

WHAT TO EAT AND HOW TO COOK IT FOR SALISBURY PATIENTS

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What to eat and how to cook it for Salisbury Patients by Anna K. Eccles

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ANNA K. ECCLES

**WHAT TO EAT AND
HOW TO COOK IT FOR
SALISBURY PATIENTS**

A MANUAL OF WHAT TO
EAT AND HOW TO COOK IT

FOR

SALISBURY PATIENTS

BY

ANNA K. ECCLES

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TO
J. H. SALISBURY, A.M., M.D., B.N.S., LL.D.
THIS BOOK IS AFFECTIONATELY
DEDICATED BY THE
AUTHOR



Figure 1: A 3D plot showing a surface with a grid of points. The axes are labeled x, y, and z. The x-axis ranges from 0 to 10, the y-axis from 0 to 10, and the z-axis from 0 to 10. The surface is a smooth, curved shape, possibly a paraboloid or a similar surface. The grid points are small black dots. The surface is colored in a light blue/gray tone.

PREFACE.

ONE of the first questions of a Salisbury patient, after health has been restored, is, What can I eat in addition to my meat, and how prepare it? This question has been put to the author so often, and answered by way of furnishing recipes, that finally to meet the demands of the Salisbury patient this little book has been arranged.

Having myself been a patient of Dr. Salisbury, and being otherwise favorably situated, has enabled me to have many advantages in obtaining his idea of what we should eat to keep well. It therefore affords me much pleasure to be able to get together a number of recipes, which I hope will be of some service to those who wish to avail themselves of them.

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A MANUAL OF WHAT TO EAT AND HOW TO COOK IT.

THE STRICT SALISBURY DIET.

TO PREPARE A SALISBURY STEAK.

The "Enterprise Chopper" No. 10 answers very well for separating the connective tissue or fibre from the pulp. When this machine is new the knife should have the sharp edge taken off with a whetstone so as to prevent cutting the fibre. The end-plate should not be screwed up tightly, but left loose to allow a small space between it and the knife to prevent cutting the fibre and allowing it to be caught by the knife and by the holes in the end-plate. After grinding a half pound or more it will be noticed that the pulp does not pass through. This is due to the fibre having collected on edge of knife, and also filling up the holes in end-plate. Take off the end-plate and knife, remove the fibre, and proceed as before. In order to make a good steak free from fibre, it is necessary to put the beef through from three to five times, according