

FRANCIS M. POTTENGER, JR., M.D.

Good nutrition is basic to good health. The purpose of this booklet is to introduce to you a diet which we have used successfully to maintain the body in a state of good nutrition.

The following are the main principles:

1. The vitamins are obtained from foods naturally rich in these factors.
2. The food is altered as little as possible by the use of minimal temperatures in the cooking.
3. Minerals are supplied by the use of relatively crude foodstuffs, and by a mineral salt preparation, for which you may be given a prescription.
4. Gelatin, a hydrophilic colloid, is used as a regular part of the diet because it aids materially in handling one's food.

This is a high protein, high fat, low carbohydrate diet. From the standpoint of energy, it is the proteins that have the highest specific dynamic action. Also, gram for gram, fats furnish two and a quarter times as much energy as carbohydrates. The carbohydrates recommended here are in whole grains, unrefined sweets, the starches of vegetables, and in meats.

For the average adult, the diet is planned to provide 225 grams each of protein, fat, and carbohydrates. For children, cut down the portions and give second helpings rather than overwhelming the child with one large serving.

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BASIC INSTRUCTIONS

GENERAL:

1. Cook in stainless steel, enamel-ware, iron-ware or glass.
Do not use pressure cookers.
2. Use drinking water liberally. Estimate the total intake of fluids per day at one pint to 20 pounds of body weight for adults.
3. Use the mineral salt mixture for table salt.
4. Use a variety of spices - thyme, rosemary, sage, nutmeg, (Recipes E) cinnamon, etc. - for food interest, and for stimulating the appetite and the gastric juices.
5. Use gelatin three times a day. (See Recipe A)
6. Use animal fats, such as lard and meat drippings, instead of vegetable fats.
7. Use butter instead of substitutes.
8. Use pickling methods with some of your foods. The use of vinegar and pickles in hot weather helps counteract ill effects of heat, and also aids in maintaining good gastric acidity.
9. When children are old enough to have a general diet, allow them to have pickles.
10. Use soups daily. (Recipe F)

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Breakfast pattern:

Sliced orange or half of grapefruit
¼ prunes or figs
1 glass of whole raw milk
1 glass gelatin drink
1 c. coffee or tea (adults)
Bacon or ham, with egg or lamb chop
1 bowl of whole grain hot cereal with cream and without sugar

Luncheon pattern:

Hot soup (If hot vegetable soup, serve the soup meat as well)
One of the variety meats (if soup meat is not served) (8 oz.)
Generous portion of mixed green salad
One hot vegetable
1 glass of milk
1 glass of gelatin drink
1 serving of whole grain bread with butter
Dessert

Dinner pattern:

Raw beef hors d'oeuvres (three times weekly)
Plain hot soup, such as chicken broth or bouillon
Roast or other cut of meat (8 oz.)
Green salad (mixed green, if this has not been served at noon)
2 hot vegetables, one of which is yellow
1 glass milk
1 glass gelatin drink
Dessert

Note: The luncheon and dinner patterns are somewhat interchangeable.
Where meat substitutes, such as dried beans and cheese, are planned,
make sure to add additional proteins such as left-over meats, eggs or
fish.

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MILK AND DAIRY PRODUCTS:

1. Use clean, unprocessed milk. Know your dairy and the health record of the herd. If you do not, buy certified milk which must meet the highest state and county requirements.
2. Use unprocessed cheeses. Use no renovated cheeses.

EGGS:

1. Seek fertile eggs of hatching quality for eating because they contain natural estrogenic substances.
2. Vary the methods of preparation of breakfast eggs to maintain interest.

CEREALS AND BREADSTUFFS:

1. Use only whole grain cereals.
2. Use whole grain flour instead of white.
3. Use 1 teaspoon of unprocessed 100% wheat germ with the breakfast cereal. Heat-treated wheat germ is of little value.
4. Use whole grain bread-stuffs. The best are those you make in your own kitchen from freshly ground flours.

BEVERAGES:

1. For adults, restrict coffee and tea to one cup without sugar at breakfast time. In problems of asthma, use Postum or other substitute, reserving coffee for its medicinal value. If gastric problems are present, eliminate entirely.
2. For both children and adults, use one glass of milk each meal.
3. Avoid soft drinks, which are nutritionally valueless and provide only excess calories and endanger the teeth.

MEATS:

1. Buy only government-inspected meats.
2. Use glandular or variety meats as one-third the necessary protein.
3. Grind your own beef. Grind only enough for immediate use since rapid oxidation may cause stomach distress.

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MEATS: (Continued)

4. Use the following meats rare: steaks, lamb chops, leg of lamb, rib and sirloin tip roasts, fresh ground beef for patties.

5. Fry meats only occasionally. Take care not to heat the fat to smoking since this causes the formation of chemical compounds which interfere with digestion.

6. Serve liver prepared according to Recipe B at least three times a week.

7. Serve brain egg-nog (Recipe C) once or twice a week.

8. Serve pork rarely, except bacon.

9. Serve freshly ground beef (Recipe D) three times a week.

10. Use moderate heat for roasting meat and salt when nearly done.

11. Simmer tough cuts of meat over low heat.

12. Serve fish roe, fish and poultry often.

VEGETABLES:

1. Purchase vegetables the days they are freshly brought to the market.

2. Wash quickly in running water, dry, store in refrigerator.

3. Use starchy vegetables such as potatoes and sweet potatoes no more than once a week; bake or steam in the jackets to preserve the minerals.

4. Use dry beans no more than twice a month. To enhance their protein value, sprout before cooking. (Recipe G)

5. Consume green leafy vegetables once each day as a salad.

6. Use a yellow vegetable once a day.

7. Cook green vegetables by steaming only until tender, by cooking in a small amount of water until tender, by sautéing quickly in butter or drippings. Reserve left-over juices for the soup kettle. Salt the vegetables after they have cooked, using mineral salt.

8. Use frozen vegetables in preference to canned.

9. Sprout mung beans, alfalfa seeds and other seeds to obtain the highest vegetable protein. Use them in mixed green salads. (Recipe G.)

FRUITS:

1. Use fresh fruits in season.
2. Thoroughly wash the skins of apples, pears, and other fruits to remove as well as possible any sprays. Wash all fruits quickly and store in refrigerator.
3. Serve citrus fruits whole instead of in juice. When they are unavailable, serve tomato juice.
4. Serve frozen rather than canned fruits.
5. Serve raw pineapple occasionally.

DESSERTS:

1. Use simple puddings, custard, jello, tapioca, home-made icecream, cornstarch pudding, rice custard.
2. Cut down the sugar content to the bare minimum to give flavor.
3. Wherever the molasses flavor is desirable, as in whole grain steamed puddings, use unsulphured molasses in place of refined sugar. Use unpasteurized honey in small amounts for sweetening.
4. Serve fresh fruits in season, taking care that the protein need is first satisfied and not overeating of the fruit, which is heavy with carbohydrate.
5. Make only those pastries which can be made of whole grain flours and minimal sweetening.
6. Eliminate candies.

RECIPE A - GELATIN

Soak one tablespoon of plain gelatin in a cup with sufficient water to cover. Dissolve in a hot liquid such as soup, hot water with fruit flavoring, or hot water in which a beef cube has been dissolved. Serve this faithfully with each meal.

RECIPE B - LIVER

Wash liver in cold water; dry on soft paper. Remove skin and tough fibers with a very sharp knife. Freeze. If the liver is light colored or spongy, discard, since it is unfit for eating.

Grate two tablespoons of the frozen liver, stir it quickly into a glass of cold tomato juice, season with catsup, horseradish or other seasoning, salt and peper, and consume at once.

This raw liver cocktail may be consumed in mid-morning, mid-afternoon, or as part of the meal.

A good variation of the raw liver is a cocktail, served as one would serve a fish cocktail: Dice 2 ounces of liver into very small cubes, mix with slivers of green onion and diced celery, dress with well seasoned mayonnaise in which has been stirred a spoonful of cocktail sauce, with a slice of lemon.

RECIPE C - BRAINS

Wash brains in cold water, remove membranes, rinse and freeze. Grate 3 tablespoons of the brain on a very fine grater; beat the yolk of one egg with 3 ounces of 50-50 cream, add brains, season with a pinch of salt, 1/4 teaspoon of vanilla, and fold in the stiffly beaten egg white. Sprinkle nutmeg on the top. Serve before bedtime as a night-cap.

Use raw brain in salad:

1 pkg. lime jello	juice of 1/2 lemon
1 1/2 c. hot water	1 set of cleaned brains

Make jello mixture, adding lemon juice. Cut brains into half inch pieces with scissors. Add to jello when it has cooled. Chill until set, slice and serve on lettuce with mayonnaise.

Scrambled brains:

1 Brain	2 tbsp. chopped parsley
1 tbsp. butter	salt
4 eggs	2 tbsp. milk

Parboil brains gently. Drain. Saute gently in butter until browned. Add eggs, beaten with milk, lightly scramble, and garnish with parsley.

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RECIPE D - FRESH GROUND BEEF

Grind 2 tablespoons of fresh beef with a little of its fat, spread on Rye-krisp or other breadstuff, salt and pepper, and use as an hors d'oeuvre at least three times a week.

RECIPES E - VARIETY MEATS OTHER THAN LIVER AND BRAIN

Sweetbreads: Soak fresh sweetbreads in cold water with one tablespoon of vinegar for half an hour. Parboil gently for 20 minutes; remove membranes when cool.

When thus prepared, sauté lightly in butter, or make a medium white sauce with corn-starch, cover with buttered crumbs, bake until heated through in the oven.

Kidneys: Trim, cut kidneys in half, remove white tubes, and soak in salted water for an hour.

When so prepared, use any favorite kidney recipe of your own or one of the following:

Kidney Saute: 1 beef kidney
1 slice of ham
2 medium onions

Brown ham. Cut kidney into one inch squares. Drop into briskly boiling water for one minute; drain and rinse. Roll in whole wheat flour, salt and pepper. Quickly fry with sliced onions and serve with the ham, piping hot.

Steak and Kidney Pie: Clean kidneys as directed above; cut into cubes, place in kettle of cold water, bring to a boil, discard water, and repeat a second time. Meanwhile, cut 1 pound of steak into 1-1/4 cubes, dredge with whole wheat flour, season with salt and pepper, and brown in heavy iron kettle in 1/4 c. butter or drippings. Add chopped onions, 1 tsp. Worcestershire Sauce, cover with cold water, add kidneys, and simmer gently about 2 hours. Add liquid as needed, and stir to prevent sticking. Pour into casserole, top with a flaky crust made of whole wheat pastry flour, bake quickly and serve very hot.

Heart: Cut out tough fibers, wash thoroughly in cold water.

Sautéed Heart: Slice calf's heart into one inch slices cross-wise. Roll in whole wheat flour, season with salt and pepper. Brown as you would chicken. Cover with cold water and simmer gently until tender. Add onion for flavor.

Baked Stuffed Heart: After cleaning beef heart, simmer for 2 hours in salted water. Prepare a bread stuffing, stuff the boiled heart and skewer together. Roll in whole wheat flour, brown in bacon fat,

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RECIPES E - Baked Stuffed Heart (Continued)

place in covered casserole. Add a small amount of water to pan in which heart was browned, pour it over the heart, and bake slowly in moderate oven until tender.

Tripe: Select pickled or fresh tripe which has already been cooked, or simmer uncooked tripe, thoroughly washed, for 6 hours or until tender. Let cool in broth.

Fried Tripe: Cut cooked tripe into serving pieces. Dip in egg and crumbs and allow to dry before frying. Brown nicely in bacon fat and serve very hot.

Savory Tripe: Cut prepared tripe into inch squares, add onions, carrots, celery, bay leaf, pepper-corns, a tablespoon of Worcestershire Sauce, and simmer about 25 minutes.

RECIPE F - SOUP

1. Once each week, make a large kettle of soup stock. Use plenty of bones, such as shank and knuckle, which should be split and the marrow browned with whatever meat is used - shank, short-ribs, ox-tail, lamb trimmings or any inexpensive cut of meat. Cover the bones and meat with cold water, let stand for an hour before beginning to simmer. To extract the calcium from the bone, add 1/4 cup of vinegar, and sufficient salt to flavor. Simmer until the meat falls from the bone. The browning of the meat and marrow will supply a brown color as well as a good flavor. Strain through a cloth. Cool, skim off the grease which can be reserved for seasoning. Clear by pouring into the strained broth two egg whites, beaten slightly with their shells and two tablespoons of cold water; bring soup to a full boil for five minutes, and restrain. When cool, store the broth in the refrigerator. As an introduction to the noon or evening meal, heat sufficient broth for the one meal, adding vegetable juices or small amounts of cooked vegetables for variation. Always season the soup well and serve very hot.

2. Use any of the above meats with some bone to make a kettle of vegetable soup. When the meat is almost tender, add vegetables cut rather small, such as celery, onions, turnips, carrots, or any combination, with a bouquet of herbs, cooking the vegetables only until tender.

3. Cream soups of any vegetable, using cornstarch or whole wheat pastry flour to make the thickening, make excellent cool weather soups.

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RECIPE G - SPROUTING BEANS AND GRAINS

Mung bean sprouts: Wash 1/2 c. of seeds, soak over-night. Spread in the middle of a clean old bath towel, fold over the sides, roll up loosely, and soak with cold water. Lay on a wire rack over a bowl so that air circulates freely on all sides. Keep damp by sprinkling. Sprouts of good growth will be obtained in 3 - 5 days. Wash the sprouts to remove as many hulls as possible, and use the sprouts as part of a tossed salad. Or combine with meats to make chop-suey.

Use similar treatment on navy or kidney beans. When they are sprouted, cook them with ham or bacon fat. They will cook in a much shorter time than unsprouted beans, and will be practically free of the gas factor.

Alfalfa and clover seeds make excellent sprouts for salad.

There are now porous crocks on the market with lids, which are worked out for easily sprouting seeds. They eliminate the use of the towel.

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Save bones from boned roasts for making soup. Save drippings for flavoring vegetables or for frying.

I recommend the following meats:

Beef	Fowl	Fresh fish
Lamb	Veal	Shell fish,
Bacon	Game	Mollusks
Ham	Rabbit	Fish roe

Variety meats, kidney, tripe, heart, sweetbreads, brain and liver should constitute $\frac{1}{3}$ of the meat consumption. Smoked meats, such as bacon, ham and tongue are to be used instead of tenderized meats. Fresh fish, shell fish, roe and mollusks (in season) should be used frequently. They are excellent sources of organic iodine. Avoid the use of shell fish when you are suffering from gastric distress. Pickled fish are a good source of protein.

Lard should be used instead of vegetable fats in baking and frying. Frying is a method of cooking which should be used only occasionally because fried foods are difficult to digest. However, when frying, be very careful not to burn the fat.

DAIRY PRODUCTS

Raw milk from cattle on green pasture and from a herd under rigid inspection is the best milk. Find out all you can about your dairy. If you are not sure of its cleanliness and the health of the animals, use certified milk. Pasteurization and other heat processing of milk interferes with the assimilation of calcium and the proper utilization of milk as a food.

Cheese (Swiss, Roquefort, Camembert, and unprocessed American cheese) and butter are excellent dairy products. Commercial cottage cheese and pasteurized and processed cheeses are undesirable. Raw butter from the cream of cattle on green pasture yields the best source of animal fat. Lacking this, choose other Grade A butter. Butter substitutes are made from vegetable oils or cotton seed oil, and are poor in lecithins, growth factors, minerals and vitamins. It is better to use animal fats than vegetable margarines.

EGGS

Eggs are an excellent protein when they are fresh and are of a quality suitable for hatching. Fertile eggs contain valuable hormones.

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GELATINE

In this dietary, gelatin is used as a hydrophilic colloid intended to improve digestion and assimilation. Its faithful use is very important. First, soak 1 tablespoonful of bulk or packaged gelatin (plain) in enough cold water to cover. Add hot liquid such as soup, hot water with fruit flavoring, or hot water in which a beef cube has been dissolved, to fill a glass. Drink at meal time, while warm.

CEREALS

Fresh ground whole wheat, corn, rye, oats, and barley, kept tightly closed in the refrigerator, are excellent cereals. Cook them in a double boiler in salted water the evening before, and reheat at breakfast time. Serve with 1 tablespoon or more of raw middling wheat germ poured over the cooked cereal. Use whole wheat flour or fresh ground corn-meal in the recipes calling for flour.

BREAD

100% whole grain bread and crackers are useful bread-stuffs.

VEGETABLES

Fresh vegetables are preferred - frozen vegetables (although subjected to blanching to destroy enzymes) have not, as a rule, been severely processed, and thus are acceptable. Vegetables should constitute a part of the two main meals. The heat required by commercial canning destroys a large share of the enzymes and vitamins of the vegetables, and alters the proteins. In cooking, be careful to use a method which will preserve the juices, such as baking, steaming, or boiling in just enough water to cover. Conserve juices to use in soups.

Raw, green leafy vegetables should be eaten plain or in salads with each main meal. Make your salad dressing of pure olive oil and either lemon juice or vinegar instead of cotton seed oil. I recommend the following vegetables:

Artichokes	Eggplant	Parsley
Asparagus	Endive	Parsnips
Bean Sprouts	Green Beans	Peas
Beets	Lettus	Summer Squash
Broccoli	Green Pepper	Hubbard Squash
Cabbage (raw)	Mushrooms	Spinach
Carrots	Mustard Greens	Tomatoes (raw)
Cauliflower (raw)	Okra	Watercress
Celery	Onions (cooked)	Zucchini
Corn		

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Wash vegetables very thoroughly.

SPROUTS AND SEEDS

The most easily assimilated vegetable proteins are found in sprouted seeds. Probably the most familiar is the Chinese Mung bean, known simply as "bean sprouts." They are actual living cells, full of life. Put them into the ground and they will grow. Put them into your body, and you produce physiological energy. They are especially rich in Vitamins B and C.

The following seeds make excellent sprouts;

Alfalfa	Navy Beans	Mung Beans	Mustard
Clover	Black-eyed Beans	Parsley	Water Cress

To sprout seeds, prepare as follows: Take 2 tsp. of seed, spread it in a two-inch band in the center of a clean old bath towel, fold over sides, roll up, and soak with cold water. Lay on a wire rack over a bowl so that air circulates freely on all sides at room temperature, keep damp, and after 3 to 5 days you will have excellent sprouts. Use the alfalfa and clover sprouts alone as a salad or mixed with other vegetables. Cook the navy beans and black-eyed peas in boiling water, seasoning with bacon fat. These latter sprouts are nearly always free of the gas factor, and are delicious. Parsley requires a much longer period to sprout, but is well worth the time it takes. I recommend to you a good Chinese dinner two or three times a month.

FRUITS

Fruits should be used in season, and only when ripe. Green fruit contains incomplete acids, sugars and enzymes which do not develop until the fruit ripens. Use fresh, frozen or dried fruits that have not been exposed to sulfur rather than canned fruit. The heat used in canning destroys many important food elements. I recommend the following fruits:

Apples	Figs	Prunes
Avocados	Grapes	Raisins
Bananas	Pears	Ripe Olives
Apples	Peaches	Watermelon
Dates	Plums	Cantaloupes

DESSERTS

This dietary program is designed to use as little refined sugar as possible. Besides the natural fruits given, I recommend the following simple desserts made with as little sugar as possible.

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Home-made ice cream Custard Tapioca Pudding
Junket Cornstarch Pudding-Comb Honey
Gelatine Rice Pudding
 Jelly beans and Gumdrops occasionally.

AVOID THE FOLLOWING FOODS: Soda fountain drinks, candy, cake and cookies, white rice, pastries, potatoes, white bread, white sugar, crackers, macaroni, spaghetti, noodles.

BETWEEN-MEAL SNACKS

If you are hungry between meals, take a bowl of hot clear soup made of soup meat and bones, or a bowl of vegetable soup. Sausage or cheese may also be used between meals if hungry.

R E C I P E S

LIVER

General Instructions: To prepare liver, wash first in cold water. Dry on soft paper. Remove skin and tough fibers with a very sharp knife. It is not necessary to scald liver before cooking, but scalded liver is easier to grind, chop, etc. Liver is usually broiled or pan fried. To retain the natural, delicious flavor, do not over-cook.

Liver and Bacon:

1/2 pound sliced bacon 1 pound sliced liver Seasoning
Pan broil bacon until crisp. Remove to a hot pan and keep hot. Season the liver and broil until well browned.

Liver and Mushrooms En Brochette:

On a small metal skewer place a one inch cube of liver, a large fresh mushroom, and a one inch slice of bacon. Repeat until the skewer is filled. Brush with melted butter. Broil in moderate heat until bacon is crisp and liver is browned. Turn to cook uniformly. Season with salt and pepper. Serve on hot, buttered toast.

SWEETBREADS

General Instructions: Sweetbreads should be parboiled as soon as possible. Remove loose membranes, cover them with cold water to which has been added 1/2 tsp. lemon juice or 1tbsp. vinegar. Soak 1/2 hour. Drain and cover with boiling water, allowing 1 tsp. salt to each quart of water. Simmer for 20 minutes; remove from heat and cool. Remove all membranes. May be marinated for an hour in French dressing before they are boiled, sautéed, or baked.

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Sweetbreads and Bacon:

2 pairs sweetbreads 8 slices bacon
Season whole parboiled sweetbreads. Egg and crumb. Fry
bacon until crisp. Remove to hot pan and keep warm.
Broil sweetbreads and serve with rasher of bacon.

Sweetbreads En Brochette:

Slice the parboiled sweetbreads about one inch thick.
Season. Thread on skewers alternately with one inch slices
of bacon. Brush with melted butter. Broil slowly about
10 to 15 minutes. Turn to brown. Serve on hot buttered
toast.

Baked Sweetbreads:

Season, egg, and crumb parboiled sweetbreads. Place in a
lightly greased pan; lay over them thin slices of bacon.
Bake in moderate oven (350 degrees) for 25 minutes. Baste
several times. Serve with browned pineapple slices.

Sweetbread Stew:

2 pairs sweetbreads	1 cup cooked green peas
4 tbsps. fat	1 cup cooked sliced carrots
4 tbsps. flour	3/4 cup cooked sliced onion
1 tsp. curry powder	1/2 cup minced parsley
1 quart chicken stock or bouillon	

Cover sweetbreads with boiling acidulated water (1 tsp.
salt and 1 tbsp. vinegar to each quart of water).
Proceed as for ordinary stew.

Sweetbreads in Salad:

Sweetbreads make delicious salads. Clean, parboil, chill
and cube. Marinate in French dressing for one hour.
Combine in one of the following combinations:

1. Sweetbreads, diced pineapple, French dressing.
2. Sweetbreads, diced cucumber in chilled tomato cup.
3. Sweetbreads, diced cooked chicken, French dressing.
4. Sweetbreads, cooked peas, diced celery, diced green
peppers, French dressing.

FISH ROE

General Instructions: Wash and dry fish roe. Roll in
corn meal and fry gently until brown in bacon fat. Avoid
piercing.

KIDNEYS

General Instructions: Trim and cut the kidneys in half,
remove the white tubes and soak in cold, salted water for
3/4 hour.

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Broiled Kidneys:

Prepare as directed, cover with boiling water, and simmer over a low fire for 5 minutes. Drain. Broil 5 to 10 minutes depending on the size of the kidney, turning frequently and brushing with melted fat. Serve with tart sauce.

Bacon and Kidney Grill:

Prepare kidneys as above. Around each piece of kidney fasten a slice bacon with a small skewer or toothpick. Dip each piece in egg mixture, then in sifted crumbs and bake in oven about 20 minutes. If preferred, the bacon and kidneys may be placed on metal skewers and broiled.

Kidney Stew:

1 pound Kidneys 1 tsp. salt 2 tbsps. flour
2 onions 1/8 tsp. pepper 2 tbsps. butter
1 tsp. dry mustard 3 cups water

Remove white tubes. Cut kidneys into cubes. Soak one hour in cold salt water. Drain, add fresh cold water and bring to a boil. Discard this water and add another 3 cups cold water. Bring to boiling point and skin, add sliced onions and seasoning and simmer about one hour, or until the kidneys are tender. Brown the flour in the fat and gradually add the kidneys and stock, stirring constantly. Cook slowly about 15 minutes. Serve with boiled brown rice and a garnish of toast points. Currant jelly, lemon juice, or horseradish may be used.

Kidney Sauté:

1 beef kidney 1 slice ham 2 medium onions
Brown ham. Cut kidney into one inch squares. Drop into water that is boiling briskly. Simmer for one minute. Rinse with hot water to remove scum. Roll in flour, salt and pepper. Add to ham. Cover with water and simmer for one hour. Catsup or chili sauce for flavor.

Steak and Kidney Pie:

2 pounds beefsteak 1 tsp. salt 2 tps
(3/4 inch thick) 1/4 tsp. pepper Worcestershire
2 kidneys 1 cup flour Sauce
2 small onions 1/2 cup butter

Cut steak into 1-1/4 inch squares. Dredge with flour and season with salt and pepper. Sauté until brown in heavy kettle. Add sufficient water to more than cover the meat; add chopped onions, sauce and seasoning. Place on heat and simmer. Prepare kidneys as directed. Place in kettle and cover with cold water; bring to boil, drain, and repeat a second time. Add kidneys to the meat in the kettle and simmer all together until tender (about 2 hours). Continue to add liquid and stir from time to time to prevent sticking. Remove meat to a casserole, add liquid from kettle to fill dish, and cool.

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HEART

General Instructions: Cut out tough fibers. Wash thoroughly in cold water. Larger hearts may be soaked in cold water for one hour.

Broiled Hearts with Greens:

Wash and clean hearts. Simmer in salted water until tender. Beef hearts will require about two to three hours. Smaller hearts will require about one to two hours. When tender, slice across the grain and serve in hot spiced tomato sauce over cooked greens.

Sauteed Heart:

Calves heart. Slice crosswise for one inch. Wash. Roll in flour; salt and pepper. Brown like chicken. Cover with water and simmer until tender. Add onion to flavor.

Baked Stuffed Heart:

3 to 4 pounds heart	1 small onion	Flour for dredging
3 slices bacon	salt	Lard for browning
1 cup bread crumbs	pepper	

Wash hearts and remove enough of center portion to permit addition of dressing or stuffing. Dice bacon and fry until crisp. Combine with bread crumbs. Season with finely minced onion. Beef heart should be simmered in water for 2 hours before stuffing. Season cavity in hearts, fill with stuffing, and fasten with skewers. Roll in flour and brown quickly in hot lard. Place in covered casserole. Add a small amount of water to pan in which hearts were browned. Heat and pour over the meat. Cover and bake slowly in moderate oven (350 degrees) until the hearts are done (about 2 hours).

BRAIN

Brain Aspic:

1 pkg. lime or strawberry jello Juice of 1/2 lemon
1-1/2 cups hot water (not boiling) 1 set of brains
Add 1-1/2 cups of hot water to the 1/2 ounce of gelatine; add juice of 1/2 lemon. The set of brains is chopped finely and added to the gelatin mixture just before placing in refrigerator to set. Slice and serve as salad.

Scrambled Brains:

1 brain	4 slices toast
1 tbsp. butter	2 tbsps. minced parsley
4 eggs	salt
2 tbsps. milk	

Parboil brains. Chop fine and put in frying pan with butter. Stir until browned. Add eggs, beaten with milk; cook over a moderate fire, stirring until set. Season and serve plain or on toast. Garnish with parsley.

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Brains in Tomato Sauce:

2 cups brains 1 tbsp. flour 1/2 cup chopped
2 tbsps. chopped onion-2 cups tomatoes celery
2 tbsps. butter (cooked) Salt

Cook onions in butter about 3 minutes. Add tomatoes and celery. Cover and simmer about 20 minutes. Add flour and seasoning. Stir until thickened. Cut brains in serving and add sauce. Simmer until heated through. Serve in ring mold.

Brains and Sweetbread Salad:

1 cup brains (cooked) 1/3 cup minced pickles or olives
1 cup sweetbreads (cooked) French dressing
1 cup diced celery Paprika
Salt

Cube brains and sweetbreads. Season. Combine ingredients. Chill one hour. Serve in lettuce cups and garnish with tomato sections.

TRIPE

General Instructions: Select honeycomb tripe from young beef. Wash in cold water. Remove any loose skin. Cut in pieces desired for serving. Place over heat in cold water, and bring to a boil. Drain, add boiling salted water. Reduce heat and simmer very slowly until tender (about 4 hours.)

Broiled Tripe:

Use fresh or vinegar pickled honeycomb or pocket tripe. Brush with melted butter and broil smooth side down for 5 minutes. Serve honeycomb side up, adding seasoning and melted butter. Bacon and tomato slices may be broiled with the tripe as a mixed grill.

Savory Tripe:

1 lb. fresh tripe 1 sprig thyme 1/4 tsp. peppercorns
1 onion 1/2 sprig marjoram-1 tsp. salt
2 tbsps. butter 1 carrot 1 tbsp. Worcestershire
1 tbsp. flour 1 bay leaf 1 cup water (Sauce
1 sprig parsley 1 clove 1 tsp. vinegar

Cook the sliced onion in butter until golden brown. Add flour, chopped herbs, carrot and seasoning. Stir in water. Simmer for 25 minutes. Add vinegar. Cut tripe into servings. Place in pan, strain sauce over tripe. Cover and simmer until tripe is hot. Catsup may be added. If pickled tripe is used, omit the vinegar.

CEREALS

Wheat Germ Cereal:

2 cups boiling water 1 cup wheat germ cereal

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Salt water; stir in wheat germ cereal slowly; cook over boiling water for 15 to 20 minutes. Serve with 1 tbsp. or more of the middling wheat germ poured over the cooked cereal, with butter or whole milk. Cook any of the whole grain cereals such as corn, rye, wheat, etc., in the same manner, serving with a tbsp. or more of the wheat germ (middling) sprinkled over raw. Keep wheat germ closely covered in the ice box.

Corn Bread:

1- $\frac{1}{2}$ cup corn meal	$\frac{3}{4}$ tsps. salt	4 tsps. melted
1- $\frac{1}{2}$ cup whole wheat	3 tsps. sugar	butter
Flour		
3- $\frac{1}{2}$ tsps. baking powder-	1- $\frac{1}{2}$ cup sour milk	
$\frac{1}{2}$ tsp. soda	2 eggs	

Mix and sift dry ingredients. Beat 2 eggs; add milk and combine with dry ingredients. Add melted butter. Pour into greased shallow pan; bake 30 min. 350deg.

Whole Wheat Muffins:

$\frac{1}{4}$ cup butter	1 cup sour milk	1 tsp. baking
2 tbsp. molasses	1- $\frac{1}{2}$ cup whole	powder
	wheat flour	
1 tsp. soda	$\frac{1}{2}$ cup white flour	
1 egg	1 tsp. salt	

Cream butter and molasses, add beaten egg and sour milk in which soda has been dissolved; then add whole wheat flour. Sift white flour, baking powder, and salt together and add. Bake in a moderate oven for 20 minutes at 350 degrees.

EXPLANATION OF THE SALT PRESCRIPTION:

Sodium chloride is used as a base to get sufficient sodium and flavor.

Three forms of the calcium salts are used because there seems to be a difference in the assimilation of calcium in different individuals. The assimilated gluconate is the best of all, however there is also a synergetic action between the three salts. If I am primarily interested in giving calcium, I increase the three as you see.

The cobalion chloride is to activate the iron and copper in the formation of blood. If there is marked anemia it may be increased to 10th of a gram.

Mangannous chloride is primarily to aid in the assimilation of Vitamin B 1.

Stannous chloride is used for the effect on the skin tone.

Barium chloride is used particularly for the effect on the heart muscle.

If there is anemia I increase the iron content of the prescription. Those cases in which extreme constipation exists, increase the magnesium sulfate to as much as 50 grams.

Lithium chloride for non specific action. The potassium iodide content is varied in accordance with the skintone and the thyroid efficiency.

K C L increased in hay fever. I have on occasions added as much as 25 grams.

Na Acid Phosphate may also be increased in a case of constipation and when there is evidence of insufficient phosphorum is being taken in the diet when compared to the calcium salts.

Ni sulphate for its tonic effect.

Bis Sub nitrate primarily because of its effect on the gastrointestinal tract.

Strich nitrate has two functions, first a general tonic effect and also adds to the flavor.

Zinc because of its general effect.

Na Borate primarily for the bone and teeth.

Amm. Cl is used to assure acid reaction and may be increased to as much as 50 grams.

Sulphur primarily because of its essential to proper protein metabolism.

In the use of this mineral mixture the only limitations is the fact that certain people are sensitive to heavy metals and may show a slight skin reaction. In others it may cause a sweat, which may tarnish jewelry. If this occurs I usually cut the dosage to one-half or one-fourth.

SALT FORMULA

Na CL		250 00	-51 7.170
Cal Lact		100 00	2.00-1.50
Cal Glucon		250 00	2.00-1.50
Cal Diphos		50 00	- 1.50-0.00
Cu So4	.15 to .25	5H ₂ O	
Cobalt CL.	.25 to .30	6 H ₂ O	
Mang Cl.	2 .00 to 3.00	4 H ₂ O	
Ferr. Cl.	3 .00 to 5.00		
KI	.50 to 2.50		
K CL	12.50 to 75.00		
Stann Cl.		2H ₂ O	0 05
Barium CL			0 03
Mag Sulf		7 H ₂ O	2 50
Lith Cl			1 00
Stront Br			0 20
Na Acid Phos	2.5 to 7.5		
Ni Sulf			0 01
Bis Sulnit			1 00
Strich Nit			0 066
Zinc CL	.05 to .75		
Amm Cl			10 00 to 50 00
Na Borate			0 05
Flowers of Sulf			1 00
Ag O2			0 05

M. Tere Ben - Sig: Use as salt