

Diet

First meal. 7 A.M.  
One glass of warm milk with tablespoonful of coffee.

Second meal: 9 A.M.  
Eggs cooked in any style except fried. Bread and marmalade. Smoked finnan haddie. Toasted bread, graham rolls, not hot, milk or coffee.

Third meal. 11 A.M.  
Cocoa, milk, kumyss, egg-nog, beef tea or soup.

DINNER 1 P.M.

Any kind of meat, except salted, but it must not be fried. Potatoes, fresh vegetables, fruits, puddings.  
Tea or a bottle of beer.

Fifth meal. 4 P.M.  
Toasted bread, beef tea.

Sixth meal. 5 P.M.  
Repeat the four o'clock meal.

Diet

First meal. 7 A.M.  
One glass of warm milk with tablespoonful of coffee

Second meal: 9 A.M.  
Eggs cooked in any style except fried. Bread and marmalade. Smoked finnan haddie. Toasted bread-graham rolls, not hot, milk or coffee.

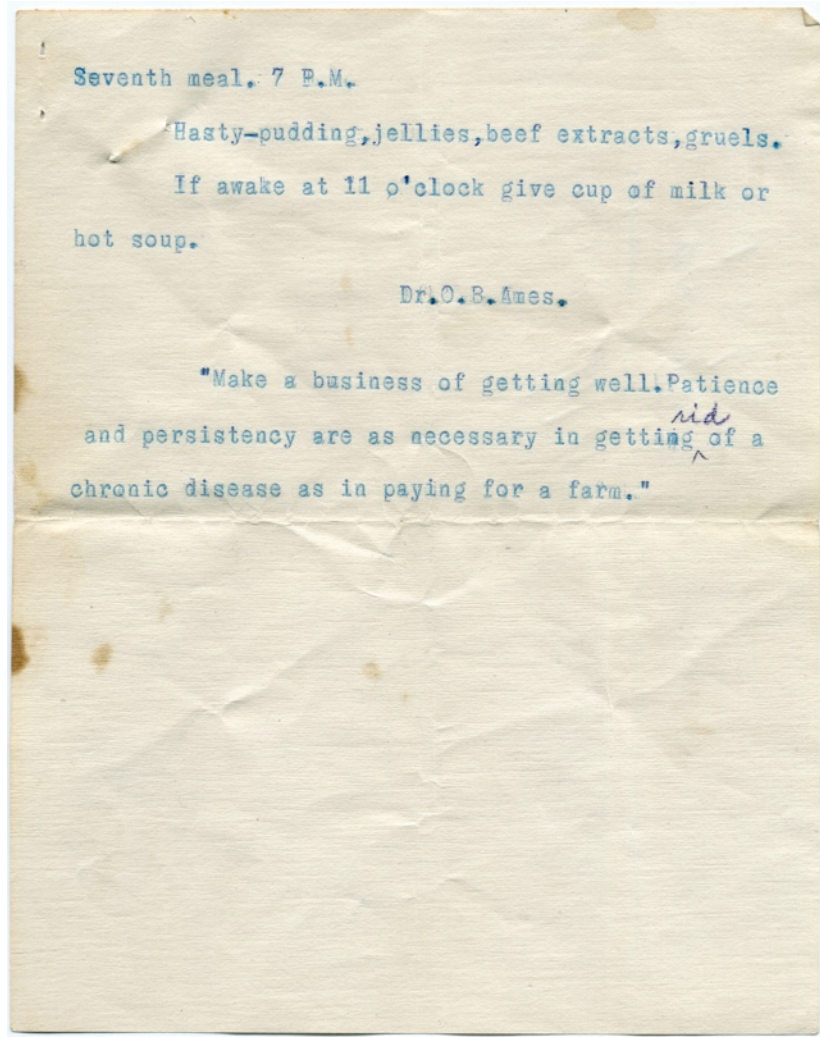
Third meal. 11 A.M.  
Cocoa, milk, kumyss, egg-nog, beef tea or soup.

DINNER 1 P.M.

Any kind of meat, except salted, but it must not be fried. Potatoes, fresh vegetables, fruits, puddings.  
Tea or a bottle of beer.

Fifth meal. 4 P.M.  
Toasted bread, beef tea.

Sixth meal. 5 P.M.  
Repeat the four o'clock meal.



Seventh meal, 7 P.M.

Hasty-pudding, jellies, beef extracts, gruels.

If awake at 11 o'clock give cup of milk or  
hot soup.

Dr. O.B. Ames.

"Make a business of getting well. Patience  
and persistency are as necessary in getting <sup>rid</sup> of a  
chronic disease as in paying for a farm."