

- (14) **PUFFED RICE CANDY**
1 cup sugar
1/2 cup brown sugar
1 cup water
1/4 teaspoon salt
1 teaspoon vanilla
Puffed rice
Cook sugar, syrup and water until brittle. Add vanilla and salt. Pour puffed rice, stirring all the time so that the kernels will be evenly coated. Turn it into a greased pan and cut in squares. Keeps well in an air-tight container.
- (15) **TOMATOES COOKED WITH SUGAR**
Select firm, ripe tomatoes. Remove the skins, cut in slices and drain an hour or more. For each cup of tomatoes add a cup of sugar and boil until thick, stirring often. Sliced lemon may be added to the tomatoes while cooking.
- (16) **CHICKEN AND PINEAPPLE SALAD**
Cut cold boiled chicken into cubes and marinate for two hours in French dressing of oil and white vinegar and salt. Drain well, mix chicken with about 1/4 its volume of diced pineapple and add special mayonnaise, thinned with pineapple juice to taste.
- (17) **SPLIT PEA SOUP**
1 cup green split peas
3 cups water
1 tablespoon bacon fat
Diced bacon (crisp)
Salt
Cook the peas until they form a smooth puree. Just before serving add salt, bacon fat and crisply fried bacon.
- (18) **RYE OR RICE COOKIES**
1 cup rye or rice flour
1/4 cup light molasses (or syrup)
3 tablespoons Wesson oil
1/4 teaspoon salt
1/4 teaspoon soda
1 1/2 teaspoons baking powder
1 tablespoon sugar
Water to make a stiff dough
Mix dry ingredients. Add syrup, oil and water. Drop on a greased cookie sheet and bake at 325° for fifteen minutes.
- (19) **FRUIT CORNSTARCH PUDDING**
1 1/2 cups fruit pulp
1 1/2 cups water
2 teaspoons sugar
5 level teaspoons cornstarch
Cook for 1/2 hour in the top part of a double boiler.
- (20) **TAPIÛCA WITH APRICOTS**
6 halves apricots, pureed
2 teaspoons sugar
1 tablespoon dry tapioca
1/2 cup juice and water.
Cook the liquid and tapioca in a double boiler until tapioca is clear. Add apricots and blend well. Serve warm with apricot juice.
- (21) **LIMA BEAN-POTATO MUFFINS OR BREAD**
3/4 cup potato flour
1/4 cup lima bean flour
3 teaspoons baking powder
1/2 teaspoon salt
4 teaspoons sugar
1/2 cup water
2 tablespoons shortening
Sift dry ingredients together. Melt fat and add to water, add slowly to dry ingredients. Put in greased muffin tins and bake at 400° F. for 20 minutes. Serve hot. Makes 10 small muffins.
- (22) **LIMA BEAN-SOYA BEAN BREAD**
Substitute soya bean flour for potato flour in recipe for potato-lima bean bread.
- (23) **BOILED MAYONNAISE**
1 teaspoon sugar
1/2 teaspoon salt
3 level teaspoons starch*
Juice 1 large lemon
1/4 cup boiling water
1/2 cup Mazola oil
Mix sugar, salt, starch and lemon juice. Add water, cook until thick. Remove from stove and slowly add oil, beating vigorously.
*Use rice flour in Diet 1, cornstarch in Diet 2 and potato flour in Diet 3.
- (24) **PUREE OF LIMA BEAN SOUP**
Wash and soak for a few hours two cups of lima beans. Cook in plenty of water salted to taste. When beans are well done, put thru a sieve. Add enough bacon dripping and crisp fried bacon to puree to make palatable.
- (25) **LIMA BEAN-POTATO CAKE AND COOKIES**
6 tablespoons lima bean flour
1/4 cup potato flour
5 tablespoons shortening
1/2 cup water
1/2 cup sugar
2 1/2 teaspoons baking powder.
1/2 teaspoon vanilla
1/2 teaspoon lemon extract
Few grains salt, few drops yellow coloring
Sift dry ingredients, cream fat and sugar, add dry ingredients and water alternately to creamed mixture. Add flavorings and coloring. Put in greased muffin tins and bake in oven at 430° for 30 minutes.
- (26) **BROILED FRUIT**
Remove skins from ripe fruit (peaches, apricots, etc.). Cut in half and remove stone. Brush well with olive oil and sprinkle with sugar. Cook under a broiler until delicately browned, turning once. Garnish with chopped mint. Serve with broiled chops or chicken.

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ABSTRACTS

STRAUSS, M. B.

The Role of the Gastro-intestinal Tract in Conditioning Deficiency Disease. The Significance of Digestion and Absorption in Pernicious Anemia, Pellagra and "Alcoholic" and Other Forms of Polyneuritis. *J. A. M. A.*, 103:1, July, 7, 1934.

The concept reviewed in this paper is that deficiency disease in man may and frequently does develop because of some disturbance in the gastro-intestinal tract in spite of an apparently adequate diet. In discussing pernicious anemia the author concludes that the disease may result from any one of three mechanisms or from any combination of them: (1) the lack of a digestive juice in the stomach, (2) the absence of a substance associated with vitamin B2 (G) from the diet, or (3) the failure of absorption from the intestinal tract of the product of interaction of the stomach and dietary factors. Pellagra, as commonly seen in endemic form, probably is due essentially to the lack of vitamin B2 (G) in the diet. In like manner, it is pointed

out that gastro-intestinal disturbances practically always condition the development of multiple neuritides (beri-beri) in those regions where it is not endemic.

Samuel Morrison.

WAN, SHANG.

The Acidity of Gastro-Intestinal Contents of Vegetarian and Omnivorous Rats. (*Chinese J. Physiol.*, 7, 179-184.) 1933.

Rats fed on a vegetarian diet were smaller than rats on a mixed diet. The calcium intake of the two groups was the same. Since the absorption of calcium is influenced by the pH of the intestinal contents, the pH of the gastro-intestinal tracts was determined in both groups to ascertain whether the differences in size were due to differences in the absorption of calcium. No significant differences were found. The chief value of the paper lies in the estimations of the pH of various portions of the gastro-intestinal tract.

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