

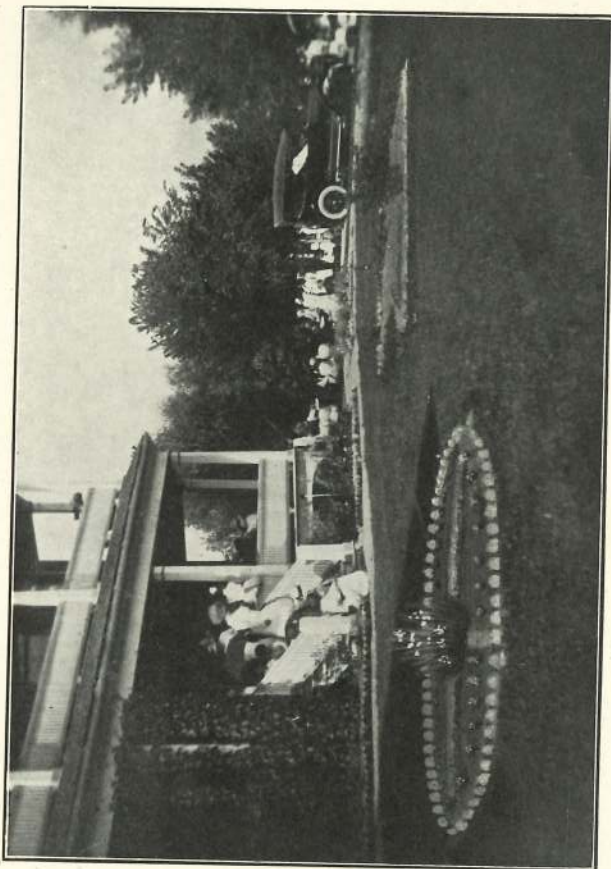
Cook Book

Recipes used in
Boulder-Colorado Sanitarium



BOULDER-COLORADO SANITARIUM

*The secret of good health is correct
habits of eating, drinking and sleeping*



SOUTH APPROACH. BOULDER-COLORADO SANITARIUM

To the Public

WE are continually receiving requests for a book of recipes for the appetizing dishes served at the Boulder-Colorado Sanitarium. Because of these numerous requests, we have decided to publish this booklet containing a small collection of the choicest recipes of our chef, Mr. H. L. Holmden

Q Most of these recipes are original, but a few have been taken from various sources—some in such a round-about way that it is impossible to give credit to the proper source

Q The chef will be pleased to write any other recipe wanted in the blank pages in the back of this booklet

BOULDER-
COLORADO
SANITARIUM

SOUPS

CREAM POTATO

- | | |
|-----------------------------------|---|
| 1 Pint Peeled and Sliced Potatoes | Steam or boil the potatoes. When tender mash thoroughly and stir into the hot cream and milk. |
| 1 Pint Cream | |
| 2 Pints Milk | |
| 1 Teaspoonful Salt | |
-

IMPERIAL CREAM

- | | |
|--------------------------------------|---|
| 1 Pint or $\frac{1}{2}$ Can Tomatoes | Add the pint of water to the tomatoes, onion and celery salt. Cook one hour, then rub through colander and stir into the milk and cream, which have been heated and thickened with starch braided with a little water. Add the salt and butter. |
| 1 Large Onion | |
| 1 Teaspoonful Celery Salt | |
| 1 Teaspoonful Salt | |
| 1 Tablespoonful Butter | |
| 1 Pint Cream | |
| 1 Pint Milk | |
| 1 Heaping Teaspoonful Starch | |
| 1 Pint Water | |
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SAVORY BROTH

- | | |
|-----------------------------|---|
| 1 Pound Can Nutcero | Put the Nutcero, tomato and sliced onion into a kettle, mash and add the water, celery salt, bay leaves and butter. Cook slowly two hours. Strain and add enough water to make $1\frac{1}{2}$ quarts. |
| 1 Pint Tomatoes | |
| 1 Large Onion | |
| $1\frac{1}{2}$ Quarts Water | |
| 1 Teaspoonful Celery Salt | |
| 2 Bay Leaves | |
| 1 Tablespoonful Butter | |
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MOCK CHICKEN

- | | |
|----------------------------------|--|
| $1\frac{1}{2}$ Pints Split Peas | Boil the peas, sliced onion and celery salt in the three quarts of water for fifteen minutes, then stir into it the tapioca, add the butter and cook slowly three hours. Strain and season with salt to taste. This should make three quarts. If it doesn't, add water to make the amount. |
| 1 Onion, Sliced | |
| 1 Teaspoonful Celery Salt | |
| 3 Quarts Water | |
| $\frac{1}{2}$ Cup Minute Tapioca | |
| $\frac{1}{2}$ Pound Butter | |
| Salt | |

SOUPS

VEGETABLE SOUP

- 1 Cup Diced Carrots
1 Cup Onions
1 Cup Cabbage
3 Quarts Water
1 Cup Potatoes
1 Pint Strained Tomatoes
1 Tablespoonful Butter
Salt
- Cook the carrots, onions and cabbage in three quarts of water for two hours, then add the potatoes, tomatoes and butter, salt to taste, and cook one hour longer. This should make at least two quarts.

NOODLE SOUP

- $\frac{3}{4}$ Cup Beans
2 Quarts Water
Butter
Salt
Noodles
- Cook the beans in two quarts water till done. Run through colander, season with salt and butter and add enough water to make 2 quarts. Bring to a boil and sprinkle the noodles in. Cook for $\frac{1}{2}$ hour and serve.

NOODLES

- 1 Egg
1 Tablespoonful Milk
 $\frac{3}{4}$ Cup Flour
 $\frac{1}{4}$ Teaspoonful Salt
(level)
- Make a stiff dough, roll thin and lay on a paper till dry. Cut in strips and put into the boiling soup.

CREAM BARLEY

- $\frac{1}{2}$ Cup Pearl Barley
2 Quarts Milk
1 Pint Cream
Salt
- Cook the barley 3 hours. When done, drain, add cream and milk, salt to taste and serve.

SOUPS

CORN CHOWDER

- 4 Potatoes
2 Onions
1 Can Corn
2 Quarts Rich Milk
2 Teaspoonfuls Corn
Starch
Salt
- Pare and dice the potatoes and onions. Cook them and add 1 can of corn. Put this into the milk which has been thickened slightly with the starch moistened with a little water. Salt to taste.

CLEAR TOMATO

- 1 Can Tomatoes
1 Pint Water
1 Level Teaspoonful Salt
1 Level Teaspoonful Celery Salt
Butter size of walnut
- Rub tomatoes through a colander, add the other ingredients, bring to a boil and strain.

CREAM CORN

- 1 Can Corn
2 Quarts Milk (one-third
Cream)
1 Rounding Teaspoonful
Salt
- Heat the milk; rub the corn through the colander and add to the hot milk.

CREAM RICE

- $\frac{1}{2}$ Cup Rice
2 Quarts Milk (one-third
Cream)
1 Quart Water
Salt to Taste
1 Heaping Teaspoonful
Starch
- Wash the rice and put it to cook in the quart of water. When done put it in the milk, add the salt, and put in double boiler till very hot. Then thicken with the starch which has been braided with a little water.

SOUPS

CREAM VELVET

- | | |
|---------------------------------|---|
| 3 Cups Sliced Potatoes | Cook onions 2 hours; add the potatoes and cook till done; then add the rice and drain off the water. Rub through the colander, add to the milk and bring to a boil. Add the beaten yolks; salt; strain through fine strainer; reheat. |
| 2 Onions | |
| 1 Cup Cooked Rice | |
| Yolks of 3 Eggs | |
| 2 Quarts Milk (one-third Cream) | |
-

CREAM GREEN PEA

- | | |
|---------------------------------|---|
| 1 Can Peas | Rub the peas through a colander; add the milk. Heat in a double boiler; add salt. |
| 2 Quarts Milk (one-third Cream) | |
| Salt to Taste | |
-

TOMATO CELERY

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|---------------------------|---|
| 1 Cup Diced Celery | Cook celery in water; rub tomatoes through colander; add celery salt and butter. Heat; salt to taste. |
| 1½ Pints Water | |
| 1 Can Tomatoes | |
| 1 Teaspoonful Celery Salt | |
| 1 Tablespoonful Butter | |
-

CREAM TOMATO

- | | |
|-------------------------------------|---|
| 1 Cup Strained Tomatoes | Heat milk in double boiler and thicken with the corn starch mixed with a little water. Cook fifteen minutes, then add the tomatoes and salt to taste. |
| 1 Quart Rich Milk | |
| 2 Rounding Teaspoonfuls Corn Starch | |
| Salt | |
-

TOMATO BISQUE

- | | |
|-----------------------|--|
| ⅓ Cup Nut Butter | Stir the nut butter smooth with the hot tomato, add the boiling water and salt to taste. |
| 1 Cup Strained Tomato | |
| 3 Cups Water | |
| Salt | |
-

SOUPS

CREAM LIMA BEAN

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|--------------------|---|
| 1 Cup Lima Beans | Cook the beans till tender, then rub through a colander and add to the milk. Salt to taste. |
| 2 Quarts Rich Milk | |
| Salt | |
-

GREEN PEA

- | | |
|------------------------------------|--|
| 1 Can Peas (or 1 Pint Cooked Peas) | Rub the peas through the colander and heat. Melt the butter, add the flour; mix well. Add the hot peas and pint of boiling water. Salt to taste. |
| 1 Heaping Tablespoonful Butter | |
| 1 Level Tablespoonful Flour | |
| 1 Pint Water | |
| Salt | |
-

CREAM VEGETABLE OYSTER

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|------------------------------------|--|
| 1 Pint Oysters, Scraped and Sliced | Boil the vegetable oyster in 1 quart water until tender. Add the milk and salt to taste. |
| 1 Quart Water | |
| 1 Quart Rich Milk | |
| Salt | |
-

VEGETABLE CHOWDER

- | | |
|----------------------|---|
| 1 Can Peas | Chop onions and cook 3 hours. Dice carrot and cook. Put ingredients together and salt to taste. A little cream can be added if desired. Celery improves it. |
| 1 Can Tomatoes | |
| 3 Onions | |
| 1 Cup Okra | |
| 1 Pint Water | |
| 1 Medium-size Carrot | |
| Salt | |
-

SOUPS

STRAWBERRY FRUIT SOUP

- 1/4 Cup Minute Tapioca
- 1 Pint Water
- 3 Cups Strawberry Juice
- 1 Cup Pineapple Juice
- Sugar

Put the tapioca with the pint of water into double boiler and cook till tender; add the strawberry and pineapple juice and enough sugar to make it just right. Serve hot in cups or cold in glasses. Serve vanilla wafers with it.

CHERRY SOUP

- 1/3 Cup Minute Tapioca
- 1 Quart Water
- 3 Cups Red Cherry Juice
(or White Cherry
Juice and Juice of 1
Lemon)
- Bananas

Cook tapioca with quart of water in double boiler till tender. Add the cherry juice. Put 3 or 4 slices of banana in each cup and serve with lemon wafers or sponge cake.



ENTREES

CORN FRITTERS

- 1 Cup Corn Puree
- 1/2 Cup Milk
- 1/2 Cup Cracker Crumbs
- 2 Eggs
- Salt

Put the cracker crumbs into the milk; add the corn. Separate the egg whites and beat them stiff, then beat the yolks into the whites and fold into the other mixture. Cook in spoonfuls on a buttered griddle, allowing the fritters to cook on one side till nicely browned, then turning them and browning the other side.

DUMPLING STEW

- 1/2 Cup Butter
- 1/2 Cup Water
- 1/2 Cup Milk
- 1 Cup Flour
- 4 Eggs
- Salt

Put the butter, milk and water into a stew pan and bring to a brisk boil. Add the salt and flour and stir till the paste leaves the side of the stewpan. Take off the fire and add, one at a time, the four eggs, stirring the mixture well after adding each egg. Then drop by spoonfuls into boiling vegetable broth. Cook 1 hour.

BREAD CAKES (9)

- 1/2 Cup Milk
- 3/4 Cup Bread Crumbs
- 3 Eggs
- Salt

Soak crumbs in milk, add eggs slightly beaten and salt to taste. Cook the same as griddle cakes.

ROLLED OMELET (4)

- 2 Eggs
- 2 Tablespoonfuls Milk
- Salt to Taste

Beat slightly and pour onto hot buttered spider so it will be thin. When cooked through, roll and cut in four. Serve with butter and sugar or maple syrup.

ENTREES

BREAKFAST LOAF

- 3 Cups Stale Bread
Crumbs
1½ Cups Nutcero
2 Cups Strained Tomato
3 Eggs
Salt
Sage
- Mix all together. Put into a bread pan and bake. Serve with brown sauce.

STUFFED NUTCERO

Cut round slices of Nutcero. Cut a round hole in the center of each and put the circles in a buttered pan. Make a dressing from stale bread (as given below) and fill the circles. Cover with brown sauce. Bake 30 minutes.

DRESSING

- 2 Cups Stale Bread
Crumbs
¼ Cup Minced Onion
3 Level Tablespoonfuls
Crisco
1 Egg
½ Tablespoonful (level)
Salt
1 Tablespoonful (level)
Sage
- Soak the bread in cold water ½ hour, put in a fine colander and press firmly to get out all the water. Then mix the other ingredients with the bread and fill the circles.

SPINACH TIMBALES

- 2½ Pound Can of Spinach
(or 1 Quart of freshly
Cooked Spinach)
¼ Cup Butter
3 Eggs
½ Teaspoonful Salt
- Rub the spinach through colander and add the melted butter and beaten eggs and salt. Put into buttered ramekins and bake till set. Serve with a piece of lemon.

ENTREES

CORN TIMBALES

- 1 Can Corn
3 Large Eggs
1¼ Cups Rich Milk
Salt to Taste
- Rub the corn through a colander; beat the eggs, add salt and milk. Bake in buttered timbale cups. Serve with cream sauce.

WALNUT ROAST

- 1 Cup Trigrano
2 Cups Milk (one-third
Cream)
½ Cup Chopped Walnut
Meats
2 Eggs (beaten)
- Mix all together and let stand 20 minutes. Then bake in a buttered baking pan.

NOODLES

- 2 Eggs
¼ Cup Milk
1½ to 1¾ Cups Flour
Salt

The amount of flour required depends upon the kind used. Some flour takes up more moisture than others. The dough should be quite stiff. Roll thin and let stand 2 hours. Then roll up and cut thin. The noodles can be cooked in salted water, vegetable broth or tomato soup.

NOODLE STEW

- 3 Carrots
3 Onions
3 Potatoes
Salt
Strained Tomato
Celery Salt
Butter

Dice the carrots and onions and boil 2 hours. Add the potatoes, diced, and cook another hour, then add the noodles as made above. The stew should be seasoned with salt, strained tomato, butter and celery salt.

ENTREES

POT ROAST

- 2 Carrots
- 2 Large Onions
- 2 Quarts Water
- 2 Large Potatoes
- 1/2 Pound Nutcero
- 1 Pint Brown Sauce

Dice the carrots and onions in 1/2-inch cubes. Boil in 2 quarts of water for 2 hours. Then add the diced potatoes and cook till done. Then add 1/2 pound diced Nutcero and 1 pint brown sauce.

RICE CAKES

- 1 Pint Cooked Rice
- 3 Eggs
- 1/2 Cup Flour
- 1/4 Cup Melted Butter
- 2/3 Cup Milk
- Salt

Beat the eggs, mix with the other ingredients and bake in cup cake tins.

NUT MEAT PIE

- Nutcero
- 3 Cups Sliced Apple
- 1/2 Cup Sugar
- Butter
- Nutmeg

Cover the bottom of a small size (6x8) baking pan with sliced Nutcero. Then put in the sliced apple, sprinkle the sugar over the apples and grate a little nutmeg over it. Cover with tiny bits of butter and put another layer of Nutcero slices over all. Cover with a crust made as follows:

PIE CRUST

- 1 Cup Pastry Flour
- 1/3 Cup Crisco
- 1/3 Teaspoonful Salt
- 3 Tablespoonfuls Water

Mix lightly the flour, Crisco and salt. Add the water and mix carefully.

ENTREES

MACARONI AU GRATIN

- 1 Cup Macaroni, broken small
- 1 Cup Cottage Cheese
- 1 Cup Milk (one-third cream)
- Salt

Cook the macaroni in a kettle of salted water until tender; drain and add the cottage cheese, milk and salt. Bake 1/2 hour.

CORN FRITTERS

- 1 Cup Corn Puree
- 1/2 Cup Milk
- 1/2 Cup Cracker Crumbs
- 2 Eggs
- Salt

Beat the whites of the eggs stiff, add the beaten yolks, and fold into the corn. Cook by spoonfuls on oiled griddle. When browned on one side, turn and brown the other side.

MOCK CHICKEN DUMPLINGS

- 1/2 Cup Crisco
- 1/2 Cup Water
- 1/2 Cup Milk
- 1 Cup Flour
- 4 Eggs
- Salt

Put Crisco, milk and water into a stewpan and bring to a brisk boil. Add salt and flour and stir till the paste leaves the side of the stewpan. Take off the fire and add, one at a time, the 4 eggs, stirring the mixture well after adding each egg. Then drop by spoonfuls into boiling mock chicken soup left from the day before or made as follows earlier in the day:

ENTREES

MOCK CHICKEN SOUP

- 1½ Pints Split Peas
- 1 Onion
- 1 Teaspoonful Celery Salt
- 3 Quarts Water
- ½ Cup Minute Tapioca
- ½ Cup Crisco and Butter mixed

Boil the peas, sliced onion and celery salt in the 3 quarts of water for fifteen minutes. Then stir into it the tapioca, add the butter and Crisco and cook slowly 3 hours. Strain and season with salt to taste. This should make three quarts. If it doesn't, add water to make that amount.

MACARONI KORNLET

- 1 Cup Corn Puree
- 1 Cup Broken Macaroni
- 1 Cup Rich Milk
- Salt

Cook the macaroni in boiling salted water till tender. Drain and add corn puree, milk and salt to taste. Bake ½ hour.

CORN ROAST

- 1 Cup Trigrano
- 2 Cups Milk
- 1 Cup Corn
- 2 Eggs
- Salt

Soak the Trigrano in the milk for 20 minutes, add corn and beaten eggs and salt to taste. Bake 30 minutes.

SAUCES

Only a few recipes for sauces are given, but many variations can be made. The cream sauce can be seasoned with parsley or celery or onion or tomato, etc. Chopped olives or mushrooms or nut butter may be added to the brown sauce. Many ways of varying these few recipes will occur to the cook.

For hygienic reasons we do not greatly favor the free use of gravies and sauces, but these are given for those who do.



SAUCES FOR VEGETABLE ENTREES

BROWN SAUCE

½ Cup Butter, ⅔ Cup
Flour
1 Quart Water
1 Cup Strained Tomato
1 Cup Cereal Coffee
Salt

Melt the butter, add the flour.
Bring all the liquids to a boil and
pour over the butter and the flour,
stirring all the time. Salt to taste.

CREAM SAUCE

1 Quart Rich Milk
⅓ Cup Flour
Salt

Heat the milk in a double boiler
and add the flour which has been
mixed with a little of the cold milk.
Stir five minutes. Salt to taste.

EGG SAUCE

To the above add 3 chopped hard-boiled eggs.

CHILI SAUCE

1 Cup Strained Tomato
1 Onion, finely minced
1 Tablespoonful Sugar
1 Cup Water
1 Tablespoonful Lemon
Juice
1 Tablespoonful Melted
Butter
½ Level Teaspoonful Salt

Cook all together till reduced one-
half.

SAUCES FOR VEGETABLE ENTREES

BROWN SAUCE No. 2

½ Cup Butter
1 Cup Flour, browned
1 Quart Rich Milk
1 Cup Cereal Coffee

Melt the butter, add the flour and
the hot milk. Stir 5 minutes and
add the cereal coffee.

TOMATO GRAVY

½ Cup Butter
¾ Cup Flour
1 Quart Water
1 Pint Strained Tomato
Salt

Melt the butter, add the flour,
then the boiling liquids.



VEGETABLES

Vegetables should be cooked in as simple a manner as possible. Prepared in a simple manner, they are most healthful. "Nearly all vegetables are blood purifiers."

Vegetables should be put to cook in boiling water, as this preserves the shape and color of green vegetables.

Vegetables which have become withered should be soaked over night in cold water.

Nearly all vegetables are better steamed than boiled.

Fruit and vegetables do not form the best dietetic combination and should not be eaten at the same meal by invalids.

CORN CUSTARD

1 Can Corn
2 Eggs
1 Cup Milk
Salt

Rub the corn through the colander, beat the eggs, add the milk, and salt to taste. Bake 20 to 30 minutes.

MASHED POTATOES

1 Quart Pared Potatoes
1 Cup Cream or Rich Milk
1 Tablespoonful Butter
Salt

Pare the potatoes and steam or boil till tender; then mash and add the cream and butter, and salt to taste. Beat vigorously.

SCALLOPED POTATOES

3 Pints Sliced Potatoes
¼ Cup Flour
1 Pint Rich Milk
Salt

Roll the sliced potatoes in the flour. Put in pan and cover with the milk. Steam till done, then brown in the oven.

VEGETABLES

CREAMED CAULIFLOWER

Prepare the cauliflower in the usual way. Place in a cheesecloth sack and cook 20 minutes in boiling salted water. Drain, cover with hot cream sauce and serve immediately.

BOILED ONIONS

Prepare the onions in the usual way and put to boil in salted water. Cook 1 hour, or more if not tender. Add a generous lump of butter and thicken slightly with a little starch which has been moistened with a little cold water.

VEGETABLE OYSTERS

Scrape the oysters and slice ¼ inch thick. Cook in salted water till tender. There should be some water left when done, for the flavor comes out in the water. Add some milk and cream—enough nearly to cover them—and thicken slightly with a little starch moistened with water. Salt to taste.

BROWNE PARSNIPS

Place the sliced and steamed parsnips in a buttered pan, brush them over with melted butter and sprinkle with a little sugar and salt. Brown in a hot oven.

ESCALLOPED SUMMER SQUASH

Use only young squash. Wash and cut into inch pieces. Steam till tender; mash and add butter and salt. Line a buttered pan with dry bread crumbs, moisten with cream, put the squash on the bread crumbs and cover with another layer of crumbs, pressing down into the squash somewhat. Brush over with melted butter; brown in a hot oven.

HOT BREAD

"The use of soda or baking powder in bread-making is harmful and unnecessary." The purest cream of tartar baking powder forms Rochelle salts when used in baking powder, and its daily use is instrumental in bringing on constipation. The best breads are unfermented or aerated. Next to these comes yeast bread, and this is best in the form of zwieback.

Americans are prone to use too much mush and soft bread. These are very apt to be swallowed before they are thoroughly masticated, which is sure to cause trouble, because starch, which is the principal food element found in these foods, is digested by a ferment found in the saliva.

GRAHAM GEMS

- 1 Cup Milk (one-third cream)
- 1 Egg
- 1/2 Cup White Flour
- 1/4 Cup Graham Flour
- Salt

Have the ingredients very cold. Put the flour into the milk and whip till light. Beat the white of the egg till stiff, add the yoke and beat another minute. Fold the egg into the batter carefully. Bake in hot gem irons, oiled.

GRAHAM PUFFS

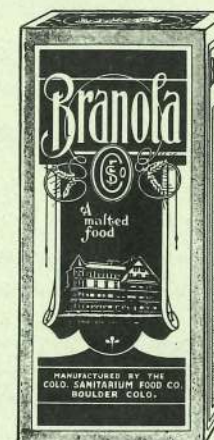
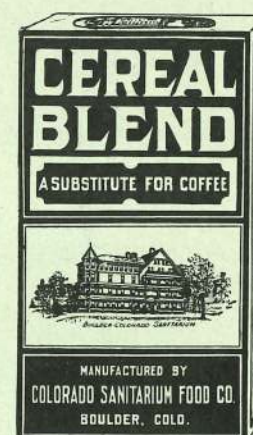
- 3 Eggs
- 1 Cup Ice Water
- 1/2 Teaspoonful Salt
- 1 Cup Graham Flour
- 1/2 Cup White Flour

Stir the flour into the water and beat well. Add the salt to the whites of the eggs and beat very stiff, then put the yolks into the whites and beat another minute. Fold carefully into the batter and dip out by spoonfuls into hot, oiled gem irons.

THIS LITTLE BOOK

Gives you many Recipes that are economical, money saving and healthful, because most of them call for

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Colorado Sanitarium Food
Company
BOULDER, COLORADO

HOT BREAD

CORN BREAD

- 1 1/2 Cups Yellow Corn Meal
- 1 Teaspoonful Salt (level)
- 1 Tablespoonful Sugar
- 1/2 Cup Sifted White Flour
- 4 Eggs
- 3 Cups Boiling Water
- 1/4 Cup Oil

Mix the flour and meal thoroughly. Pour in the boiling water and stir well. Add the sugar. Beat the whites and yolks of the eggs separately till stiff, then mix together and fold into the batter, which has been allowed to cool. Pour into oiled pan and bake 1/2 hour.

HOE CAKE

- 2 Cups Milk (one-third Cream)
- 1 Tablespoonful Sugar
- 1 Cup Corn Meal
- Salt

Heat milk in double boiler, then stir in the meal, sugar and salt. Cook 15 minutes. If too thick to spoon out well, add a little milk. Drop by spoonfuls onto an oiled pan in oblong shapes and bake till brown. These are improved by adding the whites of two eggs beaten very stiff just before they are spooned out into the pan.

CREAM STICKS

- 1 Quart Flour
- 1 Cup Good Cream
- Salt

Mix together into a dough and beat well with the rolling pin. Roll into a long stick about 1/2 inch thick, cut into 3-inch pieces and bake in a moderately quick oven.

HOT BREAD

TO MAKE A GOOD YEAST

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|---|--|
| 1 Cake Compressed Yeast
(or 2 Cakes Yeast
Foam) | Boil the potatoes in the water
till done, add the salt and sugar
and rub through the colander. |
| 3 Cups Sliced Potatoes | When cool, add the yeast dissolved
in $\frac{1}{2}$ cup cold water. This should
make 2 quarts. If it is less, add
water to make that quantity. Mix
well and let stand in a moderately
warm place all night. |
| 2 Quarts Water | |
| 2 Level Tablespoonfuls
Sugar | |
| 1 Level Tablespoonful
Salt | |

TO MAKE A STRAIGHT DOUGH (Commonly Called Bakers' Bread)

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|--|--|
| 2 Quarts Yeast (as made
the day before) | Have the water quite hot and mix
yeast, sugar, salt, oil and hot water. |
| 1 Tablespoonful Salt | This should make the yeast about
blood heat. Add to this the sifted
flour, knead the dough 20 minutes,
cover and set to rise in a warm
place till very light. Turn out on
board and knead down, form into
loaves, put into pans and bake
when light. Sometimes more and
sometimes less flour is required, de-
pending upon the kind used. |
| $\frac{1}{3}$ Cup Oil | |
| $\frac{1}{3}$ Cup Sugar | |
| 1 Pint Water | |
| 5 $\frac{1}{2}$ Quarts Sifted Bread
Flour | |

BISCUITS

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|---|---|
| 1 Cup Milk | Mix the milk, oil, sugar, salt and
yeast. Add flour to make a sponge
batter. When light, add enough
warmed flour to make a medium
stiff dough, knead well, roll and cut
out. Place on oiled pan to rise.
Bake in a moderate oven. |
| $\frac{1}{3}$ Cup Oil | |
| 1 Teaspoonful Sugar | |
| $\frac{1}{2}$ Level Teaspoonful Salt | |
| $\frac{1}{2}$ Cake Compressed Yeast
(or 1 Cake Magic
Yeast) | |
| Pastry Flour | |

CORN BREAD No. 2

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|------------------------------|--|
| 2 Cups Sponge | Take out two cups of sponge
after it is light for making bread,
stir in the salt, sugar, eggs and oil,
add the corn meal, and put into an
oiled pan. It should not be over $\frac{1}{2}$
or $\frac{3}{4}$ inch deep. Set to rise till
1 inch deep and bake $\frac{1}{2}$ hour. |
| $\frac{1}{2}$ Cups Corn Meal | |
| 1 Teaspoonful Salt | |
| 2 Eggs | |
| 1 Tablespoonful Sugar | |
| $\frac{1}{4}$ Cup Oil | |

SALAD DRESSINGS

BOILED MAYONNAISE

- | | |
|-------------------------------|---|
| $\frac{1}{2}$ Cup Lemon Juice | Beat the eggs. Mix the other in-
gredients and bring to a boil, then
stir in the beaten eggs and cook 3
minutes. |
| $\frac{1}{2}$ Cup Water | |
| $\frac{1}{2}$ Cup Butter | |
| 1 Tablespoonful Sugar | |
| 1 Teaspoonful Salt | |
| 4 Eggs | |

FRUIT SALAD DRESSING For Fruit Salads

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|--------------------------------------|--|
| 1 Cup Orange Juice (or
Pineapple) | Beat the eggs, bring the sugar
fruit juice to a boil, add the beaten
eggs and cook 3 minutes, stirring
constantly. Use when cold. |
| 1 Cup Lemon Juice | |
| $\frac{1}{2}$ Cups Sugar | |
| 6 Eggs | |

Instead of boiled mayonnaise the regular mayonnaise dress-
ing may be used.

MAYONNAISE DRESSING

- | | |
|---------------|---|
| Yolk of 1 Egg | Put a pinch of salt with the yolk
of the egg and stir with a fork till
it is stiff. Add the oil a drop at a
time, stirring after each drop is
added till very stiff, then thin with
a few drops of lemon juice. Con-
tinue till the desired amount is
made. All materials and dishes
used should be very cold. The
dressing is improved by adding at
the last the stiffly beaten white of
the egg. |
| Lemon Juice | |
| Olive Oil | |
| Salt | |

SALADS

A salad properly made of the right materials is a wholesome addition to the bill of fare, but the condiments usually added make them indigestible. The acid of vinegar, being catabolic, should not be used. Lemon juice, the acid of which is anabolic, should be used instead.

Fruit and vegetables should never be used in combination. Cooked and raw vegetables should not be used in the same salad.

DREAM SALAD

- 1 Cup Chopped Dates
 - 2 Bananas
 - 1½ Dozen Marshmallows
 - 1 Cup Fruit Salad Dressing
 - 1 Cup Whipped Cream
- Dice the bananas and quarter the marshmallows. Mix all the ingredients together lightly.

MARSHMALLOW SALAD

- 1 Small Can Sliced Pineapple
 - 1 Cup Sugar
 - 3 Dozen Marshmallows
 - Whites of 2 Eggs
 - ¾ Cup Whipped Cream
- Use half the pineapple juice and an equal amount of water. Add the sugar and boil till it threads or forms a soft ball when a small quantity is cooled. Pour over the stiffly beaten whites. Dice the pineapple and add. When cool, add the marshmallows and ¾ cup whipped cream.

CABBAGE SALAD

- 1 Pint Chopped Cabbage
 - 1 Cup Cream
 - 1 Tablespoonful Sugar
 - Juice of 1 Lemon
 - Salt
- Stir thoroughly and set on ice 1 hour before serving.

SALADS

CHEESE SALAD

Make the dressing as follows:

- ½ Cup Maple Syrup
- Juice of 1 Lemon
- ½ Cup Sugar

Bring to a boil and thicken with 1 heaping teaspoonful of starch moistened with a little water. Slice an apple and put a couple of slices on a cottage cheese ball and cover with a large spoonful of the dressing.

PINEAPPLE AND CHERRY SALAD

- 1 Cup Diced Pineapple
- 1 Cup Seeded Cherries
- 1 Cup Fruit Salad Dressing
- ½ Cup Whipped Cream

KIDNEY BEAN SALAD

- 1 Cup Cooked Kidney Beans
- ½ Cup Boiled Mayonnaise

FRUIT SALAD

- 1 Cup Diced Oranges
- 1 Cup Diced Apples
- 1 Cup Diced Bananas
- 1 Cup Diced Pineapple
- 1½ Cups Fruit Salad Dressing

SALADS

CELERY SALAD

- 1 Cup Diced Celery
 - 1 Onion, finely minced
 - 1 Cup Chopped Cabbage
 - 1 Cup Boiled Mayonnaise
-

SUMMER SALAD

- 1 Cup Chopped Lettuce
 - 1 Cup Chopped Celery
 - 1 Onion, finely chopped
 - 1 Cucumber, diced
 - 1½ Cups Boiled Mayonnaise
-

PEAR SALAD

Use cooked halves of pears. Hollow them out, fill with seeded cherries and cover with a mixture of equal parts of whipped cream and fruit salad dressing.

DATE AND WALNUT SALAD

- 2 Cups Seeded Dates
 - 1 Cup Chopped Walnuts
 - 1½ Cups Fruit Salad Dressing
-

ASPARAGUS SALAD

Place 4 cooked asparagus tips on a lettuce leaf. Cover the tender ends with boiled mayonnaise dressing and garnish with finely chopped lettuce or parsley.

SALADS

LIMA BEAN SALAD

- 1 Pint Cooked Lima Beans Chop the eggs. Mix all together.
 - 2 Hard Boiled Eggs
 - 1 Cup Boiled Mayonnaise
-

TOMATO SALAD

Place a whole peeled tomato on a lettuce leaf, stem end down. Cut into it half way down and put a tablespoonful of boiled mayonnaise in the center.

PEACH SALAD

Put half a cooked peach in a dish, hollow side up. Put into the hollow 4 or 5 little cubes of pineapple and cover with some fruit salad dressing mixed with an equal amount of whipped cream.

CLUB SALAD

- 1 Cup Seeded Olives
 - 1 Cup Chopped Hard Boiled Eggs
 - 1 Cup Chopped Lettuce
 - 1½ Cups Boiled Mayonnaise
-

POTATO SALAD

- 2 Cups Diced Cold Boiled Potatoes Serve on lettuce leaf.
- 2 Diced Hard Boiled Eggs
- 1 Onion Minced
- 1½ Cups Boiled Mayonnaise

SALADS

OLIVE SALAD

- 1½ Cups Seeded Olives,
chopped
 - 1 Cup Boiled Mayonnaise
 - 1 Tablespoonful Peanut
Butter (mixed in the
Mayonnaise)
 - 1 Cup Whipped Cream
-

BEET SALAD

- 1 Cup Diced Cooked Beets Mix and serve on lettuce.
 - ¾ Cup Mayonnaise
-

CUCUMBER SALAD

Take large size cucumbers, 6 inches long. Cut each end off, then cut in two in the middle. Dig the center out and chop up. Mix with one medium size onion chopped very fine and add boiled mayonnaise dressing to taste. Set each cucumber shell on end on a lettuce leaf and fill with the mixture.

SNOW SALAD

Use the cabbage salad recipe and just before serving whip ½ cup thick cream till light and fold in.

DESSERTS

Desserts are considered well-nigh indispensable by the average person, but really they should seldom be indulged in. The use of baking powder and the combination of sugar and milk, and often of fruit and spices, make them to quite an extent unwholesome. The too free use of sugar in most desserts also lessens their wholesomeness.

As far as possible baking powder should be avoided in preparing desserts. Several recipes for excellent aerated cakes are given here, and these may usually be substituted for those that call for baking powder. They are especially desirable for short cakes.

DATE TART

- 2 Cups Stoned Dates
- 2 Cups Dry Bread Crumbs
- 1 Cup Walnut Meats
- 6 Eggs
- Sugar
- Whipped Cream

Run the stoned dates, bread crumbs and walnut meats through the food chopper, alternating them. Beat the whites of the eggs, also the yolks, and sugar till stiff. Then mix them together and fold in the other ingredients and flavor with vanilla. Put into a buttered pan and bake in a medium oven 45 minutes or 1 hour. Serve with whipped cream.

ENGLISH DAY DREAMS

Make sponge drops as follows:

- 4 Eggs
- ½ Cup Sugar
- 1 Cup Flour

Beat yolks and sugar together till stiff, then beat the whites stiff and mix the two together. Fold in the flour and bake in cup cake tins. When done, take out the centers and fill with sweetened whipped cream and garnish with a candied cherry.

DESSERTS

CREAM PUFFS

- 3/4 Cup Milk
- 1/2 Cup Butter
- 1 Cup Flour
- 1 Cup Eggs

Put the milk and butter into a stewpan and bring to a brisk boil. Then stir in the sifted flour and stir till it forms a stiff paste which does not stick to the pan. Take from the fire and add the eggs one at a time, stirring well. Dip out on to a buttered and floured pan in portions about the size of a small egg. Bake in a fairly hot oven till done enough so they will not fall. Fill with the following:

- 3/4 Cup Sugar
- 4 Heaping Teaspoonfuls Corn Starch
- 4 Eggs
- 1 Quart Milk

Mix well the sugar, starch and eggs, then add the milk and cook in the double boiler. When cool, flavor and fill the puffs.

Whipped and sweetened cream also makes a delicious filling.

NEAPOLITAN WHIP

- 3 Dozen Marshmallows
- 1 Cup Chopped Walnuts (not too fine)
- 1 Cup Thick Cream
- 1/2 Cup Powdered Sugar

Cut the marshmallows in quarters, add the chopped walnuts. Whip the cream, flavor and sweeten with the powdered sugar. Fold in the marshmallows and walnuts. Serve in glass cups.

ANGEL FOOD CAKE

- Whites of 10 Eggs
- 1 Rounding Cup Sugar
- 1 Heaping Cup Flour
- 1 Teaspoonful Starch (heaping)

Beat the whites very stiff, fold in the sugar and then the flour and starch. Do not stir any more than is necessary. Flavor and bake in a cool oven. The tin should be lined with pasteboard.

DESSERTS

FLOATING ISLAND

Make a custard as follows:

- 1/2 Cup Sugar
- 4 Eggs
- 2 Teaspoonfuls Corn Starch
- 1 Quart Milk

Mix well and cook in double boiler. When cool, flavor and fill glass cups. Ornament with whipped cream and serve.

LEMON PIE FILLING (3)

- 1 Pint Sugar
- 3 Lemons
- 6 Eggs
- 6 Heaping Teaspoonfuls Starch
- Butter Size of Walnut
- 10 Drops Lemon Extract

Save the whites of 4 eggs for the meringue. Cook the rest of the ingredients in a double boiler. Fill the crusts which have been baked. Cover with the meringue and brown a nice color.

DATE MACAROONS

- 1/2 Pound Walnut Meats
- 1/2 Pound Dates, stoned
- Whites of 3 Eggs
- 1/2 Cup Sugar

Fold the stiffly beaten whites of eggs and the sugar into the chopped dates and finely chopped walnut meats mixed together. Drop by spoonfuls on an oiled and floured baking pan. Bake in a moderate oven 15 to 20 minutes.

CUSTARD PIE

- 3 Eggs
- 1/2 Cup Sugar
- 1 Tablespoonful Starch
- 1 1/2 Pints Milk
- Nutmeg

Mix the sugar and starch and eggs. Beat a little and add the milk and flavor with a little nutmeg. Bake in a deep pie tin.

DESSERTS

WALNUT MACAROONS

- 1 Pint Finely Chopped Walnuts
1 Cup Sugar
Whites of 3 Eggs
- Fold the walnuts and sugar carefully into the stiffly beaten whites. Flavor and drop by spoonfuls on an oiled and floured baking tin. Bake in a slow oven $\frac{1}{2}$ hour.
-

PIE CRUST

- $\frac{1}{2}$ Pound Pastry Flour (1 pint)
 $\frac{1}{4}$ Pound Crisco ($\frac{1}{2}$ cup)
Salt
Ice Water
- Mix lightly together and add enough ice water (about $\frac{1}{2}$ cup) to make a firm dough.
-

TRIGRANO CRUST

- 1 Cup Trigrano
 $\frac{3}{4}$ Cup Good Cream
Salt
- Soak the Trigrano in the cream 10 minutes, then put into the pie tin and shape. Bake thoroughly and when done put in the filling, cover with a meringue and brown in oven. This is the best and most hygienic pie crust for fruit pies.
-

CREAM PIE

Bake a single crust and fill with the following:

- $\frac{1}{4}$ Cup Sugar
2 Large Eggs
2 Large Teaspoonfuls Corn Starch
1 Pint Milk
- Mix the starch and sugar, the yolks of the eggs and stir well. Then add the milk and cook in double boiler. When done, flavor, cool and put into the pie shell. Beat the whites, stir in $\frac{1}{4}$ cup sugar, spread on the pie and brown nicely.
-

DESSERTS

SPONGE CAKE

- 4 Eggs
1 Cup Flour
 $\frac{3}{4}$ Cup Sugar
- Separate the eggs. Beat the yolks, adding a little sugar at a time till all is used. Beat the whites stiff and fold the yolks into them. Add the flavoring and carefully fold the flour in and bake in a moderate oven.
-

SPONGE LAYER CAKE No. 1

Use the above recipe, adding 3 tablespoonfuls of oil or melted butter or Crisco the last thing.

SPONGE LAYER CAKE No. 2 (2 layers)

- 1 Cup Flour
3 Tablespoonfuls Oil
4 Eggs
1 Cup Sugar
 $\frac{1}{4}$ Cup Corn Starch
3 Tablespoonfuls Water
- Mix the flour and starch. Put the water and sugar and 1 teaspoonful lemon juice in stewpan and bring to a boil. Beat whites of eggs very stiff, add stiffly beaten yolks. Now slowly pour the hot syrup over the eggs, stirring all the time. Fold in alternately the flour and oil. Flavor and bake.
-

RICE CUSTARD

- $1\frac{1}{2}$ Pints Milk
 $\frac{1}{2}$ Cup Sugar
3 Eggs
2 Teaspoonfuls Starch
 $1\frac{1}{2}$ Cups Cooked Rice
- Stir the sugar, egg yolks and starch together. Add the milk and cook in a double boiler. When done, flavor and add the rice. Beat the whites of eggs stiff, add $\frac{3}{8}$ cup of sugar, spread on the custard and brown.
-

DESSERTS

DATE COOKIES

- 1½ Cups Sugar
- 1 Cup Butter
- ½ Cup Crisco or Cooking Oil
- 3 Large Eggs
- 1¼ Quarts Flour (scant measure)
- 2 Cups Stoned Dates
- Vanilla

Rub the oil, butter and sugar together. Add the eggs, flavor, then add the flour and lastly the dates. Mix well, roll out and cut in squares. Bake in medium oven.

GENOA CAKE

- 1 Cup Crisco
- 1 Cup Sugar
- 5 Eggs
- 1 Cup Currants
- 1 Cup Raisins
- 2½ Cups Flour
- 1 Cup Chopped Almonds and Loaf Sugar
- Vanilla

Rub the cup of sugar and the Crisco together. Add the egg yolks, the currants and the raisins and half the flour. Then fold in carefully the beaten whites and the rest of the flour. Put in a papered baking tin and sprinkle thickly on top the nuts and sugar, which should be chopped rather fine.

GRAPE BLANC MANGE

- 1 Cup Grape Juice
- ½ Cup Sugar
- 3 Heaping Teaspoonfuls Starch
- Whites of 3 Eggs

Bring the grape juice and sugar to a boil. Add the starch, which has been mixed with a little water, and stir till it is a thick paste, being careful not to burn. Stir this into the stiffly beaten whites and put into cups to mold. Serve with custard sauce.

DESSERTS

CUSTARD SAUCE

- 1 Pint Milk
- Yolks of 3 Eggs
- ¼ Cup Sugar
- 1 Teaspoonful Starch

Mix the sugar, starch and egg yolks in double boiler. Add the milk and cook. Flavor with vanilla.

SNOW PUDDING

- 1 Pint Milk
- Whites of 2 Eggs
- 1 Heaping Tablespoonful Sugar
- 3 Heaping Teaspoonfuls Starch

Heat milk in double boiler and thicken with the starch moistened with a little cold water. Beat the whites of the eggs, add the sugar and stir into the thickened milk. Mold in cups. Serve with custard sauce.

TAPIOCA CUSTARD

- ¼ Cup Minute Tapioca
- 3 Cups Rich Milk
- ⅓ Cup Sugar (scant)
- Yolks of 2 Eggs

Cook the tapioca in milk in double boiler. Stir till slightly thickened, add the sugar and cook till tapioca is tender. Then add egg yolks and cook 5 minutes. Put in baking dish, cover with meringue made of whites of the eggs, put in oven and brown.

ORANGE PIE (1)

- ½ Cup Sugar
- 1 Orange
- 1½ Cups Water
- 2 Eggs
- 2 Heaping Teaspoonfuls Starch

Mix the sugar, egg yolks, grated rind of orange and starch. Add the orange juice and water. Cook in double boiler. When done, put into a baked pie shell. Make a meringue of the whites of the eggs, cover pie and brown.

DESSERTS

PUMPKIN PIE (3)

- 1 Quart Pumpkin (or 1 can) Put the beaten egg into the pumpkin. Add the sugar, salt, spice and milk. Bake in single crusts in deep pans.
- 4 Eggs
1 Quart Milk
1 Cup Sugar
1 Teaspoonful Cinnamon
½ Teaspoonful Salt
-

BANANA PIE

- 1 Shell (baked) Whip the cream and sweeten it.
1 Cup Whipping Cream Slice the bananas into the cream, fill the crust and serve.
3 Bananas
2 Tablespoonfuls Powdered Sugar
-

STRAWBERRY SHORTCAKE

Use Sponge Layer Cake No. 1. Crush the berries and sweeten. Do not put the berries on the cake till just before serving.

PINEAPPLE SHERBET

- 2 Cups Sugar Boil the sugar, water, pineapple juice and lemon juice together for 15 minutes. Cool and put into freezer. When nearly frozen, add the stiffly beaten whites of 2 eggs and freeze 5 minutes longer.
- 1 Quart Water
3 Cups Pineapple Juice
½ Cup Lemon Juice
-

DESSERTS

ORANGE SHERBET

- 1½ Pints Water Boil the sugar, water and orange juice 10 minutes. When cold, freeze. When nearly done, add the stiffly beaten whites of 2 eggs. Freeze 5 minutes longer.
- 6 Oranges
1 Cup Sugar
Whites of 2 Eggs
-

NUT SPONGE CAKE

Use the Sponge Cake recipe, adding at the last ½ cup chopped nuts, preferably walnuts.

APPLE PIE

Use Trigrano Crust. Cook apple sauce down till thick, season to taste. When cool, put into the baked crust. Cover with a meringue and brown. This is more wholesome than the ordinary apple pie.

BANANA SHORTCAKE

Use Sponge Layer Cake No. 1. Put a layer of sliced bananas between and on top, and cover the bananas with whipped and sweetened cream.

ORANGE SHORTCAKE

Use Sponge Cake No. 1. Put a layer of sliced oranges which have stood with powdered sugar sprinkled on them, between the layers and on top. Cover with whipped cream as above.

DESSERTS

BAKED CUSTARD

3 Eggs
1 Pint Milk
¼ Cup Sugar

Beat together the sugar and eggs, add the milk and flavor and put into the bake dish set inside a larger vessel containing water. Bake till set.

STRAWBERRY SHORTCAKE

Use the biscuit dough found under the heading "Hot Breads, or Sponge Layer Cake No. 2."

RAISIN PIE

Use the lemon pie filling and put in enough stewed raisins to make it quite thick. Use the Trigrano Crust and cover with a meringue.

BANANA SNOW

3 Cups Water
½ Cup Minute Tapioca
½ Cup Sugar
Whites of 2 Eggs
2 Bananas

Bring water to a boil, stir in the tapioca and sugar and set in double boiler. Cook till thick, then add the juice of ½ lemon and flavor. Fold in the stiffly beaten whites of 2 eggs, slice in the bananas and put into cups to set. Serve with custard sauce.

DESSERTS

CUSTARD SAUCE

1 Pint Milk
¼ Cup Sugar
2 Eggs

Heat the milk and sugar and stir in the beaten eggs and cook 5 minutes.

WALNUT CREAM CAKE

Use Sponge Layer Cake No. 2 with the filling here given. Ice and sprinkle chopped walnuts on it.

CAKE FILLING

⅓ Cup Sugar
Heaping Teaspoonful
Starch
1 Egg
1 Cup Milk

Mix sugar, starch and egg; add milk and cook in double boiler.



COMBINATIONS

The ways of alimentation are two only, digestion or decomposition. Wrong combinations result in fermentation or decomposition. Milk should properly be used by itself as the infant uses it. Fruit may be used to advantage alone, but agrees with most people in combination with dextrinized foods and nuts. If used with vegetables, only the sub-acid fruits, such as peaches, pears and blueberries, should be used and the coarser vegetables avoided. Sugar and milk in combination should be avoided.

When milk enters the stomach the excretory and secretory glands are closed, as milk is not digested in the stomach, but in the duodenum. That milk should not be used in connection with other food is shown by the fact that a deadly dose of poison may be taken in a couple of quarts of milk with no bad results, provided the stomach pump is used before it passes from the stomach. If milk keeps the poison from acting on the stomach, it also keeps the stomach from acting on the food. This is true, however, only to a certain extent, depending upon the amount of milk taken and the power of the digestion.

Fruits, especially the acid fruits, stop to a great extent the flow of saliva by which starch is digested. So acid fruits eaten with starchy foods are very likely to cause fermentation of the starchy foods unless they have been dextrinized.

Eaten with proteids, such as meat, cheese, eggs, bread (undextrinized), etc., it brings about decomposition, for fruit is digested in the small intestines. In this little book, however, we can only touch upon the subject of combinations.

To help those who are suffering the result of wrong living a few menus are given below.

COMBINATIONS

BREAKFAST

Stewed Prunes
 Honey
 Whole Wheat Zwieback
 Scrambled Eggs
 Cream

DINNER

Cream Corn Soup
 Baked Sweet Potato
 Ripe Olives
 Egg Timbales
 Lettuce
 (No Bread)

SUPPER

Unpolished Rice
 Cottage Cheese
 Cream

BREAKFAST

Baked Apples
 Poached Egg on Toast
 Olives

DINNER

Toasted Wheat Biscuit
 Club Salad
 Mixed Nuts
 Summer Squash
 Vegetable Broth

SUPPER

Toasted Wheat Bread
 Stewed Raisins
 Ripe Olives
 Butter
 Lettuce Salad

The above menus are only suggestive, and are more especially for those who have lost their health and are looking for it; but simple meals, as suggested, will do much toward keeping one in health so it will not be necessary to look for it.

MENUS

A few menus are given for those who need not be too careful about their diet. Light suppers should be the rule.

BREAKFAST

Blackberry Toast	Crystal Wheat	Oranges
Scrambled Eggs	Cereal Blend	Corn Cakes

DINNER

Baked Noodles	Cream Corn Soup	Baked Potatoes
Cream Salad	Green Peas	Pears
	Cream Pie	

SUPPER

Corn Flakes and Cream	Poached Eggs	Stewed Figs
Cottage Cheese		Olives

BREAKFAST

Cream Toast	Rolled Oats	Bananas
Omelet	Graham Gems	
Prunes	Milk	

DINNER

Pot Roast	Mock Chicken Soup	Mashed Potato, Gravy
	Summer Squash	
	Peaches	
Asparagus Salad	Banana Shortcake	Mixed Nuts

SUPPER

Cream Gluten Mush	Egg on Toast, Gravy	Stewed Raisins
Date Sandwiches		Sponge Cake

SPECIAL DIET LIST

FOODS USEFUL IN CASE OF EXCESSIVE GASTRIC ACID SECRETION

Malted Nuts	Nutzero
Cream	Shredded Eggs
Butter	Olive Oil
Olives	Nuts
Milk	Nut Butter

CONSTIPATING FOODS

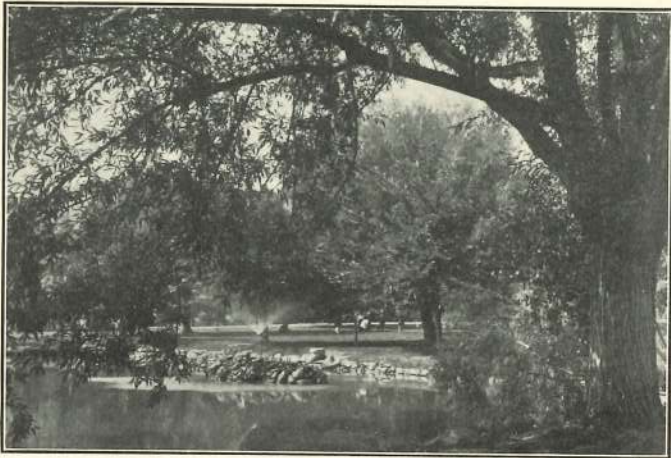
Rice	Gruels
Oatmeal	White of Egg
Cracked Wheat	Tapioca
Corn Starch	Cream of Wheat
White Bread	Cheese

LAXATIVE FOODS

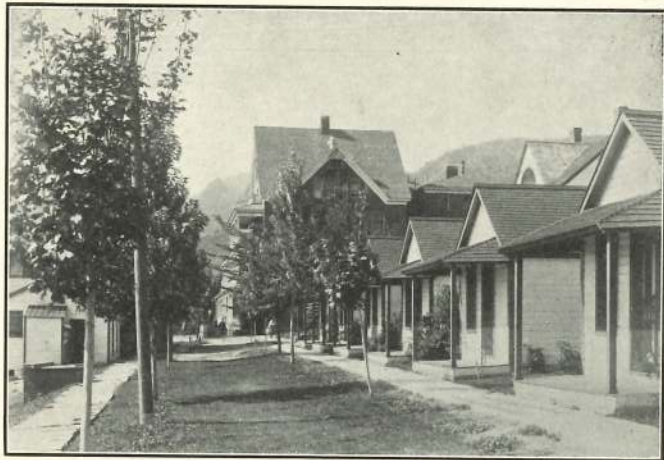
Bran	Spinach	Fresh Fruits
Prunes	Potatoes	Acid Fruit Juices
Yogurt	Figs	Toasted Wheat
Malted Nuts	Meltose	Flakes
Stewed Raisins	Olive Oil	Pecans
Ripe Olives	Wheat Flake	Pinenuts
Butter	Biscuits	Almonds
Branola	Bran Crackers	

FOODS USEFUL IN CASES WHERE THERE IS A DEFICIENCY OF GASTRIC JUICES

Breakfast Toast	Corn Flakes
Wheat Flake Biscuit	Wheat Flakes
Trigrano	Puffed Rice
Meltose	Zwieback
Crystal Wheat	



BOULDER-COLORADO SANITARIUM, LAKE AND LAWN



BOULDER-COLORADO SANITARIUM, ROW OF COTTAGES

Spencer O E Bouldin 1580 W

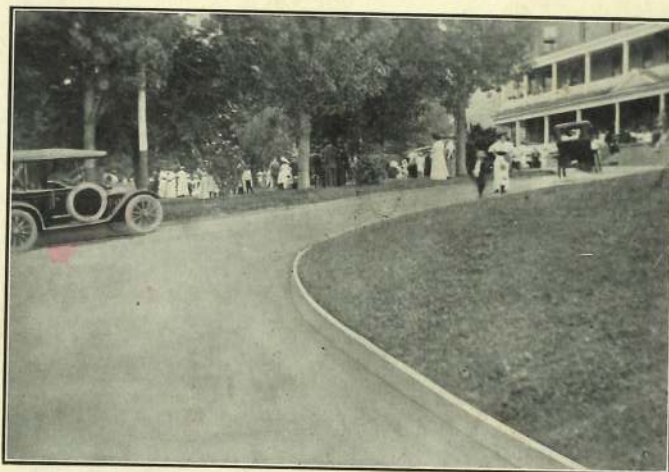
THE BOULDER - COLORADO SANITARIUM

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth"

These words express God's desire for every human being. The laws of nature are divine and only in obedience to them can health be retained by the possessor or recovered when lost.

The purpose of the establishment of this Sanitarium has been to lead the way in a return to nature and to help win men and women back to more simple and natural habits of living.

For the Saving of the People and the Healing of the Nations



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