

Receipts, &c.

INVALID COOKERY.

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS.

LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and *scrupulously clean*; if this is not the case, a disagreeable flavor may be imparted to the preparation, which flavor may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

For invalids, never make a large quantity of *one thing*, as they seldom require much at a time; and it is desirable that variety be provided for them.

Always have something in readiness—a little beef-tea, nicely made and nicely skimmed, a few spoonfuls of jelly, etc. etc., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, etc., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small, delicate pieces are served to him.

Never leave food about a sick-room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. To leave the patient's untasted food by his side from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking any food at all. We have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time, but never let a patient have "something always standing" by him, if you don't wish to disgust him of everything.

Never serve beef-tea or broth with the *smallest particle* of fat or grease on the surface. It is better after making either of these, to allow them to get perfectly cold, when *all the fat* may be easily removed; then warm up as much as may be required. Two or three pieces of clean white-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

Roast mutton, chickens, rabbits, calves' feet or head, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of supposing the patient is recovering.

A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served *with all the fat* at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the

gravy in it, between two very hot plates. Nothing is more disagreeable to an invalid than *smoked* food.

In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared; at least, the patient will be obliged to drink it warm, which is anything but agreeable.

In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says: "You cannot be too careful as to quality in sick-diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye, except the nurse's. It is here that the clever nurse appears—she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember that sick-cookery should *half* do the work of your poor patient's weak digestion.

She goes on to caution nurses, by saying: "Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."

MEANS OF RESTORING FAMISHED PERSONS.

IN our attempts to recover those who have suffered under the calamities of famine, great circumspection is required. Warmth, cordials, and food, are the means to be employed; but it is evident that these may prove too powerful in their operation, if not administered with caution and judgment. For the body, by long fasting, is reduced to a state of more than infantile debility; the minuter vessels of the brain, and of the other organs, collapse for want of food to distend them; the stomach and intestines shrink in their capacity; and the heart languidly vibrates, having scarcely sufficient energy to propel the scanty current of blood. Under such circumstances a proper application of heat seems an essential measure, and may be effected, by placing on each side, a healthy man in contact with the patient. Pediluvia, or fomentation of the feet, may also be used with advantage.

The temperature of these should be lower than that of the human body, and gradually increased according to the effects of their stimulus. New milk, weak broth, or water-gruel, ought to be employed, both for the one and the other; as nourishment may be conveyed into the system this way, by passages, properly the most pervious in a state of fasting, if not too long protracted.

It appears safer to advise the administration of cordials in very small doses, and, at first, considerably diluted with either wine or spirits; but slender wine they will very well answer this purpose, and afford, at the same time, an easy and pleasant nourishment. When the stomach has been a little strengthened, an egg may be mixed with the whey, or administered under some other agreeable form. The yolk of one was, to Cornaro, sufficient for a meal; and the narrative of that noble Venetian, in whom a fever was excited by the addition of only

two ounces of food to his daily allowance, shows that the return to a full diet should be conducted with great caution, and by very slow gradations.

MISCELLANEOUS COOKING.

Veal Soup.—Take a knuckle of veal, put it in a pot with four quarts of water, and add a teaspoonful of salt to each quart. Pare and slice three onions, four turnips, two carrots, a bunch of sweet herbs, and a small portion of celery. Let the veal boil one hour, then add the above vegetables. When they are tender, strain the soup. Put it in the pot they were boiled in, thicken the soup with some flour mixed smoothly with a little water, and add a little parsley finely chopped. Make some dumplings of a teaspoonful of butter, to two of flour, and milk and water enough to make a very soft dough. Drop them into the boiling soup. They should be about large as a walnut when they are put in. Dish the meat with the vegetable around it. Drawn butter may be served with it, or any other meat sauce.

Pepper Pot.—To four quarts of water put one pound of corned pork, two pounds of neck or scrag of mutton, and a small knuckle of veal. Let this simmer slowly for three hours, skimming all the while, and then take out the mutton (as that will serve for a dish for table, with drawn butter and celery). Into this broth put four sliced white turnips, if in season, six or eight tomatoes, if not, a tablespoonful of tomato ketchup, an onion sliced thinly, a little pepper, and half a teaspoonful of salt. Have ready boiled a quarter of a pound of nice white tripe; cut this into strips one inch in length; add six potatoes thinly sliced, about a dozen whole cloves, and a pint bowl full of nice little light dumplings the size of a walnut; let this simmer slowly for an hour. Serve hot, but take out the pork and veal bone before serving.

Cheese Sandwiches.—Take two-thirds of good cheese, grated, and one-third of butter; add a little cream; pound all together in a mortar; then spread it on slices of brown bread; lay another slice over each; press them gently together, and cut them in small square pieces.

Roast Pigeons.—Wipe them quite dry; truss them, and season them inside with pepper and salt, and put a piece of butter the size of a walnut in each. Put them down to a sharp fire, and baste them all the time they are cooking. They will take about half an hour. Garnish them with fried parsley, and serve with a tureen of bread sauce.

Buttered Eggs.—Take four fresh eggs, beat them well. Put two ounces of butter into another basin; place the basin in boiling water, and stir the butter until it melts. Have ready a lined saucepan. Pour the eggs and butter into it, and as the mixture begins to warm, pour it backwards and forwards from the saucepan to the basin, that the two ingredients may be thoroughly incorporated. Keep stirring the mixture one way until it is hot, but not boiling, and serve on hot buttered toast.

Marrow Dumplings.—Two eggs, two ounces of beef marrow, some crumbs of bread, and a tablespoonful of flour. Beat the marrow to a cream. Whisk the eggs and add them to the marrow. Well soak the crumbs in boiling milk, beat them up, and add to the other ingredients. Stir all well together, then form into small dumplings. Drop them into boiling broth, and let them simmer for half an hour. They may be served in soup, or with roast meat.

Windsor Soup.—Boil two ounces of vermicelli, strain, and well wash it in cold water; add it, with sufficient salt, to three pints of gravy soup. When boiling, add to it a gill of cream, and the yolks of two

eggs well beaten. Remove from the fire instantly, as it must not boil after the eggs are added.

Spinach (French style).—Pick and well wash two pailfuls of spinach. Put it into a large saucepan with about half a pint of water and two tablespoonfuls of salt. When it is sufficiently boiled, strain, and squeeze it perfectly dry. Chop it fine, and put it into a stewpan with two ounces of butter and four tablespoonfuls of good gravy. Dredge in about a teaspoonful of flour; stir it over a sharp fire for two or three minutes. Garnish with four hard-boiled eggs, cut in quarters, and sippets of fried bread.

Tomato Soup.—Boil to shreds two and a half pounds of veal in a gallon of water, until it is reduced to half the quantity; then strain the liquor, put in the tomatoes, stir them well, that they may thoroughly dissolve. Boil for half an hour. Season with parsley, pepper and salt. Strain it again, and stir in a tablespoonful of white sugar. It is then ready to serve.

Stewed Lamb.—Take the best part of a neck of lamb. Put it into a stewpan; fry an onion with a little butter, add it to the lamb, with a dozen chives, chopped parsley, and a handful of mushrooms. Stew gently in any kind of broth for two hours. Take it out, strain the gravy, and serve with the mushrooms only.

Fillets of Mackerel.—Bone a mackerel, cut each fillet in two, dry them, and sprinkle them freely with pepper and salt, and chopped parsley; fry them in butter or lard. For the sauce, boil the bones, strain and thicken the broth, add the juice of a lemon to taste, serve under the fillets. Garnish with sliced gherkins.

CAKES, PUDDINGS, ETC.

Bavarian Rusks.—Four ounces of butter, four eggs, two ounces of sugar, one spoonful of good brewer's yeast, or two teaspoonfuls of baking powder, and two pounds of flour. If yeast is used, it must be mixed with the sugar, and a little warm milk poured into the centre of the flour in a deep pudding-basin, and left to rise for about an hour, when the sponge is sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put into a buttered tin, set it to rise for another hour, then bake in a moderate oven, and when cold, cut the cake into thin slices, and dry them in a quick oven, having previously thickly sprinkled them with pounded sugar.

A Queen Pudding.—Soak one pint of bread-crumbs in one pint of milk, beat the yolks of eight eggs and whites of four, with one cupful of sugar, flavor with lemon, add one tablespoonful of butter, and bake. Beat the four whites of eggs that were left out, with a cupful of sugar, put it over the pudding as soon as baked, and cook it until the meringue is a light brown.

Soda Cake.—One pound of flour, half a pound of raisins, half a pound of currants, half a pound of raw sugar, quarter of a pound of butter, the rind of a lemon grated off with lump sugar, one small nutmeg, and two ounces of candied peel. Rub all well together, have ready rather more than a gill of hot milk (not boiling), in which two small teaspoonfuls of carbonate of soda have been dissolved; add it to the ingredients, stir all well together, and pour into well-buttered moulds. Bake slowly three hours.

Eve's Pudding.—Six eggs, six apples, six ounces of bread-crumbs, four ounces of sugar, a little salt, six ounces of currants, a nutmeg. Three hours will boil it.