I REMEMBER once hearing of an old gentleman who went to a house where there were three young ladies in the family. While he was there the cook was taken ill, and it was thought advisable for her to have a little gruel. It turned out, however, that there was no one who could make it. The young ladies looked at each other with blank countenances. The housemaid prudently withdrew from the kitchen, and bade herself with brushes and brooms, but the gruel was not to be had, and the sick woman was obliged to put up with a cup of tea in its stead. The feelings of the old gentleman on the occasion are more easily imagined than described. He never forgot the occurrence. As long as he lived those unfortunate girls were associated in his mind, with ignorance concerning gruel.

When a wife of one time of them married, he regarded her husband with feelings of the deepest and most heartfelt pity.

The recovery of a patient very often largely depends upon the food which he takes, and as his power of taking food is affected very considerably by the way in which it is served and cooked, it is well worthy while trying to learn how an invalid's food should be prepared.

Cookery for invalids is usually very plain and simple. All rich, highly spiced, and fatty foods are entirely out of the question, and small delicate dishes, light foods, and cooking or nourishing drinks are needed more than anything else. Variety, too, is a great thing in invalid cookery. We all enjoy frequent change of food, and would grow weary of a dish that was set before us day after day. How much more is this likely to be the case with invalids, whose appetite at the best is poor, and who have been rendered fatigued and fainthearted through disease. The skill of a cook is shown quite as much in the readiness with which she can provide pleasant little surprises as in the delicacy of the food prepared.

Take, for example, the food which is perhaps more valuable and more frequently prepared for invalids than any other—beef-tea. When first supplied in cases of weakness beef-tea is usually taken with great relish. It seems to give strength and to supply just what is wanted, and a patient will look for it and enjoy it heartily. In a very short time, however, the appetite for the very name of beef-tea appears to atrophy loathingly. In cases of this kind a nurse who is a clever cook will introduce a change of flavour; present the beef-tea in another form, and avoid the name altogether.

A very agreeable variety may be made by using half beef-tea and half water, with a couple of bay leaves, one tablespoonful of sugar and two teaspoonfuls of lemon juice. Strain it and put it into a saucepan with a little boiling water, and boil gently till tender. Add a pint of good beef-tea; stir thoroughly, and serve. If liked, an egg or a couple of eggs may be added to the beef-tea as well as the cream. The eggs must be broken into a basin, and the cream poured gradually and separately in a small stream, and then stirred thoroughly, and served. If liked, an egg or a couple of eggs may be added to the beef-tea as well as the cream. The eggs must be broken into a basin, and the cream poured gradually and separately in a small stream, and then stirred thoroughly, and served. If liked, an egg or a couple of eggs may be added to the beef-tea as well as the cream. The eggs must be broken into a basin, and the cream poured gradually and separately in a small stream, and then stirred thoroughly, and served.

Hot tea, with the cream or without it, should now be poured on gradually, off the fire, and stirred well that the eggs may be thoroughly broken up and separate. Beef-tea may also be used in savoury custard such as is sometimes made for putting into clear soup. For this, take the yolks of two eggs and the whites of two eggs, and beat them with them a quarter of a pint of strong beef-tea, and season with a little salt. Butter a small jar or basin, and pour in the custard. Tie some paper, slightly buttered, over the top, and set the basin in a saucepan containing boiling water which will reach half way up the basin, but which must on no account touch the edge of the paper. Set the saucepan by the side of the fire, and simmer very gently till the custard is set. It will take about twenty minutes. If the water is too fast, roll the custard inside will be full of holes, instead of being smooth and even. This custard may be served hot or cold.

Sometimes, when a great desire for ordinary beef-tea served hot, will enjoy it served cold, or offered as a jelly. Now, the best beef-tea, made from juicy meat, such as the roll of the blade bone, and which has not been allowed to reach the boiling point, will not jelly when cold; but beef-tea made by thoroughly stewing the skin of beef will jelly. Beef-tea jelly because of the gelatine which it contains. Gelatine is the least valuable part of butcher's meat, and it is obtained chiefly from bone and gristle. I do not recommend making beef-tea jelly; it should be made into a jelly because it will be more nourishing, but because it may prove more appetising. I have known invalids enjoy jelly; I have known invalids turned away with loathing from liquid beef-tea.

Jelly (I do not mean now beef-tea jelly, but calf's-foot jelly, and isinglass or gelatine jelly) has fallen into the hands of doctors and nurses of late years. I can remember that when I was a girl calf's-foot jelly was the one article of nourishment that was supplied to us in cases of weakness. If any member of a family was taken ill the cousins and the aunts, but especially the aunts, were round at once with superfluous moulds of jelly, as furnishing undoubted proof of sympathy and affection. We children used to regard it as one of the compensations attending indisposition that we were allowed to have an unlimited supply of the same.

Of course calf's-foot jelly is a very different thing to gelatine jelly, but it is possible to estimate even calf's-foot jelly too high when mixed with other substances, which are nourishing, but, taken alone, it serves too often to satisfy the appetites doing duty for gelatine jelly made from the gelatine sold in packets is of no use. Hear what Miss Nightingale says about it: "Jelly is an article of diet in certain cases of gastro-intestinal derangement, but it is very sick. Even if it could be eaten solid it would not nourish; but it is simply folly to take one-eighth of an ounce of gelatine, and then to make a jelly of it and to give it to the sick, as if the mere bulk represented nourishment. It is now known that jelly does not nourish—that it is a tendency to produce diarrhoea; and to trust to it to repair the waste of a diseased constitution is simply to starve the sick under the guise of feeding them. Some home made jelly, or jelly which were given in the course of the day, you would have given one spoonful of gelatine, which spoilful has no nutritive power whatever."

Furthermore, our beef-tea, for I want to write a word or two about the best way of making it. I said a little while ago that the roll of the blade-bone of beef was the part that could be most easily and most easily be used in beef-tea. I must not forget to add that the butcher should be asked to supply freshly-killed meat, because that will be more full of flavor, beef and beef-tea, take one pound of meat, trim away all fat and skin, cut the lean into very small pieces; place these in a jar, pour on enough boiling water to cover the jar closely; leave the meat to soak for one hour, stirring and pressing it now and then to draw out the juices. At this time the meat will be thoroughly soft, but still closely covered, into a saucepan with boiling water, which will come half way up, but which cannot touch the paper, if paper has been tied over as a cover. Keep the water boiling round the jar for two or three or even three hours, then pour the meat through the sauce, add a little salt, and it is ready for use. Put it in the saucepan by the side of the fire, and simmer very gently till it is required, but do not keep the tea hot till wanted or it will spoil.

Mutton-tea or real tea may be made exactly in the same way as beef-tea.

Perhaps girls feel inclined to say, Why should we not put the beef at once into the saucepan, and never mind the trouble of putting it into a jar first? Because by taking this short cut to trouble we make the beef-tea more digestible. People who are in a weakly condition need to have food that can be very easily digested. If the tea were to reach the boiling point, 212 deg. for even a second, the albumen contained in it would harden, and the tea would not be nearly so wholesome. Therefore we must not care to put the beef at once into the saucepan, and we know that if we thus place it in a jar set in a saucepan of boiling water it never will boil, even if it remains on the fire all day, and so, to be safe on the side of health, we do is to keep putting more water into the saucepan, for fear it should boil away and leave the pan dry, for if this mishap should occur the beef-tea and spoils of jelly very water.

Perhaps some economical persons feel inclined to ask, "Could we not make more beef-tea by getting it in a jar instead of a pot of water?" Of course, you could put in a gallon of water if you liked, but, after all, it would only be so much more water, and it is the beef-jelly that does not agree with us. We do not all like strong beef-tea for very weak people I put less water even than this; and in cases of exhaustion, when the patient could take very little food at a time, no water at all should be
THE GIRL'S OWN PAPER.

When a doctor is attending a case it is always well to consult him before offering any food to an invalid. It is a good plan, however, to serve him three dishes which can be obtained and prepared without difficulty, to then suggest these to the medical man. Every good cook knows when physicians frequently do more good than drugs, and he will rejoice when he sees that this part of the medical treatment is not neglected.

THE CHILDREN OF THE CITY.

Words by F. E. Weatherly.
Music by Stephen Adams.

We have some story of the city, We have some story of the city, Some story of the city. We have some story of the city, We have some story of the city, Some story of the city.

When we meet the children of the city, When we meet the children of the city, We go only to gaze into the pale faces, and question them to learn how they have come and what story of their lives. Neither rags nor dirt, evil words nor rough manners, quite destroy the germ of self-esteem. Heavenly Father has planted in their hearts; and a few drops of the dew of loving kindness will help to make it fruitful, put forth leaves, and even bud and blossom. Wonder where we will there be the children, In crowded thoroughfare or lonely court, where fashion flouts or taints that, they work or play, laugh or weep, exist or starve. We little know how they will labour or beg to procure a penny for food, either for themselves or for their too often famished families. We might string together reels of ballads with episodes we have witnessed. Shall we thread the maze of streets and alleys and select a few of true stories of children we have seen? The last shall be first; it is but an old tale with a new face, for it is about a little watercress-seller of yesterday.

A girl of ten, with shabby black hat and bright black eyes beneath its brim, wanders away in the cold twilight of a spring morning to the great market, so full of dainties that she scarcely knows by name. There, amid hundreds of poor watercress-sellers, she expends her few pence, spreads her purchase over her basket, and retraces her steps. She looks furtively over her shoulder, seated on a doorstep, she divides and subdivides it, and with green wafers forms each division into a separate bundle. Then the "Watercresses, fresh watercresses: buy my watercresses," sounds from her shrill young voice, as she pattens on from house to house, street to street. One and another responds, "I know her, she cries, compassing the pail in the small table. A woman, with an infant in her arms, and four children crowd round the table and count...

Put with the meats. The simple gravy of the beef should be drawn out by steaming the meat in the way already described, but without water in the jar, and the juice thus drawn out would be the strongest beef-tea that could be made. Beef-tea is a peculiarly health-giving food when it is called, is sometimes poured over a slice of crumb of bread freshly toasted, then seasoned with pepper and salt, and eaten. It is called Black Caviar. A good meal when eaten in a dignified dish for an invalid.

A good many poets have occupied themselves in praising the peppers of sparkling wine, the "beer" that they take to which lithe head to sing in praise of good beef-tea. I am sure it deserves far more than wine to have its virtues told. Properly made, of fresh meat (not of so much), but boiled until it is soft, is a simple, plain, and wholesome food, but in addition to food, I know of no more valuable restorative. It is particularly useful for bringing sleep to people who have overworked and overeaten as many are nowadays. Let us see if there is a chance of beef-tea by the side of his bed, and take it, not the last thing at night, but in the twilight, when he lies down and falls to sleep. The good-tasting, the health-giving, peppered food will be different from many people, if it does not put his head on his pillow, and in less than half an hour full sleeple as quickly as when he had a baby and his head lay on his mother's breast.

In cases of typhoid fever and other diseases, doctors frequently give orders that raw beef-tea should be administered to the patient. This is made by drawing the juice of the meat out in cold water as already described, then straining it off at once and serving it. It should be made in small quantities, as it will not keep. In making broth or beef-tea for sick people, great care should be taken to remember plain object to it, that it does not thin it. The fat will not only be likely to upset the stomach of the invalid, but it will prove most objectionable to him. If there is time for the tea to go cold, the fat will cake on the surface, and can be easily taken off. If, however, the tea is wanted at once, a sheet of clean blotting-paper should be passed lightly over the surface of the tea. This will take the fat to the paper before it will rise to the surface, and will be taken up first by the paper. The fat will rise more quickly if the jar containing the hot tea is set in a bowl of cold water on the table.

Care, too, must be taken about seasoning the broth or tea. People who like highly seasoned food in a general way, frequently object to it when they are ill. It is wise, therefore, to season beef-tea or broth very slightly, and to place pepper and salt on the tray, and let the invalid season his food for himself, if he is able to do so.

We must not think that we have done everything that is wanted when we have made the tea. We may have added sugar if it is lightly, and very sparingly, but the added sugar should not be covered with a spotless napkin, and if we can put on it a glass containing a few flowers as well as the food, still the better. Also we must remember, that beef-tea is a food at one time, for this will be likely to set the invalid against it altogether.

Another point worth remembering. As food the patient has eaten as much as he can, take the food quite out of the room, and when it is time for food again bring it in almost cold, and put it away. Fresh beef-tea has made a change in some way. Nothing is more likely to disgust an invalid than to have the food which he had left brought in again and again, as if he were a naughty child and must finish one portion before any more were given him. We should anticipate and consider the fancies of sick people. We want them to take nourishment and grow strong, and we know what is most appreciated when food is enjoyed; therefore, anything we can do to this end is well worth the trouble.

Chicken broth used to be very highly thought of a few years ago, but it is not worth very much when all is said and done. It is strongest when the chicken is cut up, covered with water, boiled, then drawn back and allowed to simmer gently for three hours, and strained for use. A little boiled rice, or a little boiled parsley can be added with the seasoning. This, however, is a painful way of making broth, because it is giving so much to produce so little. It is better to leave the flesh from the bones, stew the latter for broth, then cook the meat separately, turning it either into panada or mince. Panada is very nourishing and very good, but the meat must be well pounded after it is cooked, or it will not be made the most of. The meat is cut up and stewed gently with a little good broth, not being allowed to reduce the broth in the pan. The chicken is then put to a pulp, pressed patiently through a sieve, seasoned with pepper and salt, and mixed with a spoonful or two of cream, and served.

For variety the meat may be reduced for the chicken and cooked in the same way. In either case, a spoonful of barley may be soaked and boiled, pounded and pressed through the sieve with the broth of the chicken, or a great improvement, but will be difficult to get through the sieve. Chicken mince is made by mincing the meat when raw, heating it gently in milk or great quantities of water without allowing it to boil, then serving it immediately.

Cooling, refreshing, and soothing drinks are so much wanted by invalids that I must mention one or two before closing. Grate—The world-renowned gruel may be made either with oatmeal or potant "grits." "Grits" are the best. Mix a teaspoonful of grits or oatmeal to a paste with a little cold water; add a pint of boiling water, boil the whole, gently stirring well for ten minutes, then add sugar, variably seasoned with salt and pepper, and serve. The gruel will be much better made with milk instead of water. Barley Water—Boil a piece of pearl barley, boil it for five minutes in clear cold water, then throw the water away. Pour on two quarts of boiling water, and boil gently till the liquor is reduced to about two pints. Flavor with sugar and lemon juice, strain (or, as preferred), and serve. If liked, a little lemon rind can be boiled with the barley. Stir the barley water before using. Apple Barley Water.—Cut a good large apple, wipe it, not peeled, into slices, and boil this with a little lemon-juice till soft. Rub it through a sieve, add it to a quart of barley-water. Toast Water.—Take a thin slice of bread, and toast it thoroughly on both sides. Put it into a jug, pour a pint of boiling water over it, let it stand till cold. Strain before using. Lemonade.—Boil two lemons on the table to make them soft. Cut the rind off very thinly, and to reject the very ends of the lemon make the lemonade bitter. Cut the lemons into slices, and put these, free from pips, into a jug with half the lemon rinds, and a pint of boiling water. Cover till cold, strain, and serve. A very pleasant drink may be made by substituting oranges for the lemons. raw fresh fruit. Watercress, the pensive flowers of warm mists, and a little sugar is a very nourishing and agreeable drink for invalids. Sometimes wine is used instead of the milk in this case a little water may be added, or a little soda-water may be taken instead.