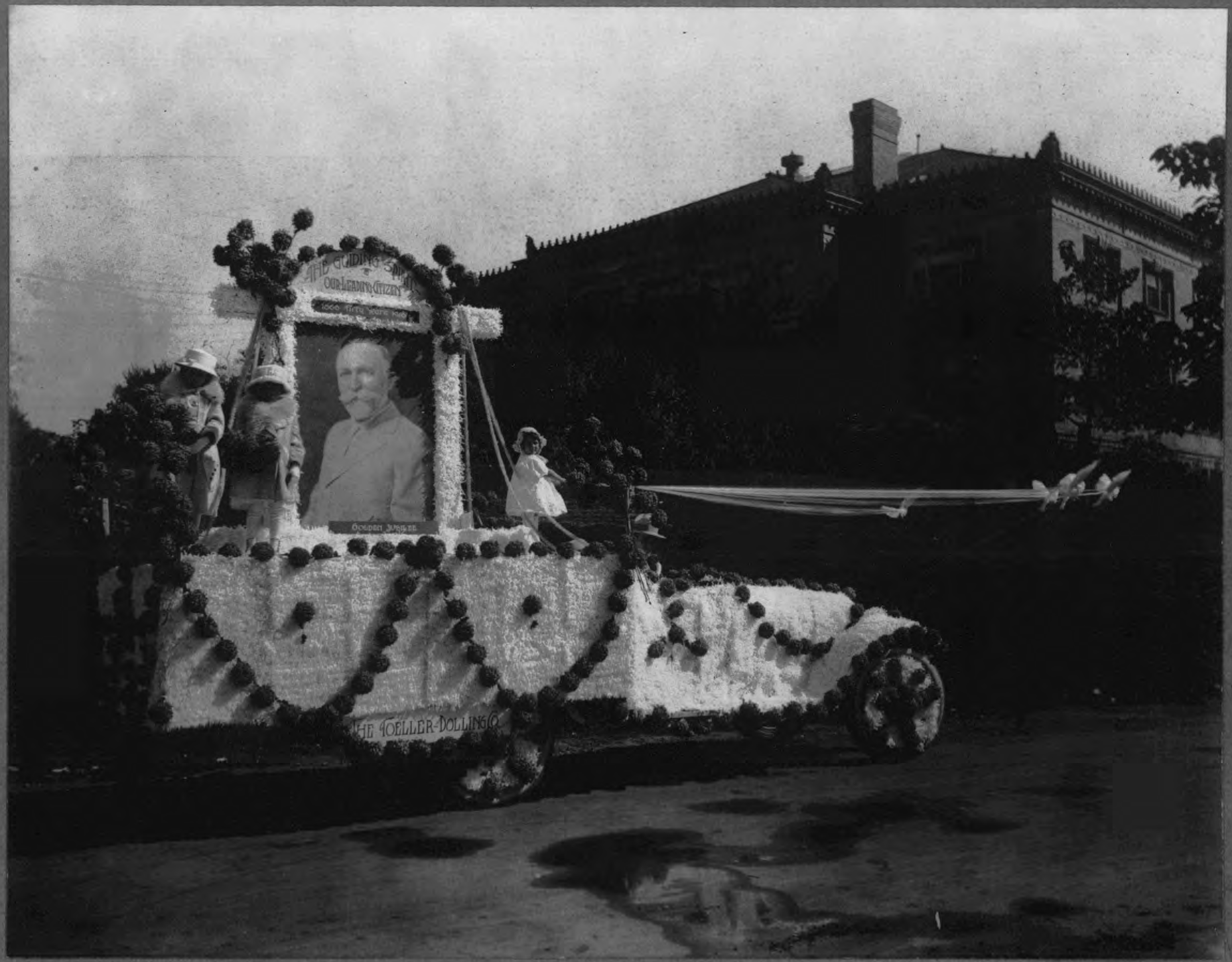
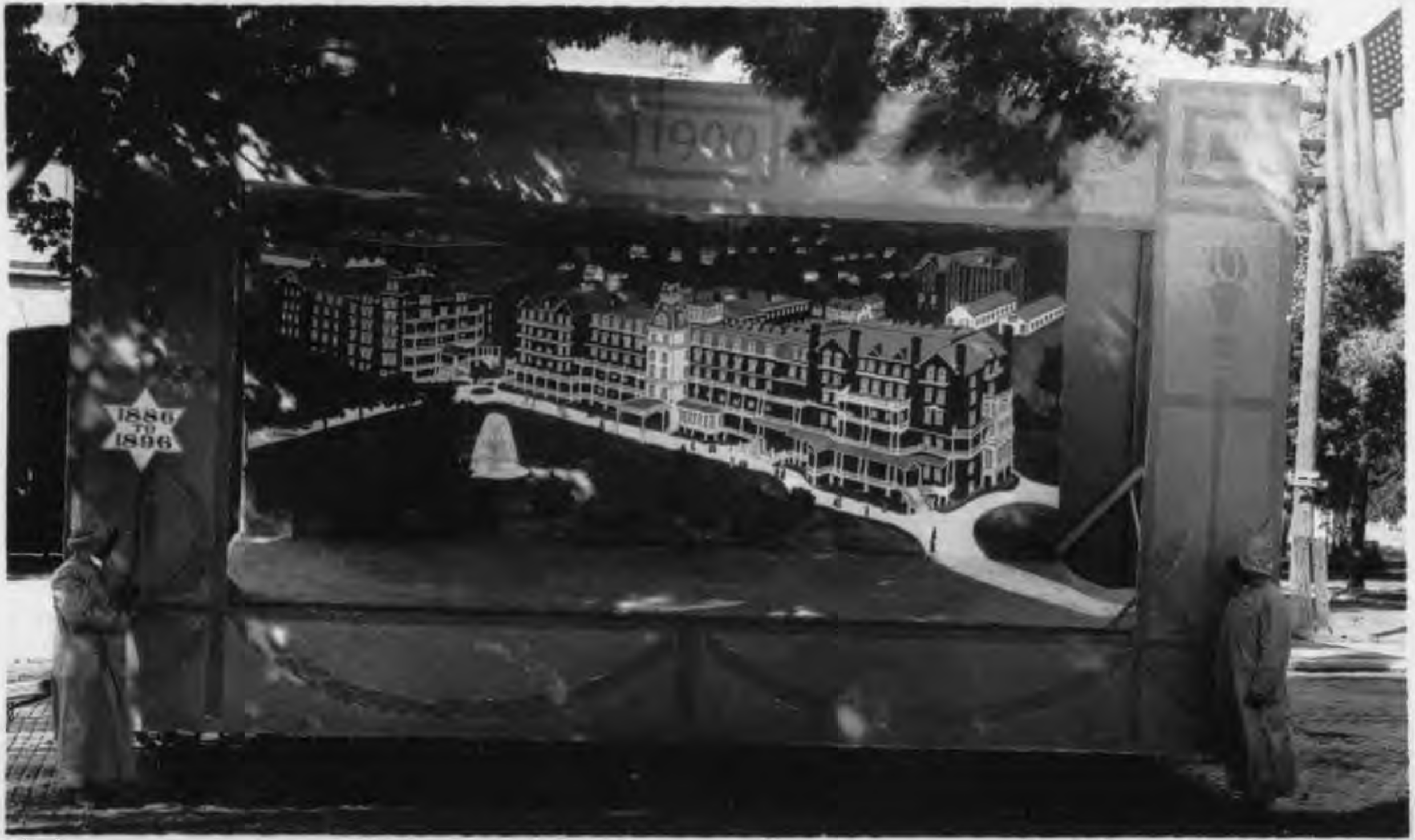
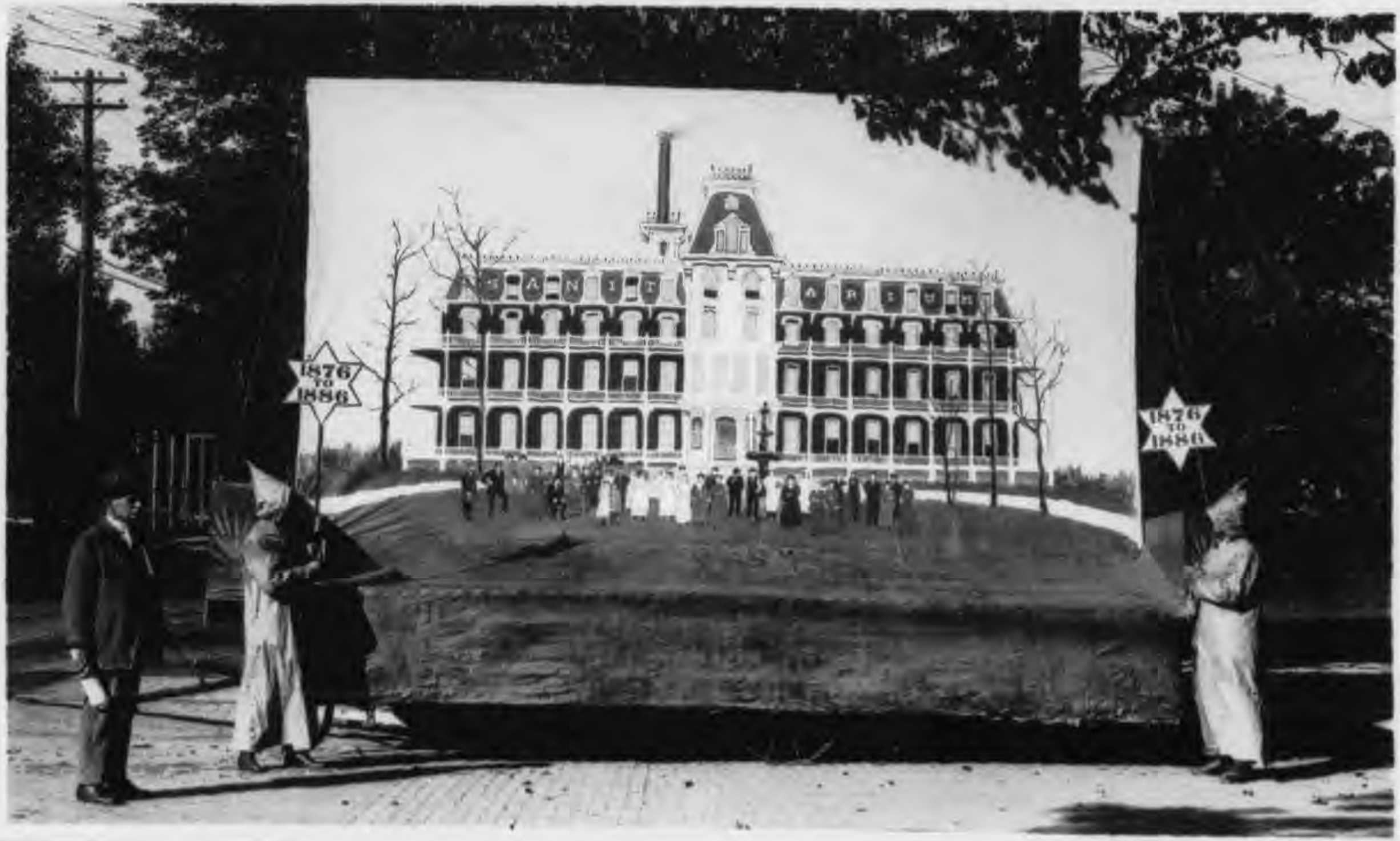
JOHN HARVEY KELLOGG (1852-1943)

PHOTOGRAPHS

BATTLE CREEK SANITARIUM (NEW)
OTHER ACTIVITIES


OUR LEADING CITIZEN
OCTOBER JUBILEE
THE TOELLER-DOLLINGER

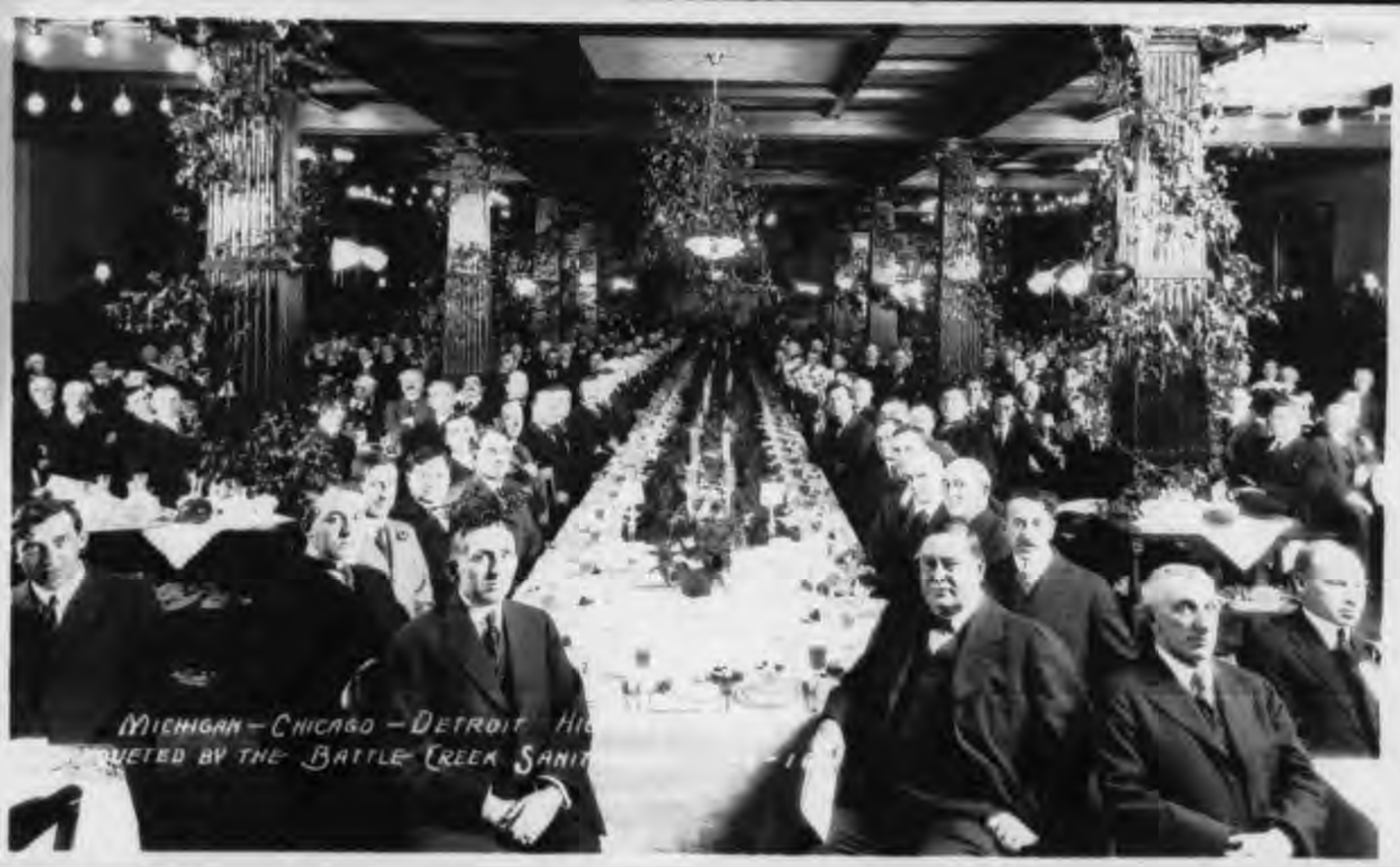

1900
1886
TO
1896


1876
TO
1886
1876
TO
1886

WEEKLY QUESTION BOX
BATTLE CREEK SANITARIUM

MEDICAL MISSIONARY CONFERENCE Feb. 15, 16, 17, 1910.
At the SANITARIUM BATTLE CREEK MICH.

WEEKLY QUESTION BOX
BATTLE CREEK SANITARIUM


MICHIGAN – CHICAGO – DETROIT HI
QUETED BY THE BATTLE CREEK SANIT

37/8"

The Battle Creek Sanitarium

BIOLOGIC REGIMEN

GUEST'S NAME

DIETITIAN

DINNER
SATURDAY, FEBRUARY 13, 1943

	Wt. Oz.	CALORIES Pro.	Fat	Carbo.	Total	FOOD MINERALS Calc.	Phos.	Iron	VITAMIN UNITS A Carotene	B_1 Thiamin	C Ascorbic Acid	G Riboflavin
Cardinal Punch	4	-	-	93	93	1	-	-	-	4	23	
SOUPS												
Cream of Split Pea Soup	6	28	24	78	130		6	12	635	38	-	29
Health Broth (clear)	6	20	43	83	156	9	7	25	1,631	7	-	84
RELISHES												
Celery Hearts	1-2/3	3	1	7	11	3	1	3	5	5	50	5
Currant Jelly	1		-	68	68							
ENTREES												
Nut Fillet	3	44	143	21	208	2	5	34	837	44		81
Stewed Lentils	4	21	44	51	116	2	4	12	160	34		20
Vegetable Plate (Nut Fillet, Potatoes, Greens, Carrots)												
VEGETABLES												
Scalloped Potatoes	3	10	28	43	81	5	3	3	112	18	-	56
Baked Idaho Potato	5	12	1	109	122	2	4	9	45	55	177	20
Spanish Gravy	3	9	57	15	81	6	12	18	1362	60	-	144
Mustard Greens	3½	7	3	16	26	21	3	32	13000	30	-	150
Buttered Carrot Rings	3	4	40	33	77	4	2	4	1806	6	-	18
String Beans Snijboonen	3½	9	31	29	69	5	2	5	548	17	-	61
SALADS												
Spring Salad	2½	5	84	17	105	3	1	5	2993	15	247	36
Stuffed Prune Salad	3	32	26	113	171	6	6	1	1205	20	1	6
DESSERTS												
Caramel Bran Cake-Chocolate Filling	5	18	135	215	368	6	6	7	535	19	-	31
Blackberry Dutch	4¾	7	30	141	178	4	2	5	248	7	2	2
Choice of Fresh Fruit												
HOT BREAD												
Squash Buns	1½	10	33	74	117	1	1	2	157	9	-	19
BREADS												
Soy Whole Wheat Toast Melba	2/3	8	5	37	50	-	1	1	-	4		17
Soy Whole Wheat Bread	1½	10	10	74	100	1	2	2		18	-	33
Soy Gluten Wafers	½	28	16	10	54	3	2	7	-	13		18
BEVERAGES												
Tomato Juice	4	5	2	20	27	1	1	2	1136	20	420	-
Grape Juice	4	2	0	85	87	1	-	1		-	16	-
Grapefruit Juice	4	2	1	45	48	2	1	2	-	28	908	-
Vegetable Juice	4	5	2	25	32	3	1	5	1658	27	300	23
Milk	8	32	73	45	150	28	11	3	248	48	-	168
Soy Acidophilus	4	20	24	12	56	13	5	1	313	122	-	41
Buttermilk	8	32	10	42	84	24	11	5	-	24	-	72
Kaffir Tea	4	-	-	-	-							
Minute Brew	5	-	-	-	-							
Hot Malted Nuts	1	23	120	47	170	4	3	4	650	100		
Cream- 1 pitcherful	2	0	95	10	111	6	2	1	360	6		
MISCELLANEOUS												
Pasteurized Butter	½	0	82	0	82	-	-	-	-	-		
Savita Butter	½	2	69	0	71	-	-	10	200	35	-	10
Savita Soy Spread	½	0	74	1	75	13	3	11				
Fattena Spread	½	-	-	-	-							
B-Lac 1 teaspoonful		0	0	10	10							
Totals												

Date

DINNER-FEBRUARY 13, 1943

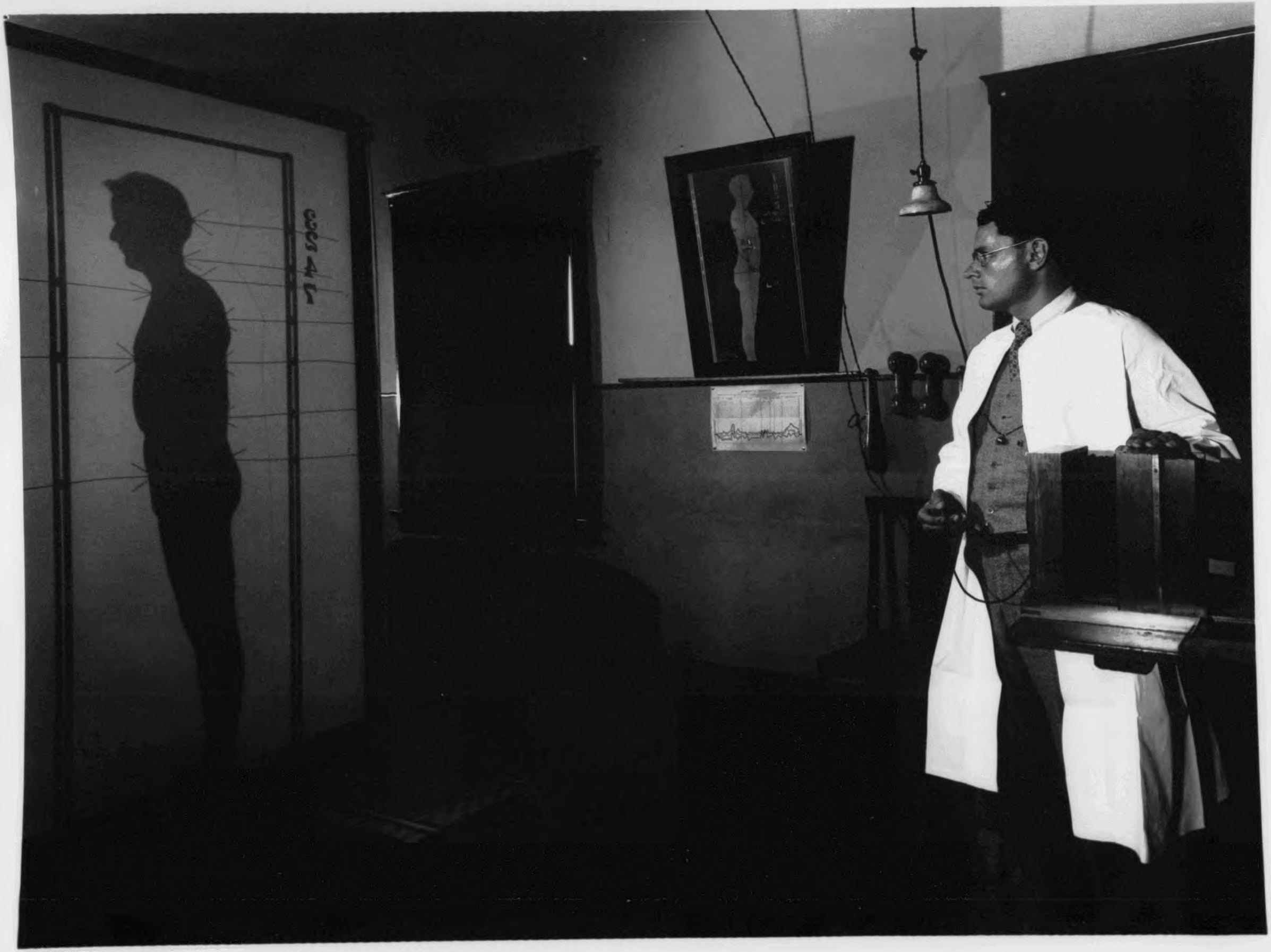
Please read the other side

Guest's signature

Room No.

1

D-15135-B



PLEASE BE QUIET

LD-LAX
Non-Medicinal Lubricating Bulkage
MORE THAN A SIMPLE LAXATIVE
GOOD HEALTH

CAMP POTTAWOT