

Fifteen-Day PEP-YOU-UP DIET

By adding a few strategic vitamins, minerals and proteins to your menu you'll raise your vitality and get more fun out of life

by LELORD KORDEL

FEELING TIRED and run down? No energy? No pep? Full of vague aches and pains? The rest of the world out of step?

Like a run-down battery, you need recharging, revitalizing.

Every day, millions of Americans drag themselves home from work too worn out to enjoy their evenings. This fatigue is more than merely "feeling tired." It indicates dietary deficiencies.

Chronic fatigue can be fully overcome by restoring certain nutritive elements to the body through proper diet. And even your so-called "ups and downs"—which you accept as a normal pattern—can be improved.

A proper diet means, first of all, plenty of protein—the staff of life. Our bodies are composed of special types of cells constructed of a material called protoplasm. Protoplasm is protein. Thus, our bodies are actually made of protein.

To build new cells and to mend ailing ones, we need a protein-rich diet. Only with plenty of high protein foods can your muscles develop can you manufacture good red blood and keep from growing old while you are still young.

Then come minerals. Without enough calcium, bones become weak and brittle, nerves are irritated muscles grow flabby. A recent laboratory experiment revealed that animals given large quantities of calcium reached a high level of vitality and enjoyed a considerable extended "prime of life."

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Phosphorus is essential in the chemical processes that burn carbon hydrates and fats in order to liberate energy at the rate demanded by the body.

Iron, the body's master mineral, creates warmth, vitality and stamina. With plenty of iron in the blood, your resistance is built up, and anemia and run-down conditions are then practically impossible.

Organic iodine is necessary to the thyroid, one of the most important glands in the body. The thyroid controls the speed at which we live and the amount of food fuel needed to keep our mechanism operating. It regulates our activity according to slow waltz or bebop tempo. Whenever an ordinarily alert person becomes less active, there is good reason to suspect the thyroid gland has slowed down.

Vitamin C earned the name "commando vitamin" during World War II because of its invaluable power to increase physical endurance and lessen fatigue. This vitamin cannot be stored by the body, so it must be replaced every day.

The ability to perform strenuous physical activities without undue fatigue comes from vitamin B complex. Pantothenic acid, one of the B complex group, seems to be tied in with the precious gift of vitality.

Lecithin, a complex nitrogenous compound, is extremely important to your nervous system which uses it to aid in generating nerve electricity. When your body's supply of lecithin becomes low, you complain of being tired and sleepy. But when your nerves receive a plentiful supply of it, you abound with nervous energy.

I F YOU ARE SEEKING that alive-all-over glow your body radiates when you are in excellent health,

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PEP-YOU-UP DIET

try the 15-Day Revitalizing Diet listed on the pages following. It is designed to give you the protein, vitamins and minerals your body needs for dynamic living:

These general instructions are to be observed each day:

Immediately upon arising drink a wakeup-and-shine cocktail consisting of 2 oz. unsweetened black cherry juice, 1 oz. pure honey, 4 to 6 oz. water.

A mid-morning snack is optional. However, if you feel in need of one, limit yourself to buttermilk, yogurt, fresh fruit, juices, a piece of cheese, raw vegetables like carrots, celery, etc., sunflower seeds, almonds, and the like.

For very important reasons of protein-enrichment, drink a mid-afternoon beverage made by dissolving 2 heaping tbs. or more of skim milk powder in a glass of water; add 2 tsp. honey.

Try not to overlook this, even if it means keeping a supply of the ingredients at your place of business. The health dividends you receive will be big.

If you feel the need of a before-bedtime snack, confine this as much as possible to fresh fruits and protein foods, buttermilk, yogurt, left-over meat, a slice of cheese or a dish of cottage cheese, etc.

Substitution of one complete day's menus for another is permissible, especially if it means making use of foods on hand or left over from the previous day. Generally speaking, you can substitute foods of the same type quite freely. For example, if chicken is called for on one day and you are invited to a roast beef dinner, by all means eat the roast beef! Vegetables may be substituted for vegetables, etc.

It is assumed that most persons

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will start the 15-Day Revitalizing Diet on a Monday. However, you may start on any day you find convenient.

1st Day: Monday

Breakfast:

Large bowl of fresh fruit topped with: $\frac{1}{2}$ cup or more cottage cheese and $\frac{1}{4}$ cup or more "skim milk cream" (which is made by dissolving $\frac{1}{2}$ cup or more of skim milk powder in 1 cup of water.) Drizzle with honey, if desired.

Beverage

Multiple vitamin-mineral tablet. (Be sure the formula supplies a minimum of 16 vitamins balanced with 14 minerals. These should be incorporated in a natural base consisting of chlorophyll, alfalfa extract, yeast extract, sarsaparilla extract.) 2 lecithin capsules or 1 tsp. lecithin granules.

Lunch:

Chicken broth (1 cup)

Scrambled eggs with bean sprouts

Fresh dates

Beverage

Multiple vitamin-mineral tablet

Dinner:

Savory pot roast

Tossed green salad with blue cheese or

Roquefort dressing

Whole baby carrots

(Tuck the cleaned baby carrots into the roasting pan 8 to 10 minutes before removing the pot roast.)

Fruit compote (made with either fresh or dried fruits)

Beverage

Multiple vitamin-mineral tablet

2 lecithin capsules or 1 tsp. lecithin granules

2nd Day: Tuesday

Breakfast:

Fresh or stewed fruit

Fluffy omelet filled with grated natural cheese

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(Be sure you add skim milk powder to the beaten eggs, for extra protein.

At least 1 tsp. for each egg.)

Beverage

Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

Lunch:

Kale-stuffed fillets
Hearts of lettuce with cottage cheese
and buttermilk dressing
Lemon milk sherbet

Beverage

Multiple vitamin-mineral tablet

Dinner:

Watercress salad with avocado wedges
(lemon tomato dressing)
Broiled liver with onion rings
Baked potato, if desired
Fresh fruit

Beverage

Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

3rd Day: Wednesday

Breakfast:

Millet meal porridge (add an egg yolk
and stir in before serving)
Grated fresh apple with puffed
raisins and skim milk cream

Beverage

Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

Lunch:

Creamed split pea soup
Hawaiian sunshine salad

Beverage

Multiple vitamin-mineral tablet

Dinner:

Tossed salad consisting of greens,
cucumbers, radishes, parsley, avocado
New Orleans shrimp
Buttermilk custard

Beverage

Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

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4th Day: Thursday

Breakfast:

Fresh or stewed fruit
 Broiled lamb chops (1 or 2)
 Slice of natural cheese
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

Lunch:

Cup of beef or chicken broth
 Cheese soufflé
 Tomato slices, lemon juice dressing
 Beverage
 Multiple vitamin-mineral tablet

Dinner:

Large lettuce salad
 Giblet casserole
 Swiss chard (steamed)
 Pineapple cheese pie
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

5th Day: Friday

Breakfast:

Soft-cooked eggs, served with creamy
 cottage cheese
 Fruit, if desired
 Sunshine muffins
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

Lunch:

Green salad bowl with chopped
 ripe olives
 Baked apple with skim milk
 cream (made especially rich)
 Handful of sunflower seeds
 Beverage
 Multiple vitamin-mineral tablet

Dinner:

Red cabbage slaw with honey-lemon
 dressing
 Broiled fish
 Green string beans, lightly cooked

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Orange chiffon cream

Beverage

Multiple vitamin-mineral tablet

2 lecithin capsules or 1 tsp.

lecithin granules

6th Day: Saturday

This is clean-up day for the body as well as for the home. Here is the procedure for a Purifying Diet, which you can follow any day that you are home:

Night before: 2 herbal laxative tablets

Upon arising: Glass of distilled water with juice of one lemon

8 A.M. Large glass of citrus juice

9 A.M. Cup of herb tea made with fenugreek seeds

10 A.M. Large glass of pineapple juice

11 A.M. As much distilled water as you can comfortably drink

12 Noon. Large glass of grape or apple juice

1 P.M. Cup of herb tea made with fenugreek seeds

2 P.M. Large glass of citrus juice

3 P.M. As much distilled water as you can comfortably drink

4 P.M. Large glass of pineapple juice

5 P.M. Cup of herb tea made with fenugreek seeds

6 P.M. Large glass of grape or apple juice

7 P.M. As much distilled water as you can comfortably drink

8 P.M. Large glass of citrus juice

9 P.M. Cup of herb tea made with fenugreek seeds

10 P.M. 2 herbal laxative tablets

7th Day: Sunday

Breakfast:

Applesauce, unsweetened

Broiled calf's liver

Beverage

Multiple vitamin-mineral tablet

2 lecithin capsules or 1 tsp.

lecithin granules

Lunch:

Chicken or beef broth, if desired

Polish soufflé

Green vegetable

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Fruit compote with honey
Beverage
Multiple vitamin-mineral tablet

Dinner:

Broiled chicken, all you wish
Sliced tomatoes
Sunshine muffins
Pineapple cheese pie
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

8th Day: Monday

Breakfast:

Fruit, fresh or stewed
Eggs poached in tomato juice
Cottage cheese, small portion
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

Lunch:

Clear broth, if desired
Canned salmon, quickly warmed
under broiler
Mixed green salad
Fresh fruit
Beverage
Multiple vitamin-mineral tablet

Dinner:

Chopped green lettuce leaves
served with chiffonade dressing
Singapore shrimp and rice
Buttermilk sherbet, if desired
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

9th Day: Tuesday

Breakfast:

Fruit, fresh or stewed
Millet porridge served with
skim milk cream
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

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Lunch:

Scrambled eggs with brains
 Small salad
 Slice of cheese
 Beverage
 Multiple vitamin-mineral tablet

Dinner:

Tomato soup
 Broiled hamburger (fortified with
 dried skim milk powder)
 Leafy green salad with buttermilk
 or yogurt as dressing
 Cooked vegetable
 Stewed fruit compote
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

10th Day: Wednesday

Breakfast:

Fruit if desired
 Cottage cheese griddle cakes
 (served with mixture of honey and
 fresh or frozen fruit blended together)
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

Lunch:

Lamb or beef stew
 Tomato juice
 Fruit salad with dressing made of
 honey and skim milk powder
 Beverage
 Multiple vitamin-mineral tablet

Dinner:

Leafy green salad, yogurt or
 buttermilk dressing
 Steak—all you wish
 Baked potato (try avocado instead
 of butter)
 Fresh fruit
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

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11th Day: Thursday

Breakfast:

Fresh fruit
Eggs foo yung
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

Lunch:

Cream of fish soup
Cole slaw with buttermilk-honey
dressing
Dessert of your choice—*regardless!*
Beverage
Multiple vitamin-mineral tablet

Dinner:

Mixed green salad with cottage cheese
dressing
Liver, sautéed slowly with sour cream
(Beef, lamb, or calf's liver will do equal-
ly well.) After both sides of liver have
been cooked, turn heat to very low;
add sour cream or yogurt. Finish cook-
ing. The combination of liver and cul-
tured milk flavor is delicious.
Whole white onions, steamed
Fresh fruit
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

12th Day: Friday

Breakfast:

Fresh fruit, if desired
Grilled liver patties. (Use left-over
cooked livers. Grind or chop quite fine.
Add 2 tbs. millet meal to each cup and
enough skim milk cream to hold shape.
Brown in pan or under broiler.)
Hot pineapple slices
Beverage
Multiple vitamin-mineral tablet
2 lecithin capsules or 1 tsp.
lecithin granules

PEP-YOU-UP DIET**Lunch:**

Chicken broth
 Tongue (small serving)
 Cottage cheese
 Gelatin dessert
 Beverage
 Multiple vitamin-mineral tablet

Dinner:

Crisp celery hearts and carrot spikes
 Sunshine burger
 Cooked vegetable
 Fresh fruit, if desired
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

13th Day: Saturday

Again this is "clean-up and rest-up" day. Follow the Purifying Diet—as you did on the 6th Day of this program.

14th Day: Sunday**Breakfast (or Brunch):**

Fresh fruit
 Eggs Hawaiian
 Sunshine muffins
 Beverage
 Multiple vitamin-mineral tablet
 2 lecithin capsules or 1 tsp.
 lecithin granules

Dinner:

Leafy green salad with yogurt or
 buttermilk dressing



THE WOMAN AMERICA CAN'T FORGET

Ingrid Bergman fled the U.S. for a new life in Italy. How does she live now? Next month CORONET gives the answer in a picture report.

SELECTED RECIPES FOR USE WITH THE FIFTEEN-DAY PEP-YOU-UP DIET

Creamed Split-Pea Soup

Wash thoroughly and cook 2 cups split peas with 3 cups water for 1 hour. Add $\frac{1}{2}$ tsp. salt, 4 tbs. butter, 1 cup skim milk cream, 2 diced pimentos, 2 tbs. ground parsley, $\frac{1}{4}$ tsp. thyme.

Hawaiian Sunshine Salad

Line plate with 3 crisp green lettuce cups. Place 1 ring of sliced pineapple in each. Spoon 4 oz. cottage cheese into loose mounds on top. Sprinkle 2 tbs. sunflower seeds over all.

Sunshine Muffins

Sift together $\frac{1}{2}$ cup sunflower-seed meal, $1\frac{1}{4}$ cups whole-wheat flour, 3 tsp. baking powder, $\frac{3}{4}$ tsp. salt. Beat 1 egg well and stir in $\frac{3}{4}$ cup milk, 3 tbs. honey and 3 tbs. melted butter or cooking oil. Combine with the dry ingredients, stirring only enough to hold the ingredients together. Bake in a 9-muffin tin that has been well greased and floured, for 12 to 15 minutes in a hot oven (400° F.).

New Orleans Shrimp

Cook 2 pounds fresh shrimp in the shell. Clean and marinate in the following sauce for several hours. Rub a bowl with garlic. Add $\frac{1}{2}$ cup finely chopped celery, 1 stalk chopped green onion, 1 tbs. chopped chives, 6 tbs. olive oil, 3 tbs. lemon juice, $\frac{1}{4}$ tsp. catsup, 5 tbsp. horseradish, 2 tbs. prepared mustard, $\frac{1}{4}$ tsp. paprika, $\frac{3}{4}$ tsp. salt.

Buttermilk Sherbet

Combine 2 cups buttermilk, $\frac{1}{2}$ cup honey and 1 cup crushed pineapple. Freeze until the consistency of mush. Place in a chilled bowl. Add 1 egg white and $1\frac{1}{2}$ tsp. vanilla and beat until light and fluffy. Replace in refrigerator and freeze until firm. Stir often.

Chiffonade Dressing

To $\frac{1}{2}$ cup of your favorite French dressing add 2 chopped hard-boiled eggs, 2 tbs. chopped parsley, 1 tsp. chopped onion, 2 tbs. chopped pepper, 2 tsp. chopped chives.