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Instructor of Practical Naturopathy  
in  
THE AMERICAN SCHOOL OF NATUROPATHY

. . The Practical . .

# Naturopathic - Vegetarian COOK BOOK

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COOKED AND UNCOOKED FOODS

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. . . BY . . .

LOUISE LUST, N. D.

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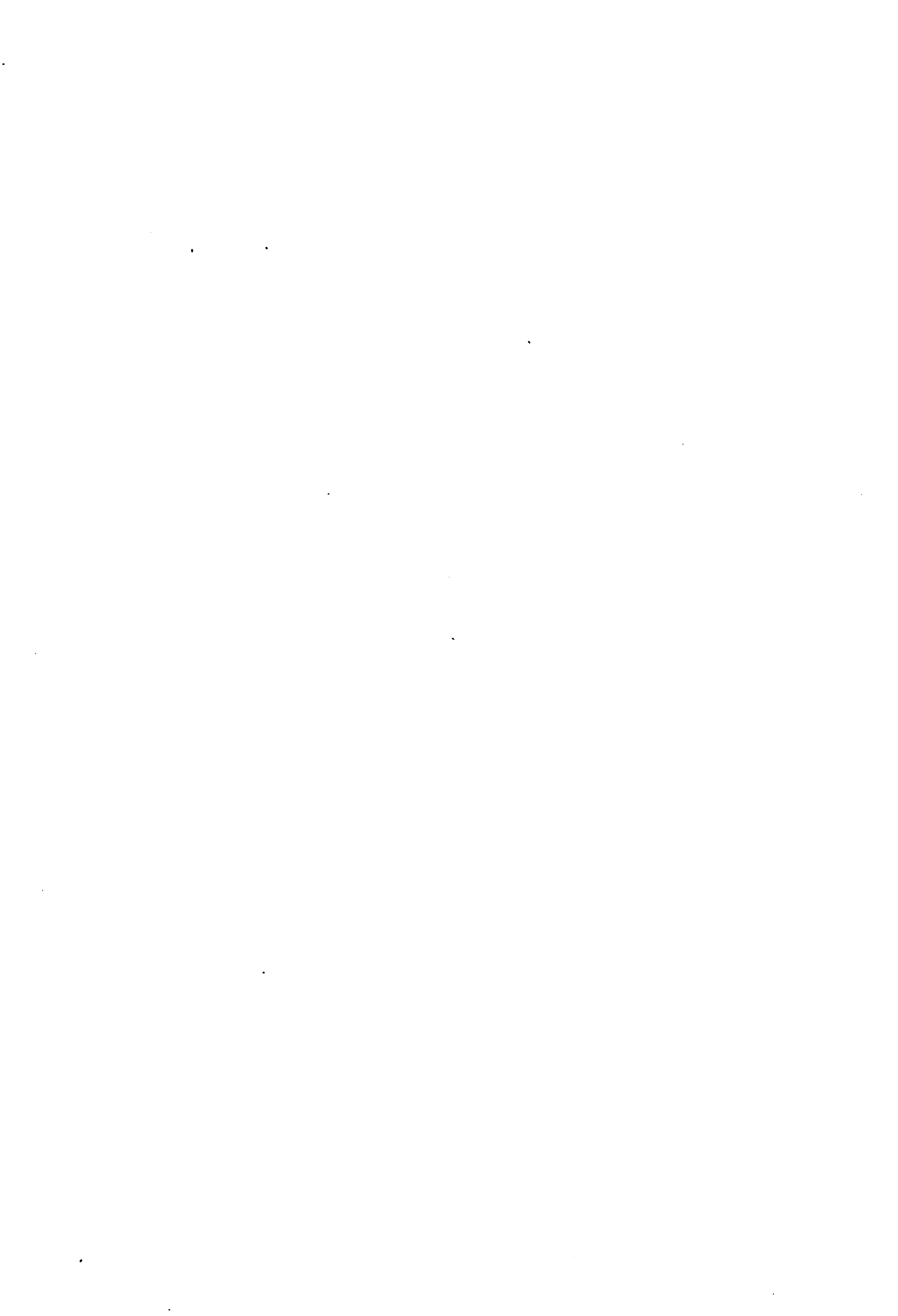
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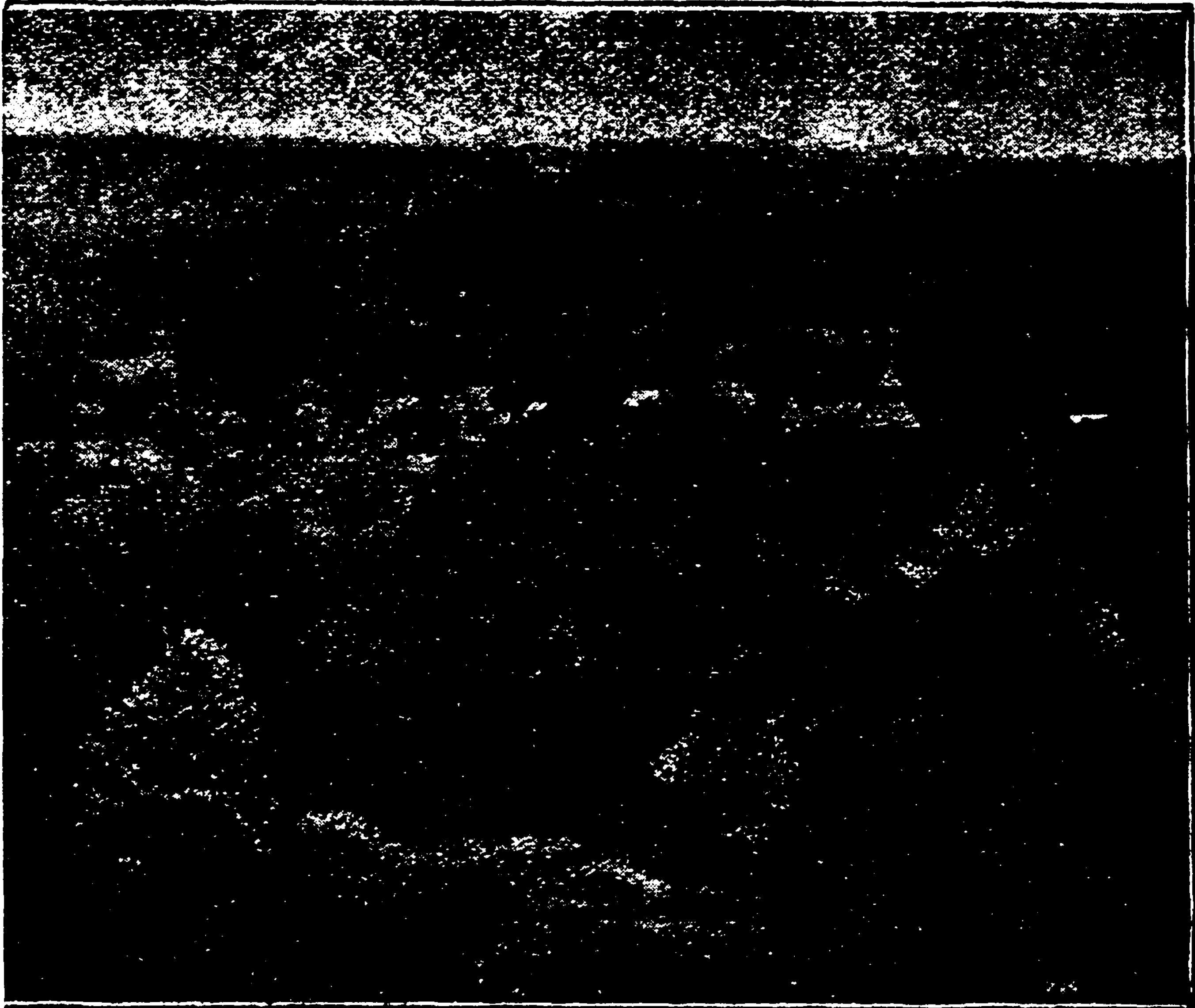
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## BENEDICT LUST, N. D.

• Editor and Proprietor •

GENERAL OFFICE:

124 East 59th Street, NEW YORK

. . PRACTICAL . .

# Naturopathic-Vegetarian COOK BOOK

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## COOKED AND UNCOOKED FOODS

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Mrs. Louise Lust.

### SECTION I.

THE preparation of food is a science as well as an art. As a practising Naturopath and instructor of dietetics for about fifteen years, I have found the need of a simple, wholesome vegetarian cookery book, with reference to dietetics in health and in disease. This need has been expressed by many of my patients and others who are interested in hygiene. Strange to say that there are upwards of seventeen hundred works extant on the subject of diet and cook books. And yet dyspepsia prevails. Good housekeeping is the science of combining perfect cleanliness with economy and comfort; of giving to the inmates of the house healthy bodies through the preparation of wholesome and palatable food, careful and intelligent attention to sanitation and the laws of hygiene. It also includes the fine art of homemaking in the highest and truest sense. Not every woman may be a good cook. But the poorest may be improved, if she has a genuine love for her work. While the woman who has the aptitude as well as the fondness for cooking may make herself almost any kind of a success as a cook. Management, or in other words, domestic economy, is the real secret of inexpensive living. Good and nourishing food need not cost

much if common sense is expended, as well as cash. In the matter of diet, it is balance we want. We are learning slowly that the proper combination between acid and alkaline food shall answer its purpose; their reaction on each other, when realized and rightly understood, may give incalculable help in all our considerations with regard to food. Sufficient alkaline material is necessary to keep the acid in the blood in complete solution, and some acid is needed to neutralize any excess of alkalinity. To-day so many of us are poisoned with acid waste in the body or blood that we are apt to lose sight of the second proposition, and to conclude immediately that acid is altogether bad. But it is just as essential that the body shall not be poisoned with alkaline waste, as that it shall not be poisoned with acid waste. The uric acid is really present almost throughout the whole vegetable kingdom. And in choosing substances for our food, the only course that is open to us is to take those substances which contain least of it, and avoid those which contain most of it; or to get the proper combination of food. Indeed, nature seems to produce no food quite free from acid. If this so-called poison then is of so much universal occurrence, "can it be altogether bad"? If we possessed the powers of our great-grandparents, before riches and luxury and overfeeding spread wide, their consequences which we are reaping to-day in weakened eliminative organs, this extra care on our part would largely cease to be needed. Let us, however, regain the balance of a well combined diet, leaving flesh foods out of the question; for it may be asserted that few who have thoroughly succeeded with a non-flesh diet will ever again resume the use of flesh as food; leaving these foods out of the question, no one can say to another: "You must do this and you must not eat that." General principles may be laid down, and some knowledge of cause and effect given, but it is better to leave details to the individual's own experience. If the liver gets more work than it can do,

it first gets clogged, then the blood gets over-balanced with waste, and the body is poisoned. There is a feeling of general heaviness, and the action of the heart, if the overdose of alkaline material is large, may for a time be seriously depressed. Let us regain the balance by a little extra acid in the shape of fruit, and imitating nature, see that the acid is not too strong, and matters will soon right themselves again. One conclusion seems plain—that the grains, the pulses, peas, beans, lentils, fresh vegetables, salads and fruits, are the best foods for non-meat eaters. “Moderation in all things is the ‘tempo which governs life in all the variations of that delightful theme, when rightly and intelligently played.” A wise physician said: “We live on one-fourth of what we eat, and eat the other three-fourths at our peril.” In all cases of sickness the lighter the diet is, the better chance will the patient generally have of recovery. The more inflammation and fever which exists, the more fruit and cooling drinks should be given, and the less nitrogenous and starch matter. Ample nourishment can be provided by nut products, dried and fresh fruits, and vegetable soups. One of the greatest evils to be avoided by those who are nursing the sick, is that of overfeeding. When nature is doing her best to meet a crisis, or to rid the body of poisonous germs, or impurities, it is a mistake to cause waste of vital energy by necessitating the expulsion of superfluous alimentary matter. Drugs and stimulants are not required. Beef essences are superfluous. The great healing agent is the life force within. The wise physician will see that this power has a fair chance. He will help the patient to overcome physical malady by encouraging the exercise of hygienic common sense, and hopeful mental influence. He will advocate pure air, pure food, and pure water, and the removal of the cause of the malady in question. Much of the suffering endured by sick persons is simply the result of erroneous diet. Care should be exercised lest the sick par-



take too freely of starchy foods, especially if such are badly or insufficiently cooked. Bread should be well baked, zwi-back or bread toasted will be more easily assimilated. The already transformed into "dextrine" will be found nutritious, easily digested, and slightly laxative. In this book will be found numerous well combined, cooked dishes. Cooking, baking and stewing do not, if properly cooked, destroy the life principle of the vegetation, but they change its soil properties—the salts and the acids. The ideal diet is the nut and fruit diet; but knowing through experience the difficulty we meet with most people in adapting themselves suddenly to such a simple style of living, as nature would dictate. A step at a time, slowly but surely, is the wisest in the end. The first step must be abstinence from meat and the adoption of a vegetarian diet. In time the perverted taste will be restored to its natural condition, until it is fruitarian in its nature. Raw food or a fruitarian diet will also solve the servant question considerably. Another important reason for a raw diet is the ignorance of most people concerning food value. Which knowledge is necessary to keep the human body in health. It seems difficult to many persons who are trying to live vegetarians to choose a properly combined diet, and having made blunders come to the conclusion that vegetarianism does not suit everybody, and return to the flesh pots; and I must emphasize again: ("This only happens to those who had not a properly balanced diet.") And for this reason you will find in this book numerous receipts for vegetarian diet and a little practice on the individual's part will develop wonders.

SECTION II.

**SUBSTITUTES FOR ANIMAL FOOD.**

Meat can be replaced by "Nuttose," "Protose," "Nut meats," "mixed nuts," Protoid Nuts, rich in carbohydrates, "Lentils," Beans, Peas. "Extract of Beef" is replaced by "Plasmon," "Tarœna," "Tropon," all nature-made foods and vegetable extracts. Meat stock is substituted by vegetable stock, produced by stewing carrots, turnips, celery, onion, leek, etc. The latter is far more nutritious, and is free from excrementitious matter. In the following pages recipes will be found for preparing dishes, which closely resemble, in taste and appearance, to meat dishes, many of them being of such a nature that persons who have always been fond of flesh food find it difficult to detect whether they are eating such or not. At least we are told so every day by our patients and guests at our health home.

**SUBSTITUTES FOR MEAT.**

PEA CUTLETS.

Steam two cupfuls of dried peas when tender, pass through a strainer, when cold add one egg, one grated onion, some chopped parsley, and enough bread crumbs to make a stiff mixture. Turn on to a large plate and flatten with a knife; then cut and shape them like small cutlets. When cold fry crisp in egg and bread crumbs.

LENTIL CUTLETS.

Prepare as above.

MACARONI CUTLETS.

Boil half a pound of macaroni in water, add some fried onions, two stewed tomatoes and one egg to bind; mix well, roll in bread crumbs or flour, shape into cutlets, fry in olive oil until crisp and brown; serve with tomato sauce.

### PROTOSE.

Slice a tin of protose, heat it, pour a parsley or tomato or onion sauce over it, serve with string beans, cauliflower, or any other vegetable.

Make a vegetable stock of celery and onions; after cooking one hour strain and prepare one-fourth pound of ground lentils, one-fourth pound of ground peas, half pound of ground beans; pour into the vegetable stock gradually and let simmer for one hour until it is of a thick consistency; pour into a dish and let stand one day, as it will thicken; add a cupful of bread crumbs, one egg, a little salt, form it into a loaf, roll in bread crumbs, oil a pan and bake one hour. To garnish protose loaf; cut raw potatoes into long narrow slices, fry until half done. Garnish all over the loaf; make gravy out of carrots and onions; add flour to thicken; season with a little lemon juice. Serve protose either with cranberries or apple sauce, vegetable or nut gravy.

### SECTION III.

#### EGG PLANT.

The egg plants are peeled, sliced in large one-fourth inch thickness, two or three eggs are beaten up, the slices are turned into them, after in bread crumbs and fry brown and crisp in boiling olive oil. Serve with green salad.

#### POTATO CROQUETTES.

Boil potatoes with the skin; when soft let them get cold; peel and put through a strainer; add some chopped parsley, one egg, and salt; mix well; form small cutlets, drop in bread crumbs, or flour; fry brown in olive oil. Serve with asparagus.

#### FRIED ARTICHOKEs.

Boil the artichokes until tender. After draining drop them into batter or fine bread crumbs and egg; fry crisp and serve with parsley sauce and slices of lemon.

### OYSTER PLANT.

After scraping, cut crosswise in thin slices; put in sufficient water to cover and stew until tender. Brown a spoonful of flour, in two spoonfuls of oil or butter; add the water of the oyster plant, stir it and bring to a boil; add a little salt and serve.

### SECTION IV.

#### RICE OR FARINA FRITTERS.

Boil one quart of milk, thicken with ground rice or farina; when quite stiff, add one-fourth pound of butter, salt, one grated onion, and let all cook together for five minutes. Pour into dish to stiffen, and when cold, cut into slices, roll in egg and bread crumbs; fry in olive oil. Serve with parsley sauce as a first course.

#### RICE WITH TOMATOES.

Steam three cups of unpolished rice when soft, put into pie dish, stew half dozen large tomatoes, strain, add a little butter and salt, thicken with spoonful of rice flour, pour over the rice; bake.

#### CHEESE, WITH ZWEIBACK OR WHOLE WHEAT BREAD CRUMBS.

Take about one dozen whole wheat zweiback or three cups of bread crumbs, one quart of milk, the yolks of four eggs, beat well together, add lump of butter, one-fourth pound of cheese grated, add a little salt, beat the whites of eggs to a stiff froth, pour over zweiback or bread crumbs; mix well and bake.  
lean beef.

This is a very rich nitrogenous dish; far more so than



SECTION V.

MUSHROOM PIE.

Take a cup of flour and three eggs; mix the flour with milk and make a thin batter; add a little salt, and fry in olive oil in very thin pancakes until a light brown color; cut when cold into squares, and fill a pie dish about three parts full, adding a few stewed mushrooms or onions; fill up the dish with brown gravy and bake.

CABBAGE PIE.

Stew savoy cabbage; when tender, chop fine, make sauce with olive oil, one spoonful of flour, two chopped onions, mix cabbage with sauce, let simmer five minutes, fill pie dish about three parts; cover with mashed potatoes; bake one hour.

SPINACH AND EGGS.

Take two quarts spinach, steam; when done, chop fine, one or two chopped onions; add the water from spinach, prepare sauce, one spoonful of olive oil, one spoonful of flour, with salt, let simmer five minutes, poach some eggs, put spinach on dish, place eggs on spinach and serve.

MACARONI WITH TOMATOES.

Maccaroni are boiled till soft water is drained off, six or eight tomatoes steamed; when done strain, thicken with a spoonful of rice flour, add a lump of butter, little salt; put the maccaroni in the pie dish, the tomatoes over it; bake one hour. This dish is rich in albumen.

STUFFED PEPPERS.

Wash and clean the peppers, remove the seeds, cutting the tops off with the stem on; steam till tender, let cool, stew two cups of unpolishd rice, fry two chopped onions, mix

with rice, one egg, little salt, stuff the peppers, cover with the tops you cut off, place them in a pie dish, pour stewed tomatoes over; bake one hour.

#### CHEESE MACARONIES.

Take one pound of gluten maccaronies, boil in plenty of water; when tender strain, and place in pie dish; take three or four eggs, beat well, with one quart of milk, add lump of butter, one cup of grated cheese, little salt, pour over the maccaronies; bake one hour.

#### VEGETABLE STEW.

Stew two large carrots scraped (thinly sliced), six small onions, two potatoes, one cup of green peas, add a little celery or leek, spoonful of fine chopped parsley and a little salt; simmer until tender; serve with bread crumb dumplings.

#### POTATO DUMPLINGS.

Boil six large potatoes a day before you want to use, peel and grate, add one egg, chopped parsley, lump of butter, one spoonful of flour, a few slices of whole wheat bread; fry in olive oil or butter, mix well, roll spoonful lightly in hand into balls; boil for ten minutes.

#### WHOLE WHEAT BREAD DUMPLINGS.

Take half pound whole wheat bread crumbs; soak them in milk, add one egg, one chopped onion, fry in butter, add salt, let stand one to two hours to thicken, take spoon and roll lightly in hand, dip in flour, boil five or ten minutes, pour fried onions over and serve.

This dish can be served with string beans or tomatoes.

### SCRAMBLED EGGS WITH TOMATOES.

Stew two or three tomatoes in a little butter, beat two eggs, add them to the tomatoes and scramble them until the egg is cooked, add salt to taste; serve.

### CORN FRITTERS.

Take two cups of sweet corn, half cup of bread crumbs, one egg, one grated onion, little salt, mix well; heat frying pan with olive oil, take spoonful of the mixture in the pan, fry brown; serve with salad.

### OMELET.

Take three eggs, one cup of milk, a spoonful of chopped parsley, pinch of salt, mix thoroughly, heat one spoonful of oil in frying pan until very hot, pour in the mixture, when set fold, and serve.

## SECTION VI.

### **SOUPS AND GRUELS.**

To those who have believed that meats are essential to produce a savory soup, it will doubtless be a surprise to learn how palatable a dish may be made from natural product—nuts and vegetables. A large fire and quick boiling are great enemies of good soup; it should be simmered very slowly, till it is done. Most people have an idea that to make soup there should be meat, or meat stock of some kind. This is a mistake. To use the watery extract obtained by boiling bones adds very little to the nourishing properties of soup. But the water in which vegetables have been boiled is extremely nutritious, and housekeepers make a great error in throwing it away. When cauliflower, carrots, onions, celery, beans, etc., have been boiled, the water in which they were cooked should be served and used as a

stock for vegetable soup. The nutritive value of soup depends, of course, upon the ingredients, and to choose and combine them so as to secure the best results requires much judgment. A pint of cold mashed potatoes, a few stewed beans, or bits of rice, stewed tomatoes, or other vegetables, or grains left over at meal time, form excellent material for next day's soup. In combining these materials care should be taken; to thicken any soup or vegetable, olive oil or butter can be heated, one-half tablespoonful flour be mixed with half tablespoonful finely chopped onion, stirring it until brown; as soon as browned, add from the soup gradually, stirring it continually; pour it into the soup or vegetable, simmer together for five minutes, then serve.

## **SOUPS.**

### GREEN PEA SOUP.

Stew one pint of peas in two quarts of vegetable stock (stock for pea soup, celery, two onions, parsley, and leek), when tender, pass the soup through a sieve, season and serve.

### TOMATO SOUP.

Take a pound tomatoes, slice an onion, and boil with tomatoes for an hour, then add little butter, or four spoonfuls of olive oil and salt; to thicken the soup take one-half cup of potato or rice flour.

### BARLEY SOUP.

Boil one cupful of barley in two quarts of vegetable stock; when done, stir in slowly one well beaten egg, and one teaspoonful of salt.

### ASPARAGUS SOUP.

Boil one quart of chopped asparagus in two quarts of water, and boil twenty minutes; brown two tablespoonfuls of flour in three spoonfuls of olive oil; add one pint of milk; boil a few minutes; salt to taste, and pour into asparagus; let all come to a boil; add some fine chopped parsley. Serve.

### CHESTNUT SOUP.

Boil two pounds of chestnuts for one hour; strain them, and rub through a sieve; put in a saucepan, and boil with one or two onions ten minutes; add one-half pint of milk; add salt to taste. Serve.

### JULIENNE SOUP.

Cut some carrots, potatoes, turnips, celery, leeks, little savoy cabbage, all into thin strips; add some green peas, chopped; some parsley; mix with the vegetables; thicken with a little flour; add a little butter and salt, when tender serve.

### IMPROMPTU SOUP.

If soup is required quickly, not time to make a vegetable stock, it can be made by adding two tablespoonfuls of Japan soya, which may be regarded as "natural" vegetable salts, extract or any of the other vegetables, celery and leek; boil or steam gently one hour; pass through a sieve; add little butter, bring to boil; salt and serve.

Take half teaspoonful Dr. Lahman's preparation of nutritive salts: Boil this with a clove of garlic and some celery for ten minutes; add a cupful of rice; stew until tender; add a little butter; salt and serve.



### POTATO SOUP.

Boil six medium sized potatoes, when done, mash through a sieve; add to the vegetable stock, which is made of celery, onions; chop some parsley; let come to a boil, and pour over toasted bread cut into slices; add one table-spoonful of butter; salt to taste. Serve.

### LENTIL SOUP.

Take one-half pound of lentils, one onion; stew until tender; pass through a strainer; add a lump of butter, little salt; let simmer five minutes, then serve.

### BEAN SOUP.

Place one pound of brown or white beans in two quarts of water; add two sticks of celery and four large onions; stew for one and a half hours, then pass through a strainer; add a spoonful of butter, with a little flour for thickening; add a little salt. Serve.

### RICE SOUP.

Boil one cupful of rice in two quarts of vegetable stock, when tender add one spoonful butter, chopped celery; salt to taste. Serve.

### CELERY SOUP.

Take some stalks of celery with leaves cut into fine pieces; boil for ten minutes in one-half quart of water; thicken with flour; add a little milk and boil again for a few minutes; add a little salt and butter. Serve.

### WHEAT GRUEL.

Steam wheat; strain; add milk or water, little butter; salt to taste. Serve.

### LENTIL GRUEL.

Stew one cup of lentils; strain; add little butter and salt; serve with toast or zweiback.

Bean Gruel prepared as above.

### INDIAN MEAL GRUEL.

Stir gradually into a quart of boiling water, two table-spoonfuls of Indian meal; boil it slowly twenty minutes; a little sugar or salt should be added.

### GROAT GRUEL.

Steep clean groats in water for several hours; boil them in pure water until quite tender and thicken; a little salt or sugar may be added.

### BARLEY GRUEL.

Stew two teaspoonfuls of barley; when tender, strain off; add lemon to taste, or instead of lemon juice add milk.

### RICE GRUEL.

Stew one-half or one cup of unpolished rice; add one onion; when soft strain; add a little salt and serve.

## SECTION VII.

### **VEGETABLES.**

All vegetables should be cooked soon after being picked or kept cool and moist until wanted. Steaming all foods is the best mode of cooking, and has the advantage of not getting burned.

### BAKED POTATOES.

Select those of rather small size, wash them well; put them in the oven, and turn them occasionally till sufficiently done. This mode of cooking potatoes is the best way, because the natural salts are preserved.

### MASHED POTATOES.

Peel, cut and wash potatoes; let them boil until soft; pour them into a sieve; mash them until entirely free from lumps; add the water or a little milk with a piece of butter; stir them a few minutes; add salt to taste.

### POTATO VEGETABLE.

Wash potato; boil until tender, when cold peel and cut into slices; prepare sauce with olive oil, little flour, parsley and milk; salt to taste.

### STEWED CUCUMBERS.

Pare and cut them into quarters; they will only take about ten to fifteen minutes; serve up with toasted bread-crumbs and sweet cream.

### STRING BEANS.

When very young the pods need only to be clipped, cut, and steamed until tender; when older cut or break off the ends, strip off the strings, cut or break each bean into three or four pieces; when tender a sauce or a little cream may be simmered with them a few minutes.

### ASPARAGUS.

Cut off all that is very tough; tie them in bundles; put them over the fire and let them steam until tender, without being soft. No one has a right to desire a better vegetable than this. Add a little sauce made of one spoonful of olive oil, one spoonful of flour; add the water of the asparagus; let simmer five minutes; pour over the asparagus sauce.

### CABBAGE.

Take off the outer leaves, cut the head into halves or quarters; steam or boil quickly till done; chop fine. Cabbage requires boiling from half an hour to an hour.



### SAVOY CABBAGE.

Savoys are a species of cabbage, and should be cooked in the same manner as the ordinary cabbage.

### PARSNIPS.

Wash the parsnips very clean; boil or steam till tender; split them in half; prepare sauce with parsley; simmer five minutes.

### ONIONS.

White onions or Spanish onions can be peeled, washed then steamed until tender; stir a spoonful of flour in one cup of sweet milk; add little butter; let simmer five minutes.

### CELERY.

It is best cooked by stewing it in sufficient water or milk to cover it; after cutting it into pieces about an inch in length it should be served with white sauce.

### CAULIFLOWERS.

Cut off the green leaves; cleanse the heads carefully from insects; wash in cold water; steam until done; prepare sauce as above; pour over cauliflower; let simmer five minutes. Serve.

### STEAMED TURNIPS.

Peel and cut turnips into slices; steam until tender; prepare parsley sauce; simmer a few minutes. Serve.

### MASHED TURNIPS.

Let them boil until soft; pour them into a sieve, mash them until entirely free from lumps, then put them into a saucepan over the fire; add to the turnips a lump of butter; stir them about three minutes; add salt to taste.

### SPINACH.

Spinach, young beet tops, cabbage sprouts, turnip leaves are excellent for greens; they all require to be carefully washed and cleansed. All the cooking requisite is, boiling until tender; they can be served either with a sauce or lemon juice; a little salt for seasoning.

### VEGETABLE MARROW.

Peel the marrows, cut them into slices, then steam about thirty minutes; add parsley sauce, and simmer a few minutes.

### STEWED BEETS.

Wash the roots carefully; avoid scraping, cutting or breaking the roots as the juice would escape, and the flavor be injured; put them into a pan of boiling water; let them boil one or two hours, according to size; when tender put them into cold water, and rub off the skin with the hand, and cut them in neat slices. Beet root must not be probed with a fork as are potatoes. When done the thickest part will yield to the pressure of the fingers. A little cream added, salt to taste, is all that is required.

### SAUERKRAUT.

Wash the kraut with cold water, and cook in the steamer fully three hours; make one-half pint of white sauce by rubbing together two tablespoonfuls of butter or olive oil, and two of flour; add water of the sauerkraut and serve.

SECTION VIII.

**SAUCES.**

PARSLEY SAUCE.

Heat one large spoonful of butter or olive oil; stir in small spoonful of flour; add a little vegetable stock until free from lumps; add a spoonful of chopped parsley; little salt; let simmer a few minutes. Serve with cauliflower, asparagus, artichokes, etc.

BROWN ONION SAUCE.

Heat olive oil or butter; add a little sugar until brown; add finely chopped onions; one spoonful of flour; add vegetable stock; little salt; lemon juice. Serve with protose or onions.

TOMATO SAUCE.

Fry one or two finely chopped onions until brown; add one-half dozen sliced tomatoes; simmer until soft; add one cup of vegetable stock or water; sugar and salt to taste; thicken with plasmon or rice, or potato flour; strain and serve.

MAYONNAISE SAUCE.

Mix the yolk of an egg with four tablespoonfuls of olive oil, beating it well with a fork; add a little sugar, salt, the juice of one lemon; whisk the white of an egg with a little cream, and beat all together.

LEMON SAUCE.

Take the juice of two to three lemons, with a little water; sugar to taste; beat up the yolk of one egg; whisk the white of the egg; mix well. Serve.

### PINEAPPLE SAUCE.

Place the juice of a pineapple in a pan, and one table-spoonful of sugar; simmer until thick. Can be used with pudding or pineapple fritters.

### FRUIT SAUCE.

Take one spoonful of rice flour; mix with a little water, adding grape juice or any other fruit juice or jelly; simmer until it thickens; add sugar if necessary when cool.

## SECTION IX.

### **SALADS.**

#### TOMATO SALAD.

Wash smooth and large tomatoes; dry them and cut into slices on salad plates; chop finely a small onion, parsley; mix with a spoonful of lemon juice, and three spoonfuls of water; a little salt; pour over each plate a spoonful of dressing.

#### POTATO SALAD.

Cut six cold potatoes into small slices; add one table-spoonful of parsley, two stalks of celery, and the usual dressing.

#### WATERCRESS SALAD.

Wash watercress; make a dressing of olive oil, lemon juice, chopped onions; pour over; mix well and serve.

#### VEGETABLE SALAD.

Cut into small slices one cold cooked potato, one beet, one carrot and a few cold beans; fresh celery; finely chopped onion, parsley. The same dressing as above.

### CABBAGE SALAD.

Chop cabbage, after carefully washing; pour hot water over it; after five minutes strain and cool; make mayonnaise dressing; mix well. Serve.

### BEET ROOT SALAD.

Cook as above; when cold, pour a salad dressing over it, made of lemon juice, olive oil, fine chopped onion, and a little salt.

### HEAD LETTUCE.

Wash and make dressing as for watercress.

### MIXED SALAD.

Slice three apples; chop some nuts; mix well with mayonnaise dressing; put them on large lettuce leaves.

### FRUIT SALAD.

Even quantities of sliced apples, sliced bananas, sliced pineapple, and sliced oranges; sprinkle with coarse ground almonds, or nuts. Serve with mayonnaise.

## SECTION X.

### **PUDDINGS.**

#### CUSTARD PUDDING.

Take one quart of milk, and three eggs; heat the eggs with the milk; add a little fruit flavor, little butter, sugar; put in pie dish, bake for half an hour in moderate oven.

#### APPLE CUSTARD.

Take some fruit bread, or biscuit crumbs in a buttered pie dish; fill it nearly with stewed apples; beat two eggs

with one quart of milk; pour over the apples; place small pieces of butter on the top; bake one hour.

#### CHOCOLATE PUDDING.

Chocolate or good cocoa can be used. Simmer one-half pound of grated chocolate, or cocoa in one pint of milk ten minutes; add lump of butter and sugar to taste, and when cold, add the yolks of two eggs; beat the whites of the eggs to a froth; mix well with the chocolate; butter a mould, and sprinkle some bread crumbs upon the butter; put in the chocolate, cover the mould with the top, and steam about an hour; turn out carefully and serve.

#### CUP PUDDING.

Beat four ounces of butter to a cream; mix smoothly with four ounces of banana flour, or any good flour; one cup of milk, four ounces of mashed currants, four ounces of sugar, a pinch of salt; mix well; butter six or eight cups, a little more than half; fill them, and bake them in a good oven one-half hour; turn them out, and serve with any kind of fruit sauce.

#### LEMON PUDDING.

Take one-half pound of bread crumbs; the grated rind of three lemons; add one pint of milk, the juice of three lemons, and six well beaten eggs, sugar, a little salt; butter a pie dish; bake about one hour.

#### JELLY PUDDING.

Soak the thin rind of one fresh lemon in one-half glass of water. While it is soaking beat five ounces of butter to a cream; add three ounces of sugar, and gradually the yolks of three eggs; well beaten, add the strained lemon water; beat the whites of the eggs to a stiff froth, and



mix well together; butter a pie dish, sprinkle with fine bread crumbs, and bake in a quick oven twenty minutes.

The same pudding can be baked instead of steamed.

#### RICE PUDDING.

Wash two cups of unpolished rice, simmer in one pint of water; when nearly soft add one pint of milk, one grated lemon, one spoonful of butter, little sugar and salt; bake half hour.

#### SAGO AND APPLE PUDDING.

Take two cups of sago, simmer in one quart of water; peel and cut into slices two or three apples, half cup of mashed raisins, sugar and salt to taste, little butter on top; bake three-fourths of one hour.

Indian meal, cracked wheat, wheatlet, or any other breakfast meal, or flour. Puddings can be made as above; to make the puddings richer, raisins, dates, or figs can be used.

#### HOMINY PUDDING.

Simmer in one quart of water and one quart of milk, three cups of hominy; grate a little lemon or orange peel and bake one hour.

#### BARLEY PUDDING.

Wash the barley, soak in fresh water over night, add one quart of fresh milk, little sugar; bake one hour.

#### PANCAKES.

Pancakes can be made of banana flour, or any good flour. The batter for pancakes is best when made an hour or two before it is wanted for use; it should be quite smooth, and of the consistency of custard. Take two cups of flour, beat

the yolks of four eggs, add in one pint of milk, the whites of the eggs to be beaten to firm froth, a little salt, mix well to a smooth batter. Oil a pan; when very hot pour in a few spoonfuls of batter, just enough to cover the pan and as thin as possible. When the batter is set and the under side of the pancake browned the pan should be taken hold of at the end of the handle and lightly jerked upward, so as to turn the pancake completely over, and in a minute or two it will be ready for serving. They may be flavored according to taste; a few chopped apples or some currants are sometimes mixed with the batter.

#### PINEAPPLE FRITTERS.

Prepare pancake batter, peel and cut into thin slices a pineapple and lay into the batter; have a pan of boiling olive oil ready, lay the pineapple in and fry a light brown; sprinkle with sugar; serve.

Apple fritters are prepared as above.

#### STEWED WHEATLET.

Take a cupful of wheatlet and steam it in a double boiler for two hours, half water and half milk; add a little salt. (Soaked wheat.) Wheat must be soaked over night and eaten with milk uncooked.

#### STEAM UNPOLISHED RICE.

Take a cupful of rice and steam it in a double boiler for two hours, half water and half milk; add a little salt.

#### FRESH FRUIT DESSERTS.

Apples, pears, peaches, etc., are peeled and sliced, steamed or stewed half hour. All fruits are best without sugar. Fried fruits are soaked instead of cooked in water for twelve hours; they need no sugar; in this manner the natural sugar is retained; a little lemon peel soaked with prunes improves the flavor.



### POT CHEESE.

As soon as the milk becomes thick pour into a cheese cloth, strain off the whey, put into a basin, add sweet cream and beat well with a fork. This is a very good supper dish; especially in summer time.

## SECTION XI.

### **HEALTH DRINKS.**

#### MALT COFFEE.

Take small spoonful of the coffee, pour a little boiling water over it and let stand for five minutes, strain and serve with warm milk.

#### BANANA COFFEE.

Prepare as above.

#### HEALTH COCOA.

Take small spoonful of the coffee, pour a little boiling water to it, add milk, let come to a boil; serve.

#### PLASMON.

Plasmon is a milk protoid, can be made with water or little milk, added. Take one spoonful of plasmon in a cup, pour boiling water or hot milk to it and serve.

#### TAROENA.

One spoonful to a cup of milk.

#### TROPON.

Blood building food, prepared as above.

### FRUIT DRINKS.

Bottled fruit juices, unfermented fruit wines, can be purchased; a few tablespoonfuls, add to a tumbler of water; makes a refreshing drink for the sick and the well.

### HEALTH DRINKS.

Butter milk, sour milk, apple tea; cut up three large apples and boil in a pint of water until cooked; pass through a strainer, add a little lemon juice and sugar to taste; serve.

### LEMON AND ORANGE.

Squeeze two lemons and four oranges in one pint of water, a little sugar; serve.

## **NATUROPATHIC MENU.**

### SECTION XII.

#### DIET FOR ONE WEEK.

#### SUNDAY.

#### BREAKFAST.

1 Cup of Cocoa.

Whole Wheat Bread, with Dairy Butter.

1 Apple.

#### LUNCH.

Potato Croquettes, Garnished with Parsley.

Tomato Salad.

1 Banana, Peaches.

Bread and Nut Butter.

DINNER.

Pea Soup.  
Maccaroni, with Tomatoes.  
Beet Salad. Plums.

MONDAY.

BREAKFAST.

Malt Coffee.  
Whole Wheat Bread, with Nut Butter.  
Orange.

LUNCH.

Bean Vegetable.  
Baked Potatoes.  
Vegetable Salad.  
Fruit.

DINNER.

Celery Soup.  
Mushroom Pie.  
Green Salad.  
Rice Pudding. Fruit.

TUESDAY.

BREAKFAST.

Cocoa.  
Stewed Peaches.  
Bread and Butter.

LUNCH.

Spinach and Poached Eggs.  
Tomato Salad.  
Dessert Fruit.

DINNER.

Rice Soup.  
Asparagus.  
Lentil Croquettes.  
Potato Salad.  
Custard. Fruit.

WEDNESDAY.

BREAKFAST.

Coffee.  
Cereal.  
Grape Fruit.  
Bread and Butter.

LUNCH.

Egg Plant.  
Salad.  
Dessert Apples.  
Bread and Butter.

DINNER.

Bean Soup.  
Oyster Plant.  
Corn Fritters.  
Tomato Salad.  
Lemon Pudding.  
Fruit.

THURSDAY.

BREAKFAST.

Malt Coffee.  
Grape Jelly.  
Bread and Butter.

LUNCH.

Omelet.  
Vegetable Salad.  
Pineapples.

DINNER.

Lentil Soup.  
Stuffed Peppers.  
Salad.  
Fruit Pudding.

FRIDAY.

BREAKFAST.

Cocoa.  
Stewed Prunes.  
Bread and Honey.

LUNCH.

Cheese Pie.  
Tomato Salad.  
Fruit.

DINNER.

Barley Soup.  
Pea Cutlet.  
Stewed Cucumbers.  
Beet Salad.  
Apple Custard.

SATURDAY.

BREAKFAST.

Cocoa.  
Apples.  
Bread and Butter.

LUNCH.

Cabbage Pie.  
Potato Salad.  
Cream Pot Cheese.  
Apple Fritters.

DINNER.

Vegetable Soup.  
Protose, with Tomatoes. Sauce.  
Baked Potatoes.  
Bean Salad.  
Lemon Pudding.  
Fruit.

In winter nuts can be eaten with vegetable diet.

SECTION XIII.

**RAW FOOD.**

MENU FOR ONE WEEK.

SUNDAY.

LUNCH.

One tablespoonful of macerated wheat, with a cup of milk.  
Two or three Peaches.  
Lettuce, with or without lemon juice.

DINNER.

Spinach, cut fine, with or without dressing.  
Handful of Nuts.  
Bananas. Apples.  
Bread and butter, if desired at every meal.

MONDAY.

LUNCH.

Protoid Nuts.  
Grape Fruit.  
Tomato Salad.

DINNER.

Sweet Corn. Nuttose.  
Banana. Grapes.  
Lettuce.

TUESDAY.

LUNCH.

Soaked Whole Wheat.  
Apples. Lettuce.

DINNER.

Carrots.  
Nuts. Oranges.  
Salad.

WEDNESDAY.

LUNCH.

Protose. Peaches.  
Tomato Salad.

DINNER.

Sweet Peas. Nuts.  
Apples. Cucumber Salad.

THURSDAY.

LUNCH.

Figs. Pineapples. Lettuce.

DINNER.

Cabbage.

Nuts.

Plums. Lettuce.

FRIDAY.

LUNCH.

Dates. Grape Fruit.

Nuts.

DINNER.

Tomatoes. Nuts.

Bananas. Apples.

Lettuce.

SATURDAY.

LUNCH.

Pot Cheese.

Nuttose.

Apples.

DINNER.

Spinach.

Figs.

Nuts. Oranges.



SECTION XIV.

“ABOUT BREAD.”

“It is of great moment to a man’s health, whether his common bread be white or brown, well or ill baked. Thousands of people starve to death. For example: A large part of food among Americans is composed of white flour, sugar and butter. People who try to live on such stuff gradually starve to death. These things furnish food for fat, but they fail to feed the brain, nerves, and muscles, and so these important parts become debilitated; and back of all this the quality of the blood is so imperfect, and the circulation so poor that all kinds of diseases are developed. The use of yeast in bread-making is not advisable unless baking it thoroughly.

WHOLE WHEAT BREAD.

Take one pound or more of whole wheat flour; add lukewarm water, half a cake of yeast; dissolve in some water a little salt, mix well with flour and knead thoroughly; put into warm place until it rises to double its size; mould into loaves, put into warm buttered or oiled pans in a hot oven; bake for about one-half hour.

WHOLE WHEAT FRUIT BREAD.

Mix flour as above, little milk instead of water, wash and slice a quarter of a pound of figs; one cup of raisins, one cup of ground nuts. Work it into the dough thoroughly; put into warm place until it rises to double its size; mould into loaves; put into warm buttered or oiled pans; put in a hot oven; bake about two hours.

“ABOUT RICE.”

There is a difference in rice. Some rice kernels have a bluish appearance. This is not natural, but is the result

of polishing; the polishing removes much of the best part of the grain, but the rice sells for a higher price, simply on account of its appearance. When you do not feel quite satisfied with your dinner or supper, and think there should be a greater variety of food on the table, add a dish of rice or broken wheat. Rice is the chief food of one-half the people of the world. Rice when unpolished, serves as an excellent article of food, and combined with fruits and vegetables, is equal in nourishing properties to that of wheat. It has been proved in numerable experiments that wheat, the "staff of life," contains all the elements necessary to sustain life indefinitely. Indian corn is rich in carbon, and very valuable as food in cold weather. Little of this or any other cereal should be eaten in Summer, as it is heat-producing.

#### CLOSING REMARKS.

I find from experience that the improper cooking, and the eating of foods at improper times of the day, and the improper mixing of them at the same time, at the same meal is responsible for a great many ailments. For those reasons I find it necessary to specify a diet for breakfast, dinner and supper, chiefly because of the mistakes people make. Real sick people need absolutely nothing but mental rest, light, air, and water to live on, avoiding eating when not hungry. If you are really weak, but not hungry it is not from the lack of food in your system, but from the presence of too much useless waste material, or from the lack of good air and water. Avoid the over-use of salt; salt ages people, and forms deposits in the blood vessels and joints. Salt is also an enemy to good digestion and assimilation. Salt is the cause of almost all stomach, bowel, kidney and nerve troubles. Again the salt habit perverts the taste. Use very little salt in cooking.

TABLE OF FOOD VALUES TAKEN FROM RELIABLE AUTHORITIES.

	PROTOIDS.	FATS.	STARCH & SUGAR.	MINERAL WATER.	TOTAL NUTRITIVE VALUE.
Lentil	259	.10	530	30	830
Beans	255	28	557	32	872
Peas	233	21	537	21	867
Wheatmeal	114	22	717	30	883
Flour only	112	12	736	8	868
Rice	78	.04	790	4	870
Oatmeal	80	611	636	30	801
Macaroni	117	.10	729	30	892
Potatoes	22	2	210	15	244
Cheese	282	311	—	45	649
Walnuts	158	574	130	20	940
Chestnuts	146	24	690	33	940
Brazil Nuts	164	677	66	33	950
Pine Nuts	92	715	140	30	503
Cocoanuts	55	300	81	40	505
Almonds	235	530	78	30	87.3
Filberts	184	285	11.1	15	595
Raisins	25	44	747	41	800
Figs	61	9	659	23	452
Dates	66	2	650	16	737
Prunes (dried)	—	8	689	10	736
Bananas	12	8	229	4	259
Apples	.05	5	166	5	180
Grapes	14	17	177	15	180
Strawberries	.10	7	68	6	212
Eggs, Yolks	100	307	—	13	480
Eggs, White	110	—	—	16	220

Most people are accustomed to eat celery, radishes, lettuce, etc., with salt, which spoils the natural taste of the vegetables, and injures digestion. The taste for salt is acquired—not natural. Some people have the mistaken idea that they need a special diet, or treatment, than an other person who has the same trouble, but that is not so. We feed of the same air, light and water. Most important is light, air, water, and the life-giving sunlight. *Pure air*, rich in oxygen, inhaled by natural deep breathing, purifies the blood and casts off the old worn-out matter through the lungs, kidneys and skin. Sunlight is considered the strongest disinfectant on earth. Therefore every nook and

corner of our rooms should be thoroughly aired and sunned. We should sleep with the windows open. Sun and air baths should be taken daily, exposing the naked body to sunshine. The skin needs exposure, both to light and air. A daily natural bath combined with a well-balanced diet, and a regular life, will prevent sickness, cure disease and prolong life. I remain, yours for health,

LOUISE LUST, N.D.

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Sept. 1906.

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Not far from Butler town;  
Where wood, and mountain, brook and dell,  
With Nature doth abound.

There lovely birds on each pine tree,  
Sing gayly night and day;  
And squirrels run and jump with glee,  
Beneath Old Sol's bright ray,

Wild flowers rare, and ferns so green,  
Grace every park and grove;  
No lovelier picture can be seen  
Wherever you may rove.

Now in this paradise so fair,  
Away from care and strife;  
From Mother Earth, sunlight and air,  
We breathe the natural life.

Our charming Hostess, kind and true,  
Fulfills our heart's desire;  
Her genial presence, thoughts so new,  
Good courage doth inspire.

Then as the twilight shadows fall,  
We seek the concert room,  
And listening to sweet music's thrall,  
We hum an old love tune.

'Tis just the place a weary heart,  
Racked out with pain, disease;  
Will find good health can ne'er depart,  
But fill your soul with ease.

Then *come and try* this glorious home,  
There live the rightful way;  
And when you leave where'er you roam,  
Live *natural* day by day.

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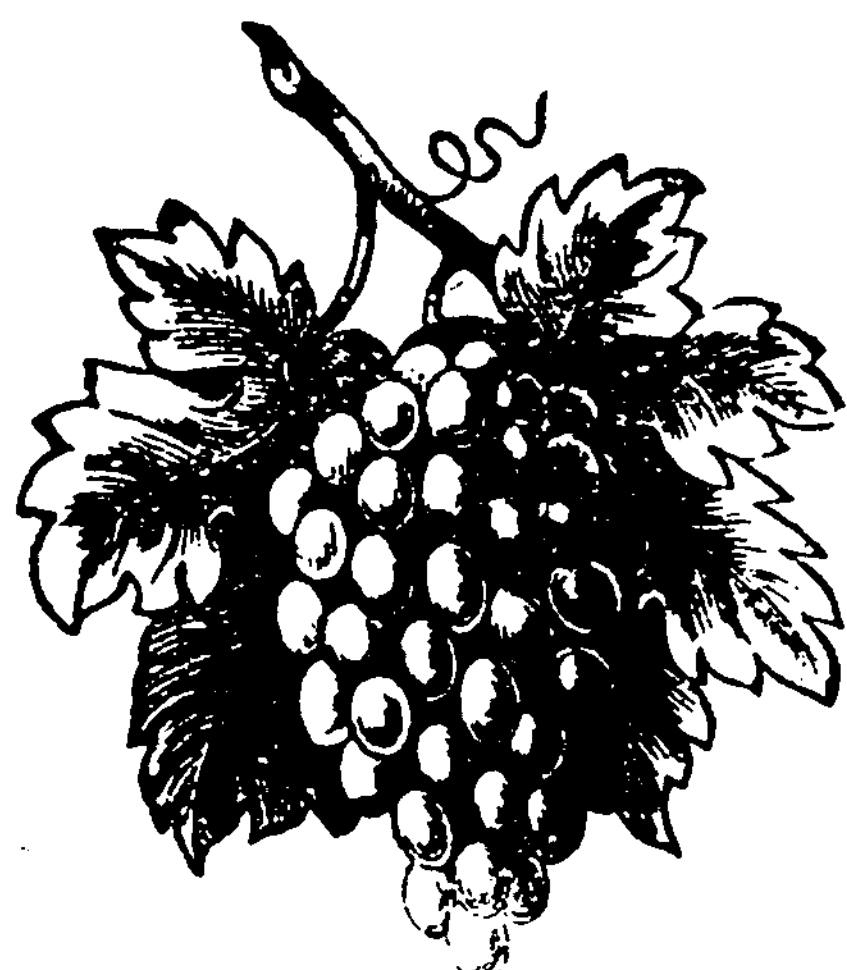
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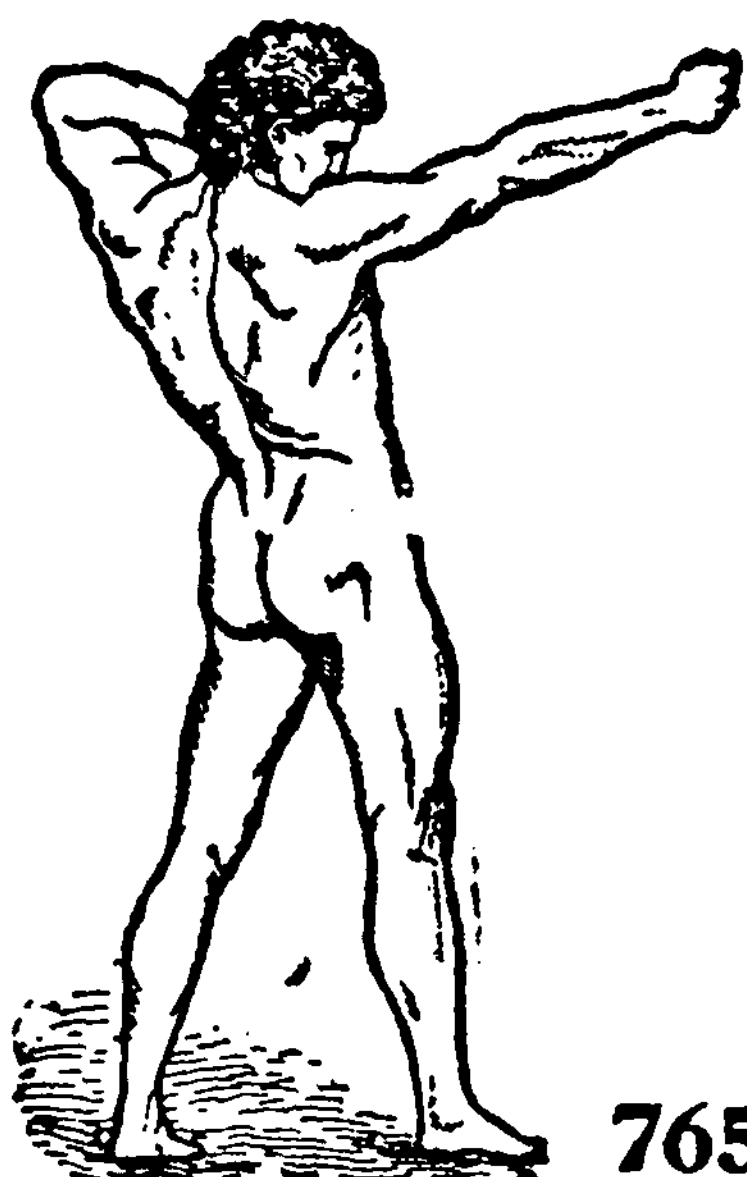
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# STANDARD WORKS ON FOODS AND DIETETICS

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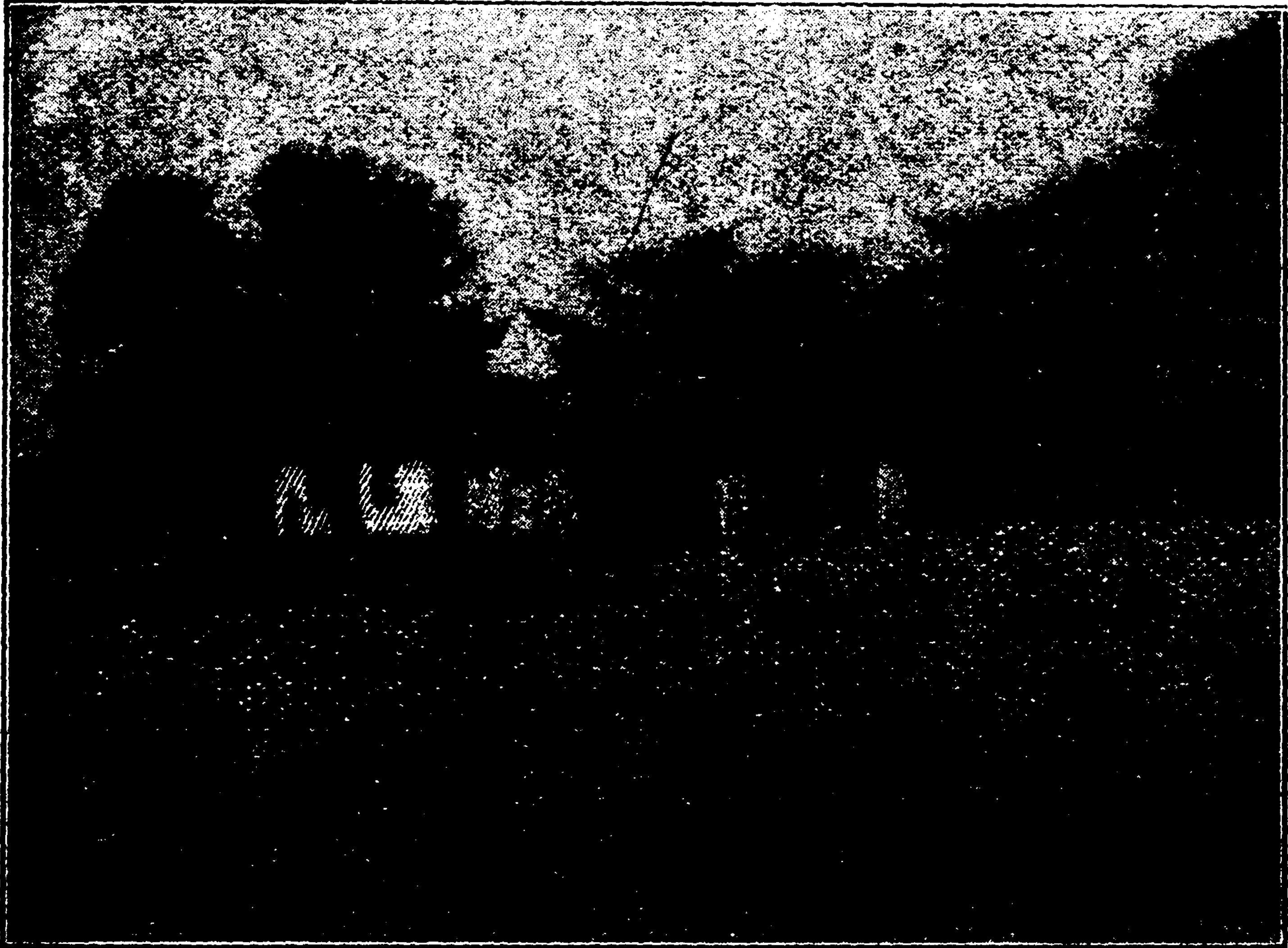
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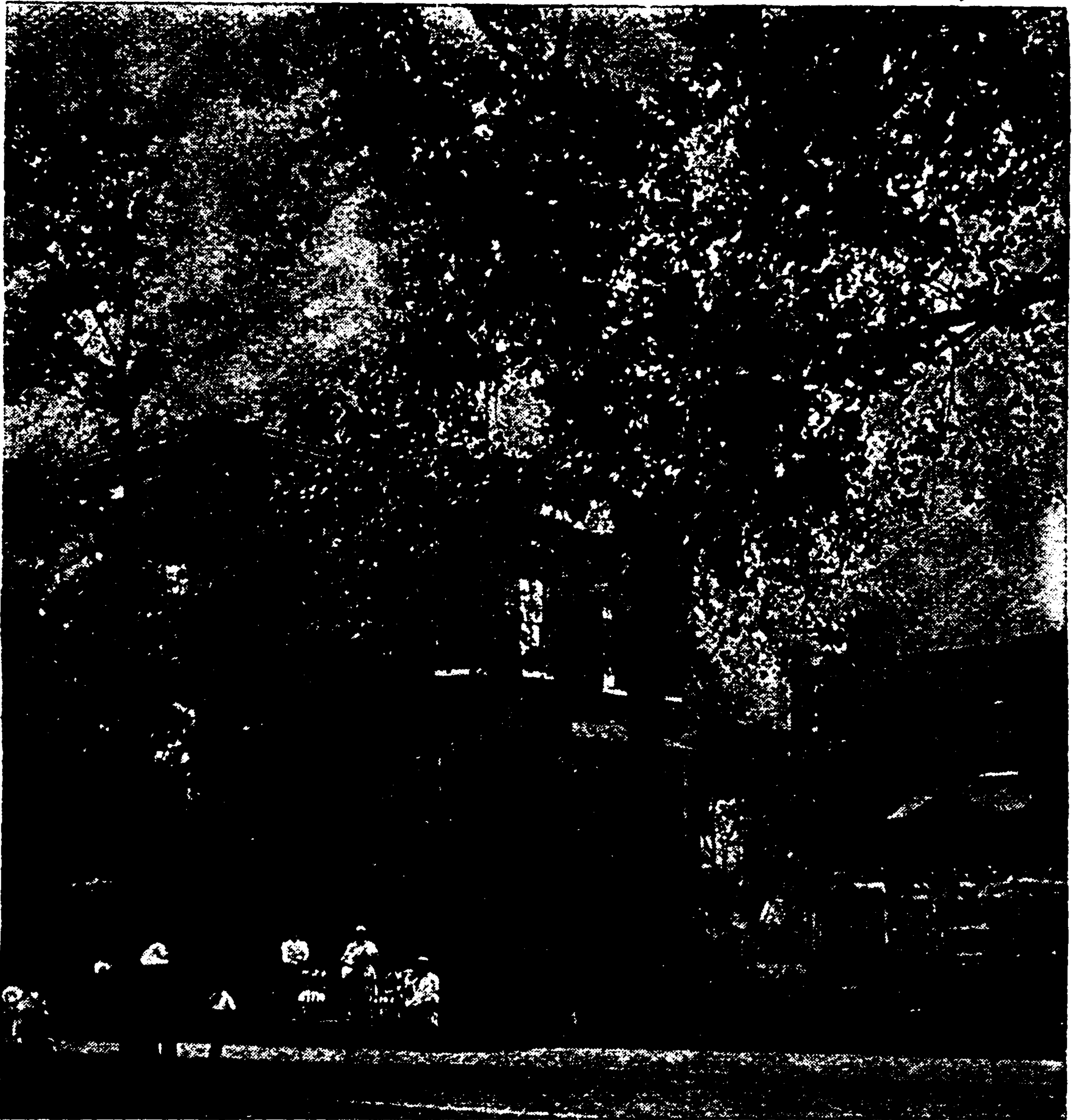
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That passion and asceticism belong together;

That the woman's enjoyment of sex-expression is the test of its rightness;

That unsatisfied husbands are themselves to blame;

That men are responsible for most of women's chronic diseases;

That woman is never a "riddle" while her sex nature is normal;

That wives are more than sweethearts;

That most quarrels in wedlock are reactions from sex-errors.

That men as well as women are born to be monogamic;

That wives, not husbands, should be protected by law in the enactment of so-called "marital duties";

That ignorance of woman's nature is the crime of civilized man!

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I do not agree with all of Dr. Rosch's conclusions. But I admire his fearlessness, I respect his motives, I consider his work of unspeakable value to Humanity. Judge for yourself and don't delay. Price, 25 cents, postpaid, 28 cents.

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