

*Practical*  
**Cook Book**

**Including Suggestions Regarding  
Proper Food Combinations**

*with*

**ILLUSTRATIVE MENUS**

*by*

**J. H. TILDEN, M. D.**

*Author of*

**TOXEMIA EXPLAINED**

**CHILDREN, THEIR HEALTH AND HAPPINESS**

**CONSTIPATION**



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**DENVER, COLORADO**

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**Reprinted 1963**

**By**

**Health Research**

**Mokelumne Hill, California**

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*Dr. Tilden's* COOK BOOK

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