

FOR THE PREGNANT WOMAN

BREAKFAST

Two eggs, cooked two minutes

One whole-wheat muffin

A glass or two of rich milk

LUNCHEON

Peas, asparagus, or turnips

Potatoes—two medium-sized

One pint of clabbered milk

DINNER

Vegetable soup

Any two fresh vegetables named in the list above

A potato

Milk or a very small portion of fish

If constipated, take wheat bran at both the morning and the evening meal.

SUMMER MENU

FOR THE PREGNANT WOMAN

BREAKFAST

Cantaloup

Three or four egg whites and one yolk

Whole wheat, boiled; serve with butter or cream

A glass or two of milk

LUNCHEON

String beans, peas, or asparagus

Tender corn or a potato

Milk

DINNER