

200 grams white flour = about 7 oz.

200 grams aleuronat = about 7 oz.

125 grams butter (of the best quality) = about 5 oz.

1 teaspoonful of salt.

20 grams of baking powder.

The flour and aleuronat are mixed in a dish warmed to a temperature of about 30° C., and the melted butter and milk (made lukewarm) gradually added, then the salt, and finally the baking powder (one part of sodium bicarbonate and two parts of cream of tartar). The dough is well mixed, then formed into loaves, and baked at a good heat.

I have recently had prepared cakes composed of aleuronat and cocoanut powder. These are very palatable, very cheap, and are practically free from starch :

2 oz. of the finest desiccated cocoanut powder.

2 oz. of aleuronat.

1 egg.

A little milk.

The egg is beaten up, and the aleuronat and cocoanut powder added, together with a very small quantity of milk. The mass is stirred together until a dough is formed. This is cut into thin cakes and baked. The addition of milk is not necessary.

[Fine desiccated cocoanut powder can be obtained from Messrs. Lyon & Sons, 4 Bath Passage, Birmingham, price 4½d. per lb., in tins containing 112 to 130 lbs.]

Pavy long ago recommended almond cakes as a substitute for bread in diabetes. The sweet almond contains 9 per cent. of sugar and dextrine, but by washing the meal with boiling acidified water the greater part of the sugar is extracted. Almond meal washed in this manner is almost free from carbohydrate. It contains 24 per cent. emulsion and 54 per cent. of fat.

Owing to the large quantity of fat which they contain, these almond cakes are not easy to digest. Another objection is the price. Only wealthy patients can afford them.

Seegen gives the following directions for the preparation of almond cakes :

125 grammes (about ¼ lb.) of sweet almonds are ground as fine as possible in a stone mortar. To remove the small quantity of sugar which the almonds contain, the pounded mass is enclosed in a linen bag, and this is soaked for a quarter of an hour in boiling water to which a few drops of acetic acid have been added. The almond meal is then mixed well with 3 oz. of butter and 2 eggs. Then yellow of 3 eggs and some