Soil and Health Library

HOW TO EAT FOR HEALTH
DIET REFORM SIMPLIFIED

BY

STANLEY LIEF

(Member, British Naturopathic Association)

Principal of Lief's Nature Cure Resort, Champneys, Tring
Editor of "Health for All" Magazine

LONDON:
HEALTH FOR ALL PUBLISHING COMPANY
17/18 HENRIETTA ST., STRAND, LONDON WC2

First Published as "Diet Reform Simplified"
First Impression (5,000) - - - *September* 1933
Second Impression (5,000) - - - - *June* 1935
Third Impression (5,000) - - - *November* 1936
Fourth Impression (5,000) - - - *December* 1938
Enlarged and Completely Revised as
"How to Eat for Health"
Fifth Impression (5,000) - - - *April* 1950
Sixth Impression (5,000) - - - *November* 1953

Made and Printed in Great Britain by WIGHTMAN *&*. Co. LTD., THE LEWES PRESS, Lewes. Sussex.

CONTENTS

INTRODUCTION

Diet—Its Relation to Health and Disease

"WHOEVER pays no attention to these things, or paying attention, does not comprehend them, how can he understand the diseases which befall a man? For, by every one of these things a man is affected and changed this way and that, and the whole of his life is subjected to them, whether in health, convalescence, or disease. Nothing else, then, can be more important or more necessary to know than these things.

"Whoever does not know what effect these things produce upon a man, cannot know the consequences which result from them, nor how to apply them.

"Wherefore it appears to me necessary for every physician to be skilled in Nature, and to strive to know, if he would wish to perform his duties, what man is in relation to the articles of food and drink and to his other occupations, and what are the effects of each of them to every one."

Those words were written over two thousand years ago by Hippocrates, in referring to the relation of diet to health, and it is strange that, although they were pronounced so long ago, even at this date much too little attention is paid to food as a factor in health and disease.

To-day, wherever we turn, we find ill-health, disease, and suffering. All manner of diseases afflict our fellow beings. All the degenerative diseases are on the increase. Diabetes, cancer, tuberculosis, kidney, heart and blood-vessel diseases, and a host of other varied ailments are rampant, and are claiming an increasing number of victims with each passing year, in spite of the strenuous efforts made to stamp them out. At least fifty per cent. of the population of this country are in subnormal health. According to statistics, seventy-five per cent. of children of school age have some physical defect, and six out of every ten men and women over forty years of age are suffering from some constitutional disease. And all this in spite of the "progress," the "discoveries" of medical science, the sera, the vaccines, and the hundreds of other "cures"—so called. The truth that proper nutrition is the most important single factor in the promotion of health, and faulty nutrition the most vital single factor in the

promotion of disease, is slowly but surely penetrating some minds, as is evidenced by the utterance of Sir Robert McCarrison at the Annual Conference of the British Medical Association some years ago. "Proper food," he said, "is the foundation of health. . . . The study of the relation of certain food essentials to the structural and functional efficiency of the mechanisation of the body has led to a new conception of the origin and cause of disease; a conception which must be summed up in the sequence : faulty food, faulty nutrition, faulty structure, faulty health, and thus disease."

True, man does not live by food alone; he has to move, breathe, clothe, cleanse, etc., but, notwithstanding, food is the most important single factor in relation to health and disease. This statement does not admit of any argument, and it requires very little effort of the intellect to understand why it is of primary importance when the following few simple facts are fully recognised.

Every tissue, every organ, every gland depends for its nourishment and well-being on a proper state of the blood, and every drop of blood depends for its proper condition upon the food that is introduced into the mouth and digested and assimilated by the organs concerned.

For instance, the nutrition needed by the teeth to keep them healthy and normal is different from that needed by the muscles, the hair, the nails, or the tissues that comprise the various organs, such as the kidneys, the spleen, the liver, the heart, etc., and from that required by the ductless glands, such as the thyroid, the pituitary, adrenals, etc. As the heart pumps the blood through the system, it passes through the different organs and tissues, which extract from it the particular nutrition they need.

The condition of the blood, in turn, as has already been explained, depends on the kind of food introduced into the body. When the food eaten lacks the different elements needed, ill-health is bound to follow, sooner or later, to a degree depending upon the extent and nature of the shortage and on the length of time the blood, and the body in its turn, has been subjected to this shortage.

If one refers to old medical text-books on diet, one discovers that food is divided into three classes, "proteins" (meat, fish, poultry, game, eggs, cheese, etc.), "carbohydrates" (all the cereal foods

and potatoes), and "fats" (oil, butter and meat fats). It is laid down by these books that one should eat a certain quantity of these in order to make up the correct diet, so-called, with the result that the average diet, even to-day, consists largely of foods coming under these headings.

But in more recent times it has been proved conclusively that the human body is made up of certain organised mineral elements, and that it needs these in proper amount for its full and normal activity.

These mineral elements, or salts, which the body can obtain in an assimilable form only from food, are such essential factors in nutrition that their absence very greatly disturbs the normal functions of organs and glands, without which health is impossible. One dietician, whose name is not available, has this to say on the subject of minerals: "They are undoubtedly the scavengers of the body and the purifiers of the blood, they neutralise waste products such as uric acid, etc., and assist in their removal from the body. They are the real medicines, preventing and removing fundamental causes of disease, and restoring the equilibrium of perfect health. They give vital resistance to every cell and every drop of blood and make the body self-protective to all so-called germs of disease and they are the foundations upon which a new system of living and healing may be built."

Not only is it a vital matter to supply the system with the mineral salts, but also there are other food constituents indispensable to its economy. A great deal has been heard in recent years about vitamins, and, undoubtedly, of all the constituents of food on which normal health is dependent, vitamins are the most remarkable. There has been much misconception about vitamins and what these constituents mean.

At first coined by Funk, the word "vitamine" (as it was then spelled) was meant to signify the union of vitality, or life, with nutritive elements in foods, and to emphasise the necessity of providing the body with such foods in their living, vital condition. To interpret the meaning of the word more comprehensively, the vitamin may be described as the vital principle in food, the absence or deficiency of which makes all the difference between health and certain diseased states of the human body.

Anyone who has had substantial experience in treating sick people by rational methods can produce a vast amount of evidence that ill-health and disease are the result of man's own interference with his proper nutrition.

Over thirty years of experience in the dietetic treatment of the sick has brought to the writer the conviction that there is hardly a low state of health, or a disease from which humanity suffers, in which wrong feeding is not the outstanding factor. Evidence can be produced to prove that diseases affecting the kidneys, the skin, the heart and arterial system, the gastro-intestinal tract, and the respiratory organs, are the result of faulty feeding habits, and even those maladies that are definitely assumed by medical science to be directly traceable to bacterial inroads, such as dysentery, tuberculosis, malaria, cholera, leprosy, etc., have the nutritional factor as their primary origin. The germ cannot produce the effect for which it is blamed without the proper soil for its growth and reproduction, and the proper soil is the deficient or polluted bloodstream that results from faulty diet.

What are the ways in which man interferes with, or transgresses, the principles of nutrition that govern his being ? Having been handed down, through successive generations, certain food habits, he persists with them without any thought as to their effects on his well-being and efficiency. His diet, as a result, consists in a large measure of foods that lack those valuable elements which, it has been pointed out, are so vital to him, and of many foods which have no nutritive value at all. He still selects his foods for their protein, starch and fat content without any thought that the foods which are far more important to him are those rich in mineral salts and vitamins.

Experience and deduction from experiments have shown the writer that the chief faults in the feeding habits of the mass of the people of this country to-day can be grouped under the following ten headings, not necessarily given in the order of their importance.

1. The use of white flour and white-flour products in preference to the use of wholewheat bread and wholewheat flour. The vital, nutritive elements of the wheat berry are destroyed in the process of refining to produce white flour.

2. The use of refined sugar and the articles manufactured from it. While sugar in its natural

state contains useful mineral salts and vitamins, it becomes a destructive food when refined.

3. The use of any processed, refined, adulterated food. Once a true food, as produced by Nature, is processed, refined, adulterated, or in any way interfered with, its chemical composition is spoiled, its vitamin content destroyed, and it is no longer suitable for transformation into healthy tissue within the body.

4. The insufficient use of fresh, green vegetables in the form of salads, and fruits, both fresh and dried. These are the vital basic foods that the system needs most. They contain the valuable organic mineral salts and most of the vitamins. Since the foods containing the vitamins and mineral salts, as has been explained, are far more important to the body than those selected for their protein, starch or fat content, it is is evident that we must eat a larger proportion of these foods.

5. The inclusion of too many foods for their protein value, particularly the animal proteins, such as meat, fish, eggs, poultry, etc. These foods produce acids and ptomaines difficult to eliminate, which are largely retained in the system and so cause disease. Milk, and the products of milk, such as cheese and nuts, are much to be preferred as sources of protein.

6. The use of too many starch foods—breads, cakes, biscuits, and cereals of all kinds. Fruits, particularly the dried variety (dates, figs, raisins and prunes), should take their place.

7. The general wrong preparation of foods, such as bad cooking, particularly of vegetables. The general habit of cooking vegetables in large quantities of water, and then throwing away the water. In this way much of their nutritional value goes down the sink, and the cooked vegetable becomes a useless article of diet.

8. The use of foods and drinks that can only be termed "foodless" foods, such as all condiments, tea, coffee, alcohol, etc. They add nothing to the human body in the way of nutritional elements, but are only a drain on the vitality, and therefore a potent cause of disease.

9. Improper mastication of food. This is an almost universal fault. If all our food is to do us the greatest amount of good, it must be thoroughly chewed before it is swallowed. While it is of vital importance to chew starch foods, because of the action of the saliva on these, it is assumed that it is

unnecessary to masticate properly any other food, because these other foods are affected by the stomach juices only. Yet, it is an advantage to chew these also, because chewing promotes the secretion of digestive juices, and so aids better digestion.

10. The over-eating of all food, regardless of quality. This habit alone can be said to be responsible for more ill-health and disease in man than all other bad habits put together.

Any food supplied in quantities beyond the needs of the body has to be digested, assimilated and eliminated. The digestive and assimilative organs do their part, and the eliminative organs endeavour to dispose of the excess. Having too much to do, they fail in their work, with the result that there is an accumulation of poisons within the system. These poisons become a most prolific cause of disease. Wrong diet, therefore, not only leads to the non-supply of the necessary nutrition to the body, but also causes poisons to accumulate in the body, resulting in disease.

When it is considered that the great majority of people practise most, if not all, of the faulty habits of eating already enumerated, need there be the slightest wonder that ill-health and disease are so universally prevalent?

It will also be recognised from what has been said, that only in the correction of his faulty habits of feeding lies man's salvation as regards health.

The knowledge of proper nutrition is, I am convinced, the greatest need of the day. Success in the effort to make the nation fit, and to eradicate disease, depends on the extended study of this vital and important subject, and the application in practice of the results reached by that study.

When those who are in charge of our health, and the public, master the laws and principles of correct nutrition, we shall find ourselves in possession of the means of access to the avenues of good health and freedom from disease.

HOW TO EAT FOR HEALTH

CHAPTER I

THE FIRST PRINCIPLE

PEOPLE have often said that owing to disagreement on certain points by a number of authorities responsible for various systems of dietetics elaborated for the promotion of health and the eradication of disease, one becomes confused as to what is right and what is wrong. It would seem that the foods which are advised, and dietetic rules that are laid down, by one writer are condemned by another.

The fundamental truths of scientific diet, like truth in all things, are unchangeable through all time, and it is only a confusion of terms on the part of the writer, or a lack of perception on the part of the reader, which produces the apparent differences of opinion.

In this connection I modestly and without conceit claim to be an authority on the question of dietetics, in view of my thirty-five years' experience in treating at least 30,000 cases of ill-health, mainly through curative diet. I suggest, therefore, that those who read this book should accept as proven the various statements that I have made. Even should they not be prepared to do this, I ask them, in their own interests, at least, to adhere to the teachings of *one* author, and not try to extract what they feel is good, from a number of sources. At the same time, it must be said that this book is not to be an exhaustive treatise on the subject. Its sub-title indicates that it must be brief.

I have embodied all the most important information I feel necessary to the seeker for health through dietetic means, and have presented it in such a way that it should be understandable by all readers.

The first principle, upon which there is universal agreement, is that the body should be supplied with the kind of food that can be converted into true nourishment which the body may use for its normal functions and maintenance. *No article of food, the purpose of which is other than that, should pass our lips if we desire health of the first order.*

It is known that the body is composed of certain organised mineral elements, and in order that the body may be kept in normal health they must be supplied to the system in the required amounts.

Vitamins

It is also known that certain accessory food factors, the vitamins, are prime essentials to the maintenance of health. In my view, however, too much importance is attached to vitamins, and a great deal too much has been said and thought about their role in human nutrition. This has tended to blind people to the true requirements of the body. It will become quite obvious to the reader later in this treatise that, in following Diet Reform, the minerals, and particularly the vitamins, will look after themselves, by which I mean that the reader will have no need to give any thought as to whether he is having sufficient of this or that vitamin or mineral.

When the food supplied to the human body does not contain the body's requirements in the needed amounts, ill-health must sooner or later ensue, dependent on the nature of the shortage and the amount of unrequired food eaten instead of that really needed. Food that the body is unable to use leads to a clogging of the human machinery, overwork of the digestive organs, absorption of poisons from fermentation, and other disease-breeding conditions.

It must also be realised that in the retention of body poisons and clogging of the human machinery, food is not the only factor. Much depends upon the activity of the various organs of elimination, and also upon the amount of physical activity indulged in by the individual.

As it is known that the processes of cooking, preserving, etc., destroy or change many of the valuable elements contained in food, it will be seen that the first essential of a rational diet—one that will build and maintain health—is to eat foods as near as possible to the form in which they are produced by Nature, that is, unprocessed and unspoiled. This means, of course, that the larger part of the food eaten by a Diet Reformer should consist of raw vegetables and fruits.

It is, in fact, my definite conviction that the whole question of diet hinges on the point of eating only natural foods in their natural state. It is in this form only that we are able to obtain the maximum

of their mineral and vitamin content. When we obey that dietetic rule, we obey the rule that really matters in regard to the food that should comprise our daily meals. There are, of course, other rules with regard to quantity, mastication, food-combinations and so on, but all those would be greatly simplified if the one fundamental rule were followed, as I shall try to show.

CHAPTER II

THE AMOUNT OF FOOD TO BE EATEN

ALL writers are agreed that the majority of mankind eats too much. It is safe to say that over-eating has caused more premature deaths than all the accidents and plagues that have ever occurred. Over-eating is ruining constitutions and breeding disease among millions of persons.

By over-eating we do not mean being gluttonous. The eating of anything which the system does not actually require at the time of eating, or which it cannot use for nourishment, means over-eating.

In view of the continually changing needs of man's organism, it stands to reason that when one's dietary does not contain a sufficient quantity of each of the elements necessary to satisfy those needs, more food in general is demanded by the body in attempting to satisfy its requirements than would be the case if the selection of food were nearer to normal. Therefore, it will be understood readily that the wrong habit of over-eating may be overcome if the system obtains its necessary nourishment in proper proportions ; and that can be obtained only by eating largely of natural unspoiled food.

I am asked very frequently by patients, and readers of *Health for All* Magazine, what amount of protein one should eat each day in order to satisfy the need of the body for this particular class of food. To all these I reply that it is quite impossible to make any definite statement. So much depends upon the individual. For instance, a person who works very hard, either mentally or physically, needs more in the way of protein nourishment than a person of sedentary and idle habit.

The daily protein requirement laid down by orthodox nutritional scientists is 3½ oz., but my own view, borne out by experience, is that the body can subsist in health upon half this amount, in the average case.

With regard to the carbohydrate content of one's daily diet, this must vary even more greatly

than protein with the individual. This type of food, which comprises, of course, the starches and sugars, needs to be burned up as the result of physical work. Therefore, a person who is of sedentary habits needs extremely little of these foods, while a manual labourer working hard will need more than the average. It is not possible, of course, to indicate any particular daily weight of carbohydrate foods. The individual must work out the amount for himself, in accordance with his experience with Diet Reform. It will be, in any case, very much less than the amount consumed by the average unregenerate individual.

In my personal view, the over-eating of carbohydrate foods is responsible for more disease than any other dietetic factor.

The Question of Mastication

Another principle of natural dietetics, and one upon which there is general agreement, is that food must be properly masticated before it is swallowed. That rule would be easy to follow if we ate natural foods only, in their natural state, because they *have* to be chewed properly in order to swallow them. Horace Fletcher wrote a book devoted entirely to the subject of mastication, wherein he not only gave his experiences in curing himself of chronic ill-health through proper mastication, but in which he devoted many chapters to proving the absolute need for the mouth treatment of food in the acquisition and maintenance of perfect health. He made a great mistake, however, when he advised people to eat what they liked, provided they masticated it properly. We know that it requires special effort to chew cooked, soft and sloppy foods, whereas, in the case of raw food, chewing becomes automatic. For example, a spoonful of soft porridge, or any similar soft food, slips easily down the throat, unless a special effort is made to masticate it; while the mastication of a piece of apple, or any other hard, natural food—whether we concentrate on chewing or not—is, to a great extent, involuntary.

At the same time, it is not generally known that, in order to obtain the utmost nutritional value from natural foods, particularly vegetables, proper mastication is of paramount importance. The vital elements of all vegetables, particularly leafy ones, are contained in ligneous, or cellulosic, cells, which are largely unaffected by the digestive

processes. This means that, unless broken down by mastication, they are carried out of the body with their vital contents unreleased. Therefore, we should see that all raw vegetables are chewed as thoroughly as possible in order to break down as many of the cellulosic cells as possible, and so release the maximum of nutritional elements.

Correct Food Combinations

Another point about which most up-to-date experts are agreed is the one which deals with the question of the proper combinations of food.

Much has been written on the subject, but it is a question that need not trouble us, if we partake of natural unprocessed foods only. The question is only important in the case of foods that are cooked, preserved, seasoned, or in any way devitalised, for foods which have their natural properties destroyed, or changed, become difficult of digestion and assimilation when taken together. But we find a totally different condition of things in the case of uncooked natural foods. There are very few, if any, of the latter, eaten uncooked, that do not combine perfectly. That we have proved again and again. Therefore, the much-discussed problem of food combinations solves itself, if the first principle we have elaborated is followed. In fact, as we have tried to show, all the dietetic problems practically solve themselves if the first principle, *the eating of natural food in its natural state,* is followed.

The Question of Mixing Foods

Much has been written about the proper combination of foods, but all the theorising and laying down of laws can be summed up in these words—"The fewer mixtures the better."

At the same time it must be acknowledged that there are certain combinations of foods which are notoriously bad, such as eating starchy foods, like bread, with acid fruits. The acid of the fruit creates fermentation when it comes into contact with the starch and this gives rise to indigestion and discomfort.

CHAPTER III

THE CONSTRUCTION OF A RATIONAL DIET

FOLLOWING the arguments we have used thus far, the question naturally arises: "What is meant by Natural Foods" The answer is: Vegetables, fruits and nuts. All of the vital mineral salts and vitamins that are so necessary to our bodies are contained in those foods, and they will give us all the nutrition we need. Some may think that to live exclusively on such foods would mean starvation, but let me assure them that there are many people who have lived, and are living, exclusively on natural foods, and who are splendid examples of health and strength, many of them having cured themselves of different forms of ill-health in the process.

While I am certain that natural, vital foods alone are sufficient to keep us in the highest state of health, I recognise that under present conditions of living it is very difficult for people to dispense with many of the other articles of diet that are so habitually used. Such foods can therefore be included in the framework of a rational diet, but the great point that should always be before our minds is that the natural foods should predominate largely, so that we may approach as near to the ideal diet as possible. In the chart which accompanies this chapter will be found listed most of the foods in daily use. They are presented in such a way that the chart, when properly followed, becomes, we modestly claim, a most comprehensive and detailed dietetic guide.

DIET CHART

The Safest Foods			Concentrated Foods (To be used sparingly)					Drinks	Harmful Foods (To be avoided)
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8	Column 9	Column 10
Fruits	Salads	Vegetables	Proteins: Vegetable Proteins	Proteins: Animal Proteins	Starches	Sweets	Fats and Oils		
Grapefruit	Lettuce	Carrots	Cottage Cheese	Lamb	Beans (dried)	Raisins	Unsalted Butter	Water	Salt
Oranges	Watercress	Brussels Sprouts	Peas	Mutton	Peas	Figs	Salted Butter	Fruit Juices	Vinegar
Lemons	Celery	Onions	Beans (dried)	Tripe	Lentils	Dates	Olive Oil	Skimmed Milk	Mustard
Pineapple	Onions	Leeks	Lentils	Turkey	Brown Rice	Currants	Almond Oil	Buttermilk	Pepper
Grapes	Leeks	Turnips	Chestnuts	Chicken	Crispbreads	Honey	Salad Oil	Milk	Spice
Apples	Tomatoes	Swedes	Walnuts	Other Poultry	Wholewheat Bread	Prunes	Nut Butter		Pickles
Apricots	Endive	Tomatoes	Almonds	Game	Bran Bread		Margarine	Coffee	Sauces
Peaches	Sea Kale	Celery	Other Nuts	Beef	Rye Bread	Black Treacle	Lard	Tea	Salted Meats
Pears	Carrots	Cauliflower	Hard Cheeses	Veal	Potatoes	Brown Sugar		Mineral Waters	Salted Fish
Bananas	Brussels Sprouts	Broccoli	Eggs	Pork	Oatmeal	Maple Sugar		Condensed Milk	Canned Meats
Strawberries	Cabbage	Red Cabbage		Bacon	Tapioca	Syrup		Alcoholic Beverages	Canned Fish
Raspberries	Red Cabbage	Cabbage		Fish	Sago	White Sugar			Meat Soups
Blackberries	Beetroot	Beetroot		Smoked Fish	Macaroni	Jellies			Meat Broths
Gooseberries	Radishes	Parsnips		Liver	Vermicelli	Preserves			Meat Extracts
Cherries	Spinach	French Beans		Kidney	Spaghetti	Ices			Meat Juices
Plums	Cucumber	Runner Beans			Semolina	All Confectionery			Gravies
		Asparagus							Sausages
		Spinach							Sardines
									Pastry
									Polished Rice
									All White Flour Products
									Refined white sugar and its products
									Fried Foods
									Greasy Foods
									Adulterated Foods
									Denatured Foods
									Alcoholic Beverages
									Coffee
									Tea
									Drugs of all kinds

[Note: The pulses (peas, beans, etc.) are starches as well as proteins]

Detailed Explanation of the Chart

Column 1. **Fruits—**Fruits are solvents and are vital to the human system at all times. Plenty of fruit should be eaten in the spring, summer and autumn, and some in winter, by those of all ages. They contain valuable vitamins, mineral salts, and fruit sugar. They should be eaten uncooked, and without sugar, and should be eaten alone, for preference.

It should be emphasised that all fruits should be eaten ripe, as in this condition only is the fruit sugar properly formed. Ripe, juicy fruits, although they may be acid or sub-acid in character, have an alkaline cleansing effect in the system. They may, therefore, be used in all conditions where there is an upset of the acid-alkaline balance of the system towards acidity.

Where possible the skins of fruits like apples and pears should be eaten, as, apart from the valuable roughage provided for the bowel, the vital elements of most fruits lie just underneath the skin.

Column 2. **Salads—**All the green vegetables mentioned under this heading are rich in organic minerals and vitamins, the active principles of life. They are the neutralisers and eliminators of systemic wastes and poisons. Plenty of salad vegetables should be eaten by those of all ages beyond infancy, and at all seasons, and at as many meals as possible. They may be eaten separately, or

as many as desired may be taken together. They are best taken in the form of salads. In this connection, note carefully the comments about masticating green leafy vegetables, on page 27.

Column 3. **Vegetables—**These can be taken at all seasons, by all ages, and at any meal in the day. Some of the foods mentioned in this column also figure in Column 2, as they can be taken either in the form of salads or cooked. Most of them are eaten cooked, but in order to obtain the full value they contain they should be cooked conservatively by steaming. (See Chapter VI)

Columns 4 and 5. **Proteins—**These are the danger-line foods. They are acid-forming, stimulating, and poison-producing. While it is true that the correct diet should contain a certain amount of these concentrated foods, they should be used sparingly at all times; least in summer and not much at other times. They may be eaten moderately in youth and middle age, but very sparingly in old age. Protein foods are best eaten at the noon or evening meal. Those given under the heading of "Vegetable Proteins" are best, while those in Column 5 should be avoided altogether by those in ill-health. While meat foods are not necessary to health, and we can do much better without their inclusion in our diet, those in good health may use them, if desired, provided they are properly combined and taken in small quantities.

Column 6. **Starches—**These also are danger-line foods, and while a rational diet should include starches, they should be taken in small quantities only, and care should be exercised to see that they are derived from whole grains and not impoverished, as in white flour. Too great an ingestion of starchy foods causes an immediate congestion of the system. Therefore, the more wisely they are eaten the better. Comparatively little starchy food is needed at any age, especially when over fifty; but in any case the important fact to observe in regard to the eating of carbohydrate foods—the starches and sugars—is that they require physical work for their combustion in the system. Therefore, a person who is of sedentary habit requires but very little of this type of food. On the other hand, the heavy manual labourer will require substantially more in order to meet the demands of the amount of physical work he does. Starches should be avoided in summer, eaten very little in spring and autumn, and only moderately in

winter. They are best eaten with either the noon or the evening meal.

Column 7. **Sweets and Sugars** (Concentrated Carbohydrates)—All items under this heading are also danger-line foods, especially those at the bottom of the column, under the line. They overheat the body, cause fermentation, and are frequently responsible for liver trouble, diabetes, rheumatism, acidosis, etc., when eaten to excess. The sweets mentioned at the top of the column, above the line, may be taken with less ill-effect than those at the bottom of the column, but they should always be used moderately. (See remarks above regarding physical work in relation to starches and sugars.)

Column 8. **Fats—**Very little of these foods is needed by the system, and I really believe that fats, *as such,* may be done without entirely. When used, however, they should be taken very sparingly in winter, with next to none in the summer. We realise that this advice is quite contrary to the generally accepted opinion. Our recommendation is made with full consciousness of its purport.

Column 9. **Drinks—**Those mentioned below the line should be avoided altogether by health-seekers. Those above should never be used at meals, unless taken *as a meal.*

Column 10. **Foods harmful to health—**

These should be avoided. They are productive of all manner of disorders, including chronic indigestion, stomach and intestinal ulcerations, nervous dyspepsia, gastritis, mucous colitis, etc. Those which create an unnatural thirst sometimes lead to inebriety. These harmful foods should, therefore, be used only when unavoidable, as on infrequent special occasions, such as at banquets, business lunches and dinners, etc., when the balance may be redressed the day following.

General Note—The foods are listed in each column (except No. 10) in order of nutritional value. Thus, those at the top are best and those at the bottom are of lesser value from a nutritional standpoint.

Eat those foods at the tops of the columns when the digestion is weak. When stronger, those lower down may be used ; but always endeavour to keep to the foods as near as possible to the top.

CHAPTER IV

THE FOODS FOR HEALTH

IT will be recognised from the explanations regarding the different columns in the Chart, that the foods which can be taken safely, and those which are most needed by the body, are the salads, fruits and vegetables—the natural foods. Ninety persons in a hundred will need very little addition of other foods in order to maintain health and remain disease-free. I realise that it will take a considerable time before people will be convinced of the completeness of the fruits-salads-vegetables diet, and so in outlining the meals which are given later, that fact has been taken into consideration and due allowance made.

The Hay Diet

Many readers of *Health for All* have asked me from time to time for my opinion of the Hay Diet. My answer is that it is very good, although the idea of separating proteins from starches is not the reason it is good. In practice it is, of course, next to impossible to make a clean division between starches and proteins, because, for example, most of the pulses, such as peas, lentils, etc., contain in themselves proportions of starch and protein. The Hay Diet succeeds in restoring health because it leads its followers to eat much less of the starches and proteins, which are most productive of disease, and which are usually eaten to excess.

Variety Necessary

Variety is necessary during the day, but not at the same meal; therefore, the fewer foods mixed together at one meal the better.

In order to overcome conditions of ill-health, eat those foods in Columns 1, 2 and 3 exclusively for a period, which should naturally vary according to your condition. It is safe to say, however, that the great majority of people can exist quite healthfully on the foods in Columns 1, 2 and 3 exclusively for at least a week, with only the most beneficial results. Others can indulge in much longer periods, according to their physical condition.

When the condition of ill-health has been benefited, the foods in other columns may be added gradually, but at all times the highly concentrated foods should be kept to a bare minimum, and the danger-line foods avoided altogether.

CHAPTER V

THE NO-BREAKFAST PLAN

CONVENTION has it that we must eat at least three meals a day, namely, breakfast, dinner and tea, or, if you like, breakfast, lunch and dinner.'

Advanced students of nutrition feel, however, that this is too much, and so they adopt what is known as the "No-Breakfast Plan."

The advocates of this plan argue that no-one, after a good night's sleep, needs nutriment until he has done something to deserve it, and I support this argument. Indeed, I have been an ardent follower of the plan for the past thirty-odd years.

The No-Breakfast Plan has much to recommend it, and I suggest that those who read should make a special study of what I have to say about it.

The Plan appealed to me for two main reasons—(1) that it afforded my stomach a long period of complete rest, and (2) that it provided a means whereby my intake of food could be better controlled, so far as quantity is concerned.

Let me elaborate these points as follows, taking (1) first:—

Assuming that the last meal of the day is taken at, say, 7 p.m., its digestion would be completed about midnight. As the next meal would be taken at noon of the day following, one's digestive organs are assured of twelve hours of complete rest. Strange to say, not many persons give any thought to the fact that their stomachs need periods of rest. Indeed, the stomach is probably the most overworked organ in the human economy. Evidence of this is seen in the alarming prevalence of stomach disorders.

The fact of the digestive organs receiving such long periods of rest regularly enables them to become so toned up and efficient that food is dealt with much more thoroughly. In other words, we are able to derive more benefit from the least amount of food we must necessarily eat.

(2) By taking two meals only per day the all-important task of limiting particularly the carbohydrate foods is made more easy. By confining the eating of starchy and sugary foods to one meal and protein foods to the other, we shall

be able to achieve a balance in nutrition that will be as near correct as maybe.

Those who adopt the No-Breakfast Plan will probably find that the first few days of its use will be somewhat troublesome. The stomach that has been accustomed over many years to a regular breakfast will start to complain, and in most cases the complaint will be registered by a feeling of what may be termed "stomach frustration." This is usually indicated by what many term a severe sinking feeling. As the days pass, however, the feeling will grow less, and after about a week it will have disappeared, giving place to one of greater well-being than has been experienced for a long time past. As a matter of fact, most persons who break the breakfast habit say they wish they had broken it much sooner.

CHAPTER VI

WHAT TO EAT

Now that the general principles of a rational diet have been explained, let us see how they may be used in the construction of the daily meals. Since it is important to include fresh fruit in our daily food, the day is best started by newcomers to Diet Reform by partaking of a meal composed solely of fresh fruits, instead of the usual clogging breakfast.

Breakfast.—The first meal of the day may, therefore, consist of any of the foods in Column 1. While it is best to keep this meal to the ripe, juicy fruits, such as oranges, grapefruit, apples, grapes, etc., some of the first six of those mentioned in Column 7 can be used in addition, and those from the top of Column 9. In summer, breakfast should consist exclusively of Column 1 foods.

Readers who have been accustomed to the conventional breakfast of egg, bacon, fish, porridge, bread, tea, coffee, etc., will find that the change to a solely fruit breakfast will leave them with a feeling that they have not had enough to eat. Just as with the No-Breakfast Plan, by the time mid-morning comes, they will probably experience what they term a "sinking feeling." imagining that this is an indication of extreme hunger. This will be by no means the case. The feeling is simply an indication being given by the stomach that we have not been treating it as it has become used to over a long period of time. The wise readers who banish it from their minds and carry on as usual will experience no deleterious effects whatever. Instead, as day succeeds day they will become imbued with an increasing feeling of well-being and released energy. This means they will be able to perform their duties with much more verve than has been customary. Therefore, my injunction is that all readers should persevere until the fruit breakfast becomes an established habit. It will be found quite satisfactory in every way, and the improvement in health and energy experienced will be quite remarkable.

"He Who Sleeps, Dines"

The usual breakfast creates a digestive task that seriously detracts from mental and physical efficiency before noon, the time of day when those faculties should be at their height.

Let us remember the statement made by no less a person than William Shakespeare to the effect that "He who sleeps, dines." This is literally true.

Even in the case of the physical worker a light breakfast of fruit is sufficient. He will find in a few days that, on fruit only, he can carry through greater activities than he could on the foods which go to make up the orthodox breakfast.

The enthusiastic Diet Reformer may wish later to adopt the No-Breakfast Plan ; that is to say, he will take but two meals a day—one at midday and the other in the evening. Those who follow such a regimen regularly derive such extra benefit, digestively and generally, that they will not return to the more usual three meals a day, your author being one of them.

As has been stated before, a glass of milk, or any other of the foods mentioned at the top of Column 9 can be added, if one really is convinced that fruit alone is not sufficient. Breakfast is the only meal at which milk should be taken. It may be drunk either cold or warm, but it should *never* be boiled. The heat treatment of milk destroys much of its valuable mineral and vitamin content and also makes it difficult to digest. Pasteurised milk is half dead and boiled milk three-quarters dead. Drink fresh, untreated milk, if possible.

The Midday Meal.—This meal should be made from foods in Column 2 with the starch from Column 6, or from foods in Column 2 with a vegetable protein from Column 4. Or it may even consist of foods from Columns 2, 5 and 4, especially in the case of those who do a great deal of physical work. People who are endeavouring to overcome ill-health should, however, avoid such a combination.

Thus, a raw vegetable combination salad, with a baked potato, or wholewheat bread, and butter, with dessert in the form of sweet fruit *(i.e.,* dates, figs, or raisins) if desired, is all the food that a sedentary worker needs for his midday meal. If he has been accustomed to the usual business man's lunch of meat, vegetables and a sweet, followed by coffee or tea, the change to a rational mode of diet, as suggested here, may at first leave a feeling that

he has not been satisfied. When, however, he accustoms himself to a lighter diet at noon, he will find that not only will he do his work much more easily, and be less tired at the end of the day, but that his health will improve almost from the start of the new regimen.

The physical worker, who breaks down more tissue and burns up more, will simply need to eat a larger quantity at the midday meal of the foods contained in Column 6, and, in addition, he will be able to eat safely more of the bread and butter and baked potatoes.

The Evening Meal.—This should be the main *cooked* meal, and it may be composed of the foods in Columns 4, 3 and 2, or 5, 3 and 2. At this, which will be the main protein meal, it is better if only one protein is taken, and those in Column 4 are to be preferred from a health standpoint to those in Column 5.

Those who desire "to make their diet approach as near to the ideal as possible, should avoid meat, and substitute egg, nut or cheese dishes; but those who wish to include meat, fish and chicken should do so at the evening meal.

It should always be remembered, however, that when protein foods are taken, plenty of cooked greens, or salad, should be eaten at the same time to offset their acid-forming tendency. Any reasonable combination of the vegetables mentioned in Column 3 may be taken at this meal, and in addition a salad made from the greens in Column 2.

There need be no difference in the constitution or combination of a meal for a physical worker as compared with one leading a sedentary life; it is only a question of *quantity.* A person doing physical work will be more hungry and so will need more food to satisfy his bodily requirements, particularly the carbohydrates in proportion to the amount of physical work he does.

The Question of Dessert

It is doubtful whether dessert, regardless of its character, should be considered as part of a rational diet, for, coming at the end of a meal, when the hunger has generally been satisfied with other foods, it might well be regarded in many cases as an excess. Starchy puddings are not recommended as a regular form of dessert but may be indulged in occasionally.

Dessert should ideally be confined to fruit, and taken at the end of the evening meal. Therefore, if desired, dessert may be added in the form of fruit taken from Column 1, uncooked in preference to cooked.

In the specimen menus I have suggested later, I have allowed both cooked and uncooked fruit, as well as an occasional light starchy sweet, so that the reader may know how to include either.

Special Notes in Regard to Meals

Salads.—The salad is the most important dish. It is a *living* dish containing rich supplies of the mineral elements and vitamins so essential to life. Serious deficiency of those causes disease. A good salad is a plate full of health, and therefore should be taken at least once a day. Some useful hints as to the preparation of attractive, healthful salads will be given later.

Vegetables.—All vegetables which must be cooked should never be boiled, but steamed, or cooked conservatively, so as to conserve the minerals and vitamins as much as possible. Details as to how this may best be accomplished will be found in Chapter VIII.

In first starting along the new Diet Reform lines, it is necessary to guard carefully against a perverted appetite for sweetened, stimulating, highly-seasoned, over-prepared dishes, which is the usual legacy of the conventional dietary. As the system becomes accustomed to the cleaner and more wholesome diet, it will be found that the old, dangerous foods actually become repugnant.

Meals arranged and combined as instructed in this book will not cause the full and heavy feeling which many persons experience after eating in the orthodox way, because there will not be the fermentation which follows an ordinary badly-combined meal. For that reason, it may be thought that enough food has not been eaten, but it is not so. As a matter of fact, the "full feeling" is unnatural, and it will not be experienced when the right foods in their correct combination are eaten. After a proper meal the feeling in the stomach should not be noticeably different. The absence of discomfort may, at first, lead one to eat too much, even of the right foods, but when one has eaten rationally for a while, one soon learns to avoid the error.

The adoption of a rational diet, as outlined, will, after a time, make such a difference to the physical and mental well-being of the individual who adopts it, that he should never have any desire to return to the old mode of living.

CHAPTER VII

SOME MENUS FOR HEALTH

FOLLOWING the principles laid down in the previous chapter, let us see what can be arranged in the way of further menus. The suggestions given in this chapter should not be considered as anything but *suggestions.* Anyone wishing to correct his or her diet can use similar foods of different kinds in place of those indicated. By referring to the rules laid down in the Chart, menus can be arranged without difficulty.

While we believe that the average person, doing little physical work, will be benefited by having fruit only for breakfast, or by omitting that meal entirely, many have been for so long accustomed to a hot breakfast that they will feel unable to start the day without the meal. Therefore, in the following suggested meals, that has been taken into consideration, and so menus for breakfast have been included, and they are modelled on the lines suggested in the previous chapter.

Although, as mentioned earlier, meat is not advised for those who wish to follow an ideal diet, some menus have been inserted which include meat, because of the difficulty some people experience in giving up meat entirely, and yet who want to do their best to follow a natural and wholesome diet. All the menus are, as nearly as possible, in accordance with the advice given previously.

Note.—Where a dish is marked by an asterisk, a recipe will be found in the appropriate recipe section given later.

Breakfast

An orange, a few dates, and a glass of milk.

Lunch

Large salad of raw lettuce, tomatoes, cucumber, or as many green vegetables as desired.
Wholewheat bread, and butter.
A few steamed figs.

Dinner

Poached egg on steamed spinach.
Creamed carrots.

Baked potato.
Small salad also, if desired.

Lunch

Lettuce, cabbage and celery salad withi
Olive oil and lemon uice dressing.
Wholewheat toast and butter.
Grapes or an apple.

Dinner

Vegetarian savoury or meat dish.
Two steamed vegetables.
Raw fruit.

Breakfast

Dish of soaked figs, and an apple.

Lunch

Raw vegetable salad, cottage cheese.
Wholewheat bread and butter.
Dried fruit.

Dinner

Vegetable soup.
Vegetarian savoury or steamed fish.
Steamed celery.
Steamed spinach.

Breakfast

A whole-grain breakfast food with sliced
Banana and dates.
Milk.
Ripe apple or pear.

Lunch

Lettuce, radishes, cucumber, watercress and endive salad.
Milled nuts.
Wholewheat toast and butter.
Soaked figs, dried pears, apricots or prunes.

Dinner

The basket *hors d'œvre.**
Spinach suffle.*
Baked potato.
Diced turnips with sauce.
Fig and apple salad.*

Breakfast

Fruit salad of sliced apple and orange, chopped figs and dates.
A few mixed nuts.

Lunch

Lettuce, chopped heart of cabbage, radishes, and grated carrot salad.
Cottage cheese.
Crispbread and butter.

Soaked prunes.

Dinner

Water cress soup.*
Cheese and tomato on turnip.*
French beans.
Braised onions.
Apple favourite.*

Breakfast

Sliced oranges and soaked prunes.
Glass of Milk.

Breakfast

Grapefruit, one apple. Glass of milk.

Lunch

Champneys salad.*
Milled cheese.
Crispbread, and butter
Ripe, sweet apple or pear as dessert.

Dinner

Parsnip croquettes.*
Spinach.
Sprouts.
Apricot whip.

Breakfast

Juice of two oranges.
Dish of soaked figs or apricots.
Glass of milk.

Lunch

Cauliflower, carrot, and apple salad.*
Baked potato, and butter.
Prune whip.*

Dinner

Champneys pancake.*
Braised celery.
Creamed carrots.
Fig dainty.*

Breakfast

Any fresh fruit desired.

Lunch

Salad of lettuce, tomatoes, beetroot,
cucumber and grated carrot.
Wholewheat toast, and butter.
Soaked apricots.

Dinner

Bird's-nest *hors d'œuvre**
Omelette Léon.*
Peas and carrots Jardinière.*
Gooseberry tool.*

Breakfast
Half a grapefruit.
Soaked, dried fruit.
Apple.

Lunch
Russian salad.*
Crispbread, and butter.
Soaked prunes.

Dinner
Sweet corn on lettuce leaf.
Vegetable roast.*
Braised lettuce.*
Braised tomatoes.
Rice pudding.

Breakfast
A ripe pear, figs, and a few grapes.

Lunch
Salad of lettuce, cucumber, tomatoes,
mustard and cress, and chopped pineapple.
Crispbread and butter.
Soaked figs.

Dinner
Lettuce roll *hors d'œuvre**
Tomato au gratin*
Cauliflower and turnips.
Fresh fruit salad.

Breakfast
Orange, apple, dried fruit and a glass of milk.

Lunch
Grated vegetable salad.*
Crispbread and butter.
Stewed plums.

Dinner
Glass of tomato juice.
French bean souffle*
Braised onions.
Carrots.
Junket.

Breakfast
Mixed fruit salad.
Glass of milk.

Lunch
Cauliflower salad.*
Baked potato and butter.
Stewed apples.

Dinner
Half a grapefruit.
Celery *au gratin**

Carrots, sprouts.
Steamed carrot pudding.*

Breakfast

Salad of grapefruit and orange pulp with seedless raisins.
Glass of milk.

Lunch

Salad of endive, lettuce, beetroot, cucumber, and chervil.
Wholewheat toast, and butter.
Raw sweet apple.

Dinner

Stuffed tomato *hors d'œuvre**
Egg cutlets.*
Spinach and braised onions.
Lemon jelly.*

Breakfast

An orange, pear, and few figs
Glass of milk.

Lunch

"Tilden" salad.*
Crispbread and butter.
Grapes.

Dinner

Glass of tomato juice.
Italian vegetable cutlets.*
Spinach, celery.
Stewed pears.

Breakfast

An orange, apple, few dates and figs.
Glass of milk.

Lunch

Vegetable marrow salad.*
Shredded wheat (dry) and butter.
Baked apple.

Dinner

Vegetable soup.*
Stuffed baked onion.*
Celery.
Browned parsnips.
Stuffed apple or pear.*

CHAPTER VIII

HOW TO PREPARE FOODS

THE natural taste of foods should not be disguised by condiments. If food does not taste good without disguising it, it is food which should not be eaten. Disguising the taste of food with condiments forces the body to accept something it does not need, and brings about an over-ingestion of food, causing poisoning of the system, besides taxing the body severely in its efforts to eliminate the superfluous intake.

All foods, with the exception of meat, fish, eggs and poultry, are better eaten in their natural state, *i.e.,* uncooked. If food must be prepared, the best way is to steam it. Next to steaming comes broiling, then roasting, and, finally, boiling.

The importance of knowing how to prepare vegetables cannot be overemphasised. Vegetables boiled in the ordinary way are deprived of most of their vital elements, which the human system so greatly needs.

The ideal way to cook vegetables is to steam them, and there are several utensils specially designed for the purpose on the market.

Among these are the newly-fashionable pressure cookers, which are excellent for the purpose of cooking properly all vegetables. The only point I would make about it is that the cooking instructions should be adhered to very carefully, otherwise there may be a danger of overcooking, with a consequent destruction of vitamin content.

Most pressure cookers are made from aluminium. As aluminium utensils are considered by some to cause aluminium contamination of foods, reference to this matter by me will not be out of place. As a general recommendation I advise against the use of aluminium saucepans for the cooking of any acid fruits, because there has been proved to be an exchange of aluminium salts between the fruit and the saucepan to an extent which may be, in some degree, detrimental to health. In the case of pressure cookers, however, there is no boiling action. The food simply rests in the cooker and is surrounded by a jacket of steam during the cooking process. Careful analyses of

food cooked in pressure cookers have been made at my instigation by a well-known biological chemist, and the take-up of aluminium in pressure cooking has been found to be quite negligible. The best utensils for boiling should be made of stainless steel or good quality enamel.

Steamed vegetables will not have the same appearance as those boiled in plenty of water to which soda has been added; but, on the other hand, they will retain their natural flavour to a much greater extent, and will also have the natural minerals and a larger proportion of vitamins conserved.

Another method by which all the natural juices may be retained is by cooking *en casserole,* which is now such a popular method that detailed instructions are not necessary.

Food should only be fried on very rare occasions, and then for as short a time as possible.

Dried Fruits.—Dried fruits, such as prunes, apricots, pears, peaches, figs, raisins, etc., should not be stewed, but put into a closed vessel, covered with boiling water, and left to soak for from twenty-four to thirty-six hours. No sugar should be added. When it is necessary to sweeten any dish, honey is the best thing to use, and after that, Barbados sugar; but as a rule, if the fruit is allowed to soak for long enough, no sweetening will be necessary.

Salads.—When discussing salads, it is necessary to point out to the uninitiated in Diet Reform that, when speaking of salads, we mean real, large salads, and not the miniature specimens composed of one tomato and two leaves of lettuce, such as are usually served in the average restaurant.

In making a salad, it is only necessary to apply the commonsense rules already outlined, so that, with a little practice, anyone will be able to make up an endless variety of delicious salads. Simplicity should be the keynote. Use only clean and sound vegetables and fruits, and, as a general rule, use a simple dressing of olive oil and lemon juice, but not vinegar.

If two, three, or four varieties of good crisp vegetables, fruits and nuts, or vegetables, fruits and grated cheese are used, one cannot fail to make up a satisfactory salad. However, in order to put every reader on the road to successful salad making, there follow a few salad recipes, and directions for

making more elaborate salad dressings for special occasions, which can be thoroughly recommended.

CHAPTER IX

SALAD RECIPES AND DRESSINGS

I. *Cauliflower, Carrot, and Apple Salad.*—Mix an equal quantity of grated raw cauliflower, grated carrot, and grated apple. Add to this any kind of cream cheese. Arrange an ample amount of lettuce and watercress on each plate, and in the centre place a mound of the grated mixture.

2. Cauliflower Salad.—Cook a cauliflower carefully so that it is still firm, and when drained and cold, break into sprigs. Line a bowl with lettuce leaves, then pile up the cauliflower sprigs in the centre. Make a dressing of six tablespoons of olive oil, one tablespoon lemon juice, and a little chopped parsley, and pour half of this over the cauliflower. Beat up the yolk of an *egg,* add the rest of the dressing gradually to it, put some cold chopped French beans, or carrots, or some peas in this mixture, and arrange round the cauliflower. Sprinkle a little chopped parsley over the whole, and serve.

3. *Champneys Salad.*—This is composed of as many vegetables as can be obtained. Line individual bowls with plenty of lettuce, and in the centre of each place a tomato which has been cut into four sections and opened, but not quite severed through. Arrange round this grated raw carrot, diced beetroot, cucumber, inch-long pieces of celery, grated cabbage, etc., as available.

4. *Grated Vegetable Salad.*—Line individual bowls with lettuce. Grate equal quantities of beetroot, carrot, turnip, and apple, and arrange in four mounds round a tomato.

5. *Russian Salad.*—Line individual bowls with lettuce and place quartered and opened tomato in the centre as for Champneys salad. Arrange round this some peas, diced carrot, sprigs of cauliflower, etc., all of which have been cooked earlier and allowed to get cold. Round the outer edge arrange slices of beetroot, cucumber and hard-boiled egg. A stuffed olive may be placed in the centre of the tomato.

6. *Tilden Salad.*—Chop or slice equal parts of lettuce, tomatoes, cucumber or celery and add a small piece of onion, if desired. Dress with lemon juice and olive oil.

7. *Vegetable Marrow Salad.*—Cook a vegetable marrow, but see that it remains quite firm. Allow it to get cold, then cut it up and sprinkle with chopped mint, parsley or olives. Serve with a dressing or mayonnaise.

With a little ingenuity an almost endless variety of salads may easily and economically be devised.

Salad Dressings and Mayonnaises

As has already been mentioned, vinegar should never be used. Once one has become accustomed to using lemon juice in its place, there will be no desire to revert to vinegar.

1. The simplest dressing, and one which is to be recommended for general use, is lemon juice and some good olive oil.

2. A slightly more elaborate dressing may be made from the yolk of a hard-boiled egg, 1 teaspoon sugar, and ½ teaspoon salt. Add 1 tablespoon lemon juice and 2 tablespoons milk. Beat or whisk the ingredients thoroughly together.

3. *Cream Salad Dressing.*—3 tablespoons olive oil; 2½ tablespoons lemon juice; 1 tablespoon chopped onion, parsley, chives, chervil, and tarragon; 2 tablespoons cream ; ½ teaspoon salt. Mix all together, adding the cream last of all, just before serving

4. *Plain Mayonnaise.*—1 yolk of egg; 1 gill olive oil; ½ teaspoon lemon juice; pinch salt. Stir the yolk of the egg with the salt and add the salad oil drop by drop. When the sauce has begun to thicken, a whisk may be used to beat it, and the oil may be added in little larger quantities. Add the lemon juice carefully, last of all.

5. *Green Mayonnaise.*—Boil a cup of spinach with half a cup of equal quantities of parsley, watercress and chervil, until tender. Drain and pass through a sieve. Add the pulp to the plain mayonnaise (see No. 4) until the right shade is obtained.

CHAPTER X

HORS D'ŒUVRE AND SOUP RECIPES

Basket hors d'Œuvre.—Hard-boiled eggs, mustard and cress; chopped parsley; stuffed olives; stalks of watercress.

Cut the egg in half lengthways. Carefully remove the yolk and mix with a little chopped parsley. Replace this in the egg and put a slice of stuffed olive in the centre. Select a piece of watercress stalk 2 to 3 inches long and insert both ends in the yolk to form the handle of the basket. Sprinkle a little mustard and cress round the basket as it stands on the plate.

Bird's-nest hors d'Œuvre.—Allow one slice of beetroot per person. Arrange mustard and cress on this to form a "nest," and drop into this two or three "eggs" made by shaping cream cheese lightly between the palms of the hands, and dipping into milled nuts.

Dried Pea Soup.—1 cup dried split peas ; 1 large carrot, cut in cubes ; 1 large onion, minced ; 3 stalks celery, with leaves, cut in small pieces; 2 quarts water; ½ teaspoon salt (optional) ; 1 tablespoon butter.

Wash peas and soak overnight in water. When ready to cook place peas and liquid in saucepan, then add onion, carrot, and celery. Cook for 25 minutes. If necessary add more water. Before serving, add the salt and butter.

When using fresh peas, cook 2 cupfuls of shelled peas in 1 quart water, rub through a colander, and then combine with raw vegetables.

Lettuce Roll hors d'Œuvre.—Spread a crisp piece of lettuce with cream cheese, roll and tie with long-stemmed nasturtium leaf.

Marmite Soup.—4 cups vegetable stock; 2 or 3 teaspoons Marmite.

To make the vegetable stock, use 1 parsnip, 1 onion, 2 carrots, 3 sticks celery, 1 cup cabbage (l cup green beans, if available).

Wash vegetables and cover with cold water. Simmer very slowly for 4 hours. Strain, add *Marmite,* and serve hot.

Onion and Tomato Soup.—1 tin, or 1½ lb. fresh, tomatoes; ½ lb. onions, minced; 1 teaspoon

brown sugar; 1 tablespoon butter; 1 cup cold water; ½ cup minced parsley; 1 bay leaf; ¼ teaspoon salt, if desired.

Simmer tomatoes, water, sugar, bay leaf, and onions for 25 minutes, on low heat. Remove bay leaf. Add butter and parsley and salt. Reheat for 3 minutes. Serve immediately.

Parsnip and Cauliflower Soup.—3 parsnips; ½ small cauliflower; 1 pint milk; 2 tablespoons butter.

Steam parsnips and cauliflower and force through a coarse sieve. Heat the milk and add vegetables and butter. Sufficient for three persons.

Stuffed Tomato hors d'Œuvre.—Choose tomatoes of a uniform shape and size. Cut a thin slice from the top of as many as needed. Carefully scoop out the centre, leaving enough to make a good, firm cup, and set away in a cool place until needed. Cut a cucumber into very small dice, add the pulp taken from the tomato cups, season to taste, and add a wee bit of grated onion. Fill the tomato cups with this mixture and pour over each some dressing. Serve on one large lettuce leaf, breaking the midrib if necessary to make it lie flat. Finely-cut celery may be substituted for the cucumber, if desired.

Vegetable Soup.—3 large onions; 2 large carrots ; 1 large turnip ; 3 pints cold water; 2 tablespoons natural barley; 6 large sprigs of parsley; 1 stick celery; 1 potato; 2 oz. butter; ½ cup milk.

Wash the vegetables and cut small. Boil until tender. Rub through a wire sieve, add butter and milk, and return to pan to boil again until ready.

Watercress Soup.—½ lb. watercress; 2 tablespoons chopped potatoes; 2 egg-yolks, hard-boiled; 1 oz. butter; 1 quart vegetable stock or water.

Slice the watercress and cook with the potato in the stock for an hour. Rub through a sieve. Heat the watercress puree ; season, if desired. Rub egg-yolks over the top of the soup.

CHAPTER XI

ENTREE RECIPES

Braised Lettuce.—6 cabbage lettuce; 1 onion; tablespoon cream or top milk; tablespoon chopped' herbs. Clean and slice the lettuce. Chop the onion, and brown in butter. Add the lettuce, sprinkle with tablespoon of flour, stew gently, and add ½ pint hot vegetable stock. Cover and stew for 20 minutes. Before serving, add chopped herbs and cream.

Brown Lentil Stew.—¼ lb. brown lentils.; 1 lb. onion; 2 oz. butter; 1 pint water; 1 lb. tomatoes; ¼ teaspoon *Yeastrel.* Salt, if desired.

Pick over and well wash lentils. Put into boiling water and simmer gently for 3 hours. Slice and fry onions in the butter . in another saucepan, until nicely brown; skin tomatoes, add to onions, and cook for ½ hour. Add cooked lentils and stew together for about another ½ hour. Season and add *Yeastrel,* previously dissolved in a little hot water, just before serving. Care must be taken that this dish is not too thin. A little wholemeal flour may be added for thickening, if necessary.

Cauliflower an Fromage.—1 cauliflower ; 4 oz. dry cheese; 1 tablespoon cream; 1 oz. butter; 1 tablespoon milk; ½ teaspoon finely chopped parsley ; thyme, salt, paprika.

Steam the cauliflower until tender, then beat flower with the fork until smooth and creamy. Season well with paprika. Add the herbs, cheese (finely, grated), milk, and cream. Put mixture in a fireproof dish, sprinkling grated cheese over. Put the butter on top in small pieces and brown in the oven or under the griller.

Celery au Gratin.—Cut three large heads of celery into pieces and cook in water until tender. Grate 8 oz. cheese and mix with milk. Place celery on a greased baking-dish, pour the mixture over, cover thickly with wholewheat breadcrumbs, add a few bits of butter and bake until lightly browned.

Champneys Pancake.—4 oz. wholewheat flour; 2 newlaid eggs; 1 gill fresh milk; 3 large onions; 3 tomatoes; 1 teaspoon mixed herbs.

Put flour into a basin, break the eggs into this and beat them well with the flour. Add the milk slowly, then let the mixture stand for a while. Put a little fat into an omelette pan, and when this is very

hot, pour one-third of the mixture in and cook for 2 or 3 minutes, shaking the pan to prevent sticking. Then turn over and brown the other side. Have the following mixture ready for filling. Mince the raw onions, skin the tomatoes. Put the tomatoes into a saucepan, mix the herbs with the raw onions and lay them on top of the tomatoes. Put on a low gas just to heat through. As soon as the three pancakes are cooked, place the filling in them and roll up quickly. Serve hot.

Cheese Cream.—6 oz. grated cheese; 1 tablespoon wholewheat flour; ½ teacup vegetable stock; 2 sticks celery, finely chopped (omit, if necessary) ; 2 or 3 nasturtium leaves (finely chopped) ; ½ pint milk; 2 level teaspoons *Gelozone ′,* pinch celery salt.

Mix the *Gelozone* to a smooth paste with a little cold water, add the remainder of cold liquid, and celery salt. Dissolve by stirring over low heat. Add celery, nasturtium leaves, grated cheese, then finally sift in flour and mix well. Cook for about five minutes. Wet a mould and pour in the mixture and leave aside to cool. In the winter this may be served hot with vegetables, and in the warm weather served cold with a leafy green salad.

Cheese Pudding.—½ pint milk; 3 oz. grated cheese; brown breadcrumbs.

Boil the milk and add to it the,grated cheese and a little brown breadcrumbs. Stir all together until it boils, pour it into a basin, season with a little salt, if desired. Place the pudding in a pie-dish and bake for 20 minutes to ½ hour in a moderate oven.

Cheese Puffs.—2 oz. grated cheese; white of 1 egg; 1 teaspoon grated horseradish ; fine brown breadcrumbs.

Grate the cheese, put in a basin, and mix with the horseradish, then the white of egg, stiffly whisked. Stir in enough fine breadcrumbs to bind the mixture. Make up into small balls, place on well-buttered baking-sheet, and bake in fairly hot oven for about 15 minutes. Serve either hot or cold, as preferred.

Cheese and Tomato on Turnip.—1 oz. butter; a gill tomato puree; 2 oz. grated cheese; slices of turnip ¼ in. thick; lemon juice. Simmer the slices of turnip in a small quantity of stock in an iron pan until the liquid dries up, when the slices will be a beautiful brown. Keep hot.

Melt butter, add tomato, cheese, and lemon juice and stir over gentle heat until it begins to set. Serve on slices of turnip. (Toast may be substituted for turnip, if desired.)

Coral Eggs.—1 cup stewed tomato; 3 eggs; teaspoon parsley; teaspoon grated onion.

Heat tomatoes in saucepan over fire and add seasonings. Beat eggs until well mixed, and pour into hot tomato. Stir until egg is set.

Creamed Carrots.—Carrots ; butter; milk; parsley.

Scrub carrots, cut into dice, and barely cover with water. Cook until tender and the water is absorbed. Add milk, and allow to come to boiling point. Thicken with a little wholewheat flour and butter. Minced parsley may be added before serving.

Egg Cutlets.—3 eggs ; ½ pint milk; 1 oz. butter; 2 oz. flour; wholewheat breadcrumbs. Boil the eggs until just hard, and put through a sieve. Make a sauce with the butter, flour, and milk, and make it thick so that it will stand in balls when mixed with sieved eggs. Allow the mixture to get cold, then shape into cutlets; dip in egg and breadcrumbs, and cook in very hot olive oil for about 2 minutes.

French Bean Souffle.—French beans; 2 tablespoons flour; 3 tablespoons butter; ½ pint milk; 3 eggs; 3 tablespoons grated cheese.

Prepare and partly cook beans. Melt butter, rub in flour and add hot milk to make thick sauce. Cool, add beaten yolks of eggs, the cheese, and then the whites stiffly beaten. Arrange beans in dish, cover with the mixture and bake in oven for half an hour.

Italian Vegetable Cutlet.—Butter beans, peas or lentils; 1 small onion; 1 tablespoon chopped parsley; 2 tablespoons finely chopped or milled nuts; 1 egg; carrots or celery, cooked.

Either peas, beans or lentils can be used for the foundation of this recipe. Wash and cook as in previous recipe. Rub the legumes through a sieve and add to them the small onion, minced, the chopped parsley, and the chopped nuts, also carrots, celery, or any other vegetable which may be left over from a previous meal. Mix all together, bind with a beaten egg, add salt if desired, and form into several cutlet shapes. Broil or bake in a moderate over for 15 minutes, and serve with tomato sauce.

Legume Puree.—1 cup lentils, beans or peas; 1½ cups water; 1 teaspoon lemon juice; 3 tablespoons nut cream or fresh cream.

Soak the legumes in water overnight and in the morning cook slowly until tender. If all the water is absorbed, add a little more hot water and put through a fine colander, taking a few tablespoons of the legumes at a time. When sifted, add the nut cream and lemon juice, and beat until smooth.

Legume Savouries.—2 cups sieved legumes; 1 cup flaked cereals or brown breadcrumbs; 1 beaten egg; 1 tablespoon chopped parsley.

Mix the ingredients and form into little cakes, about 2 in. wide and ½ in. thick. Bake for about 10 minutes and serve with nut cream and combination salad.

Lentil Paste.—8 oz. red lentils; 1 chopped onions; 4 tablespoons olive oil; brown breadcrumbs.

Cook lentils and onion until quite soft; add oil and just sufficient breadcrumbs to make into a paste; place in jars; when cool cover with melted butter; serve when set.

Lentil Ragout,—1 cup lentils; 2 cups water; ¼ cup nut or fresh cream; 1 teaspoon lemon juice; 1 tablespoon chopped parsley.

Wash the lentils well; soak them in water overnight. In the morning, cook them slowly for about 3 hours, or until they are soft and dry. When done, add the cream, lemon juice, and parsley. A chopped onion may be cooked with the lentils.

Lentils a la Francaise.—Lentils; onion; butter; chopped parsley.

Wash and soak the lentils overnight and cook as for previous recipes. Melt a little butter in a pan, and into it put the sliced onion. Cook until a golden brown. Add this to the saucepan containing the cooked lentils. Stir and mix well, and lower the heat, then add a good lump of butter, shake well for 2 or 3 minutes over a brisk fire. Have ready a hot dish. Put in the lentils, sprinkle with the chopped parsley, and serve.

Lentils a L'Espagnole.—3 or 4 medium-sized Spanish onions; 4 oz. lentils, previously soaked and then cooked in stock; ½ pint white sauce; grated cheese.

Peel onions and partly cook; remove the centres, filling cavities with lentils. Place the onions on a well-greased tin or in a casserole, add a little stock or fat, bake in moderate oven for about

an hour. Pour over the sauce, which should be made with the liquor from the onions, butter, milk, and wholewheat flour. Sprinkle with a little cheese and brown in a sharp oven or under the grill. Serve hot.

Omelette Leon.—Slice some onions.' Dredge well with flour and Parmesan cheese. Braise thoroughly and keep hot. ' Beat 2 eggs well, add 2 to 3 tablespoons milk and well beat again. Melt some butter in an omelette pan, pour in the mixture, and cook. When ready, toss omelette out of pan, sprinkle some of the onion on it, and serve very hot.

Parsnip Croquettes.—3 parsnips ; 2 eggs; 4 oz. flour.

Cook the parsnips and put through a sieve. Add the beaten eggs and flour. Make into croquettes, dip in egg and breadcrumbs, and fry in olive oil for about 2 minutes.

Peas and Carrots Jardiniere.—Cook equal quantities of peas and young carrots together. Sprinkle with finely chopped parsley, and serve.

Savoury Eggs.—Eggs; milk or cream; grated cheese; chopped parsley.

Into some small buttered moulds, drop a little finely chopped parsley, some grated cheese, and 2 teaspoons of milk or cream. Break an egg into each. Place the moulds in a shallow saucepan or tin of boiling water and cook until the eggs are just set. Serve in the moulds, or if wished, turn out on a bed of cooked cabbage, spinach, chopped greens, braised lettuce, or any other green vegetable.

Spinach Souffle.—1 lb. cooked spinach ; 3 eggs; ½ oz. butter; few browned crumbs ; 2 tablespoons cream or top milk.

Prepare and cook the spinach in the usual way, then rub through sieve. Separate the yolks and whites of eggs; add the yolks and cream to the spinach. Whisk the whites to a stiff froth, and stir them lightly into the mixture. Place in souffle cases, sprinkle with a few browned crumbs, put a few bits of butter on top, and bake for ¼ hour.

Steamed Cheese Savoury.—1½ teacups crisp cereal flakes, crumbled finely; 1 new-laid egg; 6 oz. grated cheese; 3 oz. grated raw swede; 1 gill vegetable stock.

Mix all together, bind with the egg added to the stock, put into a buttered basin, cover, and steam for 45 minutes.

Stuffed Baked Onion.—The onion that lends itself most kindly to this mode of treatment is the Spanish onion, or the small white onion, if a more dainty dish is desired. First of all, peel the onions, beginning at the root end, and removing just a thin skin. Then place them in a saucepan; pour over sufficient boiling water to cover. Parboil the onions for 10 minutes and drain. Then cut off a thin slice from the stem end of each, and with a knife carefully remove the insides, leaving a good hollow in the centre. Fill this with the stuffing (which may be composed of nuts, cheese, tomatoes, etc.), allowing the mixture to round slightly over the top of the onion. Sprinkle with fine breadcrumbs and lay a small piece of butter or margarine on the top of each. Place the stuffed onions in a greased casserole, with about half an inch of water at the bottom. Put on the cover and steam the onions until tender, basting them frequently with the liquid. The onions may be baked instead of steamed, when no water should be placed in the casserole.

Tomato au Gratin.—Use large tomatoes.. Peel and cut in half. Take out pulp and mix with grated cheese, allowing a dessertspoon to each half. Sprinkle tomato cup with lemon juice, and fill with the cheese. Sprinkle with breadcrumbs, cover with grated butter, and bake for 20 minutes.

Vegetable Roast.—Pare and cut into large dice equal parts of carrots, turnips, parsnips and celery shoots. Cook until tender. Chop finely one cooked Spanish onion and mix in a teaspoon of minced parsley. Add half a cup of wholewheat breadcrumbs and a gill of top milk or cream. Bake in a well-buttered pan until nicely browned. Serve with hot tomato puree.

CHAPTER XII

SWEET RECIPES

Almond Cream Blancmange.—2 teaspoons almond cream; 1 pint of milk; rind of lemon; 2 eggs; ½ oz. agar-agar; 1 tablespoon honey.

Combine the milk, almond cream (from Health Stores) and lemon rind and put a saucepan to warm. Simmer the agar in a separate saucepan until dissolved (about 20 minutes). Separate the yolks from the whites of the eggs and beat the yolks well. Add these to the milk, after removing the lemon rind. Stir until of creamy consistency. Add honey to taste and then the dissolved agar-agar. Mix all well together. When slightly cooled, add the egg-whites, which have been beaten to a stiff froth. Pour into a wet mould and leave to set. This may be served plain or with fruit.

Apple Crisp.—8 large apples; ½ cup sugar; 1 teaspoon ground cinnamon; 6 tablespoons margarine or nut fat; ½ cup water; ½ cup flour.

Peel the apples and slice thinly. Fill a casserole with apples and water. Sprinkle with cinnamon. Blend the rest of the ingredients to a crumbly consistency, and spread over the top of apples. Bake uncovered in a hot oven for one hour. Serve hot with cream or mock cream.

Apple Favourite.—2 lb. juicy red cooking apples; 1 tablespoon Barbados sugar; 2 tablespoons chopped figs, soaked; 2 tablespoons grated fresh lemon and orange peel; milled Brazil or hazel nuts, or any other kind preferred.

Clean apples thoroughly and grate (with skin). Add sugar, figs, and peel, and mix. Place in casserole or baking dish, sprinkle liberal quantity of milled nuts on top and put pieces of candied peel in centre for decoration. Place in moderate oven until quite hot, but only slightly browned.

Apple Goody.—l quart ripe apples; ½ cup brown sugar; juice and rind of 1 orange ; chopped almonds ; butter.

Slice apples in an amount to fill a buttered dish. Squeeze the juice of a large orange over them and grate some of the peel over all. Add ½ cup of brown sugar to a quart of apples. Mix lightly and dot with butter. Bake until soft, but not too dry.

When nearly finished, sprinkle with chopped almonds, or any other nuts.

Berry Chantilly.—2 cups berries (strawberries, raspberries, etc.) ; 2 egg-whites, I cup cream or mock cream; honey.

Mash the berries with a silver fork and put to chill in the refrigerator or in a cool place. Beat the egg-whites to a stiff froth and whip the cream stiff also. Combine the two and add a little honey to sweeten. Fold in lightly to the fruit puree. Serve in tall glasses, with a whole berry on the top.

Blackberry Charlotte.—1 lb. ripe blackberries; 2-3 tablespoons finely chopped nuts; butter; 2 oz, honey; *Kellogg's Corn Flakes* or *Fru-Grains.*

Grease pie-dish, line with flakes, then half the blackberries, carefully picked over, half the honey, then more flakes, remainder of berries, then the nuts, remainder of honey, and finally layer of flakes, Press well into dish, cover with saucer, bake in slow oven, and serve with cream, if desired.

Chocolate Junket.—1 pint milk; l½ oz. chocolate; Rennet essence (usually 1 teaspoon, but different makes vary).

Grate finely the chocolate and dissolve in three tablespoons of the milk; add the rest of the milk gradually, heat to blood heat. Stir in the rennet essence; pour into a glass dish. Stand in a somewhat warm place to set.

Chocolate Mould.—¾ cup brown sugar; ¾ cup cream; 3/8 cup ground chocolate; 4 tablespoons wholewheat flour; ¾ cup water; 1 teaspoon vanilla.

Mix sugar, flour and chocolate thoroughly ; add cream and water, heat in a double boiler, stirring constantly, until mixture thickens. Add vanilla, and a little butter, if desired. Pour into moulds which have been rinsed in cold water. Chill and serve with cream. Serves four.

Coffee Cream Delight.—1 gill milk; 1 teaspoon *Gelozone* ; brown sugar to taste ; ½ pint cream; 2 eggs (yolks) ; ½ gill very strong dandelion coffee ; ½ pint milk.

Beat the egg-yolks a little and put into a pan together with the sugar and ¼ pint cream and ¼ pint milk. Cook over low heat until of rich, thick, creamy consistency. Do not boil. Dissolve the *Gelozone* in the gill of cold milk, put in a double saucepan, and bring to the boil, then simmer gently for 2 or 3 minutes. Combine with the egg-yolks mixture. Stir together and mix thoroughly, then add coffee and mix once more. Wet a mould and pour

in the cream. Serve with whipped cream, to which has been added the stiffly beaten egg-whites.

Egg Custard—Boiled.—½ pint milk ; 1 small egg; 1 teaspoon sugar.

Beat egg, add milk and sugar, cook gently in double saucepan until custard begins to thicken. Cover, remove from fire, and leave to stand in double pan.

Fig and Apple Salad.—4 oz. figs ; 1 lb. apples; ½ pint boiled *egg* custard, cold; cinnamon.

Soak the figs overnight, then, just before using, pass through a mincing machine. Core the apples and put through mincer. Mix fruits together quickly, add cinnamon, if desired, mix with the custard and serve at once.

Fig Dainty.—In individual tall-stemmed sherbet glasses place a layer of sliced bananas; on this add two or three chopped figs to each cup and place 1 or 2 tablespoons of mock cream or boiled custard on top. Sprinkle a generous amount of chopped walnuts on the custard or cream, and finish with a dot of orange marmalade placed in the centre.

Gooseberry Fool.—1 quart gooseberries ; ½ lb. sugar; 1 gill water; 1 pint milk ; ½ pint boiled custard.

Put the gooseberries in a jar with the water and a little sugar, and stand in boiling water until the fruit is soft enough to mash. Work through a sieve; add more sugar and the milk very gradually. Stir well, add custard and put into one large dish, or, if preferred, individual ones. Serve very cold.

Honey or Treacle Sponge.—5 oz. flour; 1 teaspoon baking-powder; 4 oz. *Suenut* or margarine; 5 oz. treacle or syrup or honey"; grated rind of lemon; 1 egg; 1 wineglass milk.

Mix the flour and the grated *Suenut* together (or rub in margarine). Add lemon rind; beaten *egg,* milk and honey. Put in a greased basin and tie securely two thicknesses of greaseproof paper over the top. Place basin in boiling water coming half-way only, and steam for three hours.

Lemon Jelly.—1 pint water; 1 level teaspoon *Gelozone*; 2 eggs; 2 tablespoons honey;. 2 juicy lemons; grated rind of fruit.

Dissolve *Gelozone* in a little cold water; add rest of water and honey. Bring to boil, stirring well. Cook five minutes longer. Beat eggs thoroughly; add strained juice of fruit and grated rinds. When *Gelozone* liquid has cooled a little, add it gradually

to eggs and juice. Beat for a few minutes, then poor into a wetted mould.

Mock Cream.—Make a quarter pint of thick, unsweetened cornflour (as for thick blancmange). Allow to go quite cold. Cream 1 oz. of butter and 1 oz. sugar well together. Blend the cold, thick cornflour with the creamed mixture and beat well.

Prune Whip.—1 cup cooked prunes ; 3 egg-whites; ¼ cup of brown sugar; vanilla essence to taste.

Remove the stones from the cooked prunes and rub through colander, place them with the sugar in a double-boiler and cook for 10 minutes. Remove and cool; then add the egg-whites which have been beaten very stiff. When they are well mixed, add the vanilla. Serve very cold, garnished with mock cream.

Steamed Carrot Pudding.—½ lb. wholewheat breadcrumbs; ¼ lb. raisins; ¾ lb. carrots ; 3 eggs ; 4 oz. fat; ¼ lb. currants ; 3 oz. sugar; grated nutmeg; ½ teaspoon baking powder; little milk.

Prepare the fruit, add it and the rest of the dry ingredients to the finely-grated carrots, and mix well. Add the beaten eggs, a little grated nutmeg, and enough milk to make a soft dropping consistency. Put the mixture into a greased basin, cover with greased paper, and steam for 2½ hours.

Stuffed Pear or Apple.—Use large good pears or apples. Remove the cores, and fill with milled nuts, and seedless raisins moistened with honey. Place on an earthenware dish with a little water and bake in a slow oven until tender. Serve either hot or cold.

Sunshine Cream.—Grated rind of 1 orange; 2 egg-yolks; honey; juice 3 oranges and 1 lemon; 2 egg-whites.

Stir the orange rind, orange and lemon juice with the yolks of the 2 eggs for 5 minutes. Sweeten to taste with honey. Put into a pan of boiling water and stir until it becomes creamy. Mix with the stiffly-beaten whites and serve cold.

Treacle Jelly.—1 pint water ; I lemon ; 1 tablespoon brown sugar; ½ teacup black treacle ; 2 oz. finely-chopped orange peel; 2 level teaspoons *Gelozone.*

A lighter treacle than the black may be used, but the latter is the most wholesome. Stand in a warm place on the back of the stove. Mix *Gelozone* with a little cold water, then add rest of water and bring to the boil, stirring well. Add brown sugar,

stirring well, and continue cooking for 5 minutes. Squeeze the juice and grate the rind of the lemon, and combine with the warmed treacle. Pour this into the cooked *Gelozone,* then add the chopped peel and stir well. Wet a mould, and pour in the mixture. When cold, turn out on a dish, and serve with cream, junket, or custard.

Uncooked Pudding.—Put Yoghourt or a tin of evaporated milk into a basin and add a spoonful or two of sugar. Then grate into it raw apples, wiped clean but not peeled. As you grate them, keep turning the apples into the Yoghourt so that they do not become discoloured. Continue to grate the apples until you have the consistency you like. The amount of sugar depends upon how sweet the apples are—but the pudding should be sweet. If desired, some chopped nuts can be sprinkled on top before serving.

Virginia Pudding.—½ lb. wholewheat flour; 1 cup black treacle; 3 oz. butter; sour milk.

Rub the butter into the flour. Make it into a very stiff paste with the sour milk. Grease a dish and put some thin strips of lemon peel all over (use the medium grater for this). Put a thin layer of the crust at the bottom, then cover with treacle. Continue in alternate layers until the dish is full. Bake in a moderate oven for about ¾ hour. If wished, this may be put in a pudding basin and steamed for 2½ hours.

CHAPTER XIII

WHEN AND HOW TO EAT

FOOD should only be eaten when one is hungry. Natural hunger is the true guide to the food to be eaten. To obtain a true natural hunger, meals should be taken only at intervals of from five to six hours, and nothing should be eaten between meals. The stomach must have rest, for eating between meals exhausts the power of the digestive organs, and has other harmful effects. In this connection I refer readers to Chapter V, which deals with the "No-breakfast" Plan.

It should be emphasised that appetite, as usually spoken about, is not hunger. Appetite is the feeling one has in the stomach because of being used to eating at certain regular intervals, and, as such, it is not a true guide regarding the needs of the body for nutriment. True hunger is experienced in the mouth, and is indicated by the salivary glands discharging saliva in anticipation of food to come.

Food should not be taken when tired, angry, excited, distressed or worried. When in those states omit the meal, and, if necessary, the next meal also. The reason why food should be omitted on these occasions is because the body's energy is being occupied largely with expressing the particular emotion experienced, and so little, if any, is left for the proper digestion of food. Therefore, if food is eaten at such times it remains in the stomach and so acts as a further drain on one's energy, to the detriment of the system in general. If one has a cold, a fever, or is in any other way ill, food should be avoided entirely until all symptoms of ill-health disappear, even if it takes some days before that occurs. If you feel uncomfortable after a meal, it is because you have either eaten too much, or too many foods mixed together, or because of having eaten too soon after the previous meal. The effects can be overcome by skipping the next meal and taking care not to repeat the mistake at the resumption of eating.

A ravenous appetite is a sign of an abnormal condition, and self-control should therefore be practised both as regards quantity and quality of food. When the body becomes normal the need for

food will follow suit. It requires some time and self-control to bring about the renewal of instincts which have been perverted by abuse, but any inconvenience and time spent in that way will be rewarded by the increase in health, strength and happiness that will ensue.

For most people, eating twice a day only is best. Three times a day is in order in some cases, but more frequently will inevitably lead to trouble.

Brain workers should eat two meals a day. Growing children should have three meals a day, with nothing between.

How to Eat

If you have only ten minutes for your meal, chew what you can in that time and leave the rest, though it costs you money. It should be a small sacrifice compared with the loss of vitality and health, and with any doctor's bill that may result from violating the laws of life and health. A small quantity, properly eaten, will digest properly and build health and strength, whereas any amount of the most nourishing food eaten in a hurry or otherwise improperly will be only partly digested. The surplus will have to be eliminated at the expense of your nervous energy. Masticate your food thoroughly until creamy, especially the starches. The eating of raw food in the amounts advised will train you to masticate thoroughly.

Do not drink with meals. Satisfy your thirst between meals. In this connection, remember that milk is a *food* and not a *drink,* and when taken at a meal, is best drunk after you have finished eating your other foods.

How Much to Eat

Loss of appetite indicates that food is not needed, and so one should skip a meal or two until the desire to eat returns. When it does, limit the food eaten to fruits and vegetables for a few days.

People who are endeavouring to overcome a disease-condition of any kind must reduce the starches and proteins to the barest minimum. An increased proportion of vegetables and fruits, which contain the minerals that neutralise the poisons from foods and the uneliminated uric and other acids which have been generated by the excess of proteins and starches, is indicated.

When the poisons that cause disease are eliminated by a fast or by an adherence to fruits

and vegetables, the starches and proteins may be increased; but never to the extent of the previous quantities. Eating as advised in this book may at first occasion a loss in weight in many cases, but that should cause no concern. When the habit of taking too much food, especially of starches, sugars and proteins, is discontinued, and its influence overcome, loss of flesh is marked, but when proper habits of eating and living are adhered to, normal weight will be restored as soon as physiological adjustment can be re-established.

In Conclusion

Why should one eat as stated above?

(*a*) Because it is a truth, which cannot be side-tracked, that man is healthy, strong, efficient, and happy only as he moves in line with the laws of health, and he is ill, inefficient, and unhappy to the extent of his violation of those laws.

(*b*) Because your health and vitality depend on your nervous energy and the purity of your blood. Do not waste your energy and poison your blood by overfeeding, or by using wrong foods, and over-indulging tea, coffee, alcohol, and tobacco.

(*c*) Because it is the only true way to correct disease and maintain a condition of optimum health. If you are not out of health, you will be, sooner or later, if you continue violating the laws of health, particularly the one relating to eating correctly.