

A Manual of Osteopathy
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TREATMENT OF DISEASES
PART VIII

DIETARY

Diet List and Sick-Room Dietary

THE dietary as prescribed in connection with the treatment of the different diseases in this work is selected to best suit the conditions existing, in a general way, as no positive and infallible rules for diet can be set down for all persons alike, suffering from the same ailment. The composition of the elements of the body being so variable in different subjects that what might be "food for one would be poison for another," the diet lists have been so arranged, and liberal enough, for a patient to select such articles of food best adapted to his needs and most in accordance with his tastes.

The object of a prescribed diet in the diseased condition of the body is to normalize the chemical elements therein; to increase those that are deficient and to decrease those that are too abundant. The chemical elements of the system, when equalized in quantity and quality, are what keep the body in health, and these elements must be produced from the foods ingested, and can be manufactured in no other way, nor can they be replaced by artificial ones in the form of drugs. The tissues of the body assimilate only organic substances, and hence drugs which are principally mineral are incapable of supplying the deficiencies of the body in times of sickness.

The chemical elements of the body are active in the process of digestion, preparing the food in the alimentary canal for absorption into the blood and lymphatic vessels, and are from there absorbed by the tissues, selecting therefrom the nutritious part and eliminating the waste materials.

The four predominating elements - hydrogen, carbon, and nitrogen - are the great force producers as well as the tissue formers of the body; therefore it can readily be seen that fresh air and proper food are essential to the perfect and healthful growth and repair of the system.

To these should be added the phosphates, the bone producing element, without which, or if deficient in quantity, the bones will remain soft and will cause deformities.

Iron in the system is necessary to produce the coloring matter in the red blood corpuscles on which they depend for their power of carrying oxygen to the tissues.

Potash, in the proper proportions, is necessary to prevent certain skin diseases.

Sodium chloride (common salt) is required in sufficient quantities to promote perfect nutrition and to act with the other chemicals of the body to alter the density and reaction of the different fluids. These few illustrations suggest the part played by the elements and the need of a correctly balanced diet.

Diet List No. 1

MAY TAKE:

Soups - Arrowroot soup with onions, milk soups with rice, tapioca or vermicelli.

Fish - Fresh white fish, oysters, clams.

Meats - Very little red meats, mostly the white kinds; chicken, game, fresh pork, bacon, calves' heads, ham.

Farinaceous - Wheaten bread, hominy, rice, toast, oatmeal, gruels, arrowroot, tapioca pudding, sago.

Vegetables - (In plenty well cooked.) The green sorts generally; spinach, summer or green cabbage, turnip tops, mushrooms, celery, salads, rhubarb, cresses, lettuce, onions.

Dessert - Milk and rice puddings, stewed fruits, raw fruits (especially laxative), fruit jelly.

Beverages - Weak tea, peptonized milk, plenty of pure water - preferably Buffalo lithia, barley water, hot water one hour before meals, buttermilk, wine, and Seltzer water.

MUST AVOID:

Soups, fried fish, cooked oysters, beef, mutton, lamb, corned beef, veal, potatoes, beans, pies, pastries, cheese, turkey, hashes, stews, made dishes, sauces, spices, peas, new bread, cakes, ices, sweets, coffee, tobacco, malt liquors, spirituous liquors.

GENERAL RULES:

Avoid over-feeding; it is dangerous. Take easily digested foods that leave a small amount of waste nitrogenous matters to be eliminated by the kidneys.

Diet List No. 2

MAY TAKE:

Soups - Broths, all kinds. May add macaroni or vermicelli. Thick soups.

Fish - All fresh fish, raw oysters.

Meats - Chopped or scraped, raw or rare, mixed with broth, chocolate, Burgundy and water, and made into sandwiches. Ham, broiled bacon, beef juice, mutton, chicken, game, cod-liver oil as food, butter plentifully.

Eggs - soft boiled, poached, scrambled, raw beaten up with sherry or with whisky.

Farinaceous - (Give plentifully, except in cases of indigestion.)
Bread, cake, tapioca, sago, barley, hominy, cracked wheat, graham
grits, rolled oats, rolled hominy, corn meal, malt extracts.
Vegetables _ Most kinds, well boiled or as purees.
Dessert - Sweet fruits, custards, fruit jams, jellies, baked apples,
baked pears, marmalade, egg and milk pudding.
Beverages - Carbonized water milk, cream, chocolate, cocoa,
peptonized milk, malted milk.
Stimulants - Egg nog, sherry, red wine, occasionally a
tablespoonful of whisky or brandy.

MUST AVOID:

Pork, veal, greasy hashes, salt meat - except ham, made dishes,
thin soups, cabbage, cucumber, turnips, carrots, squash, pickles,
spices, pies, pastry, pineapple, bananas.

GENERAL RULES:

A generous nutritious diet is important.

Diet List No. 3

MAY TAKE:

Soups - Broths, oyster soup, sorrel soup.
Fish - All kinds, boiled. White sorts, broiled. Sardines in oil.
Meats - Most kinds, poultry, game, etc.
Farinaceous - Brown or Graham bread, gingerbread, oatmeal
porridge, bran bread, bran pudding, whole-wheat bread, corn
bread.
Vegetables - Most fresh varieties, well boiled. Spinach, kale,
boiled onions, brussels sprouts, cauliflower, salads with oil,
lettuce, asparagus, tomatoes, salsify, celery.
Dessert - Figs, prunes, baked apples, oranges in the morning,
melons, grapes, raisins, stewed fruits, honey.
Beverages - Glass of water, preferably hot, drunk one hour before
breakfast. Pure water in plenty between meals, black coffee, cocoa,
lemonade.

MUST AVOID:

Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquor, milk.

GENERAL RULES:

Use foods that leave a bulky residue to stimulate the muscular coat of the intestines.

Diet List No. 4

MAY TAKE:

Soups - Consomme of beef, veal, chicken, turtle, terrapin, oyster, and calm without flour or vegetables, chowder without potatoes, mock turtle, mulligatawny, tomato, gumbo fillet.

Fish - All kinds; lobster, oysters, clams, terrapin, shrimp, craw fish, soft-shell crabs. No sauces containing flour.

Eggs - In any form.

Meats - Cooked in any way except in flour. Poultry, calves' heads, kidneys, sweetbreads, ham, tongue, sausage, hash (without potatoes), pigs' feet, tripe, all kinds of game (not breaded).

Relishes - Pickles, radishes, sardines, anchovy, celery, olives.

Farinaceous - Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddlecakes, charred bread, bran cakes; may substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables - Truffles, lettuce, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, water cress, asparagus, parsley, mushrooms, all kinds of herbs, sauerkraut.

Dessert - Almonds, hazelnut, coconuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerine. In cooking acids neutralize the acids by adding bicarbonate of soda.

Beverages - Tea and coffee without sugar or cream, not over once a day; buttermilk, skimmed milk, plain soda, red wine, dry sherry, Bass ale or bitter beer, claret, Burgundy (all in moderation), Buffalo lithia water.

MUST AVOID:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet root, sweet vegetables, potatoes, carrots, peas, beans, parsnips; turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, pepper, spices.

GENERAL RULES:

Reduce the amount of starches and sugars. Increase animal diet and fats. Drink water freely to eliminate sugar. Substitute saccharin for sugar.

Diet List No. 5

MAY TAKE:

Soups - Milk soup.

Meats - Scraped beef or mutton, pounded raw meat, sweetbreads, beef juice.

Eggs - Raw white of egg with water, lightly boiled, poached.

Farinaceous - Crackers, toast, macaroni, rice boiled with milk, tapioca, sago, gruel boiled for two or three hours, flour balls boiled for two or three hours with milk.

Dessert - Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

Beverages - Sterilized or pasteurized milk, skim milk, milk with lime water, peptonized milk, strong tea, lactic acid water, toast water, rice water, egg lemonade.

Stimulants - If patient be very weak, give two tablespoonsful every hour.

MUST AVOID:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.

GENERAL RULES:

Avoid foods that ferment easily and those that leave undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

Diet List No. 6

MAY TAKE:

Soups - Small quantity clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish - Oyster and little-neck clams in any form, except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats - Meat juice, roast or broiled beef, mutton, chicken, tripe, calves' head, venison, tongue, sweetbreads.

Eggs - Raw, soft boiled, poached, omelet, combined with chicken or oysters, eat dry toast or stale bread with eggs.

Farinaceous - Bread at least one day old; brown bread, toast, rye gluten and graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni corn meal, hominy, wheaten grits, vermicelli, rolled oats, rice cakes, browned rice, baked flour.

Vegetables - (Best made into a puree by passing through a colander or mashing.) Greens, spinach, lettuce, watercress, French beans, sweet corn, green peas, asparagus, celery, baked tomatoes, potatoes (but little).

Dessert - Fruit, rice, tapioca, Indian and farina puddings, custards, orange charlotte, gelatin creams, blanc-mange, baked and stewed apples and pears, grapes, and all ripe fruits, except bananas and pineapples. No rich sauces.

Beverages - Drink little, if any, fluid with the meals. Hot water one hour before meals and at bedtime; milk and lime water, weak tea, weak cocoa, peptonized cocoa and milk, buttermilk, acid wine, if acidity; black coffee and lemon juice on first rising.

MUST AVOID:

Rich soups and chowders, all fried food, pork, veal, liver, kidneys, hashes stews, pickled and corned meats, preserved and potted meats, turkey, goose, duck, sausage, salmon, salt mackerel, blue fish, sturgeon, eels, shrimps, sardines, lobsters, crabs, cabbage, cauliflower, cucumbers, string beans, parsnips, egg plant, turnips, carrots, squash, oyster plant, sweet potatoes, beets, pastries, pies, made dishes, nuts, dates, jams, dried and candied fruits, candies, cheese, strong tea, ice water, malt liquors, sweet and effervescent wines, spirituous liquors, charged waters, strong coffee.

GENERAL RULES:

Small meals taken at regular intervals. Masticate thoroughly; eat slowly and temperately.

Diet List No. 7

MAY TAKE:

Soups - Raw meat juice, clam broth, chicken broth, vegetable broths, mutton broth, broth with egg, broth with gelatin, beef tea, clear soups, fruit soup.

Eggs - Beaten up with water or stimulants.

Foods - Peptonized milk, malted milk, milk toast, Indian meal, gruel, oatmeal gruel, ground rice. pounded raw meat, oysters.

Beverages - Skim milk alone (one and one-half quarts to two and one-half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water, toast water, jelly water, gum-arabic water, plain soda, lemonade, fruit juices, egg lemonade, egg nog, cocoa.

MUST AVOID:

All solid foods until the temperature has remained normal for ten days. This pertains to the more severe attacks of fevers, such as typhoid, etc.

GENERAL RULES:

Mostly liquids in small quantities and often; never give anything that cannot pass through the fine meshes of a sieve. Give more in the morning than in the evening. Loss of appetite should be respected in the acute stage. Utilize periods of remission.

Diet List No. 8

MAY TAKE:

Soups - Clear soups, vegetable soups, weak beef tea, broths.

Fish - Fresh fish, oysters.

Meats - (To be taken once a day only, white kinds mostly.) Mutton, chicken, ham, bacon, underdone roasts, sweetbreads, pigeons' brains, pigs' feet, venison.

Eggs - (In moderation.) Whites of eggs, raw, stirred in drinks.

Farinaceous - (Small quantities.) Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, graham gems and flakes, rye gems, soup sticks, crackers, hominy.

Vegetables - (Fresh green varieties.) Celery, lettuce, water cress, cucumbers, onions, cabbage, salads, a little baked potato, string beans, young peas, spinach.

Dessert - Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc-mange, honey, ices (not after meals), stewed or roasted fruits.

Beverages - Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast water, lime juice, lemonade, Buffalo lithia water.

Stimulants - Moselle, light hock. Bordeaux in small quantities and diluted.

MUST AVOID:

Rich soups, hard-boiled eggs, fried and made dishes, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved and dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruit, preserves, pies, pastries, rich puddings, patties, new bread, cheese, sweets, omelets, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer, alcoholic beverages.

GENERAL RULES:

Diet may be liberal but not stimulating; moderation in animal foods; guard against foods having a tendency to produce, acid, such as starches, sugars, fats, and fermented drinks.

Diet List No. 9

MAY TAKE:

Soups - (Very little.) Chicken broth, oyster soup, clam broth, thin beef soup.

Fish - All kinds except salt varieties, salmon, or blue fish. Meat once a day only; lean beef, mutton, chicken, game.

Eggs - Boiled or poached.

Farinaceous - A limited amount of dry toast, gluten biscuit, beaten biscuit, zwieback, Vienna rolls, soup sticks, crusts, graham gems, hoe cakes.

Vegetables - (Fresh.) Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radishes, very little (if any) potatoes.

Desserts - Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages - Water between meals - preferably Buffalo lithia water, tea, coffee (no sugar or cream), light wine diluted with Vichy.

MUST AVOID:

Fats in excess, beverages in excess, thick soups, salmon, blue fish, eels, herrings, salt fish, pork. Veal, sausage, spices, hominy,

oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beef rice, currants puddings, pies, cakes, sweets, milk, sugar, malt, and spirituous liquors.

GENERAL RULES:

Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

Diet List No. 10

MAY TAKE:

Soups - Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broths, beef juice and tea, oyster soup, turtle soup.

Fish - Fresh fish, raw oysters.

Meats - Beef (raw, underdone, scraped, or pounded), roast mutton, lamb chops, poultry, game. bacon, ham, sweetbreads, beef juice.

Eggs - All ways, except fried. Beaten with milk, whisky, or sherry.

Farinaceous - Wheat bread, Indian meal bread (with plenty of butter), oatmeal, malt extracts.

Vegetables - Onions, tomatoes, string., beans, spinach, asparagus, lettuce, cresses, celery, green peas, well-cooked rice.

Fats and oils - Mutton, beef, butter, cream, olive and cod-liver oils.

Dessert - Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butterscotch.

Beverages - Carbonized water, hot water one hour before meals, lemonade, ginger ale, malt preparations, milk, cream, koumiss, chocolate.

MUST AVOID:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, spaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, hashes, salt fish, lobster, blue fish, cumbers, root, gravies, sweets, pies, and pastries.

GENERAL RULES:

Eat as much as can possibly be digested, mostly fatty and nitrogenous foods.

Sick-Room Dietary

TOAST WATER: Toast three slices of stale bread to dark brown, but do not burn. Put into pitcher, pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE WATER: Pick over and wash two tablespoonfuls of rice; put into granite sauce pan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain; add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoonfuls.

GUM-ARABIC WATER,: Dissolve an ounce of gum Arabic in pint of boiling water; add two tablespoonfuls of sugar, wineglass of sherry, and juice of large lemon; cool; add ice.

BARLEY WATER: Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts of boiling water; boil down to one quart. Flavor with thinly cut lemon rinds; add sugar to taste. Do not strain unless patient requests.

EGG WATER: Stir whites of two eggs into half a pint of ice water without beating; add enough salt or sugar to make palatable.

FLAXSEED TEA: Flaxseed, whole, one ounce; white sugar one ounce (heaping tablespoonful); licorice root, half ounce (two small sticks); lemon juice, four tablespoonfuls. Pour on these materials two pints of boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK: Put required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding.) Plug mouths tightly with rubber stoppers. Immerse to shoulders in kettle of cold water; boil twenty minutes; or, better still, steam thirty minutes in steamer; push stoppers in firmly; cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK (Cold Process) - In a clean quart bottle, put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains), or the contents of one peptonizing tube (Fairchild's); add one teacupful cold water, shake; add a pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. (Warm Process.) Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to prevent further digestion. Do not heat long enough to render milk bitter.

MILK AND EGGS: Beat milk with salt to taste; beat white of egg till stiff ; add egg to milk and stir.

PEPTONIZED MILK TOAST: Over two slices of toast pour gill of peptonized milk (cold process, page 149); let stand on the hob for thirty minutes; serve warm, or strain and serve fluid portion alone. Plain light sponge cake may be similarly digested.

BAKED-FLOUR PORRIDGE: Take one pint of flour and pack lightly in a small linen bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion; grate the hard core fine; blend thoroughly with a little milk, and stir into boiling milk to the desired thickness.

KOUMISS: Take ordinary beer bottle with shifting cork; put in it one pint of milk, one-sixth cake of Fleischmann's yeast, or one tablespoonful of fresh lager beer yeast (brewer's) ; one-half tablespoonful of white sugar reduced to syrup; shake well and

allow to stand in refrigerator two or three days, when it may be used. It will keep there indefinitely if laid on side. Much waste can be saved by preparing the bottles with ordinary corks wired in position, and drawing off the koumiss with a champagne tap.

WINE WHEY: Put two pints of new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoonful more of sherry, and skim again for a few minutes; strain through coarse muslin. May use two tablespoonfuls of lemon juice instead of wine.

JUNKET: Take a pint of fresh milk, heated lukewarm; add one teaspoonful of essence of pepsin and stir just enough to mix. Pour into custard cups, let stand until firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE: Beat one egg with tablespoonful of sugar until very light; stir in three tablespoonfuls of cold water and juice of small lemon; fill glass with pounded ice and drink through a straw.

EGG NOG: Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth; add dessert spoonful of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE: Dissolve a little gelatin (Knox) in water, put half an ounce freshly ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear by pouring some of it into a cup and dashing it back again; add the gelatin and leave it to settle on the bob for a few minutes. Beat up an egg in a breakfast cup, and pour the coffee upon it; if preferred, drink it without the egg.

RUM PUNCH: Two teaspoonfuls of white sugar; one egg stirred and beaten up; large wineglassful of warm milk; two to four teaspoonfuls of Jamaica rum; nutmeg.

CHAMPAGNE WHEY: Boil half pint of milk; strain through cheese cloth; add wineglassful of champagne.

PEPTONIZED OYSTERS: Mince six large, or twelve small, oysters; add to them, in their own liquor, five grains extract pancreas, with fifteen grains of bicarbonate of soda, or one Fairchild peptonizing tube. The mixture is then brought to blood heat and maintained with occasional stirring, at that temperature thirty minutes, when one pint of milk is added, and the temperature kept up ten to twenty minutes. Finally the mass is brought to the boiling point, strained, and served. Gelatin may be added and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring, suited to individual taste, may be added at the beginning of the artificial digestion.

BEEF TEA: Free a pound of beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on stove or range three hours, but do not boil. Make up for lost water by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF JUICE: Cut a thin, juicy steak into pieces one and one half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF TEA WITH ACID: One and a half pounds of beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through a coarse towel. Boil quickly for ten minutes in porcelain vessel. Let cool. Add half teaspoonful of acid phosphate to the pint.

MUTTON BROTH: Lean loin of mutton, one and a half pounds, including bone; water three pints. Boil gently till tender, throw in a little salt or onion, according to taste. Pour out broth into a basin; when cooked skim off fat. Warm up as wanted.

CHICKEN BROTH: Skin and chop up in fine pieces a small chicken or half a large fowl: boil it for an hour, bones and all, with a blade of mace, a sprig of parsley, one tablespoonful of rice, and a crust of bread, in a quart of water, skimming it from time to time. Strain through coarse colander.

CLAM BROTH: Wash thoroughly six large clams in shell; put in a kettle with one cup of water; bring to a boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP: Take one quart of good stock mutton or veal; cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes by this time should have dissolved in the stock. Add one pint of milk mixed with a very little corn flour to make it about as thick as cream.

APPLE SOUP: Two cups of apples; two cups of water; two teaspoonfuls of cornstarch; one and a half tablespoonfuls of sugar; one saltspoonful of cinnamon; a bit of salt. Stew the apples in the water until they are very soft, then mix together into a smooth paste the cornstarch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve.

RAW MEAT DIET: Scrape pulp from a good steak, season to taste, spread on thin slices of bread, sear bread slightly, and serve as sandwiches.

MEAT CURE: Procure slice of steak from top of round - fresh meat without fat; cut meat into strips, removing all fat, gristle, etc., with a knife. Put meat through mincer at least twice. The pulp must then be well beaten up in a roomy saucepan with cold water or skimmed beef tea to the consistency of cream. The right proportion is one teaspoonful of liquid to eight of pulp; add black pepper and salt to taste. Cook over slow fire or on cool part of covered range till heated through and through and the red color disappears; stir briskly with wooden spoon the whole time. This requires about half an hour. When done it should be soft, smooth, stiff puree of the consistency of thick paste. Serve hot. Add for the first few meals the soft-poached white of an egg.