

To nourish ourselves properly, we must bear in mind that during the process of life we use up and cast away matter which must be replaced by equal substances, and we must find these supplies among such substances as contain in them some of our own elements. Albumen must be replaced by albumen, fibrin by fibrin, etc.

For convenience, here, we will divide our food into three classes: nitrogenous, carbonaceous (organic), and the inorganic foods. The nitrogenous foods, as the name indicates, contain nitrogen. They have for their basis albumen, fibrin, gluten and casein. The principal foods of this class are of animal origin, and eggs and milk. They also exist in some vegetables, as gluten and legumen in wheat, lentils and peas. This class contains a large amount of nutriment, of such material as is easily converted into living tissue. These foods are all digested in the stomach, consequently, should not be given in conditions in which this organ needs rest. Belonging to the carbonaceous foods are the starches, sugars and fats. The first two are of vegetable origin, while the latter is produced by vegetables and animals. The chief use of this class is to give heat and force to the body, and constitutes about three-fourths of our food. Consequently, if we wish to develop our muscles, we must eat lean beef (nitrogenous); if we wish to fortify ourselves against cold, we must eat fat. The carbonaceous foods, being fat-formers, should not be taken in larger quantities than the economy requires by persons corpulently inclined.

The third class, the inorganic foods—water, salt, phosphate of lime and iron, cannot in themselves support life, yet we could not live without them. Water enters into the composition of all the body's tissues. Salt is found in almost all our natural foods, but not in sufficient quantity to supply the demand of the system. Iron exists in both animal and vegetable foods in sufficient quantity to supply the economy in perfect health. Phosphate of lime is also supplied in both animal and vegetable foods in sufficient quantity when the system is in perfect health; and thus it is seen that each sort of food must fulfill one or more of the body's requirements; and, as a large proportion of the

food we consume must be composed of carbon and hydrogen, and is burnt up in the capillary tissues to create heat and force, this class represented by potatoes, rice, oils and sugars must be taken in larger quantities than lean beef, eggs, etc. Bartholow says: "The food supplies to the organism may be so managed as to secure very definite therapeutic results, and by employment of a special and restricted method of feeding, cures may be effected not attainable by medicinal treatment."

TABLE OF

WEIGHTS AND MEASURES

4 teaspoonsful of liquid	= 1 tablespoonful
4 tablespoonsful of liquid	= ½ gill, ¼ cup, or 1 wineglassful
1 tablespoonful of liquid	= ½ ounce
1 pint of liquid	= 1 pound
2 gills of liquid	= 1 cup or ½ pint
1 kitchen cup	= ½ pint
1 heaping quart of sifted flour	= 1 pound
4 cups of flour	= 1 quart or 1 pound
1 rounded tablespoonful of flour	= ½ ounce
3 cups of corn meal	= 1 pound
1 ½ pints of corn meal	= 1 pound
1 cup of butter	= ½ pound
1 pint of butter	= 1 pound
1 tablespoonful of butter	= 1 ounce
Butter the size of an egg	= 2 ounces
Butter the size of a walnut	= 1 ounce
1 solid pint of chopped meat	= 1 pound
10 eggs	= 1 pound
A dash of pepper	= ⅓ teaspoonful, or 3 good shakes
2 cups of granulated sugar	= 1 pound
1 pint of granulated sugar	= 1 pound
1 pint of brown sugar	= 13 ounces
2 ½ cups of powdered sugar	= 1 pound

Mrs. Rorer's Philadelphia Cook Book [Arnold & Co: Philadelphia]
C. 1886