

TABLE SHOWING THE MEAN TIME OF DIGESTION OF THE DIFFERENT ARTICLES OF DIET.

ARTICLES OF DIET.	PREPARATION.	H. M.	ARTICLES OF DIET.	PREPARATION.	H. M.
Rice	Boiled.....	1	Aponeurosis	Boiled	3
Pigs' feet, soured	Boiled.....	1	Dumpling, apple.....	Boiled.....	3
Tripe, soured.....	Boiled	1	Cake, corn	Baked.....	3
Eggs, whipped	Raw	1 30	Beefsteak	Boiled.....	3
Trout, salmon, fresh	Boiled.....	1 30	Mutton, fresh	Boiled.....	3
Trout, salmon, fresh	Fried.....	1 30	Oysters, fresh	Roasted	3 15
Soup, barley	Boiled.....	1 30	Pork, recently salted	Boiled.....	3 15
Apples, sweet, mellow	Raw	1 30	Porksteak	Boiled.....	3 15
Venison steak	Boiled.....	1 35	Mutton, fresh	Roasted	3 15
Brains, animal	Boiled.....	1 45	Bread, corn	Baked.....	3 15
Sago	Boiled.....	1 45	Carrot, orange	Boiled.....	3 15
Tapioca	Boiled.....	2	Sausage, fresh	Boiled.....	3 20
Barley	Boiled.....	2	Flounder, fresh.....	Fried.....	3 30
Milk	Boiled.....	2	Catfish, fresh.....	Fried.....	3 30
Liver, beef, fresh	Boiled.....	2	Oysters, fresh	Stewed.....	3 30
Eggs, fresh	Raw	2	Beef, fresh, lean, dry	Roasted	3 30
Codfish, cured dry	Boiled.....	2	Beef, with mustard, &c.,	Boiled.....	3 30
Apples, sour, mellow	Raw	2	Butter.....	Melted.....	3 30
Cabbage, with vinegar	Raw	2	Cheese, old, strong	Raw	3 30
Milk	Raw	2 15	Soup, mutton.....	Boiled.....	3 30
Eggs, fresh	Roasted.....	2 15	Oyster soup	Boiled.....	3 30
Turkey, wild	Roasted.....	2 18	Bread, wheat, fresh	Baked.....	3 30
Turkey, domestic	Boiled.....	2 25	Turnips, flat	Boiled.....	3 30
Gelatine	Boiled.....	2 30	Potatoes, Irish	Boiled.....	3 30
Turkey, domestic	Roasted.....	2 30	Eggs, fresh.....	Hard boiled	3 30
Goose, wild	Roasted.....	2 30	Eggs, fresh.....	Fried.....	3 35
Pig, sucking.....	Roasted.....	2 30	Green corn and beans	Boiled.....	3 40
Lamb, fresh.....	Boiled.....	2 30	Beets	Boiled.....	3 45
Hash, meat & vegetables	Warmed	2 30	Salmon, salted.....	Boiled.....	4
Beans, pod	Boiled.....	2 30	Beef	Fried.....	4
Cake, sponge.....	Baked.....	2 30	Veal, fresh.....	Boiled.....	4
Parsnips	Boiled.....	2 30	Fowls, domestic.....	Boiled.....	4
Potatoes, Irish	Roasted	2 30	Fowls, domestic.....	Roasted	4
Potatoes, Irish	Baked.....	2 30	Ducks, domestic.....	Roasted	4
Cabbage, head	Raw	2 30	Soup, beef, vegetables		
Spinal marrow, animal	Boiled.....	2 40	and bread	Boiled.....	4
Chicken, full grown	Fricassee	2 40	Heart, animal	Fried.....	4 15
Custard	Baked.....	2 45	Beef, old, hard, salted	Boiled.....	4 15
Beef, with salt only	Boiled.....	2 45	Pork, recently salted	Fried.....	4 15
Apples, sour, hard	Raw	2 50	Soup, marrow bones	Boiled.....	4 15
Oysters, fresh	Raw	2 55	Cartilage	Boiled.....	4 15
Eggs, fresh	Soft boiled	3	Pork, recently salted	Boiled.....	4 30
Bas, striped, fresh	Boiled.....	3	Veal, fresh	Fried.....	4 30
Beef, fresh, lean, rare	Roasted	3	Ducks, wild	Roasted	4 30
Beefsteak	Boiled.....	3	Suet mutton.....	Boiled.....	4 30
Pork, recently salted	Raw	3	Cabbage.....	Boiled.....	4 30
Pork, recently salted	Stewed.....	3	Pork, fat and lean	Roasted	5 15
Mutton, fresh	Boiled.....	3	Tendon	Boiled.....	5 30
Mutton, fresh	Boiled.....	3	Suet, beef, fresh	Boiled.....	5 30
Soup, bean	Boiled.....	3	Beefsteak	Raw	
Chicken soup	Boiled.....	3	Beef.....	Boiled.....	

Radway's Regulating Pills Promote Digestion,

Because they stir up the Liver and Bowels to regular and healthy secretion.