

# DIABETIC COOKERY

RECIPES AND MENUS

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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.*
2. *The Century Cook Book.*
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.
2. BUTTER
3. CREAM
4. FLOUR
5. SACCHARIN
6. CRYSTALLOSE
7. SPECIAL ARTICLES  
(Where these can be purchased)
8. TABLE OF MEASUREMENTS  
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 <sup>1</sup> . . . . .	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
Crystallose . . . . .	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	

<sup>1</sup> 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
2. FOODS TO BE USED  
MODERATELY
3. ESPECIALLY VALUABLE  
FOODS
4. FOODS STRICTLY FOR-  
BIDDEN
5. DRINKS PERMITTED
6. (A) PERCENTAGES OF  
CARBOHYDRATES  
(B) A FEW STANDARD  
FOOD VALUES
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

1. Capon
2. Chicken
3. Duck
4. Goose
5. Guinea Chicken
6. Pigeon
7. Squab
8. Turkey

#### GAME

1. Canvasback Duck
2. Grouse
3. Prairie Chicken
4. Plover
5. Quail
6. Redhead Duck
7. Venison
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<br>Diabetic Flour |
| 2. Casoid    | 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,<br>black, and red) |
| 2. Cinnamon   | 5. Nutmeg | 7. Salt                              |
| 3. Dill       |           |                                      |

## 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%	
<b>VEGETABLES</b>	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
<b>FRUITS</b>	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	
<b>NUTS</b>	Butternuts Pignolias	Brazil Nuts Bk. Walnuts Hickory Pecans Filberts	Almonds Walnuts (Eng.) Beechnuts Pistachios Pine Nuts	Peanuts  40% Chestnuts	
<b>MISC.</b>	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.....	<i>Protein</i>	<i>Fat</i>	<i>Carbohydrates</i>	<i>Calories</i>
	<i>Grams.....</i>			
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. blanched 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 1/2 teaspf. 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 teaspf. Butter
Total Cal.	412	2 tablespf. Almond Flour



$\frac{1}{4}$  teaspf. 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
	$\frac{1}{2}$ teaspf. Royal Baking Powder	
	$\frac{1}{2}$ teaspf. 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
	$\frac{1}{2}$ teaspf. Baking Powder	
	$\frac{1}{4}$ teaspf. 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	$\frac{1}{2}$ teaspf. ground Cinnamon
		$\frac{1}{2}$ teaspf. 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
		$\frac{1}{2}$ teaspf. 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 TARTS |
| 2. BREAD PUDDING (A), (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 teaspf. Butter
Carb.	1.73 "	1-2 tablespf. Top Milk
Total Cal.	391	1 Egg
		A pinch of Salt
		$\frac{3}{4}$ teaspf. 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 teaspf. 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.	1½ 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

#### I. 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
		½ teaspf. ground Cinnamon
		¼ teaspf. Lemon rind
		¼ teaspf. Lemon juice
		¼ teaspf. 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	¼ teaspf. 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 "	½ cup Casoid Bread Crumbs
Carb.	8.62 "	1 tablespf. Butter
Total Cal.	285	2-3 Saccharin tablets.

Chop apple fine; dissolve saccharin in 1 teaspf. 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 teaspf. Butter
Carb.	0.11 "	A small pinch of Salt
Total Cal.	190	1 Egg
		¼ teaspf. 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	"	$\frac{3}{4}$	teaspf.	Baking Powder
Total Cal.	73		$\frac{1}{2}$	teaspf.	ground Cinnamon
			$\frac{1}{4}$	teaspf.	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	"	$\frac{1}{4}$	teaspf.	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
2. LEMON
3. VANILLA
4. WINE

## PUDDINGS

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

## CUSTARDS

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

### I. 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

#### I. 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. blanched 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 unblanched 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 "	¼	teaspf.	Lemon juice
Total Cal.	175	¼	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.	½	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	
			¼ teaspf. ground Cinnamon	
			¼ 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	teaspl. 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 tablesp. 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. MACARON 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	teaspf. 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	....	$1\frac{1}{2}$ teaspf. 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.	$1\frac{1}{2}$ teaspf. 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
		$\frac{1}{2}$ teaspf. 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,<sup>1</sup> 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.

<sup>1</sup> 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,<sup>1</sup> 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.

<sup>1</sup> 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.
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## 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
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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.	$\frac{1}{2}$ pt. Cream, 40%
Fat	92.24 "	1 Egg
Carb.	6.54 "	$\frac{1}{2}$ teaspf. Vanilla Extract
Total Cal.	901	4-5 Saccharin tablets

Beat the egg foamy; add cream, saccharin dissolved in  $\frac{1}{4}$  teaspf. hot water, and the vanilla extract. Freeze in pint freezer.

## 2. COFFEE ICE CREAM (For 2 persons)

Same as above, using  $\frac{1}{2}$  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. MACARON 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.	$\frac{1}{2}$ 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),<br>(C), (D) | 5. STUFFED EGGS (A), (B),<br>(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 teaspf. Butter
Carb.	0.13 "	1 large teaspf. Cream
Total Cal.	192	$\frac{1}{8}$ teaspf. 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. DEVEILED LOBSTERS
2. DEVEILED CRABS
3. LEFT-OVERS (A), (B), (C)  
(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 teaspf. grated Onion
Calories	330	1 Egg
	$\frac{1}{2}$ teaspf. Salt	
	$\frac{1}{4}$ teaspf. Pepper	
	2 tablespf. Top Milk	
	1 teaspf. 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  $\frac{1}{2}$  teaspf. 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.	1 cup diced Lobster
Fat	11.84 "	$\frac{1}{2}$ cup Top Milk
Carb.	6.26 "	1 tablespf. Casoid Flour
Total Cal.	254	$\frac{1}{2}$ 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. DEVEILED 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>					
Porterhouse	1 lb.	<i>Gms.</i>	<i>Gms.</i>	<i>Gms.</i>	
Round (medium fat)	"	99.34	92.53	...	1230
Rump	"	92.07	61.69	...	923
Sirloin	"	78.92	115.68	...	1357
Tenderloin	"	85.73	83.91	...	1098
	"	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>Meas- ure *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
2. MAYONNAISE
3. SWEET CREAM
4. SOUR CREAM
5. BOILED DRESSING

### SALADS OF UNCOOKED GREENS OR VEGETABLES

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

### SALADS OF COOKED VEGETABLES

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

### MEAT SALADS

1. SWEETBREAD
2. CHICKEN

### FISH SALADS

1. HERRING
2. LOBSTER
3. CRAB
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 teaspf. Tarragon Vinegar
Carb. . . . .	or 2 teaspf. Lemon Juice
Total Cal. 200	1 tablespf. Water
	$\frac{1}{4}$ teaspf. Salt
	1 teaspf. French Mustard
	$\frac{1}{8}$ teaspf. 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 "	$\frac{1}{4}$ teaspf. Salt
Total Cal.	521	2 Saccharin tablets
	$\frac{1}{2}$ teaspf. 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%
	$\frac{1}{2}$ teaspf. dry Mustard	
	$\frac{1}{4}$ teaspf. 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 dress-
			ing, 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. ARTICHOKES	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 (A), (B)   |
| 2. CREAM (A), (B)       | 7. ONION              |
| 3. EGG                  | 8. PARSLEY            |
| 4. HERB                 | 9. PICKLE             |
| 5. HORSERADISH (A), (B) | 10. SARDELLE (A), (B) |
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 "	1½ 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	teasf. 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
2. CLEAR VEAL
3. CLEAR MUTTON
4. CLEAR CHICKEN
5. CLEAR VEAL AND BEEF
6. CLEAR VEAL AND CHICKEN
7. VEGETABLE
8. SOUP WITH EGG DICE
9. SOUP WITH CHICKEN DICE
10. NOODLE SOUP
11. SOUP WITH MARROW BALLS
12. SOUP WITH MEAT BALLS
13. SOUP WITH CAULIFLOWER
14. SOUP WITH ASPARAGUS
15. SOUP WITH SORREL
16. SOUP WITH STEAK AND EGGS
17. OXTAIL SOUP

## MEAT BROTHS

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

## VEGETABLE CREAM SOUPS

1. ASPARAGUS
2. STRING BEAN
3. CAULIFLOWER
4. CELERY
5. TOMATO
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.	1 pt. Beef Stock
Fat	1.54 "	½ white Onion
Carb.	5.14 "	3 sprigs Parsley
Total Cal.	85	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.	1 Egg
Fat	8.41 "	½ teaspf. Butter
Carb.	....	¼ cup cold Stock
Total Cal.	152	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.	½ cup white meat of Chicken
Fat	12.64 "	cut into cubes
Carb.	....	1½ cups clear Chicken broth
Total Cal.	187.7	1 Egg
		¼ teaspf. finely chopped Parsley
		Seasoning to taste

Heat the chicken in 1½ 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 "	½ teaspf. chopped Parsley
Total Cal.	253	1 Egg
		⅓ 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.	....	½ Egg
Total Cal.	217	Pinch of Salt
	¼ 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.	½ cup Sorrel
Fat	17.48 "	½ 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.	¼ 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 "	½ cup cold Water
Carb.	14.68 "	1 cup Top Milk
Total Cal.	608.8	1 teaspf. Butter
	1 teaspf. 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
	½ small Onion	
	¼ cup Cream	
	1 tablespf. Butter	
	Pepper to taste	
	1 small Tomato, or	
	¼ 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),<br>(C) | 25. PUMPKIN                |
| 12. CELERIAC (KNOB CEL-<br>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. ARTICHOKE (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 Chops
Carb.	25.40 "	
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
		½ 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 ½ 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 "	½ 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 ¼ hr.

Serve very hot, with cream sauce.

Another way is to pare the knobs before boiling, but they must then be soaked ½ 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 "	1 1/2 tablespf. Butter
Carb.	14.78 "	1 cup strong Soup Stock
Total Cal.	362	1 tablespf. Top Milk

1/8 tablespf. grated Onion

1 Egg yolk

1/2 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  
 $\frac{1}{2}$  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.	Prepare like Spinach (A)
Fat	1.36 "	
Carb.	14.06 "	
Total Cal.	110	

## 31. (A) STEWED TOMATOES (Individual)

Protein	6.45 Gms.	3 large Tomatoes
Fat	12.95 "	$\frac{1}{8}$ tablespf. grated Onion
Carb.	22.23 "	1 tablespf. Butter
Total Cal.	230	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.	1 Tomato
Fat	11.63 "	1 tablespf. Butter
Carb.	5.70 "	
Total Cal.	133	

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 "	½ teaspf. Parsley minced
Carb.	....	⅛ teaspf. 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.	¾ cup Cream
Fat	43.05 "	1 tablespf. Almond Flour
Carb.	8.67 "	1 tablespf. Butter
Total Cal.	456	¼ teaspf. 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.	¾ cup strong Soup Stock
Fat	8.01 "	1 Egg yolk
Carb.	1.31 "	¼ teaspf. 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
2. OATMEAL GRUEL
3. RICE
4. CRACKED COCOA OR  
COCOA NIBS

### 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 plasmon<sup>1</sup> may be added and salt or saccharin.

<sup>1</sup> Plasmon Milk Powder can be procured through any druggist.



# Typical Diетaries

NOTE

## DIETARIES

1. FOR SPRING (*A*), (*B*)
2. FOR SUMMER (*A*), (*B*)
3. FOR AUTUMN (*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, Parsley and Butter	½ tbsps.	2½ oz.	13.40	13.10	....	172
Spinach with Egg	½ recipe		0.07	5.53	....	50
Stewed Rhubarb	½ recipe		6.19	4.20	2.38	78
Coffee, clear	2 tbsps.		0.40	0.40	2.20	14
	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 Melt- ed 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	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
Totals for	Meal		48.99	84.66	23.22	1055
<i>Supper</i>						
Tomato Salad, French Dressing	1 tomato 4 tbsps.		1.83	0.72	6.93	42
Lyster Roll	1		....	22.22	....	200
Cheese Soufflé	½ recipe		6.00	6.00	....	78
Coffee Jelly	Recipe		13.18	22.87	0.07	259
Cream	5 tsps.		4.15	....	....	16
Totals for	Meal		0.58	10.47	0.78	100
Totals for the Day			25.74	62.28	7.78	695
			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	$\frac{1}{2}$		0.78	0.20	11.28	50
Plain Omelet	2 eggs		12.91	17.44	....	209
Broiled Ham		70 gms.	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.					
Pecans		1 oz. $\frac{1}{2}$ oz.	7.34 1.31	9.55 9.62	0.68 2.08	118 100
Totals for	Meal		21.58	53.09	3.99	580
<i>Dinner</i>						
Oyster Cocktail and Oysters						
Clear Soup with Mar- row Balls	6 oysters		6.14	1.33	3.38	50
Veal Cutlet	1 cup		10.68	7.36	....	109
Celery		4 $\frac{1}{3}$ oz.	27.00	22.19	0.31	309
Radishes		3 oz.	0.94	0.09	2.81	16
Stewed Tomato		2 oz.	0.74	0.06	3.28	17
Butter	$\frac{1}{3}$ recipe		2.15	4.31	7.41	77
Floating Island	1 tbsp.		0.13	11.05	....	100
Clear Coffee	$\frac{1}{4}$ recipe		6.17	13.86	2.45	159
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			0.78	0.20	11.28	50
Cold Lamb		2 oz.	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		4.85	29.33	9.02	319
Roast Chicken		2 ½ oz.	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 tbsp.		15.12	20.23	0.10	243
Chicory with French Dressing		1 ½ oz.	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	Fat	Carbo-	Calories
			gms.	gms.	hydrates	
			gms.	gms.	gms.	
<i>Breakfast</i>						
Grape Fruit	½		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	I		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	I cup		5.56	0.68	....	28
Sausage	1½	66 gms.	8.58	29.19	0.72	300
Sauerkraut	¼ cup		1.93	0.57	4.31	30
Cream Cheese		I oz.	7.34	9.55	0.68	118
Rye Bread	I thin slice		1.77	0.12	10.47	50
Butter for Bread	I 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	I cup		8.23	6.34	....	90
Broiled Smelts with Butter	3 oz.		14.97	1.53	....	74
Roast Lamb	I tbsp.		0.13	11.05	....	100
Fried Tomato	2½ oz.		16.50	10.81	....	163
Waldorf Salad	Recipe		1.44	11.63	5.71	133
with French Dress'g	Recipe		3.91	9.37	9.17	137
Poppy Seed Noodles	2 tbsp.		....	11.11	....	100
	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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