

Battle Creek Foods

and VEGETARIAN RECIPES



A high-class dinner party can be a great success
if you follow these simple rules:

Battle Creek Foods for Health

Foods

Foods Which Preserve Permanent Good Health and Restore Well Being

The foods described in this booklet are based on natural dietetic laws. They are especially intended to make good the deficiencies of the ordinary diet. They build up those whom denatured foods have made sick—a fact which has been demonstrated by their use in thousands of cases in the leading sanitariums and hospitals, as well as private homes. You will find The Battle Creek Sanitarium Foods are as delicious as they are healthful.

Many who seldom have a sick day appreciate these appetizing foods which maintain vibrant health.



A high-class dealer near you has a fresh stock of these foods. Would you like his name?

Battle Creek Foods for Health

Health is Nature's Reward for the Right Choice of Foods



DO many persons actually enjoy perfect health? Comparatively few, when it is remembered that nearly everyone is occasionally subject to slight indispositions—if not really ill, not quite up to par. Such people are, in fact, experiencing the beginnings of

grave ailments which, later, may manifest themselves in chronic form.

A large share of these minor complaints, headaches, lassitude, indigestion, insomnia, irritability, etc., as well as more serious ailments, as Bright's disease, diabetes, myocarditis, apoplexy, anemia and even tuberculosis, are justly attributable to the malnutrition resulting from wrong eating habits.

Modern science has shown that our confidence in bread as the staff of life has been misplaced and has demonstrated the truth of the ancient dictum, "Man cannot live by bread alone." The old doctrine that protein, fats and carbohydrates constitute the essential elements of nutrition is now known to be an incomplete truth. Salts (lime and iron), vitamins (A, B, C and D), and roughage (cellulose, bran, agar, etc.,) are also essential.

The special feature of the foods presented in this booklet is a superabundance of those elements which are lacking in the ordinary dietary, so that by their use in place of, or even in connection with, ordinary foodstuffs, the dietary deficiencies which are making the American people a nation of chronic invalids, semi-invalids, neurasthenics, dyspeptics and valetudinarians, will be made good. In other words, these foods are designed to act as automatic dietitians.

Every one of the foods described in this booklet was made to meet a dietary need and can be depended upon to make good every claim made for it. A fair trial of Battle Creek foods will convince you of their merits.



Faulty Elimination Causes Many Ailments—Bulky Foods Correct the Cause

HHEADACHES, nervousness, a tired feeling, mental depression and inability to concentrate the mind, usually indicate constipation. This leads to such chronic conditions as autointoxication, kidney and liver complaints, etc.

The ordinary diet lacks cellulose or roughage—the element needed to distend the bowel and stimulate elimination. Battle Creek foods include many which supply the roughage so necessary to prevent and overcome the dangers of constipation.

Avoid the Foods Which Are Slowly Poisoning Your System

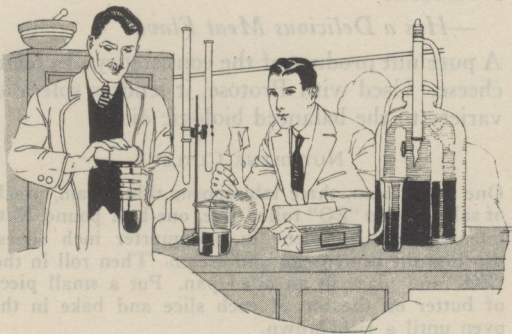
Animal proteins, particularly meats, are loaded with bacteria which quickly cause putrefaction when taken into the system. The residue, if not quickly eliminated, forms poisons some of which are highly virulent and capable of causing headache, neuralgia, neuritis, setting up degenerations in liver, heart, bloodvessels, kidneys and other organs. The consumption of meat should be reduced to a minimum or, better, discarded altogether. Protose, Nuttclene, Malted Nuts and other nut meats and nut preparations, either with or without milk and other dairy products, are capable of fully taking the place of meat in the dietary, thus eliminating a common and highly potent source of chronic poisoning, whereby life is threatened or made uncomfortable and inefficient.

You Can Have In Your Own Home the Same Foods Used In the Battle Creek System

LARGELY by the aid of its system of biologic feeding the Battle Creek Sanitarium has become world famous.

Right eating improves nutrition and makes better blood, and since it is the blood that heals, this is the first step toward recovery and rejuvenation.

In the following pages are described the special foods which our laboratories have produced from time to time within the last 40 years to meet the dietary needs of one of the greatest medical institutions in the world, and we think it not unfair to claim no small part of the success of this wonderful institution and its world-wide reputation as a place which offers hope for those who have sought relief elsewhere in vain, and may be justly attributed to the expert and thoroughgoing application of the facts of modern chemistry and physiology to human feeding, as represented in the perfected products of our laboratories. These foods, made first for the Battle Creek Sanitarium, are now, having been tested and perfected through years of actual use, made available to your home through established agencies in all parts of the United States.





Protose

—the Tasty Meat Substitute

LOOKS, smells and tastes like meat and can be used in as many ways as meat, yet has none of its harmful toxic effects. Makes delicious roasts, stews, meat pies and entrees. Contains twice as much iron and nine times as much food lime as beefsteak. Rich in the vitamins so deficient in meats—and cheaper because there is no waste.

Nuttolene

—Has a Delicious Meat Flavor

A pure nut product of the consistency of cream cheese. Used with Protose, it lends a splendid variety to the balanced biologic diet.

NUTTOLENE CUTLET

One egg beaten, three tablespoons thin cream, pinch of salt, one cup "ZO" rolled fine, one-half pound Nuttolene. Slice Nuttolene in one-quarter inch slices, dip into the beaten egg and cream. Then roll in the "ZO" and place in an oiled pan. Put a small piece of butter on the top of each slice and bake in the oven until a rich brown.



Savita

—*A Pure Vegetable Meat Flavoring*

SAVITA has the appearance, aroma and flavor of the finest meat extract—yet is purely vegetable.

For flavoring soups, broths, bouillon, sauces, gravies, etc. Easily digested. Rich in water soluble vitamins. Recommended for growing children and invalids. Entirely free from uric acid, urea, and other toxic waste products found in meat extracts, yet has the appetizing flavor of bouillon or chicken broth. In addition Savita is richest of all known substances in food iron, the vitamin B which is most lacking in ordinary foods.

Sold in both large and small sizes.

SAVITA BROTH

1 pint water $\frac{1}{2}$ teaspoonful celery salt
1 scant teaspoonful Savita $\frac{1}{2}$ teaspoonful salt (scant)

Place water, Savita and celery salt in pan and let simmer for five minutes; serve hot.



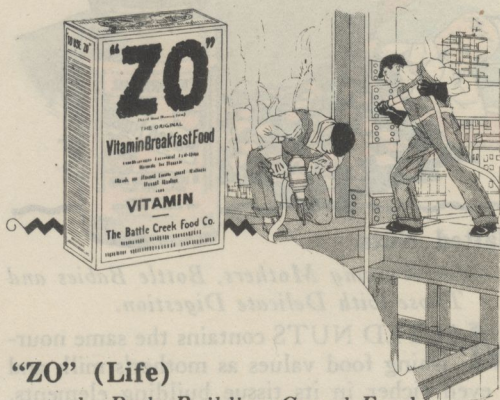
Branola

—the Health-Building
Laxative Food

OCCASIONAL constipation is a menace—chronic constipation dangerous. It kills pep and addles the brain. Branola contains 66 $\frac{2}{3}$ % bran, most palatably combined with other parts of wheat. Appeals particularly to those who like hot cereal but not sticky, pasty mushes. It is the whole bran of wheat and carries with it a thick layer of precious gluten cells, thus combining wheat nourishment and laxative quality. Contains rich stores of food iron. Serve it to the children. Eat it yourself. It is appetizing and may be cooked ready to serve in ten minutes.

BRANOLA PUDDING

One quart rich milk, one and one-half cups Branola, one-third cup sugar, three-quarters cup raisins, one-half teaspoon salt, one-quarter teaspoon nutmeg. Mix together and bake slowly one and one-half hours.



“ZO” (Life)

—the Body-Building Cereal Food

“ZOE” is the Greek word for Life. So we call this cereal “ZO” because it is not only palatable and satisfying but is super-rich in food iron, lime and vitamins and real blood, nerve and body-building elements.

Ready to serve with milk or cream and greatly nourishes both kiddies and grown-ups. Ill or well, you will find “ZO” a tasty, satisfying food.

“ZO” CUSTARD

Three cups milk, two eggs, one cup “ZO,” one-half cup sugar, pinch salt, flavoring. Beat the eggs, add sugar, warm milk, “ZO” and flavoring. Bake in custard cups or in pan in a moderate oven until it sets.



Malted Nuts

—for Nursing Mothers, Bottle Babies and Those with Delicate Digestion.

MALTED NUTS contains the same nourishing food values as mother's milk and is even richer in its tissue building elements. The addition of Malted Nuts to ordinary milk produces a combination which closely resembles mother's milk and is admirably adapted to bottle feeding. The use of Malted Nuts by nursing mothers wonderfully increases the flow of milk.

Thousands of babies and delicately constituted grown-ups cannot assimilate cow's milk. Cow's milk often causes headache, biliousness, constipation, coated tongue, bad breath, and other ailments. Malted Nuts can be substituted advantageously, and makes a delicious, nourishing drink.

HOT MALTED NUTS

- | | |
|--------------------------------------|--------------------------------|
| 1 cup hot water | 1 teaspoonful Meltose |
| 2 heaping tablespoonfuls Malted Nuts | $\frac{1}{8}$ teaspoonful salt |

Dissolve the Malted Nuts in boiling water. Add salt and Meltose.



Minute Brew

—as Refreshing as Coffee, But Does Not Contain Caffeine.

THIS satisfying cereal beverage, made entirely from grains, helps you overcome the coffee habit. Requires no cooking and is quickly soluble in hot or cold water. May be given freely to invalids and children without harmful effects; cannot upset the nerves or produce insomnia. Minute Brew is a cereal coffee, wholly free from the poisons of ordinary coffee. Minute Brew differs from other cereal coffees from the fact that it is not roasted and hence is free from the objectionable smoke products which are found in all the roasted coffees.

PINEAPPLE JELLY

2 cups pineapple juice	$\frac{1}{3}$ box ($\frac{1}{4}$ oz.) Vegetable
$\frac{1}{2}$ cup lemon juice	Gelatine
$1\frac{1}{4}$ cups sugar	1 cup boiling water

Add the lemon and pineapple juices and the sugar to the Vegetable Gelatine, prepared as directed. Mold and serve as for Lemon Jelly. (See page 33.)

Other flavors may be made by using grape, cherry, strawberry, blackberry, raspberry, or other fruit juices in the place of the pineapple.



Zwieback

*—Palatable, Crisp, Easily Digested
Toast Slices*

FOR more than 50 years, Zwieback has been a favorite. Its nutrition and digestibility should place it on the menu in every home. Many families eat it three times a day. Prepared from choice wheat flour. Is dextrinized for easy digestibility and is crisp, delicious and wholesome. In large, thick slices. Zwieback serves well with either fruit or as gravy toast. Zwieback is also supplied in short, thin, narrow slices. When moistened with warm milk, it makes a nourishing and strengthening dish for infants and growing children.

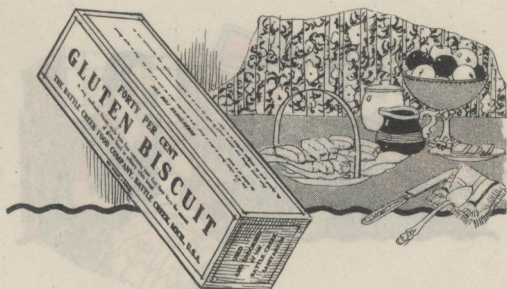
Breakfast and Luncheon Suggestion:

POACHED EGG ON ZWIEBACK
ASPARAGUS TIPS ON ZWIEBACK

MALTED NUTS EGG-NOG

1 egg	$\frac{1}{2}$ cup Malted Nuts
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoonful vanilla

Place all the ingredients in a glass fruit jar and shake until light and foamy.



40% Gluten Biscuit

—*Safe Breadstuff for the Diabetic*

—*Reducing Breadstuff for the Corpulent*

CONVENIENT, ready-prepared biscuit for the corpulent and diabetic. No work—no worry—just open the package and eat. Handy for travelers.

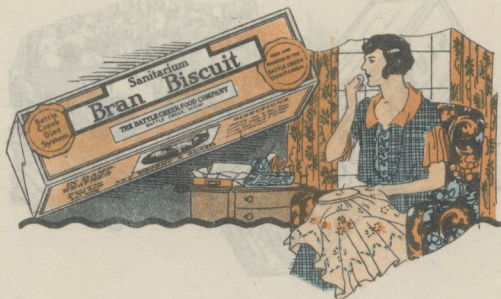
Pure Gluten Biscuit

Pure Gluten Biscuits average only $2\frac{1}{2}\%$ starch and are suitable for the most severe cases of diabetes.

GLUTEN BRAN BREAD

- | | |
|--|-------------------------------|
| 4 eggs | 1 cup 44.81% Gluten Flour |
| 1 cup thick Yogurt buttermilk or sour milk | 2 cups Sanitarium Cooked Bran |
| 1 cup chopped almonds | 1 teaspoonful butter |
| $\frac{1}{2}$ teaspoonful salt | 1 teaspoonful soda |

Beat the eggs, add the Yogurt buttermilk, nuts, flour, bran, soda, salt and butter. Mix and bake in a loaf in a moderate oven forty minutes. This amount makes one loaf.



Sanitarium Bran Biscuit

—*Nourishes and Regulates*—

THIS tasty, crisp biscuit is made of wheat gluten, bran and flour and is a most nourishing food as well as a mild laxative. Is rich in food lime and food iron and is as delicious as it is healthful. Just the thing to nibble on between meals, and an ideal soup cracker. Will be relished by the whole family and provide a greatly needed addition to the daily menu. One of the easiest and tastiest forms in which to take bran.

SANITARIUM BRAN GEMS

- | | |
|-----------------------------|--------------------------------|
| 1 well-beaten egg | $\frac{1}{3}$ teaspoonful salt |
| 2 tablespoonfuls sugar | 1 tablespoonful melted butter |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ cup sifted flour |
| 1 teaspoonful baking powder | 1 cup Cooked Bran |

Mix in the order given, beat and drop into hot gem pans and bake.

Battle Creek Foods for Health



Health Chocolates

—*Sweet but Not Injurious*

SANITARIUM Health Chocolates satisfy the taste for sugar, yet they are made from the new sugar, Meltose, which has none of the harmful effects of cane sugar.

Health Chocolates may be eaten with perfect safety by those who are disposed to acid stomach, headaches or indigestion through the excessive use of sugar.

Not simply a confection. A wholesome food as harmless as bread and milk. May be eaten freely by children and invalids.

If you are fond of candy, substitute Health Chocolates for other sweets and avoid the effects of candy-eating.

PEANUT BUTTER AND MELTOSE SANDWICHES

Two teaspoons of peanut butter, one teaspoon of Meltose, one tablespoon of finely chopped pecan meats. Mix together and spread on buttered bran bread.

Battle Creek Foods for Health



Health Koko

—An Appetizing Substitute for Harmful Tea and Coffee

MANY persons believe cocoa possesses none of the harmful effects of tea and coffee. Nevertheless, it contains theo-bromine which is closely related to caffeine. There is little to be gained in substituting cocoa for tea and coffee. All raise blood pressure and burden the liver and kidneys. All are poisonous to those with high blood pressure, angina pectoris, arteriosclerosis, Bright's disease and liver disorders.

Health Koko is prepared from the cocoa bean by subjecting it to a tedious and expensive process for the removal of theo-bromine.

DEVIL'S FOOD CAKE

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|--------------------------|-----------------------------|
| 1 cup sugar | 1 heaping teaspoonful soda |
| 2 cups flour | 1 egg |
| 4 oz. Health Koko | 1 cup buttermilk |
| 2½ tablespoonfuls butter | 1 teaspoonful baking powder |
| | Salt |

Beat eggs, yolks and whites separately, add buttermilk to yolks, then add to dry ingredients, add Koko, lastly add egg whites. Bake in layers. Use chocolate filling in between layers and on top.

CHOCOLATE FROSTING

- | | |
|-----------------------|------------------------------|
| 1 cup brown sugar | 4 tablespoonfuls butter |
| 2 tablespoonfuls milk | ⅔ teaspoonful baking powder |
| ½ teaspoonful vanilla | 2 tablespoonfuls Health Koko |

Mix sugar, butter, milk and Koko. Bring slowly to boiling point. When mixture boils, remove from fire, add baking powder and vanilla. Beat to a cream.



Meltose Sugar

—*Pleasantly Sweet with a Maple and Honey Flavor*

CANE sugar irritates the stomach, often causing indigestion, acid dyspepsia, etc. Meltose (or Malt Sugar) assists digestion, does not cause acidity and is non-irritating.

Malt Sugar is as rich in food iron as is beef-steak and contains six times as much food lime as does meat.

Rich in elements so essential to healthy growing boys and girls. The children can eat all they desire without injury. Makes delicious candy.

BRAN BREAD

Five cups of flour, two cups of Sanitarium Cooked Bran, one-half cake of compressed yeast, one and one-third cups of water, one and one-half teaspoons of salt, one tablespoon of molasses, one and one-half tablespoonfuls of sugar, one and one-half tablespoons of shortening. Combine the water, yeast, salt, sugar and molasses. Stir the bran with one-half of the flour into the liquid mixture to make a sponge. Allow to stand over night in a warm place. In the morning add the shortening and the remainder of the flour to make a stiff dough. Place the dough in a warm place to rise. Make into loaves and allow to rise again. Bake.



Sanitarium Fig Bran Flakes

A NOURISHING and delicious, mildly laxative breakfast cereal. Made from selected wheat bran and figs. Rich in food lime, iron and vitamin B.

Enriches the blood and is a bone-builder. Good for those who are weak or anemic. You'll like the delicious fig flavor.

For a decided laxative, add two heaping tablespoonfuls of Sanitarium Cooked Bran.

PROTOSE SALAD

- | | |
|--|---------------------------|
| 1 lb. can Protose | 1 green pepper or parsley |
| 1 medium size onion | Juice of one lemon |
| 1 stalk celery | Pinch of salt |
| 1 pint mayonnaise (vegetable oil or olive oil) | |

Dice Protose, onion and celery, add juice of lemon and salt. Garnish with rings of green pepper or sprigs of parsley.

Do not add mayonnaise until ready to serve. Place mayonnaise in small dish with cover and thin with cream and place upon individual servings.



Sanitarium Cooked Bran

—*The First and the Best of Sterilized Brans*

MANY imitators but no equals. Sanitarium Bran is very different from the ordinary "fodder bran" in general use. It consists exclusively of large flakes of cellulose which are separated from the finer particles of starch, dust germs, etc., which constitute nearly three-fourths of the bulk of ordinary bran. The efficiency of bran depends upon the size of the flakes. The larger the flakes the more pronounced the laxative effects. Bran stimulates the bowels, not by irritation but by titillation, or tickling.

Besides its value as a laxative, bran is a highly important food, supplying vitamin B, lime and iron in greater quantity than any other cereal food.

Battle Creek Foods for Health

RECIPES

PROTOSE SANDWICHES

- 1 lb. can Protose
- 1 small onion
- 1 pint mayonnaise (vegetable or olive oil dressing).
- 1 head of lettuce
- 1 loaf bran, graham or whole wheat bread
- $\frac{3}{4}$ cup butter
- $\frac{1}{2}$ teaspoonful salt
- Juice of one lemon

Mash Protose and mix onion, lemon juice, salt and mayonnaise with same. Cut crusts from bread and slice thin. Spread with butter and place lettuce leaf upon bread. Spread sandwich mixture upon lettuce leaf and cut in oblong or triangular shaped sandwiches.

SANITARIUM PARAFFIN OIL MAYONNAISE (non-fattening)

- 1 scant cup of Paraffin Oil, $\frac{1}{2}$ teaspoonful sugar
- or vegetable oil $\frac{1}{2}$ teaspoonful salt
- 3 egg yolks 4 tablespoonfuls lemon juice

Add seasoning to egg yolks and beat until thick; add one teaspoonful of oil at a time and beat until thick, after which the oil may be added more rapidly. Thin with lemon juice when necessary. The white of egg may be beaten stiff and folded in last.

VITA-WHEAT PUDDING (Directions for Serving Six)

Scald 1 quart milk in double boiler, add one-half teaspoonful salt, one-half cup sugar, stir in one-half cup Vita-Wheat and cook 30 min.

Remove from fire, fold in two lightly beaten eggs, and one-half teaspoonful vanilla. Serve with milk if desired.



MALTED NUTS CUSTARD

- | | |
|----------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup Malted Nuts or | 2 eggs |
| $3\frac{1}{2}$ ounces | Pinch of salt |
| $\frac{1}{2}$ cup hot water | $\frac{1}{2}$ teaspoonful vanilla |
| $1\frac{1}{4}$ cups hot milk | Dessert spoon of Meltose |
| | (Malt Honey) |

Dissolve the Malted Nuts in the hot water, add the beaten eggs and hot milk, Meltose, salt and vanilla. Pour it into custard cups and place in a pan of hot water. Bake in a hot oven until firm.

PROTOSE STEAK WITH ONIONS

- | | |
|-------------------------------|-------------------------|
| 1 lb. Protose | 1 teaspoonful salt |
| 1 cup grated onion | 1 cup Brown Sauce |
| 1 tablespoonful melted butter | $\frac{1}{2}$ cup water |

Remove the Protose from the can, cut in half lengthwise, and make six or eight slices of each half. Arrange these on the bottom of a buttered pan. Mix the melted butter and salt with the grated onion. On top of each slice of Protose put a spoonful of the grated onion. Dilute the Brown Sauce with the water and pour around the Protose, taking care not to disturb the onions. Bake in oven 45 minutes to one hour.

Most satisfying as well as wholesome.

(Recipe for Brown Sauce on Page 38)

BROWN BETTY

- With "ZO" and Meltose (Malt Honey)
- 3 cups chopped apples
- $\frac{3}{4}$ cup Malt Honey
- 1 tablespoonful butter
- $\frac{3}{4}$ cup "ZO"
- $\frac{1}{2}$ teaspoonful cinnamon

Place a layer of apples in a baking dish, "ZO," Malt Honey and butter. Repeat for second layer. Moisten the top with a little cream. Bake in a slow oven until the apples are tender. Serve with whipped cream and Meltose dressing.



Laxa

—a Bulky Biscuit with a Different Taste

FOR those who dislike to confine their diet of bulky foods to one kind, Laxa is a pleasant change. Crisp, brown and delightful to the taste. Is an auxiliary food which fills the intestinal tract and assists Nature in the elimination process. A food of this character should always be used when the diet consists largely of finely processed foods. Contains no drugs and is as safe and harmless as bread. An efficient biologic method by which it is possible to prevent stasis or stagnation in the colon with all the resulting mischiefs.

SAVITA SANDWICH SPREAD

- | | |
|-----------------------------|----------------------------------|
| 1 loaf of whole wheat bread | $\frac{1}{2}$ cup walnut meats |
| 1 cake cream cheese | 1 head of lettuce |
| | $\frac{1}{2}$ teaspoonful Savita |

Cream the cheese and Savita together until thoroughly mixed; add nut meats chopped fine. Serve on whole wheat bread with lettuce leaf. Cut in triangular shape—or spread between Sanitarium Bran Biscuit.



Paramels

—Mineral Oil in Caramel form—pleasantly eaten with your meals

PARAMELS is a solid form of mineral oil, which unlike animal and vegetable food oils, is not absorbed by the stomach or intestines. It acts as an emollient, mixing with the food without hampering digestion before reaching the lower intestine, where it softens and moistens the food residues.

Paramels should be taken with Sanitarium Cooked Bran, Fig Bran, Purified Agar or Laxa, which act as roughage. An easy way to take oil.

Twice as efficient as ordinary mineral oil. Children like it. It doesn't leak or soil the clothes.

SAVITA VEGETABLE SOUP

1 stalk of celery	$\frac{1}{2}$ cup of peas (canned
3 carrots	peas) or 1 cup of fresh
1 large onion	peas

Cook until celery is tender in water to which 1 teaspoonful of salt has been added. When done do not drain water off, and if necessary add more. Add 1 teaspoonful of Savita and let simmer for five minutes. Serve hot.



Para-Lax

—Mineral Oil with a Pleasant Taste

NOT a drug. An accessory which lubricates the intestinal tract. A palatable mineral oil emulsion that not only freely lubricates the intestines, but protects the colon and soothes its irritated condition. Trains the bowels to natural action and assists in correcting chronic constipation. May be used indefinitely without harm. Has an agreeable odor and taste and does not form the cathartic habit. A pleasant form for taking oil without causing nausea. Children take it readily.

MELTOSE (MALT SYRUP) DRESSING WITH NUTS

One-third cup Malt Honey (Meltose), one tablespoon of butter, two tablespoons of black walnuts. Beat the Malt Honey and butter until light in color, then fold in the chopped walnut meats or any other desired nuts. If too rich the butter may be omitted. Serve on baked apples or any pudding which requires sweet dressing.



Meltose

*—a Delicious Syrup, Containing no
Cane Sugar*

MELTOSE is as wholesome as it is delicious. Aids digestion, whets the appetite, stimulates bowel action and does not cause acidity or biliousness.

Particularly recommended for those underweight. Rich in lime and iron, building strength and energy.

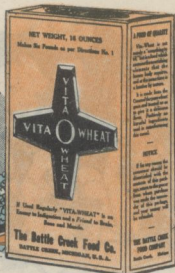
Makes delicious combinations with butter, cream and fruits of all sorts.

May be eaten freely without injury.

Meltose (syrup) is supplied in one-pound glass jars, one-half gallon and one-gallon tins.

APPLE TAPIOCA

One and one-half cups water, one-quarter teaspoon salt, four level tablespoons of minute tapioca, one pint of sliced apples, one-half cup Meltose. Cook the tapioca in the water until transparent. Add one-half of the Meltose. Bake the apples, using the remaining half of the Meltose. When done pour the tapioca over them and bake again for about twenty minutes. Serve with Meltose and whipped cream dressing.



Vita-Wheat

—a Satisfying and Body-Building
Breakfast Food

THIS choice and vitalizing wheat food derives its name from its richness in vitamin B. It is partially cooked by parching and toasting and may be prepared for the table in less than six minutes. Is especially recommended for children, as it contains the blood and bone-building elements children so vitally need. Is a real tonic-food for old people, nursing mothers, and should be eaten at breakfast and supper by the whole family.

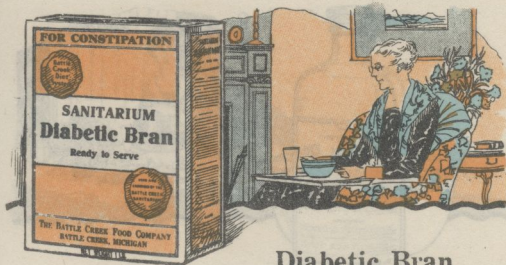
Vita-Wheat is the most palatable "porridge" cereal made and is regularly served at the Battle Creek Sanitarium.

VITA-WHEAT

One-half cup Vita-Wheat, Two cups of boiling water, One-half teaspoonful salt

Stir Vita-Wheat into the boiling salt water, cook fifteen to twenty minutes in a double boiler after cooking a few minutes over the open fire. One-half cup of stewed raisins or three-quarters of a cup of chopped dates may be added to the cooked cereal.

Battle Creek Foods for Health



Diabetic Bran

—*Safe for Diabetics*

FREE from starch and other carbohydrates, yet retaining the nutritive food, iron and lime.

Diabetes inflicts discouraging handicaps in the matter of diet, so this safe as well as palatable and laxative cereal food will be found a most valuable addition to the menu of the diabetic. Our tasty diabetic foods make otherwise colorless menus appetizing as well as nutritious.

If you suffer from diabetes, add Diabetic Bran in your menu.

DIABETIC BRAN GEMS

One egg, two and one-half cups of bran, one-third teaspoon salt, one cup Yogurt buttermilk or sour milk, one-quarter teaspoon soda. Beat the eggs, add the Yogurt, soda, salt and bran. Mix well and pack into well-greased, hot, iron gem pans. If this crumbly mixture is not well packed into the pan, it is difficult to remove the gems whole. Bake in a moderate oven from three-quarters to one hour, or until the gems are firm. This amount serves six orders. Calories per serving (2 oz.)—Protein, 33; fats, 34; carbohydrate, 35; total 102.

Write for Booklet "What to Eat in Diabetes."



Purified Paraffin Oil

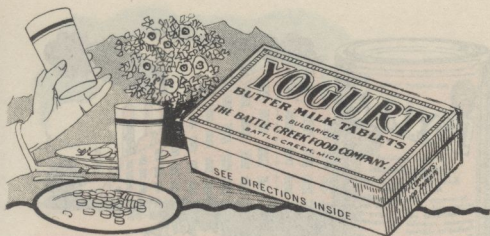
—an Improved Mineral Oil for Constipation

ALL impurities have been removed by a special process which eliminates certain dangerous elements, leaving a clear, limpid mineral oil possessing the most remarkable lubricating properties.

Relieves constipation by preventing drying and adhesion of intestinal matter. Lubricates the mucous surfaces and facilitates bowel action.

Should be used regularly for several months together with a natural laxative diet, such as bran and other bulky foods. Does not form the cathartic habit.

See recipe on page 20 for
Mayonnaise Salad Dressing
(Non-fattening)



Yogurt Buttermilk Tablets

—Guard Against Auto-Intoxication

BUTTERMILK or sour milk has been a favorite dairy food for thousands of years. The Orientals particularly relished it, and discovered a most remarkable buttermilk ferment now known as *B. Bulgaricus*. This buttermilk germ was made known by Metchnikoff of Pasteur Institute and first brought to this country by us for the use of our patrons. Since, however, we have added other valuable buttermilk bacteria to Yogurt Buttermilk Tablets. When used in conjunction with Lacto-Dextrin, Yogurt Buttermilk materially aids in restoring a healthy intestinal reaction. One or two pints should be used daily with the usual amount of Lacto-Dextrin.

DIRECTIONS FOR MAKING YOGURT BUTTERMILK

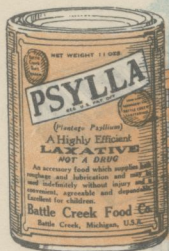
Warm a quart of fresh milk to about body temperature (97° to 100° F.).

Dissolve six Yogurt Tablets in a tablespoonful of lukewarm water and pour into the milk.

Cover the milk and let it stand at ordinary room temperature.

Good buttermilk can be made in 24 to 36 hours at ordinary room temperature. If too acid, add fresh milk to taste. If not acid enough, let stand longer or put in a warm place.

When the proper degree of acidity is reached, the growth of the acid-forming germs may be stopped by putting the buttermilk in a refrigerator. Packed 100 tablets in a box. Price, \$1.00.



Psylla

WE HAVE added this excellent non-medicinal laxative to our list, first, because there is nothing more important to one's health than proper elimination; and, second, because it produces results in so many cases that have resisted other measures.

Psylla owes its laxative properties to a peculiar jelly-like substance the small seed give off when immersed in water. This limpid substance is not digested and absorbed as a food but passes along the intestinal tract and is finally expelled as so much waste. It carries with it other bowel refuse and hastens its discharge from the body, giving no opportunity for putrefactive changes.

Write for Booklet "A Moving Problem"

FIG AND NUT SANDWICHES

One tablespoon Fig Marmalade, two tablespoons of finely chopped meats. Mix the marmalade and pecan meats together and spread on thinly sliced buttered bran bread.



Lacto-Dextrin

*—The Most Efficient Means of Changing
the Intestinal Flora*

HERE is another food, perhaps the most wonderful of all the foods ever developed in the Battle Creek Food Co. laboratories. Our experts worked for 30 years before they finally perfected this wonderful product—Lacto-Dextrin. It changes the flora, that is, it drives bad germs out of the body. There is nothing so good for people who are bilious, who have a coated tongue and bad breath, who have bowel troubles and colitis. Lacto-Dextrin kills off the bad germs and causes healthful germs to grow in their place. It promotes bowel action wonderfully; it cures headache and indigestion.

It is not a medicine. It does not contain a drop of drugs of any kind. It is simply pure food of a sort which helps Nature combat the bad germs which are the cause of most bowel and liver troubles, biliousness, indigestion and autointoxication. People who have suffered for years have found complete relief in a few days after beginning the use of Lacto-Dextrin. The results of its use are often so wonderful as to seem almost miraculous. Physicians recommend it. Used by Hospitals and Sanitariums and by thousands of people all over the United States.



44.81% Gluten Flour

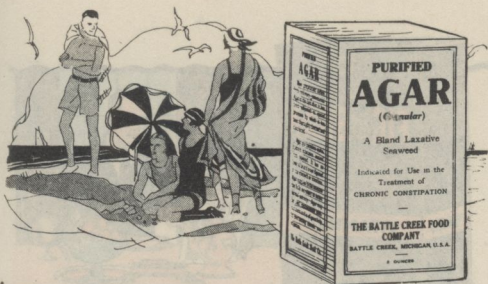
5 pound bags

—Helps Balance the Starch Ration

A GENUINE gluten flour containing 44.81% of good wheat gluten. It especially benefits cases of corpulency, diabetes and other conditions requiring a low starch ration. Prepared from special varieties of wheat containing the largest amount of gluten, strengthened with pure gluten prepared by our own special process.

Thousands of steady users testify to the superiority of Sanitarium Gluten Flour. Recommended by the late Doctor Osler in his great work on "Practical Medicine." Especially adapted to the use of diabetics, under competent medical directions.

Hundreds of bakers in leading cities furnish genuine Sanitarium Gluten Bread made from this flour and baked with our formula. Names will be furnished on request.



Agar

*—an Amiable Sort of Roughage for
Combating Constipation*

A GAR is not a drug. It is a natural corrective for constipation that does not form the cathartic habit.

Through the absorption of water, Agar increases to ten times its original bulk, forming in the colon a bland, bulky mass which produces normal stools and thus combats intestinal toxemia.

Our Agar differs from ordinary commercial Agar in that it is thoroughly cleansed and sterilized.

VEGETABLE GELATINE

A superior vegetable gelatine, free from the unpleasant gluey flavor of ordinary gelatines.

LEMON JELLY

2 rounded tablespoonfuls	Vegetable Gelatine
1 cup	boiling water
1 1/4 cups	sugar
3/4 cup	lemon juice
1 1/2 cups	cold water

Soak the Gelatine in 1 quart warm water 20 minutes. Remove from this water and put to cook in the boiling water, keeping covered while cooking. Boil 8 to 10 minutes or until perfectly clear.

To the lemon juice add the sugar and cold water, and the cooked Vegetable Gelatine. Pour into molds which have been wet with cold water, and set aside to cool. It will harden at room temperature in less than 1/2 hour.

This may be served with or without whipped cream.



Fig Bran

A HAPPY combination of efficient food laxatives. The addition of figs to wheat bran gives it a delicious flavor and superior laxative properties. Fig Bran with cream or milk is a dependable laxative breakfast cereal.

FIG AND BRAN COOKIES

- | | |
|------------------------------|---------------------------------|
| 1 cup flour | $\frac{1}{2}$ cup raisins |
| 1 cup Fig Bran | 1 egg |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup shortening | 3 tablespoons milk |
| | $\frac{1}{2}$ teaspoon cinnamon |
| | Pinch of salt |
| | A few drops of vanilla |

Cream sugar and shortening. Add well-beaten egg and milk. Sift flour, soda, cinnamon and salt together and stir into the liquid mixture. Fold in raisins and Fig Bran. Drop from spoon on an oiled tin and bake in a quick oven.

RECIPES

GLUTEN BREAD

2 $\frac{1}{8}$ cups water 1 yeast cake
4 $\frac{1}{8}$ cups of 44.81% Gluten Flour 1 teaspoonful salt

Put the yeast to soak in one-quarter cup additional warm water. When sufficiently softened, add the remainder of the water and the salt. Make a sponge by adding one and three-quarters cups of Gluten Flour and set away to rise. When light and full of bubbles, add the remainder of the flour. Knead thoroughly, let rise until light, then shape into a loaf. Place in a buttered bread tin and let rise again. When light, bake in a hot oven three-quarters of an hour to an hour. This amount makes one loaf.

POACHED EGG WITH "ZO"

The Best Way to Serve an Egg

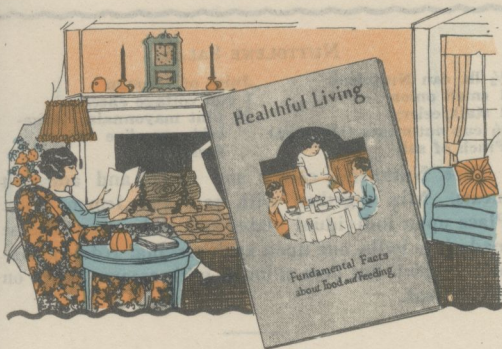
Put a layer of "ZO" in a sauce dish, soften with warm milk or cream. Poach an egg and place on the "ZO," sprinkling a little over the egg. Serve.

CHOP SUEY

Savita and Protose

2 cups diced celery	1 tablespoonful Savita
1 cup diced onion	2 tablespoonsful butter
2 cups mung bean sprouts	1 teaspoonful salt
4 ounces Protose cut into thin strips	1 teaspoonful flour
	$\frac{1}{2}$ cup water

Select tender stalks of celery or peel the coarse stalks. Cut into one-half inch lengths. Cut the onion into about the same size pieces. Place butter, celery, onion with salt, in a close covered pan and allow to simmer until tender but not mushy (twenty to thirty minutes). Add the bean sprouts which have been parboiled several minutes. Pour over the mixture a thin brown sauce (one teaspoonful flour browned in one-half teaspoonful butter, add water and Savita as in Savita Brown Sauce). Bring to a boil and remove from the fire. Brown the strips of Protose and serve over the chop suey with steamed rice.



This Booklet Tells the Complete Story of These Health Foods

—send for your copy

“**H** EALTHFUL Living” is an interesting, informative book containing fundamental facts about food and feeding.

Thousands owe their good health to its timely, understandable advice and whether you are in ill health or not, it will be found highly interesting.

This explains the Battle Creek system which brings better health to invalids and keeps healthy people well.

May we send you a copy?

BATTLE CREEK FOOD COMPANY

BATTLE CREEK, MICH.

RECIPES

NUTTOLENE SALAD

$\frac{1}{2}$ lb. can Nuttolene	Juice of 1 lemon
1 small onion	1 cup cottage cheese
1 stalk celery	$\frac{1}{2}$ pint mayonnaise (vegetable or olive oil)
$\frac{1}{2}$ cup nut meats (chopped)	dressing
Pinch of salt	

Dice Nuttolene, celery and onion and add nut meats. Mix together with salt and lemon juice. Place upon individual plates and add cottage cheese made into balls, one upon each serving. Add mayonnaise, which has been thinned with cream. Serve on lettuce leaf.

"ZO" COOKIES

$1\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup nutmeats
$1\frac{1}{4}$ cups "ZO"	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup shortening	One egg
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoonful soda
$\frac{1}{2}$ teaspoonful cinnamon	3 tablespoonfuls milk
Pinch of salt	5 drops vanilla

Cream the sugar and shortening together. Add the well-beaten egg and milk. Sift the flour, soda, cinnamon and salt together and stir into the liquid mixture. Fold in the raisins and "ZO." Drop from a spoon on an oiled tin and bake in a quick oven.

SAVITA BROWN SAUCE

3 tablespoonfuls butter	2 teaspoonfuls Savita
6 tablespoonfuls flour	2 cups hot water
$\frac{1}{2}$ teaspoonful grated onion	Salt to taste

Melt the butter, add the onion and flour. Stir over the fire until a light brown. Add the water gradually and stir to a smooth paste each time the water is added. Allow the sauce to cook a few minutes, then add the Savita; heat to boiling and serve. Potato water may be used in place of clear water. Browned mushrooms make an excellent addition to the sauce.

INDEX

BAKERY PRODUCTS

Bran Biscuit.....	14
Gluten Biscuit.....	13
Zwieback.....	12

BEVERAGES

Health Koko.....	16
Malted Nuts.....	10
Minute Brew.....	11
Savita.....	7

Recipes

Hot Malted Nuts.....	10
Malted Nuts Egg-Nog.....	12

BREAKFAST CEREALS

Fig and Bran.....	34
Branola.....	8
Cooked Wheat.....	35
Diabetic Bran.....	27
Fig Bran Flakes.....	18
Sanitarium Cooked Bran.....	19
Vita Wheat.....	26
"Zo".....	9

Recipes

Poached Egg with Zo.....	36
Cooked Wheat with Protose.....	35
Cooked Wheat Omelet.....	35

CONFECTIONS

Health Chocolates.....	15
Meltose (Malt Honey).....	25
Meltose Sugar.....	17

DIABETIC FOODS

Agar.....	33
Gluten Biscuit.....	13
Gluten Flour.....	32
Para-Lax.....	24
Purified Paraffin Oil.....	28
Diabetic Bran.....	27

Recipe

Diabetic Bran Gems.....	27
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GLUTENS

Gluten Biscuit.....	13
Pure Gluten Biscuit.....	13
Gluten Flour.....	32

Recipes

Gluten Bran Bread.....	13
Gluten Bread.....	36

INFANT FOODS

Malted Nuts.....	10
Meltose Sugar.....	17
Zwieback.....	12

LAXATIVE FOODS

Paramels.....	23
Bran Biscuit.....	14
Paralax.....	24
Fig and Bran.....	34
Psylla.....	30
Bran, Cooked.....	19
Branola.....	8
Diabetic Bran.....	27
Fig Bran Flakes.....	18
Lacto-Dextrin.....	31
Laxa.....	22

Recipes

Bran Bread.....	17
Sanitarium Bran Gems.....	14
Fig and Bran Cookies.....	34

MEAT SUBSTITUTES

Nuttolene.....	6
Protose.....	6
Savita.....	7

Recipes

Nuttolene Cutlet.....	6
Savita Broth.....	7
Protose Steak with Onions.....	21
Protose Salad.....	18
Savita Vegetable Soup.....	23
Savita Sandwich Spread.....	22
Chop Suey.....	36
Brown Sauce.....	38
Nuttolene Salad.....	38
Cooked Wheat with Protose.....	35
Cooked Wheat Omelet.....	35

MISCELLANEOUS

Health Chocolates.....	15
Meltose (Malt Honey).....	25
Meltose Sugar.....	17
Savita.....	7

REMEDIES

Agar.....	33
Lacto-Dextrin.....	31
Laxa.....	22
Para-Lax.....	24
Paramels.....	23
Purified Paraffin Oil.....	28
Yogurt Tablets.....	29
Psylla.....	30

PUDDINGS, CAKES, COOKIES, CUSTARDS, DRESSINGS

Zo Custard.....	9
Malted Nuts Custard.....	21
Brown Betty.....	21
Vita Wheat Pudding.....	20
Apple Tapioca.....	25
Branola Pudding.....	8
Zo Cookies.....	38
Meltose Dressing with Nuts.....	24
Fig and Bran Cookies.....	34
Devil's Food Cake.....	16
Chocolate Frosting.....	16

SANDWICHES

Fig and Nut.....	30
Protose.....	20
Savita Sandwich Spread.....	22
Peanut Butter and Meltose.....	15

MISCELLANEOUS RECIPES

Protose Salad.....	18
Mayonnaise.....	20
Brown Sauce.....	38
Chop Suey.....	36
Meltose Dressing with Nuts.....	24
Pineapple Jelly.....	11
Lemon Jelly.....	33

INDEX

