

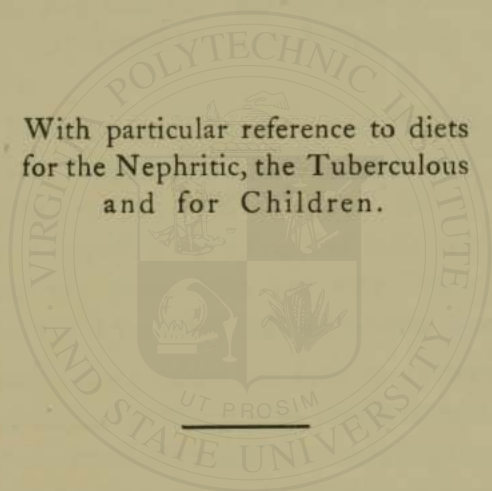
Original Diets—
Classified and Calculated



THE DRY MILK COMPANY
15 PARK ROW NEW YORK

Original Diets— Classified and Calculated

With particular reference to diets
for the Nephritic, the Tuberculous
and for Children.



THE DRY MILK COMPANY
15 PARK ROW NEW YORK

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1926

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FOREWORD

IN compiling this book of recipes we have had the benefit of the skill and experience of one of the foremost dietetic experts of America. We believe that the medical man, dietitian, the nutrition worker and the nurse will find these recipes a great help in their work and they will assist them in giving their patients a highly nutritive diet which they will like and not tire of. Some of the recipes specify Dryco or special Dry Milk in place of liquid milk.

Dryco has been used for many years by infant feeding specialists in their difficult feeding cases and its success in that direction has been startling. Babies who have difficulty in digesting other forms of milk gain on Dryco. Prematures are successfully fed with Dryco and many institutions use it for these difficult feeding cases.

The reason our product has been so successfully used in feeding infants is that it is so easily assimilated. The percentage of available nutrition is very high. In figuring the dietetic requirements on a caloric basis one must not lose sight of the fact that it is the calories utilized instead of the calories ingested that count. For example, babies gain as well on 40 calories per pound weight per day with Dryco as with 50 calories of liquid milk. Therefore, a diet having a given number of calories of Dryco will give better results than with the same number of calories of liquid milk.

Another important fact is that 97% of the nitrogen in Dryco is assimilated. This is of great importance in feeding the ill and one of the features that has made Dryco valuable in feeding tubercular patients.

In a long series of carefully conducted tests recently made with groups of school children it was found that the group getting a glass of Dryco a day showed gains beyond those given in the standard weight charts and tables.

These recipes, because of their high caloric value and ease of digestion, are designed to be of help in the dietotherapy of (1) patients requiring a liquid or a soft diet, (2) patients suffering from tuberculosis or malnutrition, (3) patients having nephritis; and their character is such that they are equally valuable in the diet of the growing child. We hope their number and variety and their careful classification and calculation will make them of service to the doctor, the dietitian and the nurse. We believe that Dryco, too, will be of service as a product highly desirable from the standpoints of nutrition, assimilation, sanitation and convenience as it may be stored and kept in safety for a considerable period of time and is, therefore, always available in good condition. This is not the case with liquid milk.

THE DRY MILK Co.

New York, March 1, 1926.

REFERENCE

NOTE: Measurements are level unless otherwise indicated.

T	Tablespoon	P	Protein
t	Teaspoon	F	Fat
c	Cup	CHO	Carbohydrate
gms	Grams	Cal	Calories
f g	Few grains	E P	Edible portion

All recipes are for two servings unless otherwise stated.

Dryco, "1:8" means using 8 level tablespoonfuls of Dryco (1 oz.) to the cup of 7 ounces of water.

The best way to mix Dryco is to use hot water, about 155° F. To make a smooth paste, an egg beater or electric mixer will help. Then add balance of water, either hot or cold.

NOTE

The nutritional requirements of the growing child are well taken care of in the diets herein given. Children, especially those undernourished, usually require a variety of tempting dishes. Most of the recipes given answer those requirements and the nurse or mother may readily find those which the child relishes. Tests made with groups of school children have shown that Dryco is an important factor in bringing the underweight child to normal. No other food or form of milk gives such results. A reprint, "Dry Milk for School Service," and standard weight charts, will be mailed upon request.

PEACH EGG PUNCH

1 egg yolk	1 medium sized peach
1 T sugar	1 c Dryco
	A speck of salt

Strain peach pulp, add sugar. Beat egg yolk to which salt has been added; combine the mixture and mix well. Add Dryco, beat vigorously. Serve cold.

HAPPY LIZA

1 egg	1/2 c grape juice
1 t sugar	speck salt
1 c Dryco (1-8)	1/2 t lemon juice

Beat egg, add sugar, salt and lemon juice, and mix well. Add milk then grape juice slowly. Beat vigorously. Serve cold.

NOTE: The egg may be separated and the stiffly beaten whites folded into the mixture last. This is the more attractive way of serving egg drinks but the froth of the egg white is very often nauseating to the patient.

STRAWBERRY MILK SHAKE

1 C Dryco (1-8)	1/2 c strawberry juice
1/2 t sugar	1/2 t lemon juice

Dissolve sugar in lemon and strawberry juice, add slowly to milk. Shake well or beat vigorously. Serve ice cold.

RASPBERRY MILK SHAKE

1 c Dryco (1-8)	1 t sugar
1/2 c raspberry juice	1/2 t lime juice

Dissolve sugar in lime and raspberry juice, add slowly to milk. Shake well. Serve ice cold.

GINGER MILK SHAKE

3/4 c Dryco (1-8)	3/4 c ginger ale
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Combine the two, serve at once.

REFRESHING DRINKS

RASPBERRY, CURRANT AND MINT PUNCH

$\frac{1}{2}$ c raspberry juice 2 T sugar
 $\frac{1}{2}$ c currant juice $\frac{1}{2}$ c water
 4 mint leaves

Dissolve sugar in boiling water. Cool, combine with fruit juices. Bruise mint leaves and let stand in punch until ready to serve. Serve ice cold.

ORIENTAL PUNCH

1 T lemon juice 1 c water
 2 T orange juice 1 inch stick cinnamon
 $\frac{1}{2}$ c cherry juice 1 clove
 1 t lime juice 1 t Canton ginger
 2 T sugar

Heat sugar, water, cinnamon, clove and ginger. Cool, combine with fruit juices. Serve ice cold.

PINEAPPLE LEMONADE

$\frac{1}{2}$ c pineapple juice 2 T sugar
 2 T lemon juice 1 c water

Serve ice cold.

NOTE: If a less nutritious drink is desired, more water may be added.

As a variation on the tray these may be served as "Fruit Soup." Served cold in the cold soup cups with a rose leaf on top gives a very tempting dish.

PINEAPPLE PUNCH

$\frac{1}{2}$ c orange juice $\frac{1}{4}$ c grated pineapple
 $\frac{1}{4}$ c lemon juice 2 T sugar
 $\frac{1}{2}$ c water

Dissolve sugar in boiling water. Cool, add to fruit juices. Serve ice cold.

CANTON GINGER PUNCH

1¼ c water
 2 T sugar
 1 piece Canton ginger
 ¼ c orange juice
 2 T lemon juice
 grated rind ¼ orange

Cut ginger in small pieces. Cook with water, sugar and rind of orange. Strain, cool and add to fruit juice.

CARD PUNCH

¾ c Grape juice
 ¾ c Ginger ale

Combine just before serving. Serve with cracked ice or very cold.

CHERRY PUNCH

¼ c cherry juice
 ¼ c apricot juice
 ¼ c orange juice
 2 T lemon juice
 ¾ c water
 Canton ginger

1 T sugar

Cut ginger in small pieces. Cook with sugar and water. Cool, add to fruit juice. Serve ice cold.

PINEAPPLE FROST (1 serving)

1 T pineapple ice cream
 ½ C Dryco (1-8)

Shake well. Serve immediately. (Heaping T should be used.)

PINEAPPLE GINGER (1 serving)

½ c ginger ale
 1 T pineapple ice cream

Whip with fork until well combined. Serve immediately.

LEMON GINGER (1 serving)

½ c Ginger ale
 1 heaping T Lemon Sherbet

Whip together with fork. Serve at once.

ORANGE SPARKLE (4 servings)

3 oranges
 1 T sugar
 1 c water
 1 pt. charged water
 juice 1 lemon
 mint (optional)

Peel rind of 2 oranges thinly and let simmer in sugar and water for 5 minutes. Cool, strain into orange and lemon juice, chill thoroughly, and just before serving add charged water. Serve in tall glasses, garnishing each service with a sprig of mint.

GINGER MINT PUNCH

1 lemon	ginger ale 1 bottle
1 orange	1 level T sugar

essence of mint (mint extract—obtained by placing the carefully washed mint leaves in 2 T of cold water and allowing to boil a few minutes. Crush, strain and cool).

Strain orange and lemon juice. Add sugar. When dissolved add ginger ale and the amount of mint essence desired. Serve at once.

MINT SANGAREE (1 serving)

charged water	2 t lemon juice
1 T grape juice	2 or 3 springs mint
	1 t sugar

Crush sprigs of mint with sugar. Put into glass half filled with cracked ice. Add grape juice and lemon. Fill glass with charged water.

GRAPE RICKEY (3 servings)

Juice of 3 limes	1 pt. sparkling water
2 T sugar	½ c grape juice

Strain juice of limes, add sugar and grape juice. Add sparkling water just before serving.

MINT PUNCH (3 servings)

3 T sugar	juice of 4 lemons
1 pt. water	mint leaf-essence

Boil sugar and water. When cool add strained juice of lemons and as much of the essence from steeped mint leaves as desired. The juice of 1 or 2 oranges may be added.

GRUELS

Directions

Cook in double boiler 1 hr. Strain and season as desired. Serve hot.

RICE GRUEL

2 T raw washed rice 2 t sugar
1½ c Dryco (1-8) few grains salt

VARIATIONS:

1 to 2 t beef juice
1 to 2 T fruit juice
1 T egg yolk
1 T grape juice
1 T Cream

OATMEAL GRUEL (1 serving)

Oatmeal (raw) 2 T 1 c Dryco (1-8)

CREAM OF WHEAT

Cream of Wheat (raw) 2 T 1½ c Dryco (1-8)

OATMEAL CAUDLE

1 T Oatmeal (raw) Cook oatmeal in ½ c water ½ hr.

1½ c water }
¼ c raisins } Cook raisins in water ½ hr. Purée, combine
with oatmeal, butter, sugar, nutmeg. Serve
hot or cold.

½ t butter few grains salt
1 t sugar nutmeg

CREAM SOUPS

NOTE: All of these cream soups may have the flavor emphasized by cooking a few slices of onion or a bit of chopped green pepper in the white sauce and removing them before combining with the vegetable. With the exception of spinach and tomato, a few grains of celery salt may be helpful, if one is sure to use pure celery salt.

CREAM OF CELERY SOUP

	GMS.	P	F	CHO	CAL
Celery (1 c cooked)	100	1.0		3.0	
White Sauce:					
Dryco (1:8) 1 c	240	10.0	4.0	14.0	
Flour 1½ T	12	1.0		9.0	
Butter 1½ T	18		15.0		
Salt (f. g.)					
		12.0	19.0	26.0	323

Cook and purée celery. Make white sauce using the water in which the celery was cooked to mix with Dryco. Combine and heat. Serve. Celery salt may be added.

CREAM OF SPINACH SOUP

	GMS.	P	F	CHO	CAL
Spinach Cooked ½ c	100	2.0		2.0	
White Sauce:					
Dryco (1:8) 1 c	240	10.0	4.0	14.0	
Flour 1½ T	12	1.0		9.0	
Butter 1½ T	18		15.0		
Salt ⅛ t					
		13.0	19.0	23.0	323

Wash spinach thoroughly. Cook in water that clings to leaves. Do not add any water unless spinach is old. Watch carefully.

Puree Spinach. Save stock to mix with Dryco instead of plain water. Make white sauce. Combine with spinach. Heat and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CREAM OF CARROT SOUP

	GMS.	P	F	CHO	CAL
Carrots puréed $\frac{1}{3}$ c.....	50	1.0		5.0	
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour 1 T	8	1.0		6.0	
Butter 1 T	12		10.0		
Salt $\frac{1}{8}$ t.....					
		12.0	14.0	25.0	274

Cook and drain carrots. Save stock to mix Dryco with. Make white sauce. Purée carrots. Combine the two. Heat and serve.

CREAM OF TOMATO SOUP

	GMS.	P	F	CHO	CAL
Tomato purée $\frac{3}{4}$ c	100	1.0		4.0	
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour 2 T	16	2.0		12.0	
Butter 2 T	24		20.0		
Salt $\frac{1}{8}$ t					
		13.0	24.0	30.0	388

Make white sauce. Heat tomato purée and add a pinch of soda. When both are hot add tomato purée slowly to white sauce. Do not combine over a flame. Do not reheat after combining (causes curdling). Serve at once.

CREAM OF PEA SOUP (1 serving)

	GMS.	P	F	CHO	CAL
Fresh Peas $\frac{1}{3}$ c puréed					
Cooked E. P.	100	7.0	.5	17.0	
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour 1 T	8	1.0		6.0	
Butter 1 T	12		10.0		
Salt $\frac{1}{8}$ t					
		18.0	15.0	37.0	355

Cook and purée the peas. Save the pea stock to mix Dryco with. Make white sauce. Combine the two. Heat and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CREAM OF POTATO SOUP

	GMS.	P	F	CHO	CAL
Potatoes E. P. $\frac{2}{3}$ c	100	2.0		18.0	
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour 1 T	8	1.0		6.0	
Butter 1 T	12		10.0		
Salt $\frac{1}{8}$ t	—	—	—	—	—
		13.0	14.0	38.0	330

Mash potatoes. Make white sauce. Combine the two and serve hot.

VARIATIONS: Celery salt or chopped parsley may be added before serving. A slice of onion may be heated in the milk and strained out or onion juice added to soup.

CREAM OF CHICKEN SOUP

	GMS.	P	F	CHO	CAL
Chicken Broth (strong) $\frac{3}{4}$ c	180				
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour $1\frac{1}{2}$ T	12	1.0		9.0	
Butter $1\frac{1}{2}$ T	18		15.0		
Salt $\frac{1}{8}$ t	—	—	—	—	—
		11.0	19.0	23.0	307

Combine chicken broth and white sauce. Serve hot.

Celery salt may be added if desired.

CREAM OF ASPARAGUS SOUP

	GMS.	P	F	CHO	CAL
Asparagus puréed $\frac{3}{4}$ c	100	2.0		3.0	
White Sauce:					
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Flour $1\frac{1}{2}$ T	12	1.0		9.0	
Butter $1\frac{1}{2}$ T	18		15.0		
Salt $\frac{1}{8}$ t	—	—	—	—	—
		13.0	19.0	26.0	327

Cook asparagus and purée. Use asparagus stock to mix Dryco with. Make white sauce. Combine the two while hot and serve at once.

CREAMED VEGETABLES

Cook vegetables in a small amount of water in a covered kettle. When tender drain. Save stock for mixing with Dryco. Dice or slice as desired. To 2 c vegetables use 1 c white sauce. Heat together and serve.

White Sauce for Creamed Vegetables

	GMS.	P	F	CHO	CAL
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
Butter 2 T	24		20.0		
Flour 2 T	16	2.0		12.0	
Salt $\frac{1}{8}$ t					
1 c	12.0	24.0	26.0	368	

Melt butter. Add flour and salt. Add $\frac{1}{3}$ of milk (Dryco 1:8 that has been mixed with vegetable stock instead of plain water), and stir over fire until smooth. Add rest of milk slowly, stirring constantly until smooth. If not used at once put in a pan of hot water.

	GMS.	P	F	CHO	CAL
PEAS					
Peas Green E. P. $\frac{1}{2}$ c	100	7.0	1.0	17.0	
White Sauce $\frac{1}{4}$ c	70	3.0	6.0	7.0	
		10.0	7.0	24.0	200

CARROTS

Carrots Fresh E. P. $\frac{2}{3}$ c	100	1.0		9.0	
White Sauce $\frac{1}{3}$ c	93	4.0	8.0	9.0	
		5.0	8.0	18.0	164

CELERY

Celery 1 c cooked	100	1.0		3.0	
White Sauce $\frac{1}{2}$ c	140	6.0	12.0	13.0	
		7.0	12.0	16.0	200

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

ASPARAGUS

Asparagus fresh, 4 stalks 8" long	100	2.0		3.0	
White Sauce 1/2 c	140	6.0	12.0	13.0	
		8.0	12.0	16.0	204

POTATOES

Potatoes 1 med. E. P. 2/3 c.....	100	2.0		18.0	
White Sauce 1/3 c	93	4.0	8.0	9.0	
		6.0	8.0	27.0	204

NOTE: In all creamed vegetables use vegetable stock to mix with Dryco.

DESSERTS

SOFT CUSTARD

	GMS.	P	F	CHO	CAL
1/2 t gelatin		1.0			
2 t water					
1 egg yolk	18	3.0	6.0		
3/4 c Dryco	180	7.0	3.0	10.0	
1 t sugar	2.5			3.0	
1 t vanilla					
		11.0	9.0	13.0	177

Soak gelatin in cold water. Heat Dryco over boiling water. Add sugar. Beat egg until light and stir in hot milk slowly. Cook until mixture begins to thicken; dissolve gelatin in it. Cool.

This is best served as a sauce over chocolate cream, or fruit, or as a Floating Island.

FLOATING ISLAND (2 generous servings)

	GMS.	P	F	CHO	CAL
Recipe for soft custard		11.0	9.0	13.0	
1 egg white	32	4.0			
Speck Salt					
	32	15.0	9.0	13.0	193

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Proceed as for soft custard. While cooling, beat egg white until stiff and dry. Fill a frying pan half full of water, add $\frac{1}{8}$ t salt. Keep water hot but not boiling. Drop meringue on this, a spoonful for each custard. As soon as cooked turn with a pancake turner, this keeps the meringue whole and permits the water to drain off as it is being removed. Place on top of custard and serve.

CHOCOLATE CREAM

	GMS.	P	F	CHO	CAL
$\frac{1}{2}$ c Dryco (1:8)	20	5.0	2.0	7.0	
1 T Cornstarch	6			5.0	
2 T Sugar	16.0			16.0	
Speck Salt					
$\frac{1}{3}$ Sq. Baker's Chocolate	10	1.0	5.0	3.0	
1 T Hot Water					
White 1 Egg	32	4.0			
	-----	-----	-----	-----	-----
		10.0	7.0	31.0	227

Mix cornstarch, sugar and salt. Dilute with cold milk. Cook over hot water, stirring constantly until thickened. Melt chocolate, add hot water, stir until smooth and add to cooked mixture. Fold into white of egg beaten stiff. Mold and chill.

TAPIOCA CREAM

	GMS.	P	F	CHO	CAL
2 T minute Tapioca	20			18.0	
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
1 Egg	50	7.0	6.0		
1 t Sugar	3			3.0	
Speck Salt					
$\frac{1}{2}$ t Vanilla					
	-----	-----	-----	-----	-----
	315	17.0	10.0	35.0	298

Cook tapioca and milk over boiling water until tapioca is clear. Add slowly to slightly beaten egg to which has been added sugar and salt. Return to stove. Cook over boiling water until custard coats the spoon. Cool and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PEACH TAPIOCA (2 generous servings)

	GMS.	P	F	CHO	CAL
To Tapioca Cream	315	17.0	10.0	35.0	
add:					
1 medium sized Peach	100			9.0	
1 t sugar	2.5			3.0	
		17.0	10.0	47.0	346

Crush peach with sugar. Fold into Tapioca Cream.

CHERRY MOSS (4 servings)

	GMS.	P	F	CHO	CAL
2 t gelatin	4	3.0			
2 T Cold Water					
4 T Boiling Water					
2 T Cherries (Black)	30			5.0	
2 T Cherry Juice	30			5.0	
White 1 Egg	32	4.0			
1 T Sugar	8			8.0	
		7.0		18.0	100

Soak gelatin in cold water. Dissolve in boiling water. Add sugar and cherry juice. Cool—when nearly set add strained cherries and fold into stiffly beaten egg white. Mold and chill.

CURRENT CREAM

	GMS.	P	F	CHO	CAL
1 t Gelatin	2	2.0			
1 T Cold Water					
1/2 c Currant Juice	110			14.0	
6 T Cream (whipped) 40%	90	2.0	36.0	3.0	
2 T Sugar	16.0			16.0	
		4.0	36.0	33.0	472

Soak gelatin in cold water. Make a syrup of currant juice and sugar, dissolve gelatin in this. Cool—when nearly set fold into whipped cream. Mold, garnish with clusters of currants.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CARAMEL CHARLOTTE

	GMS.	P	F	CHO	CAL
1/2 T Gelatin	3	3.0			
2 T Cold Water					
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
2 T Caramelized Sugar	16			16.0	
2 T Cream (40%)	28	1.0	12.0	1.0	
1/2 t Vanilla					
	-----	-----	-----	-----	-----
		9.0	14.0	24.0	258

Soak gelatin in cold water. Caramelize sugar. Dissolve in Dryco. Add hot Dryco and sugar to soaked gelatin. Stir well. When it begins to thicken fold in whipped cream. Mold.

MACAROON CUSTARD

	GMS.	P	F	CHO	CAL
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
1 Egg	50	7.0	6.0		
1 T Sugar	8			8.0	
Few Grains Salt					
1/2 t Vanilla					
Macaroons 2 (dried and crumbled)	20	1.0	3.0	13.0	
	-----	-----	-----	-----	-----
		18.0	13.0	35.0	329

Beat egg slightly. Add sugar and salt then hot Dryco. Add vanilla and macaroon crumbs.

Pour in custard cups. Bake in pan of hot water in a moderate oven. Test with silver knife, when it comes out clean the custard is baked.

COCOANUT CUSTARD

	GMS.	P	F	CHO	CAL
Dryco 1 c (1:8)	240	10.0	4.0	14.0	
1 Egg	50	7.0	6.0		
1 T Sugar	8			8.0	
Few Grains Salt					
1/2 t Vanilla					
2 t Cocoanut (prepared A.P.)	8	1.0	5.0	3.0	
	-----	-----	-----	-----	-----
		18.0	15.0	25.0	307

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Beat egg slightly. Add sugar and salt. Add hot Dryco, stirring well. Add vanilla and cocoanut. Put in custard cups. Bake in a pan of hot water, in a moderate oven until a silver knife, when plunged in the center, comes out clean. Sprinkle a little of the cocoanut on top if preferred.

BAKED CUSTARD

	GMS.	P	F	CHO	CAL
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 Egg	50	7.0	6.0		
1 T Sugar	8			8.0	
Few Grains Salt					
½ t Vanilla					
		17.0	10.0	22.0	246

Beat egg slightly. Add sugar and salt. Add hot Dryco, then vanilla. Pour in custard cups. Bake in a pan of hot water in a moderate oven until a silver knife, when plunged in the center, comes out clean.

MACAROON CREAM (4 servings)

	GMS.	P	F	CHO	CAL
½, T Gelatin	3	3.0			
1 Egg	50	7.0	6.0		
1 c Dryco (1:8)	240	10.0	4.0	14.0	
2 T Sugar	16.0			16.0	
6 Macaroons (stale)	35	2.0	5.0	23.0	
¼ c Cream (40%)	55	1.0	22.0	2.0	
Few Grains Salt					
		23.0	37.0	55.0	645
1 Serving		6.0	9.0	14.0	161

Soak gelatin in 2 T cold Dryco. Add sugar to egg yolk. Pour on hot Dryco. Cook as for custard (until it coats a spoon). Remove from fire. Add to soaked gelatin. Stir well. Add macaroons, broken up. When this begins to thicken fold in egg white beaten stiff and whipped cream. Mold and chill.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PEACH MOUSSE

	GMS.	P	F	CHO	CAL
¼ t Gelatin		0.5			
1 t Cold Water					
1 T Hot Water					
1 medium sized peach E.P.....	90	1.0		10.0	
½ t Lemon Juice					
1½ T Sugar	12			12.0	
¼ c Cream (40%)	55	1.0	22.0	2.0	
		3.0	22.0	24.0	306
1 Serving		1.0	11.0	12.0	151

Soak gelatin in cold water, dissolve in hot water. Stir well. When cold add to mashed peach (mash with silver fork to prevent discoloration) add sugar and lemon juice. Fold in whipped cream. Mold and chill.

GRAPE MOUSSE

	GMS.	P	F	CHO	CAL
¼ c Cream (40%)	55	1.0	22.0	2.0	
½ T Sugar	4			4.0	
1 t Lemon Juice	3			1.0	
¼ c Grape Juice	60	1.0		9.0	
½ t Gelatin		1.0			
2 T Cold Water					
		3.0	22.0	16.0	274

Soak gelatin in cold water. Add grape juice, sugar, and lemon juice which has been heated. Stir well. When this begins to thicken fold in whipped cream. Mold and chill.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

ORANGE MOUSSE

	GMS.	P	F	CHO	CAL
¼ c Orange Juice	60			6.5	
1 t Lemon Juice	4			.5	
¼ c Cream (40%)	55	1.0	22.0	2.0	
½ t Gelatin		1.0			
2 t Cold Water					
1 T Boiling Water					
1½ T Sugar	12			12.0	
	—————	—————	—————	—————	—————
		2.0	22.0	21.0	290

Soak gelatin in cold water. Add boiling water and sugar. Stir well. When gelatin is dissolved add strained orange and lemon juice. When it begins to thicken, fold in whipped cream. Mold and chill.

PRUNE WHIP

	GMS.	P	F	CHO	CAL
¼ c Prunes puréed (12 prunes)	75			17.0	
¼ c Cream (40%)	55	1.0	22.0	2.0	
1 t Lemon Juice	3				
¼ t Gelatin		1.0			
1 t Cold Water					
1 T Hot Prune Juice					
½ T Sugar	4			4.0	
	—————	—————	—————	—————	—————
		2.0	22.0	23.0	298

Soak gelatin in cold water. Add hot prune juice and sugar. Stir well. Add puréed prunes and lemon juice. Cool, fold in whipped cream. Put in dishes for serving.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

COFFEE CREAM

	GMS.	P	F	CHO	CAL
1½ t Gelatin	3	3.0			
2 T Cold Water					
½ c Dryco (1:8)	120	5.0	2.0	7.0	
2 T Cream (40%)	30	1.0	12.0	1.0	
2 T Ground Coffee	10				
1 T Sugar	8			8.0	
		9.0	14.0	16.0	226

Soak gelatin in cold water, add coarsely ground coffee to Dryco in double boiler. Heat until Dryco is sufficiently flavored with coffee. Strain. While hot add to softened gelatin. Add sugar, when it begins to thicken fold in whipped cream. Mold and chill.

WESTVILLE CREAM

	GMS.	P	F	CHO	CAL
1½ t Gelatin	3	3.0			
4 t Water (cold)					
⅓ sq. Chocolate (bitter)	10	1.0	5.0	3.0	
2 T Sugar	16.0			16.0	
½ c Dryco (1:8)	120	5.0	2.0	7.0	
1 Egg	50	7.0	6.0		
½ t Vanilla					
1½ T Cream (40%)	20	1.0	8.0	1.0	
Few Grains Salt					
		17.0	21.0	27.0	365

Soak gelatin in cold water. Heat Dryco in double boiler. Beat egg yolk slightly, add sugar, mix with hot Dryco and chocolate, stirring while egg cooks. Add at once to softened gelatin. Stir well. When it begins to thicken fold in beaten egg white and whipped cream. Mold and chill.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

MAPLE CREAM

	GMS.	P	F	CHO	CAL
1 t Gelatin	2	2.0			
½ c Dryco (1:8)	120	5.0	2.0	7.0	
½ Egg	25	4.0	3.0		
1 T Maple Sugar	15			13.0	
2 T Cream (40%)	30	1.0	12.0	1.0	
Few Grains Salt					
	-----	-----	-----	-----	-----
		12.0	17.0	21.0	285
1 Serving		6.0	8.0	10.0	138

Soak gelatin in 1 T cold Dryco. Add maple sugar to remaining Dryco. Heat in a double boiler until maple sugar is dissolved. Add to slightly beaten egg. Cook until it coats spoon. Add to gelatin, stir well. When it begins to thicken fold in whipped cream. Mold and chill.

FRUITED RICE FLUFF (3 servings)

	GMS.	P	F	CHO	CAL
4 T Rice (raw)	50	4.0		39.5	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 Egg	50	7.0	6.0		
2 T Sugar	16.0			16.0	
Peach E.P.	50	.5		5.0	
Orange E.P.	50	.5		6.0	
Maraschino Cherries	25			5.0	
Few Drops Vanilla					
	-----	-----	-----	-----	-----
		22.0	10.0	86.0	522

Wash rice thoroughly. Cook in Dryco in double boiler until perfectly soft. Add slightly beaten egg yolk and sugar. Cook egg yolk. Remove from heat, fold in stiffly beaten white. Add fruit and vanilla. Serve cold.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PLAIN FRENCH VANILLA ICE CREAM

	GMS.	P	F	CHO	CAL
1/2 t Gelatin		1.0			
2 t Water					
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/2 c Cream (40%)	110	2.0	44.0	3.0	
1 T Sugar	8			8.0	
1 Egg	50	7.0	6.0		
1 t Vanilla					
	-----	-----	-----	-----	-----
		15.0	52.0	18.0	600

Soak gelatin in cold water, heat Dryco; dissolve gelatin in it, beat egg until light, add sugar; pour hot milk into egg mixture slowly. Return to stove—cook over hot water until mixture begins to thicken. Cool, add cream and vanilla and freeze.

CHOCOLATE ICE CREAM (4 servings)

	GMS.	P	F	CHO	CAL
5 T Chocolate Paste	125	7.0	25.0	90.0	
1 Egg	50	7.0	6.0		
1 1/2 c Dryco (1:4)	360	29.0	11.0	41.0	
1 T Sugar	8			8.0	
Speck Salt					
1 t Vanilla					
	-----	-----	-----	-----	-----
		43.0	42.0	139.0	1106
1 Serving		11.0	10.0	35.0	276

Add chocolate paste to egg which has been beaten until lemon colored. Add sugar, salt and Dryco. Cook over hot water until mixture begins to thicken. Remove from stove, add vanilla, cool and freeze. Recipe for chocolate paste found in "Drinks."

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CARAMEL CUSTARD ICE CREAM (4 servings)

	GMS.	P	F	CHO	CAL
1 Egg	50	7.0	6.0		
1 c Dryco (1:8)	240	10.0	4.0	14.0	
½ c Cream (20%)	120	3.0	22.0	5.0	
2½ T Sugar (caramelized)	20			16.0	
1 t Vanilla					
Speck Salt					
	—	—	—	—	—
		20.0	32.0	35.0	508
1 Serving		5.0	8.0	9.0	127

Beat egg slightly, add salt, Dryco and cream. Cook over hot water; when cool add caramelized sugar, stirring constantly, until mixture coats the spoon. Remove from stove, add vanilla. Cool and freeze.

NOTE: ½ T sugar allowed for loss in caramelizing.

APRICOT CREAM

	GMS.	P	F	CHO	CAL
¼ t Gelatin		0.5			
1 t Water					
¼ c Apricots (strained)	50			8.0	
6 T Dryco (1:8)	90	4.0	1.0	5.0	
2 T Cream (20%)	30	1.0	6.0	1.0	
1 T Sugar	8			8.0	
1 t Lemon Juice	2				
	—	—	—	—	—
		6.0	7.0	22.0	175

Soak gelatin in cold water. Strain apricots, heat with sugar and lime juice, dissolve gelatin in this mixture, add cream and Dryco. Freeze.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PINEAPPLE CREAM

	GMS.	P	F	CHO	CAL
1/4 t Gelatin		0.5			
1 t Water					
2 T Sugar	16			16.0	
1/4 c Shredded Pineapple (canned)	60	.5		22.0	
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
2 T Cream (20%)	30	1.0	6.0	2.0	
		7.0	8.0	47.0	288

Soak gelatin in cold water. Heat sugar with pineapple. Pour on gelatin to dissolve. Cool. Add slowly to Dryco and cream mixture, stirring constantly. Freeze. Pineapple must be canned, or cooked, to prevent an enzyme from digesting the gelatin.

CHERRY, PINEAPPLE CREAM

	GMS.	P	F	CHO	CAL
2 T Black Cherries Puréed	30			3.0	
2 T Shredded Pineapple (cooked or canned)	25			3.0	
6 T Dryco (1:8)	90	4.0	1.0	5.0	
2 T Cream (20%)	30	1.0	6.0	2.0	
2 t Lemon Juice	4				
2 1/2 T Sugar	20			20.0	
		5.0	7.0	33.0	215

Add sugar and lemon juice to cherries which have been strained, and shredded pineapple. Add slowly to Dryco and cream mixture, stirring constantly. Freeze.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

FROZEN COFFEE

	GMS.	P	F	CHO	CAL
1/4 t Gelatin					
1 t Water					
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/4 c Cream (20%)	60	2.0	11.0	3.0	—
2 T Ground Coffee	20				
1 T Sugar	8			8.0	
	—	—	—	—	—
		8.0	13.0	18.0	221

Soak gelatin in cold water. Heat coffee and Dryco over hot water. Strain, dissolve gelatin in hot mixture. Cool, add cream and vanilla and freeze.

NOTE: This may be used as a stimulant for the appetite.

COFFEE CARAMEL CREAM (4 servings)

	GMS.	P	F	CHO	CAL
1 1/2 c Dryco (1:8)	360	14.0	5.0	20.0	
2 T Ground Coffee					
1 Egg	50	7.0	6.0		
2 1/2 T Sugar Caramelized	20			16.0	
Speck Salt					
1 t Vanilla					
	—	—	—	—	—
		21.0	11.0	36.0	327
1 Serving		5.0	3.0	9.0	82

Heat Dryco with coffee over hot water five minutes. Strain, add slowly to well beaten egg, then add caramelized sugar and salt. Cook over hot water until mixture begins to thicken. Cool and freeze. To caramelize sugar: Put sugar in smooth sauce pan; cook stirring constantly until melted and of the color of maple sugar. Care must be taken to prevent sugar from adhering to sides of pan or spoon.

NOTE: 1/2 T of sugar was allowed for loss in caramelizing.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

STRAWBERRY ICE CREAM

	GMS.	P	F	CHO	CAL
1/4 c Strawberries (crushed) ..	25			2.0	
2 T Sugar	16			16.0	
1/4 c Dryco (1:8)	60	2.0	1.0	3.0	
1/4 c Cream (20%)	60	2.0	11.0	3.0	
	-----	-----	-----	-----	-----
		4.0	12.0	24.0	220

Crush strawberries. Let stand with sugar, while freezing Dryco and cream to a mush, then add strawberries and sugar and continue freezing. Amount of sugar will vary with tartness of berries.

PEACH ICE CREAM (4 servings)

	GMS.	P	F	CHO	CAL
1/4 t Gelatin		0.5			
1 t Water					
1 Egg	50	7.0	6.0		
1 1/2 c Dryco (1:4)	360	29.0	11.0	41.0	
2 T Sugar	16			16.0	
2 t Vanilla					
1 large Peach	150	1.0		14.0	
1 T Sugar	8			8.0	
	-----	-----	-----	-----	-----
		38.0	17.0	79.0	621
1 Serving		10.0	4.0	20.0	156

Crush peach with silver fork, add 1 T sugar, let stand while other mixture is being frozen. Soak gelatin in cold water; heat Dryco over boiling water, dissolve gelatin in it. Beat egg until light and stir in hot Dryco slowly. Cook until mixture begins to thicken—remove from stove; add vanilla, chill and freeze to a mush. Add peach and continue freezing.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

RASPBERRY CREAM SHERBET (4 servings)

	GMS.	P	F	CHO	CAL
¼ c Raspberries	60			5.0	
½ c Dryco (1:8)	120	5.0	2.0	7.0	
1½ T Sugar	12			12.0	
1 t Lemon Juice	3				
1 Egg White	32	4.0			
	—	—	—	—	—
		9.0	2.0	24.0	150
1 Serving		2.0	.5	6.0	38

Strain raspberries. Let stand with sugar and lemon juice for a few minutes, to allow sugar to become thoroughly dissolved. Add slowly to Dryco, stirring constantly. If added too fast, milk will curdle. Freeze to a mush. Add stiffly beaten egg white. Continue freezing.

NOTE: It was found here that the addition of the egg white helped the texture as well as the flavor.

RASPBERRY SHERBET (4 servings)

	GMS.	P	F	CHO	CAL
½ c Raspberry Juice	120			10.0	
4 T Sugar	32			32.0	
¾ c Water					
½ t Lemon Juice					
1 Egg White	32	4.0			
	—	—	—	—	—
		4.0		42.0	184
1 Serving		1.0		10.0	46

Make syrup of sugar and water. Cool, add to fruit juices. Freeze to a mush—add egg white beaten stiff and dry. Continue freezing.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PINEAPPLE SHERBET (4 servings)

	GMS.	P	F	CHO	CAL
1/2 c Shredded Fresh Pineapple	100			10.0	
3 T Sugar	24			24.0	
1/2 c Water					
1 t Lemon Juice	3				
1 Egg White	32	4.0			
	<hr/>				
	148	4.0		34.0	152

Make a syrup of sugar and water. Cool, add pineapple and lemon juice, freeze to a mush. Fold in stiffly beaten egg white. Continue freezing.

PINEAPPLE MOUSSE

	GMS.	P	F	CHO	CAL
1/4 t Gelatin		0.5			
1 T Cold Water					
1/4 c Pineapple Juice	55			6.0	
1 T Sugar	8			8.0	
1/4 c Cream Whipped (40%).....	55	1.0	22.0	2.0	
1/4 t Lemon Juice					
		<hr/>	<hr/>	<hr/>	<hr/>
		2.0	22.0	16.0	270

Heat pineapple juice, add to lemon juice and sugar, then add to gelatin which has been soaked in cold water. Cool. When nearly set fold into whipped cream. Mold, pack in salt and ice and let stand until set (about 3 hrs.).

RASPBERRY MOUSSE

	GMS.	P	F	CHO	CAL
1/4 t Gelatin		0.5			
1 t Cold Water					
2 T Boiling Water					
1 1/2 T Sugar	12			12.0	
1/4 c Raspberry Juice	60			5.0	
1/4 c Cream whipped (40%).....	55	1.0	22.0	2.0	
		<hr/>	<hr/>	<hr/>	<hr/>
		2.0	22.0	19.0	282

Soak gelatin in cold water; dissolve in boiling water, add sugar and raspberry juice. Cool. Fold into whipped cream. Freeze.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CURRENT MINT ICE

	GMS.	P	F	CHO	CAL
1/4 c Currant Juice	55			4.0	
3 1/2 T Sugar	28			28.0	
3/4 c Water					
4 Mint Leaves					
				32.0	128

Make a syrup of sugar, water and mint leaves. Cool, add currant juice, strain and freeze. This is very refreshing.

RASPBERRY AND CURRANT FRAPPE

	GMS.	P	F	CHO	CAL
2 T Raspberry Juice	30			3.0	
3 T Currant Juice	40			3.0	
1/2 t Lemon Juice					
3 T Sugar	24			24.0	
1/2 c Water				30.0	120

Make a syrup of the sugar and water. Cool, add to fruit juices. Freeze.

CURRENT SORBET (4 servings)

	GMS.	P	F	CHO	CAL
1/4 c Currant Juice	55			4.0	
1/4 c Pineapple Juice	60			6.0	
2 T Orange Juice	20			2.0	
1 T Lemon Juice	10			1.0	
1/2 c Water					
3 T Sugar	24			24.0	
Grated rind of 1/2 Orange					
				37.0	148

Make a syrup of sugar and water, add grated orange rind, cool, add to fruit juices. Strain and freeze.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

RASPBERRY FRAPPE

	GMS.	P	F	CHO	CAL
1/2 c Raspberry Juice	120			10.0	
1 t Lemon Juice	3				
1 T Orange Juice	10			1.0	
Grated rind of 1/2 Lemon					
3 Mint Leaves					
2 T Sugar	16			16.0	
1/2 c Water					
	—	—	—	—	—
				27.0	108

Make syrup by boiling sugar, rind of lemon and water. Cool, strain and combine with fruit juices. Freeze to a mush. Serve in tall glasses. Strawberries may be substituted for raspberries.

CHERRY ICE

	GMS.	P	F	CHO	CAL
1/2 c Water					
2 1/2 T Sugar	20			20.0	
1 t Lemon Juice	3				
1/4 c Cherry Juice	60			6.0	
	—	—	—	—	—
				26.0	104

Make a syrup of sugar and water. Cool, add to fruit juice. Chill and freeze.

ORANGE CURRANT GRANITE

	GMS.	P	F	CHO	CAL
6 T Currant Juice	80			8.0	
1/4 c Orange Juice	60			7.0	
4 T Sugar	32			32.0	
1/2 t Lemon Juice					
Grated rind of 1/2 Orange					
1/2 c Water					
	—	—	—	—	—
				47.0	188

Make syrup of sugar, water and grated rind of orange. Cool—add to fruit juices, strain and freeze.

NEPHRITIC DIET

That the diet is an important factor in the treatment of the various forms of nephritis has long been recognized, yet there is still much difference of opinion as to the proper diet to be used. In every instance the diet should contain foods which will provide the required amount of energy, bulk enough to aid in regular, natural bowel movements, a plentiful supply of minerals and vitamins and an adequate amount of protein; in specific instances special consideration should be given, e.g., when there is a complication of edema the amount of water and salt must be limited, if the complication is arterial hypertension attention should be given to maintaining a balance of acid and base forming foods.

In general vegetables, nuts and fruits are considered base forming and animal foods acid forming, but there are exceptions to both. Prunes, plums and cranberries form an alkaline ash but because they contain substances which form hippuric acid in the body, they increase the acidity of the urine.¹ The so-called neutral foods may be used freely unless the physician finds some reason for restricting them. The following suggested diet may be adapted for use in practically any form of nephritis. The accompanying recipes were compounded with the idea of providing for the patient foods which are really palatable while complying with the need for a low salt and fluid content. They, also, help in giving variety and satisfaction to a diet which must have little meat.

Foods which may be used freely;

Vegetables—

beans—string, lima

brussel sprouts

cabbage—prepared raw; if cooked, the kettle should be uncovered

corn

cucumbers

celery

egg plant

1. "Use of Basic Diet in the Treatment of Nephritis." Sansum, Blatherwick, and Smith. *J. Am. Med. Assn.* 81: 883, 1923.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

lettuce
onions, cooked without cover on kettle
parsnips
peas
potato
spinach
squash
mushrooms

Fruits—

avocado
cherries
apricots
apples—unless thoroughly ripe, these should be
cooked
berries
peaches
pears
pineapple
melons
dates, figs, raisins

Fats—

butter or butter substitutes
cream
salad dressings
lard

Desserts—

custards
simple puddings, except spiced or steam pudding
ice creams
ices
gelatine desserts
candy
syrops
sugar

Miscellaneous—

cream cheese—no ripened cheeses
cottage
neufchatel
nuts

Foods which may be used in restricted amounts—

bread
crackers
oatmeal
macaroni
asparagus
eggs
cranberries
prunes
plums
rhubarb
citrus fruits

Foods which are to be limited—

meats
meat soups
broths
cheese—ripened, roquefort, limburger, etc.
rich steamed or highly spiced puddings

Foods which should not be eaten at all—

pickles
catsup
mustard
spices

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

VEGETABLE SOUP

	GMS.	P	F	CHO	CAL
1/3 c Tomato Cubed	60	0.5		2.0	
3 T Chopped Carrot	25			2.0	
1/4 c Potato Cubed	50	1.0		9.0	
1/4 Avocado	50	1.0	10.0	4.0	
1/4 c Celery Chopped	30			1.0	
2 1/2 c Water					
	—	—	—	—	—
		3.0	10.0	18.0	174

Put all ingredients except avocado into a sauce pan, cover and simmer until vegetables are tender. Add avocado and cook ten minutes longer then serve.

PEAR SOUP

	GMS.	P	F	CHO	CAL
2 Large Pears	350	2.0	2.0	49.0	
3/4 c Water					
1/3 Lemon Thinly Sliced	20			1.0	
1 T Cornstarch	6			5.0	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
Celery Salt					
	—	—	—	—	—
		12.0	6.0	69.0	378

Pare, core and cube the pears. Place in saucepan with water and sliced lemon and cook until tender, then rub through a sieve. Rub the cornstarch to a smooth paste with an equal amount of Dryco. Heat remainder of Dryco to boiling, then stir it slowly into cornstarch mixture. Return to stove and cook until it thickens, stirring constantly. Stir pear mixture into Dryco slowly, heat to boiling and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

POTATO SOUP

	GMS.	P	F	CHO	CAL
1 Medium Size Potato	150	3.0		28.0	
2 T Chopped Onion	16			1.0	
1 c Water					
1 T Butter	12		10.0		
½ T Cornstarch	3			3.0	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 Egg Yolk	20	3.0	6.0		
1 T Chopped Parsley					
	—————	—————	—————	—————	—————
		16.0	20.0	46.0	428

Cut potato into small pieces and place in saucepan with onion and water. Cook until tender, then press through sieve. Rub to a smooth paste cornstarch with 1 T Dryco. Heat remainder of Dryco to boiling and stir slowly into cornstarch mixture. Add butter and cook until mixture thickens, then stir in potato mixture. Beat egg yolk until lemon colored, then pour Dryco mixture slowly into egg yolk. Reheat and serve, garnished with chopped parsley.

SAUCES

LEMON SAUCE

	GMS.	P	F	CHO	CAL
½ c Boiling Water					
1 T Cornstarch	6			5.0	
1 T Cold Water					
2 T Butter	24		20.0		
2 T Sugar	16			16.0	
Rind of ½ Lemon					
¼ c Lemon Juice	50			5.0	
	—————	—————	—————	—————	—————
			20.0	26.0	284

Rub cornstarch and cold water to smooth paste, then slowly stir in boiling water. Add butter, lemon rind and sugar and cook until mixture thickens. Remove from fire, add lemon juice and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

TOMATO SAUCE

	GMS.	P	F	CHO	CAL
1/2 c White sauce		6.0	12.0	13.0	
1/4 c Strained Tomatoes	50			2.0	
	-----	6.0	12.0	15.0	192

Heat white sauce over hot water. Heat tomatoes to boiling. Just before serving, stir tomatoes slowly into white sauce.

BREAD SAUCE

	GMS.	P	F	CHO	CAL
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1 T Butter	12		10.0		
2 T Bread Crumbs	5.0			3.0	
1 t Minced Onion					
1/16 t Paprika					
2 T Minced Fresh Mushrooms..					
	-----	5.0	12.0	10.0	168

Cook all ingredients together in double boiler for twenty minutes. Beat thoroughly with a fork, then serve.

CROUTONS A L'OEUF

	GMS.	P	F	CHO	CAL
2 Slices bread trimmed to 3x3x1/2 inches	30	3.0		16.0	
1/2 T Butter	6		5.0		
Yolk of Hard Cooked Egg	20	3.0	6.0		
Celery Salt					
	-----	6.0	11.0	16.0	187

Cream butter and egg together until smooth. Toast bread on one side, then cut into strips 1" wide and spread untoasted side with egg mixture, sprinkle with celery salt and toast until brown. Serve hot.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

DEVILLED CROUTONS

	GMS.	P	F	CHO	CAL
2 Slices Bread trimmed to 3x3x1/2 inches	30	3.0		16.0	
1/2 T Butter	6		5.0		
1/6 Cake Cream Cheese	15	4.0	5.0		
Paprika					
		7.0	10.0	16.0	182

Cream butter and cheese together until smooth. Toast bread on one side, then cut into strips one inch wide and spread with cheese mixture on untoasted side. Sprinkle with paprika and toast until brown. Serve hot.

SAUTED ORANGES

	GMS.	P	F	CHO	CAL
2 Medium Size Naval Oranges...	200	2.0		23.0	
1 T Butter	12		10.0		
		2.0	10.0	23.0	190

Pare oranges removing all white skin; cut into slices 1/2 inch thick. Melt butter in pan and sauté oranges until brown on both sides. Serve hot.

GREEN PEA TIMBALES

	GMS.	P	F	CHO	CAL
1 Egg	50	7.0	6.0		
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/2 c Mashed Peas	110	8.0	1.0	18.5	
1 t Minced Onion					
1 t Chopped Parsley					
1 T Melted Butter	12		10.0		
		20.0	19.0	26.5	355

Beat egg slightly, then stir in remaining ingredients. Turn into buttered timbales, set in pan of hot water and bake in slow oven until set. Serve with tomato sauce (see recipe p. 42), garnished with parsley.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CREAMED CELERY WITH ALMONDS

	GMS.	P	F	CHO	CAL
1 c Cooked Celery cut in 1 inch pieces	100	1.0		3.0	
1/2 c White Sauce		6.0	12.0	13.0	
1/4 c Chopped Blanched Almonds	20	4.0	11.0	3.0	
Parsley					
		11.0	23.0	19.0	327

Heat together celery and white sauce over boiling water. Just before serving, stir in chopped almonds. Serve garnished with parsley.

SWEET CORN NEW ENGLAND STYLE

	GMS.	P	F	CHO	CAL
1/2 c Cooked Green Corn	75	2.0	1.0	15.0	
1 Egg	50	7.0	6.0		
3/4 c Dryco (1:8)	180	7.0	3.0	10.0	
1 t Butter melted	4		3.0		
Paprika					
		16.0	13.0	25.0	281

Beat egg slightly, stir in Dryco, corn and melted butter. Pour into baking dish, sprinkle with paprika, set in pan of hot water and bake in slow oven until set.

CORN WITH TOMATOES

	GMS.	P	F	CHO	CAL
3/4 c Cooked Green Corn	110	3.0	1.0	22.0	
1/4 c Stewed Tomatoes	50			2.0	
1/4 c White Sauce		3.0	6.0	6.5	
Parsley					
		6.0	7.0	31.0	211

Heat white sauce and corn in double boiler. Heat tomatoes to boiling and stir slowly into mixture. Serve garnished with parsley.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CORN WITH GREEN PEPPERS

	GMS.	P	F	CHO	CAL
$\frac{3}{4}$ c Cooked Green Corn	110	3.0	1.0	22.0	
1 T Chopped Onion	8			1.0	
$\frac{1}{2}$ Small Green Pepper	25			1.0	
3 T Butter	36		30.0		
$\frac{1}{3}$ c Dryco (1:8)	80	3.0	1.0	4.5	
$\frac{2}{3}$ T Cornstarch	4			4.0	
$\frac{2}{3}$ T Water					
		6.0	32.0	33.0	444

Melt butter in frying pan. Cut four thin slices from green pepper and cook in pan until tender. Remove from pan and add chopped onion and remainder of green pepper chopped fine and cook until brown. Rub cornstarch and water to smooth paste and slowly stir hot Dryco into cornstarch. Add corn and cook with onion and pepper until mixture thickens and corn is thoroughly heated. Serve garnished with rings of green pepper.

BAKED CORN

	GMS.	P	F	CHO	CAL
1 c Green Corn Cooked	150	5.0	2.0	30.0	
1 T Butter	12		10.0		
3 T Bread Crumbs	6	0.5		3.0	
$\frac{1}{4}$ c Dryco (1:8)	60	2.0	1.0	3.0	
Celery Salt					
		8.0	13.0	36.0	293

Season corn with celery salt, place in buttered baking dish, pour on Dryco, cover with crumbs and bits of butter and bake in moderate oven until brown, then serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

LIMA BEANS WITH TOMATOES

	GMS.	P	F	CHO	CAL
1 c Stewed Tomatoes	200	2.0	1.0	8.0	
½ c Fresh Lima Beans	70	5.0	0.5	15.0	
2 T Minced Onion	16			2.0	
1 t Butter	4		3.0		
½ t Sugar	2			2.0	
		7.0	5.0	27.0	177

Place all ingredients in saucepan, cover and simmer until lima beans are tender, then serve.

ESCALLOPED CORN

	GMS.	P	F	CHO	CAL
¾ Cooked Green Corn	100	3.0	1.0	20.0	
½ c White Sauce		6.0	12.0	13.0	
½ c Bread Crumbs	20	2.0		11.0	
1 T Butter	12		10.0		
Celery Salt					
		11.0	23.0	44.0	427

Melt butter in saucepan and stir in bread crumbs. Mix together white sauce and corn and season with celery salt. Place one-half crumbs at bottom of greased baking dish, then corn mixture and cover with remaining crumbs and sprinkle with celery salt. Bake in quick oven until brown.

VEGETABLE CROQUETTES

	GMS.	P	F	CHO	CAL
¾ c Cooked Mashed Potato.....	125	3.0		23.0	
⅓ c Cooked Fresh Green Peas	60	4.0		10.0	
⅓ c Diced Cooked Carrots	55	1.0		5.0	
2 T Dryco (1:8)	30	1.0		2.0	
1 T Melted Butter	12		10.0		
⅓ Beaten Egg	18	2.0	2.0		
⅓ c Bread Crumbs	15	1.5		8.0	
1 T Melted Butter	12		10.0		
		13.0	22.0	48.0	442

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Mix together potato, peas, carrots, Dryco and 1 T melted butter and shape into croquettes. Mix bread crumbs with other tablespoon of melted butter. Dip croquettes into beaten egg, then roll in bread crumbs and brown in hot oven.

POTATOES STEWED IN MILK

	GMS.	P	F	CHO	CAL
1 c Cooked Potatoes Sliced	130	3.0		24.0	
1 T Butter	12		10.0		
1/4 c Dryco (1:8)	60	2.0	1.0	3.0	
1/2 t Minced Onion					
1 t Chopped Parsley					
	—	—	—	—	—
		5.0	11.0	27.0	227

Put potatoes, butter, Dryco and onion into saucepan and simmer until most of Dryco has been absorbed by potatoes. Serve garnished with chopped parsley.

FRIED CARROTS

	GMS.	P	F	CHO	CAL
2 Medium Size Cooked Carrots	150	2.0	1.0	14.0	
2 T Dryco (1:8)	30	1.0		2.0	
2 T Flour	16	2.0		12.0	
2 T Butter	24		20.0		
Parsley					
	—	—	—	—	—
		5.0	21.0	28.0	321

Cut carrots in half lengthwise. Dip in milk and roll in flour and repeat this until all Dryco and flour are used. Melt butter in pan and add carrots. Sauté until brown on both sides. Serve garnished with parsley.

CARROT AND CURRANT TIMBALES

	GMS.	P	F	CHO	CAL
1 Egg	50	7.0	6.0		
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/2 c Cooked Mashed Carrot.....	100	1.0		9.0	
1/4 c Currants	40	1.0	1.0	30.0	
1 T Melted Butter	12		10.0		
1/4 c Bread Crumbs	10	1.0		5.0	
	—	—	—	—	—
		15.0	19.0	51.0	435

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Wash currants, dry and plump in oven. Beat egg slightly, add rest of ingredients, mix well, turn into buttered timbale molds, set in pan of hot water and bake in slow oven until set. Serve hot with lemon sauce.

SALADS

SALAD DRESSING

	GMS.	P	F	CHO	CAL
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1 1/2 T Cornstarch	9			8.0	
2 T Sugar	16			16.0	
2 t Butter	8		7.0		
1 Egg (well beaten)	50	7.0	6.0		
1/4 c Lemon Juice	50			5.0	
	-----	-----	-----	-----	-----
		12.0	15.0	36.0	327

Rub cornstarch with equal amount of cold Dryco to smooth paste. Heat remainder of Dryco to boiling then slowly stir it into cornstarch mixture. Heat until mixture thickens, then stir slowly into beaten egg. Add lemon juice and cool.

PEAR SALAD

	GMS.	P	F	CHO	CAL
4 Leaves Lettuce					
1 Medium Size Pear	150	1.0	1.0	21.0	
1/3 Cake Cream Cheese	30	8.0	10.0	1.0	
2 T Salad Dressing		2.0	2.0	5.0	
1 T Cream Whipped (40%)	15		6.0		
2 Slices of Maraschino Cherry					
	-----	-----	-----	-----	-----
		11.0	19.0	27.0	323

Arrange lettuce on plates. Pare pear and cut in half lengthwise, remove core and place on lettuce. Rub cheese through sieve and fill cavity of pear with cheese and place ring of cherry on top. Mix whipped cream with dressing and place on lettuce beside pear and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

SHAMROCK SALAD

	GMS.	P	F	CHO	CAL
1/2 Small Green Pepper.....	25			1.0	
1/2 Cake Cream Cheese	45	11.5	15.0	1.0	
2 t Dryco (1:8)	10			0.5	
2 T Salad Dressing		2.0	2.0	5.0	
Cress					
Paprika					
	—	—	—	—	—
		14.0	17.0	8.0	241

Cut end off pepper and chop it very fine. Mash cream cheese and Dryco with fork until smooth, add chopped green pepper and mix well. Place pepper with small end down on plate and press cheese mixture well into pepper. Chill until cheese is firm, then cut in 1/2 inch slices, serve on cress with salad dressing and sprinkle with paprika.

FROZEN BALL SALAD

	GMS.	P	F	CHO	CAL
1 c Melon cut in balls	180	1.0		17.0	
1 T Lemon Juice.....	10			1.0	
1/2 c Grape Juice	120			30.0	
1 T Sugar	8			8.0	
2 T Salad Dressing		2.0	2.0	5.0	
1 T Whipped Cream (40%).....	15		6.0		
1 Maraschino Cherry.....	5			1.0	
Lettuce					
	—	—	—	—	—
		3.0	8.0	62.0	332

Stir lemon juice, grape juice and sugar together until sugar is dissolved. Add melon, turn into freezer and pack with ice and salt until frozen firm. Unmold, cut in slices, serve on lettuce with salad dressing mixed with whipped cream and garnished with pieces of cherry.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

VANDERBILT SALAD

	GMS.	P	F	CHO	CAL
2 Slices Canned Pineapple	160	1.0	1.0	58.0	
6 Sections Orange	70	1.0		8.0	
6 Sections Grapefruit	90	1.0		11.0	
2 t Shredded Cocoanut	8	1.0	5.0	3.0	
2 T Salad Dressing		2.0	2.0	5.0	
1 T Whipped Cream (40%).....	15		6.0		
1 T Chopped Walnuts	7	1.0	4.0	1.0	
Lettuce					
		7.0	18.0	86.0	543

Arrange lettuce on plates and on each place a slice of pineapple. Across pineapple arrange alternate sections of grapefruit and orange. Mix cream with salad dressing and drop on top of fruit. Sprinkle with cocoanut and chopped walnuts and serve.

CIRCLE SALAD

	GMS.	P	F	CHO	CAL
2 Slices Apple 1/2 inch thick.....	100		0.5	14.0	
1 T Shredded Celery	10				
2 T Salad Dressing		2.0	2.0	5.0	
1 T Whipped Cream (40%).....	15		6.0		
1 T Cocoanut	12	1.0	7.0	4.0	
1 Maraschino Cherry.....	5			1.0	
Lettuce or Chicory					
		3.0	16.0	24.0	252

Arrange lettuce on plates. Remove core from apple and place on lettuce. Mix cream, salad dressing and celery together and pile on centre of apple. Garnish with cocoanut and cherry.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

PINEAPPLE AND MELON SALAD

	GMS.	P	F	CHO	CAL
Lettuce					
2 Rounds Canned Pineapple.....	160	1.0	1.0	58.0	
4 Slices Cantaloupe cut crescent shape, 1/2 inch thick	100	1.0		9.0	
1 Medium Size Peach.....	100			9.0	
2 T Salad Dressing		2.0	2.0	5.0	
1 T Whipped Cream (40%).....	15		6.0		
2 t Cocoanut	8	1.0	5.0	3.0	
1 Maraschino Cherry.....	5			1.0	
	—————	—————	—————	—————	—————
		5.0	14.0	85.0	486

Arrange lettuce on plates and place on each a round of pineapple. Remove rind from cantaloupe and place two pieces to form a circle on top of the pineapple. Peel and dice the peach. Mix peach with salad dressing and whipped cream and heap on center of pineapple. Sprinkle with cocoanut and garnish with a piece of maraschino cherry.

AVOCADO SALAD

	GMS.	P	F	CHO	CAL
2 T Chopped Celery	15			0.5	
3/8 Avocado (cut in cubes).....	75	1.5	15.0	6.0	
2 T Salad Dressing		2.0	2.0	5.0	
4 Drops Worcestershire Sauce...					
Watercress					
Paprika					
	—————	—————	—————	—————	—————
		4.0	17.0	12.0	217

Mix together finely chopped celery, avocado, salad dressing and Worcestershire sauce. Chill thoroughly and serve on beds of crisp watercress and sprinkle with paprika.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CANTELOUPE COCKTAIL

	GMS.	P	F	CHO	CAL
1/2 c Melon (cut in balls)	90	0.5		8.0	
3 Sections Grapefruit	70			8.5	
1 Round Canned Pineapple	80		0.5	29.0	
1 T Lemon Juice	12			1.0	
2 Drops Worcestershire Sauce.....					
	-----	-----	-----	-----	-----
		1.0	1.0	47.0	201

Cut grapefruit and pineapple into one half inch pieces. Add melon, lemon juice and Worcestershire sauce, chill and serve in glasses.

RITZ SALAD

	GMS.	P	F	CHO	CAL
1 Small Cantaloupe	300	2.0		28.0	
1 Medium Size Peach	100	1.0		9.0	
2 T Salad Dressing		2.0	2.0	5.0	
1 T Whipped Cream (40%)	15		6.0		
1 t Chopped Walnuts	3	0.5	2.0		
1 t Crystallized Ginger	5			4.0	
1 Maraschino Cherry.....	5			1.0	
	-----	-----	-----	-----	-----
		6.0	10.0	47.0	302

Cut melon in half and scoop out seeds. Peel and dice peach and mix with salad dressing and whipped cream. Fill melon cavities with this mixture, sprinkle with nuts and ginger, top with half cherry and serve.

STUFFED TOMATO FRIDAY

	GMS.	P	F	CHO	CAL
2 Medium Size Tomato Shells.....	100	1.0		4.0	
1/2 c Cooked Flaked Salmon.....	80	17.0	10.0		
1/4 c Chopped Celery	30			1.0	
1 T Chopped Pimiento	13			1.0	
4 T Salad Dressing		4.0	4.0	9.0	
Celery Leaves					
	-----	-----	-----	-----	-----
		22.0	14.0	15.0	274

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Cut off top of tomatoes and scoop out the inside. Mix together salmon, celery, pimiento and salad dressing and fill tomato shells with mixture. Chill and serve on beds of young celery leaves.

SALMON SALAD

	GMS.	P	F	CHO	CAL
$\frac{2}{3}$ c Cooked Flaked Salmon.....	100	22.0	12.0		
$\frac{1}{3}$ c Diced Cucumber	30			1.0	
$\frac{1}{4}$ c Diced Celery	30			1.0	
1 T Chopped Pimiento	13			1.0	
4 T Mayonnaise			40.0		
2 T Lemon Juice	20			2.0	
Lettuce					
Paprika					
	-----	-----	-----	-----	-----
		22.0	52.0	5.0	576

Mix together salmon, cucumber, celery, pimiento and lemon juice and chill. Heap on bed of lettuce, top with mayonnaise, sprinkle with paprika and serve.

CODFISH TIMBALES

	GMS.	P	F	CHO	CAL
1 Egg	50	7.0	6.0		
$\frac{1}{2}$ c Dryco (1:8)	120	5.0	2.0	7.0	
$\frac{1}{4}$ c Bread Crumbs	10	1.0		5.0	
1 T Minced Onion	8			1.0	
$\frac{1}{2}$ t Sage					
1 T Minced Pimiento	13			1.0	
$\frac{1}{2}$ c Cooked Flaked Cod	85	14.0	0.5		
1 T Melted Butter	12		10.0		
	-----	-----	-----	-----	-----
		27.0	19.0	14.0	335

Beat egg slightly, then stir in remaining ingredients, turn into buttered timbales, set in pan of hot water and bake in slow oven until set. Serve with tomato sauce (see recipe p. 42), garnished with parsley.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

THERMIDOR OF MOCK SCALLOPS

	GMS.	P	F	CHO	CAL
3/4 c Diced Fresh Codfish	125	21.0	1.0		
1 c Dryco (1:8)	240	10.0	4.0	14.0	
2 T Minced Green Pepper.....	15			1.0	
2 T Minced Onion	16			2.0	
2 T Butter	24		20.0		
1 T Cornstarch	6			5.0	
1 T Cold Water					
Watercress					
	-----	-----	-----	-----	-----
		31.0	25.0	22.0	437

Cover codfish with Dryco and simmer until fish is cooked. Remove fish to hot platter, cover to keep warm. To liquor that is left from fish add butter, green pepper and onion and heat to boiling. Rub cornstarch and water to smooth paste, stir in hot mixture slowly and cook until mixture thickens. Pour over fish and serve garnished with cress.

EGG TIMBALES

	GMS.	P	F	CHO	CAL
2 Eggs	100	14.0	12.0		
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 t Chopped Parsley					
1 t Minced Onion					
1 t Minced Pimiento					
	-----	-----	-----	-----	-----
		24.0	16.0	14.0	296

Beat eggs slightly, stir in remaining ingredients, pour into buttered timbales, set in pan of hot water and bake in slow oven until set. Serve with bread sauce (see recipe p. 42), garnished with fancy cut pimiento and sprigs of parsley.

SALMON TIMBALES

	GMS.	P	F	CHO	CAL
1 Egg	50	7.0	6.0		
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/2 c Cooked Flaked Salmon	80	17.0	10.0		
1 T Minced Pimiento	13			1.0	
	-----	-----	-----	-----	-----
		29.0	18.0	8.0	310

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Beat egg slightly, stir in Dryco, salmon and pimiento. Finish as for Egg Timbales. Serve with tomato sauce (see recipe p. 42), garnished with parsley.

ESCALLOPED SALMON

	GMS.	P	F	CHO	CAL
2/3 c Cooked Flaked Salmon.....	100	22.0	12.0		
1/2 c Bread Crumbs.....	20	2.0		11.0	
1 T Butter	12		10.0		
1 T Minced Pimiento	13			1.0	
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
		29.0	24.0	19.0	408

Into buttered baking dish place alternate layers of salmon and bread crumbs. Dot over each layer of crumbs with butter and pimiento. Pour Dryco over all, bake in moderate oven until brown and serve hot.

APPLE CUSTARD

	GMS.	P	F	CHO	CAL
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1 t Cornstarch	2			2.0	
2 T Sugar	16			16.0	
1/2 c Apple Sauce	130	0.5	1.0	18.0	
Grated Rind of 1/4 Lemon					
1 Egg	50	7.0	6.0		
		13.0	9.0	43.0	305

Rub to a smooth paste cornstarch with equal amount of cold Dryco. Heat remainder of Dryco with sugar to boiling, then slowly stir into cornstarch. Return to fire and cook until mixture thickens. Beat egg slightly, then slowly stir in Dryco mixture, then grated rind of lemon and apple sauce. Pour into custard cups, set in pan of hot water and bake in slow oven until firm. Serve hot or cold.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

BANANA CUSTARD

	GMS.	P	F	CHO	CAL
1 Medium Size Banana	100	1.0	1.0	22.0	
1 Egg	50	7.0	6.0		
$\frac{2}{3}$ c Dryco (1:8)	160	6.0	2.0	9.0	
1 T Sugar	8			8.0	
$\frac{1}{4}$ t Vanilla					
		14.0	9.0	39.0	293

Mash banana with silver fork, add egg and sugar and beat until well mixed. Stir in Dryco and vanilla, pour into custard cups, set in pan of hot water and bake in slow oven until set.

BAKED PEAR

	GMS.	P	F	CHO	CAL
2 Large Pears	350	2.0	2.0	49.0	
2 Pieces Crystallized Ginger, $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{4}$ inches	10			9.0	
1 T Sugar	8			8.0	
$\frac{1}{4}$ c Water					
		2.0	2.0	66.0	290

Wash and core pears. Put a piece of ginger into centre of each pear, sprinkle with sugar, place in baking dish with water and bake in moderate oven until tender. Serve hot or cold.

CORN PUDDING

	GMS.	P	F	CHO	CAL
$\frac{2}{3}$ c Cooked Green Corn	100	3.0	1.0	20.0	
$\frac{1}{2}$ c White Sauce		6.0	12.0	13.0	
1 T Sugar	8			8.0	
1 Egg	50	7.0	6.0		
		16.0	19.0	41.0	399

Separate egg, beat yolk until light, stir in white sauce, corn and sugar. Beat white until stiff and fold into corn mixture. Turn into buttered baking dish, set in pan of hot water and bake in slow oven until firm.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

AVOCADO ICE CREAM

	GMS.	P	F	CHO	CAL
1/4 Avocado	50	1.0	10.0	4.0	
1/3 c Cream (40%)	75	1.5	30.0	2.0	
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1 T Sugar	8			8.0	
	—	—	—	—	—
		8.0	42.0	21.0	494

Mash avocado with a fork, add cream, Dryco and sugar. Stir until sugar is dissolved, then freeze using six parts ice to one part salt.

MELON ICE CREAM

	GMS.	P	F	CHO	CAL
1 t Cold Water					
1/4 t Gelatin		0.5			
1/4 c Dryco	60	2.0	1.0	3.0	
1/3 c Cream (40%)	75	1.5	30.0	2.0	
1/3 c Melon cubed	50			5.0	
1 t Chopped Crystallized Ginger	5			4.0	
	—	—	—	—	—
		4.0	31.0	14.0	351

Soak gelatine in cold water. Bring Dryco to boil, pour on gelatine and stir until gelatine is dissolved. Cool and when nearly set, stir in melon, ginger and cream and freeze.

TUBERCULOSIS—MALNUTRITION, GROWING CHILDREN

The foregoing recipes may well be used in menus other than those for liquid and soft diets and for nephritics. They have been prepared with the idea in mind of making them palatable as well as making them meet the requirements of nutrition and assimilability, and are, therefore, acceptable to all members of the family. With the possible exception of the drinks these recipes are such as should be used liberally for growing children and for adults suffering from malnutrition, underweight or tuberculosis. Though the drinks do not have as much nutritive value as the other recipes, they have some, and because they are appetizing and refreshing they are of value in that respect.

The recipes given for nephritics are chiefly of vegetables and fruits and these, too, should have a prominent place in the

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

general dietary. Lack of salt is no disadvantage as other methods of giving flavor overcome the flat tastelessness which is so often found in salt free foods.

Following are additional recipes that may induce the child to eat more vegetables and fruits and which may add variety to the diet of the tubercular and malnourished patient. It is advisable to omit the Worcestershire sauce when recipes are used for children.

MAYONNAISE

	GMS.	P	F	CHO	CAL
1 Egg Yolk	20	3.0	6.0		
½ t Mustard					
½ t Salt					
¼ t Paprika					
2 T Vinegar					
2 t Sugar	6			6.0	
1 c Oil—Olive or Salad.....	200		200.0		
		3.0	206.0	6.0	1890
One Tablespoon		0.1	10.0	0.3	

Mix together mustard, salt, paprika and sugar; add to egg yolk and beat until smooth. Beat in one teaspoon of vinegar, then beat in the oil, drop by drop, until the mixture is thick. Then beat in the vinegar and oil alternately until both are all used. Keep in cold place.

Note:

This recipe may be used in nephritic diets by omitting the salt and mustard. Its flavor may be improved by using lemon juice in place of vinegar.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

CABBAGE, PINEAPPLE AND ALMOND SALAD

	GMS.	P	F	CHO	CAL
1/2 c Shredded Raw Cabbage.....	50	1.0		3.0	
1/2 c Shredded Pineapple	100			10.0	
2 T Blanched Almonds					
Shredded	20	4.0	11.0	3.0	
1 T Chopped Pimiento	13			1.0	
4 T Mayonnaise			40.0		
Lettuce					
	-----	-----	-----	-----	-----
		5.0	51.0	17.0	547

Mix cabbage, pineapple, almonds, pimiento, and mayonnaise together. If desired season with salt, then chill thoroughly. Serve heaped up on beds of lettuce garnished with a strip of pimiento.

RICE WITH TOMATO AND CHEESE

	GMS.	P	F	CHO	CAL
2 T Rice Washed	20	2.0		16.0	
1/2 c Dryco (1:8)	120	5.0	2.0	7.0	
1/4 c Stewed Tomatoes	50			2.0	
1 T Green Pepper Chopped	7				
1 T Minced Onion	8			1.0	
1 T Butter	12		10.0		
1/4 c Grated Cheese	25	7.0		9.0	
Spk. Salt					
	-----	-----	-----	-----	-----
		14.0	12.0	35.0	304

Cook rice in Dryco in double boiler until grains are tender. Simmer together until thick, tomatoes, green pepper, onion and butter. When rice is cooked, stir tomato mixture slowly into rice, add grated cheese and salt. Beat until cheese is smooth, then serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

RICE WITH PIMIENTO RIBBONS

	GMS.	P	F	CHO	CAL
2 T Rice Washed	20	2.0		16.0	
1 T Butter	12		10.0		
1 T Minced Onion	8			1.0	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
½ T Cornstarch	3			3.0	
2 T Pimiento cut in ribbons.....	25			1.0	
¼ t Salt					
	—————	—————	—————	—————	—————
		12.0	14.0	35.0	314

Make a smooth paste of cornstarch and 1 tablespoon Dryco. Cook together rice, butter and onion in remaining Dryco in double boiler. When rice is tender, stir in pimiento, salt and cornstarch, cook until it thickens, then serve.

CREOLE TAPIOCA

	GMS.	P	F	CHO	CAL
3 T Minute Tapioca	30			26.0	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 T Bacon Fat	12		10.0		
2 T Minced Green Pepper.....	15			1.0	
2 T Minced Onion	16			2.0	
½ c Cooked Tomatoes	100	1.0		4.0	
½ t Salt					
¼ t Paprika					
⅓ c Bread Crumbs	15	1.5		8.0	
1 t Butter	4		3.0		
	—————	—————	—————	—————	—————
		13.0	17.0	55.0	425

Cook tapioca in Dryco in double boiler until tapioca is clear and all the Dryco has been absorbed. Melt the bacon fat in a pan, add green pepper and onion and cook until tender and onion is brown. Add tomatoes, salt and paprika and cook until mixture is thick. Then put alternate layers of tapioca and tomatoes into buttered baking dish, cover with crumbs and dot over with butter and brown in oven. Serve hot.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

EGG PLANT SPECIALE

	GMS.	P	F	CHO	CAL
½ c Boiled and Mashed Egg					
Plant	120	1.0		6.0	
1 T Minced Onion	8			1.0	
¼ c Stewed Tomatoes	50			2.0	
2 T Celery Chopped	15				
2 T Rice, Washed	20	2.0		16.0	
1 T Butter	12		10.0		
¼ t Salt					
¾ c Boiling Water					
		3.0	10.0	25.0	202

Cook rice in water with salt until nearly tender. Then add remaining ingredients and cook until thick. Care must be taken to stir often to prevent sticking.

EGG PLANT IN CASSEROLE

	GMS.	P	F	CHO	CAL
1 c Boiled and Mashed Egg					
Plant	240	3.0	1.0	12.0	
¼ c Stewed Tomatoes	50			2.0	
2 T Butter Melted	24		20.0		
1 T Minced Onion	8			1.0	
3 T Cooked Chopped Steak	30	6.0	4.0		
¼ t Salt					
¼ c Bread Crumbs	10	1.0		5.0	
		10.0	25.0	20.0	345

Mix together bread crumbs with one half of the melted butter. Combine remaining ingredients, turn into buttered casserole, cover with crumbs and cook in moderate oven until crumbs are brown.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

SPINACH SOUFFLE

	GMS.	P	F	CHO	CAL
3/4 c Cooked and Chopped					
Spinach	150	3.0		5.0	
1/2 c White Sauce		6.0	12.0	13.0	
1/2 Egg (well beaten)	25	3.0	3.0		
1 T Melted Butter	12		10.0		
1/4 t Salt					
		12.0	25.0	18.0	345

Mix ingredients together, turn into buttered molds, set in pan of hot water and bake in moderate oven until firm to the touch. Unmold and serve hot.

SPINACH ROLL

	GMS.	P	F	CHO	CAL
1/2 c Cooked and Chopped					
Spinach	100	2.0		3.0	
1/2 c Bread Crumbs	20	2.0		11.0	
1 t Butter Melted	4		3.0		
1 Egg Yolk	20	3.0	6.0		
1 t Minced Onion					
3 T Chopped Walnuts	21	4.0	14.0	3.0	
1/3 c White Sauce		4.0	8.0	9.0	
1/4 t Worcestershire Sauce					
1/4 t Salt					
		15.0	31.0	26.0	443

Mix ingredients in order given above. Shape into a roll, place on buttered baking pan and bake in moderate oven twenty minutes. Serve hot.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

SPAGHETTI WITH ITALIAN SAUCE

	GMS.	P	F	CHO	CAL
1/2 c Spaghetti broken into 1 inch pieces	50	6.0		38.0	
SAUCE					
2 oz. Veal Cut in Cubes.....	60	12.0	5.0		
1 T Wesson Oil	12		12.0		
3/4 c Cooked Tomatoes	150	1.0		6.0	
1 T Chopped Onion	8			1.0	
1 T Chopped Green Pepper.....	7				
1/2 t Celery Salt					
1 t Sugar	3			3.0	
1/4 t Salt					
2 T Grated Cheese	15	4.0	5.0		
	-----	-----	-----	-----	-----
		23.0	22.0	48.0	482

Drop spaghetti into boiling salted water and boil rapidly until tender. Drain, cover and stand on back of stove to keep hot.

SAUCE—Put oil into pan and when hot drop in cubes of veal. Brown well, then cook slowly. Then add tomatoes, onion, pepper, sugar, celery salt and salt and cook until sauce is thick. Add cheese and stir until smooth. Pour over spaghetti and serve.

CHEESE AND NUT LOAF

	GMS.	P	F	CHO	CAL
1/2 c White Sauce		6.0	12.0	13.0	
1/2 c Chopped Walnuts	55	10.0	35.0	7.0	
1/2 c Grated Cheese	50	14.0	18.0		
3/4 c Bread Crumbs	30	3.0		16.0	
1 T Chopped Onion	8			1.0	
2 T Lemon Juice	20			2.0	
	-----	-----	-----	-----	-----
		33.0	65.0	39.0	873

Mix ingredients together in order given, shape into loaf, place in buttered pan, and bake in moderate oven twenty-five minutes.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

SQUASH LOAF

	GMS.	P	F	CHO	CAL
1/2 c Cooked and Mashed					
Squash	100	1.0	0.5	10.5	
1 Egg Yolk (well beaten).....	20	3.0	6.0		
3/4 c Bread Crumbs.....	30	3.0		16.0	
1/4 t Salt					
1/4 t Worcestershire Sauce					
2 T Grated Cheese	15	4.0	5.0		
	-----	-----	-----	-----	-----
		11.0	12.0	27.0	260

Mix together squash, egg yolk, bread crumbs, salt and Worcestershire sauce. Mold into loaf, place on buttered pan, sprinkle with grated cheese and bake in moderate oven twenty minutes. Serve with Tomato Sauce (see recipe p. 42).

SCALLOPED SWEET POTATOES AND APPLES

	GMS.	P	F	CHO	CAL
1 c Cooked Sliced Sweet					
Potatoes	200	4.0	1.0	55.0	
1 c Sliced Tart Apples	175	1.0	1.0	25.0	
1/3 c Brown Sugar	50			47.5	
1/4 c Water					
Sprinkle Nutmeg					
1/4 c Bread Crumbs	10	1.0		5.0	
1/2 T Butter	6		5.0		
	-----	-----	-----	-----	-----
		6.0	7.0	133.0	556

Place in buttered baking dish alternate layers of sweet potatoes and apple. Sprinkle each layer with sugar and nutmeg. Pour the water over all and cover with bread crumbs and dots of butter. Bake in moderate oven until apples are tender and crumbs are brown.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

COPLEY POTATOES

1 c Cooked Potato diced in 1/2 inch cubes	170	4.0		31.0	
1/2 c White Sauce		6.0	12.0	13.0	
1/2 t Beef Extract (Liebig)	5	2.0			
1/2 t Lemon Juice					
1/2 t Chopped Parsley					
			12.0	12.0	44.0
					332

Heat in double boiler white sauce, potatoes and beef extract. Just before serving stir in lemon juice and chopped parsley.

STUFFED PEPPERS

	GMS.	P	F	CHO	CAL
2 Large Green Peppers	200	3.0		9.0	
1 t Minced Onion					
1/4 t Salt					
1/2 c Cooked Corn	125	3.5	1.5	24.0	
1/4 c Grated Cheese	25	7.0	9.0		
3/4 c Bread Crumbs	30	3.0		16.0	
			23.0	23.0	62.0
					547

Wash peppers, cut in half lengthwise, remove seeds and drop into boiling salted water. Cover and cook five minutes then remove from water. Mix remaining ingredients together, fill pepper shells, set on buttered pan, surround with small amount of water and bake in moderate oven until brown.

CABBAGE ROYALE

	GMS.	P	F	CHO	CAL
3/4 c Cooked Chopped Cabbage	75	1.0		4.0	
1/2 c Cooked Chopped Steak	100	20.0	14.0		
1 Egg (slightly beaten)	50	7.0	6.0		
3/4 c White Sauce		9.0	18.0	19.5	
1 t Chopped Onion	4				
1/2 t Celery Salt					
1/3 c Bread Crumbs	15	1.5		8.0	
1 t Butter	4		3.0		
			39.0	41.0	32.0
					653

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

Beat white sauce into egg, then add cabbage, steak, onion and celery salt. Mix together, turn into buttered baking dish, cover with bread crumbs, and dot with butter. Set in pan of hot water and bake in moderate oven until set and crumbs are golden brown.

CREAMED CABBAGE WITH PEANUTS

	GMS.	P	F	CHO	CAL
1 $\frac{1}{4}$ c Cooked Chopped Cabbage	125	2.0		7.0	
$\frac{1}{2}$ c White Sauce		6.0	12.0	13.0	
2 T Chopped Peanuts	16	4.0	6.0	4.0	
		12.0	18.0	24.0	306

Mix ingredients together and heat in double boiler until hot enough to serve.

PINK BUNNY

	GMS.	P	F	CHO	CAL
1 T Butter	12		10.0		
1 T Flour	8	1.0		6.0	
$\frac{1}{4}$ c Dryco (1:8)	60	2.0	1.0	3.0	
$\frac{1}{2}$ c Cooked Tomatoes	100	1.0		4.0	
$\frac{1}{8}$ t Soda					
1 Egg (slightly beaten)	50	7.0	6.0		
$\frac{1}{2}$ c Grated Cheese	50	14.0	18.0		
2 Slices Bread Toasted 4 x 4 x $\frac{1}{3}$ inches	50	5.0	1.0	27.0	
$\frac{1}{4}$ t Salt					
		30.0	36.0	40.0	604

Melt the butter in double boiler, stir in the flour and when smooth stir in the Dryco slowly and continue stirring until mixture thickens. Cover and allow to cook slowly. Heat the tomatoes to boiling, add salt and soda. Pour white sauce slowly into beaten egg, stirring constantly. Add cheese and return to stove and heat until cheese is melted. Beat until smooth, then stir tomatoes slowly into this mixture. Pour over toast and serve.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

TAPIOCA MOLD

	GMS.	P	F	CHO	CAL
3 T Minute Tapioca	30			26.0	
Spk. Salt					
2 T Sugar	16			16.0	
1 c Dryco (1:8)	240	10.0	4.0	14.0	
½ c Fresh Shredded Pineapple	100			10.0	
2 T Sugar	16			16.0	
	-----	-----	-----	-----	-----
		10.0	4.0	32.0	404

Cook in double boiler tapioca with Dryco, salt and two table-
spoons of sugar. Sprinkle two tablespoons of sugar over shred-
ded pineapple and when tapioca is clear, pour over pineapple.
Serve cold, plain or with cream.

CHOCOLATE BREAD PUDDING

	GMS.	P	F	CHO	CAL
⅓ oz. Chocolate unsweetened.....	10	1.0	5.0	3.0	
¼ c Sugar	35			35.0	
1 T Butter	12		10.0		
1 c Dryco (1:8)	240	10.0	4.0	14.0	
1 Egg (slightly beaten)	50	7.0	6.0		
½ c Bread Crumbs	20	2.0		11.0	
4 Dried Figs	40	2.0		30.0	
½ t Vanilla					
Spk. Salt					
	-----	-----	-----	-----	-----
		22.0	25.0	93.0	685

Melt butter, sugar and chocolate over hot water. Stir in Dryco,
beaten egg, bread crumbs, figs, vanilla and salt. Turn into
buttered baking dish, set in pan of hot water and bake in moder-
ate oven, until firm.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

FRENCH RICE PUDDING

	GMS.	P	F	CHO	CAL
2 T Rice Washed	20	2.0		16.0	
$\frac{3}{4}$ c Dryco (1:8)	180	7.0	3.0	10.0	
Spk. Salt					
1 T Butter	12		10.0		
1 Egg (slightly beaten)	50	7.0	6.0		
2 T Brown Sugar	16			15.0	
2 T Lemon Juice	20			2.0	
Grated Rind of $\frac{1}{4}$ Lemon					
2 Dried Figs	20	1.0		15.0	
1 T Brown Sugar	8			7.5	
$\frac{1}{2}$ t Butter	2		2.0		
		17.0	21.0	66.0	521

Cook rice in Dryco in double boiler until grains are tender. Add salt, 1 T butter, beaten egg, 2 T brown sugar, lemon juice and rind and beat until creamy. Stir in figs, turn into buttered baking dish, set in pan of hot water and bake in slow oven about 45 minutes or until firm. Spread with $\frac{1}{2}$ t butter, sprinkle with 1 T brown sugar and glaze in oven, chill and serve in slices with cream.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

INDEX TO CONTENTS

	<i>Page</i>
REFERENCES	
_____	7
SPECIAL DIETS*	
Liquid and Soft _____	8
Children _____	57
Nephritic (see also page 57) _____	37
Malnutrition _____	57
Tuberculosis _____	57
DRINKS—Nutritious	
Blueberry Egg Nog _____	9
Cafe Au Lait _____	8
Chocolate Milk Shake _____	9
Chocolate Egg Nog _____	9
Chocolate Paste _____	8
Coffee Milk Shake _____	8
Ginger Milk Shake _____	10
Happy Liza _____	10
Hot Chocolate _____	9
Mexican Chocolate _____	8
Orange Egg Punch _____	9
Orange Fiz _____	9
Peach Egg Punch _____	10
Raspberry Milk Shake _____	10
Strawberry Milk Shake _____	10
DRINKS—Refreshing	
Canton Ginger Punch _____	12
Card Punch _____	12
Cherry Punch _____	12
Ginger Mint Punch _____	13
Grape Rickey _____	13
Lemon Ginger _____	12
Mint Punch _____	13
Mint Sangaree _____	13
Orange Sparkle _____	12
Oriental Punch _____	11
Pineapple Frost _____	12
Pineapple Ginger _____	12
Pineapple Lemonade _____	11
Pineapple Punch _____	11
Raspberry, Currant and Mint Punch _____	11

*Recipes marked (N) are for nephritic as well as for general use.

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

	<i>Page</i>
GRUELS	
Cream of Wheat Gruel _____	14
Oatmeal Caudle _____	14
Oatmeal Gruel _____	14
Rice Gruel _____	14
SOUPS—Creamed	
Asparagus _____	17
Carrot _____	16
Celery _____	15
Chicken _____	17
Pea _____	16
Potato _____	17
Spinach _____	15
Tomato _____	16
SOUPS—Plain	
Pear (N) _____	40
Potato (N) _____	41
Vegetable (N) _____	40
FISH	
Codfish Timbales (N) _____	53
Escalloped Salmon (N) _____	55
Salmon Timbales (N) _____	54
Thermidor of Mock Scallops (N) _____	54
VEGETABLES	
Baked Corn (N) _____	45
Carrot and Currant Timbales (N) _____	47
Copley Potatoes _____	65
Corn with Green Peppers (N) _____	45
Corn with Tomatoes (N) _____	44
Corn Pudding (N) _____	56
Creole Tapioca _____	60
Egg Plant Special _____	61
Escalloped Corn (N) _____	46
Fried Carrots (N) _____	47
Green Pea Timbales (N) _____	43
Lima Beans with Tomatoes (N) _____	46
Pink Bunny _____	66
Potatoes Stewed in Milk (N) _____	47
Rice with Pimiento Ribbons _____	60
Spinach Roll _____	62
Spinach Soufflé _____	62
Squash Loaf _____	64
Sweet Corn, New England Style (N) _____	44
Vegetable Croquettes (N) _____	46

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

	<i>Page</i>
VEGETABLES—Creamed	
Asparagus	19
Creamed Cabbage with Peanuts	66
Carrots	18
Celery	18
Celery with Almonds (N)	44
Peas	18
Potatoes	19
VEGETABLES WITH PROTEIN FOODS	
Cabbage Royale	65
Cheese and Nut Loaf	63
Croutons a L'Oeuf (N)	42
Deville Croutons (N)	43
Egg Plant in Casserole	61
Egg Timbales (N)	54
Rice with Tomato and Cheese	59
Scalloped Sweet Potatoes and Apples	64
Spaghetti with Italian Sauce	63
Stuffed Peppers	65
SALADS	
Avocado (N)	51
Cabbage, Pineapple and Almond Salad	59
Circle (N)	50
Frozen Ball (N)	49
Pear (N)	48
Pineapple and Melon (N)	51
Ritz (N)	52
Salmon (N)	53
Shamrock (N)	49
Stuffed Tomato Friday (N)	52
Vanderbilt (N)	50
SALAD DRESSING	
Mayonnaise (Also N)	58
Salad Dressing (N)	48
SAUCES	
White Sauce for Creamed Vegetables	18
Bread (N)	42
Lemon (N)	41
Tomato (N)	42
DESSERTS	
Apple Custard (N)	55
Baked Pear (N)	56
Banana Custard (N)	56
Cantaloupe Cocktail (N)	52

ORIGINAL DIETS—CLASSIFIED AND CALCULATED

	<i>Page</i>
Caramel Charlotte	22
Cherry Moss	21
Chocolate Bread Pudding	67
Chocolate Cream	20
Coffee Cream	26
Currant Cream	21
Custard—Baked	23
Custard—Coconut	22
Custard—Macaroon	22
Custard—Soft	19
Floating Island	19
French Rice Pudding	68
Fruited Rice Fluff	27
Macaroon Cream	23
Maple Cream	27
Prune Whip	25
Sautéd Oranges (N)	43
Tapioca Cream	20
Tapioca Mold	67
Tapioca—Peach	21
Westville Cream	26
 DESSERTS—Frozen	
Frozen Coffee	31
Grape Mousse	24
Orange Currant Granite	36
Orange Mousse	25
Peach Mousse	24
Pineapple Cream	30
Pineapple Mousse	34
Raspberry Mousse	34
 ICE CREAM	
Apricot	29
Avocado (N)	57
Caramel Custard	29
Cherry Ice	36
Cherry Pineapple Cream	30
Chocolate	28
Coffee Caramel Cream	31
Currant Mint Ice	35
Currant Sorbet	35
Melon (N)	57
Peach	32
Pineapple	30
Pineapple Sherbet	34
Plain French Vanilla	28
Raspberry Cream Sherbet	33
Raspberry & Currant Frappe	35
Raspberry Frappe	36
Raspberry Sherbet	33
Strawberry	32

