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Diet for a Patient Suffering With Bright's Disease

PLEASE tell me something of Bright's disease and tell me what to eat." Bright's disease is a disease of the kidneys. It may be acute or chronic. This is one of the diseases in which food must be largely the medicine. The food must be of such a kind as to avoid over-working or irritating the kidneys, but must be chosen with consideration to the welfare of the body as a whole.

In acute Bright's disease the use of water is restricted. The milk diet is usually considered a safe one to follow. The use of eggs may be restricted for a short time but not for very long, because they are very good for the general body. It is not known that meat is distinctly harmful, but it is wise to indulge in it sparingly while the attack lasts.

In chronic cases eggs, milk and cheese furnish desirable food. Alcohol, whether in the form of whiskey or patent medicine, is prohibited, as is coffee, tea, pepper and tobacco. Vinegar and lemon juice are given.

A very good proportion for the diet is 15 parts of milk, 5 of cream, 5 of rice, the same of well toasted bread and of butter, and 2 parts of sugar.

However, I wish to ask how you know you have Bright's disease? Even a physician cannot tell without examining the urine. It may be that you have the very opposite. If I were you I would not start dieting or taking any treatment until a good physician had made a thorough examination. If you once get your system out of condition with patent medicine it will take years to get it back.

Why Not Have a School Lunch Exhibit at the Fall Fair?

PLEASE give me some suggestions for a school lunch for the exhibit at the county school fair."

Were I to suggest just one lunch for a growing child with a generous appetite I should say an egg simmered at least 40 minutes, two small sandwiches made of minced chicken breast, the light bread being thin and smoothly buttered, two small brown bread sandwiches with nuts and raisins either in the bread or with the sugar in between the buttered slices, a baked apple, apple sauce, stewed prunes, or some other cooked fruit, an apple, orange or any other raw fruit, except banana, two dates stuffed with salted peanuts, a bottle of milk, and salt in a small receptacle. Each should be wrapped in oiled paper and packed in a handled basket. Those things which should be eaten last will be on the bottom, a dainty napkin being on top. The walls of the basket may be lined either with a napkin or oiled paper.

"How would it be to have an exhibit of a collection of foods to have in a school lunch and some not to have?" I think this would make an excellent exhibit for the United Farm Women to get up for the county fair. In the former could be chicken, jellied, minced, or any way but fried, sandwiches of white or brown bread, buttered or with mayonnaise dressing, and filled with minced or boiled ham, tongue, beef, chicken, cheese, egg, nuts, raisins, peanut butter, jam, brown sugar, lettuce, tomato, or, once in a while sardines.

A little jar of creamed or jellied chicken, an egg simmered 40 minutes, the salad vegetables, tomatoes and lettuce, the fruits, apples, oranges, figs, strawberries, peaches, pears, etc., (fresh or canned), rice pudding, custard, blanc-mange, the beverages, milk, buttermilk, lemonade, chocolate, cocoa, a few candies, dates or nuts, are among the things which the child should have. And under the "Don't" sign are fried ham, hard fried eggs, under-done bread, soggy sandwiches, cabbage, collards, etc., greasy peas, sour, highly spiced pickles, sweet potatoes, pie, cake, bananas, etc.

Over the exhibit might be the commandments of school lunches:

Give the children food so cooked that it is easily digested.

Give the children nourishing food.

Give the children variety in food.

Give the children good teeth to chew the lunches with.

Give the children clean food, especially clean milk.

Give the children baskets in which the food cannot get dirty.

"Don'ts"
Do not give stimulating drinks, as tea, coffee, Coca Cola, wine, etc.

Do not give many highly spiced foods, as pickles.

Do not give greasy food, as fried meats, vegetables well seasoned with bacon grease, gravy, etc.

Prepare Apples in Many Ways

APPLES served raw should be ripe. If they have come from the market they should be washed before being served.

Pared and sliced apples may be kept from discoloring by putting them into a salt solution; one level tablespoonful of salt to three pints of cold water, or lemon juice, if it be used in a salad.

Fine-flavored, fresh apples are not improved in cooking by the use of cinnamon or other condiment.

Apples picked before they are ripe but of full size, make excellent pies, sauce, or "bird nests." The skins are tender and need not be removed.

To make "bird nests", fill a pie tin which has perpendicular sides with apples cored and cut into eighths. Add a very little water, cover with a biscuit crust, and bake 25 minutes, or until the apples are tender. When baked turn the crust side down on a larger platter, sprinkle with sugar, and serve with cream.

For apple sauce, prepare apples as for bird nests, place in an acid-proof sauce pan with a small amount of water and cook until tender but not mushy. Add small amount of sugar, continue the cooking for a minute or two, and then remove and allow to cool.

If apples are lumpy or otherwise unattractive after being cooked, put them through the potato ricer.

It adds somewhat to the digestibility of the sauce by beating with an egg beater just before serving.

Cook apples as quickly as you can if you want them white, and as slowly as possible if you want them jellied.

Sugar added at the last will be sweeter, for during cooking a portion of the cane sugar is converted into a less sweet form of sugar.

A small boy who was sitting next to a very haughty lady in a city street car kept sniffing in a most annoying manner. At last the lady could bear it no longer, and turned to the lad.
"Boy, have you got a handkerchief?" she demanded.
The small boy looked at her for a few seconds, and then, in a dignified tone, came the answer:
"Yes, I 'ave, but I don't lend it to strangers."

Farmer Medders—"What sort of a hand is that new hired man o' yours, 'Lias?"
Farmer Stackrider—"He ain't no hand at all, dad-beezle him, he's a sore thumb!"—Judge.

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