

## 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

**F**EEELING 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



## PEP-YOU-UP DIET

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



**PEP-YOU-UP DIET*****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



**PEP-YOU-UP DIET****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



## PEP-YOU-UP DIET

*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.