

Practical
Cook Book

Including Suggestions Regarding
Proper Food Combinations

with

ILLUSTRATIVE MENUS

Compiled and Approved by

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**DR. TILDEN'S HEALTH REVIEW &
CRITIQUE**

A MONTHLY PERIODICAL



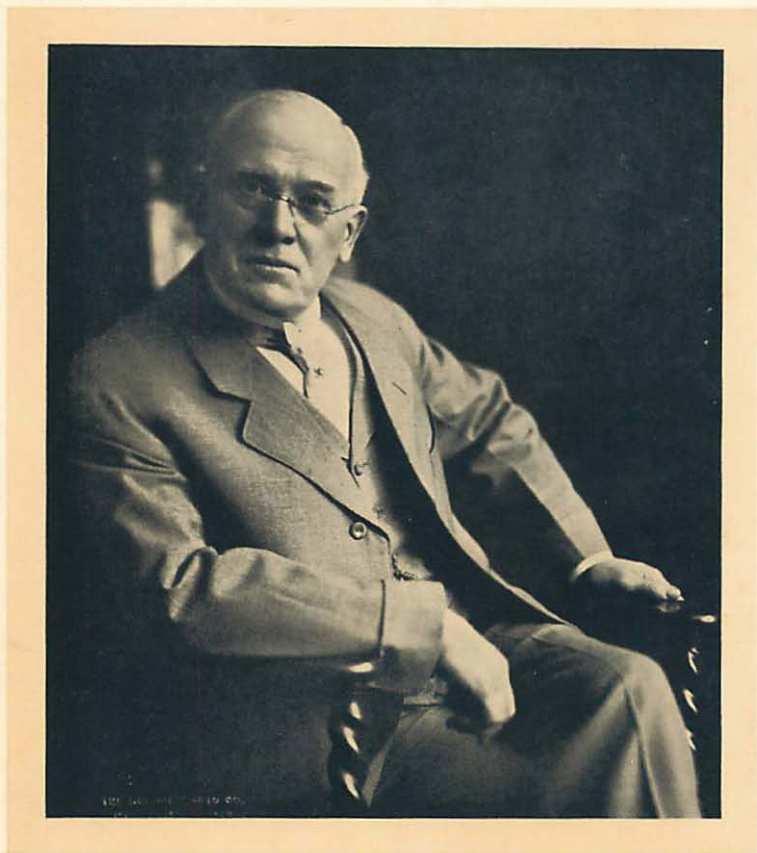
DR. J. H. TILDEN

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J. H. Tilden

APPRECIATION



MISS FRIEDA B. GANTZ
Secretary to Dr. Tilden

Not so long ago I was asked the question, "Why don't you compile and publish a 'Tilden Cook Book?'" to which I promptly replied, "My time doesn't permit it."

And that being the truth, it was only through the help and cooperation of my secretary, Miss Frieda B. Gantz, that the "Tilden Cook Book" becomes a reality.

It is one thing to dictate material for a book, and quite another thing to make a book out of the material. Therefore, my indebtedness to my secretary is hereby acknowledged.

DR. J. H. TILDEN.

PREFACE

DURING my career of over fifty years as a practicing physician and dietitian, and in the teaching of Toxemia—the Tilden Philosophy of cause and cure of disease—I have naturally prescribed many food menus in my practice. To get these favorite menus and proper food combinations all into one volume has been the urge of my friends for years.

And since correct eating is the demand of all people, food properly prepared and properly combined is in line for meeting this universal demand. Having taught thousands how to eat to get well, and how to eat to stay well, it is quite natural that my friends should want a book of proper food combinations compiled in such a way that they can readily refer to menus and recipes, which will give ample variation for different seasons of the year, as well as for different days of the week.

* * *

The food suggestions given in this book are for people in average health. Those who are sick should be directed when, what, and what not to eat. Sick people require special advice from some one capable of advising.

* * *

This cook book is for those who want to eat for health and for those who have health and want to keep it by avoiding the conventional haphazard cooking and disease-producing combinations of

present-day customs in cooking and mixing. The book is especially for those who have suffered from wrong eating, and are again well and want to stay well. And please remember it is not a *cure-all*. Disease and death can be produced by eating unwisely of the best of foods.

* * *

Many of the recipes appearing in this volume are published for the first time; while some have been used for illustration in the magazine, DR. TILDEN'S HEALTH REVIEW & CRITIQUE. The volume has been carefully compiled into departments which enables anyone to take in at a glance the food or drink desired.

* * *

Those who believe that a better life for man is possible will find that, to procure it, the start must be made by growing a better body. Morality must start with food. There is no difference between food drunkenness and alcohol drunkenness, except in degree.

* * *

The recipes which form a part of this work have been demonstrated repeatedly and can readily be followed by the inexperienced, as well as those who have spent half their life in the kitchen.

* * *

Eat right and enjoy health.

J. H. T.

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