The Diabetic Diet
AND
KNOX SPARKLING GELATINE

KNOX GELATINE LABORATORIES
JOHNSTOWN, NEW YORK
Foreword

Diabetes is a disease which is especially prone to complication and yet there is not another which can be so favorably influenced by dietary measures. The dietary rules, recommendations, and recipes, which make up this little book are in complete agreement with modern medical science as it relates to the dietary treatment of diabetes. It is intended for those diabetics whose physician has recommended dietary measures, and who continue to remain under the latter's care and supervision.

More specifically it is intended for the "mild" and "moderate" cases of diabetes which show no progressive tendency and in which a favorable prognosis is possible.

It is definitely not meant for those serious cases in which defective carbohydrate metabolism is too far progressed and complications such as acetonuria, and diabetic coma, are present. The diet of these diabetics is definitely beyond the scope of this brochure, and is best left to the discretion of the attending physician, who alone is qualified to issue the diet prescription.

The editorial content of this little brochure and the recipes it contains are based on the latest, generally-accepted concepts of treatment of diabetes mellitus by dietary measures. It is desired that it should reach the diabetic only via the doctor.

Knox Gelatine Company
Johnstown, New York
To the Reader

This little book aims to show the value of Gelatine in the diabetic diet and to prove that its use can go far to make meals, (which because of restriction may lack in tastiness), as appetizing and palatable as those of the normal diet. More than that, it gives valuable pointers on how to completely satisfy the hunger of the diabetic with larger meals and with enough left over for a bite “between” without increasing caloric requirement or disturbing the required carbohydrate-protein-fat ratio.

This is possible with Knox Sparkling Gelatine, which is a protein-rich food, and believed to be more valuable in diabetes than other protein foods such as, meat, fish, fowl, egg, milk, etc. Knox Gelatine should not be confused with ready-made flavored gelatine desserts, which have nothing in common with it except their ability to form a gelatinous mass.

They differ from Knox Gelatine in composition, purpose, and effect. Intended as sweet after-dinner desserts, they contain, in keeping with their purpose, as much as 85% of sugar, and are factory-flavored. In the diabetic diet they should head the list of “forbidden” foods. If they were used either wilfully or by mistake, they would in all probability defeat the very purpose of the diabetic diet by their high sugar content.

Knox Gelatine on the other hand is the ideal food for the diabetic. Containing 85% of pure protein, it out-ranks most protein foods, and can and should be substituted in their place. Sugar and fat-free, it facilitates caloric calculation and is of real value in the construction of the diabetic menu. Most important, a small amount of Knox Gelatine, used according to directions, if mixed with just a moderate portion of some other food, makes a large-sized, appetizing, and palatable meal. Without adding noticeably to caloric value, or interfering appreciably with the carbohydrate-protein-fat ratio, it gives “size” to meals and helps to satisfy the hunger of the diabetic.
The Principles of the Diabetic Diet

During the last twenty years our knowledge of the composition of foods and the food requirements of the body, in health and disease, has made such forward strides that today the treatment of diabetes by dietary measures is possible with a large degree of success.

The credit belongs to physician and chemist alike. Their combined study and efforts have made possible the application of laboratory findings to practical use. The dietary principles, which they have evolved, are simple enough for all to follow, and if obeyed, will greatly benefit the diabetic.

Briefly they are:

1. Foods whose total caloric value meets the daily requirement of the individual.
2. A special diet consisting of protein, carbohydrates, and fat, which differs from the normal in that fat predominates, protein is used in amounts equal to the normal, and carbohydrates are greatly reduced.
3. Careful observance that enough carbohydrate is consumed to assure complete utilization of the fat which is used in unusually large amounts.
4. Meals adequate in size (bulkiness) to satisfy hunger and prevent hunger pangs.
5. Meals containing residue-rich foods of known benefit to bowel motility.

In the following, each of these important principles of the diabetic diet is fully discussed. For those who prefer to construct their own menus, determine specific daily caloric requirement, and calculate caloric value of foods, the many tables, which are part of this little book, will prove helpful. Those others, who have neither the liking nor the time for caloric mathematics, will find the recipes, which make up the concluding part, an adequate and excellent menu-maker.

The Diabetic Diet Prescription Explained

In health, the diet consists mainly of carbohydrates (starch, sugary foods). In diabetes the defective carbohydrate meta-
bolism, caused by inadequate production of body-insulin, demands their reduction and the substitution in their place of corresponding amounts of fat. These take the place of carbohydrates as energy producers.

But carbohydrates must not be restricted too rigidly, for the body, even in diabetes, requires a certain amount of them for the utilization of fats to prevent acidosis.

The epochal and highly informative work of Banting, Best, Allen, Joslin, Sherman, Lawrence, Woodyatt, Beardwood, Kelly and numerous others has furnished valuable data on the amount and kind of foodstuffs the diabetic diet should contain and the proportion in which protein, carbohydrate and fat should be consumed.

The dietary systems and recommendations of the above named investigators differ somewhat, but all are agreed that:

(a) The protein consumption should equal that of the normal diet.

(b) The carbohydrate consumption should be materially reduced and amounts consumed should not exceed the patient’s ability to utilize them.
(c) The consumption of fats should be materially increased, but only within certain limits.

The following dietary recommendations are in general agreement with the foremost writers and authorities on the subject.

The protein-fat-carbohydrate ratio to make up the daily caloric requirement that this little book favors consists of:

(a) Pure protein ....... consult Table III—1/6th oz. per each 10 lbs. of bodyweight

(b) Pure carbohydrate consult Table IV—1/4th oz. per each 1 lb. of bodyweight

(c) Pure fat ............... consult Table V—The remainder of permissible calories.

Again we say that this discussion is intended only for the "mild" and "moderate" cases of diabetes, and more specifically for those who are still able to utilize reduced amounts of sugar. The dietary recommendations contained herein are only to be used by those in whom the attending physician has determined the degree of sugar tolerance. His diet prescription should be conscientiously followed. The daily caloric requirement table (Table II), and the tables of protein, carbohydrate, and fat food-stuffs (Tables III - IV - V), will prove of inestimable value in preparing the meals according to the physician's prescription. Equal use should be made of the table listing "forbidden" foods (Table VI).

The diabetic must keep in mind that, should his diet fail to keep the urine sugar-free, it should be discontinued at once and a more adequate diet prescription, fitting his specific needs, obtained from his physician.

But first a word about calories and the total daily caloric requirement which are the pivotal point of the diabetic diet.
Calories and Caloric Requirement

Foods are the source of man’s energy. They are the fuel with which the human body performs its work. Foodstuffs, whether carbohydrate, which is starchy and sugary food, protein, which is meaty or albuminuous food, or fat, such as butter, cooking fat, etc., are the sources of calories.

The caloric value of all commonly used foods is known. It is calculated on the basis of the amount of carbohydrate, protein, or fat they contain. The caloric value of:

- 1 oz. of pure carbohydrate is 120 calories
- 1 oz. of pure protein is 120 calories
- 1 oz. of pure fat is 270 calories

The content of carbohydrates, protein and fat differs in the different foods. Sugar is 100% carbohydrate—Knox Gelatine is almost pure protein—and lard is 100% pure fat. But more often foods are mixtures of 2, or all 3 of them. For instance, liver is a mixture of protein, fat and carbohydrate.

Lean meat, spoken of as a protein food, contains only \( \frac{1}{3} \) of its weight in pure protein; the remaining \( \frac{2}{3} \) are taken up with water, gristle and fat. Onions, which are listed as a carbohydrate food contain only \( \frac{1}{20} \)th pure carbohydrate. For the composition of other foods, the reader is referred to the special Tables III - IV - V, which give composition and caloric value per unit weight.

This varying character of foods and the fact that most of them are mixtures must be taken into consideration when foods are chosen for the diabetic diet.

Now that the reader has a better understanding of calories, their source and function, we may next discuss the daily caloric requirement of the individual.
# TABLE I

HEIGHT, WEIGHT AND AGE RELATIONS

Table of Heights and Weights Based Upon a Report of The Medico-Acturial Investigation, 1912, Covering an Analysis of 221,819 Men and 136,504 Women.

<table>
<thead>
<tr>
<th>Average Heights and Weights of MEN</th>
<th>Average Heights and Weights of WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong>—15 20 25 30 35 40 45 50 55</td>
<td><strong>Age</strong>—15 20 25 30 35 40 45 50 55</td>
</tr>
<tr>
<td>5 ft. 107 118 122 126 127 131 133 134 136</td>
<td>4 ft. 102 106 109 112 115 119 122 125 125</td>
</tr>
<tr>
<td>8 in. 110 119 124 128 130 133 135 136 138</td>
<td>9 in. 110 108 112 114 117 121 124 125 127</td>
</tr>
<tr>
<td>5 ft. 1 in. 112 122 126 130 132 135 137 138 139</td>
<td>4 ft. 105 110 113 116 119 123 126 129 129</td>
</tr>
<tr>
<td>2 in. 112 122 126 130 132 135 137 138 139</td>
<td>5 ft. 105 110 113 116 119 123 126 129 129</td>
</tr>
<tr>
<td>3 in. 115 125 129 133 135 138 140 141 142</td>
<td>1 in. 106 112 115 118 121 125 128 131 131</td>
</tr>
<tr>
<td>4 in. 118 128 133 136 138 141 143 144 145</td>
<td>6 ft. 108 114 117 120 123 127 130 133 133</td>
</tr>
<tr>
<td>5 ft. 122 132 137 140 142 145 147 148 149</td>
<td>5 ft. 109 116 119 122 125 129 132 135 135</td>
</tr>
<tr>
<td>6 in. 126 136 141 143 146 149 151 152 153</td>
<td>2 in. 112 118 121 124 127 132 135 138 138</td>
</tr>
<tr>
<td>7 in. 131 140 145 148 150 153 156 156 158</td>
<td>3 in. 115 123 124 127 130 135 138 141 141</td>
</tr>
<tr>
<td>8 in. 134 144 149 152 155 158 160 162 163</td>
<td>5 ft. 111 122 132 134 138 142 145 148 148</td>
</tr>
<tr>
<td>9 in. 138 148 153 156 160 163 166 166 168</td>
<td>5 ft. 112 122 132 134 138 142 145 148 148</td>
</tr>
<tr>
<td>10 in. 142 152 158 161 165 168 170 171 173</td>
<td>6 in. 126 132 135 138 142 146 149 152 153</td>
</tr>
<tr>
<td>11 in. 147 156 162 166 170 174 176 177 178</td>
<td>5 ft. 130 136 138 142 146 150 153 156 158</td>
</tr>
<tr>
<td>6 ft. 152 161 167 172 176 180 182 183 184</td>
<td>8 in. 134 140 143 148 150 154 157 161 163</td>
</tr>
<tr>
<td>0 in. 158 166 173 178 182 186 188 190 191</td>
<td>5 ft. 138 143 148 150 154 158 161 165 167</td>
</tr>
<tr>
<td>1 in. 162 171 179 184 189 193 196 197 198</td>
<td>5 ft. 147 151 154 157 161 164 169 171 171</td>
</tr>
<tr>
<td>2 in. 168 176 184 190 195 200 202 204 205</td>
<td>10 in. 147 151 154 157 161 164 169 171 171</td>
</tr>
<tr>
<td>6 ft. 172 182 189 196 201 206 209 211 213</td>
<td>11 in. 147 151 154 158 160 164 168 173 174</td>
</tr>
<tr>
<td>7 in. 177 186 194 201 207 212 216 217 219</td>
<td>6 ft. 152 156 158 162 163 167 172 176 177</td>
</tr>
</tbody>
</table>
Determination of total daily caloric requirement simplified

The total daily requirement of the diabetic has been investigated. The combined research of a number of scientific workers considers 15 calories per each pound of bodyweight adequate for the average diabetic.

Table II which appears below shows the daily caloric requirement for different weights. However the obese diabetic patient should keep in mind that overweight aggravates his condition and that he should select from Table II the caloric requirement which corresponds to the weight which is normal for his height.

TABLE II
TOTAL DAILY CALORIC REQUIREMENT
Kind and Amount of Foodstuffs to Supply Caloric Demand

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>1300</td>
<td>1½</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>110</td>
<td>1450</td>
<td>1⅔</td>
<td>2¼</td>
<td>3½</td>
</tr>
<tr>
<td>120</td>
<td>1575</td>
<td>1¾</td>
<td>2¼</td>
<td>4</td>
</tr>
<tr>
<td>130</td>
<td>1700</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>140</td>
<td>1850</td>
<td>2⅔</td>
<td>3¼</td>
<td>4⅓</td>
</tr>
<tr>
<td>150</td>
<td>1950</td>
<td>2¼</td>
<td>3¼</td>
<td>4⅔</td>
</tr>
<tr>
<td>160</td>
<td>2100</td>
<td>2½</td>
<td>3¾</td>
<td>5⅓</td>
</tr>
<tr>
<td>170</td>
<td>2250</td>
<td>2½</td>
<td>4</td>
<td>5⅔</td>
</tr>
<tr>
<td>180</td>
<td>2375</td>
<td>2¾</td>
<td>4⅛</td>
<td>6⅔</td>
</tr>
<tr>
<td>190</td>
<td>2500</td>
<td>3</td>
<td>4⅛</td>
<td>6⅔</td>
</tr>
<tr>
<td>200</td>
<td>2650</td>
<td>3¼</td>
<td>5⅛</td>
<td>7</td>
</tr>
<tr>
<td>210</td>
<td>2750</td>
<td>3¼</td>
<td>5¼</td>
<td>7⅓</td>
</tr>
<tr>
<td>220</td>
<td>2900</td>
<td>3¼</td>
<td>5½</td>
<td>8</td>
</tr>
<tr>
<td>230</td>
<td>3050</td>
<td>3⅓</td>
<td>5⅓</td>
<td>8⅓</td>
</tr>
<tr>
<td>240</td>
<td>3150</td>
<td>3⅔</td>
<td>5⅓</td>
<td>8⅓</td>
</tr>
<tr>
<td>250</td>
<td>3300</td>
<td>3⅔</td>
<td>5⅔</td>
<td>8⅓</td>
</tr>
</tbody>
</table>
The values stated in Table II are approximate, but do not deviate sufficiently to materially influence the final results. Stated, as they are, in round numbers they are of greater practical value and facilitate the menu making.

**The Nutritional Character of the Diabetic Meal**

The character of the foodstuffs used to prepare the diabetic meal agrees on the whole with that of the normal diet. While the range of choice is somewhat restricted, and the amount of the three different foodstuffs used must be carefully calculated, a variety of foods which can be safely used, and the special Tables III - IV - V listing them, greatly facilitate meal preparation.

The following suggestions are given to assist the diabetic menu maker:

1. Ascertain the weight which is normal for your height from Table I.

2. Consult Table II and obtain the total daily caloric requirements for the weight which is normal for your height.

3. The same Table will also give you the number of ounces of pure protein which you must consume each day.

4. Turn to Table III, which gives the protein foods which are recommended, and which states the number of ounces of pure protein each protein food contains. If you weigh 150 pounds and you choose veal cutlet which contains $3\frac{1}{2}$ oz. of pure protein per pound, then simple arithmetic will show that $\frac{3}{4}$ pound of veal cutlet supplies the needed $2\frac{1}{2}$ oz. of pure protein that the daily diet demands. If fish should have the preference, the problem is the same. The Table shows that bluefish contains 2 oz. of pure protein per pound. Obviously $1\frac{1}{4}$ lbs. must be consumed to supply the $2\frac{1}{2}$ oz. of pure protein.

Knox Gelatine should be made to supply protein as much as possible. This gives bulkiness (for satisfying hunger) to the foods used in combination with it, without adding an appreciable amount of calories.
5. Table II also indicates the amount of pure carbohydrate allowed per day, and Table IV gives the recommended carbohydrate foods and the amount of pure carbohydrate they contain per pound.

6. Table V on fat and fat-rich foods will prove of help to supply the amount of ounces of fat the daily meals must contain and which are given in Table II.

Let the diabetic keep in mind that most protein foods contain fat which must be subtracted from the daily fat allowance, but that Knox Gelatine is fat free pure protein.

The above suggestions show clearly how easy it is to make up the diabetic menu. The chosen foods need no special cooking, are prepared precisely like those of the normal diet, and can be made equally appetizing and palatable.

**The Importance of Bulk in the Diabetic Diet**

To assist defective carbohydrate metabolism by a reduction of starches and sugar, and thereby diminishing Glycosuria (sugar in urine), one of the symptoms of diabetes, by dietary measures, is only partly fulfilling the aim and purpose of the diabetic diet.

**HUNGER**

Another often encountered common symptom of diabetes is ABNORMAL HUNGER. At the beginning of the disease, this shows itself merely as an increased appetite, but many diabetics may experience a ravenous craving for food, felt in the pit of the stomach.

But while the special diet is given a chance to improve the condition of the patient, the meals must be large enough in size to COMPLETELY SATISFY his hunger. To do this efficiently and to the liking of the patient, the special diet must make use of foodstuffs which are excessively bulky but low in calories.

The foods, mentioned in Table IV, if chosen according to direction, will make the diabetic meal equal the size of the normal meal without interfering with appetizing appearance or palatability.
There is yet another reason why the foods mentioned in Table IV should be freely used in the preparation of the diabetic meals. Constipation is often another common symptom of diabetes. Doctors are agreed that one way to assist the body to overcome this condition is to eat large quantities of foods rich in intestinal-residue, or roughage. It so happens that these same bulky and caloric poor foods, mentioned in Table IV are precisely those which contain most residue. Their frequent use in the diet will help to overcome and prevent constipation, one of diabetes' serious symptoms.

**Knox Gelatine in the Diabetic Diet**

Knox Sparkling Gelatine, the 85% protein food, has a definite and important place in the sensible, scientific diabetes diet that not many other foods can take.

Its several unique features are more in conformity with the principles underlying the treatment of diabetes with dietary measures than, perhaps, any other single food or combination of foodstuffs.

Dietitians have reported that they know of no other food which serves as well so many purposes in the diabetic diet as does this unique protein food.

First: Dietitians use Knox Gelatine because without interfering appreciably with caloric requirements, it does make, out of
Every batch of Knox Gelatine is tested with ultramicroscope and cataphoresis cell for colloidal activity.

a few morsels of food, an appetizing “full-sized” meal. It does not contain any sugar.

Second: They appreciate the fact that the measured amount of Gelatine in each of the little individual envelopes furnishes 25 calories. This means ready, available calories, in any desired amount, without the inconvenience of extra weighing.

Third: Knox Gelatine is recognized by dietitians as a real “time-saver.” No tedious hour-long cooking, no watching of kettles or pots when Knox Gelatine is given a place in the diabetic diet. Vegetables, meats, fruits, in fact any commonly used foodstuff, can be made with Knox Gelatine into an appetizing meal in less time with less work.

Fourth and most important: Dietitians and diabetics are agreed that Knox Gelatine makes meals more appetizing in appearance and tastier to the palate, and that patients take kindlier to foods that Knox Gelatine has made into “full-sized” appetizing and palatable meals.

Briefly then: The value of Knox Gelatine in the Diabetic Diet is:

1. IT IS ENTIRELY FREE OF SUGAR.

2. BULK:

It helps more than any other food to satisfy the abnormal hunger of the diabetic by making out of a handful of food a full-sized meal without adding appreciable amounts of calories.
3. COST-SAVER:

It is a protein food and can be used in place of meats, fowl, fish, eggs, and other protein foods at less cost per meal. The advantage in using Knox Gelatine is more calories per unit weight. This is real economy and helps materially to decrease the cost of the diabetic diet. It is always standard—and never varies in strength or quality.

4. TIME-SAVER:

With less cooking, less work, and less caloric arithmetic, Knox Gelatine makes better, larger, satisfying meals. Addition to other foodstuffs, without cooking, is all that is needed. 25 calories are added for each individual envelope used. No more—no less.

5. TASTE IMPROVER:

Knox Gelatine, no matter how much or how little is used, makes meals look more appetizing, and tastier.

No diabetic diet should be without Knox Gelatine.

No scientific, adequate diabetic diet can afford to be without it.

No diabetic diet can be as satisfying as the Knox Gelatine diabetic diet.
### TABLE III
COMPOSITION AND CALORIC VALUE OF PROTEIN FOODS*

<table>
<thead>
<tr>
<th>NAME OF FOOD</th>
<th>PROTEIN in oz. per lb. &amp; Caloric Value</th>
<th>FAT in oz. per lb. &amp; Caloric Value</th>
<th>CARBOHYDRATE in oz. per lb. &amp; Caloric Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEATS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef brisket</td>
<td>2(\frac{2}{3}) oz. = 280 Calories</td>
<td>4(\frac{2}{3}) oz. = 1170 Calories</td>
<td></td>
</tr>
<tr>
<td>(Med. Fat)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Corned</td>
<td>2(\frac{1}{3}) oz. = 280 Calories</td>
<td>4 oz. = 1080 Calories</td>
<td></td>
</tr>
<tr>
<td>(Med.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef (Lean)</td>
<td>3(\frac{1}{6}) oz. = 380 Calories</td>
<td>1(\frac{2}{3}) oz. = 450 Calories</td>
<td></td>
</tr>
<tr>
<td>Beef (Fore Shank)</td>
<td>3(\frac{2}{3}) oz. = 440 Calories</td>
<td>1 oz. = 240 Calories</td>
<td></td>
</tr>
<tr>
<td>Beef (Hind Shank Lean)</td>
<td>3(\frac{2}{3}) oz. = 425 Calories</td>
<td>1 oz. = 230 Calories</td>
<td></td>
</tr>
<tr>
<td>Beef (Liver)</td>
<td>3(\frac{1}{6}) oz. = 400 Calories</td>
<td>3(\frac{1}{3}) oz. = 180 Calories</td>
<td>(\frac{1}{3}) oz. = 30 Calories</td>
</tr>
<tr>
<td>Beef (Ribs Lean)</td>
<td>3 oz. = 360 Calories</td>
<td>2 oz. = 490 Calories</td>
<td></td>
</tr>
<tr>
<td>Beef (Tongue)</td>
<td>3(\frac{1}{6}) oz. = 360 Calories</td>
<td>1(\frac{1}{2}) oz. = 360 Calories</td>
<td></td>
</tr>
<tr>
<td>Steak (Porterhouse)</td>
<td>3(\frac{1}{3}) oz. = 400 Calories</td>
<td>3 oz. = 820 Calories</td>
<td></td>
</tr>
<tr>
<td>Steak (Round Lean)</td>
<td>3(\frac{1}{6}) oz. = 380 Calories</td>
<td>1(\frac{1}{6}) oz. = 315 Calories</td>
<td></td>
</tr>
<tr>
<td>Steak (Rump)</td>
<td>3(\frac{1}{6}) oz. = 380 Calories</td>
<td>2 oz. = 940 Calories</td>
<td></td>
</tr>
<tr>
<td>Steak (Sirloin)</td>
<td>3 oz. = 340 Calories</td>
<td>3 oz. = 770 Calories</td>
<td></td>
</tr>
<tr>
<td>Steak (Tenderloin)</td>
<td>2(\frac{1}{3}) oz. = 290 Calories</td>
<td>3(\frac{2}{3}) oz. = 990 Calories</td>
<td></td>
</tr>
<tr>
<td>Mutton (Leg)</td>
<td>3(\frac{1}{3}) oz. = 380 Calories</td>
<td>2 oz. = 490 Calories</td>
<td></td>
</tr>
<tr>
<td>Mutton (Hind Quarter)</td>
<td>2(\frac{1}{3}) oz. = 304 Calories</td>
<td>4(\frac{1}{3}) oz. = 1140 Calories</td>
<td></td>
</tr>
</tbody>
</table>
### TABLE III—Continued

**COMPOSITION AND CALORIC VALUE OF PROTEIN FOODS**

<table>
<thead>
<tr>
<th>NAME OF FOOD</th>
<th>PROTEIN in oz. per lb. &amp; Caloric Value</th>
<th>FAT in oz. per lb. &amp; Caloric Value</th>
<th>CARBOHYDRATE in oz. per lb. &amp; Caloric Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork (Chops)</td>
<td>2 1/2 oz. = 300 Calories</td>
<td>4 1/2 oz. = 1230 Calories</td>
<td></td>
</tr>
<tr>
<td>Pork (Rib Shoulder)</td>
<td>2 2/3 oz. = 310 Calories</td>
<td>4 2/3 oz. = 1270 Calories</td>
<td></td>
</tr>
<tr>
<td>Pork (Tenderloin)</td>
<td>2 3/4 oz. = 340 Calories</td>
<td>2 oz. = 540 Calories</td>
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</tr>
<tr>
<td>Pork (Sausage)</td>
<td>2 oz. = 240 Calories</td>
<td>6 2/3 oz. = 1800 Calories</td>
<td>1/6 oz. = 20 Calories</td>
</tr>
<tr>
<td>Veal (Breast)</td>
<td>2 oz. = 360 Calories</td>
<td>1 3/4 oz. = 450 Calories</td>
<td></td>
</tr>
<tr>
<td>Veal (Cutlet)</td>
<td>3 1/2 oz. = 390 Calories</td>
<td>1 1/3 oz. = 300 Calories</td>
<td></td>
</tr>
<tr>
<td>Veal (Fore Quarters)</td>
<td>3 1/3 oz. = 380 Calories</td>
<td>1 1/3 oz. = 320 Calories</td>
<td></td>
</tr>
<tr>
<td>Veal (Hind Quarter)</td>
<td>3 1/2 oz. = 400 Calories</td>
<td>1 1/3 oz. = 330 Calories</td>
<td></td>
</tr>
<tr>
<td>Veal (Side)</td>
<td>3 1/2 oz. = 380 Calories</td>
<td>1 1/3 oz. = 330 Calories</td>
<td></td>
</tr>
<tr>
<td>Lamb (Chops)</td>
<td>3 1/3 oz. = 400 Calories</td>
<td>4 1/2 oz. = 1225 Calories</td>
<td></td>
</tr>
<tr>
<td>Lamb (Breast)</td>
<td>3 oz. = 340 Calories</td>
<td>3 1/2 oz. = 960 Calories</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>3 oz. = 360 Calories</td>
<td>1 3/4 oz. = 500 Calories</td>
<td></td>
</tr>
<tr>
<td>FOWL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Broilers</td>
<td>3 1/4 oz. = 380 Calories</td>
<td>1/4 oz. = 225 Calories</td>
<td></td>
</tr>
<tr>
<td>Fowls</td>
<td>2 3/4 oz. = 350 Calories</td>
<td>2 1/2 oz. = 675 Calories</td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td>3 1/6 oz. = 380 Calories</td>
<td>3 1/2 oz. = 945 Calories</td>
<td></td>
</tr>
</tbody>
</table>
**TABLE III—Continued**

**COMPOSITION AND CALORIC VALUE OF PROTEIN FOODS***

<table>
<thead>
<tr>
<th>NAME OF FOOD (Amt.—1 lb.)</th>
<th>PROTEIN in oz. per lb. &amp; Caloric Value</th>
<th>FAT in oz. per lb. &amp; Caloric Value</th>
<th>CARBOHYDRATE in oz. per lb. &amp; Caloric Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bluefish</td>
<td>3 oz. = 360 Calories</td>
<td>1/6 oz. = 45 Calories</td>
<td></td>
</tr>
<tr>
<td>Blackfish</td>
<td>23/4 oz. = 340 Calories</td>
<td>1/6 oz. = 50 Calories</td>
<td></td>
</tr>
<tr>
<td>Cod (Dressed)</td>
<td>31/2 oz. = 420 Calories</td>
<td>1/6 oz. = 50 Calories</td>
<td></td>
</tr>
<tr>
<td>Flounders</td>
<td>2 oz. = 250 Calories</td>
<td>1/4 oz. = 25 Calories</td>
<td></td>
</tr>
<tr>
<td>Haddock</td>
<td>23/3 oz. = 310 Calories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halibut</td>
<td>23/4 oz. = 330 Calories</td>
<td>4/5 oz. = 220 Calories</td>
<td></td>
</tr>
<tr>
<td>Herring (Smoked)</td>
<td>51/2 oz. = 660 Calories</td>
<td>31/3 oz. = 630 Calories</td>
<td></td>
</tr>
<tr>
<td>Lobster (Fresh)</td>
<td>31/2 oz. = 220 Calories</td>
<td>1/4 oz. = 75 Calories</td>
<td></td>
</tr>
<tr>
<td>Lobster (Canned)</td>
<td>3 oz. = 240 Calories</td>
<td>1/4 oz. = 70 Calories</td>
<td></td>
</tr>
<tr>
<td>Mackerel (Fresh)</td>
<td>23/4 oz. = 330 Calories</td>
<td>1 oz. = 280 Calories</td>
<td></td>
</tr>
<tr>
<td>Mackerel (Salt)</td>
<td>31/4 oz. = 400 Calories</td>
<td>31/4 oz. = 900 Calories</td>
<td>1/2 oz. = 125 Calories</td>
</tr>
<tr>
<td>Oysters</td>
<td>1 oz. = 100 Calories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon (Fresh)</td>
<td>31/3 oz. = 400 Calories</td>
<td>2 oz. = 540 Calories</td>
<td></td>
</tr>
<tr>
<td>Shad</td>
<td>23/4 oz. = 330 Calories</td>
<td>11/2 oz. = 360 Calories</td>
<td></td>
</tr>
<tr>
<td>Whitefish</td>
<td>31/2 oz. = 400 Calories</td>
<td>1 oz. = 270 Calories</td>
<td></td>
</tr>
</tbody>
</table>
### TABLE III—Continued

**COMPOSITION AND CALORIC VALUE OF PROTEIN FOODS**

<table>
<thead>
<tr>
<th>NAME OF FOOD (Amt.—1 lb.)</th>
<th>PROTEIN in oz. per lb. &amp; Caloric Value</th>
<th>FAT in oz. per lb. &amp; Caloric Value</th>
<th>CARBOHYDRATE in oz. per lb. &amp; Caloric Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>4 oz. = 480 Calories</td>
<td>1 3/4 oz. = 450 Calories</td>
<td></td>
</tr>
<tr>
<td>MISC. PROT. FOODS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese (Dry)</td>
<td>3 1/2 oz. = 400 Calories</td>
<td>5 1/2 oz. = 1550 Calories</td>
<td>1/3 oz. = 40 Calories</td>
</tr>
<tr>
<td>Cheddar</td>
<td>3 1/2 oz. = 420 Calories</td>
<td>5 2/3 oz. = 1500 Calories</td>
<td>2/3 oz. = 80 Calories</td>
</tr>
<tr>
<td>Roquefort</td>
<td>3 1/3 oz. = 400 Calories</td>
<td>4 1/2 oz. = 1210 Calories</td>
<td>1/3 oz. = 45 Calories</td>
</tr>
<tr>
<td>Swiss</td>
<td>4 oz. = 580 Calories</td>
<td>5 1/3 oz. = 1400 Calories</td>
<td>1/6 oz. = 20 Calories</td>
</tr>
<tr>
<td>Cottage</td>
<td>3 1/6 oz. = 380 Calories</td>
<td></td>
<td>2/3 oz. = 80 Calories</td>
</tr>
<tr>
<td>Ham (Fresh)</td>
<td>3 3/4 oz. = 440 Calories</td>
<td>2 1/6 oz. = 580 Calories</td>
<td></td>
</tr>
<tr>
<td>Eggs (Uncooked)</td>
<td>2 oz. = 240 Calories</td>
<td>2 2/5 oz. = 430 Calories</td>
<td></td>
</tr>
<tr>
<td>Milk (Whole)</td>
<td>1/2 oz. = 60 Calories</td>
<td>3/5 oz. = 155 Calories</td>
<td>2/3 oz. = 110 Calories</td>
</tr>
</tbody>
</table>

* The percentages of nutrients are taken from Bull. 28, Office of Experiment Stations, U. S. Department of Agriculture. The fuel values are calculated from these percentages by the use of factors explained in the chapter: Calories and Caloric Requirement.

In the above table all values are expressed in terms of the better known avoirdupois system, rather than the metric system with which the average person has little acquaintance.
## TABLE IV
### CARBOHYDRATE FOODS*

*Low in Caloric Value — Rich in Residue*

<table>
<thead>
<tr>
<th>NAME OF FOOD</th>
<th>Total Caloric Value per Lb.</th>
<th>Nutritive Portion in Oz. per Lb.</th>
<th>Non-Nutritive Residue Portion in Oz. per Lb.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples—Fresh</td>
<td>285</td>
<td>$2\frac{2}{3}$</td>
<td>$13\frac{1}{3}$</td>
</tr>
<tr>
<td>Apricots—Fresh</td>
<td>265</td>
<td>$2\frac{1}{3}$</td>
<td>$13\frac{2}{3}$</td>
</tr>
<tr>
<td>Asparagus—Cooked</td>
<td>105</td>
<td>$\frac{4}{5}$</td>
<td>$15\frac{1}{5}$</td>
</tr>
<tr>
<td>Beets—Cooked</td>
<td>180</td>
<td>$1\frac{2}{3}$</td>
<td>$14\frac{1}{3}$</td>
</tr>
<tr>
<td>Cabbage—Cooked</td>
<td>140</td>
<td>$1\frac{1}{6}$</td>
<td>$14\frac{5}{6}$</td>
</tr>
<tr>
<td>Cauliflower—Cooked</td>
<td>140</td>
<td>$1\frac{1}{6}$</td>
<td>$14\frac{5}{6}$</td>
</tr>
<tr>
<td>Carrots—Cooked</td>
<td>200</td>
<td>$1\frac{2}{3}$</td>
<td>$14\frac{1}{3}$</td>
</tr>
<tr>
<td>Cucumber—Fresh</td>
<td>79</td>
<td>$\frac{2}{3}$</td>
<td>$15\frac{1}{3}$</td>
</tr>
<tr>
<td>Celery—Fresh</td>
<td>84</td>
<td>$\frac{4}{5}$</td>
<td>$15\frac{1}{5}$</td>
</tr>
<tr>
<td>Eggplant—Cooked</td>
<td>125</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Grapefruit—Fresh</td>
<td>235</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Lettuce</td>
<td>87</td>
<td>$\frac{2}{3}$</td>
<td>$15\frac{1}{3}$</td>
</tr>
<tr>
<td>Onions</td>
<td>220</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Oranges</td>
<td>230</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Green Peppers—Cooked</td>
<td>109</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Parsnips—Cooked</td>
<td>290</td>
<td>$2\frac{1}{2}$</td>
<td>$13\frac{2}{3}$</td>
</tr>
<tr>
<td>Pineapples—Fresh</td>
<td>195</td>
<td>$1\frac{1}{2}$</td>
<td>$14\frac{1}{2}$</td>
</tr>
<tr>
<td>Radishes—Fresh</td>
<td>135</td>
<td>$1\frac{1}{6}$</td>
<td>$14\frac{5}{6}$</td>
</tr>
<tr>
<td>Rhubarb—Cooked</td>
<td>105</td>
<td>$\frac{3}{4}$</td>
<td>$15\frac{1}{4}$</td>
</tr>
<tr>
<td>Tomatoes—Fresh</td>
<td>104</td>
<td>$\frac{3}{4}$</td>
<td>$15\frac{1}{4}$</td>
</tr>
<tr>
<td>Turnips—Cooked</td>
<td>175</td>
<td>$1\frac{1}{2}$</td>
<td>$14\frac{1}{2}$</td>
</tr>
<tr>
<td>Spinach</td>
<td>109</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Watermelons</td>
<td>135</td>
<td>$1\frac{1}{6}$</td>
<td>$14\frac{1}{6}$</td>
</tr>
</tbody>
</table>

*The percentages of nutrients are taken from Bull. 28, Office of Experiment Stations, U. S. Department of Agriculture. The fuel values are calculated from these percentages by the use of factors explained in the chapter: Calories and Caloric Requirement.

In the above table all values are expressed in terms of the better known avoirdupois system, rather than the metric system with which the average person has little acquaintance.
TABLE V

COMPOSITION AND CALORIC VALUE PER POUND OF PURE FATS AND FOODS RICH IN FAT*

<table>
<thead>
<tr>
<th>NAME OF FOOD (Amt.—1 lb.)</th>
<th>Fats in oz. per lb. and Caloric Value</th>
<th>Protein in oz. per lb. and Caloric Value</th>
<th>Carbohydrates in oz. per lb. and Caloric Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados</td>
<td>$3\frac{1}{3}$ oz. = 800 Calories</td>
<td>$\frac{1}{3}$ oz. = 40 Calories</td>
<td>$1\frac{1}{6}$ oz. = 135 Calories</td>
</tr>
<tr>
<td>Bacon</td>
<td>$10\frac{3}{4}$ oz. = 2600 Calories</td>
<td>$1\frac{1}{2}$ oz. = 180 Calories</td>
<td></td>
</tr>
<tr>
<td>Brazil Nuts</td>
<td>11 oz. = 2970 Calories</td>
<td>$2\frac{1}{2}$ oz. = 300 Calories</td>
<td>$1\frac{1}{6}$ oz. = 130 Calories</td>
</tr>
<tr>
<td>Butter</td>
<td>$14\frac{1}{3}$ oz. = 3400 Calories</td>
<td>$\frac{1}{6}$ oz. = 20 Calories</td>
<td></td>
</tr>
<tr>
<td>Butternuts</td>
<td>$10\frac{3}{4}$ oz. = 2500 Calories</td>
<td>$4\frac{3}{4}$ oz. = 490 Calories</td>
<td>$\frac{3}{5}$ oz. = 60 Calories</td>
</tr>
<tr>
<td>Lard</td>
<td>16 oz. = 4080 Calories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork Sausages</td>
<td>$7\frac{1}{3}$ oz. = 1800 Calories</td>
<td>$2\frac{1}{6}$ oz. = 225 Calories</td>
<td>$\frac{1}{6}$ oz. = 20 Calories</td>
</tr>
<tr>
<td>Farmer’s Sausages</td>
<td>7 oz. = 1700 Calories</td>
<td>4 oz. = 500 Calories</td>
<td></td>
</tr>
<tr>
<td>Walnuts—California</td>
<td>11 oz. = 2600 Calories</td>
<td>3 oz. = 315 Calories</td>
<td>$2\frac{1}{6}$ oz. = 210 Calories</td>
</tr>
<tr>
<td>Walnuts—Black</td>
<td>$9\frac{1}{3}$ oz. = 2250 Calories</td>
<td>$4\frac{1}{2}$ oz. = 480 Calories</td>
<td>$2$ oz. = 200 Calories</td>
</tr>
</tbody>
</table>

* The percentages of nutrients are taken from Bull. 28, Office of Experiment Stations, U. S. Department of Agriculture. The fuel values are calculated from these percentages by the use of factors explained in the chapter: Calories and Caloric Requirement.

In the above table all values are expressed in terms of the better known avoirdupois system, rather than the metric system with which the average person has little acquaintance.
TABLE VI

FORBIDDEN FOODS

The foods which are listed below should be avoided entirely by the diabetic unless special permission is given to the contrary by the physician. The reasons for avoidance in all cases is their high carbohydrate content.

<table>
<thead>
<tr>
<th>SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cane sugar, Fruit sugar, Maltose, Dextrose, Honey, Candy, Chocolate, Cacao powders, Ice creams, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>STARCHES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread — (white, graham, wheat, rye, milk, French bread, rolls, toast, zwieback, pumpernickel)</td>
</tr>
<tr>
<td>Crackers — (Boston, graham, butter, soda, water, biscuits, etc.)</td>
</tr>
<tr>
<td>Cakes and Pastry — (Cakes, pies, coffee cakes, macaroons, doughnuts, plain and filled, French pastries)</td>
</tr>
<tr>
<td>Flours — (Rye, wheat, cracked wheat, buckwheat, farina, oatmeal, cornmeal)</td>
</tr>
<tr>
<td>Potatoes, rice</td>
</tr>
<tr>
<td>Cereals — (Grapenuts, cracked wheat, shredded wheat, cornflakes, etc.)</td>
</tr>
<tr>
<td>Pastes — (Spaghetti, macaroni, tapioca, sago)</td>
</tr>
<tr>
<td>Vegetables — (Barley, beans, lima beans, string beans, baked and kidney beans, cowpeas, dried peas)</td>
</tr>
<tr>
<td>Fruits — (Almonds, bananas, blackberries, huckleberries, cranberries, raspberries, currants, raisins, dates, figs, grapes, prunes dried)</td>
</tr>
<tr>
<td>Soups — (thickened)</td>
</tr>
<tr>
<td>Conserves — (Jams, marmalade, jellies, syrups, molasses, etc.)</td>
</tr>
<tr>
<td>Desserts — (Puddings, blancmange, custards, cream pies, cream fillings)</td>
</tr>
<tr>
<td>Alcoholic Beverages — (Wine, beer, whiskey, gin, cordials, etc.)</td>
</tr>
</tbody>
</table>
Key to the Knox Diabetic Menus

The menus, recipes, and food charts on the following pages represent the joint research of nutritive chemist, digestive disease specialist, and dietitian. Every item has been chosen because of its usefulness in the scientific management of mild and moderate forms of diabetes and because it permits preparation of a palatable, appetizing meal at a moderate cost.

The seven menus, ranging in caloric value from 1000 to 2000 calories, contain a wide variety of alternative choices for varying daily menus as the taste and preference of the patient dictates without interfering with the basic caloric value. For example, the luncheon in Menu No. 4 calls for a meat course consisting of a jellied salad prepared according to Recipe No. 1, which affords a choice of 6 different dishes by substitution of the foods mentioned in this recipe.

The recipes have been compiled by a trained Dietitian. Their preparation is an easy task and their cost in every instance relatively low. Calculation and measurement of foods, both solid and liquid, has been facilitated by the use of the ounce of the avoirdupois system rather than the less known and employed gram of the metric system. In their preparation, an inexpensive standard measuring spoon and cup and an ordinary kitchen scale is the only equipment necessary.

Each recipe is so constructed that its basic ingredient can be substituted by numerous other foods with the result that the recipe affords a wide variety of dishes.

The charts, of which this little booklet features seven, contain practically every one of the more commonly used and relatively economic foods. Each chart offers the widest variety of the different foods, all of which have, if used in the amounts stated, the same composition and caloric value. The more frequent use the patient makes of them, the greater will become the variety of dishes and meals of his daily menu.
DAY'S MENU
Dietary Prescription—1000 Calories

Composition: Protein  1 1/4 oz. (38 gm.)
            Fat  2 1/2 oz. (75 gm.)
            Carbohydrate  1 2/3 oz. (50 gm.)

BREAKFAST
(Approximately 200 calories)

1 serving fruit from Chart II
2/3 ounce bacon (3 thick strips cooked)
1 ounce 20% cream (2 tablespoons)
Bran Wafers
Coffee  or  Tea

LUNCH
(Approximately 300 calories)

Clear Soup or:
1 serving from Recipe No. 34, 35 or 36

1 sliced, hard-cooked egg on lettuce leaf—or:
   2 ounces dark meat of chicken or:
      1 ounce bologna or:
      1 1/3 ounces beef tongue
1 serving Jellied Vegetable Salad (Recipe No. 2) or:
1 serving of Recipe No. 19 or No. 20
1 serving vegetable from Chart III
1/2 ounce mayonnaise (1 tablespoonful)

1 serving Banana Bavarian Cream (Recipe No. 42) or:
1 serving of Recipe No. 44, 46, 47, 48, or 57

Tea  or  Coffee

DINNER
(Approximately 500 calories)

1 serving meat, fish, eggs or cheese from Chart V or:
1 serving from Recipe No. 22
2 ounces potato (1 small)
1 serving vegetable from Chart I
Butter (3 pats)*

2 1/2 ounces fresh fruit cup**

Tea  or  Coffee

* Use butter in preparation of meat, potato, or vegetable.
** Fresh Fruit Cup—Mix together 2 1/2 ounces of any fruits in Chart II.
DAY'S MENU
Dietary Prescription—1150 Calories

Composition: Protein  1¼ oz. (45 gm.)
Fat  2½ oz. (80 gm.)
Carbohydrate  21¼ oz. (67.5 gm.)

BREAKFAST
(Approximately 300 calories)
1 serving fruit from Chart II
1 egg*
½ ounce butter (2 small pats)
½ ounce white bread (½ medium slice) or:
1 ounce Bran Flakes (¾ cup) or:
½ ounce Cornflakes (¾ cup) or:
4 ounces Farina (½ cup cooked) or:
4 ounces oatmeal (½ cup cooked) plus
½ ounce bread (1 small slice ⅛" thick)
1 ounce 20% cream (2 tablespoons)
Tea or Coffee
*Eggs may be soft cooked, poached, or fried, or scrambled in the butter which is allowed.

LUNCH
(Approximately 400 calories)
1 serving Cream of Vegetable Soup (Recipe No. 11)
1 vegetable from Chart VI
½ ounce mayonnaise (2 teaspoons)
1 serving Jellied Fruit Salad (Recipe No. 4) or:
1 serving of Recipe No. 17 or 18
1 serving Westville Cream (Recipe No. 44) or:
1 serving of Recipe No. 53, 54, 55 or 56
Tea or Coffee

DINNER
(Approximately 450 calories)
Clear Soup or:
1 serving of Recipe No. 34, 35 or 36
Vegetable Plate with:
1 serving vegetable from Chart III
2 servings vegetable from Chart VI, or:
1 serving of Recipe No. 17, 18, 23 or 24
2 ounces potato (1 small)
½ ounce butter (2 small pats)*
1 ounce bacon (4 thick strips cooked)
1 serving Lemon Mist (Recipe No. 43) or:
1 serving of No. 49, 50, 51 or 52
Tea or Coffee
*Use butter in preparation of vegetable or potato.
DAY'S MENU
Dietary Prescription—1300 Calories

Composition:
Protein  \(1\frac{1}{3}\) ounces (40 gm.)
Fat  3 ounces (90 gm.)
Carbohydrate  \(2\frac{1}{2}\) ounces (75 gm.)

BREAKFAST
(Approximately 300 calories)
1 serving fruit from Chart II
1 egg
\(\frac{2}{3}\) ounce bacon (3 thick strips cooked)
1 ounce 20% cream (2 tablespoons)
Bran Wafers
Coffee or Tea

LUNCH
(Approximately 500 calories)
1 serving Salmon Souffle (Recipe No. 5) or:
1 serving Chicken, Veal or Tuna a la King (Recipe No. 6) plus
1 serving vegetable from Chart VI or:
1 serving Meat Loaf (Recipe No. 10) plus
1 serving vegetable from Chart III
1 serving vegetable from Chart I
1 ounce lettuce (\(\frac{1}{8}\) head)—\(\frac{1}{2}\) ounce mayonnaise (1 tablespoon)
1 serving Jellied Fruit Salad (Recipe No. 4) or:
2 servings of Recipe No. 17, 18, 23 or 24
\(\frac{1}{3}\) ounce butter* (1 pat)
Tea or Coffee

*D Use butter in preparation of vegetable.

DINNER
(Approximately 500 calories)
1 serving Meat Loaf (Recipe No. 10) or:
1 serving Recipe No. 22—omitting vegetables
1 serving Vegetable from Chart I
\(\frac{1}{2}\) ounce Mayonnaise (1 tablespoon)
1 serving Tomato Aspic (Recipe No. 3) or:
1 serving of Recipe No. 21
1 serving Fruit from Chart VII
1 serving Grape Sponge (Recipe No. 50) or:
1 serving of Recipe No. 49, 52 or 56
\(\frac{1}{3}\) ounce butter (1 pat)*
Tea or Coffee

* Use butter in preparation of vegetable.
DAY’S MENU

Dietary Prescription—1450 Calories

Composition: Protein  11/3 ounces (40 gm.)
Fat  31/2 ounces (105 gm.)
Carbohydrate  22/3 ounces (80 gm.)

BREAKFAST (Approximately 150 calories)

1 serving Fruit from Chart II
1 Egg
1 ounce 20% Cream (2 tablespoons)
Bran Wafers Coffee or Tea

LUNCH (Approximately 700 calories)

Clear Soup

1 serving Jellied Fish or Meat Salad (Recipe No. 1) or:
22/3 ounces Chicken or:
12/3 ounces medium Fat Beef or:
12/3 ounces lean Pork Roast or:
2 ounces Tongue or:
12/3 ounces medium Fat Lamb or:
12/3 ounces Canned Salmon or:
12/3 ounces Canned Tuna fish
1 serving vegetable from Chart III
1 oz. Lettuce (1/8 head)—3/4 oz. Mayonnaise (11/2 tablespoons)
1 serving Fruit from Chart II or:
1 serving from No. 49, 50, 52 or 56
2 ounces 20% Cream (4 tablespoons)
1 ounce Bread (medium slice)
2/3 ounce Butter (2 pats) Tea or Coffee

DINNER (Approximately 600 calories)

1 serving Baked Eggs and Cheese (Recipe No. 7) or:
Creamed Eggs or 1 serving from Recipe No. 8 plus
2 pats of Butter and Vegetable serving from Chart III or
1 1/2 servings from Recipe No. 22, or:
2 servings from Recipe No. 17, 18, 23 or 24 plus
1 serving from Chart III

1 serving Tomato Aspic (Recipe No. 3)
1 ounce Lettuce (1/8 head) plus 2 teaspoonfuls of Mayonnaise
1 serving Fruit from Chart VII or:
1 serving from Recipe No. 46 or 48

1/3 ounce Butter (1 pat)* Tea or Coffee

* Use butter in preparation of vegetable.
DAY'S MENU
Dietary Prescription—1600 Calories

Composition: Protein  1½ ounces (45 gm.)
                Fat  4 ounces (120 gm.)
                Carbohydrate  3½ ounces (100 gm.)

BREAKFAST
(Approximately 400 calories)

1 serving Fruit from Chart II
1 Egg*
4 ounces cooked Oatmeal (½ cup) or:
  ½ ounce Cornflakes (½ cup) or:
  ½ ounce Bran Flakes (¼ cup) or:
  ½ ounce White Bread or:
  ½ ounce Rye Bread (½ slice)
1½ ounces 20% Cream (3 tablespoons)
½ ounce White Bread (½ small slice)
¾ ounce Butter (2 pats)
Coffee or Tea

*Egg may be soft or hard-cooked, poached or fried or scrambled in butter which is allowed.

LUNCH
(Approximately 550 calories)

Clear Soup
1 serving Jellied Fish or Meat Salad (Recipe No. 1) or:
1 serving of No. 17, 18, 23 or 24 or with any of the following:

2½ ounces Chicken
1½ ounces medium Fat Beef
1½ ounces lean Pork Roast
2 ounces Tongue
1½ ounces medium Fat Lamb
1½ ounces Canned Salmon
1½ ounces Canned Tuna fish

DINNER
(Approximately 650 calories)

1 medium Lamb Chop
1 serving Vegetable from Chart III
1 serving Jellied Vegetable Salad (Recipe No. 2) or:
1 serving from No. 19, 20, 25, 28, or 29

1 ounce Lettuce (¼ head)—¼ ounce Mayonnaise (1⅓ tablespoons)
1 ounce White Bread (1 medium slice)
¾ ounce Butter (2 pats)
1 serving Fruit from Chart II or:
1 serving from Recipe No. 47, 49 or 56
Tea or Coffee
Dietary Prescription—1750 Calories

Composition: Protein  2 ounces (60 gm.)
Fat  4½ ounces (135 gm.)
Carbohydrate  3 ounces (90 gm.)

BREAKFAST (Approximately 600 calories)
1 serving Fruit from Chart II
2 Eggs*
½ ounce Bacon (2 thick strips cooked)
1¼ ounces White Bread (1 large slice ½” thick) or:
   1 ounce Bran Flakes (¾ cup) or:
      4 ounces Farina (¼ cup cooked) or:
   ½ ounce Cornflakes (½ cup) or:
      4 ounces Oatmeal (¼ cup cooked) plus
   ½ ounce Bread (1 small slice ½” thick)
2½ ounce Butter (2 pats)
1 ounce 20% Cream (2 tablespoons) Tea or Coffee
* Eggs may be soft or hard-cooked, poached or fried or scrambled in butter allowed.

LUNCH (Approximately 550 calories)
1 serving Meat, Fish, Eggs or Cheese from Chart IV or:
1 serving from Recipe No. 22 or 2 servings from No. 17, 18, 23 or 24
1 serving Vegetable from Chart I
1 serving Tomato Aspic (Recipe No. 3) or:
1 serving from Recipe No. 19, 20, 25, 29, or 36 with 1 teaspoonful Mayonnaise
1 ounce Lettuce (½ head)—½ ounce Mayonnaise (1 teaspoon)
1 serving Westville Cream (Recipe No. 44) or:
1 serving from No. 54 or 55
¼ ounce Butter (1 small pat)* Tea or Coffee
* Use butter in preparation of meat or vegetable.

DINNER (Approximately 600 calories)
1 serving Chicken a la King (Recipe No. 6) or:
1 serving from Recipe No. 10, 17 or 18
1 serving Vegetable from Chart III
1 serving Jellied Vegetable Salad (Recipe No. 2) or:
1 serving from Recipe No. 19 or No. 20
1 ounce Lettuce (½ head)—¾ ounce Mayonnaise (1½ tablespoons)
1 serving Fruit from Chart II
1 serving Banana Bavarian Cream (Recipe No. 42) or:
1 serving from Recipe No. 44, 45, 46, 47 or 48
1 ounce White Bread (1 medium slice)
½ ounce Butter (2 pats) Tea or Coffee
DAY'S MENU
Dietary Prescription—2000 Calories

Composition: Protein 2 ounces (60 gm.)
Fat 5 ounces (150 gm.)
Carbohydrate 2¾ ounces (80 gm.)

BREAKFAST (Approximately 600 calories)
1 serving Fruit from Chart II
2 Eggs*
½ ounce Bacon (2 thick strips cooked)
1¼ ounces White Bread (1 large slice ½" thick) or:
1 ounce Bran Flakes (¾ cup) or:
¾ ounce Cornflakes (¾ cup) or:
4 ounces Farina (½ cup cooked) or:
4 ounces Oatmeal (½ cup cooked) plus
¾ ounce Bread (1 small slice ¾" thick)
⅔ ounce Butter (2 pats)
1 ounce 20% Cream (2 tablespoons)
Coffee or Tea

*L eggs may be soft or hard-cooked, poached or fried or scrambled in butter allowed.

LUNCH (Approximately 700 calories)
1 serving Meat, Fish, Eggs or Cheese from Chart IV or:
1 serving from Recipe No. 9 or 22, omitting Vegetables, or:
2 servings from Recipe No. 17, 18, 23 or 24
1 serving Vegetable from Chart I
1 serving Tomato Aspic (Recipe No. 3) or:
1 serving from Recipe No. 19, 20, 25, 28, 29 or 36
1 ounce Lettuce (⅛ head)
⅛ ounce Mayonnaise (1 teaspoon)
1 serving Peach Mousse (Recipe No. 41) or:
2 servings each of Recipe No. 37, 38, 39 or 40
¼ ounce Butter (1 small pat)* Tea or Coffee

*Use butter in preparation of meat or vegetable.

DINNER (Approximately 700 calories)
1 serving Swiss Steak (Recipe No. 9) or:
3½ ounces Lamb Chops (2 medium) or:
3½ ounces Pork Chops—medium fat or:
2¾ ounces Rib Roast of Beef—medium fat
1 serving Vegetable from Chart III
1 serving Jellied Vegetable Salad (Recipe No. 2) or:
1 serving from Recipe No. 19, 20, 27, 29, 30 or 36
1 oz. Lettuce (⅛ head) — ½ oz. Mayonnaise (1 tablespoon)
1 serving Fruit from Chart II or:
1 serving from Recipe No. 46, 47 or 49
1 ounce White Bread (1 medium slice)
⅔ ounce Butter (2 pats) Tea or Coffee
CHART I

(The items mentioned in this chart are rich in carbohydrate, poor in protein and fat-free. They furnish about 50 calories if used in the amount stated.)

Select One:

- 3½ ounces beets (½ cup*)
- 3½ ounces string beans (½ cup)
- 3½ ounces carrots (½ cup)
- 3½ ounces cauliflower (⅔ cup)
- 3½ ounces peas (½ cup)
- 4 ounces rutabagas (½ cup)
- 3½ ounces squash (½ cup)
- 4 ounces turnips (½ cup)
- 5 ounces eggplant (3 slices)
- 3 ounces okra (⅓ cup)
- 3½ ounces pumpkin (½ cup)

(Freshly Cooked or Canned)

*The term cup refers to a “standard” measuring cup.

CHART II

(The items mentioned in this chart are rich in carbohydrate, poor in protein and fat-free. They furnish about 50 calories if used in the amount stated.)

Select One:

- 2⅔ ounces apple (½ average)
- 2⅔ ounces apricot (1 large)
- 3 ounces blackberries (¾ cup*)
- 2⅔ ounces grapes (½ cup)
- 3¼ ounces muskmelon (½ melon — 4½” diameter)
- 3 ounces orange (1 average)
- 3½ ounces peach (1 average)
- 2⅔ ounces pear (¾ average)
- 3¾ ounces pineapple (2 slices or ¾ cup, pieces)
- 1½ ounces plum (2 average)
- 4 ounces strawberries (1½ cups)
- 5 ounces watermelon
- 5 ounces grapefruit (½ large)
- 3¼ ounces applesauce (½ cup)
- 2⅔ ounces raspberries (¾ cup)

(Cooked or Raw but No sugar added)

*The term cup refers to a “standard” measuring cup.
CHART III
(The items mentioned in this chart are rich in carbohydrate, poor in protein and fat-free. They furnish about 50 calories if used in the amount stated.)

Select One:

3\(\frac{1}{3}\) ounces eggplant (2 slices)
3\(\frac{1}{3}\) ounces kohlrabi (\(\frac{1}{2}\) cup*)
2\(\frac{2}{3}\) ounces okra (\(\frac{1}{3}\) cup)
4 ounces onion (1\(\frac{1}{3}\) onions—2\(\frac{1}{2}\" diameter)
3 ounces pumpkin (\(\frac{1}{2}\) cup)
2 ounces beets (\(\frac{1}{3}\) cup)
2 ounces carrots (\(\frac{1}{3}\) cup)
2 ounces peas (\(\frac{1}{3}\) cup)

(Freshly Cooked or Canned)

*The term cup refers to a “standard” measuring cup.

CHART IV
(The items mentioned in this chart are rich sources for protein and fat. They furnish approximately 250 calories if used in the amount stated.)

Select One:

2\(\frac{1}{2}\) ounces fish
2\(\frac{1}{2}\) ounces boiled ham
2\(\frac{1}{2}\) ounces ham roast
2\(\frac{1}{2}\) ounces pork chop
2\(\frac{1}{2}\) ounces pork roast
2\(\frac{1}{2}\) ounces lamb chop plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces roast veal plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces roast lamb plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces roast beef plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces tenderloin steak plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces sirloin steak plus \(\frac{1}{4}\) ounce butter
2\(\frac{1}{2}\) ounces veal plus \(\frac{1}{3}\) ounce butter
2\(\frac{1}{2}\) ounces tongue plus \(\frac{1}{3}\) ounce butter
2\(\frac{1}{2}\) ounces canned salmon or tuna plus \(\frac{1}{3}\) ounce butter
2\(\frac{1}{2}\) ounces beef (round steak) plus \(\frac{1}{3}\) ounce butter
2\(\frac{1}{2}\) ounces chicken plus \(\frac{1}{3}\) ounce butter
2\(\frac{1}{2}\) ounces fish (lean)
3 eggs
3 ounces cottage cheese plus 1\(\frac{1}{2}\) ounces 40% cream
2 ounces American Cheddar cheese
2\(\frac{1}{2}\) ounces cream cheese

(Cooked Weights)
CHART V

(The items mentioned in this chart are rich sources for protein and fat. They furnish approximately 250 calories if used in the amount stated.)

Select One:

1 1/4 ounces cream cheese (3/4 cake)
1 1/3 ounces American cheese (2x1x1 inches)
2 ounces cottage cheese plus 1 ounce (2 tablespoons) 40% cream
2 eggs
1 1/4 ounces sardines (2 large)
1 1/2 ounces boiled ham
1 1/2 ounces roast ham
1 1/2 ounces pork chop
1 1/2 ounces pork roast
1 1/2 ounces lamb chop plus 1/6 ounce butter (1 chop 1/2 inch thick)
1 2/3 ounces roast veal plus 1/6 ounce butter
1 2/3 ounces roast lamb plus 1/6 ounce butter
1 2/3 ounces roast beef plus 1/6 ounce butter
1 2/3 ounces tenderloin steak plus 1/6 ounce butter
1 2/3 ounces sirloin steak plus 1/6 ounce butter
1 2/3 ounces veal plus 1/3 ounce butter
1 2/3 ounces tongue plus 1/3 ounce butter
1 2/3 ounces canned salmon plus 1/3 ounce butter
1 2/3 ounces lamb plus 1/3 ounce butter
1 2/3 ounces haddock plus 1/3 ounce butter
1 2/3 ounces chicken plus 1/3 ounce butter
1 2/3 ounces beef (round steak) plus 1/3 ounce butter

(Cooked Weights)

CHART VI

(The items mentioned in this chart are rich in roughage and are ideal suppliers of bulk. Their fuel content is practically nil and need not be taken into consideration when considering calories in arranging the menu, no matter how much of them is used.)

Select One:

3 1/4 ounces asparagus (10-3” pieces)
1 2/3 ounces cabbage (1/2 cup)
1 ounce celery (2 hearts)—raw
3 1/3 ounces cucumber—raw
3 1/3 ounces greens (1/2 cup*)
3 1/4 ounces lettuce (1/4 average head)—raw
2 2/3 ounces radishes (7)—raw
3 ounces sauerkraut (1/2 cup)
3 1/3 ounces spinach (1/2 cup)
3 1/3 ounces tomatoes (1/2 cup)
3 1/3 ounces summer squash (1/2 cup)

(Cooked Weights Unless Specified Raw)

*The term cup refers to a “standard” measuring cup.
(The items mentioned in this chart are rich in carbohydrate, poor in protein and fat-free. They furnish about 50 calories if used in the amount stated.)

**SELECT ONE:**

- 5 ounces apple (1 average)
- 3½ ounces banana (½ large)
- 5 ounces grapes (1 cup*)
- 3½ ounces plums (2 average)
- 5 ounces orange (1 large)
- 4 ounces cherries (½ cup)
- 5 ounces pear (1 large)

*(Cooked or Raw but No Sugar Added)*

*The term cup refers to a “standard” measuring cup.*

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4 ENVELOPES

IN EACH PACKAGE

— each envelope makes one pint or six servings.
RECIPES

NO. 1. JELLIED FISH OR MEAT SALAD

Total Composition: Protein 2 oz. (60 gm.)
    Fat 1 oz. (30 gm.)
    Carbohydrate 1/8 oz. (4 gm.)

4 servings, 489 calories—1 serving, 123 calories

1 envelope Knox Sparkling Gelatine
8 ounces flaked tuna or substitute*
4 ounces cold water
12 ounces boiling water

Bring water and salt to boil. Soak gelatine in cold water about 5 minutes. Add to hot mixture and stir until dissolved. Add vinegar. Strain and set aside to cool. When jelly is nearly set, stir in flaked tuna fish and chopped vegetables. Pour into mold and chill until firm. Unmold on lettuce leaf.

*Tuna fish may be substituted with any of the following:
- 8 ounces salmon
- 8 ounces veal
- 8 ounces chicken
- 4 ounces fish or meat plus 5 ounces hard-cooked egg
- 8 ounces lobster, crab or shrimp plus 1/2 tablespoonful mayonnaise

NO. 2. JELLIED VEGETABLE SALAD

Total Composition: Protein 1/4 oz. (9 gm.)
    Fat none
    Carbohydrate 1/8 oz. (18 gm.)

6 servings, 108 calories—1 serving, 18 calories

1 envelope Knox Sparkling Gelatine
8 ounces boiling water
4 ounces cold water
3 tablespoonfuls vinegar

Bring water and salt to boil. Soak gelatine in cold water about 5 minutes. Add to hot mixture and stir until dissolved. Add vinegar. Strain and set aside to cool. When jelly is nearly set stir in vegetables. Pour into mold and chill until firm. Unmold on lettuce leaf.

*Any of chopped raw vegetables may be substituted with:
- 3 ounces string beans (cooked)
- 2 ounces beets (cooked)
- 3 ounces cucumber
- 1 1/2 ounces peas (cooked)
- 3 ounces tomato juice (decrease water 3 ounces)
NO. 3. TOMATO ASPIC

Total Composition: Protein 1/3 oz. (10 gm.)
Fat 1/2 oz. (15 gm.)
Carbohydrate 2/3 oz. (20 gm.)

6 servings, 265 calories—1 serving, 44 calories
1 envelope Knox Sparkling Gelatine
1 tablespoon vinegar
1/2 ounce chopped onion
2 ounces chopped celery
2 ounces chopped olives (green)
1/2 teaspoonful salt
Pepper

Bring tomatoes and spices to boil. Soak gelatine in cold water about 5 minutes. Add to hot mixture and stir until dissolved. Add vinegar. Strain and set aside to cool. When nearly firm stir in chopped vegetables. Pour into mold and chill until firm. Unmold on lettuce leaf.

NO. 4. JELLIED FRUIT SALAD

Total Composition: Protein 2/3 oz. (20 gm.)
Fat 1 1/4 oz. (38 gm.)
Carbohydrate 2 1/3 oz. (70 gm.)

6 servings, 588 calories—1 serving, 98 calories
2 envelopes Knox Sparkling Gelatine
16 ounces grapefruit pulp and juice*
2 ounces cold water
8 ounces apple
16 ounces boiling water
2 ounces pecan
1/2 ounce of lemon juice and grated rind of 1 lemon
1 grain saccharin

Boil lemon rind and water for two minutes. Soak gelatine in cold water about 5 minutes. Add to hot mixture and stir until dissolved. Add saccharin and lemon juice. Strain and set aside to cool. When jelly is nearly set stir in diced fruits and nuts. Pour into mold and chill until firm. Unmold on lettuce leaf.

*Grapefruit pulp and juice may be substituted with any of the following:
FRESH FRUITS
7 ounces pear
7 ounces grapes
7 1/2 ounces apricots
9 ounces orange
10 ounces peach
16 ounces watermelon
16 ounces strawberries
NO. 5. SALMON SOUFFLE

**Total Composition:**
- Protein: 2 oz. (59 gm.)
- Fat: 2½ oz. (63 gm.)
- Carbohydrate: 1½ oz. (47 gm.)

6 servings, 996 calories—1 serving, 166 calories

8 ounces milk

1½ ounces flour

1 ounce fat

4 ounces salmon*

3 eggs

½ teaspoonful salt

Melt butter, add flour. Mix thoroughly. Add hot milk gradually and cook until thick, stirring continually. Add salt and flaked salmon to sauce. Cool slightly. Then add beaten egg yolks. Lastly add stiffly beaten egg whites. Pour into oiled baking dish, filling not more than ⅔ full. Set in dish of hot water and bake in moderate oven until firm and sharp-pointed knife comes out clean. Serve at once from the baking dish.

*Salmon may be substituted with 4 ounces tuna fish or chicken.

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NO. 6. CHICKEN A LA KING

**Total Composition:**
- Protein: ⅔ oz. (19 gm.)
- Fat: ⅔ oz. (23 gm.)
- Carbohydrate: ⅓ oz. (10 gm.)

2 servings, 326 calories—1 serving, 163 calories

1½ ounces mushrooms

1½ ounces chopped cooked chicken*

1 ounce chopped pimiento

1 ounce chopped green pepper

8 ounces chicken broth and 2 oz. milk

2½ teaspoonfuls India gum

2 teaspoonfuls butter

1 hard-cooked egg

Make paste of India gum. Add to hot broth. When thickened add milk, mushrooms, chicken, pimiento, green pepper and hard-cooked egg. Add butter.

*Chicken may be substituted with 1½ ounces salmon, tuna fish or veal.

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NO. 7. BAKED EGG AND CHEESE

**Total Composition:**
- Protein: ⅓ oz. (15 gm.)
- Fat: ⅔ oz. (22 gm.)
- Carbohydrate: 1/30 oz. (.7 gm.)

1 serving, 273 calories

1 egg

1 ounce grated cheese

⅓ ounce cream

⅓ ounce butter

Beat egg well, add grated cheese, salt and cream. Pour into buttered baking dish and bake in moderate oven until egg is set.
NO. 8. CREAMED TUNA FISH

Total Composition: Protein 1/2 oz. (14 gm.)
Fat 1/8 oz. (10 gm.)
Carbohydrate 1/10 oz. (3 gm.)

1 serving, 183 calories

2 ounces white sauce
2 ounces tuna*

Make white sauce. Add flaked tuna. For white sauce use 1 tablespoon butter, 3/4 ounce flour, 8 ounces milk and 1/8 teaspoonful salt. Melt butter. Add flour and stir to paste. Scald milk. Add to butter and flour mixture. Cook over direct flame, stirring for 5 minutes or until thickened. Add salt. This makes 8 ounces sauce. Use 1/4 for this recipe.

*Tuna fish may be substituted with 2 ounces salmon, veal, chicken or eggs.

NO. 9. SWISS STEAK

Total Composition: Protein 4 1/4 oz. (127 gm.)
Fat 6 1/3 oz. (190 gm.)
Carbohydrate 1 2/3 oz. (50 gm.)

8 servings, 2419 calories—1 serving, 302 calories

2 lb. steak cut 2” thick from round or chuck
2 ounces flour (1/2 cup)
1 1/2 ounces fat (1/4 cup)
2 ounces onion (3 average)

Mix the flour, salt and pepper. Pound it into the meat using the edge of a heavy plate. Heat the fat and brown the meat in it. Add the onion. Put the browned meat and onion into the kettle in which it is to be cooked. Add water to half the depth of the meat. Cover closely and allow to simmer 2 hours or until the meat is very tender. It may be cooked either in the oven or on top of the stove.

NO. 10. MEAT LOAF

Total Composition: Protein 2 2/3 oz. (80 gm.)
Fat 3 oz. (90 gm.)
Carbohydrate 2/3 oz. (22 gm.)

10 servings, 1250 calories—1 serving, 125 calories

1 lb. beef round or chuck, ground
1/4 lb. ham, ground
1 egg, slightly beaten
1 ounce bread crumbs (1/2 cup)
4 ounces milk (1/2 cup)
1 teaspoonful salt
1/3 teaspoonful pepper
1/16 teaspoonful sage

Mix the ingredients lightly. Shape into a loaf handling as little as possible. Place on a rack in a pan, dredge with flour or bread crumbs. Bake in a moderate oven 3/4 to 1 hour, basting as needed with the fat that cooks out of the meat or adding gradually 1/2 cup of hot water.
NO. II. CREAM OF VEGETABLE SOUP

Total Composition:  
- Protein: $\frac{1}{2}$ oz. (15 gm.)  
- Fat: $\frac{1}{13}$ oz. (40 gm.)  
- Carbohydrate: $\frac{1}{13}$ oz. (40 gm.)

6 servings, 578 calories—1 serving, 96 calories

7 ounces canned or cooked tomatoes (1 cup)  
$\frac{1}{8}$ teaspoonful soda  
16 ounces thin white sauce (recipe No. 14—2 cups)

Simmer tomatoes 15 minutes with soda and onion. Rub through a sieve. Add slowly to white sauce. Stir vigorously to avoid curdling. Do not combine the two mixtures until ready to serve for the same reason. Tomatoes may be substituted with any of the following but do not use soda.

- 6\frac{1}{2} ounces spinach (1 cup)  
- 7 ounces asparagus (1 cup)  
- 2 ounces celery (2 hearts)  
- 5 ounces cauliflower (1 cup)

NO. 12. CREAM OF MUSHROOM SOUP

Total Composition:  
- Protein: $\frac{1}{6}$ oz. (5 gm.)  
- Fat: $\frac{1}{12}$ oz. (45 gm.)  
- Carbohydrate: $\frac{1}{12}$ oz. (10 gm.)

6 servings, 480 calories—1 serving, 80 calories

1 cup minced mushrooms  
$\frac{3}{4}$ cups water  
1 teaspoonful salt  
1 cup cream 20%

Put mushrooms, water and salt in saucepan, cover and cook until mushrooms are tender. Add cream, heat to boiling and serve.

NO. 13. CREAM OF ONION SOUP

Total Composition:  
- Protein: $\frac{1}{3}$ oz. (10 gm.)  
- Fat: $\frac{1}{12}$ oz. (45 gm.)  
- Carbohydrate: $\frac{1}{1}$ oz. (30 gm.)

6 servings, 545 calories—1 serving, 90 calories

$\frac{3}{4}$ cups onions coarsely chopped  
$\frac{3}{4}$ cups water  
1 teaspoonful salt  
1 cup cream 20%

Put onions, water and salt in a saucepan and boil without covering until onions are tender. Strain and rub onions through coarse sieve. Add cream, reheat and serve.
**NO. 14. THIN WHITE SAUCE**

Total Composition: 
- Protein: 1/2 oz. (10 gm.)
- Fat: 1 1/3 oz. (40 gm.)
- Carbohydrate: 1 1/6 oz. (35 gm.)

Total calories: 540

- 16 ounces milk (2 cups)
- 1 ounce flour (4 tablespoonfuls)

Melt the fat, add the flour. Mix well. Add heated milk. Cook until sauce is thickened. Add salt.

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**NO. 15. HOLLANDAISE SAUCE FOR VEGETABLES**

Total Composition: 
- Protein: 1/3 oz. (6 gm.)
- Fat: 1 2/3 oz. (50 gm.)
- Carbohydrate: ... 

Total—500 calories—1 serving, 80 calories

- 1/4 cup butter
- 1/2 cup water
- 1 tablespoonful vinegar
- 2 egg yolks
- 1/4 teaspoonful salt

Heat butter, water and salt over boiling water. Beat egg yolks until lemon colored and stir in vinegar, then slowly stir in hot mixture. Return to stove and stir constantly until mixture thickens. Remove immediately and serve.

This sauce may be varied by adding one tablespoonful of chopped parsley or one tablespoonful of grated horseradish, (Carbohydrate 2 grams), to sauce after it is cooked.

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**NO. 16. COOKED SALAD DRESSING**

Total Composition: 
- Protein: 1/3 oz. (10 gm.)
- Fat: 1/2 oz. (15 gm.)
- Carbohydrate: ...

20 servings, 180 calories—1 serving, 10 calories

- 1 egg well beaten
- 1 teaspoonful mustard
- 1/2 teaspoonful salt
- 1/16 teaspoonful pepper
- 3/4 cup hot water
- 1 tablespoonful butter
- 1 gr. saccharin
- 1 teaspoonful Knox Sparkling Gelatine
- 4 teaspoonfuls cold water
- 1/4 cup vinegar

Rub mustard, salt and pepper to a smooth paste with 1 tablespoonful hot water, then add rest of hot water, butter and saccharin. Heat to boiling. Soak gelatine in cold water about 5 minutes. Add to hot liquid and stir until dissolved. Pour hot liquid slowly on beaten egg, stirring all the

(Continued on page 40)
NO. 16. COOKED SALAD DRESSING (Continued)
time. Return to stove and heat over boiling water until mixture begins to
thicken, stirring constantly. Remove from stove and stir in vinegar. Set
aside to cool and thicken.

VARIATION:
½ cup cream (20% plain or whipped) may be added.

Total calories—240

NO. 17. JELLIED CUCUMBER AND CHEESE

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<tr>
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8 servings, 545 calories—1 serving, 70 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
3/4 cup hot water
1/4 cup sugar
Juice of 1 lemon

1/2 tablespoonful minced onion
2 medium sized cucumbers, grated
1 package cream cheese, Neufchatel
1/2 teaspoonful salt

Soak gelatine in cold water about 5 minutes. Add to hot water and stir until dissolved. Add lemon juice, sugar, onion and cucumber. Cool and when mixture begins to congeal, beat until frothy and add the cream cheese which has been mashed and the salt added to it. Mold and chill. A few pieces of pimiento arranged on top of the mold before serving adds a touch of color without increasing the nutritive value appreciably.

NO. 18. FISH IN TOMATO JELLY

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<tr>
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<td>Carbohydrate 1/3 oz. (10 gm.)</td>
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6 servings, 530 calories—1 serving, 90 calories

3/4 cup hot water
1/2 teaspoonful salt
1/2 teaspoonful whole mixed spices
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
3/4 cup tomatoes strained
2 tablespoonfuls vinegar
1 1/2 cups canned salmon flaked
1/4 cup chopped celery
1/4 cup chopped green pepper

Bring hot water, salt and spices to a boil. Soak gelatine in cold water about 5 minutes. Add to hot liquid and stir until dissolved. Strain into tomatoes and stir in vinegar. Chill until almost set, then stir in fish, celery and green pepper. Mold and chill until firm. Serve on lettuce with or without salad dressing.
NO. 19. TOMATO JELLY WITH VEGETABLES

Total Composition: Protein  1/3 oz. (10 gm.)
Fat
Carbohydrate  1/2 oz. (15 gm.)

6 servings, 105 calories — 1 serving, 15 calories

1/2 cup hot water
1/2 teaspoonful salt
1/2 teaspoonful whole mixed spices
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
3/4 cup tomatoes strained
2 tablespoonfuls vinegar
1/2 cup chopped cabbage
1/2 cup chopped celery
1/4 cup chopped green pepper
1/4 cup cooked carrots cubed

Bring hot water, salt and spices to a boil. Soak gelatine in cold water about 5 minutes. Add to hot liquid and stir until dissolved. Strain into tomatoes and stir in vinegar. Chill until almost set, then stir in vegetables. Mold and chill until firm. Serve on lettuce with or without salad dressing.

NO. 20. TONGUE MOUSSE

Total Composition: Protein  1/2 oz. (15 gm.)
Fat  1/4 oz. (8 gm.)
Carbohydrate  1 oz. (30 gm.)

6 servings, 270 calories — 1 serving, 45 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1/2 cup hot water
1 teaspoonful beef extract or 1 bouillon cube
1 1/2 cups ground tongue
1 teaspoonful dry mustard
Few grains paprika
1 tablespoonful lemon juice
2 tablespoonfuls minced onion
2 tablespoonfuls parsley, chopped
2 tablespoonfuls green pepper, chopped
1/2 cup low calorie mayonnaise
1/4 teaspoonful salt

Soak gelatine in cold water about 5 minutes. Add hot water and stir until dissolved. Then add meat extract, lemon juice, mustard, paprika and salt. Cool and when mixture begins to congeal, add the tongue, vegetables and mayonnaise. Pour into a shallow dish that has been rinsed in cold water. Chill. Cut in squares and serve on a lettuce leaf. The mustard may be omitted and a bit of horseradish served on each square.

NO. 21. WASHINGTON SALAD

Total Composition: Protein  1/2 oz. (15 gm.)
Fat
Carbohydrate  1 1/2 oz. (45 gm.)

6 servings, 240 calories — 1 serving, 40 calories

(Continued on page 42)
NO. 21. WASHINGTON SALAD

(Continued)

1 envelope Knox Sparkling Gelatine 2 tablespoonfuls sugar
1/4 cup cold water 1 cup hot water
1/4 cup mild vinegar 1/2 cup cooked pineapple cubes
1 tablespoonful lemon juice 1 cup celery diced
1/2 teaspoonful salt 1 pimiento chopped

Soak gelatine in cold water about 5 minutes. Add sugar and hot water and stir until dissolved. Add salt, vinegar, lemon juice and stir until dissolved. Cool and when mixture begins to stiffen stir in remaining ingredients. Rinse individual molds and line with strips of pimientos. Fill with the salad mixture and chill. Serve on lettuce leaf with Low Calorie Mayonnaise.

NOTE: Cabbage may be used instead of celery and raw carrot instead of pimiento.

NO. 22. WINTER SALAD

Total Composition: Protein 1 2/5 oz. (50 gm.)
Fat 3 1/2 oz. (105 gm.)
Carbohydrate 1/2 oz. (15 gm.)

6 servings, 1190 calories—1 serving, 200 calories

1 envelope Knox Sparkling Gelatine 1 1/2 cups grated cheese
1/4 cup cold water 1/2 cup chopped stuffed olives
1/2 cup hot water 1/2 cup chopped celery
1/2 teaspoonful salt 1/4 cup chopped green pepper
1/4 cup vinegar 1/3 cup cream, whipped

Bring hot water and salt to boil. Soak gelatine in cold water about 5 minutes. Add to hot liquid and stir until gelatine is dissolved. Add vinegar and set aside to chill. When nearly set, beat until frothy, fold in cheese, olives, celery, pepper and whipped cream. Turn into molds and chill until firm. Unmold on lettuce leaf and serve.

NO. 23. JELLIED CHICKEN IN CREAM

Total Composition: Protein 1 oz. (30 gm.)
Fat 1 1/3 oz. (40 gm.)
Carbohydrate 

6 servings, 500 calories—1 serving, 85 calories

1 envelope Knox Sparkling Gelatine 1/2 teaspoonful salt
1/4 cup cold chicken broth or 1/16 teaspoonful pepper
water 1 cup cooked chicken, cubed
1 1/4 cups hot chicken broth, fat 1/4 cup cream, whipped
free

Soak gelatine in cold liquid about 5 minutes. Add hot broth and stir until dissolved. Season with salt and pepper and chill until nearly set. (Continued on page 43)
Fold in chicken and whipped cream. Turn into molds and chill until firm. Serve on lettuce or garnished with parsley and strip of pimiento.

**NO. 24. CARROT AND SPINACH MOLD**

*Total Composition:*

- **Protein**: 1/2 oz. (15 gm.)
- **Fat**: 1 1/3 oz. (40 gm.)
- **Carbohydrate**: 1 oz. (30 gm.)

6 servings, 515 calories—1 serving, 85 calories

- 1 1/2 cups cooked carrots cubed
- 1 tablespoonful butter melted
- 1 egg well beaten
- 1 teaspoonful salt

Mash carrots with a fork and mix with beaten egg and one tablespoonful of melted butter and salt. Fill small greased molds half full of the carrot mixture. Season the chopped spinach, add melted butter and fill molds to top with spinach, packing them tightly. Place molds in pan of hot water and bake in moderate oven for 20 minutes. Turn out on hot platter and serve garnished with parsley.

**NO. 25. JELLIED MUSHROOMS**

(May be served with cold meat)

*Total Composition:*

- **Protein**: 1/5 oz. (6 gm.)
- **Fat**: ......
- **Carbohydrate**: ......

6 servings, 25 calories—1 serving, 5 calories

- 1 envelope Knox Sparkling Gelatine
- 1/4 cup cold water
- 2 cups mushrooms, sliced thin
- 2 cups hot water
- 1 teaspoonful salt
- 1 teaspoonful lemon juice

Cook mushrooms in hot salted water until tender, drain off water and save for jelly. Soak gelatine in cold water about 5 minutes. Add to hot liquor from mushrooms and stir until dissolved. Add lemon juice and chill. When of jelly consistency stir in the sliced mushrooms and mold, and chill. Unmold and serve with hot or cold meat.

If desired two hard cooked eggs (an additional 73 calories) may be sliced and added at the same time as the mushrooms. This adds to the attractiveness, also increases the food value so that it may be served without meat.

**NO. 26. TUNA FISH SALAD**

*Total Composition:*

- **Protein**: 1/2 oz. (15 gm.)
- **Fat**: 1/2 oz. (15 gm.)
- **Carbohydrate**: 1/2 oz. (15 gm.)

6 servings, 250 calories—1 serving, 40 calories

(Continued on page 44)
NO. 26. TUNA FISH SALAD (Continued)

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water

$\frac{3}{4}$ cup hot water

1 tablespoonful lemon juice or mild vinegar

$\frac{1}{2}$ teaspoonful salt

$\frac{1}{2}$ teaspoonful paprika

$\frac{3}{4}$ cup tuna fish, flaked

$\frac{1}{4}$ cup celery, cut in small pieces

$\frac{1}{4}$ cup cucumber, cut in small pieces

Soak gelatine in cold water about 5 minutes. Add hot water and stir until dissolved. Add salt, lemon juice and paprika. Cool and when mixture begins to congeal, add tuna fish, celery and cucumber. Mix thoroughly and pour into mold that has been rinsed in cold water. Chill and serve on a lettuce leaf with the Low Calorie Salad Dressing, if desired. No salad dressing is needed.

NO. 27. FRUIT GINGER ALE SALAD

Total Composition: Protein $\frac{1}{2}$ oz. (15 gm.)

Fat $\frac{1}{4}$ oz. (8 gm.)

Carbohydrate 2 oz. (60 gm.)

6 servings, 330 calories—1 serving, 55 calories

1 envelope Knox Sparkling Gelatine

$\frac{1}{4}$ cup cold water

$\frac{1}{2}$ cup hot water

1 orange cut in pieces

1 tablespoonful sugar

$\frac{1}{2}$ teaspoonful salt

1 cup ginger ale

$\frac{1}{2}$ cup malaga grapes cut in pieces

$\frac{1}{4}$ cup canned pineapple, diced

Soak gelatine in cold water about 5 minutes. Add sugar, salt and hot water and stir until dissolved. Add lemon juice and ginger ale. Cool and when jelly begins to thicken, fold in prepared fruit. Turn into small molds, first rinsed in cold water, and chill. Serve with Low Calorie Salad Dressing garnished with sprigs of mint.

NO. 28. GRAPEFRUIT AND CUCUMBER SALAD

Total Composition: Protein $\frac{1}{4}$ oz. (8 gm.)

Fat ........

Carbohydrate 1 oz. (30 gm.)

6 servings, 145 calories—1 serving, 25 calories

1 envelope Knox Sparkling Gelatine

1 cup diced cucumber

1 cup hot water

1 tablespoonful sugar

1 tablespoonful lemon juice

1 small can broken grapefruit

$\frac{1}{2}$ teaspoonful salt

Make a syrup of sugar and water. Drain grapefruit. Pour juice drained off in bowl and soak gelatine in it about 5 minutes. Add to hot syrup and stir until dissolved. Add salt and lemon juice and cool. When mixture begins to congeal, add the grapefruit and cucumber. Pour into loaf pan that has been rinsed in cold water, or into individual molds. Serve on a

(Continued on page 45)
**NO. 29. CARROT AND ORANGE SALAD**

*Total Composition: Protein * 1/2 oz. (15 gm.)

*Fat...............................*

*Carbohydrate * 1 1/2 oz. (45 gm.)

6 servings, 200 calories—1 serving, 25 calories

- 1 envelope Knox Sparkling Gelatine
- 1/2 cup orange juice
- 1 tablespoonful lemon juice
- 1/4 cup cold water
- 1 1/4 cups hot water
- 2 tablespoonful sugar

Soak gelatine in cold water about 5 minutes. Add sugar, salt and boiling water and stir until dissolved. Add orange and lemon juice and set aside to slightly stiffen. Add the raw carrots to the slightly stiffened jelly and pour into individual molds that have been rinsed in cold water. Chill and unmold on lettuce leaf. Garnish with 1 tablespoonful of Low Calorie Cooked Salad Dressing.

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**NO. 30. JELLIED CHICKEN WITH VEGETABLES**

*Total Composition: Protein * 1 oz. (30 gm.)

*Fat...............................* 1/2 oz. (15 gm.)

*Carbohydrate * 1 oz. (30 gm.)

6 servings, 330 calories — 1 serving, 55 calories

- 1 envelope Knox Sparkling Gelatine
- 1 cup vegetables (cooked peas, string beans, carrots, asparagus, etc.)
- 1 1/2 cups chicken stock (canned broth or soup may be used)
- 1/2 pimiento or green pepper
- 1/4 cup cold water
- 1/2 teaspoonful salt

Soak gelatine in cold water about 5 minutes. Add hot chicken stock and stir until dissolved. Add salt and cool. Dip square mold in cold water and pour in a thin layer of the liquid jelly. Let stiffen slightly and garnish with peppers and other vegetables. Arrange the thickening jelly, chicken slices and vegetables in layers and chill. Unmold and garnish with lettuce and Low Calorie Salad Dressing.

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**NO. 31. PIMIENTO SALAD**

*Total Composition: Protein * 1/4 oz. (8 gm.)

*Fat...............................*

*Carbohydrate * 1/2 oz. (15 gm.)

6 servings, 85 calories—1 serving, 15 calories

- 1 envelope Knox Sparkling Gelatine
- 2 tablespoonfuls lemon juice
- 1 cup cabbage, cut fine
- 1/4 cup cold sauerkraut juice
- 1/4 cup celery, cut fine
- 1 cup hot sauerkraut juice
- 1/4 cup pimiento, cut fine

(Continued on page 46)
NO. 31. PIMENTO SALAD (Continued)
Soak gelatine in cold sauerkraut juice about 5 minutes. Add hot sauerkraut juice and stir until dissolved. Add lemon juice and cool. When mixture begins to congeal, add cut vegetables. Pour into individual molds that have been rinsed in cold water and chill. Serve on a lettuce leaf with Low Calorie Cooked Dressing.

NO. 32. LUNCHEON SALAD
Total Composition: Protein 1/4 oz. (8 gm.)
Fat
Carbohydrate 1/2 oz. (15 gm.)
6 servings, 90 calories—1 serving, 15 calories
1 envelope Knox Sparkling Gelatine
1/2 cup cold water
1 cup hot chicken broth
1/2 cup diced carrots
1/2 cup cooked peas
1 tablespoonful celery, cut in small pieces
1 tablespoonful green pepper, cut in small pieces
1 teaspoonful salt

Soak gelatine in cold water about 5 minutes. Add hot chicken broth and salt and stir until dissolved. Cool and when mixture begins to congeal, add vegetables. Mix thoroughly and pour into mold that has been rinsed in cold water. Chill and serve on a lettuce leaf with Low Calorie Mayonnaise Dressing.

NO. 33. CALIFORNIA SALAD
Total Composition: Protein 1 1/4 oz. (45 gm.)
Fat 1 oz. (30 gm.)
Carbohydrate 1 1/4 oz. (54 gm.)
6 servings, 660 calories—1 serving, 110 calories
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
1 cup hot water
3/4 cup grapefruit juice
1/4 cup sugar
1/4 teaspoonful salt
12 whole pecan nut meats
1/2 cup celery diced
12 stuffed olives, sliced

Soak gelatine in cold water about 5 minutes. Add sugar, salt and hot water and stir until dissolved. Add grapefruit juice. Pour a little of liquid in the bottom of individual molds, which have been rinsed in cold water. When thickened slightly, arrange a ring of sliced olives and a pecan meat in the center. Cool remaining jelly until it begins to thicken, then stir in rest of olives and celery. Chill, turn out on lettuce or endive, garnishing each salad with Low Calorie Mayonnaise and a whole nut meat.
NO. 34. JELLIED TOMATO BROTH—PLAIN

*Total Composition:* Protein \(\frac{1}{3}\) oz. (10 gm.)
Fat ........
Carbohydrate \(\frac{1}{3}\) oz. (10 gm.)

6 servings, 95 calories—1 serving, 15 calories

1 cup cold water
\(\frac{1}{2}\) teaspoonful salt
2 teaspoonfuls whole mixed spices
1 envelope Knox Sparkling Gelatine
1 1/2 cups strained tomatoes

Put seasonings in \(\frac{3}{4}\) cupful cold water and bring to a boil. Pour remaining cold water in bowl and soak gelatine in it about 5 minutes. Add to hot liquid and stir until dissolved. Strain gelatine mixture into tomatoes. Mold and chill until firm.

NOTE: This may be served jellied or hot as preferred.

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NO. 35. JELLIED TOMATO AND CHICKEN BROTH

*Total Composition:* Protein \(\frac{1}{4}\) oz. (8 gm.)
Fat ........
Carbohydrate \(\frac{1}{4}\) oz. (8 gm.)

6 servings, 65 calories—1 serving, 10 calories

1 envelope Knox Sparkling Gelatine
1 1/4 cups cold chicken broth
1/2 teaspoonful salt
1 cup hot chicken broth
1 cup strained tomatoes

Pour cold broth in bowl and soak gelatine in it about 5 minutes. Add to hot broth and stir until dissolved. Add tomatoes and salt, stir well, mold and chill.

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NO. 36. CHICKEN BROTH

*Total Composition:* Protein \(\frac{2}{5}\) oz. (12 gm.)
Fat ........
Carbohydrate .......

6 servings, 50 calories—1 serving, 8 calories

3 1/2 cups chicken broth
1 tablespoonful onion juice
1 teaspoonful salt
1/4 teaspoonful mace and pepper
2 envelopes Knox Sparkling Gelatine
1/2 cup cold broth or water

Heat to boiling, broth, onion juice, salt and seasonings. Pour cold liquid in bowl and soak gelatine in it about 5 minutes. Add to hot broth and stir until dissolved. Serve hot, or chill until firm and serve cold.
**NO. 37. STRAWBERRY MOUSSE**

<table>
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<th>Total Composition:</th>
<th>Protein</th>
<th>2/5 oz. (12 gm.)</th>
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<tbody>
<tr>
<td></td>
<td>Fat</td>
<td>3 oz. (90 gm.)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>1/5 oz. (6 gm.)</td>
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</tr>
</tbody>
</table>

6 servings, 940 calories—1 serving, 155 calories

2 cups strawberries cleaned  
2 gr. saccharin  
1 envelope Knox Sparkling Gelatine

Mash strawberries, add saccharin and stir until dissolved. Soak gelatine in cold water about 5 minutes. Place bowl in boiling water and stir until gelatine is dissolved. Stir the strawberries slowly into gelatine mixture and cool until nearly set. Fold in whipped cream, turn into freezer and pack with ice and salt, using 1 cup chipped ice to 2 tablespoonfuls rock salt or 3/4 tablespoonful table salt. Allow to stand for two hours, stirring once or twice while freezing. Keep mixture well surrounded with ice and salt.

**NO. 38. STRAWBERRY ICE CREAM**

<table>
<thead>
<tr>
<th>Total Composition:</th>
<th>Protein</th>
<th>1/2 oz. (15 gm.)</th>
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<tbody>
<tr>
<td></td>
<td>Fat</td>
<td>1 3/8 oz. (50 gm.)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>3/5 oz. (24 gm.)</td>
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</tbody>
</table>

6 servings, 595 calories—1 serving, 100 calories

1 envelope Knox Sparkling Gelatine  
1 1/2 cups strawberries cleaned  
1 1/2 grs. saccharin  
1/2 cup cream, whipped  
3/4 cup hot milk

Soak gelatine in cold water about 5 minutes. Add to hot milk and stir until dissolved. Set aside to cool. Mash strawberries and add saccharin and stir until dissolved. When the gelatine mixture is nearly set, fold in strawberries and whipped cream and freeze.

**NO. 39. CHOCOLATE ICE CREAM**

<table>
<thead>
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<th>Total Composition:</th>
<th>Protein</th>
<th>2/3 oz. (20 gm.)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Fat</td>
<td>3 oz. (90 gm.)</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>9/10 oz. (27 gm.)</td>
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</tbody>
</table>

6 servings, 990 calories—1 serving, 165 calories

1 square chocolate grated (1 oz.)  
1 1/4 cups milk  
1 envelope Knox Sparkling Gelatine

Melt chocolate in milk over boiling water. Soak gelatine in cold water about 5 minutes. Add to hot milk and stir until dissolved. Stir well so that chocolate will be well mixed. Remove from stove, add saccharin and vanilla, then chill. When nearly set, fold in whipped cream and freeze.
NO. 40. VANILLA ICE CREAM

Total Composition:  
- Protein: 2/3 oz. (20 gm.)
- Fat: 2 1/2 oz. (75 gm.)
- Carbohydrate: 2/3 oz. (20 gm.)

6 servings, 845 calories—1 serving, 140 calories

1 envelope Knox Sparkling Gelatine  
1 1/2 cups milk

Heat one-half of milk to boiling. Soak gelatine in cold water about 5 minutes. Add to hot milk and stir until dissolved. Add rest of milk, saccharin and vanilla. Chill until nearly set, fold in whipped cream and freeze. Pack until required for serving.

NO. 41. PEACH MOUSSE

Total Composition:  
- Protein: 2/3 oz. (12 gm.)
- Fat: 5 1/2 oz. (160 gm.)
- Carbohydrate: 7 1/2 oz. (216 gm.)

8 servings, 2,352 calories—1 serving, 294 calories

13 ounces peaches (2 cups) 3-4 drops almond extract
5 ounces sugar (5/8 cup) 16 oz. whipped cream (2 cups)

Peel and slice peaches, cover with sugar and let stand one hour. Mash and rub through a sieve. Fold in cream, whipped until stiff and almond extract. Pour into freezing tray in refrigerator or freeze in hand freezer.

Peaches may be substituted with any of the following: Fresh or water-packed:
- 13 ounces fresh pineapple (3 cups)
- 10 ounces apricots (1 1/2 cups)
- 10 ounces raspberries (3 cups)
- 12 ounces orange (2 cups)

NO. 42. BANANA BAVARIAN CREAM

Total Composition:  
- Protein: 1/6 oz. (10 gm.)
- Fat: 1 1/6 oz. (35 gm.)
- Carbohydrate: 1 oz. (30 gm.)

6 servings, 458 calories—1 serving, 76 calories

1 envelope Knox Sparkling Gelatine  
2 ounces cold water (1/4 cup) 1/2 grain saccharin
11 ounces boiling water (1 1/3 cups) 3 ounces mashed banana (1/2 cup)
Grated rind of 1/2 lemon 3 ounces whipped cream (6 tablespoons)

Boil rind and water for two minutes. Soak gelatine in cold water about 5 minutes. Add to lemon liquid and stir until dissolved. Add lemon juice and saccharin, strain and chill. When nearly set, fold in mashed banana and whipped cream, mold and chill until set.
NO. 43. LEMON MIST

Total Composition: Protein 3½ oz. (18 gm.)
Fat ½ oz. (10 gm.)
Carbohydrate 1/7 oz. (4 gm.)

6 servings, 178 calories—1 serving, 29 calories

1 envelope Knox Sparkling Gelatine
2 ounces cold water (¼ cup)
12 ounces boiling water (1½ cups)
Grated rind of 1 lemon
2 ounces lemon juice (¼ cup)
2 eggs
1½ grains saccharin
¼ teaspoonful salt

Boil water and rind of lemon for two minutes. Soak gelatine in cold water about 5 minutes. Add to hot lemon liquid and stir until dissolved. Separate eggs and beat yolks until lemon colored. Stir hot mixture slowly into egg yolks, return to stove and heat over boiling water until mixture thickens slightly, stirring constantly. Remove from stove, add lemon juice, saccharin and salt and chill. Beat egg whites until stiff and when jelly is nearly set, fold whites into it. Mold and chill until set.

NO. 44. WESTVILLE CREAM

Total Composition: Protein 1 oz. (29 gm.)
Fat 1⅓ oz. (54 gm.)
Carbohydrate ¾ oz. (20 gm.)

6 servings, 683 calories—1 serving, 114 calories

1 envelope Knox Sparkling Gelatine
2 ounces cold water (¼ cup)
1 ounce chocolate grated
6 ounces hot water (¾ cup)
6 ounces milk (¾ cup)
2 eggs
1 teaspoonful vanilla
¼ teaspoonful salt
2 ounces cream, whipped (¼ cup)
1½ grains saccharin*

Heat chocolate, water, milk and salt over boiling water. Soak gelatine in cold water about 5 minutes. Add to hot chocolate mixture and stir until dissolved. Separate eggs and beat yolks until lemon colored. Stir hot mixture slowly into egg yolks. Return to stove and heat until mixture begins to thicken, stirring constantly. Remove from stove and add vanilla and saccharin. Chill until nearly set. Beat egg white until stiff, fold into jelly with whipped cream. Mold and chill until firm.

*More saccharin may be added if desired.

NO. 45. LEMON BAVARIAN CREAM

Total Composition: Protein ¼ oz. (8 gm.)
Fat 1⅓ oz. (45 gm.)
Carbohydrate ⅛ oz. (6 gm.)

6 servings, 455 calories—1 serving, 75 calories

Make up recipe for lemon jelly (No. 58)
½ cup cream, whipped

When jelly is nearly set, beat until frothy, fold in whipped cream, mold and chill until set.
NO. 46. BLANC MANGE

Total Composition:  
- Protein: 2/3 oz. (20 gm.)
- Fat: 2/3 oz. (20 gm.)
- Carbohydrate: 1/3 oz. (24 gm.)

6 servings, 350 calories—1 serving, 60 calories

1 envelope Knox Sparkling  
Gelatine  
2 cups milk  
1/2 teaspoonful vanilla

Soak gelatine in 1/4 cup cold milk about 5 minutes. Add to 1 1/4 cups hot milk and stir until dissolved. Add vanilla, salt, nutmeg and saccharin. Stir until saccharin is dissolved, then chill. When nearly set, beat until frothy, mold and chill until firm.

NO. 47. ORANGE ICE

Total Composition:  
- Protein: 1/2 oz. (15 gm.)
- Carbohydrate: 1 1/2 oz. (45 gm.)

6 servings, 260 calories—1 serving, 45 calories

1 envelope Knox Sparkling  
Gelatine  
1/4 cup cold water  
1 cup hot water

Make a syrup by boiling water, sugar and grated rind of orange. Soak gelatine in cold water about 5 minutes. Add to hot syrup and stir until dissolved. Then add orange and lemon juice, strain, cool and freeze. This mixture can be poured in the ice trays of an electric refrigerator to freeze. Stir a few times while freezing.

NO. 48. STRAWBERRY BAVARIAN

Total Composition:  
- Protein: 1/3 oz. (10 gm.)
- Fat: 1 1/3 oz. (35 gm.)
- Carbohydrate: 1/2 oz. (15 gm.)

6 servings, 420 calories—1 serving, 70 calories

1 envelope Knox Sparkling  
Gelatine  
1/4 cup cold water  
1 1/3 cups boiling water

Grate rind of 1/2 lemon

Boil rind and water for two minutes. Soak gelatine in cold water about 5 minutes. Add to lemon liquid and stir until dissolved. Add lemon juice and saccharin, strain and chill. When nearly set, fold in mashed strawberries and whipped cream, mold and chill until set.
NO. 49. GRAPE JUICE JELLY

Total Composition: Protein $\frac{1}{5}$ oz. (6 gm.)
Fat 
Carbohydrate 1 oz. (31 gm.)

6 servings, 145 calories—1 serving, 25 calories

1 envelope Knox Sparkling Gelatine
$\frac{1}{4}$ cup grape juice
$\frac{1}{2}$ cup cold water
1 cup hot water

1 tablespoonful lemon juice
$\frac{1}{6}$ gr. saccharin

Soak gelatine in cold water about 5 minutes. Add hot water and stir until dissolved. Add grape juice, lemon juice and saccharin. Pour into molds and chill. To serve, dip the mold in hot water, then turn out on serving dish. Or — when gelatine mixture is nearly set, beat until frothy, then pour into molds.

NO. 50. GRAPE SPONGE

Total Composition: Protein $\frac{1}{2}$ oz. (14 gm.)
Fat 
Carbohydrate 1 oz. (31 gm.)

6 servings, 180 calories—1 serving, 30 calories

Make up recipe for grape juice jelly (No. 49).
2 egg whites

When jelly is nearly set, beat until frothy. Beat egg whites until stiff and fold into jelly. Pour into molds and chill.

NO. 51. FRUIT JELLY WITH STRAWBERRIES

Total Composition: Protein $\frac{1}{4}$ oz. (8 gm.)
Fat 
Carbohydrate 1 oz. (30 gm.)

6 servings, 160 calories—1 serving, 30 calories

Make recipe for fruit jelly (No. 52).
$\frac{3}{4}$ cup cleaned strawberries

Follow same method as for Fruit Jelly recipe.
NOTE: Carbohydrate content of fruit jelly may be increased by adding with orange and grapefruit $\frac{3}{4}$ cup cleaned strawberries, cut in pieces.
NO. 52. FRUIT JELLY

Total Composition: Protein | 1/4 oz. (7 gm.)
Fat | ..........
Carbohydrate | 2/3 oz. (20 gm.)

6 servings, 120 calories—1 serving, 20 calories

1 envelope Knox Sparkling
Gelatine
1/4 cup cold water
1 1/2 cups boiling water
1/4 cup lemon juice

Grated rind of one lemon
6 grs. saccharin
6 sections orange
6 sections grapefruit

Boil water and rind for two minutes. Soak gelatine in cold water about 5 minutes. Add to hot lemon liquid and stir until dissolved. Add lemon juice and saccharin, stir, strain and chill. Cut each section of fruit into three pieces. When jelly is nearly set, stir in cut fruit, mold, chill until firm and serve plain, with thin cream or whipped cream.

NO. 53. ORANGE CREAM

Total Composition: Protein | 3/5 oz. (18 gm.)
Fat | 1 oz. (30 gm.)
Carbohydrate | 5/6 oz. (25 gm.)

6 servings, 460 calories—1 serving, 75 calories

1 envelope Knox Sparkling
Gelatine
1/4 cup cold water
1/4 cup boiling water
Grated rind of one orange
1 egg

1/3 cup orange juice
1 tablespoonful lemon juice
1/2 cup milk
1 gr. saccharin
1/4 cup cream, whipped

Boil rind of orange and boiling water for two minutes. Soak gelatine in cold water about 5 minutes. Add to hot orange liquid and stir until dissolved. Separate egg and beat egg yolk and slowly stir in gelatine mixture. Return to stove and heat over boiling water until mixture begins to thicken. Remove from stove, add orange juice, lemon juice, milk and saccharin. Chill until nearly set. Beat egg white until stiff, then fold into gelatine mixture. Fold in whipped cream, turn into molds and chill until set.

NOTE: This may be frozen and used as orange ice cream.

NO. 54. CHOCOLATE PUDDING

Total Composition: Protein | 4/5 oz. (24 gm.)
Fat | 1 oz. (30 gm.)
Carbohydrate | 1 oz. (30 gm.)

6 servings, 535 calories—1 serving, 90 calories

1 envelope Knox Sparkling
Gelatine
2 cups milk
1 square chocolate grated (1 oz.)

1/4 teaspoonful salt
1/8 teaspoonful cinnamon
1/4 teaspoonful vanilla
1 gr. saccharin

Melt chocolate in 1 3/4 cups hot milk. Soak gelatine in 1/4 cup cold milk about 5 minutes. Add to hot chocolate mixture and stir until dissolved.

(Continued on page 54)
NO. 54.  CHOCOLATE PUDDING  (Continued)
Add salt, cinnamon, vanilla and saccharin. Stir well and chill. When nearly set, beat until frothy, mold and chill until firm. Serve plain or with thin cream or whipped cream.

NO. 55.  SOFT CUSTARD
*Total Composition: Protein 5/6 oz. (25 gm.)*
*Fat 2 oz. (60 gm.)*
*Carbohydrate 1/3 oz. (10 gm.)*

6 servings, 645 calories—1 serving, 110 calories

1 envelope Knox Sparkling Gelatine
2 tablespoons cold water
1 cup cream 20%
1 cup hot water
2 eggs
1 teaspoonful vanilla
1/2 gr. saccharin
1/4 teaspoonful salt

Heat cream and water over boiling water. Soak gelatine in cold water about 5 minutes. Add to hot cream mixture and stir until dissolved. Beat eggs lightly and stir hot mixture into eggs slowly. Return to stove and cook over hot water, stirring all the time until mixture begins to thicken. Remove from stove and pour into cold bowl. Add salt, vanilla and saccharin, stir until saccharin is dissolved and chill. May be served as sauce poured over fruit or frozen for ice cream. If custard becomes too thick to pour after chilling beat with fork or egg beater.

NO. 56.  CRANBERRY ICE
*Total Composition: Protein 1/4 oz. (7 gm.)*

6 servings, 115 calories—1 serving, 20 calories

2 cups cranberries
1 1/4 cups water
1 envelope Knox Sparkling Gelatine
1/4 cup cold water
3/4 cup hot water
1/4 teaspoonful baking soda
2 gr. saccharin

Put cranberries and 1 1/4 cups water in a saucepan, cover and cook until berries are tender or split open. Rub through sieve, add baking soda and saccharin and stir until foaming ceases. Soak gelatine in cold water about 5 minutes. Add hot water and stir until dissolved. Combine cranberries and gelatine mixture and cool. Pour into freezer, surround with chipped ice and rock salt (6 cups chipped ice to 1 cup salt). Turning the freezer at a moderate speed this mixture will freeze in about eight minutes. Drain off liquid and repack with ice and salt (for packing use 8 cups ice to 1 cup salt). Allow to stand until required for serving.

NOTE: Instead of freezing the cranberry mixture after cooling, it may be poured into molds, chilled until set and served as Cranberry Jelly.

The proportions of ice and salt given above for freezing and packing are used for all frozen desserts.
NO. 57. GRAPE BAVARIAN CREAM

*Total Composition:*

- **Protein:** $1/4$ oz. (8 gm.)
- **Fat:** $11/2$ oz. (44 gm.)
- **Carbohydrate:** 1 oz. (33 gm.)

6 servings, 560 calories—1 serving, 95 calories

Make up recipe for grape juice jelly (No. 49).

$1/2$ cup cream, whipped.

When jelly is nearly set, beat until frothy, then add whipped cream, mold and chill until set.

NO. 58. LEMON JELLY

*Total Composition:*

- **Protein:** $1/5$ oz. (6 gm.)
- **Fat:** $1/8$ oz. (4 gm.)
- **Carbohydrate:** $1/8$ oz. (4 gm.)

6 servings, 40 calories — 1 serving, 5 calories

1 envelope Knox Sparkling Gelatine
1/4 cup cold water
11/2 cups boiling water
1 gr. saccharin

Grated rind of one lemon
4 tablespoonfuls lemon juice

Boil lemon rind and water for two minutes. Soak gelatine in cold water about 5 minutes. Add to hot liquid and stir until dissolved. Add lemon juice and saccharin. Strain into molds and chill until set.

NO. 59. KNOX BEVERAGES

A pleasant and convenient way to take Knox Gelatine between meals is to take it in beverages made as follows:

Soften one-half envelope (a heaping teaspoonful) of Knox Sparkling Gelatine in 3 tablespoonfuls cold liquid (milk, fruit juice or tomato juice).

Place cup over boiling water and stir until gelatine is dissolved. Transfer to glass and fill with cold liquid. For hot beverages such as hot milk, bouillon or cream soups, soften the gelatine as above, pour the hot liquid over it and serve.
## Amino Acid Composition of Gelatine by Dakin*

<table>
<thead>
<tr>
<th>Amino Acid</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Glycine</td>
<td>25.5</td>
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<tr>
<td>Alanine</td>
<td>8.7</td>
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<tr>
<td>Valine</td>
<td>0.0</td>
</tr>
<tr>
<td>Leucine</td>
<td>7.1</td>
</tr>
<tr>
<td>Proline</td>
<td>9.5</td>
</tr>
<tr>
<td>Aspartic Acid</td>
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<tr>
<td>Glutaminic Acid</td>
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<tr>
<td>Phenylalanine</td>
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</tr>
<tr>
<td>Tyrosine</td>
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</tr>
<tr>
<td>Serine</td>
<td>0.4</td>
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<tr>
<td>Oxy Proline</td>
<td>14.1</td>
</tr>
<tr>
<td>Histidine</td>
<td>0.9</td>
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<tr>
<td>Arginine</td>
<td>8.2</td>
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<tr>
<td>Lysine</td>
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<tr>
<td>Tryptophane</td>
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</tr>
<tr>
<td>Cystine</td>
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</tr>
<tr>
<td>NH₃</td>
<td>0.4</td>
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<tr>
<td><strong>Total</strong></td>
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</table>

## Analysis of Knox Sparkling Gelatine

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<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Protein</td>
<td>85.0 – 86.0 per cent</td>
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<tr>
<td>Moisture</td>
<td>13.0 – 14.0 per cent</td>
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<tr>
<td>Calcium Phosphate</td>
<td>1.0 – 1.25 per cent</td>
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<tr>
<td>Fat</td>
<td>(less than) 0.1 per cent</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>Nil</td>
</tr>
</tbody>
</table>

*J. Biol. Chem. 44 (1920) 524.

Additional copies of this book, as well as our other books on “Feeding Sick Patients” (Liquid and Soft Diets), and “Reducing Diets,” will be sent on request.

**KNOX GELATINE LABORATORIES**

Johnstown, N. Y.