

Salt ... or No Salt ... by anonymous

Book id: 85371 Formats: EPUB

...Squash—mash it with ►lemon juice◄, butter[1], sugar and cinnamon for a real flavor treat. MEAT AND POULTRY Lean beef—squeeze ►lemon juice◄ on the meat, sprinkle with dry mustard and pepper. Hamburger patties—season by squeezing ►lemon juice◄ right into the meat before cooking and add chopped onion. Lean pork chops—sprinkle with ►lemon juice◄ and dust with paprika before cooking. Liver...

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Food Remedies: Facts About Foods And Their Medicinal Uses by Florence Daniel

Book id: 85345 Formats: EPUB

...A German doctor found that fresh ►lemon juice◄ kills the diptheria bacillus, and advises a gargle of diluted ►lemon juice◄ to diptheric patients. Such a gargle is excellent for sore throat. Dr. Fernie recommends ►lemon juice◄ for nervous palpitation of the heart. ►Lemon juice◄ rubbed on to corns will eventually do away with them, and if applied to unbroken chilblains will effect a cure...

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Encyclopedia of Diet: A Treatise on the Food Question, Vol. 4 by Eugene Christian

Book id: 85338 Formats: PDF, EPUB

...Add to each egg a rounded teaspoonful of sugar, and a scant spoonful of ►lemon juice◄. Whip thoroughly, and add a glass of milk to each egg LUNCHEON Two or three eggs, whipped, into which whip a teaspoonful each of honey and ►lemon juice◄; add a glass of milk to each egg One or two exceedingly ripe bananas, eaten with nut butter and raisins...

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Diet and Health; With Key to the Calories by Lulu Hunt Peters

Book id: 85343 Formats: EPUB

...1200 C DAY ON ARISING 2 cups hot water with a little ►lemon juice◄. 10-minute exercise at least BREAKFAST Coffee or postum with cream or sugar or 10 ozs. skim milk (see list of breakfasts) 100 C LUNCH 1 medium sized head lettuce 1/3 lb 25 C 1 tbsp. mayonnaise 100 C 1 med. sweet pickle chopped for mayonnaise 25 C 1...

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Diet and Health; With Key to the Calories by Lulu Hunt Peters

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Encyclopedia of Diet: A Treatise on the Food Question, Vol. 3 by Eugene Christian

Book id: 85372 Formats: EPUB

...To each egg a teaspoonful of ►lemon juice◄ and half a glass of milk may then be slowly whipped into the mixture, if desired. RECIPE FOR BAKED OMELET Whip two eggs very thoroughly for about five minutes; add a dash of salt, a dessert-spoonful each of corn-starch and of heavy cream. Bake very lightly in a small pan. FISH AND FOWL SELECTION...

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Encyclopedia of Diet: A Treatise on the Food Question, Vol. 2 by Eugene Christian

Book id: 85336 Formats: EPUB

...BREAKFAST Cantaloup, orange, grapes, pears, or persimmons Two or three eggs, whipped five minutes, adding a teaspoonful of ►lemon juice◄, and one of sugar to each egg LUNCHEON A green salad eaten with nuts, a dash of ►lemon juice◄ and olive-oil One or two fresh vegetables, including a baked potato One egg prepared as for breakfast A glass of sour milk DINNER A...

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Overweight and Underweight by Unknown

Book id: 85360 Formats: EPUB

...fountain size 325 Jellies and jams 1 rounded tablespoon 100 Kale 1/2 cup 50 Lamb, roast 1 slice 3 1/2 inches by 4 1/2 by 1/8 100 Lard 1 tablespoon 100 ►Lemon juice◄ 1 tablespoon 5 Lettuce 2 large leaves 5 Liver 1 slice 3 inches by 3 by 1/2 100 Liverwurst 1 slice 3 1/4 inches by 1/2 thick 100 Lobster meat 1...

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How and When to Be Your Own Doctor by Isabel A. Moser & Steve Solomon

Book id: 85347 Formats: EPUB

...Here I should also mention the "►lemon juice◄/cayenne pepper/maple syrup cure," the various green drink cures using spirulina, chlorella, barley green or wheat grass, and the famous Bieler broths--vegetable soups made of overcooked green beans or zucchini. I do not believe that monodiets work because of some magical property of a particular food used. They work because they are semi-fasts...

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Encyclopedia of Diet: A Treatise on the Food Question, Vol. 1 by Eugene Christian

Book id: 85335 Formats: EPUB

...Acids HCl Hydrochloric (in gastric juice) HNO3 Nitric H2SO4 Sulfuric C2H4O2 Acetic (vinegar) C6H8O7 Citric (►lemon juice◄) Bases NaOH Sodium hydroxid (caustic soda) KOH Potassium hydroxid (caustic potash) Ca(OH)2 Calcium hydroxid (slaked lime) NH4OH Ammonium hydroxid (Ammonia gas dissolved in water produces this alkali.) The equation for this is as follows: NH3 + H2O + NH4OH (Ammonia) gas + Water + Ammonium hydroxid Salts NaCl Sodium...

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Inquiries into Human Faculty and Its Development by Francis Galton

Book id: 85366 Formats: EPUB

...Tastes.--Salt, sugar, ►lemon juice◄, raisins, chocolate, currant jelly. E. Touch.--Velvet, silk, soap, gum, sand, dough, a crisp dead leaf, the prick of a pin. F. Other sensations.--Heat, hunger, cold, thirst, fatigue, fever, drowsiness, a bad cold. 13. Music.--Have you any aptitude for mentally recalling music, or for imagining it? 14. At different ages.--Do you recollect what your powers of...

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Amsterdam 2020 by Ruth Francisco

Book id: 81821 Formats: MOBI

...They prepare a mixture of sugar, rosewater, beeswax, and ►lemon juice◄, boiled in a big pot in the kitchen, smear the paste all over my body, and let it dry. I am just about to fall asleep when, in one graceful yank, they start ripping off strips of wax. I scream with pain. They only laugh, showing no embarrassment—or mercy—when it comes...

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