diabetics, it is advisable that vegetables be very finely chopped, or, better still, strained through a purée strainer.

HOW TO PREPARE

I. ARTICHOKES (Individual)

(Weighing up to $\frac{1}{2}$ lb.)

Remove the hard outer leaves; cut off the stem close to the leaves, and cut off the bud; drop the artichoke into boiling salted water and cook until tender, which will take from 30-50 minutes; then drain, and remove the choke.

Artichokes may be served cold with French dressing.

Artichokes may be served hot with Melted Butter, Egg Sauce, Hollandaise Sauce.

VALUE IF SERVED WITH MELTED BUTTER

| | | |
|------------|-------|------|
| Protein | 2.86 | Gms. |
| Fat | 22.30 | " |
| Carb. | 16.6 | " |
| Total Cal. | 279 | |

VALUE IF SERVED WITH EGG SAUCE

| | | |
|------------|-------|------|
| Protein | 14.06 | Gms. |
| Fat | 8.21 | " |
| Carb. | 18.01 | " |
| Total Cal. | 200 | |

VALUE IF SERVED WITH HOLLANDAISE SAUCE

| | | |
|------------|-------|------|
| Protein | 6.99 | Gms. |
| Fat | 11.41 | " |
| Carb. | 16.95 | " |
| Total Cal. | 200 | |

2. ASPARAGUS (Individual)

| | | | |
|------------|------|------|------------|
| Protein | 3.24 | Gms. | 6-8 stalks |
| Fat | 0.36 | " | |
| Carb. | 5.94 | " | |
| Total Cal. | 40 | | |

Scrape the asparagus down to the tender tips, cut off the fibrous ends; wash, tie in a bunch, and boil rapidly in salted boiling water in a partly uncovered stew-pan until tender, from 15-25 minutes.

VALUE IF SERVED WITH
MELTED BUTTER

Protein 3.50 Gms.
Fat 22.46 "
Carb. 5.94 "
Total Cal. 240

VALUE IF SERVED WITH
EGG SAUCE

Protein 14.70 Gms.
Fat 8.37 "
Carb. 7.25 "
Total Cal. 164

VALUE IF SERVED WITH
CREAM SAUCE

Protein 11.29 Gms.
Fat 43.41 "
Carb. 14.61 "
Total Cal. 495

VALUE IF SERVED WITH
HOLLANDAISE SAUCE

Protein 7.63 Gms.
Fat 11.75 "
Carb. 6.19 "
Total Cal. 161

If the flavor be liked, a pinch of grated nutmeg may be added to the melted butter.

Asparagus may be served cold as a salad, with either French dressing or mayonnaise.

3. (A) STRING BEANS (Individual)

Protein 5.43 Gms.
Fat 0.78 "
Carb. 17.83 "
Total Cal. 100

1 pt. Beans

String and slice beans. Put into rapidly boiling salted water, about $\frac{1}{4}$ teaspf. of salt to a pint of water. Simmer until tender in a partially uncovered saucepan; drain in a colander.

VALUE IF SERVED WITH
BUTTER SAUCE

Protein 5.69 Gms.
Fat 22.88 "
Carb. 17.83 "
Total Cal. 300

VALUE IF SERVED WITH
CREAM SAUCE

Protein 13.48 Gms.
Fat 43.83 "
Carb. 26.50 "
Total Cal. 556

VALUE IF SERVED WITH $\frac{1}{2}$ PINT SOUP STOCK
(To which a little grated onion may be added)

| | | |
|------------|-------|------|
| Protein | 10.99 | Gms. |
| Fat | 1.46 | " |
| Carb. | 17.83 | " |
| Total Cal. | 128 | |

(B) STRING BEANS COOKED WITH LAMB (Individual)

| | | | |
|------------|--------|------|---|
| Protein | 55.08 | Gms. | 1 pt. Beans |
| Fat | 125.88 | " | $\frac{3}{4}$ lb. rack of Lamb |
| Carb. | 17.83 | " | Salt and Pepper to taste |
| Total Cal. | 1425 | | $\frac{1}{4}$ teaspf. grated Onion, if flavor is liked |

String and slice beans in long slices. Wash and drain. Put lamb in stew-pan, with a pint of cold water. When it boils, add the beans, and let simmer slowly until meat and beans are tender; cover the pan tight. When nearly tender add the onion and seasoning; a sprig of summer savory improves the beans, if the flavor is liked, or $\frac{1}{2}$ teaspf. chopped summer savory.

The gravy must be almost completely boiled down.

Put the lamb on hot platter, heap the beans around, and serve at once.

4. BEET TOPS (Individual)

Cooked and served like Spinach

| | | | |
|------------|-------|------|------------------|
| Protein | 16.41 | Gms. | 1 pint Beet Tops |
| Fat | 19.07 | " | |
| Carb. | 9.86 | " | |
| Total Cal. | 275 | | |

5. BEETS (Individual)

| | | |
|------------|-----------|-----------------------|
| Protein | 7.26 Gms. | 2 small Beets |
| Fat | 0.45 " | 10 gms. melted Butter |
| Carb. | 44.00 " | Salt, Pepper |
| Total Cal. | 209 | |

Wash beets carefully, cook in boiling water about one hour, if young; from two to three hours, if old. Plunge into cold water and remove the skins; cut in thin slices, reheat, season with melted butter, salt and pepper.

6. BROCCOLI (Individual)

1 small head, about 5" diameter

Cooked and served like Cauliflower, with which its food values for this small quantity are almost identical.

7. BRUSSELS SPROUTS (Individual)

| | | |
|------------|-----------|---------------------------|
| Protein | 3.00 Gms. | $\frac{1}{2}$ pt. Sprouts |
| Fat | 0.20 " | |
| Carb. | 6.80 " | |
| Total Cal. | 41 | |

Remove the withered or discolored leaves from each sprout, cut the stalks, and soak head downward in salted cold water for an hour or two; drain and boil in plenty of boiling salted water; boil rapidly, in a partly uncovered stew-pan until tender; drain, let cold water run over them, and drain again. Make butter, cream, egg, or Hollandaise sauce. Cook the sprouts in the sauce for about 10 minutes. Serve hot.

8. (A) PLAIN CABBAGE WITH SOUP STOCK (Individual)

| | | |
|------------|-----------|----------------------------------|
| Protein | 5.21 Gms. | $\frac{1}{2}$ small head Cabbage |
| Fat | 12.00 " | 1 tablespf. Butter |
| Carb. | 17.78 " | Salt, Pepper |
| Total Cal. | 200 | |

Cut the cabbage in half, remove the stalk, soak in cold salted water for 1 hour; drain and boil in plenty of boiling salted water until tender, from $\frac{1}{2}$ – $\frac{3}{4}$ hour, boiling rapidly all the time in an uncovered pan; drain, chop fine; heat butter, add cabbage, season. Moisten with strong soup stock, cook about 10 minutes, and serve very hot.

(B) PLAIN CABBAGE WITH CREAM (Individual)

| | | |
|------------|-----------|----------------------------------|
| Protein | 5.79 Gms. | $\frac{1}{2}$ small head Cabbage |
| Fat | 22.47 " | 1 tablespf. Butter |
| Carb. | 18.56 " | 2–3 teaspf. Cream |
| Total Cal. | 300 | Salt, Pepper |

Cut cabbage on slaw cutter, wash carefully, drop into salted boiling water, boil five minutes, drain in colander; cook in butter, season, and add cream in place of the soup stock. Serve very hot.

9. (A) SAVOY CABBAGE (Individual)

| | | |
|------------|------------|---|
| Protein | 20.52 Gms. | 1 small Cabbage |
| Fat | 30.65 " | $\frac{1}{2}$ lb. rack of Lamb, or 2 Pork |
| Carb. | 25.40 " | Chops |
| Total Cal. | 460 | $\frac{1}{2}$ cup Soup Stock |
| | | Salt and Pepper to taste |
| | | 1 tablespf. Butter, or Beef Dripping |

Clean and wash cabbage, cut in four slices, remove the stalk, but do not let cabbage fall to pieces; wipe the meat

with a damp cloth, but do not wash it; heat the butter in a pan, braise the meat on both sides; cover with the cabbage, season, cover very tight, and let it steam slowly; turn the meat several times; when tender, drain off the fat, and add the boiling stock. Simmer until the stock is almost absorbed, and serve very hot.

(B) STUFFED CABBAGE, PLAIN OR SAVOY

(For 1 or 2 persons)

| | | |
|------------|------------|---------------------------------------|
| Protein | 69.92 Gms. | 1 small head, either white or |
| Fat | 35.27 " | Savoy Cabbage |
| Carb. | 27.22 " | $\frac{1}{4}$ lb. finely chopped Veal |
| Total Cal. | 707 | $\frac{1}{3}$ lb. finely chopped Pork |
| | | $\frac{1}{2}$ small grated Onion |
| | | 1 Egg |
| | | 1 tablespf. Butter or Dripping |
| | | Soup Stock, about 1 cupful |
| | | 1 tablespf. Almond Meal |
| | | Salt and Pepper to taste |

Wash the cabbage carefully, cut out the stalk, and hollow the cabbage, chop the leaves hollowed out very finely; mix the meat and chopped cabbage; fill these into the hollow cabbage, tie a string around same to keep it in shape.

Heat the butter in a pan, put the cabbage in, add boiling soup stock, cover lightly, and simmer until very tender.

Serve very hot. This is a meal in itself.

10. CARROTS (Individual)

| | | |
|------------|-----------|-------------------|
| Protein | 4.99 Gms. | 4-5 young Carrots |
| Fat | 1.81 " | 10 gms. Butter |
| Carb. | 42.18 " | Pinch of Salt |
| Total Cal. | 205 | |

Scrape carrots, slice, and soak in cold water for $\frac{1}{2}$ hr. Drain, cook in boiling water until tender; drain again, season with butter and a little salt.

II. (A) BOILED CAULIFLOWER (Individual)

| | | |
|------------|-----------|------------------------------|
| Protein | 5.91 Gms. | 1 small head Cauliflower (5" |
| Fat | 1.64 " | diameter) |
| Carb. | 15.41 " | |
| Total Cal. | 100 | |

Cut off all the leaves, and as much of the stalk as can be removed; let it soak, head down, in cold salted water for 1-2 hrs. Cook in salted boiling water, stem end down, in a partly uncovered pan, for from 20-30 minutes; do not overcook it, lest it lose its color. Serve at once with any of the following sauces: Butter, Cream, Egg, Hollandaise.

VALUE IF SERVED WITH BUTTER SAUCE

| | |
|------------|-----------|
| Protein | 6.17 Gms. |
| Fat | 23.74 " |
| Carb. | 15.41 " |
| Total Cal. | 300 |

VALUE IF SERVED WITH CREAM SAUCE

| | |
|------------|------------|
| Protein | 13.96 Gms. |
| Fat | 44.69 " |
| Carb. | 24.08 " |
| Total Cal. | 556 |

VALUE IF SERVED WITH EGG SAUCE

| | |
|------------|------------|
| Protein | 17.37 Gms. |
| Fat | 9.65 " |
| Carb. | 16.72 " |
| Total Cal. | 224 |

VALUE IF SERVED WITH HOLLANDAISE SAUCE

| | |
|------------|------------|
| Protein | 10.30 Gms. |
| Fat | 13.03 " |
| Carb. | 15.66 " |
| Total Cal. | 221 |

Cauliflower may be served cold with a French dressing or with mayonnaise.

(B) BAKED CAULIFLOWER (Individual)

| | | |
|------------|------------|--------------------------------|
| Protein | 14.67 Gms. | 1 small head Cauliflower |
| Fat | 32.97 " | 3 tablespf. Cream |
| Carb. | 16.95 " | 1 oz. grated Swiss or Parmesan |
| Total Cal. | 422 | Cheese |
| | | $\frac{1}{2}$ tablespf. Butter |
| | | Salt and Pepper to taste |

Clean as above; parboil about 10 minutes. Put in baking dish; dot with butter, pepper, and salt, sprinkle with cheese, and bake $\frac{1}{2}$ hr. in a hot oven. The baking dish must be covered.

(C) FRIED CAULIFLOWER (Individual)

Parboil a small head of cauliflower; drain and cool. Separate the flowers, dry them with a clean cloth; dip them in beaten egg, and roll them in almond flour; fry a golden brown.

Serve hot, with a cream sauce.

12. CELERIAC OR CELERY KNOBS (Individual)

| | | |
|------------|------------|------------------------------|
| Protein | 12.58 Gms. | 4-5 knobs Celery |
| Fat | 54.60 " | 1 tablespf. Butter |
| Carb. | 11.97 " | $\frac{1}{2}$ cup Soup Stock |
| Total Cal. | 590 | Salt and Pepper to taste |

Wash and cut off stalks; parboil in salted boiling water. Drain, peel, and cut in dice or in slices. Heat the butter, put in celery knobs, and cook for a few minutes; add boiling stock and seasoning, and simmer for $\frac{1}{4}$ hr.

Serve very hot, with cream sauce.

Another way is to pare the knobs before boiling, but they must then be soaked $\frac{1}{2}$ hr. in cold water before cooking.

Serve cold as a salad, with French dressing or with mayonnaise.

13. TABLE CELERY (Individual)

| | | |
|------------|-----------|--------------------|
| Protein | 4.98 Gms. | 1 lb. table Celery |
| Fat | 0.45 " | |
| Carb. | 14.97 " | |
| Total Cal. | 84 | |

The larger and coarser stalks of table celery can be cooked like celeriac and served the same way, either hot or cold.

14. CUCUMBERS (Individual)

| | | |
|------------|-----------|-----------------|
| Protein | 3.17 Gms. | 1 lb. Cucumbers |
| Fat | 0.91 " | |
| Carb. | 11.79 " | |
| Total Cal. | 68 | |

Pare and cut in strips, and remove seeds, cook in very little salted boiling water, from 10-15 minutes. Drain, and cook in a cream sauce well seasoned. If the flavor is liked, put an onion in the water with the cucumber while it is boiling; before serving sprinkle with chopped parsley, or with minced chives.

15. EGG PLANT (Individual)

| | |
|------------|-----------|
| Protein | 5.44 Gms. |
| Fat | 1.36 " |
| Carb. | 23.13 " |
| Total Cal. | 127 |

Peel a very small egg plant just large enough to yield 5-6 slices, $\frac{1}{8}$ inch thick. Sprinkle lightly with salt; place between two plates; weight the top plate and allow the slices to stand for an hour; this will draw out the bitter juice. Dip the slices in beaten egg, and fry in butter or drippings until a light brown.

16. (A) JERUSALEM ARTICHOKE (Individual)

Jerusalem artichoke is the root of a species of sunflower.

| | | |
|------------|-----------|--------------------------|
| Protein | 6.99 Gms. | 5-6 Jerusalem Artichokes |
| Fat | 11.41 " | 1 small Onion |
| Carb. | 18.01 " | 1 tablespf. Butter |
| Total Cal. | 200 | 3 sprigs Parsley |
| | | 1 teaspf. Lemon Juice |
| | | Salt and Pepper to taste |

Wash and peel artichokes; soak 1 hr. in 1 pt. cold water to which the lemon juice has been added; this prevents discoloration. Drain dry on a cloth.

Cut artichokes in cubes, or in $\frac{1}{2}$ inch thick slices; boil in 1 pt. salted boiling water until tender, adding onion and 1 sprig parsley. When tender, drain, and serve with melted butter, and the fresh parsley chopped very fine and sprinkled over the artichokes just before serving.

(B) STEWED WITH SOUP STOCK

| | | |
|------------|------------|------------------------------|
| Protein | 13.34 Gms. | 5-6 Artichokes |
| Fat | 12.13 " | $\frac{1}{2}$ pt. Soup Stock |
| Carb. | 19.29 " | 1 teaspf. Almond Meal |
| Total Cal. | 237 | |

Proceed as in Recipe (A), using rich stock instead of the water; do not strain, but add the butter and almond meal to the stock; remove onion and parsley sprig; sprinkle with fresh chopped parsley, and serve very hot.

(C) FRIED

| | | |
|------------|-----------|--------------------------|
| Protein | 7.25 Gms. | 5-6 Artichokes |
| Fat | 33.51 " | 3 tablespf. Butter |
| Carb. | 18.01 " | Salt and Pepper to taste |
| Total Cal. | 400 | 1 teaspf. Lemon Juice |

Proceed as per par. 1, Recipe (A). After the vegetable has been soaked 1 hr., drain dry on a cloth; salt lightly, cut in slices, and fry brown in boiling hot butter.

(D) MASHED

| | | |
|------------|--------------------------|--------------------------|
| Protein | 14.06 Gms. | 5-6 Artichokes |
| Fat | 21.20 " | 1 Egg |
| Carb. | 9.16 " | 1 tablespf. Cream |
| Total Cal. | 325 | 1 teaspf. minced Parsley |
| | 1 tablespf. Butter | |
| | Salt and Pepper to taste | |

Cook the artichokes as usual; when tender, drain; mash through a colander, cool; mix in the egg, butter, cream, etc.; beat thoroughly; bake in a baking pan for 5 to 10 minutes, until light brown.

(E) CROQUETTES

| | | |
|------------|------------|-------------------------------|
| Protein | 20.10 Gms. | Add to the ingredients in |
| Fat | 44.34 " | Recipe (D): |
| Carb. | 9.38 " | 2 tablespf. Butter |
| Total Cal. | 558 | 1 tablespf. Proto-Puff crumbs |

Proceed as in Recipe (D); when artichokes have been mashed mix as above, but add Proto-Puff crumbs, and fry a light brown.

17. KALE OR BORECOLE (Individual)

| | | |
|------------|------------|---------------|
| Protein | 14.56 Gms. | 2 small Kales |
| Fat | 24.45 " | |
| Carb. | 33.84 " | |
| Total Cal. | 413 | |

Clean thoroughly, removing the tough leaves; wash in many waters, and boil in salted boiling water, in an un-

covered pan until tender. Drain in cold water, and let cold water run over it, squeeze out all the water. Chop very fine, or, better still, pass it through a coarse sieve; cook like spinach, with butter and meat broth, seasoning to taste.

18. (A) KOHLRABI (Individual)

| | | |
|------------|------------|---|
| Protein | 10.56 Gms. | 4-5 young Kohlrabi |
| Fat | 22.49 " | 1-2 tablespf. Butter |
| Carb. | 19.25 " | $\frac{1}{2}$ - $\frac{3}{4}$ cup strong Soup Stock |
| Total Cal. | 325 | Salt and Pepper to taste |

Peel, wash, and cut the kohlrabi in thin slices; parboil in salted boiling water, drain, and cool. Pick off the tender green leaves; wash, boil in salted boiling water till tender; drain, and chop very fine. Meanwhile heat the butter, put sliced kohlrabi into it; cook in one half the butter from 15-20 minutes till quite tender; season and add a little of the stock. Cook green leaves separately in the other half of the butter, add stock and seasoning. Heap slices in the middle of a vegetable dish, the greens around them, and serve very hot.

(B) STUFFED KOHLRABI (Individual)

| | | |
|------------|------------|---------------------------------------|
| Protein | 69.47 Gms. | 4-5 large Kohlrabi |
| Fat | 34.26 " | $\frac{1}{4}$ lb. finely chopped Pork |
| Carb. | 51.07 " | $\frac{1}{4}$ lb. finely chopped Veal |
| Total Cal. | 672 | 1 cup Soup Stock |
| | | 1 tablespf. Butter |
| | | 1 Egg |
| | | $\frac{1}{2}$ Onion |
| | | Proto-Puff crumbs |
| | | Salt and Pepper to taste |

Peel and wash kohlrabi; hollow them out carefully, but do not leave too thin a shell. Chop meat, onion, and

the scooped out pieces of the kohlrabi very fine; mix; season; add egg and Proto-Puff crumbs, and stuff the kohlrabi with this mixture. Heat butter very hot in a pan, but do not let it brown. Set the kohlrabi in the pan; see that they do not break; add boiling stock, and let them simmer in the covered pan until very tender.

19. LETTUCE STEWED (Individual)

| | | |
|------------|------------|--------------------|
| Protein | 16.76 Gms. | 2 heads of Lettuce |
| Fat | 25.11 " | |
| Carb. | 15.46 " | |
| Total Cal. | 355 | |

Clean, separate, wash lettuce; parboil in salted boiling water; put in colander, drain, and treat like spinach.

20. (A) STEWED MUSHROOMS (Individual)

| | | |
|------------|-----------|-----------------------------|
| Protein | 4.23 Gms. | $\frac{1}{4}$ lb. Mushrooms |
| Fat | 22.55 " | |
| Carb. | 7.71 " | |
| Total Cal. | 251 | |

Wash, peel, cut off the stalks; dip in melted butter; season lightly with salt and pepper, and cook carefully, over not too hot a fire. Serve at once.

(B) MUSHROOMS CREAMED (Individual)

| | | |
|------------|-----------|-----------------------------|
| Protein | 5.26 Gms. | $\frac{1}{4}$ lb. Mushrooms |
| Fat | 34.44 " | 1 tablespf. Butter |
| Carb. | 9.27 " | $\frac{1}{4}$ cup Cream |
| Total Cal. | 368 | Salt and Pepper to taste |

Wash, peel, cut off stalks; dry on a cloth; fry in hot butter; add cream and seasoning, and serve at once.

21. OKRA OR GUMBO

| | | |
|------------|-----------|----------------|
| Protein | 7.26 Gms. | 1 oz. Okra |
| Fat | 0.91 " | 10 gms. Butter |
| Carb. | 33.57 " | |
| Total Cal. | 172 | |

Wash okra; boil in salted water until tender; cut off the little tops, season with butter, and a dash of salt and pepper.

22. (A) CREAMED ONIONS (Individual)

| | | |
|------------|------------|------------------------|
| Protein | 11.41 Gms. | 5-6 small white Onions |
| Fat | 43.77 " | |
| Carb. | 30.03 " | |
| Total Cal. | 560 | |

Peel and soak in cold water for five minutes; drain, put into salted boiling water enough to cover them; boil rapidly in partly uncovered pan for about 15 minutes; drain, prepare a cream sauce and simmer in the sauce for about ½ hr., or until perfectly tender; season carefully.

(B) STEWED ONIONS (Individual)

| | | |
|------------|-----------|------------------------------|
| Protein | 9.96 Gms. | Proceed as above, using good |
| Fat | 1.52 " | strong stock in place of the |
| Carb. | 21.36 " | cream. |
| Total Cal. | 140 | |

23. OYSTER PLANT OR SALSIFY (Individual)

| | | |
|------------|-----------|---------------------|
| Protein | 9.17 Gms. | 4-6 Roots |
| Fat | 0.45 " | 1 qt. cold Water |
| Carb. | 24.95 " | 1 tablespf. Vinegar |
| Total Cal. | 141 | 1 tablespf. Flour |
| | | 1 teaspf. Salt |

Mix cold water with vinegar, flour, and salt. Wash and peel or scrape the roots; cut into $\frac{1}{2}$ inch thick slices, and drop into the water at once; this keeps the roots from turning black.

Cook in enough salted boiling water to cover them. When tender, serve with butter or cream sauce, or as croquettes (see Jerusalem Artichoke Croquettes).

VALUE IF SERVED WITH
BUTTER SAUCE

Protein 9.43 Gms.
Fat 22.55 "
Carb. 24.95 "
Total Cal. 341

VALUE IF SERVED WITH
CREAM SAUCE

Protein 17.22 Gms.
Fat 43.50 "
Carb. 33.62 "
Total Cal. 595

VALUE IF SERVED AS CROQUETTES

Protein 19.86 Gms.
Fat 23.53 "
Carb. 26.65 "
Total Cal. 398

24. (A) POTATOES (Individual)

| | |
|-------------------|------------|
| Protein 9.07 Gms. | 2 Potatoes |
| Fat 5.16 " | 1 Egg |
| Carb. 22.09 " | Salt |
| Total Cal. 171 | |

Peel potatoes, grate them, and let cold water run over them until all the starch has been washed out; this process takes some time. Drain in colander; mix with egg and salt; bake in cold wet custard cups like baked custard; turn out of cups and serve hot with roast beef or sauerkraut or vegetables.

(B) FRIED POTATO DUMPLINGS (Individual)

| | |
|------------|-----------|
| Protein | 9.46 Gms. |
| Fat | 38.31 " |
| Carb. | 22.09 " |
| Total Cal. | 471 |

Proceed as above. Remove dumplings from custard cups; cool; cut in thick slices, and fry in hot butter or sweet dripping.

25. PUMPKIN (Individual)

| | | |
|------------|-----------|---------------------------------------|
| Protein | 4.54 Gms. | $\frac{1}{2}$ lb. Pumpkin |
| Fat | 0.45 " | 1 Egg |
| Carb. | 23.59 " | A pinch of Salt |
| Total Cal. | 179 | $\frac{1}{8}$ teaspf. ground Cinnamon |

Peel pumpkin and remove the seeds. Steam in a very little water until tender; strain through a colander; beat in the egg; add salt and ground cinnamon, and serve either hot or cold. If desired the sauce can be sweetened with 1-2 saccharin tablets dissolved in a teaspoonful of water.

26. (A) SAUERKRAUT (Individual)

| | | |
|------------|------------|---------------------------|
| Protein | 41.05 Gms. | 1 pt. Sauerkraut |
| Fat | 46.27 " | $\frac{1}{2}$ lb. Brisket |
| Carb. | 17.24 " | |
| Total Cal. | 650 | |

Wash brisket, put on to boil with cold water enough to cover it; when the water boils skim and allow meat to simmer until nearly tender; add sauerkraut, and simmer until both meat and kraut are very tender; the juice must have almost completely boiled away.

(B) (Individual)

| | | |
|------------|------------|------------------------------|
| Protein | 75.75 Gms. | There is only a small change |
| Fat | 17.01 " | in values when any one of |
| Carb. | 17.24 " | the meats recommended is |
| Total Cal. | 525 | substituted for another. |

Put sauerkraut on with cold water enough barely to cover it; when nearly tender add a piece of smoked or pickled meat, viz.: tongue, smoked beef, ham, or a piece of fat corned pork. Any one of these meats will give the sauerkraut a delicious flavor. These meats must have been previously cooked.

27. (A) SPINACH (Individual)

| | | |
|------------|------------|-------------------------|
| Protein | 20.00 Gms. | 1 pt. Spinach |
| Fat | 24.90 " | 1½ tablespf. Butter |
| Carb. | 14.78 " | 1 cup strong Soup Stock |
| Total Cal. | 362 | 1 tablespf. Top Milk |

⅓ tablespf. grated Onion

1 Egg yolk

½ tablespf. Almond Flour

Salt and Pepper to taste

A pinch of Bicarbonate of Soda

Pick, clean, and wash the spinach, changing the water until the leaves are perfectly clean; drop into slightly salted boiling water, to which add the soda. Boil rapidly for about ten minutes; drain in colander, rinse with cold water; squeeze the water out lightly, and pass spinach through a purée sieve. Heat butter, stir in almond flour and grated onion; add boiling stock, season; next put in spinach and simmer for 5 minutes; beat egg foamy with the milk; stir into the boiling spinach, and serve at once. Decorate with hard-boiled egg cut in quarters, or with a few sardelles.

(B) (Individual)

Clean, cook, and strain spinach; cook again in cream sauce or egg sauce.

VALUE IF SERVED WITH
CREAM SAUCE

Protein 10.98 Gms.
Fat 43.46 "
Carb. 13.13 "
Total Cal. 489

VALUE IF SERVED WITH
EGG SAUCE

Protein 12.39 Gms.
Fat 8.41 "
Carb. 5.77 "
Total Cal. 157

28. SQUASH (Individual)

Protein 6.35 Gms.
Fat 2.27 "
Carb. 40.82 "
Total Cal. 209

1 medium-sized Squash
(about 1 lb.)

Wash, cut in pieces, remove the seeds, and boil in boiling salted water until tender; drain, mash with potato masher; add butter, pepper, and salt, and either rich stock or cream.

29. SWEET PEPPER (Individual)

Protein 18.86 Gms.
Fat 17.30 "
Carb. 7.8 "
Total Cal. 263

1 sweet Pepper
½ cup Stock
1 tablespf. Dripping or Butter

Cut off stem and hollow out pepper, being sure to remove every seed; wash carefully and drain; fill pepper with any left-over and finely minced meat, prepared like

the stuffing for cabbage. Heat butter in a small pie plate; add boiling stock; bake in moderate oven until tender. Serve very hot.

30. SWISS CHARD

Protein 10.43 Gms.
Fat 1.36 "
Carb. 14.06 "
Total Cal. 110

Prepare like Spinach (A)

31. (A) STEWED TOMATOES (Individual)

Protein 6.45 Gms.
Fat 12.95 "
Carb. 22.23 "
Total Cal. 230

3 large Tomatoes
 $\frac{1}{8}$ tablespf. grated Onion
1 tablespf. Butter
1 Saccharin tablet

Salt and Pepper to taste
 $\frac{1}{2}$ tablespf. Almond Meal

Scald tomatoes; cut in small pieces; simmer with the onion about 30–35 minutes; season with butter, saccharin, salt, and pepper; thicken with almond meal; simmer five minutes longer, and serve very hot.

(B) FRIED TOMATOES (Individual)

Protein 1.44 Gms.
Fat 11.63 "
Carb. 5.70 "
Total Cal. 133

1 Tomato
1 tablespf. Butter

Wash; do not peel; cut into inch-thick slices, season lightly with salt and pepper; fry in hot butter, and serve at once.

SAUCES FOR VEGETABLES

1. BUTTER SAUCE (Individual)

| | | |
|------------|-----------|--|
| Protein | 0.26 Gms. | 2 tablespf. Butter |
| Fat | 22.10 " | $\frac{1}{2}$ tablespf. Parsley minced |
| Carb. | | $\frac{1}{8}$ tablespf. Nutmeg grated |
| Total Cal. | 200 | Salt to taste. |

Melt butter, add nutmeg if the flavor is liked, and pour it boiling hot over the vegetable; sprinkle with parsley just before serving.

2. CREAM SAUCE (Individual)

| | | |
|--------------------------|-----------|---------------------------------|
| Protein | 8.05 Gms. | $\frac{3}{4}$ cup Cream |
| Fat | 43.05 " | 1 tablespf. Almond Flour |
| Carb. | 8.67 " | 1 tablespf. Butter |
| Total Cal. | 456 | $\frac{1}{4}$ tablespf. Parsley |
| Salt and Pepper to taste | | |

Melt butter in double boiler, add almond flour, stir smooth; next add cream and seasoning, stirring until it reaches boiling point; sprinkle parsley in last.

3. EGG SAUCE (Individual)

| | | |
|--------------------------|------------|--|
| Protein | 11.46 Gms. | $\frac{3}{4}$ cup strong Soup Stock |
| Fat | 8.01 " | 1 Egg yolk |
| Carb. | 1.31 " | $\frac{1}{4}$ tablespf. minced Parsley |
| Total Cal. | 124 | 1 tablespf. Almond Flour |
| Salt and Pepper to taste | | |

Heat stock in double boiler, smooth almond flour to a paste, stir into stock; beat egg very light, place in bowl in which it is to be served, pour boiling stock over it, add parsley; serve at once.

4. HOLLANDAISE SAUCE (Individual)

| | | |
|------------|-----------|-----------------------------------|
| Protein | 4.39 Gms. | $\frac{1}{4}$ cup Stock |
| Fat | 11.39 " | 1 Egg yolk |
| Carb. | 0.25 " | $\frac{1}{2}$ teaspf. Lemon Juice |
| Total Cal. | 121 | $\frac{1}{2}$ tablespf. Butter |

Beat egg yolk very light; add other ingredients; put in double boiler; beat with egg whip, till it reaches the boiling point,—*do not boil*.

Miscellaneous Recipes

- | | |
|---------------------|---------------------|
| 1. OATMEAL PORRIDGE | 4. CRACKED COCOA OR |
| 2. OATMEAL GRUEL | COCOA NIBS |
| 3. RICE | |

ARTIFICIAL MILK

- | | |
|---------------------------------|----------------------------------|
| 1. WILLIAMSON'S SUG- GESTION | 2. VAN NOORDEN'S SUG- GESTION |
|---------------------------------|----------------------------------|

MISCELLANEOUS RECIPES

1. OATMEAL PORRIDGE (Individual)

1 oz. Quaker Oats
 $\frac{3}{4}$ pt. Water
Salt to taste
2 Egg yolks
 $\frac{2}{3}$ oz. Butter

Cook Quaker Oats in salted water for 2 hours, using a double boiler, beat in egg yolks and butter; serve hot.

2. OATMEAL GRUEL (Individual)

Same quantity of oats, salt, water. Strain; serve with top milk.

3. RICE (Individual)

Prepare either like Oatmeal Porridge or like Oatmeal Gruel.

4. CRACKED COCOA OR COCOA NIBS

2 Tablespf. Cocoa
1 pt. Water

Boil cracked cocoa for 1 hour, strain, serve hot; use cream, also saccharin to taste for sweetening.

ARTIFICIAL MILK

1. WILLIAMSON'S SUGGESTION

Found in Dr. Joslin's book *Treatment of Diabetes Mellitus*.
(By Permission.)

Mix a pint of water and 3 or 4 tablespoons cream, 40%; let this stand from 12 to 24 hours; the cream floats to the top; if skimmed off with a teaspoon it will be found practically free from sugar; put this fatty matter in a glass; add the white of an egg to it and stir very well; then dilute with water until a liquid is obtained which has the exact color and consistency of ordinary milk; if a little salt and a trace of saccharin be added, a palatable drink free from milk sugar is produced which has almost the same taste as milk and which contains a large amount of fatty material. Of course, much larger quantities than this recipe calls for can be employed in order to prepare a considerable amount of the drink at one time.

2. VAN NOORDEN'S SUGGESTION

Cream diluted with cold or hot water or mineral spring water; dilute with tea or coffee in the proportion of one to five; the taste is essentially improved by the addition of yolk of egg; 2% of plasmon¹ may be added and salt or saccharin.

¹ Plasmon Milk Powder can be procured through any druggist.

Typical Dietaries

NOTE

DIETARIES

- | | |
|--------------------------|------------------------|
| 1. FOR SPRING (A), (B) | 3. FOR AUTUMN (A), (B) |
| 2. FOR SUMMER (A), (B) | 4. FOR WINTER (A), (B) |
| 5. FOR AN ABSTINENCE DAY | |

TYPICAL DIETARIES

NOTE

In the division immediately following there appear nine bills of fare, two adapted to each of the four seasons, and one for an abstinence day, with the exact computation of their food values.

The work done on these dietaries is typical of that which must be done for the diabetic, as soon as his carbohydrate tolerance is determined by the physician. Thereafter, in planning his diet, it is absolutely essential that weights and measures be accurate; guessing will not do. Ordinarily no one who is not thoroughly trained in such work can tell accurately at the end of a meal how many calories it furnished him; or with any measure of certainty, the proportion of protein, fat, and carbohydrate it contained—especially when exact recipes are not known. But the lay reader of this book will be spared depressing doubts as to whether his own computations are correct; nor will he constantly have to consult a dietician. For the work of computing carefully tested recipes has been done for him in the pages preceding; food values have been given for the edible portions per pound of meat, fish, vegetables, cheese, and nuts. With such data it is possible to reckon food values in the day's ration very closely, as in the typical bills of fare that follow.

When the carbohydrate tolerance is only 40 grams, a small allowance, it becomes necessary to raise the proportion of protein above 100 grams, approaching 140, and to keep the fat about 200 grams, to produce an energy requirement of 2500 calories. If the carbohydrate tolerance is higher, say 60, 80, or even 100 grams a day, the planning is less difficult.

In examining the bills of fare here presented, it will be seen that one follows the plan of dinner at night, the other, of dinner at noon; the former dietary, then, may represent a day in which luncheon might be eaten in a restaurant which caters only to persons of normal food requirements. Special care should be taken in such cases to keep the luncheon simple, avoiding pastry of all kinds, and indulging very sparingly in bread or crackers. The foods chosen should always be those in which protein and fat predominate, such as meat, fish, cheese, and nuts, with the addition of simple salads of lettuce, celery, romaine, or endive, for example, in which the amount of digestible carbohydrates is small.

The second bill of fare in each group gives an arrangement suitable for Sunday, when all the meals may be eaten at home. The dietaries represent different possibilities in serving, with good combinations of foods in which the total carbohydrates for the day are kept close to 40 grams as a maximum allowance.

Those interested in making the best possible use of this book, will be able to make excellent bills of fare for their own particular needs.

I (A). TYPICAL DIABETIC DIETARY

SUITABLE FOR SPRING

(Week Day)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|-------------------------------------|---------------------------------|--------------------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Orange Juice | 2 tbsps. | 1 oz. | | | 3.06 | 12 |
| Eggs, Poached | 2 | Average 48 gms. | 12.86 | 10.08 | | 142 |
| Cold Ham | 2 thin slices | 2 oz. | 11.46 | 12.70 | | 160 |
| Lyster Roll | 1 | | 6.00 | 6.00 | | 78 |
| Butter for Bread and Eggs | 2 small balls (1½ tbsps.) | 20 gms. | 0.20 | 16.58 | | 150 |
| Cream with Coffee | 5 tsps. | 26 gms. | 0.58 | 10.47 | 0.78 | 100 |
| | Totals for | Meal | 31.10 | 55.83 | 3.84 | 642 |
| <i>Luncheon</i> | | | | | | |
| Bouillon | 1 cup | | 5.56 | 0.68 | | 28 |
| with Raw Egg | 1 | | 6.43 | 5.04 | | 71 |
| Lamb Chops (broiled) | 2 | 3 oz. | 18.45 | 25.44 | | 302 |
| Lettuce | 3-4 leaves | 1½ oz. | 0.51 | 0.14 | 1.23 | 7 |
| with French Dress'g | 4 tbsps. | | | 22.22 | | 200 |
| Brie Cheese | Ordinary serving | 1 oz. | 4.51 | 5.95 | 0.40 | 73 |
| Lyster Roll | 1 | | 6.00 | 6.00 | | 78 |
| | Totals for | Meal | 41.46 | 65.47 | 1.63 | 759 |
| <i>Dinner</i> | | | | | | |
| Vegetable Soup, Cream Foundation | ½ recipe | | 4.85 | 29.33 | 9.02 | 319 |
| Broiled sirloin Steak, | | 2½ oz. | 13.40 | 13.10 | | 172 |
| Parsley and Butter | ½ tbsp. | | 0.07 | 5.53 | | 50 |
| Spinach with Egg | ½ recipe | | 6.19 | 4.20 | 2.38 | 78 |
| Stewed Rhubarb | 2 tbsps. | | 0.40 | 0.40 | 2.20 | 14 |
| Coffee, clear | | | | | | |
| | Totals for | Meal | 24.91 | 52.56 | 13.60 | 633 |
| Totals for the Day | | | 97.47 | 173.86 | 19.07 | 2034 |

I (B). TYPICAL DIABETIC DIETARY

SUITABLE FOR SPRING

(Sunday)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|-------------------------------------|---------------------|----------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Orange Juice | 2 tbsps. | 1 oz. | | | 3.06 | 12 |
| Eggs | 2 | 96 gms. | 12.86 | 10.08 | | 142 |
| Broiled Smelts | | 3 oz. | 14.79 | 1.51 | | 73 |
| Butter for Seasoning | 1 tbsp. | 13 gms. | 0.13 | 11.05 | | 100 |
| Almond Bread | 2 slices | 40 gms. | 6.88 | 8.05 | 0.04 | 100 |
| Butter for Bread and Eggs | 1 tbsp. (1 ball) | 13 gms. | 0.13 | 11.05 | | 100 |
| Cream with Coffee | 5 tsps. | | 0.58 | 10.47 | 0.78 | 100 |
| Totals for | Meal | | 35.37 | 52.21 | 3.88 | 627 |
| <i>Dinner</i> | | | | | | |
| Oysters on Half-Shell | 6 | | 6.13 | 1.33 | 3.38 | 50 |
| Clear Chicken Soup | 1 cup | | 7.09 | 0.35 | | 32 |
| Celery | | 3 oz. | 0.94 | 0.09 | 2.81 | 16 |
| Roast Turkey | | 68.8gms. | 14.52 | 15.76 | | 200 |
| Cranberry Sauce | 2 tbsps. | | 0.19 | 0.29 | 4.75 | 22 |
| Cauliflower with Melted Butter | Small head | | 6.17 | 23.74 | 15.41 | 300 |
| Asparagus Salad with French Dress'g | 4 tbsps. | 2 oz. | 1.37 | 22.42 | 2.81 | 217 |
| Almond Mocha Tart | ½ recipe | | 8.80 | 21.34 | 2.30 | 236 |
| Clear Coffee | | | | | | |
| Totals for | Meal | | 45.21 | 85.32 | 31.46 | 1073 |
| <i>Supper</i> | | | | | | |
| Endive Salad | 3 stalks | | 0.51 | 22.36 | 1.23 | 207 |
| French Dressing | 4 tbsps. | | | | | |
| Cold Turkey | | 34.4gms. | 7.26 | 7.88 | | 100 |
| Plain Omelet | Regular | | 13.24 | 26.37 | 0.39 | 292 |
| Lyster Roll | 1 | | 6.00 | 6.00 | | 78 |
| Butter | 1 tbsp. | | 0.13 | 11.05 | | 100 |
| Tea with Lemon | | | | | | |
| Totals for | Meal | | 27.14 | 73.66 | 1.62 | 777 |
| Totals for the Day | | | 107.72 | 211.19 | 36.96 | 2477 |

2 (A). TYPICAL DIABETIC DIETARY

SUITABLE FOR SUMMER

(Week Day)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|-----------------------------------|--------------|-----------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Strawberries | 8-10 | 4 oz. | 1.12 | 0.28 | 8.40 | 44 |
| Bacon | 3 slices | 1 1/4 oz. | 3.32 | 20.74 | | 200 |
| Eggs, Poached | 2 | | 12.86 | 10.08 | | 142 |
| Butter for Eggs | 1 ball | 13 gms. | 0.13 | 11.05 | | 100 |
| Lyster Roll | 1 | | 6.00 | 6.00 | | 78 |
| Butter | 1 ball | 20 gms. | 0.20 | 16.58 | | 150 |
| Cream with Coffee | 5 tsps. | 26 gms. | 0.58 | 10.47 | 0.78 | 100 |
| | Totals for | Meal | 24.29 | 75.20 | 9.18 | 814 |
| <i>Luncheon</i> | | | | | | |
| Clam Broth (with Butter added) | 1 cup | | 1.37 | 16.17 | 0.24 | 152 |
| Round Steak | | 2 oz. | 11.51 | 7.71 | | 115 |
| with Egg and Capers | 1 egg | 48 gms. | 6.43 | 5.04 | | 71 |
| Lettuce | 4-5 leaves | 1 1/2 oz. | 0.51 | 0.14 | 1.23 | 7 |
| with French Dress'g | 4 tbsps. | | | 22.22 | | 200 |
| Iced Tea | | | | | | |
| | Totals for | Meal | 19.82 | 56.28 | 1.47 | 645 |
| <i>Dinner</i> | | | | | | |
| Clear Soup (cold or hot) | 1 cup | | 5.56 | 0.68 | | 28 |
| Broiled Bluefish | | 4 oz. | 21.95 | 1.36 | | 100 |
| Butter | 2 tbsps. | | 0.26 | 22.10 | | 200 |
| Swiss Chard | 1/2 recipe | | 5.21 | 0.68 | 7.03 | 55 |
| Cucumber Salad | 1/3 cucumber | | 1.29 | 0.58 | 4.10 | 24 |
| French Dressing | ber 4 tbsps. | | | 22.22 | | 200 |
| Lemon Jelly | Recipe | | 2.77 | | 9.88 | 50 |
| Spiced Cookies | 1/4 recipe | | 7.99 | 7.83 | 2.12 | 111 |
| | Totals for | Meal | 45.03 | 55.45 | 23.13 | 868 |
| Totals for the Day | | | 89.14 | 181.93 | 33.78 | 2127 |

2 (B). TYPICAL DIABETIC DIETARY

SUITABLE FOR SUMMER

(Sunday)

| Food | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|------------------------------------|--------------------|---------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Peach | 1 small | 48 gms. | 0.34 | 0.05 | 4.55 | 20 |
| Shad, Broiled | 3 oz. | 15.99 | 8.09 | | | 137 |
| Eggs, Poached | 2 | 96 gms. | 12.86 | 10.08 | | 142 |
| Bacon | 2 thin slices | ½ oz. | 1.49 | 9.18 | | 89 |
| Almond Muffin | 1 | | 7.60 | 7.58 | 0.03 | 99 |
| Butter for Muffin and Eggs | 2 tbsps. | | 0.26 | 22.10 | | 200 |
| Cream with Coffee | 5 tsps. | | 0.58 | 10.47 | 0.78 | 100 |
| | Totals for | Meal | 39.12 | 67.55 | 5.36 | 787 |
| <i>Dinner</i> | | | | | | |
| Clam Cocktail | 6 clams | | 8.37 | 0.97 | 1.95 | 50 |
| Chicken Soup with Noodles | 1 cup | | 8.91 | 10.03 | 0.10 | 127 |
| Roast Beef | 3 oz. | | 20.07 | 23.55 | | 292 |
| Onions, Creamed | ½ recipe | | 5.70 | 21.39 | 15.02 | 280 |
| Romaine Salad with French Dressing | 4 tbsps. | | 0.51 | 0.14 | 1.23 | 7 |
| Orange Ice | Individual recipe | | | 22.22 | | 200 |
| Almond Sponge Cake | ⅓ recipe (2 cakes) | | | | 3.97 | 16 |
| | Totals for | Meal | 5.43 | 6.36 | 0.95 | 83 |
| | | | 48.99 | 84.66 | 23.22 | 1055 |
| <i>Supper</i> | | | | | | |
| Tomato Salad, French Dressing | 1 tomato | | 1.83 | 0.72 | 6.93 | 42 |
| Lyster Roll | 4 tbsps. | | | 22.22 | | 200 |
| Cheese Soufflé | 1 | | 6.00 | 6.00 | | 78 |
| Coffee Jelly | ½ recipe | | 13.18 | 22.87 | 0.07 | 259 |
| Cream | Recipe | | 4.15 | | | 16 |
| | 5 tsps. | | 0.58 | 10.47 | 0.78 | 100 |
| | Totals for | Meal | 25.74 | 62.28 | 7.78 | 695 |
| Totals for the Day | | | 113.85 | 214.49 | 36.36 | 2537 |

3 (A). TYPICAL DIABETIC DIETARY

SUITABLE FOR AUTUMN

(Week Day)

| Food | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|--------------------------------------|----------------------|--------------------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Grape Fruit | $\frac{1}{2}$ | 70 gms. | 0.78 | 0.20 | 11.28 | 50 |
| Plain Omelet | 2 eggs | | 12.91 | 17.44 | | 209 |
| Broiled Ham | | | 14.30 | 15.86 | | 200 |
| Almond Bread, Toasted | 2 thin slices | | 6.88 | 8.05 | 0.04 | 100 |
| Butter | 2 tbsps. | | 0.26 | 22.10 | | 200 |
| Cream with Coffee | 5 tsps. | | 0.58 | 10.47 | 0.78 | 100 |
| Totals for | Meal | | 35.71 | 74.12 | 12.10 | 859 |
| <i>Luncheon</i> | | | | | | |
| Broiled Steak (Porterhouse) | | 2 oz. | 12.42 | 11.56 | | 154 |
| Endive Salad with French Dressing | 3-4 stalks | | 0.51 | 22.36 | 1.23 | 208 |
| Cream Cheese | 4 tbsps. | 1 oz. | 7.34 | 9.55 | 0.68 | 118 |
| Pecans | | $\frac{1}{2}$ oz. | 1.31 | 9.62 | 2.08 | 100 |
| Totals for | Meal | | 21.58 | 53.09 | 3.99 | 580 |
| <i>Dinner</i> | | | | | | |
| Oyster Cocktail and Oysters | 6 oysters | | 6.14 | 1.33 | 3.38 | 50 |
| Clear Soup with Mar- row Balls | 1 cup | | 10.68 | 7.36 | | 109 |
| Veal Cutlet | | $4\frac{1}{3}$ oz. | 27.00 | 22.19 | 0.31 | 309 |
| Celery | | 3 oz. | 0.94 | 0.09 | 2.81 | 16 |
| Radishes | | 2 oz. | 0.74 | 0.06 | 3.28 | 17 |
| Stewed Tomato | $\frac{1}{3}$ recipe | | 2.15 | 4.31 | 7.41 | 77 |
| Butter | 1 tbsp. | | 0.13 | 11.05 | | 100 |
| Floating Island | $\frac{1}{4}$ recipe | | 6.17 | 13.86 | 2.45 | 159 |
| Clear Coffee | | | | | | |
| Totals for | Meal | | 53.95 | 60.25 | 19.64 | 837 |
| Totals for the Day | | | 111.24 | 187.46 | 35.73 | 2276 |

3 (B). TYPICAL DIABETIC DIETARY

SUITABLE FOR AUTUMN

(Sunday)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|--|-----------------|---------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| ½ Grape Fruit | | 2 oz. | 0.78 | 0.20 | 11.28 | 50 |
| Cold Lamb | | | 11.17 | 7.21 | | 110 |
| Shirred Eggs | 2 | | 12.89 | 15.61 | | 192 |
| Almond Muffin | 1 | | 7.60 | 7.58 | 0.03 | 99 |
| Butter for Muffin and Eggs | 1 ¼ tbsps. | | 0.20 | 16.58 | | 150 |
| Cream with Coffee | 5 tsps. | | 0.58 | 10.47 | 0.78 | 100 |
| Totals for | | Meal | 33.22 | 57.65 | 12.09 | 701 |
| <i>Dinner</i> | | | | | | |
| Vegetable Soup, Cream Foundation | ½ recipe | 2 ½ oz. | 4.85 | 29.33 | 9.02 | 319 |
| Roast Chicken | | | 19.74 | 13.06 | | 197 |
| Creamed Cauliflower | ½ recipe | | 6.98 | 22.34 | 12.04 | 278 |
| Stuffed Tomato and Lettuce Salad with Mayonnaise | Recipe | | 3.07 | 28.87 | 8.82 | 307 |
| Wine Jelly | 2 tbsps. Recipe | | 2.79 | | 0.50 | 13 |
| Totals for | | Meal | 37.43 | 93.60 | 30.38 | 1114 |
| <i>Supper</i> | | | | | | |
| Plain Filled Omelet (with Swiss Cheese) | 2 eggs | 1 ½ oz. | 15.12 | 20.23 | 0.10 | 243 |
| Chicory with French Dressing | 1 tbsps. | | 0.51 | 22.36 | 1.23 | 207 |
| Hazelnut Cake | 4 tbsps. Recipe | | 14.39 | 21.13 | 1.87 | 255 |
| Tea | | | | | | |
| Totals for | | Meal | 30.02 | 63.72 | 3.20 | 705 |
| Totals for the Day | | | 100.67 | 214.97 | 45.67 | 2520 |

4 (A). TYPICAL DIABETIC DIETARY

SUITABLE FOR WINTER

(Week Day)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|------------------------------|-------------------|--------------------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Grape Fruit | $\frac{1}{2}$ | | 0.78 | 0.20 | 11.28 | 50 |
| Omelet with Spinach | Recipe | | 13.23 | 18.06 | 0.39 | 217 |
| Bacon | 3 slices | 35 gms. | 3.32 | 20.74 | | 200 |
| Almond Muffin | 1 | | 3.80 | 3.79 | 0.02 | 50 |
| Butter for Muffin and Omelet | 2 balls | 26 gms. | 0.26 | 22.10 | | 200 |
| Cream with Coffee | 5 tsps. | 26 gms. | 0.58 | 10.47 | 0.78 | 100 |
| Totals for | Meal | | 21.97 | 75.36 | 12.47 | 817 |
| <i>Luncheon</i> | | | | | | |
| Clear Bouillon | 1 cup | | 5.56 | 0.68 | | 28 |
| Sausage | $1\frac{1}{2}$ | 66 gms. | 8.58 | 29.19 | 0.72 | 300 |
| Sauerkraut | $\frac{1}{4}$ cup | | 1.93 | 0.57 | 4.31 | 30 |
| Cream Cheese | | 1 oz. | 7.34 | 9.55 | 0.68 | 118 |
| Rye Bread | 1 thin slice | | 1.77 | 0.12 | 10.47 | 50 |
| Butter for Bread | 1 small ball | 13 gms. | 0.13 | 11.05 | | 100 |
| Cream with Coffee | 3 tsps. | 13 gms. | 0.29 | 5.24 | 0.39 | 50 |
| Totals for | Meal | | 25.60 | 56.40 | 16.57 | 676 |
| <i>Dinner</i> | | | | | | |
| Beef Broth with Egg Yolk | 1 cup | | 8.23 | 6.34 | | 90 |
| Broiled Smelts | | 3 oz. | 14.97 | 1.53 | | 74 |
| with Butter | 1 tbsp. | | 0.13 | 11.05 | | 100 |
| Roast Lamb | | $2\frac{1}{2}$ oz. | 16.50 | 10.81 | | 163 |
| Fried Tomato | Recipe | | 1.44 | 11.63 | 5.71 | 133 |
| Waldorf Salad | Recipe | | 3.91 | 9.37 | 9.17 | 137 |
| with French Dress'g | 2 tbsp. | | | 11.11 | | 100 |
| Poppy Seed Noodles | Recipe | | 12.93 | 15.61 | | 192 |
| Totals for | Meal | | 58.11 | 77.45 | 14.88 | 989 |
| Totals for the Day | | | 105.68 | 209.21 | 43.92 | 2482 |

4 (B). TYPICAL DIABETIC DIETARY

SUITABLE FOR WINTER

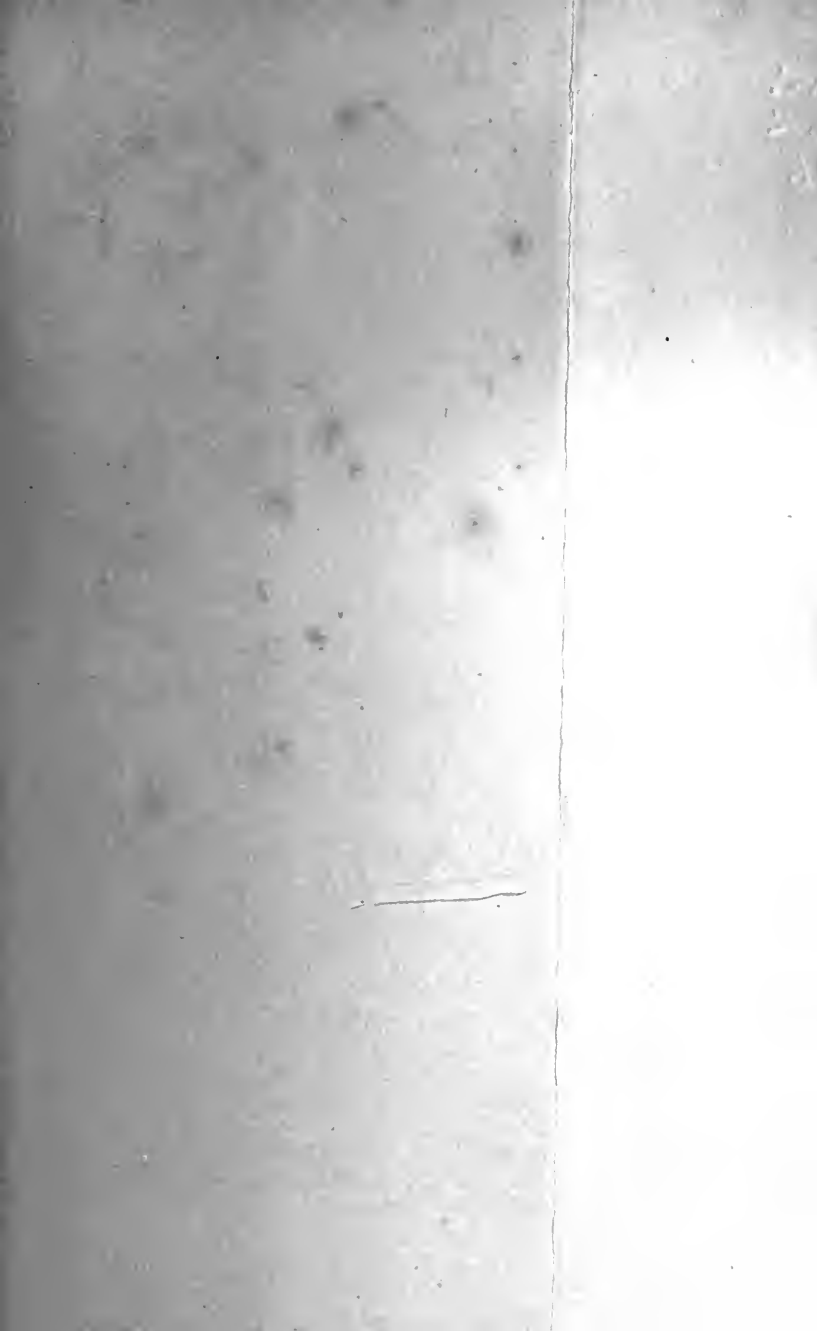
(Sunday)

| FOOD | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|---------------------------------------|--------------|----------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Orange Juice | 2 tbsps. | 1 oz. | | | 3.06 | 12 |
| Creamed Codfish | 6 tbsps. | | 14.21 | 10.87 | 2.17 | 163 |
| Soft Boiled Eggs | 2 | | 12.86 | 10.08 | | 142 |
| Almond Bread, Toasted | 1 thin slice | | 3.44 | 4.03 | 0.02 | 50 |
| Butter for Toast and Eggs | 2 balls | 26 gms. | 0.26 | 22.10 | | 200 |
| Cream with Coffee | 5 tsps. | | 0.58 | 10.47 | | 100 |
| | Totals for | Meal | 31.35 | 57.55 | 5.25 | 667 |
| <i>Dinner</i> | | | | | | |
| Oysters on Half-Shell | 6 | 99.2gms. | 6.15 | 1.19 | 3.67 | 50 |
| Clear Soup with Mar- row Dumplings | ½ recipe | | 10.68 | 7.36 | | 109 |
| Roast Capon | | 2½ oz. | 19.14 | 8.15 | | 150 |
| String Beans | ½ recipe | | 2.71 | 0.39 | 8.93 | 50 |
| Romaine Salad with French Dress'g | 4 tbsps. | | 0.51 | 22.36 | 1.23 | 207 |
| Proto Puff Pudding | ½ recipe | | 16.61 | 10.18 | 1.50 | 164 |
| Whipped Cream | ⅛ pint | | 1.21 | 22.00 | 1.65 | 213 |
| Clear Coffee | | | | | | |
| | Totals for | Meal | 57.01 | 71.63 | 16.98 | 943 |
| <i>Supper</i> | | | | | | |
| Eggs Stuffed with Sar- dines | Recipe | | 21.40 | 21.08 | | 275 |
| Celery Salad | 4 stalks | | 0.82 | 22.39 | 2.17 | 212 |
| French Dressing | 4 tbsps. | | | | | |
| Lyster Roll | 1 | | 6.00 | 6.00 | | 78 |
| English Walnut Maca- roons | Recipe | | 14.54 | 24.34 | 4.88 | 298 |
| Tea | | | | | | |
| | Totals for | Meal | 42.76 | 73.81 | 7.05 | 863 |
| Totals for the Day | | | 131.12 | 202.99 | 29.28 | 2473 |

5. AN ABSTINENCE DAY

| Food | Measure | Weight | Protein gms. | Fat gms. | Carbo- hydrates gms. | Calories |
|--------------------------------------|-----------------------|---------|-----------------|-------------|----------------------------|----------|
| <i>Breakfast</i> | | | | | | |
| Boiled Eggs | 2 | 96 gms. | 12.86 | 10.08 | | 142 |
| Almond Muffin | 1 | | 7.60 | 7.58 | 0.03 | 99 |
| Butter | 1 ball | 13 gms. | 0.13 | 11.05 | | 100 |
| Spinach | ½ cup | | 2.93 | 0.42 | 4.46 | 33 |
| cooked with Butter | | | 0.13 | 11.05 | | 100 |
| Cream with Coffee | 5 tsps. | 26 gms. | 0.58 | 10.47 | 0.78 | 100 |
| | Totals for | Meal | 24.23 | 50.65 | 5.27 | 574 |
| <i>Luncheon</i> | | | | | | |
| Clear Bouillon (Beef) | 1 cup | | 5.56 | 0.68 | | 28 |
| Asparagus with Butter Sauce | | | 3.50 | 22.46 | 5.94 | 240 |
| Lettuce with French Dressing | 4-5 leaves 4 tbsps | | 0.51 | 22.36 | 1.23 | 207 |
| Cream Cheese | | 1 oz. | 7.34 | 9.55 | 0.68 | 118 |
| Tea | | | | | | |
| | Totals for | Meal | 16.91 | 55.05 | 7.85 | 593 |
| <i>Dinner</i> | | | | | | |
| Clear Soup with Egg Dice | 1 cup | | 18.99 | 8.41 | | 152 |
| Broiled Shad | | 3 oz. | 15.99 | 8.07 | | 136 |
| Butter for Fish | | | 0.13 | 11.05 | | 100 |
| Romaine Salad with French Dress'g | 4 tbsps. | | 0.51 | 22.36 | 1.23 | 207 |
| String Beans with But- ter Sauce | ½ recipe | | 1.89 | 7.63 | 5.94 | 100 |
| Coffee Jelly | | | 4.15 | | | 16 |
| | Totals for | Meal | 41.66 | 57.52 | 7.17 | 711 |
| Totals for the Day | | | 82.80 | 163.22 | 20.29 | 1878 |

An ideal "Abstinence Day" would be one, of course, in which all carbohydrate food is eliminated. For those in business who must lunch away from home, such a dietary is difficult to follow; accordingly one typical day's rations have been planned in detail in which the carbohydrates are reduced to 20 grams, just half of the allowance in the typical dietaries for the four seasons. In this dietary some of the carbohydrates are in the form of cellulose and will not, therefore, be converted into sugar in the organism.



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