

COOKERY  
FOR THE DIABETIC

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# COOKERY

## FOR THE DIABETIC

BY

W. H. & MRS. POOLE



*WITH PREFACE BY DR. PAVY*

'Wisdom hath also furnished her table

FOURTH EDITION

LONGMANS, GREEN, AND CO.

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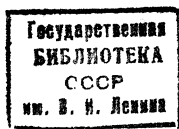
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PREFACE  
TO  
THE SECOND EDITION

IT is with much pleasure that a Second Edition of this little book is issued. The first edition has met with great success, and its rapid sale is sufficient proof of how much such a work was needed. This edition is a reprint of the first without alteration, and it is with the sanction of DR. PAVY that his preface is again introduced.

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# PREFACE

TO

## THE FIRST EDITION

DIABETES requires as an important part of its treatment that the dietary should be framed in such a manner as to exclude as far as practicable certain principles of food which enter somewhat largely into the diet of ordinary persons. The basis or material part of a dish placed upon the table may stand in accord with what is permissible, but the accessories introduced in its preparation by cooking may render it objectionable.

Thus, whilst the art of cookery may have fulfilled in the most perfect manner its design of giving to an article of food increased digestibility, and of creating zest for it by rendering it agreeable to the palate and pleasing to the eye, the diabetic is shut out from participating in the benefit conferred ; and, in the absence of a special cookery adapted to his requirements, finds himself consigned to the