

The art of feeding the invalid : A series of chapters on the nature of certain prevalent diseases and maladies; together with carefully selected recipes for the preparation of food for invalids / by a medical practitioner and a lady professor of cookery.

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THE
ART OF FEEDING
THE INVALID



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A SERIES OF CHAPTERS ON THE NATURE OF CERTAIN
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WITH CAREFULLY SELECTED RECIPES FOR THE
PREPARATION OF FOOD FOR INVALIDS

BY

A MEDICAL PRACTITIONER

AND

A LADY PROFESSOR OF COOKERY

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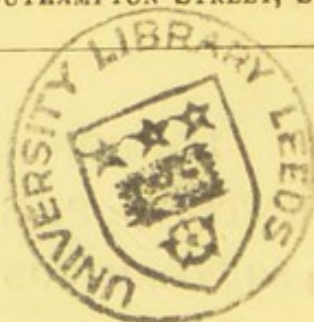
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PREFACE.

THIS work is the joint production of a Medical Practitioner of extensive experience, and widely known as the author of a standard book ; and a lady Professor of Cookery, who not only holds the best diploma, but has established a considerable reputation as a writer and lecturer in Great Britain and Ireland.

The plan of the book can be explained in a few words : Certain prevalent diseases have been dealt with in chapters descriptive of the nature and tendency of each, and a number of carefully prepared recipes follow with references to the chapters. Those who have the care of invalids, patients or sick persons of any kind, will therefore find in the chapter dealing with the disease a general statement as to its nature and the principles to be followed in providing a daily diet. Having been thus prepared, and knowing what foods or materials are to be avoided or procured, daily reference can be made to the series of recipes, the composition of which has been supervised and corrected by the best medical skill, so that a system of diet may be

provided for the patient, thoroughly suited to his complaint or malady.

It is believed that Matrons of Institutions, Sisters and Nurses, heads of households, and all who have the care, if not of an invalid, at least of some one with a tendency towards one of the many maladies dealt with in this book, will find it invaluable for daily reference, and containing information never published in such a form before.

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THE ART OF FEEDING THE INVALID.

PART I.

CHAPTER I.

THE FEEDING OF INVALIDS.

Importance of Proper Feeding—When to Feed—How to Feed—
Neatness—Enticing Appetite—Nursing Points in Feeding
—Excess of Food—"Little and Often"—Object of Invalid
Cookery—Pre-digested Foods—Varieties—Peptonising Agents
—Malt Extracts—Pepsin—Pancreatising Agents.

THERE is a great deal more in the proper way of feeding invalids than is generally supposed. The right way consists in much more than simply placing food before them. Whether food is or is not taken by a sick person, depends not so much on what the food is as upon the way it is given. It is chiefly on account of her knowledge of all the little details of feeding that a trained nurse is most often required. Doctors now recognise how much depends on diet and feeding, so that many are accustomed to write out for their patients elaborate diets, with the times and quantities of the several meals. Diet is, in fact,

taking as important, if not more important, a part in the treatment of diseases, than medicine. All the doctor's trouble and directions may, however, be rendered useless unless proper and intelligent attention is given to the all-important details of the actual *administration* of the food. Miss Nightingale says: "Every careful observer of the sick will agree in this, that thousands of patients are annually starved, in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food". There is no doubt that more patients are lost in private houses than in hospitals, simply because the nurses give more intelligent attention to the details of feeding than the very willing but unscientific endeavours of the patient's friends in his house. It is often noticed in private houses that when a patient has a fit of coughing this acts as a signal for persuading him to eat something or drink something; whereas, on a little consideration, it would be obvious that all his efforts must be directed to getting the phlegm from his chest. After the fit is over, and he has rested for a few minutes, then would be the time for a little liquid nourishment. "To leave the patient's food untasted 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. Patients have been literally made incapable of 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. Neither should he see or smell food before it is ready, or food which he may not have. If the food is given in an untidy fashion, the first glance will set the patient against it. It should be in the middle of the plate, and not allowed to soil it all over, nor should food be taken to the patient until everything is ready for him to begin. He should not be kept waiting for bread or knife or spoon, nor should he be given a large quantity. It is always a good practice to give rather less than it is thought he will be able to take, when he will be more likely to ask for more than if a large plateful be given him ; for this latter will, instead of raising his appetite, only excite a feeling of disgust or helplessness. Food should never be kept in the patient's room, and as much as possible all the appurtenances of illness, such as basins, thermometer, spittoons, etc., should be kept out of sight. A little extra ventilation of the room before the food is brought in will often help to raise the appetite when this is wanting. The meals should always be most punctual, for patients have little else to do than watch the clock and think of their food. The delay of a few minutes may be sufficient to destroy or seriously impair the patient's appetite. It never does to ask a patient what he will have.

The food should be brought to him as neatly and daintily as possible on, say, a small tray covered with a clean white cloth, or serviette. Let the spoons, forks, salt, bread and everything else be neatly and tidily arranged ; do everything in fact, to make it as tempting as possible. Before the meal is brought in, the patient should have his hands and face washed in warm water, his hair brushed, his mouth rinsed out with cold water, and his bed and pillows freshly shaken up and comfortably arranged. There is nothing like cleanliness to raise the appetite. The patient who is treated as above is far more likely to take his meal, and make a good one, than one who is hot, uncomfortable, unwashed, with a dry mouth, and a nasty taste in it.

While the patient is eating, nothing must be allowed to disturb him, or draw his attention away from his food. No one must be allowed to talk to him, or worry him by fidgetting about the room, or even to come in or go out of the room while he is eating. The appetite in disease is most capricious, and is easily upset by causes which would not affect a person in health. Neither must anxious friends be allowed to send messages that they will come in after his meal, for this only hurries him, and prevents him having that short rest after his food which is essential to its digestion. The greatest care must be taken that no article of food is ever placed before a patient which is not fit to eat,

such as a burnt pudding, milk that has gone sour or got smoked, or fish that is stale, for such will certainly spoil his appetite for that meal, if not for many others after. Those who have to wait on the sick should be more than mere carriers of food to and from the patient: they should think and act intelligently. For instance, if a patient refuse one meal altogether, something lighter, or some liquid nourishment, should be given instead, and the next meal should be given earlier.

The same rule of neatness applies to his drinks as to his food, especially in the case of milk. Milk always looks more appetising in a glass than in a cup if it is given neatly; but if it is allowed to be shaken up, and to soil the sides above its level, or to run down outside, it forms anything but an inviting beverage. If food is ordered to be given hot, it should be hot—not cold or lukewarm. Liquid food may be kept warm at night by the use of some such an arrangement as Clarke's Pyramid Nursery Lamp, which keeps the food hot without causing it to boil over.

As a general rule, invalids suffer more from an excess of food than from a lack of it. Every one has some dish which he or she specially advocates, and the poor invalid has one recipe after another brought to him until he is either so heartily sick of the sight of food that he can be induced to take nothing at all, or his stomach becomes filled with a larger amount of food than

he can possibly digest, and flatulence and all the other disagreeables of indigestion are the result.

The invalid must not be expected to have the tastes and digestion of a person in health. In different diseases there are different things which patients are unable to digest. For instance, in fevers it is impossible for them to digest the ordinary solids; in biliousness a fat and meat diet would be of no use at all—it would in fact be better to starve them. In health one is able to digest large meals with ease, but in disease the rule of “little and often” is the rule to be guided by. Where three meals a day would be no nourishment at all, a little liquid diet every hour or so may be sufficient to enable the patient to gain strength. The rule of “little and often” is, however, liable to fail, unless the stomach be given a rest of a few hours in the course of the twenty-four. In other cases, as in some diseases of the stomach and intestines, much more is gained by the withholding of food than by giving it. Thus, in cases of ulcer of the stomach, or of intestinal obstruction, the administration of food may be the means of causing the death of a patient, who would have been saved by starving for twenty-four or forty-eight hours.

The whole art of invalid cookery and feeding is to leave as little work as possible for the stomach to do in converting the food into a fit state to be absorbed, at the same time presenting it in a form that is both enticing in

appearance and palatable in taste. If it were not for the last condition, it would be possible to artificially digest all one's food outside the body, leaving nothing but absorption to be done by the stomach. Unfortunately, however, in this form it is not, as a rule, palatable. Of late years very great advances have been made in this direction, and there are now a very large number of patent and other foods sold, either in a state equivalent to partial digestion, or which become wholly or partially so in their preparation. Many of these are most nutritious, and when used in suitable cases are of the utmost value in treating the sick. They require in many instances extreme care in preparing ; but if the directions, which are most clearly given, are accurately carried out, the greatest benefit is to be derived from their use. For those in health, and for growing children, great caution must be exercised in using these, for the stomach glands are apt to waste from disuse, just as the teeth would if one always lived on fluid or soft food. In disease, however, this objection does not hold good, for the stomach then requires rest as much as the brain and the limbs, and it is rested by having its work done for it. Of varieties of form there is a great number, as gruels, soups, jellies, blanc manges, syrups, extracts.

Of artificial digestive agents there are three classes, *viz.*, malt extracts, or starch digesting substances ; peptonising agents, which act on the

albuminous or meat food ; and pancreatising agents, which combine the effects of the first two, and also render fatty substances more easy of digestion.

Malt extracts, besides having the above mentioned power, have also a certain amount of food value in themselves, although, of course, this is quite subordinate to their digestive action. Still, where it is very difficult to get any nourishment in at all, they may be given for their food value alone, combined with milk or cream. There are many varieties of malt, so that there should be no difficulty in getting a patient to take it in some form or another. Some prefer to take it in the form of a syrup by itself, spread on bread and butter, or in milk ; others prefer the Bynin or liquid malt, either alone or in soda or plain water ; while others, again, can only take the dried or desiccated malt. Of the immense value of malt extracts there is not the slightest doubt, and they are now given in hospitals to a very large extent instead of cod-liver oil. In a very large number of diseases patients find it impossible to digest starchy articles of food, which consequently simply pass through their digestive organs without doing them any good at all. By means of malt extracts they are at once able to make use of these, for the body needs this previously useless material. To get the greatest possible benefit from its digestive action, the malt extract should be added to the food about

ten minutes before it is eaten, and the food should be cool enough to eat, otherwise the malt will be useless, for any high degree of heat rapidly kills the ferment, and destroys its digestive action. Its action is carried on best in an alkaline medium, so that its action becomes stopped in the stomach, which is acid. Some doctors go so far as to say that maltine given after a meal is wasted, but this is contrary to all experience. *All peptonising* agents have for their object the conversion of the albuminous constituents of our food into a form in which they can be easily absorbed into the blood. The active principle, "pepsin," is given in different forms, either by itself, mixed with some dilute acid, mixed with table salt, or put into milk or other food. Sometimes the results of the action of pepsin are sold alone, as in the various peptonised beef-teas, jellies, beef-peptones, etc.

Pepsin should be taken with or after food, and it is very valuable in those cases where it is desirable to give meat, but where the stomach is too feeble or diseased to digest meat itself. Mostly, however, when the artificial digestion of albuminous matter is required, use is made of the various preparations of the pancreatic ferments, which, as pointed out, acts on starches and fats, as well as on albumens. Benger's liquor Pancreaticus is a much used preparation. This can be used to digest milk, gruel, beef-tea, soups, jellies, blanc manges, etc. The same effect can be

brought about by any of the peptonising powders, such as Fairchild's. Milk is the article of food which is most often subjected to the action of these pancreatic ferments, for they act on all the constituents of it. A very favourite form is to mix the ferment with some starchy or farinaceous material, and to add the mixture to milk as is done in Benger's and Mellin's food. Thus, not only are the normal constituents of the milk themselves digested, but the mixture is made more nutritious by the addition of the farinaceous material, which is rendered soluble at the same time. Should a patient get tired of the taste of these, they may be flavoured each day with a different flavouring agent, such as lemon peel, vanilla, cinnamon, etc., or peptonised cocoa may be used as a change.

CHAPTER II.

FOOD.

Useful Food—Digestibility—Variety—Classes of Food—Milk—
Digestion of Milk—Effect of Cooking—Meat: Preparation
of; Boiling—Broths—Soups—Roasting; Baking; Broiling;
Stewing; Frying; Braising—Fish—Egg—Vegetables—Starch
—Bread—Puddings—Potato—Fruits.

FOR food to be of use in nourishing and supporting the body, it must first be converted into a form in which it can be easily absorbed from the digestive organs into the blood. This process of conversion into the necessary form, which normally takes place in the body after the food is taken, is termed digestion. “Fitness for digestibility depends partly on the original nature of the food as to hardness and cohesion or chemical nature, and partly on the manner in which it can be altered by cooking.” “The degree of fineness and division of food; the amount of solidity and of trituration which should be left to the teeth, in order that the fluids of the mouth and salivary glands may flow out in due proportion; the bulk of the food which should be taken at once, are points seemingly slight, but of real importance. There is another matter which appears to affect digestibility, *viz.*, variety of

food." Physiologists declare that to get the best effect from food, variety is essential. Sameness palls on the appetite, but variety ensures the taking of a larger amount of food than would otherwise be the case. Nearly every article of food has some part of it which is very difficult or impossible of digestion, and which passes through the body unchanged. By cooking, this amount becomes very much reduced, while the part which can be digested is proportionately increased. The preparation of food by cooking, although a very highly important matter, has only of late years come to be recognised as such. In this work it is endeavoured to show, by a number of recipes, how the different varieties of food can be made as digestible as possible, and how by different combinations as much variety as possible can be introduced into the dietaries of the sick.

Physiologists divide foods into several classes, as follows: (1) Albuminous foods, as meat, white of egg, curds; (2) Fats, as oil, butter, cream; (3) Starches and sugars, as bread, flour, sugar; (4) Salts, as common salt; (5) Water.

All these classes must be represented in the meals of the healthy, and in a digestible form, or illness will result.

Milk, which is an ideal food, contains representatives of each of the above classes, and that they are present in the right proportion is evident from the fact that children spend the best part of

their first year of life on milk entirely. When milk is swallowed, the effect of the acid, which is normally present in the stomach, is to cause the casein or albuminous principle of the milk to separate out as curds, forming a more or less solid mass. This mass is frequently the cause of indigestion. By cooking, *i.e.*, by boiling, the casein is made to separate out in very fine flakes, which are easily digested. This is an excellent example of the effects of cooking in aiding digestion. Meat is made more digestible, and at the same time more appetising, and of nicer taste, by cooking in different ways, as boiling, roasting, stewing, frying, grilling.

As regards *boiling*, it must be remembered that the albuminous part of the meat is rendered hard and solid (coagulated as it is termed) by high temperatures, some parts only at the temperature of boiling water, as curds or the white of an egg, but others at a lower temperature. To prevent the nutritious part being dissolved out, the meat should be plunged at first into boiling water, which coagulates the outer layers, and so prevents the inner part from being extracted. After being boiled for five minutes the cooking should be carried out at a temperature of 160° or 170° . If a higher degree of heat be used the meat becomes hard, and if a lower the joint will not be sufficiently cooked. What it is endeavoured to avoid in a joint is, on the other hand, required for a nourishing *broth*. The meat is here cut in small

pieces to facilitate the abstraction of its constituents, and for the same reason it is first placed in cold water, which is gradually raised to 150° or 160°. Boiling is avoided, or the albumen would be coagulated.

In making *soups* long boiling is necessary to extract the gelatine, and any coagulated albumen is strained off. For the making of soups, what is called "stock" is mostly used. This is manufactured from bones, gristle and the inferior parts of the meat, which are not as a rule eaten, but which are rich in gelatine.

Roasting is a more economical way of cooking food than boiling, because it keeps more of the juice of the meat in it. To commence with, the joint should first be placed near the fire so as to coagulate the outer layers of the meat, and thus retain the central parts more effectively; after a time it should be removed farther from the fire, and the cooking conducted more slowly. To prevent the outer layers being burnt or scorched frequent "basting" is necessary. This consists in pouring over the joint the liquid fat and meat-juice which are continually exuding.

Baking causes meat to lose less of its constituents than any other process of cooking, but what it gains in this respect it loses in flavour. Owing, however, to its great convenience, it is becoming of almost universal use. It is not an advisable way of treating food for invalids.

Broiling has the same effect as roasting, but

is carried out with smaller pieces. The same principle must be carried out to retain the central juicy portion. Its chief recommendation is that it is a very savoury way of treating small pieces of meat.

Stewing is the most economical of all ways of cooking meat, for by this means nothing is lost of the constituents of the meat. The meat is generally cut in small pieces and mixed with cut vegetables. The meat should be very slowly cooked—the slower the better—and the surrounding water should never be allowed to boil, or the meat will become hard and indigestible. Dr. Fothergill says: “The prolonged action of heat would affect the starch grains (of the vegetables) favourably, and thoroughly detach the muscular fibres of the meat from each other, and so prepare the food for the action of the different digestive agents and processes”. He says, too, that “curiosity is a drawback; the lid of the stew-pan should never be lifted until it has to be taken off. Then the savoury compound is sapped, fragrant and appetising. It is also most digestible.” Stews are most useful for convalescents and chronic invalids when economy has to be practised.

Frying is a mistake, except for bacon or for heating up cold vegetables, or for fish. It requires, however, great care. The fat, for instance, in which the fish is fried should be very hot, or it will soak into the fibres of the fish, and make it

unpalatable and indigestible. A well-fried fish is very good food for invalids.

Braising, although not much done at present, is a very excellent way of cooking food, more especially as, if necessary, only a small portion—enough for one or two people—need be done at a time. Also, even very tough meat, either old or too new, may by this means be rendered soft, digestible and tempting. Sir Henry Thompson, who is an advocate of this method of cooking, says there are three principles essential to success. First, the meat must be very slowly cooked in a closely covered vessel, with a small quantity of water. Second, the meat should be impregnated in this process with the flavour of herbs, vegetables and spices, by placing in the vessel, around the meat, slices of ham, bacon, cut carrots, parsnips, turnips, onions, various herbs, a bay leaf, cloves and other spices, together with a small quantity of good meat stock. The third, which, however, is not *absolutely* essential, consists in partially browning or half-roasting the portion also. This is done by having a sunk copper cover to the braise-pot, into which live coals are put. This roasts the portion of the meat which is uncovered by the liquid in the pot below. A piece of white paper is placed over the meat in the pot to protect it from too fierce a heat.

Fish is mostly boiled, grilled or fried. By boiling it is most softened, and consequently

more easily digested. A boiled sole generally forms the first step towards a meat diet in patients who are convalescing from a long illness.

Eggs, the white of which consists of almost pure albumen, the yolk being mostly fat, can be prepared in a great many ways. Whipped eggs are the most digestible form of all, but a hard-boiled egg is the most indigestible. Poached, scrambled, or lightly boiled are all good digestible forms.

The farinaceous and vegetable foods require, as a rule, just as much and as careful cooking as the albuminous ones. Many vegetables would indeed be of no use whatever to us if they were not cooked. The nutritious part is mostly contained in hard envelopes, which require to be separated and softened before the digestive juices can render it in a fit state to be absorbed. To take a few as examples.

Bread.—Wheat contains about 12 per cent. of albuminous matter, and 60 per cent. to 70 per cent. of starchy matter. The grain is separated into flour, 80 per cent., and bran. For the healthy and the growing there is no doubt that whole meal bread, which contains both the bran and the flour, is far the best and the most nutritious; but for the invalid suffering from diseases of the digestive organs the bran is useless and irritating. From the finest flour almost all the bran has been separated. In making bread, "dough" is first made by kneading the flour with a little salt and water until it forms a thick paste.

Then carbonic acid gas is made in, or forced into, the interior of the mass so as to divide it into a number of little cavities, and the whole is baked. There are three ways of getting the gas into the dough—either by the fermentation of yeast, by mixing an alkali, as carbonate of soda, with the dough, and then adding an acid, as hydrochloric or citric, which forms what are called baking powders, or by forcing in the carbonic acid gas under pressure, as in the manufacture of ærated bread.

The starch in flour, and also in vegetables, is contained in little collections or granules, which are surrounded by a more or less tough envelope. Heat causes the starch to swell up and burst its envelope so that the saliva and pancreatic juices can get at it. Heat also performs part of the digestion of the starch by converting it from its insoluble form into a soluble form. The longer heat is applied without burning, the more extensive and complete is the process. From its spongy consistency, bread is easily masticated and mixed with saliva. For delicate children, and for invalids whose saliva is weak in quality or deficient in quantity, the crust, which has been subjected to more heat than the crumb, is undoubtedly the best. It contains more soluble starch, and by necessitating more mastication it stays longer in the mouth, is more finely divided, and is more acted on by the saliva. Its conversion into dextrine, which is a kind of sugar, is obvious

from the sweetish taste which the crust acquires after a few moments' mastication. The practice, then, of cutting off the crust for infants and invalids is one to be deprecated. New bread is bad for both, because it easily forms tough dough-like masses on which the digestive juices are powerless ; and pastry, for the same reason, should be absent from the dietary of either. Starch, in combination with milk, enters largely into the composition of milk puddings, which are a most nourishing form of food. The common practice of adding eggs very often, however, impairs their digestibility.

Bread and butter pudding forms a very digestible dish, especially if a little malt extract be added. The action of heat on the stale bread converts a large amount of the starch into the soluble form, and in this process it is aided by the malt. As all milk puddings are deficient in fat, except such as is present in the milk, their nutritive value is much increased by adding a lump of butter to each helping, and stirring well. Then all the classes of food are present in fair quantity. Fat is there in the milk and in the butter, starch in the farinaceous material, and albumen in the milk as casein, and also in a smaller proportion in the farinaceous material used.

The Potato, although usually ranked as a vegetable, really occupies an intermediate position between vegetables and the farinacea. It resembles the latter in its large proportion of

starch, and the former in its quantity of vegetable salts. In cooking, the object should be to retain the salts as much as possible. If boiled without their skins, the salts are mostly lost; but by steaming or boiling in their skins these are retained. In mashing, the cooked potato is beaten up, and mixed with hot butter and milk or cream until a light consistency is obtained. This is a most digestible and nutritious form.

Green vegetables are mostly useful for their salts, which they contain in great abundance. To be as palatable and as digestible as possible, they must, of course, be well cooked and softened. About cabbages Dr. Fothergill wrote: "Cabbages, as eaten in London, are an abomination. They should be treated as in Germany and the United States." The recipe for their preparation is given later, *q.v.*

Fruits all contain some form of sugar, some acid, and many alkaline salts, which are good for the blood, and increase its alkalinity. Most juicy fruits, as cherries, strawberries, apples, have this effect, and are consequently useful in acid conditions.

CHAPTER III.

FOOD AND FEEDING IN ACUTE FEBRILE DISEASES.

Fevers—A Cold—Effect of Fever on Digestion—Albumens in Fever—Appetite in Fever—Milk—Avoiding Curds—Whey—Butter-milk—Milk and Soda—Barley Water—Amounts—Beef-tea—Nutritious Beef-tea—Egg-and-Brandy Mixture—Junket—Substitutes for Milk—Malt Extracts—Beef-tea: Is it Food?—True Value of Beef-teas—Food in Typhoid Fever—Dangers in Indiscretion.

By acute febrile diseases is meant all those diseases which run an acute course, accompanied by fever, such as measles, scarlet fever, small-pox, typhoid fever, typhus fever, pneumonia, pleurisy, acute bronchitis, etc. A cold is an acute febrile disease, but the fever is mostly of very short duration. The old practice, which still finds many advocates among wise women and amateur nurses, *viz.*, "To feed a cold and starve a fever," has, owing to more recent knowledge, become changed into, "Starve a cold and feed a fever scientifically". In fever, the digestive and secreting organs all have their actions greatly impaired and interfered with. In a cold, the doctor directs most of his attention to re-establishing the action of the secreting organs, knowing that as soon as this is done the fever will disappear, and the patient will be cured. With this end in

view, hot drinks,—which may be either alcoholic or nourishing, or both, such as port-wine negus, mulled claret, hot chocolate or cocoa, gruel, arrowroot, etc.,—are freely given. These hot drinks or foods will help to restore the action of the skin, and are quite sufficient in the way of nourishment until the fever has disappeared.

In consequence of the interference with digestion due to the fever, food should only be given in liquid or semi-liquid form, and in such a state as to require as little effort on the part of the patient to digest it as possible. It is a great question among doctors as to how far albuminous food, such as white of egg, peptonised meat, or whole made beef-tea, should be given in fevers. Some go so far as to absolutely forbid them, while others give them in considerable quantities. It is known that the blood in fevers is highly charged with the results of the disintegration of the albuminous tissues of the body, and that if these products go beyond a certain point, the patient becomes poisoned with them. Some doctors say that by giving more albumen, the amount of albuminous waste in the blood is simply brought nearer the poisoning point, without doing the patient any good; while others give albuminous food perhaps on the principle that, “if one throws a lot of mud some is sure to stick”. Whichever is right in theory, doctors are often driven to give some albuminous material, simply from the inability of the patient

to take anything else. No doubt fever patients often ask for, and relish some forms of albumen, and possibly their instinct is not altogether wrong.

In fevers, owing to the impaired digestion, appetite is almost absent, but thirst is usually very great. Patients' friends are generally very frightened of giving them anything cold to drink, thinking possibly that, as it is bad to take cold things when hot from exercise, it must be bad to take them when feverish. This prejudice has, however, no foundation in fact, and there are few things more refreshing to a fever patient than some fruit syrup, such as Stower's with iced soda water. If this be not taken in large draughts, no harm can possibly result. There is not, of course, much nutriment in this, and so other things must be given as well. No medical man now doubts but that appropriate feeding is of more use in fevers than medicine, but the question naturally arises as to what is appropriate. Milk is a liquid food, which contains representatives of all the different classes of food, and is theoretically a most useful food. It is on milk, in fact, that reliance is chiefly placed, and, when it can be taken, is of the greatest service. The ordinary fever diet of hospitals consists usually of three pints of milk a day, either with, or without some beef-tea and bread. The drawback to milk is, that it forms in the stomach, owing to the acidity of the latter,

hard curds, which, in the weakened state of the digestion, are either difficult or impossible of solution. As a result, vomiting, diarrhœa, colic, flatulence, etc., are induced. Even if the curds are passed in an undigested state, a good deal of nourishment is still obtained from the fat, sugar and salts in the whey. *Whey*, as artificially prepared with rennet, differs from that formed by the gastric and pancreatic juices in having a certain proportion of the casein present in a soluble form, and is consequently more nutritious. Compared with milk, its food value is low, as shown by the following tables:—

GOOD COW'S MILK (PARKES).

Water	86·8
Albuminates	4·0
Fats	3·7
Sugars	4·8
Salts	·7
					<hr/>
					100·0

MEAN COMPOSITION OF WHEY (BAUER).

Not made with Rennet.

Water	93·03
Albuminates	0·82
Fat	0·24
Sugars	4·65
Lactic Acid	0·33
Salts	0·65
					<hr/>
					100·00

A large amount of the fat becomes entangled in the casein to form the curd. A larger proportion of the fat and casein may be retained by beating up the curd, after it is firmly formed, until it is finely divided, and straining. It is very useful when milk cannot be digested, especially if flavoured with various substances, or made with lemon-juice, white vinegar, or white wine. Milk may, however, be prevented from forming curds by several devices. If the milk is boiled, the casein, instead of forming a hard mass, becomes separated in very minute flakes, which are easy of digestion. The same effect is produced by mixing soda or seltzer water with the milk, or by mixing some digestant, as Benger's Food, which is farinaceous material, with a pancreatic ferment mixed with it; or by adding a digestant alone as Glycerinum Pepticum, Zynine, or Fairchild's pepsin powders. In *butter-milk*, which has also been much recommended, the casein is solid, but in a very fine state of division. *Butter-milk* is the milk from which butter has been made, and which, consequently, contains only a small quantity of fat.

By mixing barley water with the milk, large curds are in the same way prevented.

By some or other of the above methods, a milk diet can be made most useful in acute disease; but it must be remembered that tolerance of this diet depends to a great extent on the *quantity* and frequency with which it is given. "Small

quantities often." Three pints a day are often best taken as two-and-a-half ounces every hour or oftener, if much time is lost or sleep.

In spite, however, of all the different forms in which it may be administered, it often happens that patients turn against milk in any form, and refuse to take it. Something else must then be given instead.

Under these circumstances, whey or butter-milk may be tried, but one is generally compelled to fall back on beef-tea in some form or other, and this may be made more nutritious by the addition of baked flour or of Mellin's Food. If, however, beef-tea (which will be discussed later), cannot be taken either, there remain a few other substitutes, for instance egg, brandy and milk mixture, or treacle posset. Even in these, milk cannot often be taken; but very few people cannot take junket, and as this is most nutritious, if it can be taken, very little is lost in the way of nourishment. There was lately a doctor in the provinces, who was said to have made his fortune out of prescribing junket. It is certainly marvellous how much, and how frequently, fever patients will take junket, who are absolutely unable to take anything else.

Another alternative may be made out of *eggs*. The whole eggs may be beaten up together, or the yolks only may be beaten up and flavoured, half a wine-glass or wine-glassful to be given at a time, or the whites may be mixed with soda water and flavoured with lemon.

The different patent foods with water or meat broths may all be tried, mixed with water or barley water, but of course in small quantities repeated often.

The following may be useful :—¹

Mellin's Food	60 grains.
Hot water	3 oz.

Veal or chicken broth	1½ oz.
(½ lb. meat to pint.)	
Barley water	1½ oz.

Whey	1½ oz.
Barley water	1½ oz.
Sugar of milk	½ oz.

A teaspoonful of raw meat-juice, or
Liq. Carnis, or of standard Malt
extract, given every 15 to 20
minutes.

Whey or rice water	3 oz.
White of egg	1 oz.
Cream	1 oz.
2½ oz. every half-hour or hour.	

Rice water	3 oz.
Maltine	1 dr.

The different malt extracts, which all contain some considerable nutritive value for their bulk,

¹ Dr. Burney Yeo.

in the form of sugary and albuminous material, may be added to any of the above in the proportion of one or two teaspoonfuls to six ounces or less. Kepler Malt Extract may be used instead of sugar in all cases where the latter turns sour, as in the different fruit drinks, or for sweetening milk. Malt extract may also be taken with ærated water, but opinions differ as to the palatability of the mixture.

Beef-tea.—On the subject of beef-tea a good deal of misunderstanding exists, not only among the public, but also among doctors. This seems to have arisen partly from the fact that there are different varieties of beef-tea, having different compositions, according to the way they are prepared.

Dr. Fothergill has put the subject very pithily: "When flesh is boiled, its albumen is coagulated. That is a simple fact. Beef-tea, as ordinarily prepared, contains no albumen. The fluid so obtained is rich in extractives and salines. The extractives, . . . nitrogenous bodies, kreatin and kreatinine, . . . are not material of which muscle can be built up. . . . Kreatin and kreatinine are rather the old bricks and mortar of an old building (which have served their day) coming down to be carted away as rubbish. These extractives are not food material for tissue, but stimulants. Of the stimulating effects of meat extractives, of the utility of the meat salts in beef-tea, there is and can be no question.

But it is destitute practically of matter that can ever form tissue. As a food, it is an impostor, neither more nor less." Sir William Roberts also writes: "Beef-tea and its congeners take rank as restoratives and stimulants rather than as nutrients. They contain no albuminous matter in solution, and the small amount of gelatine contained in them cannot be of much account. There is a wide-spread misapprehension among the public in regard to the nutritive value of beef-tea. The notion prevails that the nourishing qualities of the meat pass into the decoction, and that the dry, hard remnant of meat-fibre which remains undissolved is exhausted of its nutrient properties. A deplorable amount of waste arises from the prevalence of this erroneous notion in the households of many who can ill afford it. The proteid (albuminous) matter of meat is quite insoluble in boiling water or in water heated above 160° F. The ingredients which pass into the solution are the extractives and salines of the meat, and nothing more, except some trifling amount of gelatine. The meat remnants, on the other hand, contain the actual nutriment of the meat; and if this be beaten to a paste with a spoon, or pounded in a mortar, and duly flavoured with salt or other condiments, it constitutes not only a highly nourishing and agreeable, but also an exceedingly digestible, form of food."¹ In this form it constitutes whole made beef-tea; *q.v.*

¹This method is actually followed in the manufacture of Bovril.

Experience shows beef-teas and meat extracts, as The Liebig Company's, Bovril, and meat broths (except in certain cases, as Bright's disease) support the strength and lessen the risk of exhaustion. Beef-tea should not be given too strong when used as a food, for fever patients require much water, and by concentrating the beef-tea too much, a dislike for it is often engendered on the part of the patient. Some vegetable juices should be added, either by means of expression from fresh vegetables, or by cooking them in the soup, and removing the solid particles afterwards.

Typhoid Fever.

In typhoid fever, the diet requires considerable alteration, from the fact that it is the intestine itself which suffers most severely from the disease. Portions of the mucous membrane lining the small intestine slough and come away with the motions, leaving ulcers more or less large. These ulcers, besides being painful, if irritated by hard food and giving rise to severer diarrhœa, are apt to "perforate," *i.e.*, to ulcerate right through the wall of the intestine, and allow the contents of the bowels to escape into the general cavity of the abdomen. This accident is fatal in nearly all cases, and is largely determined by the nature of the food. Every year cases of typhoid fever die simply from the mistaken kindness of friends in giving these patients articles of food which the doctor has prohibited. These

ulcers take a long time to heal (six or eight weeks often), and therefore the utmost care must be taken as long as any danger exists. The danger is perhaps greatest at about the end of the third week, when the sloughs separate. Typhoid fever varies so much in its severity that it is no rare thing for patients with this disease to walk about for ten days or more before they finally take to their beds. These cases frequently die of perforation. In some cases diarrhœa is the prominent symptom, whereas in others constipation takes its place. In the first set of cases the danger is greater, and the diet must be more restricted. Milk then forms the safest diet, and where it is suspected that the ulcers are large or numerous, there can be no doubt but that a milk diet should be maintained in spite of its monotony, in spite too of the prayers of the patient for more food, for six weeks or more. Milk itself may, however, be a source of danger from the formation of hard irritating curds, so that the various methods before detailed for preventing this must be carried out. By altering the method from day to day some sort of variety can be managed.¹ Where there

¹ Brig.-Surgeon Hamilton, in his book *On Enteric Fever in India* (p. 88) says:—

“While on the subject of milk, it will be well to consider the subject of preserved or condensed milk, as, though these preparations are seldom required in a station, they are frequently the only milk supply available on board ship or in the field. That usually supplied hitherto for actual service has been what is known as ‘Swiss Milk,’ which is milk preserved with some 30 per cent. of sugar added. The intense sweetness of this pre-

is no diarrhœa, beef-teas and meat extracts may be given; but as these have a tendency to keep up diarrhœa, they must be forbidden when this is present. In combination with these, or with milk, various foods, such as Mellin's, Benger's, Callard's, or baked flour may be given. Differently prepared jellies (such as Nelson, Dale & Co.'s), sponge cakes, bread broken into small pieces boiled in milk, etc., may be given, but the latitude given will depend largely on the doctor in charge, who will be guided by the amount of flatulence, fever, etc. Variety can be brought about by flavouring the milky preparations with nutmeg or cinnamon, etc. Even after the temperature has become normal, a slight indiscretion in diet is apt to bring about another attack of the fever. The preparation renders it most unpalatable to the sick, and after a few days it is almost impossible to persuade patients to drink it. In the Soudan I found that unless iced it was disliked by most of the fever and dysentery cases, and as fresh milk was not to be had, the feeding of the sick became a most difficult matter. This difficulty can be entirely obviated by the use of unsweetened milk, which is most palatable, and when made up with water can hardly be detected from new milk. Of the unsweetened milk preparations, that called 'Leoflund's Cream-Milk,' sold by Leoflund & Co., London, is about the best, as none of the cream is abstracted; it contains 10·85 per cent. of milk-fat, and is condensed without cane sugar or antiseptics, and will, it is stated, keep in any climate. It would be well, if a trial of this preparation were made in this country; and if it answers, a large proportion of it should be taken on field service. When cases of enteric fever and dysentery have to be fed on milk diet, an unsweetened preparation should invariably be used. This should be mixed in the proportions laid down, and then lime water should be added before being given to the patient."

(relapse), which may be the more severe if only from the fact that the patient is the less able to hold his own against it, owing to the weakening effect of the first attack. The best thing, then, for the patient is to follow the doctor's instructions to the letter, and not to worry him into allowing more than he is inclined to give.

RECIPES SUITABLE IN FEVERS AND FEBRILE DISEASES.

Almond Drink,	Eggs, Rum, and Lemons,
Apple Water,	French Drink,
Barley Gruel, Robinson's,	Isinglass Jelly,
" Milk, "	Lemonade,
" Water, "	" and Barley Water,
" " with Figs,	" Effervescing,
Beef Essence,	" New York,
" (fluid),	Lemon Jelly,
" Extract, Liebig Co.'s,	" Squash,
" Jelly,	" Wine,
" Juice with Toast,	Linseed Tea,
" Mutton and Veal Broth,	Meat Jelly,
" Tea,	Mutton Broth,
" " cold,	" Essence (Hipi),
" " Dr. Pavy's,	Oatmeal Tea,
" " pancreatised,	Orange Jelly,
" " with Custard,	Port Wine Jelly,
" " " Sago Broth,	Rice Water,
" " " Tapioca,	" " No. 2,
" " " White of Egg,	Restorative Milk,
" Raw (Infusion of),	" Jelly,
Bovril,	Rum and Milk,
Brandy and Egg,	" " Jelly,
Broma,	Stower's Lime Juice and Soda
Burroughs & Wellcome's Pep-	Water,
tonised Preparations,	Solid Tea,
Calf's Foot Jelly,	Soup, Semolina,
" " " Milk,	" Sweetbread,
Caudle,	Tamarind Drink,
Chicken Broth,	" Whey,
" Tea,	Toast and Water,
Cooper & Co.'s Aerated Waters,	Veal Broth,
Corn Flour Milk,	Violet Tea,
Devonshire Junket,	Whey.
Eggs and Brandy,	

CHAPTER IV.

FOOD IN CONVALESCENCE AND CHRONIC ILLNESS.

What is Convalescence?—Symptoms of Convalescence—Digestion in Convalescence—Object to be Attained in Feeding Convalescents—Method of Feeding—Difference between Chronic Invalids and Convalescents—Quality of Food Required.

Food for Convalescents.

CONVALESCENCE is the period of a disease which is marked by the cessation of the more prominent characteristic symptoms, and is the period intermediate between them and full restoration to health.

Convalescence has its degrees and its course the same as disease, and convalescents require to be nursed and dieted and doctored quite as carefully and scientifically as when they were suffering from the disease itself. The essence of the treatment of convalescents consists in keeping them continuously as near perfect health as possible, avoiding even the slightest causes of ill-health; remembering always that convalescents are ever so much more easily diverted from perfect health by slight causes than are healthy people, and that every such diversion renders complete recovery less and less probable.

“In convalescence,” says Dr. Fothergill, “it is a great matter to see that it be not interrupted. If it be interrupted, the second progress is never so satisfactory as the first; it is always and invariably slower at the least. This is a matter which cannot be too strongly insisted upon. There are two sources of disturbance to which the convalescent is susceptible, and which are the usual causes of such interruptions: these are febrile conditions from lowered power of resisting changes of temperature, and digestive disturbances.”

Food should be given often, but in small quantities, and the transition from fever diet to that of health should be most gradual.

After an illness, especially when attended with fever, the digestive tract recovers its normal power of digestion very slowly; it remains weak and irritable for a considerable period, and quickly show signs of resentment if ill food, improper in quantity and quality, be given to it.

The appetite, too, after an acute disease, such as typhoid, is often very great, and a relapse is almost certain to follow if any indiscretion is indulged in. After a relapse, convalescence is always slower than before. Dr. Fothergill wrote: ‘A maxim of Sir Frederick Roberts, in his Afghan experience, was, ‘When you have once got an Oriental on the run, keep him on the run’. If his flight were not kept up, he might rest somewhere where it would not be so easy to

dislodge him ; consequently, it is best to keep him going. So it is with convalescence ; it is best unbroken and uninterrupted. Once a check, and the onward progress has again to be initiated. And all initial movement is slow, even in a Great Northern express. Every stop involves a fresh start. Carefully, then, and with caution, liberal supplies of food may be given to the convalescent." The importance of routine and regularity in all things in the treatment of convalescents is nowhere more necessary than in the administration of food.

With the return of health the appetite comes back, and the patient's thoughts are very much directed to his food. Meals form to him the chief events of the day, and between them he thinks a good deal of what he would like for the next. Consequently the attention of the doctor, and the patient's nurse or friends, must be very carefully directed to seeing that nothing which can harm him is placed within his reach. In all cases where strict diet is necessary, everything he may have should be put in writing. Diet forms one of our greatest difficulties in private practice ; for not only have we to contend against too great eagerness on the part of the patient, but we have also to struggle against the well-meant but foolish interference on the part of his friends. The nurse's help is here most valuable.

Mistakes in diet are very common, chiefly because the patient is not sufficiently convinced

of the important influence which diet has on his recovery. How often are deaths during the convalescence from typhoid heard of in consequence of patients taking solid food surreptitiously! When convalescence is very long, as in scarlatinal nephritis, mistakes in diet are very apt to happen. The popular idea that weakness is to be combated by solid, nourishing food is at times very hard to overcome.

As a rule, the necessity for regulating the diet is much greater after acute than in chronic diseases, the exception being, of course, where the digestive organs themselves are the subject of chronic disease.

In private patients especially, it is more common to find convalescents suffering from too much food than from the food being indigestible.

The whole object of feeding in convalescence is to build up again as quickly as possible those tissues of the body which have been weakened or disorganised by the disease. This building up, however, can only be done through the alimentary canal, which, as the above extracts from the chapter on "Convalescence" in *Nursing: Its Theory and Practice*¹ show, is generally very much weakened by the disease. The digestive organs are still unable to tackle large meals, so that only small quantities are to be given at a time, and such food as is given must be as digestible and nourishing as possible—*multum*

¹ London: The Scientific Press, Limited. 1899. 3s. 6d.

in parvo, in fact. If large quantities are taken, indigestion and relapse will certainly occur. To make up for the small quantities, food may be given often, say every two hours during the day; but the digestive organs must be given a long rest at night, to make up for their forced activity during the day. If possible, no food should be taken after the last evening meal for eight or nine hours. Late dinner should not be thought of until health has been some time established. The transitions from fever diet up to convalescent diet should be most gradually performed. After convalescence is well established, the two hours' interval may be altered to three meals a day, but with a break in the middle of the morning, and one in the middle of the afternoon. The morning break should consist of soda water and milk, with sponge cakes, Bovril, or some form of beef-tea with toast, or a glass of light wine and biscuits, or a cup of cocoa or chocolate prepared by Cadbury or Fry, whose manufactures can be relied upon for their purity, and their dietetic and digestive value. The afternoon break may be something similar, or may consist of a cup of tea, and bread and butter, or cake. When tea disagrees, cocoa or chocolate may be taken with advantage. Some of the above-mentioned may also be taken late in the evening. The meals themselves must be of the lightest, and all food as plain and as well cooked as possible. Meat that has been cooked more than

once must be avoided, and so must any food which is hard, and not easily broken up by the teeth, for instance, badly-cooked potatoes, unripe fruit, new bread, steak, pastry, etc.

It must be known, too, that a diet which suits a patient when he is able to be up and about must be curtailed if he is kept in bed or indoors by weather or indisposition. What would not be excess in the first case may easily become excess when the exercise is knocked off, and may be sufficient to cause an upset of the liver and kidneys, which takes them several days to recover from.

Food for Chronic Invalids.

By chronic invalids are meant persons suffering from diseases, which, if not absolutely incurable, at any rate go on for months or years, such, for instance, as the different cripples, injured or diseased spines, chronic neuralgias, cancers, some nervous diseases, and a large number of the chronic women's diseases. They differ from convalescents, in that they have not to build up a large amount of tissue which has been lost, but simply have to maintain their strength.

In feeding this class of patient, it must always be remembered that the loss of exercise from which they all suffer not only weakens their appetite and digestion, but also that they absolutely do not need very much food, except,

of course, where there is a great drain on the system from some abnormally profuse discharge. The appetite must be tempted with food, tasty and varied, and the digestion may be stimulated by various condiments. Three small meals a day, with something light in addition just before going to bed, will mostly be sufficient. The chronic invalid should not have his meals with the rest of the household, nor be expected to eat them quickly. They like to take their time over their meals, and consider more or less each mouthful. All the rules previously mentioned (Chapter I.) here apply with full force. "The invalid cannot help having a feeble appetite, or even being dainty." Chronic invalids differ a great deal in degree: for some, breakfast, dinner, and high tea are sufficient; others require to have more or less food in the interval.

Another point to remember in the chronic invalid is the fact that the want of exercise tends to constipation, and that therefore special attention must be paid to this point in dieting. Much meat is not as a rule required, but its laxative effect must be borne in mind, and meat, or especially meat infusions, will be very useful if the constipation is obstinate.

Chronic invalids should avoid any food which is hard or indigestible, or anything very sour, as unripe fruits, too much vinegar, or large meals. A large number of the specially prepared foods will be found very useful for them, as Robinson's Patent

Groats and Barley, Farola, Coralline, and Frame Food, made into ornamental dishes, and light puddings. They are best given between the meals, as they are quickly digested, and thus the appetite is not impaired for the next meal from the stomach containing food. A great popular prejudice exists against the use of crab and lobster for invalids, and the expression is often heard, "Oh, he can't be very bad if he can eat lobster". This notion of their great indigestibility seems to have arisen from the fact that they are so much used for late suppers; and late suppers, especially if large, are undoubtedly prone to give the eater thereof nightmare. Crabs and lobsters have long borne the blame for the evils of large late suppers, of which they only formed a part. Taken for lunch or high tea, in moderate amounts, they form a pleasing and nutritious change.

Exercise is the means by which the waste materials of the body are got rid of from the different organs, and the power of action to the various parts of the body renewed. To make up for the loss of exercise the removal of the waste products in the tissues must be brought about by other means. This is best done by drinking plenty of water in some form or other, the "sewers" in fact must be flushed daily. Chronic invalids mostly make the mistake of not taking enough fluid, and headache, indigestion and constipation are the result. It does not matter so much in what form the water is taken so long as

sufficient is taken. Some prefer soda water, some tea or cocoa, lemonade, etc. The question of alcohol generally crops up at some time or other during illness, and the invalid will probably find many amateur advisers on the subject. As a rule, small quantities of alcohol diluted and taken with food, aid digestion, increase appetite, and from stimulating the kidneys, improve the system generally. It is, however, equally the fact that many diseases are made worse by any form of alcohol: it would be best in all cases to have a medical opinion on the subject.

RECIPES SUITABLE IN CONVALESCENCE AND CHRONIC ILLNESS.

Angels on horseback,	Fresh Fruit, Compote of,
Arrowroot,	German Chocolate,
" Pudding,	Ground Rice Pudding,
Blanquette d'Agneau,	Gruel, peptonised,
Bovril,	Hominy,
Bread and Butter Pudding,	Hydropathic Pudding,
Calf's Foot Jelly,	Irish Stew,
Calf's Feet (savoury),	John Dory (boiled) and Anchovy
" " fritters,	Sauce,
Calf's Head,	Kromeskies,
Chicken and Ham Sandwiches,	Lamb Chops, grilled,
Chicken Broth,	Liebig Co.'s Invalid Recipes,
" Croquettes,	Macaroni and Fish,
" Custard,	Marlboro' Pudding,
" Roast,	Mutton Chops,
" Minced,	Mutton Cutlets,
" Réchauffé of,	Nelson, Dale & Co.'s Jellies,
Cocoa, Cadbury's,	Omelettes,
" Fry's,	Oysters,
Coffee Custard,	Penny Pudding,
Coralline,	Pigeon, broiled,
Cottage Pie,	Poached Eggs with Ham,
Cress Sandwiches,	Potato Rissoles,
Custard, boiled,	Rabbit, boiled,
Farola Blanc-Mange,	Rabbit Fricassee,
Forcemeat Balls,	Rice Pudding, boiled,
Frame Food Recipes,	Rice and Cream,

Robinson's patent Barley and patent Groats,	Swinborne's Isinglass Prepara- tions,
Sago Snow,	Tripe, boiled,
Semolina,	„ French,
Sheep's Head,	„ in Batter,
Sheep's Tongue and Brains,	Turbot and Béchamel Sauce,
Sole, boiled,	Veal Cutlets en papillotes,
Stewed Fruit,	Vermicelli Pudding,
Strawberries and Cream,	Whiting boiled.
Suet Pudding, boiled,	

CHAPTER V.

FOOD IN INDIGESTION.

Digestion in Mouth, in Stomach and in Intestines—Causes of Indigestion—Symptoms of Indigestion—Avoidance of Indigestion—Food Unsuitable—Food Suitable.

IN order to understand indigestion, something must first be known of digestion. It has been mentioned before that digestion consists in rendering food soluble, so that it can be taken up by the little blood vessels situated in the walls of the intestinal canal, and so taken to all the different parts of the body where it is required. Foods are divided into three classes, *viz.*: Farinaceous, Albuminous and Fatty, and these are digested in different parts.

In the mouth the food is broken up by the teeth and softened by the saliva, so as to prepare it for digestion lower down. But the saliva itself has a certain digestive power, for it renders the insoluble starch of the farinaceous food into soluble dextrine, a kind of sugar. This is the reason that a piece of crust, which has a bitter taste when first put into the mouth, becomes sweet after being chewed. The stay of the food in the mouth not being long, however, the saliva does not have time to do as much work as it

could. In the stomach the action of the saliva is stopped by the acidity of the gastric juice, which acts on the albuminous food, such as meat, fish, white of egg etc., and converts it into a soluble form called peptone. The active principle of the gastric juice which effects this change is called pepsin. In addition to this change, the food generally becomes softened and broken up by the juice and muscular movement of the stomach, and the fat becomes melted. As the meat becomes thus liquified, it is passed on into the intestines, where it meets with the bile and pancreatic juices. The former acts on fats, and forms emulsions and soaps of them, in which form they can be absorbed, while the latter combines the action of the saliva and gastric juices, rendering soluble both albuminous and farinaceous matter.

The causes of indigestion are many. Indigestion may be caused by unsuitable food, defective breaking up of the food by the teeth, too much undigested starch in the stomach, albuminous foods too hard to be dissolved, excess of fat interfering with the proper work of the stomach, deficiency of the gastric juice, defective muscular movements of the stomach, acute inflammation of the stomach and chronic gastric catarrh. Defective breaking up of the food may occur from deficiency in the number of teeth, or more commonly from hurried meals, necessitating bolting of the food. Where meals must be taken in a

hurry, only very light, soft, easily digestible or partially digested food should be taken. It is now the habit of a large number of busy men to take their midday meal at business in the form of a cup of liquid predigested meat and a biscuit, as Bovril, Borthwick's Bouillon, etc.

These require very little digestion, and help to maintain the strength during the busy part of the day. Too much undigested starch may be present from the farinaceous material of the meal being in excess, or from being swallowed too quickly. This may be to a great extent overcome by the various malted preparations, of which there are now a very great number, or by mixing malt extracts with the food. Kepler Malt Extract forms an excellent substitute for sugar in indigestion, and may be added to the milk puddings. There is a form of dried malt which resembles brown sugar in both taste and appearance. Meat may be indigestible from being too hard, from being cooked too quickly, or too many times (see Chapter I.). Where meat cannot be digested at all it may be given in the various predigested forms before mentioned, which are also useful when the gastric juice is deficient in quantity. Fat often interferes with digestion partly from becoming rancid, but partly also by acting through the nervous system. This latter cause is to be overcome by finely dividing the fat, and so hiding it from view, as in the form of buttered potatoes, buttered eggs, by

adding it to milk puddings, etc. Some people digest their meals best if a certain amount of fluid is present in the stomach, whereas others digest best with none at all, and have to take their fluids between meals. Excess of food, too, may cause indigestion even in very healthy people, but it must be remembered that what is excess for some is very little for others, and *vice versâ*. Thus people who are anæmic or convalescent, or who suffer from gastritis or gastric ulcer, should only take food in small quantities.

Sometimes indigestion is due to what is called gastric catarrh. This is a chronic congestive or low inflammatory condition of the stomach, with a tendency to the formation of an excess of alkaline mucus, which rapidly sets up decomposition in the food. It is caused by anæmia, excess of alcohol, gout, chronic heart or lung disease, etc. The treatment, however, does not differ very much from that of ordinary indigestion. In the treatment of indigestion drugs and food both have a large share, and it would be unwise to trust to either alone. Both have their own proper spheres of action, and, when properly used together, will in the majority of cases effect a cure. As far as food is concerned, whenever the indigestion is bad, "the rules of small meals and often" must be in force. The meals should be small and nutritious, should be slowly and deliberately eaten, but the intervals must not be

too close, so that time may be given for digestion of the previous food taken. Here again the preparations of Robinson's Patent Barley and Patent Groats, Farola, Coralline, Frame Food, Bovril and Liebig Co.'s Extract will be found useful.

There are certain well-recognised articles of diet which dyspeptics would do well to avoid, such as tea, coffee, condiments at meals, pastry, cheese, nuts, hard meats, hard pieces of potato, cabbage greens, badly fried soles, fatty meat, as goose and duck, pork, veal, salmon, beans, peas, beef, chops, steak, meat which has been twice cooked, fat or butter which is at all rancid, new bread, buttered toast, muffins, sweet dishes, unripe fruit, sauces.

A dyspepsia diet should consist mainly of articles of food such as the following: Boiled white fish, chicken, white meat, sweetbreads, milk puddings, mutton, partridge, sole, whiting, flounder, eggs and bacon carefully cooked, rabbit, meat infusions, as beef-tea, soups, broths, peptonised foods, etc., green vegetables and bread only in small quantities. These articles are mentioned as examples, so as to indicate the kind of food which a dyspeptic should take. Dyspepsia no doubt involves a good deal of trouble and expense, with also very irksome routine; there must be no dining out or staying at hotels, or travelling abroad until convalescence be re-established.

RECIPES SUITABLE IN INDIGESTION.

Apples in Custard,	" Hipi " Mutton Essence,
Apples, stewed,	Isinglass Jelly,
Anchovy Sandwiches,	Liebig Company's Extract.
Arrowroot,	Meat Gravy Sippets,
" Blanc-Mange,	Meat Soup,
" Pudding,	Mutton,
Beef Juice with toast,	" Chops or Cutlets,
Beef-tea, pancreatised,	" Pie,
Bovril,	Oysters,
Bread and Butter Pudding,	" Sandwiches,
Calf's Foot Jelly,	" scalloped,
" " " (milk),	Partridge, broiled,
Chicken Broth,	Pheasant, broiled,
" Custard,	Pigeon, broiled,
" Croquettes,	" roast,
" Minced,	" " on toast,
" Roast,	Porridge,
" Réchauffé of,	Rice and Cream,
Coffee Custard,	Robinson's Patent Barley or
" Mould,	Groats Recipes,
Coralline Preparations,	Sago Snow,
Cornflour Blanc-Mange,	Sardines and Egg,
" Milk,	Shrimp Sandwiches,
Custard Blanc-Mange,	Snow Eggs,
" boiled,	Sole, boiled,
" Pudding,	Sponge Cake,
Crème de Volaille,	Sweetbreads, fried,
Devonshire Junket,	Tapioca Cream Soup,
Farola Recipes,	Tapioca Pudding,
Frame Food Recipes,	Vanilla Soufflé and Custard
Ground Rice Blanc-Mange,	Sauce,
" " Soufflé,	Whiting, boiled,
Gruel, peptonised,	" broiled,
" prepared with Robinson's	" fried,
Groats,	Wild Fowl, roast.

CHAPTER VI.

FOOD IN GOUT.

What is Gout?—Causes of Gout—Symptoms of Gout—Gouty Kidney—Effects of Gout—Inherited Gout—Influence of Food on Gout—Retrocedent Gout—Gouty Dyspepsia—Gouty Bronchitis—Gouty Skin Diseases—Treatment of Gout—Food Rules—Drinks—Variety—Food to be Avoided.

GOUT is a disease of nutrition, that is to say, it is caused by some fault or disturbance in the normal way in which food is transformed into tissue in, or eliminated from, the body. Though formerly it generally occurred in connection with luxurious living, and was to it attributed, it is now so universal, and "poor man's gout" is now so common, that other interpretations of its cause had to be found. It is now believed to depend on the presence in excess in the body of uric acid, or its salt, urate of soda. This is the substance which is deposited in the joints of gouty people; it is the substance which forms chalk stones on their feet and hands, and is often noticed on the skin of gouty people as a fine powder. Uric acid is formed naturally in the body, but under certain circumstances it is formed in excess. It is from the albuminous constituents of the food that this substance is derived. It is now believed to be

for the most part due to a functional disorder of the liver, either from the liver being inherently weak, or from its being given an excessive amount of work to do. This condition of the liver may exist for a considerable time before any symptoms of gout are apparent, for this excess of uric acid and urate of soda may be easily carried off by the kidneys for a time, even a considerable time, if these are healthy. After a time, however, the kidneys become damaged by having such an extra strain put on them, and a definitely diseased condition, the so-called "gouty kidney," is set up. In this condition the kidneys may at any time strike work, the poisonous substances collect in the system, and some form of gout is the result.

In the popular mind, gout is mostly associated with a very painful inflammation of the great toe joint. This is, no doubt, the joint which is most often attacked, though why this should be so is not very clear. It is supposed that this joint, from its position and from tight boots, is more liable to damage, and therefore is generally a weaker spot than other joints. We know that gout is very liable to follow injury to other joints in goutily inclined people. Besides the great toe joint, the fingers, knees and elbows are very liable to be the seat of the attack. In acute gout there is great pain, and a good deal of fever, but gout has a great tendency to become chronic, crippling one joint after another. Gout is not

only a disease of old people, as is often supposed. Young people, between twenty and thirty or younger, are now and then met with who have the typical form of gout. That gout is hereditary has long been known, and it has been recently estimated that 55 per cent. of all gouty cases have a family history of the disease. It is sometimes supposed to skip a generation, though this may be due to the fact that those who inherit a tendency to gout mostly take particular care to avoid gout-forming foods and so escape the disease. Very often the inherited disease does not wait until the individual is grown up before manifesting itself. "The children of gouty parents suffer often from various ailments which are entirely dependent on the excesses of their parents. Such ailments as severe headaches, neuralgias, various skin affections, asthma, etc., often depend on hereditary gout, and to be cured must be treated from that point of view. In women, too, many of the vague affections of the nervous system are of gouty origin" (Yeo). In the causation of gout, errors in diet, when combined with deficient amount of exercise, are the most potent. In other words, people of sedentary occupations or habits eat too much, and it may be added as a rule drink too little water. Most people nowadays eat too much meat. That they do not all suffer from gout may be due to the fact that exercise will get rid of a large amount of meat without much harm to the organism resulting,

In many people, too, the excess of meat never enters the circulation at all, but passes through the alimentary canal undigested. Others again, with no gouty tendency to begin on, would perhaps develop it if they lived to be old enough. Next to meat in gouty influence comes wines and malt liquors. The gouty old squires of past times drank largely of both strong beer and port wine. That they did not get gout sooner than they did is no doubt due to the fact that although they got drunk over night they would ride perhaps forty miles in the morning. In the same way the descendants of our gout-producing ancestors may by exercise keep the foe at bay.

Besides acute and chronic gout, there is the really much commoner but less recognised form of "retrocedent" or latent gout. With this form almost any organ of the body may be attacked. The disease "flies inward," as people say. A patient with gout in his toe suddenly recovers of his gout, but at once gets an attack of pain in the stomach with vomiting and acute dyspepsia. Here a gouty condition of the stomach has been substituted for that of the toe. Or people may have the dyspepsia first, which is cured when the disease settles in the toe. The disease may, however, remain in the stomach, producing chronic dyspepsia, where its nature is not so apparent. In the same way the lungs may be attacked, or the air tubes. Gouty bronchitis is very common; gouty throats, gouty inflammations of the veins

may occur. Nerves may be attacked, giving rise to different neuralgias, sciatica, headaches, etc. The skin may become the seat of gouty inflammations, caused by the deposit of urate of soda in it. Gouty eczema is well recognised. By some it is regarded as a safeguard against getting gout elsewhere. Many patients refuse to have their eczema cured, because they say the disease always affects some internal organ if they do so. By keeping the eczema the disease becomes, so to speak, fixed in that spot. Certainly the "weepings" of the rash are full of urate of soda, which may be thus eliminated. The muscles may at times be affected, and, when the heart muscle is chosen, death may result. The liver in gouty people is liable to repeated congestions, and the gouty kidney has been already discussed. That biliary and renal calculi and gravel frequently occur in gouty people is certain, but that they are a manifestation of gout is not proved. That they own a common cause, *viz.*, excess of meat in the diet with insufficient exercise, is certain, but more cannot at present be said on the subject.

In regard to treatment there are very few diseases where the patient has the complaint so much under control, if he will only loyally co-operate with the doctor, than gout. In no disease, perhaps, is "virtue" so rewarded, or is "vice" so quickly punished. By strict attention to diet nearly all the gouty manifestations may be warded off, and after many years even the tendency of hereditary

gout may be done away with. The great object of treatment is to check the formation of uric acid as much as possible, and at the same time to aid in every way its expulsion from the system. In the first place, the quantity of food must be cut down; there must be no eating to repletion. The ordinary health rule of always rising hungry from the meal must be rigidly adopted. During the acute attacks, a fever diet should be adopted. In chronic cases, the amount of albuminous food must be strictly limited, but not entirely cut out. All the classes of foodstuffs must be present in the diet. It cannot be too strongly insisted that it is quantity more than the quality which must be reduced. It is also of the greatest importance that all acid or acid-forming substances should be reduced or omitted. The uric acid is soluble in alkalis, but not in acids. If acid substances get in the blood they reduce its alkalinity; it can hold less uric acid in solution, therefore, some is deposited. All starchy and sugary things may form acids, so these must be reduced in quantity, especially sugar in solution. Fat, too, may form fatty acids. Thus all forms of food are objectionable, but since all food cannot be left off, it must be reduced as much as possible. Plenty of water should be taken, as this helps to carry the uric acid in solution through the kidneys, and so out of the body. Exercise, as has been pointed out, is essential. More than anything it conduces to normal action of liver, and, increasing the force of

the circulation, generally helps the kidneys, and skin, too, in the work of excretion.

The diet of gouty people should not be too strict or too monotonous. Except during acute attacks, all the different classes of food should be included in the dietary, but, of course, with limitations. Anything which is found to cause indigestion should be omitted.

Butcher's meat is the most important source of gout, but white meats are not nearly so gouty. Milk, in spite of its casein, does not seem to be gouty at all. Vegetables increase the alkalinity of the blood, and therefore prevent uric acid from being deposited. Fat may be given if it can be digested, but sugar should be avoided, especially in solution, as in tea or coffee.

Vegetable soups and fish soups, or any soups made with cream, are good. Any sort of fish may be allowed, but the coarser ones only in small quantities. Fish balls, fish cakes, soles, plaice, oysters, shrimps, prawns, crabs and fish curries, are all good, and may form the principal part of the meal with potatoes and other vegetables. Rabbits, and all kinds of game, should only be partaken of in the smallest quantities, just to finish off a meal with. Sweetbreads, and liver and bacon, all form harmless articles for variety. Salads and most vegetables are very good. All puddings made without eggs or large amounts of sugar are good. Cream in any form is good. Fruits of all kinds are permissible

unless very acid or very sweet. Biscuits, pulled bread with butter, and a tiny bit of cheese may be allowed. Bread only in small quantities. With regard to beverages, plenty of water, either as mineral waters or plain, is best. If alcohol must be taken, no doubt diluted spirits are best. Beer, except Lager (such as Spaten Beer), must be avoided; and, if wine is taken, it must be good, but diluted. Cocoa is allowable, and tea and coffee if not made strong.

There are certain articles of food, however, which a gouty person should avoid, and a list is here given. Butcher's meat, sauces, entrées, and made up dishes made with sauce, strong meat soups and extracts, cheese, eggs, salmon, mushrooms, truffles, nuts, dried fruits, preserves, pickles, omelettes, rhubarb, tomatoes, asparagus, broad beans, beer, stout, porter, cider.

RECIPES SUITABLE IN GOUT.

Anchovy Sandwiches,	Gurnet or Whiting Soup,
Apples and Tapioca,	John Dory, boiled,
" " Rice,	Lemon Sponge,
" stewed,	Lobster Cream,
Brussels Sprouts,	Macaroni Pudding,
Celery, stewed,	" and Fish,
Chicken, roast,	Meat Gravy Sippets,
" Fricassee,	Oysters,
" Cakes,	" fried,
Cocoa, Cadbury's,	" Sandwiches,
" Fry's,	" scalloped,
Cod Sounds,	Partridge, Salmis of,
Cooper & Co.'s Mineral Waters,	Pheasant, broiled,
Coralline Preparations,	Pigeon, broiled,
Custard without Eggs,	" roast,
Farola Recipes,	" " on toast,
Fillets (stuffed) of Plaice or Sole,	Pishpash,
Gooseberry Fool,	Porridge,
" Trifle,	Potatoes mashed,

Rabbit, boiled,	Sole, steamed,
„ Fricassee,	Soup maigre,
Raspberry Trifle,	Spaten Lager Beer,
Rice Pudding (ground),	Sweetbreads,
Robinson's Patent Barley or	Sweetbreads Soup,
Groats Recipes,	„ „ stewed
Salad without Eggs,	Tripe, boiled,
St. Galmier Table Waters,	„ French,
Sheep's Tongue and Brain Sauce,	„ fried in butter,
Shrimp Canapé,	Turbot, boiled,
Sole à la maitre d'hotel,	Vanilla Soufflé,
Sole au gratin,	Whiting, boiled.

CHAPTER VII.

FOOD IN CONSTIPATION AND DIARRHŒA.

Evils of Constipation—Causes of Absence of Water—Practice of taking Purgatives—Articles Suitable and Unsuitable—A Typical Diet—Diarrhœa and its Causes—Varieties of Diarrhœa—Food for Diarrhœa—Beef-tea in Diarrhœa—Chronic Diarrhœa and Dysentery—Typhlitis.

Section I.—Constipation.

CONSTIPATION is one of those disorders which result to a large extent from too sedentary habits. It is often regarded with great concern by those who are the unfortunate sufferers from it. It must, however, be borne in mind that though a regular action of the bowels is the natural process, and undoubtedly most conducive to health, yet a certain proportion of persons do not get relief so often, possibly only every third or fourth day, and yet remain in excellent health, and live as long as other people. The harmlessness or otherwise of constipation depends to a great extent upon the intestinal secretions generally. If the retained fæces are comparatively dry and free from smell when passed, they are not nearly so harmful as when semi-fluid and high-smelling. This latter condition implies fermentation, and the presence of decomposing

matter, which is so easily absorbed into the blood, and slowly poisons the patient. Hence the sallow, unhealthy aspect of patients of this class.

They are also apt to suffer from piles and varicose veins, simply as a result of the mechanical pressure of the mass. Constipation may result from persons not taking sufficient water with their food, so that the contents of the intestine are not easily propelled. This is to be combated by the free draughts of water, as mentioned in the chapter on Liver Derangements. It may be due to want of tone of the muscular fibres of the intestinal walls, or it may be produced by the action of small doses of certain poisons, notably from contamination of the drinking-water with lead. In the same class may be mentioned constipation from excessive tea-drinking. This is most likely to take place when tea is badly brewed, or has stood a long time. Tea taken on an empty stomach, as before breakfast, acts as a laxative by reason of the hot water: the more dilute the tea the more laxative its effects. Constipation occurs too in the course of other diseases, which, however, are not now under discussion. The effect of certain articles of food in producing constipation is well known. Cheese, eggs, arrowroot, milk, all have this reputation. A diet may be constipating simply from being too digestible. So much of it is absorbed into the blood that not enough remains to sufficiently stimulate the muscular apparatus of the intestine

to contract. Patients suffering from profuse perspiration may become constipated from the moisture required in the intestines being lost by the skin. For the same reason excessive exercise by inducing perspiration may indirectly cause constipation. But exercise in moderation is the best antidote for a sluggish condition of the bowels. Exercise stimulates the liver, more bile is formed and poured into the intestine, and bile, as noted elsewhere, is the natural purgative which stimulates the intestinal contractions after every meal. Perhaps, however, the most pernicious cause of intestinal troubles is the practice which now so largely obtains of amateur self-dosing. Purgative pills and purgative medicines are more largely advertised than almost anything else ; they are held up as the panacea for nearly all the ills which flesh is heir to, and large fortunes are made by their manufacturers. The practice once begun is very hard to leave off, and the sufferer finds himself compelled to increase the dose from time to time, until one hears the oft-repeated tale of poor Mr. or Mrs. So-and-So having to take six, or eight, or ten pills daily to obtain relief. Yet people will put up with all these evils rather than get a doctor to prescribe them a suitable diet, and to cure for them scientifically the cause of their indisposition. When dyspepsia is the cause, the cure of this is all that is needed ; often a suitable diet will effect a cure, but generally some medicinal treatment is also necessary to render the effect

permanent. Some articles of diet have a decided laxative effect, and should be partaken of freely, such as prunes, figs, baked onions or apples, and indeed most fruits. A juicy pear before breakfast or a baked apple at night are in great favour. Porridge for breakfast or supper is often a great help. Many people find it quite sufficient to take brown or whole-meal bread instead of ordinary bread. In it there is a much larger quantity of quite indigestible matter, which consequently increases the amount of the fæces. The laxative effect of brown bread is much increased by eating it with butter and treacle. Butter, and indeed all forms of fat, have a laxative effect, such as cream, cod-liver oil, sardines in oil. They may act mechanically or by stimulating the secretion of bile. Stewed fruits and cream form a scientific and practical remedy. All meats and meat-infusions have a laxative tendency. This is well shown in typhoid diarrhœa, which mostly ceases when beef-tea is discontinued, to return if it be renewed. Any of the numerous meat extracts may be drunk either at or between meals with advantage. Meat and meat-infusions are especially useful in cases of chronic obstruction in the bowels from cancer or simple stricture, as they leave very little residue to pass the obstruction at the same time that they stimulate the intestines to contract.

For drinks, as has been pointed out, a fairly large amount of water is necessary, but there is

no objection to this being mixed with some form of alcohol, such as whisky, brandy, etc. Beer is unobjectionable, unless the liver is at fault, or exercise is not being taken ; and the same applies to the light wines, which are not markedly astringent. Coffee has a certain laxative action, more pronounced certainly than tea. The action, however, of all articles of diet may be more or less modified by individual peculiarities, thus with some brown bread is constipating, with others milk produces diarrhœa. New bread and pastry should be avoided by all. A typical day's diet for one of constipated tendency would be:—

On rising—A glass of water, large cup of weak tea or a juicy pear.

Breakfast—Kidneys and bacon, toast, brown bread and butter, fruit, coffee with cream.

Lunch—Rabbit, potato, cabbage with butter, fruit tart with cream, water with Stower's lime juice cordial or whisky.

Afternoon—Cup of tea without food.

Dinner—Meat soup, beef, potato, vegetable marrow, sardine on toast, stewed fruit and cream, biscuits and butter, hock.

Last thing—Bottle of St. Galmier table water or Cooper's seltzer or soda, with or without alcohol.

RECIPES SUITABLE IN CONSTIPATION.

Apple Custard,
Apples in Custard,
Apple Gateau,
„ Hedgehog,
„ stewed,

Apple Snowballs,
„ and Tapioca,
Barley Cream,
Beef-tea,
„ with Oatmeal,

Beef, stewed, savoury,
 Bisque Soup,
 Bovril,
 Bran Bread and Cakes,
 Brown Bread Sandwiches,
 " " Pudding,
 Brussels Sprouts,
 Cabbage, nutritious,
 Café au lait,
 Compote of Fresh Fruit,
 Cress Sandwiches,
 Fig Mould,
 Figs, stewed,
 Frame Food Preparations,
 Gooseberry Fool,
 "Hipi" Mutton Essence,
 Hydropathic Pudding,

Liebig Co.'s Invalid Recipes,
 Oatmeal Tea,
 Oranges and Cream,
 Orange Jelly,
 Orange Sponge,
 Pears, stewed,
 Porridge,
 Prune Shape,
 Rhubarb Fool,
 Salad,
 Soup, Ox-tail,
 " Palestine,
 Stewed Fruit,
 Strawberries and Cream,
 Stuffed Onion,
 Tomatoes and Macaroni.

Section II.—Diarrhœa.

There are various forms of diarrhœa depending on such different conditions that an account of all of them would be beyond the scope of the present work. Diarrhœa may depend on excessive action of the muscular part of the intestine hurrying on the food before it is properly digested, or upon an increase in the amount of the intestinal secretions. The first is often seen when a surfeit of food is taken; the second may be the result of food which disagrees, or the result of purgative medicines. Generally both factors are present. In both the above-mentioned forms, it is as well not to interfere hurriedly, for the system is trying to get rid of matter which is harmful to it; the diarrhœa then is natural and salutary. The diarrhœa which occurs in fevers or in kidney disease is of much the same character; there it is eliminative. The intestine is aiding in the work of getting rid of the fever poison on the one hand,

and is taking on the work of the kidneys on the other. It is obvious that if this be checked, danger will result.

Then there is the diarrhœa from cold—acute gastro-intestinal catarrh. This is a very common form, and is accompanied, when severe, with much colic, flatulence, and the passage of foul-smelling stools, which soon lose their bile, and consist almost entirely of mucus. Any food which is taken is rapidly hurried through the body, with increase of flatulence and colic, if vomiting is not induced. The patient is mostly feverish, but with cold extremities, headache, dry brown tongue and thirst. Though diet may do a great deal, medicinal treatment is also necessary. A liquid food, chiefly of milk or milk and soda, in small quantities often repeated, and neither hot nor cold, will be necessary in severe cases. Or the milk may be peptonised by some process, of which that in which the peptonising agent is mixed with some farinaceous material (as in Benger's Food) seems best. If milk cannot be taken, as in some cases happens, some of the milk substitutes before mentioned must be given instead. If the patient comes early under medical treatment, the use of alcohol will in most cases not be required; but where the disease has been allowed to progress for a week or more, alcohol may be necessary to save the patient's life. Grapes may be allowed one at a time to quench thirst, or teaspoonful of cold coffee, or thin slices of lemon. As soon as the

colic has disappeared, the diarrhœa ceased, and the tongue begins to clean, the diet may be gradually worked up, still, however, adhering to the rule of "little and often". A large amount of fluid has been lost, and this must be judiciously restored. A big drink would certainly cause a return of the diarrhœa. Water is the best drink, but this may be flavoured with some fruit syrup, and given in wine-glassful doses every half-hour or so. If some plain biscuit be given with it, the chances of the diarrhœa recurring are done away with. Biscuit powder with milk is useful in all stages, and arrowroot, with or without milk, has a well-deserved reputation in the treatment of diarrhœa. All the milky and starchy foods may be flavoured with different things, such as cinnamon, nutmeg, clove, vanilla, etc., which to a certain extent help to relieve the monotony. Beef-teas and meat extracts must be avoided in all stages of the disease, for they readily decompose in the intestine, and keep up the trouble.

In working up the diet, the way must be carefully felt. At first only minute quantities must be tried. A small piece of boiled sole, with a little mashed potatoes and bread, may be given once the first day, but the patient must continue the rest of the day on milk and farinaceous diet. Next day two such meals may be allowed; the third day a wing of chicken, with some milk pudding, may form the principal meal of the day, and so on. All foods which leave a large un-

digested residue should be avoided, such as those which have been named as useful in constipation. Milk pudding, eggs, chicken and fish, with rice, mashed potato, should form the principal articles of diet. Much the same rules of diet apply to cases of peritonitis and typhlitis.

In chronic diarrhœa and chronic dysentery the medicinal treatment is most essential, but the food rules for acute diarrhœa still apply, though they need not be carried out so strictly. A very nourishing diet is needed, with a certain amount of alcohol, of which the red wines are in most favour. Food which is known to have a laxative tendency should be avoided, and artificial digestants should be freely used. Fairchild's peptonised milk, pepsine tabloids, with meat or fish, Kepler malt extracts, with farinaceous material, should be taken until the digestion has sufficiently recovered. In some cases diarrhœa is due to tuberculous ulceration in the intestine, where, though the diarrhœa may not be very acute, the rules for acute diarrhœa should be observed as much as possible, if the general condition of the patient will admit of it.

RECIPES SUITABLE IN DIARRHŒA.

Almond Custard,	Beef-tea Custard,
„ Drink,	Brandy and Egg Mixture,
„ Cake, plain,	Bread and Butter Pudding,
Alum Whey,	Broma,
Arrowroot,	Calf's Foot Jelly,
„ Pudding,	„ „ „ (Milk),
Aspic Jelly,	Caudle,
Barley Gruel,	Coralline Preparations,
„ Milk,	Cornflour Blanc-Mange,
„ Water,	„ Milk,

Custard Blanc-Mange,
 „ boiled,
 „ Pudding,
 „ without eggs,
 Devonshire Junket,
 Eggs, baked,
 „ and Brandy,
 „ Doucis,
 „ poached, with Ham,
 „ poached, without Toast,
 „ Rum, and Lemon,
 Eggs, Snow,
 „ Wine,
 Farola Blanc-Mange,
 Friar's Omelette,
 Ground Rice Blanc-Mange,
 Gruel, peptonised,
 Gruel with Robinson's Groats,
 Hominy,
 Jelly Isinglass,
 Œufs sur le plat,

Plaice, filleted (no Sauce),
 Restorative Milk,
 Rice (ground) Pudding,
 „ Milk,
 „ Pudding, boiled,
 „ Water,
 Robinson's Patent Barley or
 Groats Recipes,
 Rum and Milk,
 Sago Possett,
 Savoury Omelette,
 Semolina,
 Sole, steamed,
 Solid Tea,
 Tapioca Milk,
 „ Pudding,
 Vanilla Soufflé and Custard
 Sauce,
 Vermicelli Pudding,
 Whey.

CHAPTER VIII.

FOOD IN LIVER AND KIDNEY DISEASES.

Importance of Liver Diseases—Uses of the Liver—Symptoms of Liver Disorders—Causes of the same—Drinks—Food in Liver Disorders—Typical Diet—Bright's Disease of the Kidneys—Chronic Renal Disease—Uræmia—Diet—Fish—Food to Avoid.

Section I.—Liver Diseases.

FROM the fact that the liver contains within itself a quarter of all the blood in the body, it follows that any impairment of its functions must exercise very great influence on the rest of the body. The liver is not only concerned with the making of the bile, but it has also to do very largely with changing the peptones, as they are brought to it from the intestines and stomach by the portal vein, into forms in which they can best be distributed to the tissues. It acts also as a store-house for sugar, the fuel of the body.

In most liver derangements and diseases, it is the peptone (proteia) converting function which is of most importance. This function is easily upset. Many livery people will say that the east wind always gets at their liver. They mean that this function is impaired. Their tongues

become coated, they have a cold feeling in the stomach, their energy is gone, they suffer from headaches, and become irritable. The urine becomes highly coloured with a thick deposit of lithates in it. These lithates represent proteid material which has not been converted into useful compounds. The skin becomes dry, and the patient feels cold. Many of these symptoms also occur in indigestion, but it must be remembered that the liver after all is an organ of digestion, and when one is out of gear, the rest soon become so. When the bile, the natural antiseptic of the intestines, is deficient or absent, the food decomposes, giving off gas, and flatulence is the result. Bile is also the natural purgative, so constipation is one of the symptoms of its deficiency. Bile helps the digestion of fats; so when bile is deficient, a distaste for fat is a prominent symptom. There is no doubt but that people inherit weak or lazy livers, livers which are unequal to large amount of work, just as they inherit brains which can only do with comfort very small amounts of work. The work of the liver is the digestion of food, especially proteids (meats), so that weak livers must only be given small amounts of foods, and especially small quantities of meat. Bilious people must be small eaters or they will suffer. If they insist on eating too much, the system will now and then revolt, and reject the excess by vomiting or diarrhœa, or loss of appetite occurs, and

the patient recovers. The amount of food which the liver can deal with depends to a large extent on the kind of life a person leads. In a temperate climate, such as England, the liver can digest more meat than in India. If an Englishman in India keeps to English diet, he returns home after a few years with incurable liver disease. The same result may be brought about in England, though more slowly, by eating too much. Most people eat too much, that is, a great deal more than is necessary to enable them to work and keep in health without loss of weight. The surplus food must be got rid of somehow. In children, excess of food gives rise to fever. As Dr. Fothergill has put it, "Nature holds a bonfire," and burns up the superfluous matter. Adults may get rid of the superfluous matter by increased exercise. By exercise all the wants of the system are augmented. More fuel is consumed, and less is left to smother the furnace. Not only this, but the circulation is quickened, so that the liver is stimulated, and by the more forcible and quickened breathing, the bile is squeezed out of the liver by its being pressed between the diaphragm above and the intestines below.

The liver is much affected, as indeed are all the digestive organs, by the amount of fluid drunk. Generally it will be found that bilious people do not drink enough water. On inquiry, it is often found that patients were only taking a pint of fluid in the twenty-four hours, and that

these people are relieved directly they increased this amount by a pint or a pint and a half. The extra water is best taken while rising in the morning, about midday, and either in the middle of the afternoon or the last thing at night. A tumblerful should be taken at a time, either cold or as hot as possible. The effect of this is to wash out, so to speak, all the tissues of the noxious waste products, in much the same manner as a shower of rain flushes all the sewers of a town. If the water contains a little soda or potash, its solubility for these matters is more potent. In bad cases of liver disease, such as inflammation of the organ, the diet should consist of milk only. In some cases sour milk, five or six pints per diem, seems to work wonders in the cure of large chronically congested livers. In others, one of the patent foods, such as Benger's or Farola, made with milk seems to suit best.

In cases less acute the bilious person must avoid albuminous food as much as possible. A certain amount must be taken as necessary for the nutrition of the body, but the amount must be very small. Butcher's meat had best be avoided altogether, and its place taken entirely by fish and white meats. A little fat is permissible, for the bile, if only in small amount, must have something to do, and the presence of fat in the intestine is the natural stimulant to the formation of bile. The chief part of the diet must, however, be farinaceous. Milk puddings,

without eggs, and fruits should form the backbone of the dietary. Especially will this be the case if jaundice is present. Meat soups and infusions should be taken very sparingly. No highly flavoured or spiced dishes should be allowed, for these tempt the appetite, and help to increase the intake of food, which it is our object to diminish. Salads are harmless to those who can digest them. With regard to sugar, eminent authorities are in disagreement, some maintaining that sugar is necessary as a readily diffusible fuel food, except when the sugar-converting power of the liver is impaired, as in diabetes. Others maintain that it forms acid substances in the blood, which give rise to dyspeptic and gouty conditions. Possibly the fact that sugar is liable to ferment and form acids in the stomach may account for this. Sugar may have to be forbidden in some forms of dyspepsia, but for ordinary liver complaints it does not seem to disagree.

All articles enumerated under the head of dyspepsia as to be avoided must also be forbidden in biliousness.

For drinks, as before mentioned, a fair amount of water is essential. Tea and coffee may be taken, but must be very weak; they should be only used, in fact, to help the patient to take a little more water. All malt liquors and wines are bad; in fact, the bilious patient is best without any alcohol at all, if he can manage without it.

At most only Lager beer or weak spirits and water are allowed. Stower's lime juice cordial forms an excellent drink for these classes of patients.

A typical diet would be—

Breakfast—Fish, fruit, toast, weak tea.

Lunch—Fish, potatoes, sprouts, pulled bread, biscuits.

Dinner—Vegetable soup, chicken, cauliflower-au-gratin, milk pudding, biscuits, weak spirits and water.

Section II.—Kidney Diseases.

Acute inflammation of the kidney is termed acute Bright's disease. It occurs either from cold, from a large dose of certain poisons, or in the course of some of the acute specific fevers, as scarlet fever. The diet must be of the simplest, that is, milk and soda, or barley water. Chronic Bright's disease, or chronic renal disease, either follows acute Bright's, is the result of the prolonged action of cold, or "is the consequence of long-continued elimination of the products of faulty digestion through the kidneys". One of its symptoms is the presence of albumen in the urine, but there are also other widespread changes throughout the body, such as changes in the walls of the small arteries and in the heart.

In chronic renal disease the kidneys are unequal to their work of elimination, and consequently substances which they should eliminate

tend to accumulate in the blood, and may indeed so accumulate in sufficient quantities to poison the patient, a condition which is called urœmia. These substances are to a great extent formed from the albuminous food eaten, and it consequently becomes of great importance to avoid meat or meaty things as much as possible. Butcher's meat should be entirely absent from the diet of chronic renal patients. Except under strict dieting, chronic renal disease, as shown by the amount of albumen in the urine, is quite incurable. On a purely milk diet the albumen will often completely vanish from the urine; and, if the return to normal diet be gradually effected, it will not reappear—the disease will in fact be arrested. But patients often find it extremely difficult to manage at once a milk diet, so that it is wisest, unless the case be urgent, to adopt this diet gradually. In this way it will generally be well tolerated. If the patient is to take milk, and nothing else, he will require about five pints a day. As the albumen in the urine diminishes, various other articles of food, which are not very rich in albuminous material, may be added without harm. Generally speaking, each patient will have to find out what he may take without increasing the albumen in his urine, or bringing him nearer the urœmic condition. By the free use of water, especially of purgative mineral waters such as Carlsbad waters, he will be able to take with impunity many articles of diet which

would otherwise be impossible for him. The water flushes the kidneys, so to speak, and carries off with it many noxious substances which would otherwise be retained; and the purgative salts cause the bowels to eliminate other substances for the kidneys, which these organs in a normal state would manage easily for themselves.

Where a purely milk diet is not necessary, vegetables must form a large proportion of the invalid's food. These may be made into stews with a little meat and plenty of fat, which in kidney disease is free from objection, but beans and peas should be omitted. Hashes with a minimum of meat may also be allowed. If the digestion is good, light pastry, cakes and biscuits are permissible. Fruits of all kinds and salads are nourishing, and form a pleasant variety. Fish may be given in moderate quantities, as it contains bulk for bulk only a fourth as much albumen as meat does. Fish cakes, fish pie and fish curries may be used for the sake of variety. Soups without much meat, especially those made with cream, are good. Cheese, alcohol, butcher's meat and game are to be avoided. Fat in any form may be (see page 89) taken. Bread must be taken sparingly.

RECIPES SUITABLE IN LIVER DERANGEMENT.

Apple Snowballs,
 " and Tapioca,
 " Water,
Arrowroot,
 " Blanc-Mange,

Artichokes,
Broma,
Brussels Sprouts,
Carlsbad Mineral Waters, Salts,
etc.,

Coralline Preparations,	Panada,
Cornflour Blanc-Mange,	Porridge,
Custard without Eggs,	Potatoes, mashed,
Devonshire Junket,	„ Purée of,
Farola Recipes,	Prune shape,
Fig Mould,	Rice Milk,
Ground Rice Blanc-Mange,	Robinson's Patent Barley or
„ „ Pudding,	Groats Recipes,
Gruel, made with Robinson's	Sago Posset,
Groats,	Solid Tea,
„ peptonised,	Soup Brumoise,
Hominy,	„ Maigre,
Koumiss,	„ Victoria,
Milk Porridge,	Stewed Fruit,
„ Restorative,	Stower's Lime Juice Cordial,
Oatmeal Tea,	Tapioca Pudding.

RECIPES SUITABLE IN KIDNEY DISEASE.

Apple Cream,	Jerusalem Artichokes,
Apples and Rice,	Milk Porridge,
„ „ Tapioca,	Panada,
„ stewed,	Porridge,
Arrowroot,	Potatoes, mashed,
„ Blanc-Mange,	„ Purée of,
Barley Milk,	Prune shape,
Broma,	Restorative Milk,
Brussels Sprouts,	Rhubarb Fool,
Calf's Head,	Rice and Cream,
Cocoa, Cadbury's or Fry's,	Rice Milk,
Cod Sounds,	„ Mould,
Coralline,	Robinson's Patent Barley or
„ Preparations,	Groats Recipes,
Cornflour Blanc-Mange,	Sago Posset,
Devonshire Junket,	Salad without Egg,
Farola Recipes,	Soup, Bisque,
Fig Mould,	„ Brumoise,
German Chocolate,	„ Fish,
Gooseberry Fool,	„ Maigre,
„ Trifle,	„ Sweetbread,
Ground Rice Blanc-Mange,	„ Victoria,
„ „ Pudding,	Spiking's Malted Biscuits,
Gruel, made with Robinson's	Stewed Fruit,
Groats.	Tapioca Pudding,
Hominy,	Treacle Posset,
Hydropathic Pudding,	Velvet Cream,
Koumiss,	Whiting, boiled,
Kromesnies,	„ broiled.

CHAPTER IX.

DIABETES.

What is Diabetes?—The Glycogenic Function of the Liver—Symptoms of Diabetes—Varieties of Diabetes—Glycosuria—Causes of Glycosuria—Treatment of Diabetes—Allowed—Disallowed—Saccharine—What may be Accomplished by Dieting.

IN order to understand diabetes and its diet, it is necessary to be well acquainted with a few facts in the physiology of digestion. When sugar is eaten, or when substances of a carbohydrate or starchy nature (which are easily converted into sugar by the digestive juices) are taken, they pass after digestion into the liver. Sugar and fat form the fuel foods of the body. If all the sugar formed in the process of digestion, as well as that eaten, passed off at once into the circulation, the blood would soon become overcharged with it, and would contain a great deal more than would be wanted. In order to prevent this surcharging of the blood, the sugar on passing into the liver becomes changed into a substance termed "glycogen". Glycogen is very easily reconverted into sugar, and this is slowly but constantly taking place. Thus the blood is kept always and regularly supplied with sufficient sugar to meet the demands of the system for work or nutrition.

In diabetes this glycogenic or sugar-regulating function of the liver becomes disturbed, and instead of being stored in the liver the sugar is set free in large quantities in the blood. To prevent the fire being smothered, so to speak, the sugar is allowed to run off by the kidneys, taking with it a large quantity of water; a very large quantity, as much as 3000 grains, may thus be lost in twenty-four hours. As a result of this large loss of food-material and water, the patient suffers from starvation and thirst. The starvation gives him a tremendous appetite, but causes him to lose flesh and strength at the same time. The quantity of water which the thirst induces him to drink largely increases the amount of urine, which may rise to twelve or more pints daily. The amount of sugar passed is always greater after meals, and is greater when sugar or starchy foods are used. If these two are cut off it frequently ceases altogether, an effect which may be brought about in a few days. If the disease continues long, Bright's disease mostly sets in. Whether this is due to the irritation of the kidneys by the sugar or not, is as yet unsettled. The skin often becomes very dry and liable to eczema and other skin eruptions such as boils. The patient becomes irritable, sometimes drowsy, and towards the end may get comatose. Cataract is a common complication. The diabetic mostly emaciates rapidly, the fat is all absorbed and the muscles shrink, and gangrene of the

extremities may occur. In a large proportion of cases phthisis sets in, and rapidly carries the patient off.

In some cases the disease runs a very acute course, and kills the patient within a month ; on the other hand, a patient may live for years with the disease. Speaking roughly, the older the patient is, the more likely he is to recover. Young patients, *i.e.*, under twenty-one, hardly ever get well, and mostly die within a year. Some patients get much better under treatment without getting quite well. Of course, any improvement is a gain, and will help the patient to go on longer.

The passing of sugar by the kidneys is not always synonymous with diabetes. Some people can normally, or from age, only digest a certain amount of sugar. If more than this amount be taken, the excess runs off by the kidneys. Such a condition is known as glycosuria. It occurs in dyspepsia, especially in gouty dyspepsia, and also in certain forms of apoplexy. Gouty people often habitually pass small quantities of sugar without seeming to suffer in any way, and without any symptoms of diabetes or starvation. The treatment of these cases, however, is the treatment of the conditions on which they depend. In treating diabetes each case has to be studied by the medical man both before and during treatment. No two cases are alike. Some can take one article of diet without increasing the

sugar passed, which another apparently similar case could not take with impunity. The first essential to success is the hearty co-operation of the patient, without which, treatment is of very little avail. If the patient will be content to carry out loyally all the instructions given, and to avoid all forbidden articles, his case may generally be treated with some prospect of success. The patient should keep a book in which the following are recorded daily: the amount of urine passed; the daily amount of sugar; his weight; and the diet allowed. Nothing should be eaten which is not written by the doctor in his diet column. The difficulty in dieting a bad case is to give enough digestible food to nourish the body and meet the excessive waste. Certain exceptions do not invalidate the rule, that for the majority of diabetics all farinaceous, starchy, sugary (*i.e.*, carbohydrate) food must be cut off, and the patient must live entirely on albuminous and fatty food. Some cases are cured by an exclusively milk diet. Milk is a disputed item, some authorities allowing it with diabetic diet, others forbidding it on account of its containing milk sugar. Theoretically, of course, it should be omitted, but it is often found necessary to relax the strictness of the diet in the matter of milk and bread in order to make it tolerable. Two small slices of well-toasted bread per diem make all the difference to a patient who is otherwise entirely cut off from it. In giving the fatty

and albuminous diet, regard must be had to the kidneys that the onset of Bright's disease is not hastened by too much meat. With this view the patient is often ordered to drink fairly large quantities of an alkaline mineral water, especially if he be at all of a gouty tendency.

Though each case may be allowed some latitude, according to the effect which such latitude has on the amount of sugar passed, the following is a list of articles of diet which a diabetic as a rule may not eat :—

MAY NOT EAT

Sugar or sweets in any form; wheaten bread or ordinary biscuits of any kind; rice, arrowroot, sago, tapioca, macaroni, vermicelli, potatoes, carrots, parsnips, beet-root, peas or Spanish onions; pastry or puddings of any kind; fruits, fresh or preserved; liver, oysters, mussels, crabs or lobsters.

On the other hand, the things which are allowed are as follows :—

MAY EAT

Butcher's meat of all kinds; ham, bacon and other preserved meats; poultry, game, fish of all kinds; animal soups not thickened; eggs, cheese, cream cheese, cream butter, almond, pan or gluten cakes; greens, spinach, turnip tops, watercresses, mushrooms, salads, celery, animal jellies, aspic, caviare, asparagus, nuts.

The following are allowed in small quantities only :—

Turnips, French beans, Brussels sprouts, cabbage, cauliflower, broccoli, sea-kale, vegetable marrow, pickles, olives, cream blanc-mange.

The patient may not drink

Any malt liquors, porter, ale, stout or cider; sweet or sparkling wines; liqueurs; sweet lemonade; cocoa or chocolate; port, rum or sweetened spirits.

He may be allowed to drink

Tea, coffee, cocoa from nibs, dry sherry, claret or hock, dry Sauterne, Chablis, Burgundy, brandy and spirits unsweetened, soda water, and any alkaline table water.

In every case, the cook must be closely watched to see that none of the forbidden articles creep in. Thus she must not use any flour or starchy material for thickening soups, or melted butter in cooking fish. Bread and flour must be replaced by gluten bread, bran cakes or almond flour. There are several firms in London, as Bonthron, Callard, and Van Abbott, who make it their business to supply the greatest possible variety for the diabetic, and many of their preparations are very palatable; glycerine sponge cakes, for instance, are very nice for afternoon tea.¹ The Diabetic Gluten and Almond Biscuits made by Messrs. Callard & Co. have also been highly spoken of by reliable authorities. They contain no adulterant or impurities, are free from sugar, and practically free from starch. People

Dr. Pavy, the eminent authority on diabetes, says, in his great work (p. 245), that "Mr. Bonthron's Gluten Bread is far more eatable than anything of the kind I have ever yet met with. The bread is moist and will keep good for about ten days. It serves to increase the variety at the command of the diabetic; and, independently of this, possesses the advantages of presenting an approach to the condition of ordinary bread."

often insist upon having the sweet taste of sugar in spite of its being harmful for them. This may be given to a great extent by the use of glycerine, or of saccharine tabloids. Saccharine, as a rule, agrees well, and by many persons cannot be distinguished in tea or coffee from sugar. It has been known, however, to cause a permanent sweet taste in the mouth which soon became distasteful from its monotony.

It is not often doctors are able to keep strictly to the diet here detailed. No doubt some patients have suffered more from the diet than from the disease. It is only by a careful study of each case, and watching closely the effect which each alteration in diet has on the daily amount of sugar passed, that each case can be pleasantly and safely carried to a successful ending. As before mentioned, many cases can be thus cured, most are greatly relieved, while a few unfortunately die very rapidly.

RECIPES SUITABLE IN DIABETES.

Almond Cake, plain,	Chicken Broth,
„ Custard,	„ Custards,
„ Soup,	Cod Sounds,
Almonds, Persian,	Cutlets à la Talleyrand,
Alum Whey,	Eggs, poached,
Anchovy Toast,	Fillets of Plaice, stuffed,
Asparagus,	French Beans,
Aspic Jelly,	“G.B.” Diabetes Whisky,
Beef, stewed, savoury,	Gluten Omelette,
Blanquette de Veau,	„ Pancake,
Bonthron's Preparations,	Gurnet, boiled, and Sauce
Bran Cakes, Dr. Pavy's,	piquante,
„ Dr. Camplin's,	Imperial Drink,
Bran Bread,	Lobster Cream,
Callard's Preparations,	Mutton Chop à la Maitre d'Hôtel,

Partridge, Salmis of,
Pigeon, roast,
Poulette Sauce,
Purée of Spinach,
Rabbit, stewed,
Red Mullet, baked,
Salad,
Salmon, boiled, à la Tartare and
Tartare Sauce,
Savoury Omelette, Nos. 1 and 2,
Sea-kale and French Melted
Butter,
Sole à la Maitre d'Hôtel,
„ au graten,
„ fried,
Soup Bisque.

Soup Fish,
„ Oxtail,
„ Palestine,
„ Spring,
„ Sweetbread,
Spanish Steaks,
Spinach,
Stuffed Vegetable Marrow,
Sweetbreads, larded,
Trout à l'aurore and Tomato
Sauce,
Turbot, grilled, and Matelôt
Sauce,
Whitings à l'Horly.
Wild Fowl, roast.

CHAPTER X.

TUBERCLE AND CONSUMPTION.

Tuberculosis—Causes of Varieties of—Symptoms of—Phthisis and Consumption—Pre-disposing Causes—Prevention of—Food in Tuberculosis—Fat Diet—Drinks.

By the term tuberculosis is now meant all the various diseases which used to be designated by the terms scrofulous diseases, phthisis, consumption of glands, strumous disease of bones, etc. It is only during the last few years that these diseases have been found out to be due to the same conditions, and that the same germ, the tubercle bacillus, has been found present in all of them. It is not yet known what causes the bacillus to grow in the lungs of one person, or in the bones or glands of another. It is certain, however, that there are two factors concerned in the production of these diseases, one the presence of the bacillus, but perhaps the more important one is the fact that the tissues must be first weakened or modified in some way to form a suitable soil for the germ to grow in. In nearly all cases of these diseases, it will be found that the soil (the tissues) has been prepared for the growth of the germ either by inheritance or by a period of indefinite ill-health, dyspepsia, influenza, or by

some of the many causes which depress vitality, such as overwork, bad air, want of exercise, etc. It follows then that prevention is better than cure, and easier. Prevention can to a great extent be managed by means of a suitable diet, and a suitable diet should be especially indulged in youth and childhood for those belonging to families with a consumptive tendency, or as it would be expressed scientifically, families which have a tendency to form good soil for the tubercle bacillus. The general health in tuberculosis is greatly influenced by the special site which the bacillus chooses for its growth; for instance, in disease of the lymphatic glands in the neck, until abscess forms, the temperature is not usually affected, and except for the painless swelling the patient does not suffer any inconvenience. When a joint is affected, as in the common "white swelling," or strumous joint, the patient suffers from limited movement, and after a short time from pain and startings at night; then abscess forms. If the brain is affected, death from meningitis, or inflammation of the brain, in nearly all cases follows. If the intestines are the seat of the disease, ulcers form in it, troublesome diarrhoea is set up, bleeding may take place from their surface, and the pain from colic is often great. It is, however, in the lungs that it is best known as phthisis or consumption. When the disease attacks the lungs a mass is formed, which, unless the disease is arrested, must

break down and come away with the expectoration. When this happens, a cavity or space is left where the diseased tissue was, and this cavity, besides forming some expectoration itself, becomes a receptacle where expectoration from other parts collects and decomposes. Some of this decomposing matter becomes absorbed into the blood, the health of the patient suffers, and thus the disease obtains a firmer and firmer hold upon the individual. In the course of the disease other symptoms appear, such as profuse sweating at night, high temperature, blood spitting, formation of matter in the chest, loss of flesh, diarrhœa, etc., etc. Seeing then how very severe the disease may be if left alone, every effort should be made with diet to keep up the patient's strength as much as possible. Unfortunately, however, when once the disease has become established, the organs of digestion are generally found to be out of order, and suitable medicines must be first administered, and means taken to get them first into a fairly healthy condition. When this has been done, as much nourishing food as possible must be administered. If the digestive organs are still weak, the food must be pre-digested, or given in the form of some of the very many patent foods.

Loss of flesh is one of the prominent symptoms of phthisis, owing partly to the chronic fever which causes the body to burn away quicker than in health; this must be met consequently with a

larger supply of nutriment than would be required by a patient not suffering from chronic fever. In the diet should be included representatives of all the classes of foods, for all the tissues are wasting and require renewal. It has been found both theoretically and practically that fat is most important and useful, not only in the fever stages of phthisis, and other forms of tuberculosis, but also as a means of warding off the disease altogether. It is for this reason that that celebrated drug cod-liver oil is frequently given. It seems to act not only as a food, but to have some tonic influence on the system generally. When it disagrees, it as often as not depends on the digestive organs being out of order, and not being properly prepared to receive the oil. There are, however, many devices by which patients are enabled to take oil without disagreement, and when this can be effected, a great step has been gained towards recovery. It must be acknowledged, however, that in spite of all the different means which medical men adopt, a certain number of persons are unable to tolerate it, and then diet, always important, becomes doubly so. Fat must be made palatable somehow, and must be given in quantity; this is the essential point in dieting the tuberculosis. There are a large number of articles of food which are of use as consisting of or containing more or less fat. Milk and cream, the yolk of eggs, sardines, from the oil in which they are preserved, bacon in any form, fried or

boiled and eaten cold. Bread soaked in liquid bacon fat, and eaten with pepper or mustard, makes an excellent substitute for cod-liver oil, as also does mutton suet chopped fine and boiled with milk. Butter, too, may be eaten in large quantities. Biscuits and butter, sandwiches, with the bread cut thin and the butter thick, with a little potted meat, or a lump of butter may be added to the helping of milk pudding and well mixed with it. Dripping is another excellent form of fat, and children mostly take to it kindly. Marrow consists almost entirely of fat. Cocoa contains a large amount of fat. In the summer, sandwiches made of mustard and cress, or lettuce, form a pleasant variety. With children a little extra fat may be got in by giving toffee or chocolate creams after meals. Toffee, of course, contains a large proportion of butter; in the form of Russian toffee, cream is used instead of butter. These sweets given after meals do no harm; it is the constant feeding on these articles between meals which destroys appetite and upsets the digestion.

Besides fat, meat and farinaceous material must be supplied. Both these should be in a digestible and easily assimilable form. Meat should be in the form of game, chicken, small birds; it should be well cooked, and should not be cooked more than once. Meat in some form or other is essential to prevent constipation due to the milk diet and inefficient exercise, as well as to restore the

waste of the albuminous tissue. When meat cannot be taken in a solid form, the various meat juices or powdered dried meat can be used. The various meat extracts, though very useful, can hardly be used as meat substitutes; they have, however, anti-constipation properties. Farinaceous material, too, can be given in a variety of forms, but will agree best in one of those forms where an artificial digestant has been mixed with it. Frame Food Extract is the pure nourishment extracted from wheat bran, and according to the analyses by *The Hospital*, and other medical journals, contains over 10 per cent. of wheat phosphates. It is therefore a good vegetable substitute for extract of meat in gravies, soups, etc. Bread can be made from Frame Food Flour, which contains the nutritious properties of whole meal without the less digestible constituents of the latter. The extract can be introduced into all kinds of farinaceous foods, coffee, cocoa, etc.

Drinks often form a difficult question, but if the patient can take milk and seltzer water or weak beef-tea with his meals, there is very little need for anything else. Various fruit syrups and soda water, though having a very low food value, are frequently easily taken. Alcohol is best taken only by medical advice. Wine is best taken diluted at meals, or at first the thirst should be quenched with the wine diluted, and then a glass of the undiluted wine may be taken. Brandy

may be useful in the egg, milk and brandy mixture to aid the digestion of the milk, or a teaspoonful may be added to 4 oz. each of cream and hot water. Egg and sherry is a favourite form of nourishment between meals.

RECIPES SUITABLE IN PULMONARY PHTHISIS AND
TUBERCULOSIS.

Anchovy Sandwiches,	Mutton Pie,
Angels on Horseback,	„ Broth and Parsley
Bovril,	Sauce,
Bread and Butter Pudding,	Œufs sur le plat,
Brown Bread Pudding and	Oysters, devilled,
German Sauce,	„ fried in butter,
Brown Bread Sandwiches,	Pigeon, broiled,
Brussels Sprouts,	Pois, les, de France,
Café au lait,	Potato Croquettes,
Caudle White,	Potatoes, mashed,
Celery, stewed,	Rhubarb Fool,
Chicken, Réchauffé of,	Rice Milk,
Cocoa,	„ Mould,
Coffee Custard,	Robinson's Patent Barley or
Cornflour Sauce,	Groats Recipes,
Eggs and Bacon,	Sago Posset,
„ baked,	Scalloped Fish,
Egg, poached with grated Ham,	Scones,
Farola Recipes,	Semolina Pudding and Arrow-
Frame Food Recipes,	root Sauce,
Friars Omelette,	Semolina and Marmalade,
Game Panada,	Shrimp Canapé,
Genoese Cake,	Spiking's Malted Bread and
German Chocolate,	Biscuits,
Gooseberry Fool,	Stewed Fruit,
Ham or Beef Toast,	Strengthening Jelly,
“Hipi” Mutton Essence,	Stuffed Onion,
Invalid Pudding,	Swinborne's Isinglass Recipes,
Kedgerée,	Tapioca Jelly,
Koumiss,	„ Milk,
Jerusalem Artichokes,	„ Pudding,
Liebig Co.'s Invalid Recipes,	Tomato and Macaroni,
Light Pudding, boiled,	Vanilla Soufflé and Custard
Luncheon Cake,	Sauce,
Meat Gravy Sippets,	Velvet Cream,
Mutton Cutlets,	Wine Sauce.

CHAPTER XI.

CORPULENCE.

Fat in the Body—Uses of Fat—Causes of Corpulency—Complications of Obesity—Importance of Medical Supervision in Reducing Obesity—How to Reduce Obesity—Excess of Food—How to Reduce Amount of Food Safely—Drinks.

ABOUT one-twentieth of the body weight of a normal individual consists entirely of fat. Fat is one of the so-called connective tissues ; that is, its chief use is to connect and support other organs. The socket in the skull in which the eye is placed is lined with fat. The abdomen is lined more or less with fat ; the kidney is imbedded in a mass of fat. Besides this connecting use, it is also of great use in keeping up the natural heat of the body. Being a bad conductor, it prevents the body losing heat in the same way that a blanket does. For this purpose we find it present everywhere under the skin of the body, and the intestines are still further protected by a thick layer of fat contained in the omentum. Fat, too, is essential for the heat of the body in another way. It is, so to speak, some of the fuel which keeps the body furnace going ; excess of food becomes stored up as fat, to be used as it is wanted. In a normal healthy way this is kept within reasonable

bounds, but in certain abnormal or diseased conditions this takes place to excess, and renders the individual unsightly, and by withdrawing him more and more from active pursuits gradually injures his health, so that if not at first actually the subject of disease he certainly later on becomes so. Not only is he prevented from riding, tennis, shooting, etc., and other forms of outdoor exercise, but even walking itself becomes almost too much exertion. Owing to the great weight of fat deposited on or in the abdomen, the patient suffers from more or less backache from the overstraining of the back muscles to keep the body erect. Fat becomes deposited around and in the heart muscle, and the patient consequently suffers from palpitation and breathlessness even on very moderate exertion. As the result of diminished exercise, he begins to suffer from constipation with all its attendant evils, such as piles, varicose veins, etc. The digestion begins to suffer, the breath becomes bad smelling, pain and flatulence after meals set in.

The absorption of decomposing substances in the intestine takes place, and the patient becomes chronically poisoned by his own secretions. Fat people sweat profusely, and perspiration being acid irritates the skin, causing painful chafing where the folds overlap. They soon become liable to gout and rheumatism, but especially also to chronic congestions or catarrhs of various sorts, such as chronic bronchitis, chronic congested

throat, chronic intestinal catarrh. The bronchitis from a little extra chill may become acute, or pneumonia occur, and carry off the patient. For owing to their weakened heart and strength generally, their powers of resistance to disease are greatly diminished. It becomes, then, of great importance to reduce, if possible, the amount of obesity within reasonable limits, and from time to time different systems have been advocated by different doctors. Most of them have, however, been so objectionable in their details, such, for instance, as living on meat and hot water only, that they have become abandoned, and a more scientific and pleasant plan is now in use.

Obesity is, undoubtedly, an error of nutrition, that is to say, the fat which is deposited in the connective tissue of the body should go elsewhere. The aim of all treatment should be directed to improving nutrition. In this, drugs take quite a secondary place, not that they can altogether be dispensed with, but there are no drugs which act by reducing fat directly. There are many "fat" quacks who reduce fat by very free purging. This acts by hurrying the food through the body without allowing it time to be properly digested. Thus the patient is starved, and suffers accordingly. Others administer a course of acids or vinegar, which undoubtedly reduce obesity, but at the expense of injury to the digestion, by causing a chronic catarrh.

Fatness, as caused by errors of nutrition, is

seen in anæmic girls, who grow fat for want of iron in their blood. The food taken is not properly oxidised, and is therefore deposited in the body instead of being burnt up in it. Fat is often also the result of gout, though it may also be the cause of it. Many fat people are found to have gouty kidneys, a point of great importance to know before commencing a line of treatment for obesity. Many rheumatics are fat, and may consequently suffer also from heart disease. Rheumatism, we know, is a result of perverted nutrition. It is thus seen that, quite independently of the diet, there are many factors of great importance to be considered before the reduction of corpulence is undertaken. Most fat people have at some time or other undertaken, either by the advice of quacks or on their own account, some plan for reducing their weight. In nearly every case it has as often been given up, either because of its non-success, or because it has at the same time so reduced the vital powers that life became burdensome, and their corpulency more tolerable. It should never be attempted except under the supervision of a medical man, who either has, or is willing to, study the subject, if only for the reason that not one patient ever carries out properly rules which he has made for himself.

The first consideration which presents itself is, what is fat formed from? Though it cannot be absolutely proved, it is now generally accepted as a fact that fat may be formed from any of the

three classes of foodstuffs, *viz.*, proteids, carbohydrates or fats, but that it is principally formed from the carbohydrates and fats. It is by reducing the amount of these that obesity can be with certainty reduced. In treating a case of obesity, doctors draw up a diet table for each patient, in which, while allowing a certain amount of carbohydrate (starchy or farinaceous material) and fat, so as not to make too monotonous or repulsive a diet, yet so limiting the proportion of them to the albuminous constituents that the system must draw on the reserve fat stored up in the body to maintain its normal temperature. By regulating the amount of exercise, too, within safe bounds for the individual, a still further call is made on this excessive reserve. Thus a stone in weight may be safely and comfortably lost within a month. In some cases the process is aided by Turkish baths, massage, etc. There can be no doubt, however, that the tendency to form excess of fat is often inherited. Some families are all very thin, and nothing can make them fat. In other families, all are fat. Some get fat on one kind of diet; some on another. It is obvious, therefore, some can turn one kind of food into fat; some another. Doctors have to study each case on its merits.

Undoubtedly, some fat people are small eaters, but putting these exceptions aside, there can be no doubt that obesity results in the main from food being eaten in excess of the body require-

ments. Most people eat more than is necessary ; and, when plenty of exercise is taken, they probably do so without any harm resulting. Few people think or care to diminish their food supply, because they have been obliged to diminish their exercise. On this subject of exercise Dr Burney Yeo has written very pithily : "The frequent occurrence of obesity about and after middle age points to another very important consideration, *viz.*, that the need of food naturally diminishes with advancing years, just as the capacities for digesting and assimilating and duly utilising food diminish also. Ignorance or insufficient recognition of this fact is the chief reason why it is so difficult to deal successfully with many of these cases. It is difficult to make a man of forty understand that he cannot properly utilise and adequately dispose of as much food as he used to when thirty, or a man of fifty, as much as when he was forty ; so that a diet which would not be in any way excessive at the former age becomes distinctly excessive and provocative of corpulence at the latter. Even some physicians have overlooked this important point in estimating the *average* diet needed by corpulent persons at and beyond middle age. It is an error to apply the ordinary *average* ration, especially to persons of sedentary habits and occupation, at, approaching, or beyond middle age. With advancing age there should be a diminution in the average amount of food taken. It cannot be too clearly

understood that it is to the neglect of this consideration that so many instances of undue corpulency are attributable in advancing life. The capacity for muscular exertion is also lessened, and there is no longer either the disposition or ability to engage in those active physical exercises which in the earlier years dispose of much of the surplus food supply, as has already been explained."

One must be careful, however, not to go to the other extreme of not eating enough; hence the importance of medical supervision. As a rule, a sense of repletion is felt when a person has eaten sufficient, and this mostly occurs after a good helping of one course at meals. People, however, are accustomed to circumvent the natural means of avoiding excess by having several—often a great many—courses. They also frequently take food between their meals. The first principle in reducing obesity is to restrict the number of meals to three, and to avoid entirely eating between meals. By an interval of four or five hours between each meal the stomach is given a rest, which enables it to tackle the next meal in a better way than if it still contains some food and has had no proper rest. In this way digestion is more complete, and the food has less tendency to be deposited as fat.

In reducing the number of courses, one must note which contains more of fat-producing materials. Puddings are nearly all more or less

combinations of fat, as butter or milk, with some form of farinaceous material. Puddings, therefore, are from the first condemned. Another combination with which meals are often completed, *viz.*, biscuits and butter, must be eliminated. Bread, and bread and butter, must also go. Bread, however, cannot be altogether dispensed with, so one or two small slices are often allowed in the twenty-four hours, but they must be toasted not only on the surface but quite through. Thus its fat-forming tendency is reduced to a minimum. Sugar, being a carbohydrate, must be given up. If sugar does not directly form fat, it does so indirectly, by being burnt up for fuel in the body, and so allowing more fat to be deposited. Tea and coffee are harmless, if well made, and taken without milk or sugar. If a sweet taste is necessary, it can be obtained by the use of saccharine tabloids, which are harmless, and now much used in the treatment of diabetes. Of all drinks, however, beer is to be most avoided; one has only to think of brewers' draymen, who drink plenty, to be convinced of this fact. No beer or malt liquors of any kind, and no sweet wines are permissible. From those articles which have just been mentioned as condemned, it is obvious that the diet must consist mostly of meat and green vegetables. As before remarked, excess of meat tends to gout, and the production of the gout poisons and uric acid in the blood, so gouty

persons must be careful. The uric acid being very insoluble would accumulate in the system. This, however, is to a great extent avoided: first, by not keeping up the strict diet for more than a month, and commencing to relax at the end of that time. The loss of weight is commenced, and is kept going with less trouble; the ball is started rolling down the hill, so to speak. Secondly, an increase is made in the amount of fluid taken. Cutting down the water may make some people thin, but very few; increasing the fluid does not make them fat. A fair amount of fluid is necessary to healthy nutrition; an excess of fluid flushes the tissues, especially the kidneys, and carries off and dissolves the harmful products that may be occasioned by the increased consumption of meat. The water may be taken hot or cold, as weak tea, as ærated water, with, or without whisky, as hock, still Moselle, or light claret, with or without alkaline ærated water. The elimination of the waste products is further helped by judicious exercise: so much walking distance for so much weight, increased so much or diminished so much, according to the effect produced.

Though increased consumption of meat and diminished consumption of farinaceous material are necessary, still all classes of food stuffs must be represented in the diet, or the health would suffer. Hence, the diet entails a good deal of thought. The regime should not be too severe,

or the health would suffer: this would be an indication for relaxing it. At first meat and fish, with a little dry toast or gluten bread, will only be allowed for breakfast. For lunch and dinner fish, meat, certain vegetables, fruits, nuts, salads, mushrooms, etc.

The above is obviously much more pleasant than the method of Dr. Banting, which was at one time in great favour. He absolutely excluded farinaceous, sugary and fatty articles from the diet, and he also cut down the amount of fluid taken. Thus, there was not so much variety, and the patient was only allowed half the amount of fluid necessary to keep him in health under this diet. Nor, indeed, was the amount of meat he allowed enough.

CHAPTER XII.

FOOD FOR CHILDREN.

Scientific Feeding Essential—Food for First Year—Artificial Feeding of Infants—Cow's Milk and Mother's Milk Compared—Symptoms of Food Disagreeing—Quantity of Food at Different Periods—Pre-digested Foods—Uses of—Humanised Milk—Biedeit's Cream Mixture—Condensed Milk—Overfeeding—Disorders Resulting from Errors in Diet—Rickets—Causes and Treatment.

THERE can be no doubt but that the public do not sufficiently realise the great importance of Infant Feeding. The constitution of the individual through life depends more than anything on whether one is properly or improperly dieted in infancy. This is as true of those of healthy parentage as of those who inherit some morbid tendency. The children of consumptive parents may very often, by scientific feeding and care, escape altogether an attack of tubercle, to which, under unsuitable feeding and conditions, they must inevitably succumb. While the organs are being made, good stuff must be supplied, and not only good, but suitable stuff, else the organs will be faulty, and the individual will be worsted in the struggle for existence. Yet, notwithstanding the fact that medical men have for years been

proclaiming the fact, how often is it found that the diet is left to the nurse? The mother, in ignorance, takes the advice of each friend in turn, or trusts implicitly in the nurse. Certainly, the Chinese method of paying the doctor to keep one well, and stopping his pay when one is ill, might be adopted with advantage in the matter of children. There is no doubt whatever that the great majority of infantile disorders result directly or indirectly from wrong feeding. Parents might save their long doctor's bills for illness, to say nothing of the anxiety which illness causes them, if only they would have their children's diets arranged by a medical man.

To commence at the beginning, if the mother is healthy, and the child thrives on it, the breast milk is the proper and correct food for the first nine months of life at any rate. For the first twenty-four hours there is no hurry about putting the child to the breast. The child will not starve, and even if it is put to the breast, it is very doubtful if it gets anything of any value as food. The first fluid which forms in the breast acts as a purgative, and clears out of the intestine the meconium, or rubbish so to speak, which had accumulated there in the process of development. The child gets during the first month about half to three-quarters of a pint in twenty-four hours. In the second month it gets about a pint, and this amount gradually increases until by the end of the sixth month it gets about two pints daily.

These data are guides, to a certain extent, in artificial feeding.

For many reasons, such as impaired health, the milk not agreeing, or the death of the mother, the infant is not able to take the breast, and must therefore be brought up by hand. In artificial feeding, the object is to imitate as far as possible the composition of human milk. This is Nature's guide, and consequently the safest to adopt. It cannot be denied that many children seem to thrive and do well on mixtures which would be expected to disagree entirely, but there is no doubt that they pay the penalty for it in after years, if they escape for the time being. In artificial feeding, the finding of an appropriate food is to a great extent not only a matter of thought and study of each case by a medical man, but is also to a great extent a matter of expense. Many of the diets require time and patience to prepare, and contain such large quantities of cream, or other expensive things, that they are quite beyond the reach of the poor. Cow's milk forms the basis of most artificial diets. It differs from human milk in several important particulars:—

- (1) It contains more albumen, fat and salts.
- (2) It contains less sugar.
- (3) The curds are larger, harder and less digestible.

It is obvious that the first difficulty can be overcome by diluting the cow's milk with water, and the second by adding some sugar. But the

third one remains, and the large, hard curds are formed just the same, even when the dilution has been performed. As a rule, these hard curds disagree with the child, causing flatulence, pain, diarrhœa. Human milk does not form curds, but the casein, when separated by an acid, makes a fine granular precipitate which is easily digested. This difficulty is overcome in one way by boiling the milk, and allowing it to cool to the required temperature. This temperature should be between 98° and 100° F. for the first year of life.

To commence with, a quarter of a pint of milk, with twice its volume of water, and some sugar and a little cream, will be best. Thus:—

I.

Milk	5 oz.
Water	10 oz.
Cream	.	.	.	$\frac{1}{2}$ to	1 oz.
Sugar	.	.	.		2 dr.

is a very good formula. For poor people the cream may be omitted. This is to be given in one and a half ounce doses every two hours during the day, but allowing a four hours' rest at night.

Even in children with whom this mixture agrees, a certain amount of curd is to be found in the stools, but a sharp look out should be kept for any signs of increase; and, if a medical man is in attendance, these should be kept for his inspection.

When the food agrees, the motions are healthy in appearance; if they are unhealthy, some medicine, or alteration in diet, is necessary.

After the first month, or possibly before, the amount of milk may be increased gradually to ten ounces, the rest of the formula remaining the same.

At two months, the milk may be still further increased to fifteen ounces. From four to six months, the milk may be still further increased to a pint or a pint and a half. The intervals between feeding may be lengthened, and from four to six ounces may be given at a time.

After six months, the water must be dropped altogether from the formula, and pure milk take its place. If this agrees, some of the many farinaceous foods now in the market may be added with advantage. The formula for children from six to twelve months then becomes :—

II.

Milk	.	.	.	20-30 oz.
Cream	.	.	.	1-2 oz.
Farinaceous food	
Sugar	.	.	.	2-3 oz.

Such should be the diet for the first year of life, if all goes well. That something is wrong with the diet may be known by the child being dull and irritable or crying, by flatulence, vomiting, constipation, diarrhœa, convulsions, the presence

of a large amount of curd in, or some other abnormality in the colour, consistency or odour of the motions. One thing should be borne in mind—*viz.*, that nothing but harm to the child can result if any symptoms of indigestion or disagreement are allowed to persist. No good can result from soothing powders or purgings administered blindly by ignorant people. Children, as a rule, require very little medicine: their health can be best retained or restored by suitable alterations of diet.

It often happens, however, that children are too weakly from the first, or become so from unsuitable diet, to be able to thrive on food as detailed above. Their stomachs are too feeble to digest it. When this is considered to be the case the food must be partially or wholly digested before being given to them. There are a great many ways of doing this by artificial digestants, which are mentioned elsewhere. The point to remember with all these digestants, and foods containing them, is, that *their use is to so strengthen the child that it may be able to digest food for itself.* If a child is brought up too exclusively on an artificially digested food, it will not develop a digestion of its own, it will become more or less dependent on the artificial substitute. It is best, then, not to keep the infant long on the digested diet, but, as it improves, to substitute an undigested meal for one of the digested ones, and gradually increase the former until the two are

taken alternately. This is the scientific use of artificial digestants, which, in weakly infants, is attended by the best results. There are various digestants sold, most of which are good. Burroughs, Wellcome & Co.'s Zymine peptonising tubes, Fairchild's powders, may be mentioned as very much in use.

There are, however, several non-digested infant mixtures which are frequently of great use. One of the very best is the so-called humanised milk which has the following formula :—

III. *For two pints.*

Good cream	.	.	.	7 $\frac{1}{2}$ oz.
Milk	.	.	.	5 oz.
Water	.	.	.	25 oz.
Milk sugar	.	.	.	2 oz.

Boil the above for three minutes, and when cool add two and a half ounces of lime water.

In this mixture the amount of curd is small, and is further reduced by the boiling. Following on the same line is Biedeit's cream mixture, which has no milk at all. Thus :—

IV.

Cream	.	.	.	4 oz.
Warm water	.	.	.	12 oz.
Milk sugar	.	.	.	$\frac{1}{2}$ oz.

If this agrees, milk may be gradually added, carefully watching the effect. Condensed milk may

at times be useful. It should be diluted in the proportion of one heaped-up teaspoonful to six tablespoonfuls of water, and a little cream added. It is a good and cheap way of feeding, will be found most useful for poor people, and the addition of cream is not essential.

It may sometimes be found that the addition of lime water to milk, in the proportion of three or four ounces to ten ounces, will be sufficient to overcome any difficulties of digestion. It allows the curd to form more slowly and finely.

Other foods may also be tried, such as Allen & Hanbury's No. 1, No. 2, or No. 3 foods, or Loefflund's Kinder-milch, or Burroughs, Wellcome & Co.'s peptonised preparations.

Overfeeding is, however, the chief danger to which all children are subjected, and the cause to which most of the woes from which they suffer are due. Children frequently get a long course of dosing with a whole pharmacopœia of remedies for colic and diarrhœa, which would be at once relieved by lessening the amount of their food. Dr. Fothergill wrote: "In the feeding of infants a great matter is to hit the happy medium betwixt too much and too little. The results of 'overfeeding' as of 'underfeeding' are much the same; there is imperfect nutrition in each case." Dr. Burney Yeo writes about the quantity: "It must, of course, vary with the age and appetite of the child, and it must be remembered, too, that too frequent feeding is liable to set up

gastro-intestinal catarrh. A good practical rule is to let the infant take as much or as little as it likes, *provided it thrives*.

The disorders which result from errors in diet in young children are divided by Dr. Cheadle into two classes :—

1. Those produced by irritation of the alimentary canal by decomposing or indigestible articles of food.

2. Those arising from defective nutrition, from want of sufficient food, or more often from a deficiency, not in the gross amount of food, but in certain elements of the food—a defect of quality rather than quantity.

To the first class belong dyspepsia, constipation, diarrhœa, etc. ; to the second anæmia, atrophy, scurvy, rickets. The second class may occur as a direct result of the first, or they may appear from the above causes in children whose digestion seems to be perfect. Very few children grow up without suffering some time or other from some form of dyspepsia, even when the food agrees as a rule. Hand-fed children, as would be expected, suffer much more frequently than breast-fed. Indeed, it has been calculated that three-fourths of the deaths among infants occur in the hand-fed ones. A mother may easily cause dyspepsia in the infant at her breast by some indiscretion of diet on her part ; but, if the mother is in good health, the child's digestion will, except from the above cause, be good.

When a child is weaned, the most important point to attend to is to see that the cow's milk given is boiled, and that the water given with it is boiled. Thus, not only is the formation of large curds prevented, but any putrefactive germs which there may be in either are destroyed. The milk, too, should be well diluted at first, as, for instance, in the proportion of one to three. As this agrees, the proportion of milk may be increased.

If farinaceous foods are used, these should certainly be converted into a soluble form, by the use of malt or malt extracts, in the first year of life. As pointed out by Dr. Cheadle, this is not unphysiological or weakening to digestion; for the mother, if she suckled the child, would do this naturally. All the carbohydrate material in mothers' milk is in the form of sugar. The case is different with peptonising or pancreatising agents, which act on the casein of the milk. The casein a child should digest from the first, but Nature never intended it to digest starch in the first year of life. Mistakes in infants' diets, besides producing dyspepsia, after a time produce serious alteration in the structure of the alimentary organs, so that severe diarrhœa and other fatal diseases are easily set up.

These fatal complications are especially easily set up by want of scrupulous cleanliness in the bottles or utensils in which the food is kept or mixed. If either contain the slightest trace of

decomposing matter, any milk afterwards put in will certainly become sour, and decompose either before or after being swallowed. This is an especially common cause of fatal diarrhœa. All utensils for holding milk should be frequently scalded with boiling water; the bottle, when not in use, should be kept in boracic solution. In the treatment of the dyspeptic disorders of infants some drugs will be necessary, and should certainly only be given on medical advice. The point here insisted on is, that *infantile dyspepsia cannot be allowed to go on unheeded without serious harm resulting to the child*, though the damage done may not be manifest for a considerable period.

A few remarks on rickets may here be useful. This is a disease of nutrition; it is a disease not so much of bad food as of badly digested food. Though commoner, no doubt, among the poorer classes than the well-to-do, still it is very frequently seen in the latter in its earlier stages. The disease comes on for the most part insidiously in the early years of life, and may depend entirely on, and be merged in the symptoms of, dyspepsia. Dyspeptic troubles are for the most part the first symptoms. Next it is noticed that the child is hot and feverish at night, that it perspires profusely, especially about the head. The bones become tender, so that it cries on being touched or danced about. The child becomes pale and bloodless, and its

abdomen distended. The teeth are late in appearing, the child shows a disinclination to use its legs, and sits all of a heap. After a time changes in the bones take place. The head becomes large and flattened on the top. The limb bones become enlarged at their ends, and easily bend, so that the child becomes bow-legged or knock-kneed, or the natural curves of the bones become exaggerated. The sides of the chest bend inwards, and the child becomes pigeon-breasted. All these symptoms are, of course, not always present. It may be only that the teeth are late in appearing, and that the child does not attempt to walk when it should. Whatever the manifest symptom or symptoms, the rickety child easily falls a prey to some disorder, such as bronchitis, pneumonia or diarrhœa, which a healthy child would easily overcome. Its early recognition and treatment are therefore most important.

The treatment of rickets is both medicinal and dietetic. The child requires albuminous and fatty food chiefly, in easily digestible forms. It generally happens that the child is passing large quantities of decomposing undigested curd. This must be prevented by giving some form of peptonised milk gruel, such, for instance, as Fairchild's, Burroughs, Wellcome & Co.'s, or Benger's.

“In the worst cases milk may have to be withdrawn entirely for a while, and raw or semi-

cooked meat juice, with barley water or Mellin's Food substituted. In older children raw pounded meat may be given. Cream in small quantity will often agree, though fat in the form of cod-liver oil is often more readily digested than any other form. "¹

Rickets itself is perfectly curable, if the child be properly looked after, and scientifically fed, though the results of rickets—as the various deformities—may only be relieved by surgical operations.

¹ *Diseases of Children*, by Ashby and Wright.

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RECIPES.

PART II.

ALMOND CAKE, PLAIN.¹

1. Two ounces of sweet almonds.
2. Four bitter almonds.
3. A very little saccharine rubbed on lemon rind.
4. Two eggs.
5. Half an ounce of butter.
6. A quarter of a pound of gluten flour.

Blanch the sweet and bitter almonds, and pound them, adding the saccharine, which has been rubbed on lemon rind. Beat the yolks of the eggs well, and add them with the butter and gluten flour. Lastly, add the whites of the eggs, which have been whisked to a stiff froth. Mix all well together, and bake for about one hour in a well-buttered mould. For ordinary purposes, half an ounce of sugar, and a quarter of a pound of ordinary flour can be used instead of the saccharine and gluten flour.

ALMOND CUSTARD.

1. Two bitter almonds.
2. One ounce of sweet almonds.
3. One pint of milk.
4. One inch of cinnamon.
5. A small piece of lemon rind.
6. The yolks of four eggs.

¹Ingredients obtainable from Messrs. Bonthron or Callard.

Blanch and chop the bitter almonds, and boil them in a pint of milk, with the cinnamon, and a small piece of lemon rind cut very thinly. When the milk is flavoured, strain it. Blanch and pound the sweet almonds, and add them to the milk. Beat the yolks of eggs well, and pour upon them the milk and almonds. Put them into an enamelled stewpan for two or three minutes, and stir until the spoon is covered with the custard, then pour it into glasses, or a mould at once.

ALMOND DRINK.

1. Two ounces of sweet almonds.
2. Two bitter almonds.
3. One pint of milk.
4. One small lump of sugar.

Pound in a mortar two ounces of sweet almonds and two bitter almonds. Simmer them in one pint of milk for one hour, then strain, and add one small lump of sugar.

ALMONDS, PERSIAN.

1. Two ounces of sweet almonds.
2. One gill of strong brine.
3. A little salad oil.
4. A little cayenne.

Blanch the almonds, and steep them in the brine for a few minutes. Dry them, and put a very little salad oil over them; then put them on a tin, and put them in the oven until they are hot and crisp, but do not let them burn. A little cayenne may be sprinkled over them. Serve them while they are very hot.

ALMOND SOUP.

1. Three ounces of gluten farina.
2. One pint of milk.

3. Two ounces of Jordan almonds.
4. Five bitter almonds.
5. A small quantity of Blatchley's glycerine, or two perles of saccharine.

Mix the farina with a very little cold milk. Boil the rest of the milk, and pour it on the farina, stirring carefully. Boil the milk and farina for ten minutes, then let it stand at the side of the fire. Blanch and pound the almonds, rub them through a sieve, and add them to the farina while it is warm, but not boiling, and let the saucepan stand by the side of the fire for half an hour. On no account must it then be allowed to boil.

ALUM WHEY.

1. One pint of milk.
2. Two drachms of alum.
3. A little grated nutmeg.
4. Three drops of syrup of cloves.

Boil the milk with the alum, and when it curdles, strain it, and add a little grated nutmeg, and a few drops of syrup of cloves.

ANCHOVY SANDWICHES.

1. A small bottle of anchovies.
2. A teaspoonful of milk.
3. Two slices of bread and butter.
4. Cress.

Take as many anchovies as required and wash them thoroughly; cut the fish open with a sharp knife, and take out the bones, then soak them in milk. When sufficiently soaked (about a quarter of an hour), arrange the anchovies on one slice of bread and butter, put a little well-washed cress over them, then press the other slice of bread and butter over, and cut into neat squares.

ANCHOVY AND EGG SANDWICHES.

1. Two anchovies.
2. One hard-boiled egg.
3. A small piece of butter.
4. Two slices of bread and butter.
5. Cress.

Wash the anchovies, and take out the bones. Put them into the mortar with the yolk of one hard-boiled egg, and a small piece of butter, then pound all together. Spread this mixture on one slice of bread and butter, and press the other slice over it, and cut it into neat squares.

ANCHOVY SAUCE.

1. One ounce of flour.
2. One ounce of butter.
3. One gill of the liquor in which the fish was cooked.
4. One gill of milk.
5. One dessertspoonful of anchovy sauce.
6. A few drops of lemon juice.

Mix well over the fire one ounce of flour, with one ounce of butter. Add gently one gill of the liquor in which the fish was cooked, one gill of milk, one dessertspoonful of anchovy sauce, and a few drops of lemon juice. Cook the sauce well for ten minutes.

ANCHOVY TOAST.

1. Two anchovies.
2. One gill of boiling milk.
3. A thin slice of gluten bread.
4. A little butter.
5. Water-cress.

Remove the bones from the anchovies, and put the fish in the boiling milk for two minutes. Toast a thin

slice of gluten bread; divide it by cutting it with a sharp knife between the toasted sides. Butter the toasted side well. Dry the anchovies, and lay them on the toasted side. Butter the other toasted side of the bread, and place it over the anchovies. Serve with water-cress.

ANGELS ON HORSEBACK.

1. Three very thin slices of fat bacon.
2. Three small oysters.
3. Lemon juice.
4. Cayenne pepper.
5. Three thin slices of bread fried in butter.

Cut the rind off three very thin slices of fat bacon. Beard three small oysters, and place one on each slice of bacon, then add two or three drops of lemon juice, and a little cayenne pepper. Roll the bacon tightly round the oyster, place it on a skewer, fry, and place each roll on a thin slice of bread fried in butter. Serve them while they are very hot.

APPLE CREAM.

1. One pound of cooking apples.
2. One tablespoonful of castor sugar.
3. Half a pint of whipped cream.

Peel, core and stew the apples with the sugar until they are reduced to a pulp. Beat them well, and add to them half a pint of whipped cream. Mix well, and pile the mixture in a glass dish. The apples may be baked instead of stewed, but great care must be taken in removing the core and skin.

APPLE CUSTARD.

1. One pound of apples.
2. One pint of boiling milk.

3. The yolks of four eggs.
4. One tablespoonful of sugar.
5. A little grated nutmeg or lemon rind.

Bake the apples until they are quite soft, then carefully remove the skin and core. Beat the apples to a pulp, and add to them a custard made of one pint of boiling milk, the yolks of four eggs, a tablespoonful of sugar, and a little grated nutmeg or lemon rind, stirred over the fire until it thickens, when it must instantly be poured off, or it will spoil.

APPLES IN CUSTARD.

1. Two apples.
2. One clove.
3. Two ounces of moist sugar.
4. One gill of custard. (Page 166.)

Pare two apples, and take out the cores without dividing the apples. Boil two ounces of moist sugar with one gill of water in an enamelled saucepan. Put the apples in the boiling sugar and water, add one clove, and simmer gently until the apples are quite tender, being careful not to let them break. Then put them in a glass dish, pour the syrup *over* them, and one gill of custard *round* them.

APPLE GÂTEAU.

1. One pound of apples.
2. Half a pint of water.
3. The rind and juice of half a lemon.
4. Three ounces of sugar.
5. Two teaspoonfuls of Swinborne's isinglass.
6. One gill of cream.
7. A few dried cherries.
8. A few pistachio kernels.

Peel and core the apples, then stew them with half a pint of water, the rind and juice of half a lemon, and

two or three ounces of sugar, until they are reduced to a pulp. Dissolve the isinglass in a gill of water ; add this to the apple pulp, mix them well together, and put them into a border mould. When cold and turned out of the mould, fill the centre with the cream which has been whipped until it is stiff. Scatter a few dried cherries and some blanchéd and chopped pistachio kernels over the gâteau.

APPLE HEDGEHOG.

1. Three good cooking apples.
2. One teaspoonful of lemon juice.
3. Boiled custard. (Page 166.)
4. One ounce of sweet almonds.
5. A little sugar.

Peel and core the apples, but do not quarter them, and put them in a stewpan just large enough to hold them. Cover them with water ; add the lemon juice and a little sugar. Let them simmer until they are quite soft, then dish them very carefully, and fill the centre of each apple with boiled custard. Blanch and split the almonds, and stick them all over the apples.

APPLE AND RICE.

1. One large apple, or two small ones.
2. One ounce of rice.
3. Half an ounce of butter.
4. Half a pint of milk.
5. Lemon rind.
6. Crushed loaf sugar.
7. Cream or boiled custard. (Page 166.)

Peel and cut the apple into halves ; cut out the core and put it into an enamelled stewpan with half an ounce of butter. Sprinkle a little crushed loaf sugar over it to sweeten it, and add a little grated lemon rind.

Stew the apple very gently until quite soft, taking care not to break it. Boil one ounce of rice with half a pint of milk and a little sugar until it is quite soft, then put it on a dish with the apple in the centre, and serve with a little cream or boiled custard.

APPLE SNOW.

1. One large apple, or two small ones.
2. The white of one egg.
3. The rind of half a lemon.
4. Castor sugar.
5. Cream or boiled custard. (Page 166.)

Peel, core and cut the apple into quarters. Cut the rind of half a lemon very thinly, and put it with the apple into an enamelled saucepan with a little water, to prevent it burning. When the apple is quite soft take out the lemon rind, and beat the apple, when cold, to a pulp. Whisk the white of one egg to a stiff froth, then stir it into the apple. Add a little castor sugar by degrees, and continue whisking until the mixture becomes quite stiff. Serve it with a little cream or boiled custard.

APPLE SNOWBALLS.

1. Half a pound of the best rice.
2. One or two apples.
3. Sugar.
4. Lemon juice.
5. Flour.

Boil the rice in boiling water for fifteen or twenty minutes. Strain it and spread it on floured cloths. Peel and core the apples, and put them on the rice. Sprinkle sugar and a little lemon juice over them; then cover each one entirely with rice, tie the cloths, and boil them for one hour.

APPLES STEWED.

1. Six apples.
2. One dessertspoonful of castor sugar.

Peel, core and stew gently six apples until they are quite tender. Beat them with a fork, and pass them through a hair sieve. If necessary, add one dessertspoonful of castor sugar.

APPLES AND TAPIOCA.

1. Half a dozen good cooking apples.
2. One pint of water.
3. The rind and juice of one lemon.
4. One tablespoonful of sugar.
5. One heaped tablespoonful of tapioca.
6. A little cochineal or beetroot liquor.

Pare and core the apples. Put the water, with the rind and juice of the lemon, and the sugar, into a stewpan. When it boils, sprinkle in the tapioca, and let it simmer until the tapioca is clear, then put in the apples. Draw the stewpan to the side of the fire, and cook gently, basting the apples occasionally, until they are soft. Remove the lemon rind, and the syrup can be coloured with a little cochineal or beetroot liquor. Pour the syrup over the apples, and serve.

APPLE WATER.

1. Six apples.
2. The rind of one lemon.
3. Sugar.

Peel six apples, halve them, and cut out the core ; then cut them up into slices. Wipe the lemon on a clean cloth, and pare the rind very thinly, being careful not to cut any of the white with it. Put the apples and lemon rind into a jug, and pour on them a quart of *boiling*

water, and sweeten it to taste. Cover the jug, and put it in a cool place. When cold, strain the apple water into another jug.

ARROWROOT.

1. One dessertspoonful of arrowroot.
2. Half a pint of milk.
3. Castor or crushed loaf sugar.
4. Flavouring of vanilla, lemon or orange.

Mix a dessertspoonful of arrowroot into a smooth paste with a little water in a basin. Boil half a pint of milk in an enamelled saucepan, then pour it on to the arrowroot paste, stirring all the time. Pour all into the saucepan, and stir it over the fire for one or two minutes, until it is on the verge of boiling, then sweeten it, and add any flavouring that may be preferred.

ARROWROOT BLANC-MANGE.

1. Two tablespoonfuls of arrowroot.
2. Three-quarters of a pint of milk.
3. Two ounces of crushed loaf sugar.
4. Vanilla, or any flavouring that may be preferred.

Mix the arrowroot with a little of the milk in a basin until it is quite smooth; boil the rest of the milk, and pour it on the arrowroot, stirring all the time. Add two ounces of crushed loaf sugar, and put all into an enamelled saucepan and boil for eight minutes, stirring continually. Two or three drops of vanilla flavouring may be added two minutes before taking the saucepan off the fire. Pour all into a cold damp mould.

ARROWROOT PUDDING.

1. One dessertspoonful of arrowroot.
2. Half a pint of milk.
3. Two eggs.
4. Castor, or crushed loaf sugar.

Mix a dessertspoonful of arrowroot with a little of the milk in a basin until it is quite smooth. Put the rest of the milk into an enamelled saucepan, and sweeten it to taste with castor or crushed loaf sugar. Let it come to the boil, then pour it on to the arrowroot paste, stirring all the time. Beat the *yolks* of the eggs, and add them to the above mixture; whip the whites of the eggs to a stiff froth, and stir them in lightly. Pour all into a buttered dish, and bake it for ten minutes.

ARROWROOT SAUCE.

1. One teaspoonful of arrowroot.
2. One teaspoonful of sugar.
3. One dessertspoonful of cold milk. Half a pint of boiling milk.

Mix well together one teaspoonful of arrowroot, one teaspoonful of sugar, and one dessertspoonful of cold milk. Add half a pint of boiling milk, stirring all the time.

ASPARAGUS.

1. A bundle of asparagus.
2. One ounce of butter.
3. One tablespoonful of cream.
4. The yolk of one egg.
5. Five drops of lemon juice.

Trim the asparagus, then steam it by putting it in a jam pot nearly filled with boiling water, placed in a large saucepan half-full of boiling water and tightly covered. It will take nearly an hour to cook in this manner. Serve with it a sauce made of one ounce of butter melted over the fire, one tablespoonful of cream, the yolk of one egg, and five drops of lemon juice. Stir the mixture in an enamelled saucepan over the fire for three minutes.

ASPIC JELLY.

1. One quart of stock made of white meat or game.
2. Half a pint of stock.
3. Two ounces of gelatine.
4. Six shallots.
5. Six cloves.
6. A blade of mace.
7. The whites and shells of three eggs.
8. One gill of cold water.
9. One tablespoonful of tarragon vinegar.
10. A little lemon juice.
11. Salt.

Steep the gelatine in half a pint of stock for an hour or two. Beat the whites and shells of eggs together with one gill of water, one tablespoonful of tarragon vinegar, a little lemon juice, and salt. Mix them with the other ingredients, and put all into an enamelled stewpan, and whisk it over the fire until it boils, then draw it to the side of the fire, and let it stand twenty minutes until it is covered with a thick scum. Strain through a jelly bag or table napkin till quite clear.

BARLEY CREAM.

1. Half a pound of lean veal.
2. Half an ounce of pearl barley.
3. Four tablespoonfuls of cream.
4. Half a saltspoonful of salt.

Wash half an ounce of pearl barley well, and soak it for one hour in cold water. Remove all the fat from half a pound of veal, and cut it into small pieces. Put the veal in a saucepan with one pint of cold water. Add the barley, which has been soaked, and half a saltspoonful of salt. Put the saucepan on the fire, and let it boil gently for two hours. Strain off the liquor into a basin, and put the meat and barley into a mortar and pound

them together. Rub the pounded meat and barley through a wire sieve into a basin, with a wooden spoon, adding the liquor to make it easy. When all the meat and barley have been rubbed through the sieve, stir in smoothly four tablespoonfuls of cream.

BARLEY GRUEL.

1. Two ounces of Robinson's patent barley.
2. Half a pint of port wine.
3. The rind of one lemon.
4. Sugar.

Boil the barley for a quarter of an hour in half a pint of water; then strain off the water and add a quart of fresh boiling water, and let it boil until only half the quantity of liquid remains; then strain it off. Add half a pint of port wine, the rind of one lemon cut very thinly, and a little sugar. Let the gruel simmer for five minutes, then pour it into a jug or basin, and when cold take out the lemon rind. Barley gruel can be warmed from time to time.

BARLEY MILK.

1. A quarter of a pound of Robinson's patent barley.
2. One pint of milk.
3. Half a pint of water.
4. One dessertspoonful of sugar.

Boil the barley in one pint of milk, and half a pint of water, for two hours. Sweeten it with one dessertspoonful of sugar, and serve it while it is just warm.

BARLEY WATER (CLEAR).

1. Two ounces of Robinson's patent barley.
2. Three lumps of sugar.
3. The rind of half a lemon or orange.

Wipe the lemon or orange on a clean cloth, and cut half of the rind very thinly, being careful not to cut any of the white, as it would make the barley water bitter. Put the barley in a jug, add the lemon or orange rind, and three lumps of sugar. Pour one pint of boiling water into the jug, then put a cover over it, and let it stand in a cool place to get cold. When quite cold, strain the barley water into another jug.

BARLEY WATER (THICK).

1. Two ounces of Robinson's patent pearl barley.
2. Half a lemon.
3. Sugar.

Boil the barley gently for two hours in a quart of water. Strain it through muslin into a jug, add the rind of half a lemon cut very thinly, and let it stand until cold. When cold, take out the lemon peel, and sweeten the barley water to taste.

BARLEY WATER WITH FIGS.

(For a Cold.)

1. Two ounces of figs.
2. Two ounces of raisins.
3. A little juice and rind of a lemon.
4. One pint of water.
5. One pint of barley water.

Stone and chop two ounces of raisins, and add to them two ounces of figs, a few drops of lemon juice, a little of the thin rind, one pint of water, and one pint of barley water. Boil all together until reduced to one pint, and strain it before serving.

BÉCHAMEL SAUCE.

1. One onion.
2. One small carrot.
3. Half a head of celery.
4. A bouquet of herbs.
5. Pepper and salt.
6. Half a pint of milk or stock.
7. Two ounces of flour.
8. One ounce of butter.

Slice very finely one onion, one small carrot, and half a head of celery, and boil them for three-quarters of an hour in half a pint of milk or stock, with a bouquet of herbs, and a little pepper and salt. Strain, and thicken the sauce with two ounces of flour, and one ounce of butter, and cook it for ten minutes.

BEEF ESSENCE.

1. One pound of gravy beef.
2. Salt.
3. Two tablespoonfuls of water.

Cut all the fat and gristle from one pound of gravy beef. Cut the lean up finely, and put it in a jar with a little salt, and two tablespoonfuls of water. Put a cover on the jar, and tie a piece of paper tightly over it. Stand the jar in a saucepan half-full of boiling water, and let it simmer for six hours. If the water boils fast, the meat will dry up, and there will be no liquor. Pour off the liquor—do not strain it—into a basin, and remove any fat.

BEEF (FLUID).

1. One pound of very fresh, lean beef.
2. Five drops of hydrochloric acid.
3. Salt.

Chop very finely one pound of very fresh, lean beef. Add to it two gills of soft water, or water which has been boiled, five drops of hydrochloric acid, and a pinch of salt, and stir them well together. Let it stand for three hours, then strain it through a hair sieve, pour half a gill more water on the meat to rinse it, and add it to the other. This may be put into a bottle, and the bottle placed in hot water, but on no account must it boil.

If allowed, a little spice, or Worcester sauce, or a cup of soup, can be added to disguise the colour and flavour.

BEEF JELLY.

1. Two pounds of lean hough of beef.
2. Half a teaspoonful of salt.
3. Six peppercorns.
4. One clove.
5. One gill of cold water.

Cut into small pieces two pounds of lean hough of beef. Put it into a jar with half a teaspoonful of salt, six peppercorns, one clove, and one gill of cold water. Screw the jar tightly down, and place it in a pan of hot water, and let it boil gently for seven or eight hours. Leave it to get cool ; strain it, and remove all the fat ; then let it get quite cold, when it will be ready to serve. Two or three teaspoonfuls at a time.

BEEF JUICE WITH TOAST.

(*Dr. Fothergill*).

1. A rump-steak.
2. Pepper and salt.
3. A slice of hot, dry toast.

Broil a rump-steak over a hot fire, turning it, but not by sticking a fork into it, until the outside is brown. Cut it into pieces, press all the juice out of it, and season it with pepper and salt, then pour it on to a slice of hot dry toast.

BEEF, MUTTON AND VEAL BROTH.

1. Half a pound of lean gravy beef.
2. Half a pound of knuckle of veal.
3. Half a pound of scrag of mutton.
4. Five peppercorns (bruised).
5. One teaspoonful of salt.
6. Two pints of water.

Chop the meat and bones into small pieces, and put them with the peppercorns, salt and water into a stewpan. Cook gently for five hours, skimming from time to time. It will then be reduced to one and a half pints, or less. Strain, and leave the broth till cold, when the fat is more easily removed.

BEEF RAW (INFUSION OF).

1. Four ounces of lean rump-steak.

Mince very finely four ounces of rump-steak. Add to it one wineglassful of cold water, and let it stand for two hours, then press it forcibly through a cloth, so that all the juice of the meat is extracted. This is best

kept on ice, but even then it is not good for longer than twelve hours.

BEEF BALLS (RAW).

1. A quarter of a pound of very fresh, lean steak.
2. One drop of cherry brandy.
3. Half a saltspoonful of castor sugar.

Scrape very finely a quarter of a pound of very fresh lean steak, and roll it into balls the size of marbles. If allowed, one drop of cherry brandy, and about half a saltspoonful of castor sugar, sprinkled over them, will disguise the flavour.

BEEF AND SAGO BROTH.

1. One pound of gravy beef.
2. Two tablespoonfuls of sago.
3. The yolks of two eggs.
4. Salt.

Remove the fat and skin from one pound of gravy beef. Cut the lean into small pieces, and stew it slowly in a quart of water for three hours, then strain it. Add a teaspoonful of salt and two tablespoonfuls of sago to the broth, and boil all gently for half an hour. Draw the saucepan off the fire; break two yolks of eggs into a basin, add to them a little of the broth, and stir well. Add this to the rest of the broth, which must not boil after the eggs are in or they will curdle. Serve with toast.

BEEF STEWED (SAVOURY).

1. One pound of lean rump-steak.
2. Two thin slices of bacon.
3. One clove.
4. Six peppercorns (bruised).
5. A thread of mace.

6. One teaspoonful of chopped parsley.
7. Half a pint of stock.
8. One tablespoonful of gherkins (chopped).
9. One tablespoonful of capers (chopped).

Lay one slice of bacon at the bottom of a jar, then put in the rump-steak, peppercorns and stock, and then the other slice of bacon. Fasten the jar tightly, and put it into a saucepan in which there is boiling water, but do not let it cover the jar, and stew gently for two hours. Strain the gravy and remove all the fat. Add a tablespoonful of chopped gherkins and a tablespoonful of chopped capers. Heat the gravy, etc., and when quite hot pour it over the meat.

BEEF-TEA. (I.)

1. One pound of gravy beef as freshly killed as possible.
2. Salt.
3. One pint of cold water.

Remove all the fat and skin from a pound of gravy beef. Cut the lean up very finely, and put it into a stone jar with a pint of water and a little salt. Put a lid on the jar, tie a piece of paper over it, and let it stand all night. Next day stand the jar in a saucepan in which there is some boiling water, but do not let the water cover the jar. Let it simmer five hours, then pour off the beef-tea. It is better not to *strain* it, as it removes all the little brown particles, which are very nutritious.

BEEF-TEA. (II.)

1. One pound of very fresh, lean beef.
2. Pepper and salt.

Put through a mincing machine one pound of very fresh, lean beef. Pour half a pint of water on it, and let it stand all night. Pour off the water next day and

keep it. Add a fresh pint of water to the beef, put it into a saucepan, and let it simmer until it is reduced to half the quantity. Ten minutes before serving, add the half pint of water which was used firstly, and let it simmer until it is quite hot, then strain, and remove all fat with blotting-paper, and add a little pepper and salt.

BEEF-TEA TO BE SERVED COLD.

1. One pound of lean beef.
2. Salt.

Remove all the skin and sinew from one pound of lean beef. Chop the beef very finely, and put it into a jar, then pour upon it one and a half pints of boiling water. Cover the jar, and plunge it into a kettle of boiling water, which must stand near the fire and remain there until it is cold. On no account allow it to simmer. Strain it through muslin, remove the fat with blotting-paper, and add a little salt.

BEEF-TEA CUSTARD.

1. One gill of beef-tea.
2. Two eggs.
- 3 Salt.

Put the yolks of two eggs and the white of one into a small basin. Pour upon them a gill of cold beef-tea, and whisk all well together. Pour the mixture into a buttered cup, or small gallipot. Tie a piece of paper over it, and put it into a saucepan in which there is some boiling water, but do not let the water cover it. Let it *simmer* for a quarter of an hour. It must not boil, or the custard will be spoiled. Take the cup out of the saucepan, take off the paper, and the custard is ready to be served. Chicken broth or clear soup can be used in place of the beef-tea.

BEEF-TEA FOR TYPHOID FEVER (DR. PAVY'S).

1. Half a pound of lean beef.
2. Four drops of muriatic acid.
3. Half a saltspoonful of salt.

Remove all the skin and sinew from half a pound of lean beef, then chop the beef very finely, and put it into a jar with four drops of muriatic acid, three gills of cold water, and half a saltspoonful of salt, and let them stand for an hour. Strain through a hair sieve, rinse the beef with another gill of cold water and add it to the other. This beef-tea may be heated to 120° F., but not higher than that, and must not be kept more than twelve hours. A few drops of claret or lemon juice will alter the colour and the flavour, if they are allowed to be used.

BEEF-TEA (NOURISHING).

1. One pint of beef-tea.
2. Two tablespoonfuls of fine bread crumbs or crushed biscuit.

Boil one pint of beef-tea with two tablespoonfuls of fine bread crumbs, or crushed biscuit, for five minutes, stirring well all the time.

One teaspoonful of maltine or malt extract, or two tablespoonfuls of sago, or some such farinaceous food, can be added to the beef-tea instead of the bread or biscuit.

BEEF-TEA (PANCREATISED).

1. One pound of lean beef.
2. Ten grains of bicarbonate of soda.
3. One tablespoonful of liquor pancreaticus.
4. Salt.

Shred very finely one pound of lean beef, after the skin and sinews have been removed. Put it into a saucepan with ten grains of bicarbonate of soda and one

pint of water. Cover the saucepan, and let the beef simmer for one hour and a half, then pour off the tea into a jug and cover it. Beat the meat to a pulp, and add it to the tea. When the beef-tea is cool enough to be taken, add one tablespoonful of liquor pancreaticus, and stir it in well. Keep it warm under a tea-cosy for two hours, shaking it well now and again. Before serving, boil it quickly for two or three minutes, strain, and season it with salt.

BEEF-TEA AND OATMEAL.

(Dr. Broadbent.)

1. Two tablespoonfuls of oatmeal.
2. One pint of strong beef-tea.

Mix two tablespoonfuls of oatmeal well with three tablespoonfuls of cold water. Add one pint of strong, boiling beef-tea. Boil all for five minutes, stirring well, and strain through a hair sieve.

BEEF-TEA (QUICKLY MADE).

1. One pound of gravy beef.
2. Salt.

Remove all the fat and skin from one pound of gravy beef. Cut the lean into small pieces, and put them into a saucepan. Add just enough water to cover the meat, and a little salt. Put the saucepan near enough to the fire to heat moderately, and press out the juice of the meat with a spoon for about ten minutes. Then take away the meat, and allow the juice to boil for one minute. The beef which has been taken away can be used again for ordinary beef-tea, added to some fresh beef.

BEEF-TEA WITH TAPIOCA.

1. One tablespoonful of prepared tapioca for soups.
2. One pint of beef-tea.

Put one pint of beef-tea into an enamelled saucepan. Add one tablespoonful of prepared tapioca. Put the saucepan on the fire, and let it boil until the tapioca looks transparent.

BEEF-TEA WITH WHITE OF EGG.

1. One gill of beef-tea.
2. The white of one egg.

Beat well the white of one egg in a basin. Add slowly one gill of hot (*not boiling*) beef-tea, stirring all the time.

BEEF-TEA (WHOLE-MADE).

1. One pound of lean beef.
2. Salt.

Remove all the skin and sinew from one pound of lean beef. Cut the beef into very small pieces, and put it into a jar with a little salt, and one and a half pints of cold water. Cover the jar, and place it in a saucepan in which there is some cold water, and let it simmer four or five hours. Strain through a coarse strainer, pound the residue in a mortar, pass it through a wire sieve and add it to the beef-tea.

Beef-tea should, when possible, be made with soft water, or water which has been boiled.

BLACK-CURRANT TEA.

1. Two tablespoonfuls of black-currant jam.
2. One quart of water.

Boil two tablespoonfuls of black-currant jam in one quart of water for half an hour, then strain it. A teaspoonful of arrowroot may be mixed with the tea, if approved, and then it must be boiled again.

BLANQUETTE D'AGNEAU,

1. A piece of the best part of the breast of lamb.
2. Flour.
3. A quarter of a pound of butter.
4. One ounce of fat bacon.
5. A little pearl barley.
6. The juice of half a lemon.
7. One small onion.
8. The yolks of two eggs.

Cut into square pieces of two inches each a piece of the best part of the breast of lamb. Wash, dry and flour them. Boil in a stewpan a quarter of a pound of butter, one ounce of fat bacon and a little pearl barley for ten minutes, then put the meat into it. Add the juice of half a lemon, and one small onion cut into pieces, and simmer gently for two hours, then add the yolks of two eggs. Shake the pan over the fire for two or three minutes, then serve.

BLANQUETTE DE VEAU.

1. One pound of lean veal.
2. Poulette sauce.

Cut the veal into dice, and warm it slowly in Poulette sauce.

BONTHRON'S DIABETIC PREPARATIONS.

GLUTEN BREAD AND BISCUITS.

Prepared Gluten Flour.

„ „ Soup Powder.

„ „ Macaroni.

„ „ Vermicelli.

„ „ Semola.

„ Almond Flour.

„ Bran Flour.

Bonthron's Gluten Chocolate.

„ Saccharine Tablets.

„ Saccharine Powder.

„ Glycerine (for sweetening).

„ Jujubes.

etc.

etc.

etc.

BRAN BREAD.

1. Half a pound of prepared bran.
2. Two ounces of Bonthron's almond flour.
3. Three ounces of butter.
4. Six eggs.
5. Half a pint of milk.
6. Two drachms of bicarbonate of soda.
7. One drachm of tartaric acid.

Cream the butter, add the almond flour and the eggs, one at a time, beating well, then add some of the bran and the milk. Mix all well together, and put the mixture in buttered tins, and bake for about one hour in a moderate oven.

BRAN CAKES (DR. PAVY'S).

1. Four ounces of prepared bran flour.
2. One drachm of bicarbonate of soda.
3. Two ounces of butter.
4. Five eggs.
5. One gill of warm milk.

Mix the bicarbonate of soda and bran flour well together, then beat two ounces of butter in a hot basin, and shake into it the mixture of bran, flour and soda, beating all the time. Beat five eggs in a basin placed in hot water until they become milk warm, then stir them gradually into the flour, soda and butter. Beat all together for ten minutes, adding the warm milk gradually. Put the mixture in well-buttered patty pans, and bake the cakes in a brisk oven for about ten minutes. These cakes, when cooked, can be sliced, then toasted and buttered. If preferred, two ounces of almond flour, and two ounces of bran flour can be used instead of four ounces of bran flour.

BRAN CAKES (DR. CAMPLIN'S).

1. Six ounces of Blatchley's prepared bran flour.
2. Three ounces of butter.
3. One and a half drachms of bicarbonate of soda.
4. Seven eggs.
5. Half a pint of warm milk.

Mix well the soda and bran flour. Beat the butter in a hot basin, shake into it the bran, flour and soda, and beat well for ten minutes, adding the warm milk gradually. Put the mixture in well-buttered patty pans, and bake the cakes in a brisk oven for ten minutes. When the cakes will turn out of the tins easily, they are done.

BRANDY AND EGG MIXTURE.

1. One egg.
2. Half a teaspoonful of castor sugar.
3. One tablespoonful of brandy.

Beat the yolk and white of one egg separately, then mix them and add half a teaspoonful of castor sugar, one wineglassful of cold water, and one tablespoonful of brandy. Stir all well together and serve.

BREAD AND BUTTER PUDDING.

1. Five slices of bread and butter (not thick).
2. Three-quarters of a pint of milk.
3. Two eggs.
4. Sugar to taste.
5. Five drops of vanilla flavouring.

Put five slices of not very thick bread and butter into a pie-dish. Sweeten to taste three-quarters of a pint of milk, add to it five drops of vanilla flavouring, and two well-beaten eggs. Pour this over the bread and butter, and bake the pudding for one hour in a moderate oven. Serve it in the dish in which it was baked, and a little castor sugar can be sprinkled on the top just before serving.

BREAD PUDDING.

1. A quarter of a pound of fine bread crumbs.
2. One egg.
3. One pint of milk.
4. Half a teaspoonful of brandy.
5. The rind of half a lemon.
6. One tablespoonful of sugar.
7. Two ounces of raisins.
8. A little grated nutmeg.

Cut the rind of half a lemon very thinly, and boil it in the milk to flavour it. Strain the milk on to the bread crumbs in a basin, add a tablespoonful of sugar, and two ounces of raisins stoned and chopped. Beat the egg well, and mix it with the other ingredients, adding a little grated nutmeg. Let it stand for one hour, then put it into a buttered pie-dish, dredge a little sugar over it, and bake it gently for an hour and a half.

BREAD SAUCE.

1. Two ounces of fine bread crumbs.
2. One pint of milk.
3. One shallot.
4. One ounce of butter.
5. A thread of mace.
6. Pepper and salt.
7. A very little cayenne pepper.
8. One tablespoonful of cream.

Put all the ingredients except the cream into an enamelled saucepan, and stand it by the side of the fire while the chicken is roasting, but do not let it get hot until it is to be served ; then remove the shallot. Beat the other ingredients over the fire, and lastly add one tablespoonful of cream.

BROMA.

(A Nourishing Drink.)

1. Four ounces of sugar.
2. Eight ounces of ground chocolate.
3. One ounce of arrowroot.
4. Half a pint of boiling milk.

Rub well together four ounces of sugar, eight ounces of ground chocolate, and one ounce of arrowroot ; then rub all through a fine sieve. Mix one ounce of this mixture with one tablespoonful of cold water into a stiff paste. Pour upon it half a pint of boiling milk, and boil it for five minutes, stirring all the time.

BROWN BREAD PUDDING.

1. Five ounces of brown bread crumbs.
2. Three ounces of sugar.
3. One gill of boiling milk.
4. The yolks of three eggs, the whites of two.
5. One gill of cream.
6. Vanilla or lemon flavouring.

Beat well the yolks of three eggs, and add to them five ounces of brown bread crumbs, three ounces of sugar, one gill of boiling milk, one gill of cream, and the whites of two eggs beaten to a stiff froth. Flavour with vanilla or lemon, and put the mixture into a buttered mould, and steam it for an hour and a half. Serve with it German or custard sauce.

BROWN BREAD SANDWICHES.

1. Two very thin slices of brown bread and butter.
2. Some fresh water-cress.
3. One hard-boiled egg.
4. Salt.

Place the leaves of some fresh water cress on a very thin slice of brown bread and butter. Cut a hard-boiled egg in thin slices, and lay them on the top of the water-cress leaves, then add a little salt. Place another very thin slice of brown bread and butter over the egg and water-cress. Cut the sandwich into strips about an inch wide. Place them on a dish and garnish with parsley. Meat for sandwiches should always be shredded as thinly as possible.

BRUSSELS SPROUTS.

1. One pound of Brussels sprouts.
2. Salt.
3. A pinch of sugar.
4. Half an ounce of butter.
5. Pepper.
6. Five drops of lemon juice.

Pick well one pound of Brussels sprouts, remove all dead leaves, cut off the ends, wash well, then blanch them in boiling water for two minutes. Put them into a saucepan in which there is some boiling water, with a little salt and a pinch of sugar. Do not put the lid

on the saucepan, and let the Brussels sprouts boil until they are quite tender; then pour off all the water, and add half an ounce of butter, a little pepper, salt, and five drops of lemon juice. Toss over the fire till quite dry.

MESSRS. BURROUGHS & WELLCOME'S PREPARATIONS.

Zymine (*Extractum Pancreatis*), Fairchild.

Kepler Malt Extract and Kepler Solution.

Special Foods for Invalids.

Essentia Malti (Kepler).

CAFÉ AU LAIT.

1. One ounce of coffee.
2. Half a pint of boiling water.
3. Half a pint of boiling milk.

Café au lait should be made in an earthenware percolator, heated with boiling water before the coffee is put into it. To one ounce of coffee add half a pint of boiling water, and half a pint of boiling milk. Let the percolator stand on the stove while the water and milk are running through.

CALF'S FOOT JELLY.

1. Two calf's feet.
2. Three lemons.
3. Six ounces of sugar.
4. Two inches of cinnamon stick.
5. Six cloves.
6. The whites and shells of three eggs.
7. One wineglassful of sherry.
8. One dessertspoonful of brandy.

Clean well two calf's feet, and boil them in five pints of water until that quantity is reduced to half. The feet must be broken, and while boiling skim

frequently. Strain and leave the jelly to get cold. Remove all the fat with a spoon, then wash the surface of the jelly with a cloth dipped in boiling water. Put the jelly into a stewpan with the thin rind of two lemons, and the juice of three, six ounces of sugar, two inches of cinnamon stick, six cloves, one gill of cold water, and the whites and broken shells of three eggs. Whisk all in a pan over the fire until it boils, then draw the pan to the side of the fire, and let it stand for twenty minutes until covered with a thick scum. Strain it through a jelly bag, or a table napkin, until it is quite clear. Add one wineglassful of sherry, and one dessertspoonful of brandy, then pour it all into a mould.

CALF'S FOOT JELLY MILK.

1. Two calf's feet.
2. Two pints of milk.
3. Two pints of water.
4. Three ounces of sugar.
5. The thin rind of half a lemon.
6. Three cloves.

Break two calf's feet into several pieces, and bake them in a covered vessel, with two pints of milk, two pints of water, three ounces of sugar, the thin rind of half a lemon, and three cloves. Cook all for four or five hours, then strain and remove all the fat.

CALF'S FOOT FRITTERS.

1. One calf's foot.
2. Six ounces of flour.
3. One ounce of liquified butter, or oil.
4. One egg.
5. Salt and pepper.
6. One gill of tepid water.
7. Some fat for frying.

Boil one calf's foot, then strain off the jelly, and while the calf's foot is hot, cut it into as neat slices as possible, and remove all the little bones. Press the slices of meat together, and let them remain thus until cold, then trim them into shape for the fritters, and season them with salt and pepper. Make a batter of six ounces of flour, one ounce of liquified butter, or oil, the yolk of one egg, a little salt, and one gill of tepid water, all mixed together, until quite smooth. Let it stand for one hour or more, then beat it well, and add the white of one egg, beaten to a stiff froth. Put the meat on a skewer, and dip it in the batter. Have ready some boiling fat in a frying-pan; put the meat which has been dipped in the batter into it, and fry it a light brown colour.

CALF'S HEAD.

1. Half a calf's head.
2. One onion.
3. Six cloves.
4. One carrot.
5. One leaf of celery.
6. A small piece of mace.
7. A bouquet of herbs.
8. One tablespoonful of vinegar.
9. One very small onion and one small carrot.
10. A sprig of thyme.
11. Pepper and salt.
12. Parsley sauce. (Page 211.)

Soak well in cold water for two or three hours half a calf's head, then parboil it in salt and water for twenty minutes. Strain and put it in a stewpan with an onion stuck with six cloves, one carrot, a leaf of celery, a small piece of mace, a bouquet of herbs, and enough water to cover it. Boil it gently for an hour and a half, then dish it. Cut the tongue in slices and put them

round the dish, also the brains after they have been dressed thus. Soak them in cold water, then carefully take away the skin which covers them. Wash them well, then boil them slowly for half an hour in half a pint of water, to which is added one tablespoonful of vinegar, one very small onion, one small carrot, a sprig of thyme and a little pepper and salt. Pour some parsley sauce over the calf's head before serving it.

CALF'S HEAD (HASHED).

1. The remains of a cooked calf's head.
2. Six shallots.
3. One wineglassful of vinegar.
4. One pint of the stock in which the calf's head was boiled.
5. One ounce of flour.
6. One ounce of butter.
7. A piece of glaze the size of a walnut.
8. A little browning for the gravy.
9. forcemeat balls. (Page 176.)

Chop six shallots, and put them into a stewpan with one wineglassful of vinegar, and boil it down to half the quantity. Add one pint of the stock in which the calf's head was boiled. Cut the remains of a cooked calf's head into pieces, about the size of a five shilling piece, and when the stock is boiling, put the meat into it, and let it simmer for half an hour. Thicken by adding one ounce of flour, one ounce of butter, and a piece of glaze the size of a walnut. Stir over the fire for half an hour, then dish the meat in the centre of the dish. Colour the gravy with a little browning, and pour it round the meat, also place some forcemeat balls round the dish.

CALF'S FEET (SAVOURY).

1. Two calf's feet.
2. Half a pound of ham.

3. Half a pound of veal.
4. Two carrots.
5. Two onions.
6. Three cloves.
7. A bouquet of herbs.
8. Pepper and salt.
9. A quart of stock or water.
10. A little lemon juice.

Parboil two calf's feet for ten minutes, then drain them. Put them into a stewpan, with half a pound of ham, half a pound of veal, two carrots, two onions three cloves, a bouquet of herbs, pepper and salt, and a quart of stock or water. Stew them very gently for three hours, skimming from time to time, then remove the bones from the feet. Return the meat to the pan to get quite hot. Add a little lemon juice, then serve.

CALLARD'S PREPARATIONS.

Gluten Bread.

„ Rolls.

„ Cracknels.

„ and Almond Biscuits.

Lunch Biscuits.

Cheese.

Cocoa-nut Biscuits sweetened with Saccharine.

Almond Biscuits sweetened with Saccharine.

Almond Biscuits, plain.

Almond Sponge Cakes sweetened with Glycerine.

Bran Biscuits.

Mixed Biscuits.

Almond Cakes.

Ginger Biscuits.

CAUDLE.

1. One pint of cold gruel.
2. Four tablespoonfuls of cream.
3. Two tablespoonfuls of cherry brandy or noyau.
4. Castor sugar.

Mix four tablespoonfuls of cream with a pint of cold gruel. Add two tablespoonfuls of cherry brandy or noyau, and sweeten to taste with castor sugar.

CAUDLE (WHITE).

1. One dessertspoonful of flour.
2. One gill of water.
3. One gill of boiling milk.
4. One teaspoonful of sugar.
5. A little grated nutmeg.
6. A wineglassful of sherry.
7. A little lemon juice.
8. The yolk of one egg.

Mix a dessertspoonful of flour with a gill of water until it is quite smooth, then add a gill of boiling milk, and a teaspoonful of sugar. Simmer them together, stirring all the time, for a quarter of an hour, then strain and stir till cold. Add a little grated nutmeg, a wineglassful of sherry, and a little lemon juice. Put all over the fire, and, when boiling, add the yolk of an egg. Stir for two minutes, and pour off at once into a cup.

CAULIFLOWER WITH CHEESE.

1. One cauliflower.
2. Salt.
3. One ounce of butter.
4. One ounce of flour.
5. One gill of milk.
6. Two ounces of grated cheese (Parmesan is best).
7. A little cayenne pepper.
8. One tablespoonful of cream.

Blanch the cauliflower for five minutes in boiling water, then put into cold water until it is to be cooked. Boil it in plenty of water with some salt until it is quite tender. It will take about twenty minutes. Drain it,

and press it lightly with a clean cloth to remove the water, being careful not to break the cauliflower. Cover it with a sauce made as follows: Mix one ounce of butter, one ounce of flour, one gill of milk, a little cayenne, and a tablespoonful of cream in an enamelled saucepan, and stir them carefully over the fire for five minutes. Add, lastly, two ounces of grated cheese (Parmesan is the best). Pour the sauce over the cauliflower, and put it in the oven until it is a nice golden colour.

CELERY (STEWED).

1. Two heads of celery.
2. Half a pint of boiling stock.
3. A few drops of lemon juice.
4. A pinch of salt and sugar.

Wash well two heads of celery, cut them about six inches in length, and point the roots. Blanch the celery in boiling water for five minutes, then in cold water for an hour. Put it into a stewpan, and cover it with half a pint of boiling stock, and cook gently for an hour, then dish the celery. Reduce the stock quickly until there is only just enough to cover the celery, then add a few drops of lemon juice, and a pinch of salt and sugar.

CHANTILLY CAKE.

1. One small, round sponge cake.
2. One teacupful of boiled custard. (Page 166.)
3. The white of one egg.
4. Castor sugar.
5. Vanilla flavouring, or grated lemon rind.

Remove the centre of the sponge cake by cutting it round about two inches from the edge with a sharp knife, being careful not to cut through the bottom. Pour a teacupful or more of boiled custard into the cake. Whisk the white of one egg to a stiff froth, add

a little castor sugar and a few drops of vanilla, and put it over the boiled custard.

CHICKEN BROTH. (No. 1.)

1. One chicken.
2. A pinch of salt.
3. One inch of whole ginger.
4. One pint of water.
5. Five drops of lemon juice.

Put the meat of the breast aside. Cut up the rest of the chicken into small pieces, and take away all the fat and skin. Put it with the salt, ginger and water into a closely covered stewpan, and let it simmer gently for six hours, then strain it, and leave it until cold, when any fat can be removed. Pound the meat off the breast, rub it through a sieve, add it to the chicken broth, simmer it gently for half an hour, and add five drops of lemon juice.

CHICKEN BROTH. (No. 2.)

1. One chicken.
2. One ounce of pearl barley.
3. One small carrot.
4. One small shallot.
5. A bouquet of herbs.
6. One quart of water.
7. Salt and pepper.
8. One tablespoonful of corn flour.
9. Half a pint of boiling milk.
10. Two tablespoonfuls of cold milk.
11. One gill of cream.
12. One tablespoonful of chopped parsley.
13. A little lemon juice.

Boil the barley and vegetables in one quart of water for one hour, then put in the chicken, which has been prepared, and let it simmer for three-quarters of an hour. The chicken can then be sent to table with a

little white sauce poured over it. Add the bones and whatever is left of the chicken to the broth, and simmer it for two or three hours. Strain and remove all fat, then put the broth on to boil. Mix one tablespoonful of corn flour with a little cold milk (about two table-spoonfuls) ; add half a pint of boiling milk to it, stirring all the time. Add this to the broth in the stewpan, and let it boil ten minutes, stirring all the time. Add one gill of cream, a tablespoonful of chopped parsley and a few drops of lemon juice.

CHICKEN CAKES.

1. A quarter of a pound of chicken.
2. One ounce of bread crumbs.
3. One egg.
4. Salt and pepper.
5. A little flour.
6. A sprig of parsley.
7. Lard for frying.

Remove all the skin and fat from a quarter of a pound of chicken, then mince it finely. Add a few bread crumbs, a little chopped parsley, and a little pepper and salt. Beat one egg well and mix in two-thirds, leaving the rest for after use. Shape the minced chicken in pieces the size of half a crown piece ; roll them in flour, dip them in egg and bread crumbs, and fry them in boiling lard till of a golden brown colour.

CHICKEN CROQUETTES.

1. The breast of a cold roasted or boiled chicken.
2. Half an ounce of lean ham or bacon.
3. Half an ounce of butter.
4. One dessertspoonful of flour.
5. Half a gill of veal broth.
6. One dessertspoonful of cream.
7. A few drops of lemon juice.

8. A quarter of a pound of lard.
9. Bread crumbs.
10. Pepper and salt.

Cut some slices off the breast of a cold roasted or boiled chicken. Remove all the skin, and mince the chicken very finely with half an ounce of lean ham or bacon. Put half an ounce of butter into a stewpan and put it on the fire to melt. When the butter is melted, stir in a dessertspoonful of flour and mix it to a smooth paste. Then add half a gill of veal broth, stir it well until the mixture boils and thickens, then move the stewpan to the side of the fire, and stir in one dessertspoonful of cream. Add a few drops of lemon juice to the sauce, and a little pepper and salt; then stir in the minced chicken and ham or bacon, and mix all well together. When this is done, turn the contents of the stewpan on to a plate or dish to get cold. When cold, put a quarter of a pound of lard in a deep stewpan or frying-pan, and put it on the fire to melt. Break one egg on to a plate, and beat it up lightly with a knife. Form the chicken mixture into balls with floured hands. Dip the balls into the egg and roll them in bread crumbs, covering them well over but not too thickly. Arrange them in a frying basket, so that they do not touch each other. Put the frying basket into the boiling lard in the stewpan or frying-pan, and fry the croquettes a pale yellow. Put a piece of white paper on a plate, and when the croquettes are fried, put them on the paper to drain before serving.

N.B.—Cold pheasant or partridge can be used for croquettes.

CHICKEN CUSTARDS.

1. The breast of a raw chicken.
2. Pepper and salt.
3. Two eggs.

4. Two tablespoonfuls of milk.
5. Some good brown gravy.

Pound the meat off the breast of a chicken, and add a little pepper and salt. Beat separately the yolks and whites of two eggs, and add two tablespoonfuls of milk. Mix all together, and pour the mixture into buttered cups. Cover them with a buttered paper, and steam them for twenty-five minutes. Turn them out, and serve them hot, with good, hot, brown gravy poured round them.

CHICKEN FRICASSEE.

1. The remains of a cold chicken.
2. Sixteen small mushrooms.
3. One and a half ounces of butter.
4. One ounce of flour.
5. One gill of chicken broth.
6. One gill of cream.
7. A little lemon juice.
8. A thread of mace.
9. Pepper and salt.

Remove the skin from the chicken, then cut it into neat joints. Mix one ounce of butter with one ounce of flour in a stewpan over the fire, add the chicken broth gradually, then the cream and a little lemon juice. Stir this sauce over the fire for five minutes, then pour it over the chicken, which is in another saucepan, and leave it to heat through. Dish the joints in a circle on a dish. Remove the mace, and cover the chicken neatly with the sauce. The mushrooms must be heated in another pan, with a little lemon juice and half an ounce of butter. When they are quite hot, put them in the middle of the circle of chicken.

CHICKEN AND HAM SANDWICHES.

1. Two ounces of chicken.
2. One ounce of ham.

3. Some thin slices of brown bread and butter.
4. A little salt.
5. A few leaves of water-cress.

Pound two ounces of chicken and one ounce of ham in a mortar. Rub all through a sieve, and place it between two thin slices of brown bread and butter. Add a little salt, and a few leaves of water-cress.

CHICKEN (MINCED).

1. One small chicken, or part of one.
2. Salt.

Pluck the chicken, remove the inside, and take away all the skin and fat. Cut some slices of lean, and mince them finely. Sprinkle a little salt upon the mince, put it in an enamelled saucepan and heat it very slowly. It must on no account boil, or it will be hard.

CHICKEN PANADA.

1. Half a chicken.
2. Half a saltspoonful of salt.
3. One tablespoonful of cream.

Pluck the chicken, skin it, remove the inside, and take away all the fat. Cut the chicken in halves, dividing it down the middle of the back with a sharp knife. Take one half and cut all the flesh off it, and cut it into small pieces. Put the pieces of chicken into a gallipot, and sprinkle over them half a saltspoonful of salt; tie a piece of white paper over the top of the gallipot, then put it into a saucepan half-full of *boiling* water, but do not let the water cover it. Let it simmer for two hours, then take it out of the saucepan. Take the pieces of chicken out of the gallipot with a spoon, being careful not to lose any of the liquor. Put the pieces of chicken into a mortar, and pound them

well to a pulp; then rub it through a wire sieve into a basin with a wooden spoon. Pour a little of the chicken liquor over the chicken on the sieve to make it pass through more easily. When all the chicken has been rubbed through the sieve into the basin, stir in a tablespoonful of cream. Serve it on a dish with dry toast.

N.B.—The bones of the chicken may be used for chicken broth thus: Put the chicken bones into a saucepan with one pint of cold water. Put the saucepan on the fire, and let it simmer gently for two hours. Skim it occasionally, and when required to serve strain it into a basin, and flavour it with pepper and salt.

CHICKEN (RÉCHAUFFÉ OF).

1. The breast and one leg of a cold roasted or boiled chicken.
2. Half an ounce of flour.
3. Three-quarters of an ounce of butter.
4. One gill of cream.
5. Pepper and salt.
6. A little grated nutmeg.
7. A little made mustard.
8. Anchovy sauce.
9. Salad oil.

Mix half an ounce of flour with three-quarters of an ounce of butter and a gill of cream in a stewpan over the fire, and stir till smooth and thick, add pepper and salt and a little grated nutmeg, then the breast of the chicken cut into neat slices; draw the stewpan to the side of the fire, score the leg and rub it with a little made mustard, anchovy sauce, cayenne and salad oil, then broil it over a clear fire. Dish the white meat with the sauce round it, and put the leg on the top.

CHICKEN (ROAST).

1. One young chicken.
2. One ounce of butter.
3. Pepper and salt.
4. Lemon juice.
5. Two slices of fat bacon.
6. Bread sauce. (Page 144.)

Pluck and thoroughly clean the chicken, and save the neck, gizzard and feet for brown gravy. Put an ounce of butter with a little pepper, salt and lemon juice inside the chicken. Put the slices of bacon on the chicken, but remove them about a quarter of an hour before serving, so that the chicken may brown. Serve it with bread sauce and brown gravy made from the neck, gizzard and feet of the chicken. The chicken will take about half to three-quarters of an hour to roast.

CHICKEN SANDWICHES.

1. The breast of a cold roasted or boiled chicken.
2. French white sauce (cold). (Page 177.)
3. White bread and butter.
4. Salt.

Cut some thin slices from the breast of a cold cooked chicken, and dip them into French white sauce. Cut two thin slices of white bread and butter. Arrange the chicken, which has been dipped in the sauce, on one slice, sprinkle a little salt over it, then press the other slice of bread and butter over it. Cut into small squares about three inches long and one and a half wide.

N.B.—Game sandwiches can be prepared in the same manner.

CHICKEN TEA.

1. One small chicken.
2. Salt.

Pluck the chicken, skin it, remove the inside, and take away all the fat from both the inside and the outside. Cut off the head and feet, wash the chicken well, then cut it into small pieces, including the bones and muscles. Put them into a stewpan with a little salt and two quarts of cold water. The gizzard, which has been cleaned, and the liver cut into slices, may be added. Simmer gently for two hours, skimming it occasionally ; then let it stand near the fire for half an hour. Strain the tea through a sieve, and serve it with dry toast.

COCOA.

1. One teaspoonful of Cadbury's or Fry's Cocoa.
2. One dessertspoonful of water.
3. Half a pint of boiling milk and water (equal proportions).
4. Sugar to taste.

Mix one teaspoonful of Cocoa with one dessertspoonful of water in a cup until it becomes a smooth paste. Fill the cup with boiling milk and water (equal proportions). Add sugar to taste, then put the cup into boiling water, and let it simmer for a quarter of an hour.

COD SOUNDS.

1. Two cod sounds.
2. A pint of milk.
3. Gluten flour.
4. One gill of brown gravy.
5. Pepper, salt and mustard.
6. One teaspoonful of soy.

Soak the cod sounds in warm water for half an hour, then take them out and cook them in milk until they are quite tender. Dry, flour and boil them for seven minutes. Serve them with a sauce made of a gill of

Beat well the yolks of three eggs, and add to them five ounces of brown bread crumbs, three ounces of sugar, one gill of boiling milk, one gill of cream, and the whites of two eggs beaten to a stiff froth. Flavour with vanilla or lemon, and put the mixture into a buttered mould, and steam it for an hour and a half. Serve with it German or custard sauce.

BROWN BREAD SANDWICHES.

1. Two very thin slices of brown bread and butter.
2. Some fresh water-cress.
3. One hard-boiled egg.
4. Salt.

Place the leaves of some fresh water cress on a very thin slice of brown bread and butter. Cut a hard-boiled egg in thin slices, and lay them on the top of the water-cress leaves, then add a little salt. Place another very thin slice of brown bread and butter over the egg and water-cress. Cut the sandwich into strips about an inch wide. Place them on a dish and garnish with parsley. Meat for sandwiches should always be shredded as thinly as possible.

BRUSSELS SPROUTS.

1. One pound of Brussels sprouts.
2. Salt.
3. A pinch of sugar.
4. Half an ounce of butter.
5. Pepper.
6. Five drops of lemon juice.

Pick well one pound of Brussels sprouts, remove all dead leaves, cut off the ends, wash well, then blanch them in boiling water for two minutes. Put them into a saucepan in which there is some boiling water, with a little salt and a pinch of sugar. Do not put the lid

on the saucepan, and let the Brussels sprouts boil until they are quite tender ; then pour off all the water, and add half an ounce of butter, a little pepper, salt, and five drops of lemon juice. Toss over the fire till quite dry.

MESSRS. BURROUGHS & WELLCOME'S PREPARATIONS.

Zymine (*Extractum Pancreatis*), Fairchild.

Kepler Malt Extract and Kepler Solution.

Special Foods for Invalids.

Essentia Malti (Kepler).

CAFÉ AU LAIT.

1. One ounce of coffee.
2. Half a pint of boiling water.
3. Half a pint of boiling milk.

Café au lait should be made in an earthenware percolator, heated with boiling water before the coffee is put into it. To one ounce of coffee add half a pint of boiling water, and half a pint of boiling milk. Let the percolator stand on the stove while the water and milk are running through.

CALF'S FOOT JELLY.

1. Two calf's feet.
2. Three lemons.
3. Six ounces of sugar.
4. Two inches of cinnamon stick.
5. Six cloves.
6. The whites and shells of three eggs.
7. One wineglassful of sherry.
8. One dessertspoonful of brandy.

Clean well two calf's feet, and boil them in five pints of water until that quantity is reduced to half. The feet must be broken, and while boiling skim

frequently. Strain and leave the jelly to get cold. Remove all the fat with a spoon, then wash the surface of the jelly with a cloth dipped in boiling water. Put the jelly into a stewpan with the thin rind of two lemons, and the juice of three, six ounces of sugar, two inches of cinnamon stick, six cloves, one gill of cold water. and the whites and broken shells of three eggs. Whisk all in a pan over the fire until it boils, then draw the pan to the side of the fire, and let it stand for twenty minutes until covered with a thick scum. Strain it through a jelly bag, or a table napkin, until it is quite clear. Add one wineglassful of sherry, and one dessertspoonful of brandy, then pour it all into a mould.

CALF'S FOOT JELLY MILK.

1. Two calf's feet.
2. Two pints of milk.
3. Two pints of water.
4. Three ounces of sugar.
5. The thin rind of half a lemon.
6. Three cloves.

Break two calf's feet into several pieces, and bake them in a covered vessel, with two pints of milk, two pints of water, three ounces of sugar, the thin rind of half a lemon, and three cloves. Cook all for four or five hours, then strain and remove all the fat.

CALF'S FOOT FRITTERS.

1. One calf's foot.
2. Six ounces of flour.
3. One ounce of liquified butter, or oil.
4. One egg.
5. Salt and pepper.
6. One gill of tepid water.
7. Some fat for frying.

Boil one calf's foot, then strain off the jelly, and while the calf's foot is hot, cut it into as neat slices as possible, and remove all the little bones. Press the slices of meat together, and let them remain thus until cold, then trim them into shape for the fritters, and season them with salt and pepper. Make a batter of six ounces of flour, one ounce of liquified butter, or oil, the yolk of one egg, a little salt, and one gill of tepid water, all mixed together, until quite smooth. Let it stand for one hour or more, then beat it well, and add the white of one egg, beaten to a stiff froth. Put the meat on a skewer, and dip it in the batter. Have ready some boiling fat in a frying-pan; put the meat which has been dipped in the batter into it, and fry it a light brown colour.

CALF'S HEAD.

1. Half a calf's head.
2. One onion.
3. Six cloves.
4. One carrot.
5. One leaf of celery.
6. A small piece of mace.
7. A bouquet of herbs.
8. One tablespoonful of vinegar.
9. One very small onion and one small carrot.
10. A sprig of thyme.
11. Pepper and salt.
12. Parsley sauce. (Page 211.)

Soak well in cold water for two or three hours half a calf's head, then parboil it in salt and water for twenty minutes. Strain and put it in a stewpan with an onion stuck with six cloves, one carrot, a leaf of celery, a small piece of mace, a bouquet of herbs, and enough water to cover it. Boil it gently for an hour and a half, then dish it. Cut the tongue in slices and put them

round the dish, also the brains after they have been dressed thus. Soak them in cold water, then carefully take away the skin which covers them. Wash them well, then boil them slowly for half an hour in half a pint of water, to which is added one tablespoonful of vinegar, one very small onion, one small carrot, a sprig of thyme and a little pepper and salt. Pour some parsley sauce over the calf's head before serving it.

CALF'S HEAD (HASHED).

1. The remains of a cooked calf's head.
2. Six shallots.
3. One wineglassful of vinegar.
4. One pint of the stock in which the calf's head was boiled.
5. One ounce of flour.
6. One ounce of butter.
7. A piece of glaze the size of a walnut.
8. A little browning for the gravy.
9. Force meat balls. (Page 176.)

Chop six shallots, and put them into a stewpan with one wineglassful of vinegar, and boil it down to half the quantity. Add one pint of the stock in which the calf's head was boiled. Cut the remains of a cooked calf's head into pieces, about the size of a five shilling piece, and when the stock is boiling, put the meat into it, and let it simmer for half an hour. Thicken by adding one ounce of flour, one ounce of butter, and a piece of glaze the size of a walnut. Stir over the fire for half an hour, then dish the meat in the centre of the dish. Colour the gravy with a little browning, and pour it round the meat, also place some force meat balls round the dish.

CALF'S FEET (SAVOURY).

1. Two calf's feet.
2. Half a pound of ham.

3. Half a pound of veal.
4. Two carrots.
5. Two onions.
6. Three cloves.
7. A bouquet of herbs.
8. Pepper and salt.
9. A quart of stock or water.
10. A little lemon juice.

Parboil two calf's feet for ten minutes, then drain them. Put them into a stewpan, with half a pound of ham, half a pound of veal, two carrots, two onions three cloves, a bouquet of herbs, pepper and salt, and a quart of stock or water. Stew them very gently for three hours, skimming from time to time, then remove the bones from the feet. Return the meat to the pan to get quite hot. Add a little lemon juice, then serve.

CALLARD'S PREPARATIONS.

Gluten Bread.

„ Rolls.

„ Cracknels.

„ and Almond Biscuits.

Lunch Biscuits.

Cheese.

Cocoa-nut Biscuits sweetened with Saccharine.

Almond Biscuits sweetened with Saccharine.

Almond Biscuits, plain.

Almond Sponge Cakes sweetened with Glycerine.

Bran Biscuits.

Mixed Biscuits.

Almond Cakes.

Ginger Biscuits.

CAUDLE.

1. One pint of cold gruel.
2. Four tablespoonfuls of cream.
3. Two tablespoonfuls of cherry brandy or noyau.
4. Castor sugar.

Mix four tablespoonfuls of cream with a pint of cold gruel. Add two tablespoonfuls of cherry brandy or noyau, and sweeten to taste with castor sugar.

CAUDLE (WHITE).

1. One dessertspoonful of flour.
2. One gill of water.
3. One gill of boiling milk.
4. One teaspoonful of sugar.
5. A little grated nutmeg.
6. A wineglassful of sherry.
7. A little lemon juice.
8. The yolk of one egg.

Mix a dessertspoonful of flour with a gill of water until it is quite smooth, then add a gill of boiling milk, and a teaspoonful of sugar. Simmer them together, stirring all the time, for a quarter of an hour, then strain and stir till cold. Add a little grated nutmeg, a wineglassful of sherry, and a little lemon juice. Put all over the fire, and, when boiling, add the yolk of an egg. Stir for two minutes, and pour off at once into a cup.

CAULIFLOWER WITH CHEESE.

1. One cauliflower.
2. Salt.
3. One ounce of butter.
4. One ounce of flour.
5. One gill of milk.
6. Two ounces of grated cheese (Parmesan is best).
7. A little cayenne pepper.
8. One tablespoonful of cream.

Blanch the cauliflower for five minutes in boiling water, then put into cold water until it is to be cooked. Boil it in plenty of water with some salt until it is quite tender. It will take about twenty minutes. Drain it,

and press it lightly with a clean cloth to remove the water, being careful not to break the cauliflower. Cover it with a sauce made as follows: Mix one ounce of butter, one ounce of flour, one gill of milk, a little cayenne, and a tablespoonful of cream in an enamelled saucepan, and stir them carefully over the fire for five minutes. Add, lastly, two ounces of grated cheese (Parmesan is the best). Pour the sauce over the cauliflower, and put it in the oven until it is a nice golden colour.

CELERY (STEWED).

1. Two heads of celery.
2. Half a pint of boiling stock.
3. A few drops of lemon juice.
4. A pinch of salt and sugar.

Wash well two heads of celery, cut them about six inches in length, and point the roots. Blanch the celery in boiling water for five minutes, then in cold water for an hour. Put it into a stewpan, and cover it with half a pint of boiling stock, and cook gently for an hour, then dish the celery. Reduce the stock quickly until there is only just enough to cover the celery, then add a few drops of lemon juice, and a pinch of salt and sugar.

CHANTILLY CAKE.

1. One small, round sponge cake.
2. One teacupful of boiled custard. (Page 166.)
3. The white of one egg.
4. Castor sugar.
5. Vanilla flavouring, or grated lemon rind.

Remove the centre of the sponge cake by cutting it round about two inches from the edge with a sharp knife, being careful not to cut through the bottom. Pour a teacupful or more of boiled custard into the cake. Whisk the white of one egg to a stiff froth, add

a little castor sugar and a few drops of vanilla, and put it over the boiled custard.

CHICKEN BROTH. (No. 1.)

1. One chicken.
2. A pinch of salt.
3. One inch of whole ginger.
4. One pint of water.
5. Five drops of lemon juice.

Put the meat of the breast aside. Cut up the rest of the chicken into small pieces, and take away all the fat and skin. Put it with the salt, ginger and water into a closely covered stewpan, and let it simmer gently for six hours, then strain it, and leave it until cold, when any fat can be removed. Pound the meat off the breast, rub it through a sieve, add it to the chicken broth, simmer it gently for half an hour, and add five drops of lemon juice.

CHICKEN BROTH. (No. 2.)

1. One chicken.
2. One ounce of pearl barley.
3. One small carrot.
4. One small shallot.
5. A bouquet of herbs.
6. One quart of water.
7. Salt and pepper.
8. One tablespoonful of corn flour.
9. Half a pint of boiling milk.
10. Two tablespoonfuls of cold milk.
11. One gill of cream.
12. One tablespoonful of chopped parsley.
13. A little lemon juice.

Boil the barley and vegetables in one quart of water for one hour, then put in the chicken, which has been prepared, and let it simmer for three-quarters of an hour. The chicken can then be sent to table with a

little white sauce poured over it. Add the bones and whatever is left of the chicken to the broth, and simmer it for two or three hours. Strain and remove all fat, then put the broth on to boil. Mix one tablespoonful of corn flour with a little cold milk (about two table-spoonfuls) ; add half a pint of boiling milk to it, stirring all the time. Add this to the broth in the stewpan, and let it boil ten minutes, stirring all the time. Add one gill of cream, a tablespoonful of chopped parsley and a few drops of lemon juice.

CHICKEN CAKES.

1. A quarter of a pound of chicken.
2. One ounce of bread crumbs.
3. One egg.
4. Salt and pepper.
5. A little flour.
6. A sprig of parsley.
7. Lard for frying.

Remove all the skin and fat from a quarter of a pound of chicken, then mince it finely. Add a few bread crumbs, a little chopped parsley, and a little pepper and salt. Beat one egg well and mix in two-thirds, leaving the rest for after use. Shape the minced chicken in pieces the size of half a crown piece ; roll them in flour, dip them in egg and bread crumbs, and fry them in boiling lard till of a golden brown colour.

CHICKEN CROQUETTES.

1. The breast of a cold roasted or boiled chicken.
2. Half an ounce of lean ham or bacon.
3. Half an ounce of butter.
4. One dessertspoonful of flour.
5. Half a gill of veal broth.
6. One dessertspoonful of cream.
7. A few drops of lemon juice.

8. A quarter of a pound of lard.
9. Bread crumbs.
10. Pepper and salt.

Cut some slices off the breast of a cold roasted or boiled chicken. Remove all the skin, and mince the chicken very finely with half an ounce of lean ham or bacon. Put half an ounce of butter into a stewpan and put it on the fire to melt. When the butter is melted, stir in a dessertspoonful of flour and mix it to a smooth paste. Then add half a gill of veal broth, stir it well until the mixture boils and thickens, then move the stewpan to the side of the fire, and stir in one dessertspoonful of cream. Add a few drops of lemon juice to the sauce, and a little pepper and salt; then stir in the minced chicken and ham or bacon, and mix all well together. When this is done, turn the contents of the stewpan on to a plate or dish to get cold. When cold, put a quarter of a pound of lard in a deep stewpan or frying-pan, and put it on the fire to melt. Break one egg on to a plate, and beat it up lightly with a knife. Form the chicken mixture into balls with floured hands. Dip the balls into the egg and roll them in bread crumbs, covering them well over but not too thickly. Arrange them in a frying basket, so that they do not touch each other. Put the frying basket into the boiling lard in the stewpan or frying-pan, and fry the croquettes a pale yellow. Put a piece of white paper on a plate, and when the croquettes are fried, put them on the paper to drain before serving.

N.B.—Cold pheasant or partridge can be used for croquettes.

CHICKEN CUSTARDS.

1. The breast of a raw chicken.
2. Pepper and salt.
3. Two eggs.

4. Two tablespoonfuls of milk.
5. Some good brown gravy.

Pound the meat off the breast of a chicken, and add a little pepper and salt. Beat separately the yolks and whites of two eggs, and add two tablespoonfuls of milk. Mix all together, and pour the mixture into buttered cups. Cover them with a buttered paper, and steam them for twenty-five minutes. Turn them out, and serve them hot, with good, hot, brown gravy poured round them.

CHICKEN FRICASSEE.

1. The remains of a cold chicken.
2. Sixteen small mushrooms.
3. One and a half ounces of butter.
4. One ounce of flour.
5. One gill of chicken broth.
6. One gill of cream.
7. A little lemon juice.
8. A thread of mace.
9. Pepper and salt.

Remove the skin from the chicken, then cut it into neat joints. Mix one ounce of butter with one ounce of flour in a stewpan over the fire, add the chicken broth gradually, then the cream and a little lemon juice. Stir this sauce over the fire for five minutes, then pour it over the chicken, which is in another saucepan, and leave it to heat through. Dish the joints in a circle on a dish. Remove the mace, and cover the chicken neatly with the sauce. The mushrooms must be heated in another pan, with a little lemon juice and half an ounce of butter. When they are quite hot, put them in the middle of the circle of chicken.

CHICKEN AND HAM SANDWICHES.

1. Two ounces of chicken.
2. One ounce of ham.

3. Some thin slices of brown bread and butter.
4. A little salt.
5. A few leaves of water-cress.

Pound two ounces of chicken and one ounce of ham in a mortar. Rub all through a sieve, and place it between two thin slices of brown bread and butter. Add a little salt, and a few leaves of water-cress.

CHICKEN (MINCED).

1. One small chicken, or part of one.
2. Salt.

Pluck the chicken, remove the inside, and take away all the skin and fat. Cut some slices of lean, and mince them finely. Sprinkle a little salt upon the mince, put it in an enamelled saucepan and heat it very slowly. It must on no account boil, or it will be hard.

CHICKEN PANADA.

1. Half a chicken.
2. Half a saltspoonful of salt.
3. One tablespoonful of cream.

Pluck the chicken, skin it, remove the inside, and take away all the fat. Cut the chicken in halves, dividing it down the middle of the back with a sharp knife. Take one half and cut all the flesh off it, and cut it into small pieces. Put the pieces of chicken into a gallipot, and sprinkle over them half a saltspoonful of salt; tie a piece of white paper over the top of the gallipot, then put it into a saucepan half-full of *boiling* water, but do not let the water cover it. Let it simmer for two hours, then take it out of the saucepan. Take the pieces of chicken out of the gallipot with a spoon, being careful not to lose any of the liquor. Put the pieces of chicken into a mortar, and pound them

well to a pulp ; then rub it through a wire sieve into a basin with a wooden spoon. Pour a little of the chicken liquor over the chicken on the sieve to make it pass through more easily. When all the chicken has been rubbed through the sieve into the basin, stir in a tablespoonful of cream. Serve it on a dish with dry toast.

N.B.—The bones of the chicken may be used for chicken broth thus: Put the chicken bones into a saucepan with one pint of cold water. Put the saucepan on the fire, and let it simmer gently for two hours. Skim it occasionally, and when required to serve strain it into a basin, and flavour it with pepper and salt.

CHICKEN (RÉCHAUFFÉ OF).

1. The breast and one leg of a cold roasted or boiled chicken.
2. Half an ounce of flour.
3. Three-quarters of an ounce of butter.
4. One gill of cream.
5. Pepper and salt.
6. A little grated nutmeg.
7. A little made mustard.
8. Anchovy sauce.
9. Salad oil.

Mix half an ounce of flour with three-quarters of an ounce of butter and a gill of cream in a stewpan over the fire, and stir till smooth and thick, add pepper and salt and a little grated nutmeg, then the breast of the chicken cut into neat slices ; draw the stewpan to the side of the fire, score the leg and rub it with a little made mustard, anchovy sauce, cayenne and salad oil, then broil it over a clear fire. Dish the white meat with the sauce round it, and put the leg on the top.

CHICKEN (ROAST).

1. One young chicken.
2. One ounce of butter.
3. Pepper and salt.
4. Lemon juice.
5. Two slices of fat bacon.
6. Bread sauce. (Page 144.)

Pluck and thoroughly clean the chicken, and save the neck, gizzard and feet for brown gravy. Put an ounce of butter with a little pepper, salt and lemon juice inside the chicken. Put the slices of bacon on the chicken, but remove them about a quarter of an hour before serving, so that the chicken may brown. Serve it with bread sauce and brown gravy made from the neck, gizzard and feet of the chicken. The chicken will take about half to three-quarters of an hour to roast.

CHICKEN SANDWICHES.

1. The breast of a cold roasted or boiled chicken.
2. French white sauce (cold). (Page 177.)
3. White bread and butter.
4. Salt.

Cut some thin slices from the breast of a cold cooked chicken, and dip them into French white sauce. Cut two thin slices of white bread and butter. Arrange the chicken, which has been dipped in the sauce, on one slice, sprinkle a little salt over it, then press the other slice of bread and butter over it. Cut into small squares about three inches long and one and a half wide.

N.B.—Game sandwiches can be prepared in the same manner.

CHICKEN TEA.

1. One small chicken.
2. Salt.

Pluck the chicken, skin it, remove the inside, and take away all the fat from both the inside and the outside. Cut off the head and feet, wash the chicken well, then cut it into small pieces, including the bones and muscles. Put them into a stewpan with a little salt and two quarts of cold water. The gizzard, which has been cleaned, and the liver cut into slices, may be added. Simmer gently for two hours, skimming it occasionally ; then let it stand near the fire for half an hour. Strain the tea through a sieve, and serve it with dry toast.

COCOA.

1. One teaspoonful of Cadbury's or Fry's Cocoa.
2. One dessertspoonful of water.
3. Half a pint of boiling milk and water (equal proportions).
4. Sugar to taste.

Mix one teaspoonful of Cocoa with one dessertspoonful of water in a cup until it becomes a smooth paste. Fill the cup with boiling milk and water (equal proportions). Add sugar to taste, then put the cup into boiling water, and let it simmer for a quarter of an hour.

COD SOUNDS.

1. Two cod sounds.
2. A pint of milk.
3. Gluten flour.
4. One gill of brown gravy.
5. Pepper, salt and mustard.
6. One teaspoonful of soy.

Soak the cod sounds in warm water for half an hour, then take them out and cook them in milk until they are quite tender. Dry, flour and boil them for seven minutes. Serve them with a sauce made of a gill of

brown gravy, seasoned with pepper, salt and a little mustard, and a teaspoonful of soy. Boil the sauce and pour it over the sounds.

COD (STEWED).

1. Half a pound of cod, or a slice about an inch thick.
2. One gill of veal gravy or good broth.
3. One tablespoonful of very fine bread crumbs.
4. One teaspoonful of arrowroot.
5. Half a teaspoonful of anchovy sauce.
6. One dessertspoonful of sherry.
7. One teaspoonful of lemon juice.

Have ready some boiling water in a saucepan, and put a little salt into it. Clean the slice of cod, and put it into the boiling water, and let it boil gently for five minutes; then lift it out, and let it drain. Have ready, heated in a stewpan, one gill of veal gravy or good broth. Put the cod in this, and stew it for five minutes; then add a tablespoonful of very fine bread crumbs, and let it simmer for three minutes. Mix a teaspoonful of arrowroot and half a teaspoonful of anchovy sauce with a dessertspoonful of sherry and a teaspoonful of lemon juice, and stir it well into the gravy. Boil all together for two minutes; then lift the fish out carefully with a fish slice. Pour the sauce over it, and serve it quickly.

N.B.—Half a dozen oysters, bearded, and added with their strained liquor two or three minutes before the cod is taken out of the stewpan, improve this dish.

COFFEE CUSTARD.

1. Three eggs.
2. One pint of milk.
3. One ounce of sugar.
4. Vanilla flavouring.
5. A very strong teacupful of coffee.

Whisk the eggs well and add a pint of milk, sweetened with one ounce of sugar, and flavoured with five drops of vanilla flavouring. Have ready a very strong tea-cupful of coffee, stir it into the custard, and bake in a slow oven until the custard is quite set.

COFFEE MOULD.

1. Half an ounce of gelatine.
2. One gill of milk.
3. A little grated lemon rind, or three drops of vanilla flavouring.
4. Two tablespoonfuls of very strong coffee.
5. One tablespoonful of sugar.

Boil one gill of milk with two tablespoonfuls of very strong coffee. Add a little grated lemon rind, or three drops of vanilla flavouring, one tablespoonful of sugar, and half an ounce of gelatine. Stir all well together, then strain and pour all into a mould and leave it to get cold.

CORALLINE.

1. A quarter of a pound of coralline.
2. About one pint of milk.
3. One tablespoonful of sugar.
4. A small piece of butter.
5. Grated lemon rind or nutmeg.

Put a quarter of a pound of coralline in a pie-dish. Add about a pint of milk, and let it steep for about three hours, then add a little more milk, if necessary, to cover the coralline. Stir in one tablespoonful of sugar, add a small piece of butter, and a little grated lemon rind or nutmeg. Bake this for about fifteen or twenty minutes.¹

¹ Coralline is a cooked preparation of white southern maize, having both nutritious and sustaining qualities, and being rapidly and easily digestible.

CORN FLOUR BLANC-MANGE.

1. Two ounces of corn flour.
2. One pint of milk.
3. One ounce of castor sugar.
4. Vanilla, or any flavouring that may be preferred.

Mix well two ounces of corn flour with a little of the milk in a basin until it is quite smooth. Boil the rest of ~~the milk, then~~ strain it on to the corn flour, stirring all the time. Add two ounces of castor sugar, and pour the mixture into an enamelled saucepan and boil it for eight minutes, stirring continually. Three drops of vanilla flavouring may be added two minutes before taking the saucepan off the fire. Pour the blanc-mange into a cold, damp mould, and put it in a cool place. When cold, turn it out, and serve.

CORN FLOUR MILK.

1. Two tablespoonfuls of corn flour.
2. One pint of milk, and one gill of milk.
3. Two eggs.
4. The rind of half a lemon.
5. Sugar or honey.

Cut the rind of half a lemon very thinly, and put it into a pint of milk, and let it remain by the fire in an enamelled saucepan until it is nicely flavoured. Then take out the lemon rind and let the milk boil. Mix two tablespoonfuls of corn flour with one gill of milk in a basin until it is smooth, then add two well-beaten eggs. Strain the boiling milk on this mixture, and pour all into the saucepan and boil it again, stirring it well over the fire for five minutes. Sweeten to taste with sugar or honey.

CORN FLOUR SAUCE.

1. One teaspoonful of corn flour.
2. One gill of boiling water.

3. One dessertspoonful of sugar.
4. The juice of one lemon, or two tablespoonfuls of red currant jelly.

Mix one teaspoonful of corn flour with a little cold water until it is a smooth paste. Pour upon it one gill of boiling water, stirring all the time. Add one dessertspoonful of sugar and the juice of one lemon or two tablespoonfuls of red currant jelly. Boil all together for five minutes.

COTTAGE PIE.

1. Some underdone or raw meat.
2. A slice of bread (about one ounce).
3. Pepper and salt.
4. Half a small shallot.
5. A very little grated nutmeg.
6. A little grated lemon rind.
7. Parsley.
8. Thyme.
9. Half a pint of good stock.
10. Some boiled potatoes.
11. Some small strips of fat bacon, or a little butter.

Mince very finely some underdone or raw meat. Put a small slice of bread (about one ounce) into a pie-dish. Add pepper and salt, half a small shallot chopped very finely, a very little grated nutmeg, a little grated lemon rind, a little finely-chopped parsley and thyme, and half a pint of good stock. Cook these ingredients in the oven for about one hour, then thoroughly mix in the minced meat. Add a little more stock if necessary, so that the dish may be nearly full. Cover all with some boiled potatoes which have been rubbed through a sieve and seasoned with pepper and salt. Place some small strips of fat bacon or some small pieces of butter on the top, and bake the pie for one hour and a half.

CRÈME DE VOLAILLE.

1. The flesh of half a chicken.
2. Half an ounce of butter.
3. Half an ounce of flour.
4. Half a gill of white stock.
5. One egg.
6. Half a pint of whipped cream.
7. Salt and pepper.

Melt the butter and flour together in a saucepan, then add the stock. Chop, pound and rub the chicken through a sieve. When the sauce is cool, add the egg and the whipped cream, and mix all together. Put it into a buttered mould, and steam it for a quarter of an hour.

CUSTARD BLANC-MANGE.

1. One ounce of gelatine.
2. One pint of custard. (Page 166.)

Soak one ounce of gelatine in a cupful of cold water for one hour. Make one pint of boiled custard, and while it is hot stir in the gelatine which has been soaked. Oil some small moulds, pour in the custard, and turn it out when cold.

A little brightly coloured fruit syrup can be poured round the custard blanc-mange just before serving it.

CUSTARD PUDDING.

(By a Staff Nurse.)

1. Two eggs.
2. One pint of milk.
3. One tablespoonful of sugar.

Whisk two eggs, and add to them one pint of milk and one tablespoonful of sugar. Put all into a buttered pie-dish, and bake it for about twenty-five minutes ; or

into a buttered mould, and steam it for thirty or thirty-five minutes, until it is firm.

CUSTARD (BOILED).

1. Half a pint of milk.
2. Two eggs.
3. One ounce of castor or crushed loaf sugar.
4. Vanilla flavouring.
5. One dessertspoonful of brandy.

Boil half a pint of milk and sweeten it to taste. Beat two eggs in a basin until they are light, then pour the boiling milk upon them, stirring all the time. Put all into an enamelled saucepan, and stir it over a slow fire until the custard begins to thicken. Add two drops of vanilla flavouring, and a dessertspoonful of brandy can also be added. Take the saucepan quite off the fire so that it cannot even simmer, and let it remain for a quarter of an hour, stirring it occasionally. Then pour the custard out of the saucepan and stir it now and again to keep it from skinning on the surface. When cold it is ready to be served.

CUSTARD SAUCE.

1. The yolks of two eggs.
2. Half a pint of milk.
3. One dessertspoonful of sugar.

Beat the yolks of two eggs, and put them in a jug. Add half a pint of milk and one dessertspoonful of sugar, and stir them well. Put the jug into a saucepan in which there is some boiling water, and let it continue to boil over the fire. As soon as the spoon is coated with the custard it will be cooked enough, and must be emptied into another vessel at once or it will spoil.

CUSTARDS WITHOUT EGGS.

1. One dessertspoonful of corn flour.
2. One dessertspoonful of sugar.
3. Half a pint of milk.
4. Half a teaspoonful of essence of vanilla.

Mix the corn flour with one dessertspoonful of milk in a basin until it is quite smooth. Boil the rest of the milk, and when it is quite boiling, pour it on the corn flour. Pour all into an enamelled saucepan, and stir while it boils for five minutes. Add the vanilla and sugar, and stir till cold. This custard can be served with stewed fruits, or it can be poured over a dish of ripe raspberries or strawberries.

CUTLETS À LA TALLYRAND.

1. One pound of veal cutlet.
2. Two ounces of butter.
3. Lemon juice.
4. Half a pint of good stock.
5. Six mushrooms.
6. One small shallot.
7. One teaspoonful of chopped parsley.
8. The yolks of two eggs.
9. One tablespoonful of cream.
10. Salt.

Cut the veal into nice shapes, and put it into a stewpan with two ounces of butter. Squeeze some lemon juice over it, and let it stew gently. Add half a pint of good stock. Chop the mushrooms and shallot finely, and put them with the chopped parsley in the stewpan. Simmer all for one hour, then dish the veal. Beat the yolks of eggs well, and pour some of the stock on them; then put them into the stewpan, and add one tablespoonful of cream and a little salt, and stir for two minutes.

DEVONSHIRE JUNKET.

1. One pint of *new* milk.
2. Two teaspoonfuls of essence of rennet.
3. Six lumps of sugar.
4. One tablespoonful of rum or brandy.
5. Nutmeg.

If not warm, heat one pint of *new* milk until it is only just warm, then add one tablespoonful of rum or brandy, and six lumps of sugar. Pour the mixture into the dish in which it is to be served, and add two teaspoonfuls of essence of rennet, mixing it well with the milk, etc. Grate a little nutmeg on the top, and put the junket in a cool place. If it can be procured, a little clotted cream should be spread over the junket, and a little castor sugar sprinkled over it.

DUTCH SAUCE.

1. The yolks of two eggs.
2. One ounce of butter.
3. One teaspoonful of tarragon vinegar.
4. A very small piece of shallot.
5. Pepper and salt.

Chop the shallot very finely, and put it with the other ingredients into a jam pot, standing in a saucepan in which there is some boiling water. Whisk the sauce over the fire until it thickens, when it must at once be turned into a sauce tureen.

EGG, BAKED.

1. One egg.
2. One ounce of fresh butter.
3. Two tablespoonfuls of cream.
4. Pepper and salt.

Spread one ounce of fresh butter on a small round tin, and sprinkle a little salt over it. Break one egg carefully

into the tin, pour two tablespoonfuls of cream over it, and sprinkle a little salt and pepper on it. Put a small piece of butter on the top, and put it in the oven. When the egg is set, take it out of the oven, and brown it before the fire.

EGGS (BAKED).

1. Two eggs.
2. A little butter.
3. A saltspoonful of chopped parsley.
4. A very little thyme.
5. One dessertspoonful of cream.

Butter a cup and break two eggs into it; add a little pepper and salt, a saltspoonful of chopped parsley, a very little thyme, and a dessertspoonful of cream. Cover the cup with a well-buttered paper, and bake the eggs for fifteen minutes.

EGGS AND BACON.

1. Some very thin slices of streaky bacon.
2. One or two eggs.

Fry some very thin slices of streaky bacon lightly on both sides. Dish them on paper, or, better still, on little pieces of wood, so that all the fat may drain from them. Break the eggs carefully into the bacon fat in the frying-pan. Tilt the frying-pan so that the eggs are covered with fat. In three minutes they will be cooked enough, and should then be drained and dished on the slices of bacon, on a hot dish.

EGGS AND BRANDY.

1. Two eggs.
2. One wineglassful of brandy.
3. Castor sugar.

Whisk two eggs to a froth in a wineglassful of cold water. Add a wineglassful of brandy, mix all well together, and sweeten with a little castor sugar.

EGG (BUTTERED).

1. One egg.
2. Half an ounce of butter.
3. A slice of hot buttered toast.

Break one egg into a basin, and beat it until it is light and frothy. Melt half an ounce of butter by putting it in a basin and placing it over boiling water, stirring it until it is melted. Put both the egg and butter into an enamelled saucepan, and keep stirring *in one direction* over a slow fire until the egg is hot through, but do not let it boil. Turn it out into the basin once or twice to mix well, and to ensure it being cooked slowly. Have ready a slice of hot buttered toast. Take the egg, directly it is warmed through, and spread it on the hot buttered toast, and serve quickly.

EGG (POACHED) WITH GRATED HAM.

1. One egg.
2. A slice of hot buttered toast.
3. A small quantity of grated ham.

Butter a teacup, and break an egg into it. Place the cup into boiling water, and let it boil gently until the egg is set. Place the egg on a slice of hot buttered toast, sprinkle a small quantity of grated ham over it, and serve it while very hot.

EGG (POACHED).

1. One egg.
2. One dessertspoonful of vinegar.
3. Salt.
4. A slice of hot buttered toast.

Break one egg carefully into a frying-pan, in which there is some gently boiling water, sufficient to cover the egg, and to which has been added a dessertspoonful of vinegar and a little salt. Do not let the water boil too fast or it will break the egg. When the white is set, the egg is done enough. Take it carefully out of the pan with an egg or fish slice, and drain it *thoroughly*, as the vinegar in the water would make the egg taste acid if it were not well drained. Cut off the ragged edges round the egg, and put it on a slice of hot buttered toast, and serve quickly.

EGGS (POACHED) ON SPINACH.

Butter one or two teacups, place them in a stewpan of boiling water, and break an egg into each cup. Let them cook for about four minutes, then loosen the edges, and turn them on to the spinach. (Page 244.)

EGGS, RUM AND LEMONS.

1. Two new-laid eggs.
2. One gill of Jamaica rum.
3. Two lemons.
4. One ounce of sugar candy.

Crush two new-laid eggs (the shells included). Add the juice of two lemons. Stir all with a wooden spoon until the shells are dissolved. Then add one gill of good Jamaica rum. Strain through muslin, and sweeten the mixture with one ounce of crushed sugar candy. Serve it in small doses: about one teaspoonful.

N.B.—The eggs should both be laid the same day.

EGG SAUCE.

1. Two hard-boiled eggs cut into very small dice.
2. One ounce of butter.

3. One ounce of flour.
4. One gill of water in which the haddock was boiled.
5. One gill of milk.
6. A little lemon juice.

Mix one ounce of butter with one ounce of flour in a saucepan over the fire ; add gradually one gill of the water in which the haddock was boiled, and one gill of milk. Stir over the fire for ten minutes, then add two hard-boiled eggs which have been cut into very small dice, and a few drops of lemon juice. Pour this sauce round the fish pudding.

EGGS (SNOW) ŒUFS À LA NEIGE.

1. Two eggs.
2. Half a pint of milk.
3. Half a lemon rind.
4. Vanilla flavouring.
5. Castor sugar.

Put half a pint of milk into a saucepan, and sweeten it to taste with castor sugar. Cut the rind of half a lemon very thinly, being careful not to cut any of the white ; put it into the milk, and let it steep by the side of the fire for half an hour ; then take out the lemon rind. Separate the whites from the yolks of two eggs. Whisk the whites to a very stiff froth, and mix in a little castor sugar. Bring the milk to the boiling point, and drop the whisked white of egg into it, a tablespoonful at a time, and keep turning the pieces of white of egg until they are sufficiently cooked ; then take the saucepan off the fire, take the pieces of white of egg out, and put them in a glass dish. Beat the yolks of the eggs, and stir them in the milk (the milk should not be hot). Add a little castor sugar, and strain this mixture into a jug. Boil some water in a saucepan, and put the jug in it. Stir the mixture one way until it

thickens, but do not let it boil, or it will curdle. Add three drops of vanilla flavouring. Then pour this custard over the whites of the eggs in the glass dish, and they should rise to the surface. Put the dish in a cool place, and serve when cold.

EGG WINE.

1. One egg.
2. One wineglassful of sherry.
3. Nutmeg.
4. Castor sugar.

Beat one egg well in a basin, mixing with it one tablespoonful of cold water. Pour a wineglassful of sherry into a saucepan with half a pint of water, and heat, but do not let it boil. When hot, pour it on the egg, stirring all the time. Sweeten with castor sugar, and a little grated nutmeg can be added. Serve in a glass.

EGGE DOUCIS. (NORWEGIAN) SWEET EGG.

1. One egg.
2. One teaspoonful of rum or brandy.
3. Castor sugar.
4. Sponge cake.

Break one egg into a cup. Beat it well with a teaspoon, adding gradually a little castor sugar, until the egg becomes stiff and looks almost white. Lastly, add a teaspoonful of rum or brandy, and serve the *egge doucis* with sponge cake.

FIG MOULD.

1. Half a pound of figs.
2. A quarter of a pound of loaf sugar.
3. Half a pint of water.
4. The rind of half a lemon and a little of the juice.
5. One gill of cream.

Wash the figs well in two or three waters, and boil them with all the other ingredients, except the cream, until they are quite soft ; then dish them into a mould. Reduce the syrup to a gill, pour it over the figs, press them down, and leave them until they are cold, and ready to be turned out. Whip the cream, and serve it with the fig mould.

FILLETS OF PLAICE OR SOLE (STUFFED).

1. One plaice or one sole.
2. Lemon juice.
3. One pint shrimps, or some meat of lobster.
4. French white sauce. (Page 177.)

Fillet the plaice or sole, and squeeze some lemon juice over the fillets ; spread the shrimps or lobster on them, then roll them up and tie or skewer them. Bake them in a covered dish for fifteen minutes, and before serving cover them with white sauce.

FILLETS OF SOLE (FRIED).

1. One sole.
2. One pound of lard.
3. One egg.
4. Bread crumbs.

To fillet the sole—Wash it well, then lay it on a board. Take a sharp knife and cut off all the outside fins, the head and the tail. Pull the skin off the sole from the tail to the head. Cut down the centre of the fish on one side, and carefully slide the knife between the flesh and the bones, holding the flesh in one hand and drawing it gently away as the knife cuts it from the bone. Then turn the fish over, and do the same to the other side.

When the sole is filleted, take each fillet and rub it over with flour. Break one egg on to a plate and beat

it with a knife. Lay the fillets in the egg, then cover them with fine bread crumbs. Melt one pound of lard in a saucepan. Put the fillets in a frying basket, and when the lard is quite hot, put the frying basket in it for three minutes, keeping the saucepan on the fire. Then take out the fillets (they should be a light brown colour), and put them on a piece of white paper on a plate to drain off the grease. Then serve them on a serviette on a hot dish.

FILLETED PLAICE.

1. One plaice.
2. One egg.
3. Some fine bread crumbs.
4. Lard for frying.
5. Melted butter sauce. (1., page 201.)

Cut the plaice into four fillets, and divide each fillet into two or three pieces, and dry them in a clean cloth. Beat an egg on a plate or dish, and dip the fish in it, then dip it in fine bread crumbs. Boil some lard in a frying-pan, then put in the fish, and fry it for three minutes. When fried, put it on kitchen paper to get rid of the fat. Serve it with melted butter sauce.

FILLETED SOLE SANDWICHES.

1. One sole.
2. A dessertspoonful of vinegar.
3. Two slices of bread.
4. Mayonnaise sauce. (Page 199.)

Fillet one sole (see Fried Fillets of Sole), and arrange the fillets lengthways in a fish-kettle in which there is some boiling water, to which a dessertspoonful of vinegar has been added. Boil the fillets for about seven or ten minutes, then drain them on a cloth, and let them

get cold. Cut them into as thin slices as possible with a very sharp knife. Spread two thin slices of bread with Mayonnaise sauce, and place the fish between them.

FORCEMEAT BALLS.

1. A quarter of a pound of veal.
2. A quarter of a pound of bacon, or ham.
3. Half a shallot.
4. A little parsley.
5. A sprig of thyme.
6. Pepper and salt.
7. A little grated nutmeg.
8. A very little grated lemon rind.
9. One tablespoonful of bread crumbs.
10. A little gravy or milk.
11. One egg.
12. Some fat for frying.

Mince as finely as possible a quarter of a pound of veal, a quarter of a pound of bacon or ham, half a shallot, a little parsley, and a sprig of thyme. Add a grate of nutmeg, a little pepper and salt, a very little grated lemon rind, one tablespoonful of bread crumbs, and one egg. Mix all well into a rather stiff paste; it will need either a little gravy or milk to moisten it. Make it into balls the size of a marble, egg and bread crumb them, and fry them in boiling fat.

FRAME FOOD PREPARATIONS.

Frame Food Extract.
Frame Food Diet.
Frame Food Jelly.
etc. etc. etc.

FRENCH BEANS.

1. One pound of fresh young beans:
2. Salt.

Cut off the stalks, and strip the beans. Soak them in cold water with a little salt for an hour, then cut them into shreds, and put them in boiling water with a little salt; and if the water is hard, add a very small piece of soda. Boil them about twenty-five minutes, or until they are quite soft.

A FRENCH DRINK FOR TYPHUS FEVER.

1. A quarter of a pound of angelica root.
2. The juice of two lemons.
3. A quarter of a pound of honey.
4. One wineglassful of brandy.

Slice thinly a quarter of a pound of angelica root and pour upon it a quart of boiling water. Add the strained juice of two lemons, a quarter of a pound of honey, and a wineglassful of brandy. It must be kept in a covered vessel, and allowed to stand by the fire for half an hour; then it must be strained.

FRENCH MELTED BUTTER.

1. One ounce of butter.
2. One tablespoonful of cream.
3. Pepper and salt.

Press the butter in a clean cloth to get rid of all moisture. Add the cream and a little pepper and salt, and stir them over the fire until hot, but do not let the butter curdle.

FRENCH WHITE SAUCE.

1. Half a pint of white stock.
2. Savoury herbs.
3. One tablespoonful of cream.
4. One teaspoonful of arrowroot.
5. Salt.

Put half a pint of white stock into a stewpan with a

very small bunch of savoury herbs and a little salt. Boil it for a few minutes, until the flavour of the herbs has been extracted ; then strain it, and boil it up again quickly until it is reduced to about half the quantity. Mix one teaspoonful of arrowroot with one tablespoonful of cream, until it is quite smooth ; then stir it in with the other ingredients in the stewpan. Let the sauce simmer for about a quarter of an hour over a slow fire, if the sauce be already thick ; but, should it be too thin, it must be stirred over a quick fire until it thickens.

FRIAR'S OMELETTE.

1. Six apples.
2. Two ounces of sugar.
3. A little grated lemon rind and lemon juice.
4. Two ounces of butter.
5. Two well-beaten eggs.
6. Some fine bread crumbs.
7. Castor sugar.

Peel, core and slice six apples ; stew them with one ounce of sugar, a little grated lemon rind, and a few drops of lemon juice, until they are quite a pulp ; then add two ounces of butter and another ounce of sugar. When quite cold, add two well-beaten eggs. Butter a mould, and cover the sides and bottom thickly with fine bread crumbs. Put the apple pulp into the mould, and cover the top with bread crumbs. Bake for about half an hour in a moderate oven, then turn it out, and before serving sprinkle some castor sugar over it.

GAME PANADA.

1. The white meat of a young pheasant, partridge, etc.
2. A little broth.
3. The crumb of half a penny roll.
4. Half a pint of milk.
5. Pepper and salt.

Pound in a mortar the white meat from the breast of a young pheasant, partridge, etc., adding a little broth now and then to help to pound it. Steep half the crumb of a penny roll in half a pint of milk. When all the milk is absorbed, add the pounded game, and a little pepper and salt. Stir all over the fire for ten minutes. If raw game be used, the panada must be cooked for half an hour.

GENOESE CAKE.

1. Five ounces of flour.
2. Six eggs.
3. Seven ounces of castor sugar.
4. Five ounces of butter.

Rub five ounces of flour through a fine sieve. Break six eggs into a basin, and beat them well, adding gradually seven ounces of castor sugar. (The basin should stand in hot water.) Add five ounces of melted butter, then mix in lightly but well the five ounces of flour. Cover a shallow tin with double paper, and butter it well; pour the mixture into this, and bake it for half an hour in a quick oven.

GERMAN CHOCOLATE.

1. One ounce of chocolate.
2. About one gill of cold milk.
3. Half a pint of boiling milk.
4. One dessertspoonful of whipped cream.

Break one ounce of chocolate into a jug or china pan, and cover it with cold milk. Place this in a pan of boiling water. When the chocolate is quite dissolved, add to it half a pint of boiling milk, and stir well with a wooden or silver spoon for five minutes over the fire. Serve it with a dessertspoonful of whipped cream on the surface. Chocolate and cocoa should never be made in a metal saucepan.

GERMAN OR CUSTARD SAUCE.

1. The yolks of two eggs.
2. One dessertspoonful of sugar.
3. One wineglassful of sherry.

Beat well together the yolks of two eggs, one dessertspoonful of sugar, and a wineglassful of sherry. Put the mixture into a jam pot, place that in some boiling water in a saucepan, and stir over the fire till the eggs begin to thicken, when it must be dished immediately.

GLUTEN PANCAKES.

1. Three ounces of gluten flour.
2. Half a pint of milk.
3. Two eggs.
4. A pinch of salt.
5. Two ounces of butter.
6. Lemon juice.
7. A little saccharine powder.

Break the eggs into the flour, add a pinch of salt, beat well, and add the milk gradually. Put a piece of butter into a frying-pan, and when it is melted, pour in enough of the batter to cover the bottom very thinly, and fry it until the under side is of a golden colour. Then toss the pancake, and, when the other side is a nice colour, squeeze some lemon juice on it, and sprinkle a very little saccharine powder over it, then roll it up and serve. This quantity should make eight pancakes.

GLUTEN OMELETTE.

1. Three eggs.
2. One tablespoonful of cream.
3. One ounce of butter.
4. One dessertspoonful of gluten.
5. One teaspoonful of chopped parsley and thyme.
6. A little finely minced veal and ham.
7. Pepper and salt.

Break the eggs into a basin ; add the cream, half the butter broken into pieces, the gluten, parsley, thyme, a little finely minced ham, or veal and ham, pepper and salt, and mix altogether. Melt the rest of the butter in a frying-pan, and pour the mixture into it, and stir until the eggs appear to set, then turn the omelette into an oval shape, and allow it to set and get a light brown on one side.

GOOSEBERRY FOOL. (I.)

1. Half a pound of green gooseberries.
2. A quarter of a pound of best moist sugar.
3. One gill of milk.
4. Half a gill of cream.

Take off the tops and stalks of half a pound of green gooseberries. Wash them, and rub them in a clean towel, then put them into a jar with a quarter of a pound of best moist sugar. Put the jar in a saucepan in which there is some boiling water, but do not let it cover it. Boil the gooseberries until they are quite soft, then rub them through a sieve with a *wooden* spoon. Add gradually one gill of milk, and half a gill of cream to the gooseberry pulp, stirring it well all the time with a *wooden* spoon. Serve the gooseberry fool in a glass dish, or in small glasses.

GOOSEBERRY FOOL. (II.)

1. One pint of green gooseberries.
2. Half a pound of the best moist sugar.
3. A few drops of essence of spinach.
4. Half a pint of double cream.
5. A few drops of lemon juice.
6. A little grated nutmeg.

Pick and wash one pint of green gooseberries, rub them in a clean towel, then prick them and put them

into a jar with half a pound of the best moist sugar. Put the jar into a saucepan in which there is some boiling water, but do not let it cover the jar. Boil the gooseberries until they are quite soft, then rub them through a hair sieve with a *wooden* spoon. Add a few drops of essence of spinach for colouring. Mix with the gooseberries half a pint of double cream, a few drops of lemon juice, a little grated nutmeg, and, if required, a little more sugar.

GOOSEBERRY TRIFLE.

1. Half a pound of green gooseberries.
2. One gill of custard. (Page 166.)
3. One gill of cream.
4. A quarter of a pound of sugar.

Put half a pound of green gooseberries into a jar with a quarter of a pound of sugar. Put the jar into a saucepan in which there is some boiling water, but do not let it cover it. Boil the gooseberries until they are reduced to a pulp. Rub the pulp through a sieve with a *wooden* spoon. Put it in a glass dish, and pour one gill of custard over it. Whip one gill of cream, and put it on the top. A little castor sugar can be added if not sweet enough.

GROUND RICE BLANC-MANGE.

1. Two ounces of ground rice.
2. One and a half ounces of sugar.
3. Half an ounce of butter.
4. One pint of milk.
5. A little lemon rind or essence of vanilla.

Mix the rice with a little of the cold milk. Boil the rest of the milk, and, when it is quite boiling, pour it on the rice; stirring all the time. Add the sugar and butter, and boil all together for ten minutes—still stirring it.

Add the vanilla flavouring, or a little grated lemon rind. Pour all into a mould that has been drained but not dried.

GROUND RICE PUDDING.

1. Two ounces of ground rice.
2. One dessertspoonful of castor sugar.
3. One tablespoonful of cold milk, and one pint of boiling milk.

Mix until quite smooth two ounces of ground rice, and one dessertspoonful of castor sugar with one tablespoonful of cold milk, then stir in one pint of boiling milk. Put all into an enamelled saucepan, and cook it over a good fire, stirring all the time, for fifteen minutes, then put it into a buttered pie-dish, cover it with castor sugar and bake it for half an hour. It may be put into a mould, left until cold, and served as a blanc-mange.

GROUND RICE SOUFFLE.

1. Three dessertspoonfuls of ground rice.
2. Half a pint of milk.
3. Three eggs.
4. Half an ounce of butter.
5. One tablespoonful of castor sugar.
6. Vanilla flavouring.

Mix three dessertspoonfuls of ground rice with three tablespoonfuls of the milk until it is smooth. Put it into an enamelled saucepan with the rest of the milk, and add half an ounce of butter. Stir continually over the fire for about ten minutes, or until the mixture thickens. Separate the yolks from the whites of three eggs. Beat the yolks in a basin, add the boiled milk and rice to them, and mix them well together. Add one tablespoonful of castor sugar (the less sugar used the lighter the soufflé will be). Flavour with three drops of vanilla flavouring. Whisk the whites of the eggs to

a stiff froth, and mix them with the other ingredients. Put all into a slightly buttered pie-dish, and put it *at once* into a moderate oven, and bake it for about twenty minutes. Serve it hot in the dish in which it was baked, and a little castor sugar can be sprinkled on the top.

GRUEL. (I.)

1. Two dessertspoonfuls of patent groats.
2. One pint of milk.
3. Sugar or salt.

Put two dessertspoonfuls of patent groats into a basin. Add by degrees two tablespoonfuls of cold water and stir until there is a smooth paste. Boil one pint of milk in an enamelled saucepan. Pour the boiling milk on the groats, stirring all the time with a *wooden* spoon. Serve it hot with sugar or salt according to taste.

GRUEL. (II.)

1. Two tablespoonfuls of rum.
2. A quarter of an ounce of butter.

Prepare the gruel as before, and while it is hot, stir in it a quarter of an ounce of butter, and add two tablespoonfuls of rum.

GRUEL (EFFERVESCENT).

(*For a Cold.*)

1. One teacupful of thin, hot gruel.
2. The juice of half a lemon.
3. Half a teaspoonful of carbonate of soda.
4. One tablespoonful of water.
5. Sugar to taste.

Mix the juice of half a lemon into one teacupful of thin, hot gruel. Add half a teaspoonful of carbonate of soda dissolved in one tablespoonful of water. Serve it as hot as possible, with some sugar.

GRUEL (PEPTONISED).

1. One dessertspoonful of medium oatmeal.
2. One pint of boiling water.
3. One pint of cold milk.
4. Two dessertspoonfuls of liquor pancreaticus.

Mix one dessertspoonful of medium oatmeal with a little cold water, and when it is quite smooth add one pint of boiling water. Pour all into an enamelled saucepan, and boil it for twenty or thirty minutes, until it is quite smooth. When boiling, add one pint of cold milk. Pour all into a jug with a cover to it. When lukewarm, add two dessertspoonfuls of liquor pancreaticus. Keep the jug warm under a cosey for two hours, then strain.

GRUEL PREPARED WITH ROBINSON'S GROATS.

1. One dessertspoonful of Robinson's groats.
2. One pint of boiling water.
3. One tablespoonful of sherry.
4. One dessertspoonful of sugar.
5. A little grated nutmeg.

Mix one dessertspoonful of groats with a little cold water into a smooth paste. Pour upon it one pint of boiling water, stirring all the time. Pour all into a saucepan, and boil it for twenty or thirty minutes. It must be stirred until the patient is ready for it, or the top will be covered with a scum. One tablespoonful of sherry, one dessertspoonful of sugar, and a little grated nutmeg can be added.

GURNET, BOILED.

1. One dessertspoonful of finely chopped parsley.
2. One sprig of thyme.

3. A little grated lemon rind.
4. The yolk of a hard-boiled egg.
5. Half an ounce of butter.
6. Half an ounce of fine crumbs of gluten bread.
7. Pepper and salt.

Wash and clean the gurnet, and fill the inside with the parsley, thyme and grated lemon rind, mixed with the yolk of a hard-boiled egg, and half an ounce of butter, half an ounce of fine crumbs of gluten bread, and a little pepper and salt. Sew up the flanks, and boil the fish gently for twenty-five minutes. Serve it with sauce piquante. (Page 229.)

HADDOCK (GRILLED.)

1. One fresh haddock.
2. One ounce of oiled butter.
3. Flour.
4. Dutch sauce. (Page 168.)

Wash the haddock well, and rub over it the oiled butter. Dip it in flour, then lay it on a hot gridiron, and grill it for ten minutes, turning it every minute. Serve it with Dutch sauce.

HADDOCK PUDDING.

1. One haddock, weighing about one pound.
2. One tablespoonful of vinegar.
3. Half a pound of potatoes.
4. One egg.
5. One ounce of butter.
6. Pepper and salt.
7. Egg sauce. (Page 171.)

Boil the haddock in boiling water, with a little salt and one tablespoonful of vinegar, for about ten to fifteen minutes. Remove all the skin and bones, and cut the fish in small pieces. Boil half a pound of

potatoes in salt and water until they are soft ; then rub them through a sieve, and mix them with the fish. Add one raw egg, an ounce of butter, and a little pepper and salt. When thoroughly mixed, make it into any shape preferred, put it on a buttered tin, and bake it until it is of a golden colour. Serve the pudding with egg sauce.

HAM OR BEEF TOAST.

1. One gill finely chopped ham or grated salt beef.
2. One teaspoonful of cream.
3. Some neat slices of hot buttered toast.
4. A few fine bread crumbs.

Put one gill of finely chopped ham or grated salt beef in a saucepan, with a tablespoonful of cream. Stir it over the fire for five minutes, then spread it on neat slices of hot buttered toast. Cover with fine bread crumbs, and brown in the oven.

HOMINY.

1. Half a pint of hominy.
2. One quart of boiling milk.
3. Half a pint of cold milk.
4. Castor sugar.

Wash the hominy in two or three waters. Pour the boiling milk on it, and let it stand all night ; then boil it until it is quite soft. Serve with milk and castor sugar.

HYDROPATHIC PUDDING.

1. Half a pound of red currants.
2. Half a pound of raspberries.
3. One pint of water.
4. Half a pound of sugar.
5. Some thin slices of stale bread.
6. One gill of cream or some boiled custard. (Page 166.)

Boil half a pound of red currants and half a pound of raspberries, after they have been well picked, in one pint of water, with half a pound of sugar, until the fruit is quite soft. Cover the bottom of a mould or basin with a thin slice of stale bread, and arrange strips of stale bread round the sides of the mould, leaving a space of half an inch between each strip. When this is done, pour in carefully the fruit while it is hot, and add lastly a little of the juice. Cover all with small dice of stale bread, and place a plate with a weight on it over it. Leave it in a cool place until the next day, when it can be turned out of the mould. Pour the rest of the syrup over it, and let it soak in. Whip one gill of cream, and spread it over the pudding just before serving. Boiled custard may be served with the pudding instead of the cream.

IMPERIAL DRINK.

1. Half an ounce of cream of tartar.
2. The juice of one lemon.
3. A little saccharine.
4. One quart of boiling water.

Put all the ingredients into a jar or jug, adding the boiling water last. Cover the vessel closely until the liquid is cool, then strain it into another vessel so as to leave the sediment behind.

INVALID PUDDING.

1. One pint of boiling milk.
2. Half a pound of grated bread crumbs.
3. One tablespoonful of sugar.
4. One egg.
5. Two inches of cinnamon.
6. Some preserved cherries or raisins.
7. Corn flour sauce. (Page 163.)

Boil two inches of cinnamon in one pint of milk until the milk is flavoured, then remove it. Pour the boiling milk on half a pound of grated bread crumbs, add one tablespoonful of sugar, the yolk of one egg well beaten, then the white, which has been whisked to a stiff froth, and mix all together. Butter a mould, and ornament it with preserved cherries or raisins, then pour in the mixture, and steam it for two hours. Serve it with corn flour sauce.

IRISH STEW.

1. Two pounds of neck or loin of mutton.
2. Six onions.
3. Pepper and salt.
4. Two or three pounds of potatoes.

Cut into chops two pounds of neck or loin of mutton. Trim off some of the fat, and put the chops into a stewpan, with enough stock or water to cover them, and let them simmer gently for half an hour. Strain off the liquor, and remove all the fat. Peel six onions and put them into the stewpan, with plenty of pepper and salt, and two or three pounds of potatoes. Add the liquor from which the fat has been removed; then cover the stewpan closely. Let all simmer for three-quarters of an hour; then dish the meat, and some of the vegetables, and serve.

ISINGLASS JELLY.

1. One ounce of isinglass.
2. Half a lemon.
3. Three cloves.
4. One inch of cinnamon.
5. Three ounces of sugar.
6. Half a pint of sherry.
7. The whites and shells of three eggs

Dissolve one ounce of isinglass in a pint of cold water. Add the thin rind of half a lemon, and the juice, three cloves, one inch of cinnamon, three ounces of sugar, and half a pint of sherry. Stir all over the fire, and add the whites and shells of three eggs. Whisk all over the fire until it boils, then let it stand for five minutes. Strain it through muslin until it is clear. Put it into a mould which has been filled with cold water, and has been drained, but not dried, and put it in a cool place to set.

JAUNE-MANGE.

1. One ounce of isinglass.
2. Two lemons.
3. Two eggs.
4. Two ounces of castor or crushed loaf sugar.

Dissolve one ounce of isinglass in half a pint of water. Add the rind of one lemon cut very thinly, and let it steep for one hour, then strain. Beat two eggs well, and mix them in thoroughly. Put all into an enamelled saucepan, and let it come to the boil ; then add the juice of two lemons, and two ounces of castor or crushed loaf sugar. Take the saucepan off the fire, and stir the jaune-mange until it is cool, then pour it into a mould or glasses, and turn it out when cold.

JERUSALEM ARTICHOKEs.

1. One pound of Jerusalem artichokes.
2. Salt.
3. Melted butter sauce. (II., page 201.)

Peel and wash one pound of Jerusalem artichokes in cold water. Cook them in boiling water, with a little salt, for about one hour, or until they are quite soft. Drain them, and before serving pour over them some melted butter sauce.

BOILED JOHN-DORY WITH ANCHOVY SAUCE.

Wash and cook gently a John-Dory in boiling water with a little salt, for fifteen minutes. Do not let it boil, dish it carefully, and serve it with anchovy sauce. (Page 120.)

KEDGEREE.

1. A quarter of a pound of cooked fish.
2. A quarter of a pound of boiled rice.
3. One ounce of butter.
4. One egg.
5. Pepper and salt.

Warm in a saucepan, stirring all the time, a quarter of a pound of cooked fish, a quarter of a pound of rice after it has been boiled, and one ounce of butter. Beat up one egg with a little pepper and salt. Add it to the fish and rice, and cook all together for two minutes. If it be too stiff, add a little milk.

KOUMISS.

1. One gill of very sour butter-milk.
2. One gill of water.
3. One pint of new milk.

Put the above ingredients into a jug, and stand it in a warm place for three days, mixing it well each day. On the third day, fill a bottle two-thirds full, and cork it tightly. In two more days the koumiss will be ready to use.

KROMESKIES.

1. One or two slices of fat bacon, about six inches long.
2. Bread-crumbs.
3. Parsley.
4. Thyme.
5. Pepper and salt

6. A little cream.

7. Flour.

8. Butter.

Cover a slice of fat bacon, about six inches long, with a forcemeat made of bread-crumbs, parsley, thyme, pepper and salt. Add enough cream to make the forcemeat adhere to the bacon. Roll the bacon up, flour it, and fry it in a little butter.

LAMB CHOPS, GRILLED.

1. Two or three lamb chops.

2. One ounce of melted butter.

3. Pepper and salt.

Cut off all skin and fat from the lamb chops, then dip them in melted butter. Add a little pepper and salt, and grill them over a clear, bright fire for about ten minutes, turning them every minute. Serve them in their own gravy.

LEMON JELLY.

1. Three lemons.

2. Six ounces of loaf sugar.

3. One ounce of isinglass.

4. Three tablespoonfuls of sherry.

Pare the rind of one lemon very thinly, being careful not to cut any of the white, and let it steep for half an hour in a gill of boiling water. Put the sugar, isinglass, and a gill of water into an enamelled saucepan, and boil them for a quarter of an hour. Squeeze the juice of three lemons, and strain it, also strain the water in which the rind has been steeping; put these into the saucepan, and bring all to the boiling point, and skim well. Lastly, add the sherry. Strain all through a jelly bag, pour it into a cold, damp mould, and put it in a cool place to set.

LEMON SPONGE.

1. One ounce of isinglass.
2. Three lemons.
3. A quarter of a pound of castor sugar.
4. The whites of two eggs.

Dissolve one ounce of isinglass in a pint of water ; strain it, and add the juice of three lemons, the grated rind of half of one, and a quarter of a pound of castor sugar. Stir all together, put it into an enamelled saucepan, and boil it for about ten minutes ; then strain it, and let it stand until it is quite cold and just beginning to stiffen ; then whisk the whites of two eggs to a stiff froth, and mix all together till it becomes white and spongy. Put it into a mould which has stood in cold water for some time, and let it remain in a cool place until it is quite set, then turn it out and serve.

LEMON SQUASH.

1. One lemon.
2. One small bottle of soda or seltzer water.
3. One dessertspoonful of castor sugar.

Squeeze the juice of one lemon into a large tumbler, being careful not to let any of the pips fall in. Pour on the lemon juice a small bottle of soda or seltzer water, and stir in one dessertspoonful of castor sugar, and serve it immediately. In hot weather a small piece of ice can be added.

LEMONADE.

1. Two lemons.
2. Five lumps of sugar.

Rub five moderate sized lumps of sugar on the rind of a lemon. Pare the rind of another lemon as thinly as possible, being careful not to cut any of the

white. Remove all the outside pith, and cut each lemon into four pieces, and remove all the pips. Put the lemons, the rind and the sugar into a jug. Pour upon them one pint and a half of boiling water. Cover the lemonade well, and put it in a cool place. When cold, strain it.

LEMONADE AND BARLEY WATER.

1. One lemon.
2. Three or four lumps of sugar.
3. One pint of boiling barley water. (Page 129.)

Strain the juice of one lemon, add to it three or four lumps of sugar, a quarter of the rind cut very thinly, and one pint of boiling barley water. Cover and let it stand until it is cold.

LEMONADE (NEW YORK).

1. The juice of one lemon.
2. One pint of hot water.
3. One ounce of sugar.
4. The white of one egg.

Mix the juice of one lemon with half a pint of hot water, one ounce of sugar, and the white of one egg thoroughly beaten. This mixture should be iced.

LEMONADE WINE.

1. Four lemons.
2. Half a pint of sherry.
3. Four eggs.
4. Six good sized lumps of sugar.

Rub six good sized lumps of sugar on the rinds of two lemons, and pare the rind of two more lemons very thinly with a sharp knife, being careful not to cut any of the white. Put the sugar and lemon rind into a jug. Pour upon them a pint and a half of *boiling* water.

Let it cool, then strain it. Add half a pint of sherry. Beat the eggs well, and stir them in. Squeeze out the juice of the four lemons, and strain it into the jug. Stir the mixture, and it will be ready to serve.

LEMONADE (EFFERVESCENT).

1. Two lemons.
2. One dessertspoonful of castor sugar.
3. Carbonate of soda.

Squeeze the juice of two lemons into a jug, add one pint of cold drinking water, and one dessertspoonful of castor sugar, and stir them together. When serving, pour half into a tumbler, and stir in it a small teaspoonful of carbonate of soda. It should be drunk while it is effervescing.

LIGHT PUDDING (BOILED).

1. A quarter of a pound of flour.
2. One egg.
3. Half a pint of milk.
4. A pinch of salt.
5. Demerara sugar or wine sauce. (Page 260.)

Break one egg into a quarter of a pound of flour. Add a pinch of salt, then half a pint of milk gradually, stirring all the time. When quite smooth, beat it well and pour it into a buttered bowl, and boil it for an hour and a half. Serve it with Demerara sugar or wine sauce

LINSEED TEA.

1. One ounce of linseed.
2. Half an ounce of liquorice or sliced liquorice root.
3. Half a lemon.
4. Castor sugar or sugar candy.

Put one ounce of linseed, half an ounce of liquorice,

and half a lemon into a jug. Pour on them a quart of boiling water, and place the jug by the side of the fire for two or three hours. Sweeten the linseed tea with castor sugar or sugar candy. Stir it, strain it through muslin, and warm it before serving.

LOBSTER CREAM.

1. The meat of half a lobster, and the coral.
2. Half a pint of cream.

Cut the meat of half a lobster into small pieces, and steep it in half a pint of cream until the cream is slightly flavoured with it, then remove the lobster. Whip the cream until it is stiff. Put the meat of the lobster in a mould, then add the cream. When the cream is turned out, place a wire sieve over it, and rub the coral of the lobster on to it.

LOVE WELLS (PUITS D'AMOUR).

1. Sponge cake.
2. Apricot jam.
3. Half a gill of cream.

Cut two small rounds of sponge cake. To cut the rounds, press a small tumbler on a slice of sponge cake about an inch and a half thick. Cut out the centre of the round with a sharp knife, being careful not to cut through the bottom. Spread a little apricot jam very thinly over the sponge cake. Whip half a gill of cream, and put it in the wells.

LUNCHEON CAKE.

1. Three-quarters of a pound of sifted flour.
2. Half a pound of sugar.
3. Six ounces of sultanas.
4. A quarter of a pound of butter.

5. Two eggs.
6. Two teaspoonfuls of baking powder.
7. One teacupful of boiling milk.

Rub the butter into the flour, chop the sultanas finely, and mix them in with the other dry ingredients, beat the eggs, add them with the milk, and beat all well together. Pour the mixture into a buttered tin, and bake it for two hours.

MACARONI AND CHEESE.

1. A quarter of a pound of macaroni.
2. One ounce of butter.
3. Two ounces of grated cheese.
4. Half a shallot.
5. Half a pint of milk (hot).
6. A few bread crumbs.
7. Pepper and salt.
8. Cayenne pepper.
9. A few fine bread crumbs.

Break the macaroni into pieces of one inch in length blanch it in boiling water for ten minutes, then strain it, add the shallot and hot milk, and let it cook until the macaroni has absorbed all the milk. Remove the shallot, put a layer of the cooked macaroni on a buttered dish, then some grated cheese, pepper, salt and butter, then another layer of macaroni; and so on until it is all used, the last layer being cheese with a very little cayenne and a few fine bread crumbs sprinkled over it. Let it get brown in the oven.

MARLBOROUGH PUDDING.

1. Four ounces of grated apple.
2. Four ounces of sugar.
3. Three well-beaten eggs.
4. The juice of one lemon with a little of the rind.
5. A lining of pastry.

Put into a pie-dish lined with pastry four ounces of grated apple, four ounces of sugar, three well-beaten eggs, and the juice of one lemon, with a little of the grated rind. Bake the pudding in a quick oven.

MACARONI AND FISH.

1. A quarter of a pound of well-boiled macaroni.
2. A quarter of a pound of cold boiled fish.
3. Pepper and salt.
4. Half a pint of good fish or chicken broth.
5. One ounce of butter.

Cut a quarter of a pound of well-boiled macaroni into small pieces. Take away the skin and bones of a quarter of a pound of cold boiled fish. Mix the macaroni and fish well together, with a little pepper and salt, half a pint of good fish or chicken broth, and one ounce of butter. Put the mixture into the oven, and when it is quite hot and brown it will be ready to serve.

Sandwiches.

Chicken Panada.

Boiled Chicken.

Green Vegetables, well boiled.

Fresh White Fish.

Light Puddings.

Arrowroot.

Mellin's Food.

Cocoa.

Bread and Milk.

Eggs.

MACARONI PUDDING.

1. One ounce of macaroni.
2. Half a pint of milk.
3. The rind of half a lemon.
4. One gill of custard. (Page 166.)

Peel the rind of half a lemon very thinly, and put it into an enamelled saucepan with half a pint of milk. Stand it near the fire for a quarter of an hour, then

bring it to the boiling point. Take out the lemon rind, and drop in one ounce of macaroni, and let it swell gradually over a slow fire. Should the milk dry away before the macaroni is sufficiently done, add a little more. When the macaroni is done, put it on a hot dish and pour one gill of custard over it while it is hot.

MATELÔT SAUCE.

1. Six oysters and their liquor.
2. Six mushrooms.
3. Half a gill of cream.
4. A few drops of anchovy sauce.
5. Lemon juice.
6. The yolks of two eggs.
7. Pepper and salt.

Stew the mushrooms in the oyster liquor until they are soft, then add the other ingredients ; but only allow them to simmer. Beat the yolks of eggs well, and pour a little of the liquor on them, then put them into the stewpan, and stir all over the fire for two minutes.

MAYONNAISE SAUCE.

1. One egg.
2. Half a teacupful of the best salad oil.
3. One dessertspoonful of tarragon vinegar.
4. One teaspoonful of finely chopped parsley.
5. Pepper and salt.

Beat the yolk of one egg in a basin with half a teacupful of the best salad oil. Add one dessertspoonful of tarragon vinegar, one teaspoonful of finely chopped parsley, and a little pepper and salt. Whisk all well together.

MEAT GRAVY SIPPETS.

1. Two thin slices of bread.
2. Some gravy from beef, mutton or veal which is being cooked.

Place two thin slices of bread on a very hot dish, and pour over them some gravy from beef, mutton or veal which is being cooked. Run a fork into the joint so that the juice may flow out.

MEAT JELLY.

1. Half a small chicken.
2. Half a pound of veal, and a small veal bone.
3. Half a pound of gravy beef.
4. Half an ounce of isinglass.
5. One wineglassful of sherry.
6. Salt.

Dissolve half an ounce of isinglass in half a teacupful of water. Remove the skin and fat from half a chicken, half a pound of veal, and half a pound of gravy beef, and cut the lean into small pieces. Put it into a saucepan with half a pint of water and a little salt, and stand it near the fire for two hours. Put the veal bone and chicken bones into another saucepan with a pint of water and a little salt, and boil them slowly for four hours. Strain the liquor from both saucepans into a basin, and add the isinglass. Strain again through muslin until clear, then add a wineglassful of sherry. Pour all into a mould, and put it in a cool place to set.

MEAT SANDWICHES (RAW).

1. Three ounces of lean, tender beef.
2. One ounce of flour or arrowroot.
3. Half an ounce of castor sugar.
4. Pepper and salt.
5. Some thin slices of bread and butter.

Pound in a mortar three ounces of lean, tender beef. Add one ounce of flour or arrowroot, and half an ounce of castor sugar. Rub all through a sieve, being careful

not to lose any of the juice. Spread it on thin bread and butter. Add a little pepper and salt, or sugar, then cover it with another slice of thin bread and butter, and cut it into small squares.

MELTED BUTTER SAUCE. (I.)

1. The skin and bones of the plaice.
2. One pint of water.
3. One ounce of butter.
4. One ounce of flour.
5. One gill of milk.
6. A little lemon juice.
7. A little essence of anchovy.

Stew the skin and bones of the plaice in a pint of water until reduced to less than half. Mix one ounce of butter with one ounce of flour in a saucepan; add a gill of the fish liquor and one gill of milk gradually, stirring all the time. Lastly, add a little lemon juice, and a little essence of anchovy.

MELTED BUTTER SAUCE. (II.)

1. Half an ounce of fresh butter.
2. One teaspoonful of flour.
3. Salt.

Put half an ounce of fresh butter into a saucepan, and melt it over the fire. Stir in it one teaspoonful of flour, and mix them together with a wooden spoon until quite smooth. Then pour in half a wineglassful of water and add a little salt. Stir the sauce one way all the time until it boils, when it will be ready to serve.

N.B.—One teaspoonful of anchovy sauce, or a little chopped parsley, may be added to this sauce.

MILK PORRIDGE.

1. One pint of milk.
2. One tablespoonful of oatmeal.
3. Salt or sugar.

Mix one tablespoonful of oatmeal with a little milk in a basin. Boil the rest of the milk, and pour it on to the oatmeal, stirring all the time. Pour all into a saucepan, and boil it for ten minutes, stirring continually. Add a little salt or sugar.

MULLET (RED) (BAKED).

1. One red mullet.
2. One dozen small mushrooms.
3. One tablespoonful of chopped parsley.
4. Lemon juice.
5. Pepper and salt.
6. A little gluten flour.
7. One wineglassful of sherry.

Wash the red mullet, and remove the scales and gills. Score it three or four times on either side. Have ready a dozen mushrooms finely chopped, and a tablespoonful of chopped parsley, a little pepper, salt and the juice of half a lemon. Rub these well into the scores, then wrap the fish in a sheet of buttered paper, and bake it for half an hour. Mix the liquor that came from the fish with a little gluten flour, a little lemon juice, and a wineglassful of sherry. Boil it, stirring carefully for ten minutes.

MUTTON BROTH.

1. Four pounds of the scrag end of the neck of mutton.
2. Five pints of water.
3. One carrot.
4. One turnip.
5. One small onion.
6. A small bunch of parsley.
7. Two ounces of pearl barley.
8. One dessertspoonful of salt.
9. One tablespoonful of cream.
10. One tablespoonful of chopped parsley.

Steep two ounces of pearl barley in water for one night. Cut all the fat off four pounds of the scrag end of the neck of mutton, then cut what remains into large pieces, and put it with the barley and five pints of water into a stewpan. Prepare the vegetables, and as soon as the liquor simmers put them in the stewpan, and add a dessertspoonful of salt. Let all cook gently for three hours, then strain the liquor into a basin. When cold, remove all the fat; when this is done, put what remains on to boil with the barley in it. Cut some of the vegetables into dice, add them, also a tablespoonful of cream, and a tablespoonful of chopped parsley.

The mutton may be served the day it is cooked with some vegetables round it, and the meat itself covered with parsley sauce.

MUTTON BROTH FOR FEVER CASES.

1. Two pounds of neck of mutton.
2. Two pints of water.
3. One dessertspoonful of arrowroot.
4. One tablespoonful of milk.
5. One gill of cream.

Chop two pounds of neck of mutton into small pieces. Put it into a saucepan with two pints of cold water, and let it simmer for three hours. Strain and leave it until it is cold, when the fat can easily be removed, then put it on to boil. Mix a dessertspoonful of arrowroot with a tablespoonful of cold milk until it is smooth. Pour the boiling broth upon the arrowroot, stirring all the time. Pour all back into the stewpan, boil it for five minutes, and add one gill of cream.

MUTTON BROTH (QUICKLY MADE).

1. Two chops from a neck of mutton.
2. A quarter of an onion.

3. A small bunch of sweet herbs.
4. Pepper and salt.

Cut all the fat off two chops from a neck of mutton, then cut the lean into small pieces, and put them into a saucepan with the bones and a pint of cold water. Cut the quarter of an onion into slices; put it into the saucepan with a small bunch of sweet herbs, and pepper and salt to taste. Cover the saucepan and boil quickly, then take the lid off the saucepan and let it still boil quickly for twenty minutes, skimming it well during that time. Then strain the mutton broth into a basin, and serve it while hot.

MUTTON CHOP,

1. One nice chop from a loin of mutton.
2. A small stick of celery.
3. Pepper and salt.

Trim all the fat off the mutton chop. When trimmed put it into a stewpan with two teacupfuls of cold water. Add a little pepper and salt, and six thin slices of celery. Stew all very gently for two hours, skimming off any fat which may rise to the surface. Remove the celery before serving.

MUTTON CHOP À LA MAÎTRE D'HÔTEL.

1. One mutton chop.
2. Salad oil.
3. One ounce and a half of butter.
4. One tablespoonful of chopped parsley.
5. The juice of half a lemon.
6. Pepper and salt.

Cover the chop with oil. Blend together with a knife the butter and parsley, squeeze the juice of half a lemon over them, and add a little pepper and salt. Put the chop on a hot gridiron, and turn it over a nice clear

fire every minute for ten minutes; then dish it, and spread half the butter on one side, the rest on the other side, and serve it very hot.

MUTTON CUTLETS.

1. The best part of a neck of mutton.
2. One egg.
3. Bread crumbs.
4. Pepper and salt.
5. One ounce of butter.
6. Peas, or mashed potatoes.

Remove the backbone with a saw from the neck of mutton, also the upper part of the bones, so that the cutlets may be about four or five inches long. Cut off all fat, also the sinew which surrounds the lean. Dip a cutlet bat or a chopper into water, and beat the cutlets till they are quite flat; then they can be broiled on a gridiron over a clear fire for five or ten minutes, and must be turned each minute. Or dip them in beaten egg and bread crumbs, with a little pepper and salt. Pat them with the flat blade of a knife to make them smooth, then put them into a frying pan in which an ounce of butter has been melted, and fry them a nice brown colour; drain them on paper and dish in a circle, with peas or mashed potatoes in the centre.

MUTTON PIE.

1. Some slices of cold mutton cut very thinly.
2. Bread crumbs.
3. Four or five tomatoes.
4. Pepper and salt.
5. Half an ounce of butter.

Grease a pie-dish, and line it thickly with bread crumbs, then put in a layer of cold mutton cut in very thin slices, then a layer of sliced tomatoes, pepper and

salt, and so on until the dish is full, the last layer being tomatoes and bread crumbs, with little pieces of butter put on the top. Bake the pie for an hour, and serve it very hot.

OATMEAL TEA.

1. Two tablespoonfuls of coarse oatmeal.
2. One quart of boiling water.
3. The thin rind and juice of half a lemon.
4. One dessertspoonful of sugar.

Put two tablespoonfuls of coarse oatmeal into a jug. Pour upon it one quart of boiling water, and add the thin rind and juice of half a lemon, and one dessertspoonful of sugar. Cover the jug, and let it stand by the fire for an hour or more, then strain off the tea and serve it.

ŒUFS SUR LE PLÂT,

1. Some good hot brown stock.
2. Some finely minced chicken or fish.
3. One egg.
4. Some fine bread crumbs.

Cover the bottom of a dish with some good hot brown stock, then cover it with finely minced chicken or fish. Make a well in the centre, and break an egg into it. Sprinkle some fine bread crumbs over it, and place it in the oven for four or five minutes.

ONION (STUFFED).

1. One large and fresh onion.
2. Half a shallot.
3. One mushroom.
4. A small sprig of parsley.
5. About one ounce of veal.
6. Half a pint of stock.

Peel a large, fresh onion, and cut off the bottom, so

that it may stand well, and because it is often bitter. Blanch it for twenty minutes in boiling water, let it drain, then remove the middle, and fill it with forcemeat made of half a shallot, one mushroom, a little parsley, and a small quantity of veal, all finely chopped and mixed together. Place the onion in a small pan, cover it with half a pint of stock, and let it simmer until it is quite tender. Reduce the stock to about half the quantity, and serve it with the onion.

ORANGE JELLY.

1. One ounce of isinglass.
2. Six oranges.
3. One lemon.
4. A quarter of a pound of crushed loaf sugar.

Dissolve one ounce of isinglass in half a pint of water. Squeeze the juice of six oranges into a basin, grate the rind of one orange and one lemon into it, and mix in a quarter of a pound of crushed loaf sugar. Add the dissolved isinglass, and put all into a saucepan and warm it, but do not let it boil. Then strain and stir it until almost cold, so that it does not skin over. Pour it into a mould or glasses, and put it in a cool place to set

ORANGE SPONGE.

1. One ounce of isinglass.
2. Four oranges.
3. One lemon.
4. The whites of two eggs.
5. Two ounces of castor sugar.

Dissolve one ounce of isinglass in half a pint of water ; then strain it into a saucepan, and add the grated rind of one orange, the juice of four oranges, the juice of one lemon, and two ounces of castor sugar. Boil all for about ten minutes ; strain it again into a basin, and let it stand

till it is cold and begins to stiffen. Beat the whites of two eggs, add them to the above mixture, and whisk all together thoroughly. Put the orange sponge into a cold, damp mould, and let it remain in a cool place until it is quite set ; then turn it out and serve.

ORANGE WATER.

1. Three oranges.
2. One lemon.
3. One pint of water.
4. Capillaire syrup or saccharine.
5. A small piece of ice.

Mix the juice of three oranges and the juice of one lemon with one pint of cold water. Sweeten with capillaire syrup or saccharine, then add a small piece of ice.

ORANGEADE.

1. Three oranges.
2. One teaspoonful of sugar.
3. One pint of water, which has been standing in ice.
4. A small lump of ice.

Squeeze the juice of the oranges into a jug, and add the sugar. Pour on them a pint of water which has been standing in ice, and, before serving strain, and add a small lump of ice.

ORANGEADE AND LEMONADE.

1. Three oranges.
2. Three lumps of sugar.
3. A small bottle of soda water.

Wipe the oranges on a clean, damp cloth, and rub well three lumps of sugar on the rinds. Put the sugar in a jug and squeeze the juice of three oranges on it. Stir and crush the sugar with a *wooden* spoon to

dissolve it. Add a small bottle of soda water, or if this cannot be procured, a pint of cold water.

Lemonade can be prepared in the same manner, substituting lemons for the oranges, and adding a little more sugar.

OYSTERS (DEVILLED).

1. Six oysters.
2. A little Nepaul pepper.
3. Half an ounce of butter.
4. Brown bread and butter.

Open and beard six oysters, but do not spill the liquor. Put a little Nepaul pepper under each oyster and a tiny piece of butter over it. Put it on a gridiron for five minutes over a nice, clear fire. Serve them with brown bread and butter.

OYSTERS (FRIED).

1. Six oysters.
2. One ounce of butter.
3. Pepper and salt.
4. Dry toast.

Beard six oysters; put them into a saucepan with their own liquor, and boil them for one minute. Then drain them, and fry them in one ounce of butter. Sprinkle a little pepper and salt over them, and serve them hot with dry toast.

OYSTERS IN BATTER (FRIED).

1. Six oysters.
2. Three ounces of flour.
3. One dessertspoonful of oil.
4. One gill of tepid water.
5. The white of one egg.
6. Lard for frying.

Scald six oysters in their own liquor, beard them,

and let them get quite dry. Dip them into a batter made of three ounces of flour, one dessertspoonful of oil, and one gill of tepid water. When quite smooth, add the white of one egg beaten to a stiff froth. When the oysters are well covered with batter, drop them into boiling lard, and fry them a golden colour. Drain them on soft paper and serve them quickly.

OYSTERS (HOW TO KEEP).

Put the oysters in a tub, and cover them with salt and water for twelve hours ; then strain off the water leaving them for twelve hours without water. Fill the tub with fresh salt and water for the next twelve hours, and so on, as long as the oysters are to be kept. In this way the rise and fall of the tide can be simulated. If the oysters are to be kept for some time, put a little fine oatmeal in the water.

OYSTER SANDWICHES. (I.)

1. Three oysters (natives).
2. One lemon.
3. Pepper.
4. Two thin slices of brown or white bread and butter.

Squeeze the juice of one lemon into a cup. Beard three native oysters, and put them into the lemon juice. Cut two thin slices of bread and butter ; place the oysters on one piece, pepper them slightly, then press the other slice of bread and butter over them. Cut into three small sandwiches without cutting the oysters. A claret glass pressed on the bread and butter round the oyster is a convenient way of cutting these sandwiches.

OYSTER SANDWICHES. (II.)

1. Three oysters.
2. Lemon juice.

3. Pepper (cayenne).

4. Two thin slices of brown or white bread and butter.

Beard three oysters, and pound them in a mortar with a little pepper and lemon juice. Spread them on one thin slice of bread and butter, and press the other slice over, and cut into neat sandwiches.

OYSTERS (SCALLOPED).

1. Six oysters.

2. Bread crumbs.

3. About half an ounce of butter.

4. Salt and pepper.

Butter a small dish, and strew on it a layer of bread crumbs; then beard six oysters, pour over them their liquor, sprinkle a little pepper and salt over them, and put on each a very small piece of butter. Cover all with bread crumbs, and add small pieces of butter. Heat them in the oven, and brown all before the fire.

PANADA.

1. One ounce of stale bread crumbs,

2. One pint of milk.

3. One inch of cinnamon.

4. One teaspoonful of honey.

5. A little lemon rind.

Cover the crumbs with boiling water in a basin. Cover the basin closely, and after standing an hour, press out all the water. Add the milk with a little grated lemon rind and the honey. Boil all together until it is quite smooth.

PARSLEY SAUCE.

1. One ounce of butter.

2. One ounce of flour.

3. One gill of cream or milk.

4. One tablespoonful of chopped parsley.
5. One gill of mutton broth.
6. Salt.

Mix one ounce of butter, with one ounce of flour, in an enamelled saucepan over the fire; add one gill of mutton broth, and one gill of cream or milk; stir carefully over the fire five minutes, then add one tablespoonful of chopped parsley and a little salt. This sauce should be poured neatly over the mutton.

PARTRIDGE (SALMIS OF).

1. One partridge.
2. Half a shallot.
3. One inch of carrot.
4. One tablespoonful of lemon juice.
5. A bouquet of herbs.
6. One pint of game stock.
7. Pepper and salt.
8. Fried gluten bread.

Cut the flesh of the partridge into small pieces. Pound the bones and trimmings in a mortar, then simmer them for an hour or two with half a shallot, one inch of carrot, one tablespoonful of lemon juice, a bouquet of herbs, and one pint of game stock. Reduce this, by boiling without the lid, to less than half. Strain, remove all fat, warm it, lay in the pieces of bird, and stand the stewpan by the side of the fire until it is quite hot. Add pepper and salt, and garnish with fried gluten bread.

THE PENNY PUDDING.

1. One penny roll.
2. One egg.
3. One pint of milk.
4. One ounce of sugar.
5. Sweet sauce.

Put a penny roll into a basin, and add to it one well-beaten egg, one pint of milk, and one ounce of sugar. Let it soak for one hour, then beat it well, and put it into a buttered mould, cover it, and let it boil for twenty-five minutes. Serve it with any sweet sauce.

PHEASANT OR PARTRIDGE (BROILED).

1. One pheasant or partridge.
2. Three ounces of lard.
3. One egg.
4. Bread crumbs.
5. Pepper and salt.

Cut as much of the bird as required into neat pieces, and put them into a frying-pan with three ounces of lard. When browned on both sides, and about half done, take them out and drain them; then brush them over with egg, and sprinkle bread crumbs over them and a little salt and pepper (cayenne if preferred). Broil them over a moderate fire for about eleven minutes.

PIGEON (BROILED).

1. One pigeon.
2. Pepper and salt.
3. Cayenne pepper.
4. One ounce of butter (clarified).
5. Bread crumbs.
6. One small onion.
7. Half an ounce of butter.
8. One wineglassful of vinegar.
9. One gill of good stock.

Cleanse the pigeon with great care, divide and flatten it, season with pepper and salt and a little cayenne, and dip it into the clarified butter, then into the bread crumbs. Place it over a very clear fire, and

broil it gently for about half an hour. Make a sauce with a small onion chopped finely, fried in half an ounce of butter, to which is added a wineglassful of vinegar and a little pepper and salt. Let these ingredients boil until the pan is nearly dry, then add a gill of good stock, and boil again for five minutes. Pour this sauce round the pigeon.

PIGEON (ROAST).

1. One young pigeon.
2. One ounce of butter.
3. Lemon juice.
4. Pepper and salt.
5. A slice of bacon.

Prepare the pigeon for roasting, and, when the inside has been thoroughly cleaned, put into it one ounce of butter, a little pepper and salt, and a little lemon juice. Truss, and cover the breast with a slice of bacon. Roast the pigeon for twenty minutes, until it is quite cooked, and serve it with its own gravy after the fat has been removed.

PIGEON ON TOAST (ROAST).

1. One pigeon.
2. One ounce of butter.
3. Pepper and salt.
4. A slice of toast.

Remove the inside of the pigeon as soon as it is killed, and clean the bird very thoroughly. Cut off the head and neck, truss the wings over the back, and cut off the toes at the first joint. Wipe the pigeon very dry, and season it inside with pepper and salt, and put about one ounce of butter inside it also. Roast it in front of a bright fire, and baste it continually while it is cooking

It will take about half an hour to cook. Serve it on a slice of hot toast.

PISH PASH.

1. One chicken.
2. Half a pound of rice.
3. One teaspoonful of salt.
4. Half a dozen bruised peppercorns.
5. About one quart of boiling stock or water.

Pluck and thoroughly clean the chicken, and put it with the rice into enough boiling stock or water to cover it; add a teaspoonful of salt, and half a dozen bruised peppercorns. Simmer gently for an hour. If the liquor evaporates, add more stock or water. Before serving, remove the peppercorns.

LES POIS DE FRANCE,

1. Half a pint of peas (after shelling).
2. Two well-beaten eggs.
3. One ounce of butter.
4. Pepper and salt.
5. One tablespoonful of grated ham.
6. Two tablespoonfuls of flour.
7. One gill of milk.
8. A pinch of sugar.
9. Melted butter sauce. (II., page 201.)

Mix well together half a pint of peas, two well-beaten eggs, one ounce of butter, a little pepper and salt, one tablespoonful of grated ham, two tablespoonfuls of flour, one gill of milk, and a pinch of sugar. Put the mixture into a buttered mould, and cover it with a floured cloth. Have ready some boiling water in a saucepan, put the mould into it, then put the lid on the saucepan. Boil for two hours, then turn out the contents of the mould, and serve with melted butter sauce. Asparagus may be used instead of peas.

PORRIDGE.

1. One tablespoonful coarse Scotch or Irish oatmeal.
2. A pinch of salt.
3. One teacupful of cold water.
4. One pint of boiling water.

Mix the oatmeal with a teacupful of cold water, and add the salt. Let it stand by the side of the fire until all the water is absorbed, then add a pint of boiling water. Stir all over the fire until it boils, then draw it to the side of the fire, and let it simmer, stirring occasionally, for several hours. It is better to make it in the evening, and allow it to cook all night, boiling it again before serving it. Porridge can hardly be boiled too long to make it wholesome.

PORT WINE JELLY.

1. One pint of port wine.
2. One ounce of isinglass.
3. One ounce of gum-arabic.
4. Two ounces of crushed white sugar candy.
5. A small piece of cinnamon.

Put one pint of port wine, one ounce of isinglass, one ounce of gum-arabic, two ounces of crushed white sugar candy, and a small piece of cinnamon into a jar. Let it stand all night, well covered. Next day put the jar in a saucepan in which there is some boiling water, but do not let it cover the jar, and let it simmer till all is dissolved; then strain it through a jelly bag, pour it into a mould, and let it stand in a cool place to set.

POTATO CROQUETTES.

1. One pound of potatoes.
2. Two eggs.
3. One ounce of butter.

4. Salt.
5. Flour.
6. Some fine bread crumbs.
7. Some fat for boiling.
8. Parsley.

Boil or steam one pound of potatoes until they are soft; dry them by the side of the fire, then rub them through a wire sieve into a basin. Add one egg (uncooked), one ounce of butter, and a little salt, and mix all well together. Flour the board and your hands, then take a small portion of the mixture, and roll it on the board, either into a ball or into the shape of a pear, or a roll. Dip it into a well-beaten egg, then into fine bread crumbs. Fry the croquettes in boiling fat until they are nicely coloured, then drain them on kitchen paper to get rid of the fat. If they are pear-shaped, two inches of parsley stalk can be stuck into the thin end. Arrange them in a circle on a dish, and fill the centre with fried parsley.

POTATOES (MASHED).

1. One pound of potatoes.
2. Salt.
3. Half an ounce of butter.
4. One tablespoonful of cream or milk.

Sprinkle a little salt over one pound of potatoes which have been washed and peeled, and steam them for three-quarters of an hour, until they are quite soft. Rub them through a wire sieve, keeping them as hot as possible. Add half an ounce of butter, one tablespoonful of cream or milk, and a little salt. Mix all well together, and serve it piled up in a dish.

POTATOES (PURÉE OF).

1. One pound of potatoes.
2. One ounce of butter.

3. One onion.
4. Two celery leaves, or as much bruised celery seed as will lie on a threepenny piece.
5. One pint of good white stock (hot).
6. One gill of cream.
7. Pepper and salt.
8. One lump of sugar.
9. Fried bread.

Melt the butter in a stewpan, and add the potatoes and onion, which have been cut into small pieces. Let them heat over the fire for a few minutes, but they must not be allowed to discolour. Add one pint of hot, good, white stock, and simmer until the vegetables are quite soft; then rub them through a wire sieve adding half a pint more of hot stock if necessary; the hotter it is, the easier it is to pass through the sieve. Return the purée to the stewpan; add a gill of cream, a little pepper and salt, and a lump of sugar. Stir till it boils. Serve fried bread with it.

POTATO (STUFFED).

1. One large potato.
2. Some minced chicken.
3. Salt and pepper.
4. A very small piece of butter.

Bake one large potato, and cut off a round piece. Carefully remove the potato from the skin, mash it, and mix some of it with the minced chicken, adding a little pepper and salt. Fill the potato skin with this mixture, put a very small piece of butter on the top, and bake the potato until it is quite hot.

POTATO RISSOLES.

1. One pound of boiled potatoes.
2. The yolks of two eggs.

3. One pound of butter.
4. One dessertspoonful of chopped parsley.
5. A very small piece of shallot.
6. Pepper and salt.
7. Egg and bread crumbs.
8. Some fat for frying.

Pass through a sieve one pound of boiled potatoes. Mix well with them the yolks of two eggs, one ounce of butter, one dessertspoonful of chopped parsley, a very small piece of shallot finely chopped, and a little pepper and salt. Roll this mixture into balls the size of a walnut, and dip them in beaten egg and bread crumbs, and fry them in boiling fat.

POULETTE SAUCE.

1. One ounce of butter.
2. Three-quarters of a pint of veal broth. (Page 256.)
3. The yolks of two eggs.
4. One tablespoonful of chopped parsley.
5. A little lemon juice.
6. Pepper and salt.
7. Croûtons of fried gluten bread.

Stew the veal slowly, with one ounce of butter and three-quarters of a pint of veal broth, for one hour, then dish the veal, and reduce the broth quickly to half the quantity. Beat the yolks of eggs well and pour the broth on them. Put them in the stewpan, and stir over the fire for two minutes. Add the chopped parsley, a little lemon juice, pepper and salt. Pour this over the veal, and garnish with croûtons of fried gluten bread.

PRUNE SHAPE.

1. One pound of the best prunes.
2. Half a pint of claret.
3. Three ounces of sugar.

4. A little lemon rind and juice.
5. Half an ounce of gelatine.
6. Half a pint of whipped cream, or some boiled custard.

(Page 166.)

Stone one pound of prunes, break about half the stones, and blanch the kernels. Wash the prunes, and put them into a stewpan with half a pint of claret, three ounces of sugar, a little grated lemon rind, and a few drops of lemon juice. Let the prunes simmer until they are quite tender, then add to them half an ounce of gelatine which has been dissolved in half a pint of water.

PURÉE OF GAME OR POULTRY.

1. The remains of roast or boiled poultry or game.
2. One shallot.
3. A small piece of carrot.
4. Two leaves of celery.
5. A bouquet of herbs.
6. Half a gill of cream.
7. A little lemon juice.
8. A small lump of sugar.

Remove all the skin from the remains of some roast or boiled poultry or game. Chop the meat and pound it, then rub it through a sieve. Boil for several hours the bones with a shallot, a small piece of carrot, two leaves of celery, a bouquet of herbs, and enough water to cover them. Strain through a hair sieve, and remove all the fat. Add the pounded meat, and simmer until it is sufficiently thick; add half gill of cream, a few drops of lemon juice, and a small lump of sugar.

PURÉE OF SPINACH.

1. One pound of spinach, after the stalks and fibres have been stripped of.
2. One ounce of butter.
3. One pint of good chicken broth. (Page 153.)

4. One dessertspoonful of cream.
5. Lemon juice.
6. Pepper and salt.

Strip the stalks and fibres off the backs of the leaves of the spinach, and put it with the butter into a stew-pan. Stir it over the fire for a few minutes, add the chicken broth, and let it boil for about one hour, then pass it through a sieve. Let it simmer again, and add the cream, pepper and salt.

RABBIT (BOILED).

1. One rabbit.
2. Milk and water.
3. One carrot.
4. One large onion.
5. A bouquet of herbs.
6. A small blade of mace.
7. Some fried bacon.

Wash well one rabbit, and soak it in milk and water for two hours. Boil it in just enough water to cover it. Add one carrot, one large onion cut in pieces, a bouquet of herbs, and a small blade of mace. Let all simmer gently for three-quarters of an hour, then dish the rabbit, put the onion over it, and some fried bacon round it.

RABBIT FRICASSEE.

1. One rabbit.
2. Two ounces of butter.
3. Pepper and salt.
4. One dozen button mushrooms.
5. Half a dozen button onions.
6. One ounce of flour.
7. One-third of a pint of good stock.

8. A little grated nutmeg.
9. The juice of half a lemon and a little of the rind.
10. Half a gill of cream.
11. Some small slices of ham.

Thoroughly clean one rabbit, then joint it, and put it into a stewpan with two ounces of butter, pepper and salt, one dozen button mushrooms and half a dozen button onions. Do not let them brown. Add one ounce of flour, one-third of a pint of good stock, a little grated lemon rind, the juice of half a lemon, a grate of nutmeg, and half a gill of cream. Let all simmer gently for one hour. Before serving, place some small slices of fried ham round the rabbit.

RABBIT STEWED.

1. One rabbit.
2. Half a pound of lean ham.
3. One ounce of butter.
4. Three gills of red wine.
5. Three gills of stock.
6. A thread of mace.
7. Pepper and salt.
8. Fifteen button onions.
9. Fifteen small mushrooms.
10. A bouquet of herbs.

Cut the rabbit in small pieces, and blanch it in boiling water for five minutes, then dry it. Fry it with the ham, cut in slices, and the butter. When of a nice colour pour off the fat, add all the other ingredients, and simmer gently for one hour, then dish the rabbit and remove the herbs. Reduce the gravy until just sufficient for the rabbit.

RASPBERRY TRIFLE.

Raspberry trifle can be prepared in the same manner as gooseberry trifle, substituting raspberries for gooseberries, and adding a little less sugar. (See page 182.)

RAYNER'S PREPARATIONS.

Lime Fruit Syrup.

Lemon Bitters.

Fruit Syrups and Cordials—

Black Currant.

Cherry.

Ginger Lemon.

Lemon.

Orange.

Pear.

Pineapple.

Plum.

Raspberry.

Red Currant.

Strawberry, etc., etc.

Raspberry Vinegar.

Black Currant Vinegar.

RESTORATIVE MILK.

1. A quarter of an ounce of isinglass.
2. One pint of milk.
3. One small lump of sugar.

Boil a quarter of an ounce of isinglass in one pint of milk until only half the quantity remains, then strain and sweeten it with a lump of sugar.

RESTORATIVE JELLY.

1. Two pounds of knuckle of veal.
2. Two pounds of lean beef.
3. Four pints of water.
4. Two cloves.

5. Half a blade of mace.
6. Six peppercorns.
7. A bouquet of herbs.
8. Half an ounce of isinglass.

Cut into small pieces two pounds of knuckle of veal and two pounds of lean beef. Put them into a saucepan with four pints of water, two cloves, half a blade of mace, six peppercorns and a bouquet of herbs. Simmer for four hours, then strain off the liquor. Add half an ounce of isinglass to the liquor, and let it simmer until the isinglass is dissolved. Remove all the fat. Pour the liquor into a mould, and let it get cold.

One wineglassful of Madeira can be added if allowed.

RHUBARB FOOL.

Rhubarb fool can be made in the same manner as gooseberry fool, substituting rhubarb for the gooseberries. (See page 181.)

RICE AND CREAM.

1. Two ounces of rice.
2. Half a pint of milk.
3. One gill of cream.
4. One wineglassful of sherry.
5. Castor sugar.

Boil two ounces of rice in half a pint of milk, then drain it on a sieve, and let it cool. Whip one gill of cream, then mix it with the boiled rice, and add one wineglassful of sherry. Sweeten to taste with castor sugar.

RICE MILK.

1. One ounce of the best rice.
2. One and a half pints of milk.
3. A very little salt.
4. One dessertspoonful of sugar.

Wash one ounce of rice well, and steep it for some time in cold water. Drain it, and put it into an enamelled saucepan with one and a half pints of milk, a very little salt, and one dessertspoonful of sugar. Cook very slowly for two hours.

RICE MOULD.

1. Four ounces of the best rice.
2. Two ounces of castor sugar.
3. A pinch of salt.
4. The thin rind of half a lemon.
5. One quart of milk.
6. Jam or stewed fruit. (Page 245.)

Simmer gently four ounces of the best rice, two ounces of castor sugar, a pinch of salt, and the rind of half a lemon cut very thinly, in one quart of milk for about three hours, until the milk is absorbed. Remove the lemon rind and press the rice into a mould. When it is cold, turn it out and serve it with jam or stewed fruit.

RICE PUDDING (BOILED).

1. Three ounces of the best rice.
2. One pint and a half of new milk.
3. One ounce and a half of sugar.
4. A little grated lemon rind.
5. Four bitter almonds.
6. Two eggs.
7. Fruit syrup.

Swell gradually three ounces of the best rice in a pint and a half of new milk. Add one ounce and a half of sugar, a little grated lemon rind, four pounded bitter almonds, and two well-beaten eggs. Mix all well together, and leave it until it is cold, then pour it into a well-buttered basin, cover it with a buttered paper and a pudding cloth, and boil it for one hour. Serve it with any fruit syrup.

RICE WATER. (I.)

1. Three ounces of rice.
2. One inch of the stick of cinnamon.
3. Castor sugar.

Wash three ounces of rice well, and put it into a stewpan with a quart of *boiling* water. Add one inch of the stick of cinnamon, and let it boil for one hour, until the rice has become a pulp. Take the stewpan off the fire, and strain the rice water into a basin, and sweeten it to taste with castor sugar.

RICE WATER. (II.)

1. Three ounces of the best rice.
2. One lemon or one ounce of stoned raisins.

Wash well three ounces of the best rice. Add to it one quart of cold water, a little lemon rind and juice, or one ounce of stoned raisins. Simmer gently for one hour, then strain, and leave it to get cold, when it can be served.

RUM AND MILK.

1. One tablespoonful of rum.
2. Half a pint of new milk.

Stir one tablespoonful of rum into half a pint of new milk.

SAGO SNOW.

1. One tablespoonful of sago.
2. Half a pint of milk.
3. One gill of boiled custard.
4. The whites of two eggs.
5. Castor sugar.
6. Vanilla flavouring

Boil one tablespoonful of sago in half a pint of milk until the sago looks transparent. Sweeten it to taste, and add two or three drops of vanilla flavouring. Put

the sago into a glass dish, and pour over it one gill of boiled custard. Whisk the whites of two eggs to a stiff froth with a little castor sugar and one drop of vanilla flavouring, and spread it over the sago just before serving it.

SAGO POSSET.

1. One ounce of sago.
2. One pint of cold water.
3. Half an ounce of loaf sugar.
4. One lemon.
5. A few drops of essence of ginger.
6. One wineglassful of sherry.

Steep the sago in water for an hour or more, then boil it with a pint of cold water, and half an ounce of loaf sugar (which has been rubbed on the rind of a lemon) until a mucilage is formed. Add a few drops of essence of ginger, and a wineglassful of sherry.

SAINSBURY'S PREPARATIONS.

Lemonade.	Apple.
Ginger Lemonade.	Quince.
Raspberry.	Strawberry.
Red Currant.	Orange Sweet.
Black Currant.	Orange Seville.
Cherry.	Pineapple.

SALAD.

1. One lettuce.
2. One bunch of water-cress.
3. A few tender leaves of endive.
4. A little mustard and cress.
5. Salt.
6. The yolks of two eggs.
7. One hard-boiled egg.
8. Two tablespoonfuls of oil.
9. One tablespoonful of white vinegar.

Wash the lettuce thoroughly. Take the young and tender leaves, and break them into small pieces. Trim and wash the water-cress. Add a few tender leaves of endive, and a little mustard and cress which have been thoroughly washed. Put them into a salad bowl, and sprinkle a little salt over them. Mix the yolks of two eggs with two tablespoonfuls of oil and one tablespoonful of white vinegar, stirring well as they are added drop by drop until the mixture is as thick as cream. Cut the hard-boiled egg in slices, and garnish the salad with it after it has been mixed.

SALMON À LA TARTARE, BOILED.

1. One small salmon.
2. Salt.

Wash the salmon well, and let it lie in cold water for an hour; then put it into boiling water with some salt, and let it boil gently for about twenty minutes, skimming now and then. Before serving, pour over it some tartare sauce. (Page 251.)

SARDINE AND EGG,

1. One egg.
2. One sardine.
3. A small piece of butter
4. A sprig of parsley.
5. Salt and pepper.

Boil the egg for ten minutes, then put it into cold water. Scrape the skin off the sardine very carefully, and pound it in a mortar. Shell the egg, and cut it lengthwise; take out the yolk and add it to the sardine in the mortar, with a small piece of butter and a little white pepper and salt. Chop the parsley very finely, add it to the other ingredients in the mortar, and pound all together. Fill the whites with the contents of the

mortar, and serve them on toast, or with some small salad.

SAUCE PIQUANTE,

1. One gherkin.
2. Twelve capers.
3. Half a shallot.
4. A wineglassful of vinegar.
5. Half a pint of good stock.
6. Lemon juice.

Chop the gherkin, capers and shallot very finely, and put them into a saucepan with a wineglassful of vinegar. Boil all for a quarter of an hour, add half a pint of good stock, and a little lemon juice, and simmer until the gherkin, etc., are tender.

SAVOURY OMELETTE. (I.)

1. One egg.
2. Half an ounce of butter.
3. One sprig of parsley.
4. Salt and pepper.

Break one egg into a basin, and add a little salt and pepper. Wash a sprig of parsley, dry it, chop it up very finely, and add it to the egg. Beat all together lightly with a fork for two seconds. Put half an ounce of butter into a frying-pan, and melt it over a bright and clear fire. When the butter is all melted, pour the mixture of egg into the frying-pan, and stir it quickly with a spoon, being careful not to let the omelette stick to the pan and burn. Shake the pan also to prevent the omelette sticking. Turn the omelette towards the handle of the pan with a spoon, and turn it over for a second, and then on to a hot plate.

N.B.—A little bacon or kidney cut in small pieces can be mixed in with the egg before pouring it into the frying-pan.

SAVOURY OMELETTE. (II.)

1. Three eggs.
2. One teaspoonful of chopped parsley.
3. A very small piece of shallot, chopped finely.
4. One ounce of butter.
5. Pepper and salt.

Beat the eggs with the parsley, shallot, pepper and salt. Melt the butter in an omelette pan, pour in the mixture, and stir it vigorously over the fire until it begins to set, then stir it to one half of the pan ; leave it a moment, loosening the edges with a knife. When it is a golden colour underneath, turn the omelette over to fry the other side the same colour.

SCALLOPED FISH.

1. The remains of any cold fish.
2. One ounce of butter.
3. One teaspoonful of flour.
4. One tablespoonful of milk.
5. Some bread crumbs.
6. When in season, two oysters.

Free the remains of some cold fish from the bones, and cut it into dice. Put it into a saucepan with an ounce of butter, a little salt, one teaspoonful of flour, one tablespoonful of milk, and when in season, two oysters, which have been bearded. Cook the fish over the fire for a few minutes, then put it into a scallop shell ; cover it with a few fine bread crumbs, and put it in the oven to brown.

SCONES.

1. One pound of flour.
2. Two teaspoonfuls of Borwick's baking powder.
3. Four ounces of butter.
4. A pinch of salt.
5. About half a pint of milk.

Mix thoroughly into one pound of flour two teaspoonfuls of Borwick's baking powder, then rub in four ounces of butter and a pinch of salt. Add enough milk to make it into a stiff dough, knead it lightly, then cut it into triangular pieces, and bake them in a quick oven.

SEA-KALE,

1. Five or six roots of sea-kale.
2. A slice of toast.
3. French melted butter sauce. (Page 177.)

Trim and thoroughly wash the sea-kale, then tie it in small bundles and boil it gently for about twenty minutes, until it is quite soft. Drain it, and serve it on a slice of toast with French melted butter sauce.

SEMOLINA AND MARMALADE.

1. One ounce and a half of semolina.
2. One pint of milk.
3. A pinch of salt.
4. Half an ounce of butter.
5. One egg.
6. One tablespoonful of marmalade.

Boil one ounce and a half of semolina in one pint of milk with a pinch of salt and half an ounce of butter. When the milk is absorbed, add one well-beaten egg and a tablespoonful of marmalade. Put all into a buttered pie-dish, and bake it for half an hour.

SEMOLINA PUDDING.

1. Three ounces of semolina.
2. Three ounces of sugar.
3. One ounce of butter.
4. Half a pint of milk.
5. One egg.
6. Arrowroot sauce. (Page 126.)

Put three ounces of semolina, three ounces of sugar, one ounce of butter, and half a pint of milk into an enamelled saucepan, and stir all over the fire until it thickens. Add one well-beaten egg, and mix all well together, then pour it into a buttered mould, and steam it for an hour and a half. Serve it with arrowroot sauce.

SEMOLINA SOUP.

1. Half a pint of veal broth.
2. One tablespoonful of semolina.
3. Half a pint of milk.
4. Salt and pepper.
5. Dry toast.

Put half a pint of veal broth into a saucepan, and let it boil. While it is boiling add gradually one tablespoonful of semolina, stirring it well for ten minutes. Then add half a pint of milk, and pepper and salt to taste. When hot, pour it into a basin, and serve with it dry toast cut into very small squares.

SHEEP'S HEAD (SCOTCH FASHION).

1. One sheep's head.
2. One large carrot.
3. One turnip.
4. One onion.
5. A bouquet of herbs.
6. One or two leaves of celery.
7. Two ounces of pearl barley.
8. One dessertspoonful of salt.
9. Some browned bread crumbs.

Divide one sheep's head, and clean it well. Blanch it in boiling water for ten minutes, then wash it again in cold water. Put it into a stewpan with one large carrot, one turnip, one onion, a bouquet of herbs, one or two leaves of celery, and two ounces of pearl barley which has previously been soaked in cold water. Add

enough water to cover it, and one dessertspoonful of salt. Let it come to the boil, and skim well and frequently. Let it simmer gently for three or four hours. Remove the bones, and dish the meat. Cover it with browned bread crumbs, arrange the vegetables round it, and add a little of the liquor after the fat has been removed. Put it into the oven to get quite hot, then serve.

SHEEP'S TONGUE AND BRAIN SAUCE.

1. The tongue and brains of one sheep.
2. Salt.
3. One teaspoonful of vinegar.
4. Half a blade of mace.
5. One ounce of butter.
6. One ounce of flour.
7. Half a pint of milk.
8. A little lemon juice.

Simmer one sheep's tongue for two hours, then peel off the skin. Return the tongue to the saucepan to keep it hot while preparing the brain sauce. Wash the brains of one sheep, and simmer them for twenty minutes in water, with one teaspoonful of vinegar and half a blade of mace. Remove the skin from the brains, then chop them, and mix with them half a pint of sauce made with one ounce of butter, one ounce of flour, half a pint of milk, a pinch of salt, and a few drops of lemon juice. Dish the tongue, and surround it with the sauce after it has been well cooked.

SHRIMP CANAPÉ.

1. Two slices of bread.
2. One or two well-beaten and seasoned eggs.
3. One pint of shrimps.
4. A small piece of butter.
5. Water-cress.

Cut the bread into two slices about two and a half inches across, then dip them into a saucepan containing one or two well-beaten and seasoned eggs. Turn the bread over until it is well covered with the egg on both sides, then dish it and cover it with shelled shrimps. Pour the rest of the egg over all, and put little pieces of butter on it. Bake it for five or ten minutes until quite hot. Garnish with water-cress.

SHRIMP EGG.

1. One hard-boiled egg.
2. Eighteen shrimps.
3. A small piece of butter.
4. Pepper.
5. Small salad.

Cut a small slice from each end of a hard-boiled egg, and cut it in halves the round way. Peel eighteen shrimps, and pound them in a mortar with the yolk of the egg, a small piece of butter, and a little pepper. Fill the whites with this mixture, and garnish them with small salad.

SHRIMP SANDWICHES.

1. Half a pint of shrimps.
2. Two thin slices of bread and butter.

Peel half a pint of shrimps and pound them in a mortar. Spread them on one slice of bread and butter, and press the other slice over them. Cut the sandwiches about three inches long and one and a half wide. If preferred, the shrimps need not be pounded.

SMELTS (BAKED).

1. Six smelts (very fresh).
2. Two ounces of butter.
3. Bread crumbs.

4. Lemon juice.
5. Salt and pepper.

Wash six smelts, and dry them thoroughly on a clean cloth. Arrange them in a flat baking-dish. Cover them with very fine bread crumbs (rubbed through a fine sieve); put little pieces of butter over them, and sprinkle a little salt and pepper over them. Put them in the oven, and bake them for about a quarter of an hour. Before serving squeeze a few drops of lemon juice over them.

SMELTS (FRIED).

1. Six smelts (very fresh).
2. Flour.
3. One egg.
4. Lard for frying.

Clean six smelts very carefully. Dry them in a clean cloth, and sprinkle over them a little flour. Beat one egg on a plate, and dip the smelts in it. Put the lard into a frying-pan, and, when it boils, put the smelts into it, and fry them a pale brown. Serve with them melted butter sauce.

SOLE À LA MAÎTRE D'HÔTEL.

1. One sole.
2. One tablespoonful of chopped parsley.
3. Four small sprigs of parsley.
4. Lemon juice.
5. One ounce of butter.
6. Salt.

Skin and fillet the sole. Cover each fillet with chopped parsley, and squeeze a few drops of lemon juice on them. Roll the fillets up, and tie them with white cotton. Put them in an earthen jar, just large enough to hold them, add an ounce of butter, a little salt, and a few drops of lemon juice. Cover the

jar closely, and put it in a hot oven for ten minutes ; then remove the cotton from the fillets, cover them with the sauce which came from them, and put a sprig of parsley on each.

SOLE AU GRATIN.

1. One sole.
2. Twelve small mushrooms.
3. Half a shallot.
4. A teaspoonful of chopped parsley.
5. Lemon juice.
6. One ounce of butter.
7. Two ounces of fine crumbs of gluten bread.
8. Half a gill of stock.

Skin and score the sole, chop twelve small mushrooms, half a shallot, add a teaspoonful of chopped parsley, and spread them on either side of the sole, with an ounce of butter, in small pieces, and a little lemon juice. Cover all with fine crumbs of gluten bread. Put a little stock round the fish, and bake it for half an hour.

SOLE (BOILED).

1. One sole.
2. One lemon.
3. Salt.
4. Melted butter sauce or anchovy sauce. (Pages 201 and 120.)

Clean and trim one sole, and rub it over with lemon juice, sprinkle a little salt over it ; then put it into a fish kettle in which there is some boiling water, and let it boil for about ten to fifteen minutes ; then take the sole out carefully with a fish slice, and put it on a serviette on a hot dish. Have ready some melted butter sauce, or anchovy sauce, in a sauce-boat, and serve it quickly.

SOLE (FRIED).

1. One sole.
2. One egg.
3. Gluten bread crumbs.
4. Lard for frying.

Skin the sole, then beat the egg on a dish or plate, and dip the sole in it, covering each side with the egg. Roll the sole in fine gluten bread crumbs, put the lard in a frying-pan, and, when it boils, put the sole in it, and fry it for three minutes.

SOLE (STEAMED).

1. One sole.
2. Salt.
3. Lemon juice and slices of lemon.
4. One ounce of butter.
5. One ounce of flour.
6. One gill of milk.
7. Parsley.

Skin and fillet the sole ; wash and dry the fillets, and put them in a jam pot just large enough to hold them. Sprinkle a little salt and lemon juice over them, and cover them with a buttered paper. Put the jam pot in a saucepan half full of boiling water. Cover it tightly, and let it boil for ten minutes. Mix one ounce of butter with one ounce of flour in a saucepan over the fire, add one gill of milk and the liquor from the fish, and cook for ten minutes, stirring well. Pour this sauce over the fillets, and garnish with slices of lemon and a sprig of parsley on the top of each fillet.

SOLID TEA.

1. One tablespoonful of gelatine.
2. One pint of milk.
3. Two tablespoonfuls of strong tea.
4. One tablespoonful of sugar.

Melt over the fire one tablespoonful of gelatine in one pint of milk. Add two tablespoonfuls of sugar. Mix all well together, then strain and pour it into a mould, and leave it to get cold.

SOUP (BISQUE).

1. One crab.
2. One ounce of lobster butter—*i.e.*, butter pounded with the coral of a lobster, and rubbed through a sieve.
3. One and a half pints of fish stock or water.
4. A little lemon juice.
5. One gill of cream.
6. Pepper and salt.

Remove all the meat from the shell of the crab. Boil the shell in one and a half pints of water, if there be no fish stock. Pound the meat, and rub it through a sieve. Strain the shell, and add the pounded meat to the liquor, also the lobster butter. Stir well over the fire, and simmer half an hour. Add the cream, lemon juice, pepper and salt.

SOUP (BRUNOISE).

1. One young carrot.
2. Half a young turnip.
3. Two leaves of celery.
4. A little of the flower of a boiled cauliflower.
5. One onion.
6. One ounce of butter.
7. One pint of water in which the cauliflower was boiled.
8. Two ounces of stale bread toasted.
9. One pint of milk.
10. One teaspoonful of sugar.
11. Pepper and salt.

Stew all the ingredients except the toast for one hour ;

then break the toast in pieces, add it to the other ingredients, and stew all together for another hour. Pass all through a sieve, and return it to the stewpan to get hot.

SOUP (SWEETBREAD).

1. One pair of sweetbreads.
2. One and a half pints of white stock.
3. A bouquet of herbs.
4. A leaf of celery or as much celery seed as will lie on a threepenny piece.
5. A thread of mace.
6. Lemon juice.
7. Pepper and salt.
8. One gill of cream.

Boil the sweetbreads for five minutes in water, with a little salt. Skin, trim and boil them gently in one and a half pints of white stock, with a bouquet of herbs, a leaf of celery, or the celery seed, and a thread of mace, until they are quite tender. When they are quite soft, either pass them through a hair sieve, or chop them finely. Remove the herbs, add a little pepper and salt, a few drops of lemon juice, and a gill of cream.

SOUP (FISH).

1. One pound of conger eel.
2. One small haddock (fresh).
3. One onion.
4. Two cloves.
5. A bouquet of herbs.
6. A thread of mace.
7. One and half pints of water.
8. One gill of cream.
9. A few drops of lemon juice.
10. Pepper and salt.

Cut the eel into small pieces, remove the fillets from

the haddock, which must not have been cooked for more than twenty-five minutes. Stew the eel, with the skin and bones, and the onion and herbs, for four hours, then strain off the liquor. Pound the haddock fillets, rub them through a sieve; add them to the strained liquor, and cook for fifteen minutes; then add the cream, lemon juice and seasoning.

SOUP (GURNET AND WHITING).

1. One gurnet.
2. One ounce of butter.
3. One young carrot.
4. One small onion.
5. Half a shallot.
6. One clove.
7. A bouquet of herbs.
8. Half a head of celery.
9. Two whittings.
10. The white of one egg.
11. Lemon juice.
12. Salt.

Cut the vegetables into dice, and fry them in an ounce of butter, then put them into a stewpan with two pints of boiling water. Cut the gurnet into small pieces, and fillet the whiting. Add the gurnet, and the bones of the whiting. Put the fillets aside. Let the soup simmer for three hours, then strain it. Pound the fillets of whiting with one white of egg, a little salt and lemon juice. Make the mixture into little balls, and put them into the soup when it boils, and cook them for ten minutes.

SOUP (OX-TAIL).

1. One ox-tail.
2. Two pints of water or stock.
3. One teaspoonful of salt.

4. A little pepper.
5. Two ounces of butter
6. One wineglassful of sherry.
7. One small teaspoonful of lemon juice.
8. Half a head of celery.
9. One onion.
10. A bouquet of herbs.

Cut the tail into small pieces, shred the onion and fry it with the pieces of tail in the butter until brown, then add the water or stock. When it simmers, skim well, and add the celery and herbs. Simmer all day gently; remove the vegetables and fat, warm the sherry, and add it with the lemon juice.

SOUP (MAIGRE).

1. One pound of potatoes.
2. One leek.
3. One onion.
4. Two cloves.
5. A thread of mace
6. One ounce of butter.
7. One pint of boiling water.
8. One pint of milk (hot).
9. One small lump of sugar.
10. One tablespoonful of tapioca.
11. Pepper and salt.
12. A little lemon juice.
13. One tablespoonful of chopped parsley.

Shred the potatoes and put them with the leek, onion and butter into a pint of boiling water in a stewpan. Boil until the vegetables are soft, then pass them through a sieve, adding a pint of hot milk to help them through. Put all into the stewpan, and stir until it boils, then sprinkle in the tapioca. Boil until the

tapioca is clear, then add a little lemon juice, and a tablespoonful of chopped parsley.

SOUP (PALESTINE).

1. Three pounds of Jerusalem artichokes.
2. Two onions.
3. A bouquet of herbs.
4. A slice of ham.
5. One ounce of butter.
6. One and a half pints of chicken broth or veal stock.
7. One gill of cream.
8. Pepper and salt.

Boil the artichokes with the other ingredients until they are reduced to a pulp. Rub them through a sieve, then return them to the stewpan. Cook for a quarter of an hour, then add the cream.

SOUP (RABBIT).

1. One rabbit.
2. Two or three slices of lean ham.
3. One inch of carrot.
4. One onion.
5. A blade of mace.
6. One quart of milk.
7. Three ounces of rice.
8. A bouquet of herbs.
9. Pepper and salt.
10. A little lemon juice.

Blanch the rabbit by boiling it for five minutes in water with a little salt. Simmer all the ingredients gently in a quart of milk in an enamelled saucepan. Rub the rice through a sieve, adding the hot milk in which it was cooked to help it through. Return it to the stewpan; add a few small pieces of the rabbit, and a few drops of lemon juice. Simmer for a quarter of an hour, taking care that the soup does not burn.

SOUP (SPRING).

1. One pint of white stock (hot).
2. One lettuce.
3. Half a young cucumber.
4. Two leaves of tarragon.
5. Two sprigs of chervil.
6. One leaf of sorrel.
7. Half an ounce of butter.
8. A little salt.
9. One perle of saccharine.
10. The yolks of two eggs.
11. One gill of cream.

Wash the vegetables well, shred them finely, put them with the butter into a stewpan, and put the stewpan on the fire for five minutes, stirring occasionally. Add the salt, saccharine and the stock, which must be hot. Cook gently until the vegetables are tender. Beat the yolks of two eggs, pour a little boiling stock on them, and put them in the stewpan for three minutes. Then dish the soup at once, or the eggs will crack, and it will be spoiled.

SOUP (VICTORIA).

1. A quarter of a pound of Scotch barley, which has been steeped all night in water.
2. Two pints of good white stock.
3. One gill of cream.
4. Pepper and salt.
5. A little lemon juice.

Simmer all the ingredients for three hours, then strain. Rub half the barley through a sieve, then return it to the stewpan with the rest of the barley, and the liquor and cream, and let it just come to the boil.

SPANISH STEAKS.

1. One pound of rump-steak.
2. One onion.

3. Two ounces of beef dripping.
4. One and a half gills of brown stock (hot).
5. One tablespoonful of melted butter.
6. Half a tablespoonful of tarragon vinegar.
7. One tablespoonful of cream.

Cut the steak into rounds, score them with a knife, sprinkle parsley on the top of each, then put a little melted butter and vinegar over them. Let them remain thus while the sliced onion is frying in the beef dripping, then strain them. See that there is no dripping left in the stewpan, and cover the bottom of it with hot stock, and let the steaks simmer in it gently for one hour, then dish them. Take the lid off the stewpan, and boil the gravy until it is reduced to little more than a gill, then pour it round the steaks, and garnish with parsley, adding the onions just before dishing.

SPINACH.

1. Two pounds of spinach.
2. One ounce of butter.
3. One tablespoonful of cream or stock.
4. Two poached eggs. (Page 171.)
5. Salt.

Wash the spinach in several waters, double each leaf, and draw off the fibres. Put the spinach into a stewpan with a little salt, and a very little boiling water. Cook it without the lid on the stewpan until it is quite tender, then drain and squeeze it dry in a clean cloth. Rub it through a wire sieve, then return it to the stewpan with an ounce of butter and a tablespoonful of cream or stock. Make it quite hot, and serve with it one or two poached eggs placed on the top.

SPONGE CAKE.

1. Four eggs.
2. Half a pound of castor sugar.

3. The rind of one lemon.
4. A quarter of a pound of flour.
5. One teaspoonful of baking powder.

Separate the yolks and whites of four eggs. Beat the yolks well, and add half a pound of castor sugar, by degrees, stirring all the time. Then whisk the whites to a stiff froth, add a little grated lemon rind, and mix all together. Lastly, add a quarter of a pound of flour, by degrees, and one teaspoonful of baking powder, stirring all the time. Pour all into a well-buttered cake tin or mould, and bake for about one hour in a moderately quick oven.

STEWED FRUIT.

1. One pound of loaf sugar.
2. Half a pound of raspberries.
3. Half a pound of red currants.

Boil a pound of loaf sugar in a pint of water for one hour. Pick half a pound of raspberries and half a pound of red currants, and simmer them gently in the syrup until they are quite tender. Serve the fruit, when cold, in a glass dish.

STRENGTHENING JELLY.

1. One ounce of isinglass.
2. Half an ounce of gum-arabic.
3. Half an ounce of sugar candy.
4. One tumblerful of port wine.

Dissolve one ounce of isinglass, half an ounce of gum-arabic, and half an ounce of sugar candy, in a tumblerful of port wine. Add a tumblerful of boiling water, and stir all well together. Place the vessel containing it in boiling water until the sugar candy, etc., are quite melted, then pour all into a cold damp mould.

STUFFED VEGETABLE MARROW.

1. One vegetable marrow.
2. Some minced veal and ham, or chicken and ham.
3. Pepper and salt.
4. A little lemon juice.
5. One egg.
6. About one pint and a half, or two pints of stock or milk.

Cut the vegetable marrow in halves, lengthwise, and blanch it in boiling water for five minutes. Remove all the seeds, and fill the cavity with a mixture of veal and ham, or chicken and ham. Add a little salt and pepper, a few drops of lemon juice, and an egg which has been beaten. Tie the vegetable marrow tightly together, and cook it gently, but thoroughly, in either stock or milk some of which should be poured over the vegetable marrow when served.

SUET PUDDING (BOILED).

1. A quarter of a pound of suet.
2. Three tablespoonfuls of flour.
3. Two eggs.
4. A little grated ginger.
5. Half a pint of milk.

Shred very finely a quarter of a pound of suet. Mix with it three tablespoonfuls of flour, then roll them well, together with a rolling pin. Beat up two eggs with a little grated ginger, and half a pint of milk. Mix all well together. Dip a pudding cloth into boiling water then flour it. Put the pudding in the cloth, tie it loosely, and put it into boiling water, and boil it for about one hour and a quarter.

SWEETBREADS (FRIED).

1. One or two sweetbreads.
2. One ounce of butter.

3. One egg.
4. Bread crumbs.
5. Pepper and salt.

Wash and trim the sweetbreads, and put them into a saucepan with some warm water to soak for an hour and a half, but do not put the saucepan on the fire during that time. Then boil them gently for ten minutes. Take them out of the saucepan, and cut them in slices, then dip them in egg and bread crumbs. Sprinkle over them a little pepper and salt, and put them into the frying-pan with one ounce of butter. Turn them constantly until done. They will take about ten minutes to fry.

SWEETBREADS, (LARDED).

1. One pair of sweetbreads.
2. Some strips of fat bacon.
3. One gill of good stock.
4. A little lemon juice.
5. A bouquet of herbs.
6. Salt.

Trim the sweetbreads, and steep them in salt and water for two hours, then put them into a saucepan with fresh water, and let them come to the boil. Take them out of the saucepan, and press them between two plates with heavy weights on the top. When cold, lard them with the strips of fat bacon. Place them in a stewpan with one gill of good stock, or enough stock to cover the bottom of the pan, but not the sweetbreads. Add a little lemon juice, and a bouquet of herbs. Stew all gently for nearly one hour. Remove all fat from the gravy, and boil it down to the right quantity.

SWEETBREADS (STEWED).

1. One pair of sweetbreads.
2. Salt.
3. About one pint of milk.

4. A small piece of carrot.
5. One onion.
6. A bouquet of herbs.
7. One dessertspoonful of corn flour.
8. A little lemon juice.
9. One dessertspoonful of chopped parsley.

Blanch the sweetbreads in boiling water with a little salt for ten minutes, then press them with a heavy weight. Trim them when cold, then let them simmer in rather more than enough milk to cover them. Add a small piece of carrot, one onion, and a bouquet of herbs, and simmer all together for three-quarters of an hour. Mix one dessertspoonful of corn flour with a very little milk, and when it is quite smooth, add the hot milk from the sweetbreads. Add this mixture to the ingredients in the stewpan, and stir all over the fire for ten minutes, then dish the sweetbreads. Add to the sauce one dessertspoonful of chopped parsley and a little lemon juice. Pour the sauce neatly over the sweetbreads.

TAMARIND DRINK.

1. Two ounces of tamarinds.
2. A quarter of a pound of stoned raisins.

Boil two ounces of tamarinds with a quarter of a pound of stoned raisins in a pint and a half of water, for three-quarters of an hour, then strain, and leave the liquor until it is cold, when it can be served.

TAMARIND WHEY.

1. Two ounces of tamarinds.
2. One pint of milk.

Boil two ounces of tamarinds in one pint of milk, then strain the milk through a muslin bag.

TAPIOCA CREAM SOUP.

1. Half a pint of veal broth.
2. Half an ounce of tapioca, prepared for soups
3. The yolk of one egg.
4. Half a gill of cream.
5. Salt.

Put half a pint of veal broth into a stewpan, and put it on the fire to boil. When it boils, stir in gradually half an ounce of prepared tapioca. Move the stewpan to the side of the fire and let it all simmer until the tapioca looks transparent. Put the yolk of one egg into a basin, and add to it half a gill of cream. Stir them slightly with a wooden spoon, and pour them through a strainer into another basin. When the broth is quite boiling, add it by degrees to the egg and cream, stirring well all the time. Add a little salt to the soup, and pour it back into the stewpan. Put the stewpan on the fire for about two minutes, stirring all the time, being careful not to let the soup boil, or it will curdle.

TAPIOCA JELLY.

1. One teacupful of tapioca.
2. Half a teacupful of sugar.
3. The rind and juice of half a lemon.
4. A very little salt.
5. A wineglassful of sherry.

Soak a teacupful of tapioca in water for an hour or two, then put it into a saucepan with half a teacupful of sugar, the rind and juice of half a lemon, and a very little salt. Put the saucepan over the fire, and stir the contents until they boil; then let the saucepan stand by the fire for half an hour. Remove the lemon rind, add a wineglassful of sherry, and pour all into a mould.

When cold, turn the tapioca jelly out of the mould, and serve.

TAPIOCA MILK.

1. Half an ounce of the best tapioca.
2. One pint of milk.
3. One teaspoonful of sugar.
4. One teaspoonful of brandy.

Well wash half an ounce of tapioca. Simmer it gently for two hours in a pint of milk, then add a teaspoonful of sugar and a teaspoonful of brandy.

TAPIOCA PUDDING.

1. One ounce of tapioca.
2. One pint of milk.
3. One ounce of butter.
4. Two ounces of sugar.
5. Two eggs.
6. Flavouring of grated lemon rind or vanilla.

Wash the tapioca, and stew it gently in one pint of milk for about ten minutes, stirring it now and again to prevent it burning. Then let it cool for a little time, and mix in one ounce of butter, two ounces of sugar, and two eggs well beaten. Add a little grated lemon rind, or three drops of vanilla flavouring. Pour all into a buttered pie-dish. Bake it in a gentle oven for about one hour.

TAPIOCA PUDDING.

1. Two ounces of tapioca.
2. Half an ounce of butter.
3. One pint of milk.
4. One dessertspoonful of sugar.

Steep two ounces of tapioca in cold water for an hour or two. Strain it, and put it into a saucepan with half an ounce of butter, and one pint of milk. Simmer

gently until the tapioca is quite soft. Add a dessert-spoonful of sugar, and put all into a pie-dish and bake it for half an hour.

TARTARE SAUCE.

1. The yolk of one egg.
2. Half a teaspoonful of mustard.
3. Three leaves of chopped tarragon.
4. Three leaves of chopped chervil.
5. Five drops of anchovy sauce.
6. Half a gill of salad oil.
7. Two tablespoonfuls of tarragon vinegar.

Beat the eggs well, adding the oil drop by drop, stirring all the time ; then the vinegar until it is as thick as cream, then add the other ingredients. The mustard should be mixed with the egg. Should it curdle, add another yolk.

TOAST AND WATER.

1. The brown crust of a loaf.

Cut the brown crust off a loaf of bread, and toast it on each side. Put the toasted crust into a jug, and pour it on one quart of *cold* water. Cover the jug, and let it stand for half an hour, then it will be ready to serve.

TOMATOES AND MACARONI.

1. One pound of tomatoes.
2. One onion.
3. One dessertspoonful of vinegar.
4. A pinch of salt and sugar.
5. Half a pound of Neapolitan macaroni.

Put one pound of freshly gathered tomatoes into a stewpan with just enough water to cover them. Add one onion, a dessertspoonful of vinegar, and a pinch of salt and sugar. Boil these together until the tomatoes

are quite tender, then pass all through a sieve, and return it to the pan to keep hot. Cook half a pound of the Neapolitan macaroni in boiling water for three-quarters of an hour, until it is quite soft ; then strain off all the water, add the tomato pulp, and let it stew for half an hour or more. This can be served with mutton.

TOMATO SAUCE.

1. A quarter of a pound of tomato pulp.
2. Three shallots.
3. One bay leaf.
4. A sprig of thyme.
5. One wineglassful of vinegar.
6. A few drops of anchovy sauce.

Chop three shallots very finely, and put them in an enamelled saucepan, with one bay leaf, a sprig of thyme, and a wineglassful of vinegar. Boil these ingredients until reduced to half, add a quarter of a pound of tomato pulp, a few drops of anchovy sauce, and stir all over the fire for five minutes. Remove the herbs by straining.

TREACLE POSSET.

1. Two tablespoonfuls of treacle.
2. Half a pint of milk.

Put half a pint of milk into an enamelled saucepan, and let it come to the boil, then mix in two tablespoonfuls of treacle, and stir well. Take the saucepan off the fire, and let it stand for about one minute, then pour the treacle posset into a glass, and serve it.

TRIPLE (BOILED).

1. One pound of clean tripe.
2. Four good-sized onions.
3. One pint and a half of milk.

4. Four or five peppercorns.
5. One dessertspoonful of salt.
6. One ounce of flour.
7. One ounce of butter.

Cut into pieces, about two or three inches square, one pound of clean tripe. Put it into a stewpan with four good-sized onions, one pint and a half of milk, four or five peppercorns and one dessertspoonful of salt. Let all simmer gently for three hours, and remove all the fat as it rises to the surface. Dish the tripe, then thicken the milk with one ounce of flour and one ounce of butter. Boil it for a few minutes, then pour it over the tripe, and arrange the onions round it.

TRIPLE (FRENCH).

1. One pound of tripe.
2. Eighteen mushrooms.
3. Parsley.
4. A few drops of lemon juice.
5. Some thin slices of ham.
6. One pint of good stock.
7. One carrot.
8. One onion.
9. A bouquet of herbs.
10. Pepper and salt.

Cut into strips, of four inches by two, one pound of tripe, after it has been cleaned. Cover each strip with chopped mushroom and parsley, a few drops of lemon juice, and a thin slice of ham. Roll it up, and tie it with a piece of cotton. Stew the tripe thus prepared in one pint of good stock, with one carrot, one onion, a bouquet of herbs, pepper and salt, for three hours. Dish the rolls, and stand them up with a pinch of finely-chopped parsley on each. Boil down the gravy until there is only enough to pour round the tripe, then serve.

TRIPE FRIED IN BATTER.

1. Some boiled tripe.
2. Batter (see Calf's Foot Fritters).
3. Some fat for frying.

Dry in a cloth some tripe after it has been boiled. Dip it in batter, then put it into a frying-pan in which there is some boiling fat, and fry it a light brown colour.

TROUT À L'AUORE.

1. One trout.
2. The yolks of two eggs.
3. Half a gill of cream.
4. One ounce of parmesan cheese.
5. A few drops of anchovy sauce.
6. A few drops of lemon juice.

Wash and dry the trout, mix the yolks of eggs with the cream, parmesan cheese, a few drops of anchovy sauce, and a few drops of lemon juice, in an enamelled saucepan. Stir all over the fire until it thickens, then mask the trout. Put it in the oven for about twenty minutes, brown it with a salamander, and serve it with tomato sauce. (Page 252.)

TURBOT WITH BÉCHAMEL SAUCE, BOILED.

1. A very young turbot.
2. One lemon.
3. Salt.
4. Parsley.
5. Béchamel sauce. (Page 131.)

Select a very young turbot. Wash and dry it, and rub on it the juice of a lemon and a little salt. Put just enough water in the turbot kettle to cover the fish, and add a little salt. When the water boils, put the fish in it, and boil it very gently for twenty-five minutes. Remove the scum, slide the fish on to a napkin, garnish it with parsley, and serve it with béchamel sauce.

TURBOT AND MATELÔT SAUCE, GRILLED.

1. One small turbot.
2. Lemon juice.
3. Salad oil or oiled butter.
4. Pepper and salt.
5. Lemon juice.

Wash and dry the turbot, season it with pepper and salt, and rub a little salad oil or oiled butter, and a little lemon juice over it. Lay it on a gridiron and grill it, turning it constantly until it is cooked. It must not be cooked over too fierce a fire. Baste it with a little oil or oiled butter, and serve it with matelôt sauce. (Page 199.)

VANILLA SOUFFLÉ.

1. One ounce of flour.
2. One ounce of butter.
3. One gill of milk.
4. One dessertspoonful of sugar.
5. Three eggs.
6. Thirty drops of essence of vanilla.
7. Lemon juice.

Melt one ounce of butter in a saucepan, add one ounce of flour, a gill of milk, and a dessertspoonful of sugar, stirring carefully. When the mixture is quite smooth and stiff, take the saucepan off the fire, add the yolks of three eggs, one at a time, beating well, thirty drops of essence of vanilla, and a few drops of lemon juice. Beat the whites of the eggs to a very stiff froth, and add them to the mixture in the saucepan. Mix all well together, pour it into a buttered mould, and steam for twenty or twenty-five minutes. Serve it on a very hot dish, with custard sauce.

VEAL BROTH.

1. One pound of knuckle of veal.
2. Two ounces of rice.
3. A sprig of parsley.
4. Salt.

Cut a pound of knuckle of veal into small pieces and put them into a stewpan with three pints of cold water, two ounces of rice and a little salt. Boil them gently for one hour and a half; chop a sprig of parsley very finely, and put it in the broth for three minutes before taking it off the fire.

VEAL CUTLETS EN PAPILOTTES.

1. Four or five veal cutlets.
2. Pepper and salt.
3. Two ounces of butter.
4. Two ounces of flour.
5. One gill of good stock.
6. A little lemon juice.
7. Eight or ten very thin slices of bacon.
8. A little chopped parsley and thyme.

Remove the bones from four or five cutlets, season them with pepper and salt, and fry them for ten minutes in a little butter. When they are cold, dip them into a sauce made of two ounces of flour, one gill of good stock, one ounce of butter, a few drops of lemon juice, and a little pepper and salt. The sauce must be boiled, and be quite smooth. Butter a piece of white writing paper. On one half place a thin slice of bacon, then a cutlet, a little chopped parsley and thyme, and another thin slice of bacon. Fold the other half of the paper over all, and twist it together. Put it into a tolerably hot oven for ten minutes, and turn it once. Treat each cutlet in the same manner, and serve them while they are hot.

VELVET CREAM.

1. One-third of an ounce of isinglass (Swinborne's).
2. One gill of milk.
3. Two ounces of loaf sugar.
4. One or two lemons.
5. One wineglassful of sherry.
6. One dessertspoonful of brandy.
7. Half a pint of double cream.

Dissolve over the fire one-third of an ounce of isinglass in one gill of milk. Rub two ounces of loaf sugar on the rind of a lemon, after wiping it with a clean, damp cloth. Add a wineglassful of sherry and a dessertspoonful of brandy to the sugar. Whip half a pint of double cream to a froth. Strain the gelatine into it, add the other ingredients, and when well mixed put all into a mould and leave it until it is cold, when it can be turned out and served.

VERMICELLI PUDDING.

1. One breakfastcupful of vermicelli.
2. One egg.
3. One pint of milk.
4. One dessertspoonful of sugar or two tablespoonfuls of marmalade.

Simmer one breakfastcupful of vermicelli in one pint of milk for half an hour. Add one well-beaten egg, and one dessertspoonful of sugar, or two tablespoonfuls of marmalade, and mix all well together. Put it into a buttered dish, and bake it for three-quarters of an hour.

If preferred, it may be boiled for an hour and a half, and served with sweet sauce.

VIOLET TEA.

1. One teaspoonful of dried violets.
2. One teaspoonful of honey.
3. Half a pint of boiling water.

Put into a jug one teaspoonful of dried violets and one teaspoonful of honey. Pour upon them half a pint of boiling water. Let the tea stand for five minutes, then strain, and serve it.

WHEY.

1. One pint of milk.
2. One square inch of rennet or one and a half teaspoonfuls of pepsine wine.

Warm one pint of milk slowly to 100° F. Add one square inch of rennet, and allow it to stand for about half an hour, then strain it through a muslin bag. One and a half teaspoonfuls of pepsine wine may be used instead of rennet if preferred. The clearer the whey is, the easier it is to digest.

WHITINGS À L'HORLY.

1. One whiting.
2. The juice of half a lemon.
3. One pint of stock or water.
4. A bouquet of herbs.
5. A thread of mace.
6. The yolk of one egg.
7. One teaspoonful of chopped parsley.

Fillet the whiting, and squeeze the juice of half a lemon over it, boil the bones in a pint of stock or water, with a bouquet of herbs and a thread of mace for one hour, until reduced to less than half. Put in the fillets, and simmer them for ten minutes, then dish them, and thicken the liquor, after straining it, with the yolk of egg and the chopped parsley. Pour the sauce over the fillets after cooking it for two minutes.

WHITING (BOILED).

1. One whiting.
2. Salt.
3. Melted butter sauce. (Page 201.)

Clean one whiting, but do not skin it. Lay it in a saucepan, or fish kettle, in which there is sufficient hot water to cover it, and add a little salt. Bring it gradually to the boil, and let it simmer about five minutes. Serve it with melted butter sauce, to which a little anchovy sauce has been added.

WHITING (BROILED).

1. One whiting.
2. Flour.
3. Salt.
4. Melted butter sauce. (Page 201.)

Wash one whiting in salt and water. Wipe it thoroughly in a clean cloth, and let it remain in the cloth to absorb all moisture. Flour it well, and broil it over a very clear fire for about five minutes. Serve with it melted butter sauce.

WHITING (FRIED).

1. One whiting.
2. One egg.
3. Bread crumbs.
4. Lard for frying.

Clean and skin the whiting, and wipe it quite dry. The tail should be fastened in the mouth with a small wooden skewer. Brush the fish over with egg, and cover it with bread crumbs. Put the lard into a frying-pan, and when it boils put the whiting in it, and fry it until it is a light brown colour. Serve with it melted butter sauce.

WILD FOWL (ROAST).

1. One wild fowl.
2. A slice of bacon.
3. The juice of half a lemon.

4. Half a pint of port wine.
5. Two shallots chopped finely.
6. A few grains of cayenne.
7. Salt.

Clean and dry the bird, and cover it with a slice of bacon. Roast it for half an hour, and serve it with the following sauce: Put half a pint of port wine, the juice of half a lemon, two shallots finely chopped, a few grains of cayenne, and a little salt into an enamelled saucepan, and simmer all gently for a quarter of an hour.

WINE SAUCE.

1. One gill of melted butter.
2. One wineglassful of sherry, or a teaspoonful of brandy.
3. The juice of one lemon.
4. One dessertspoonful of sugar.

Put these ingredients into an enamelled saucepan, and stir them over the fire for two or three minutes.

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THE END.

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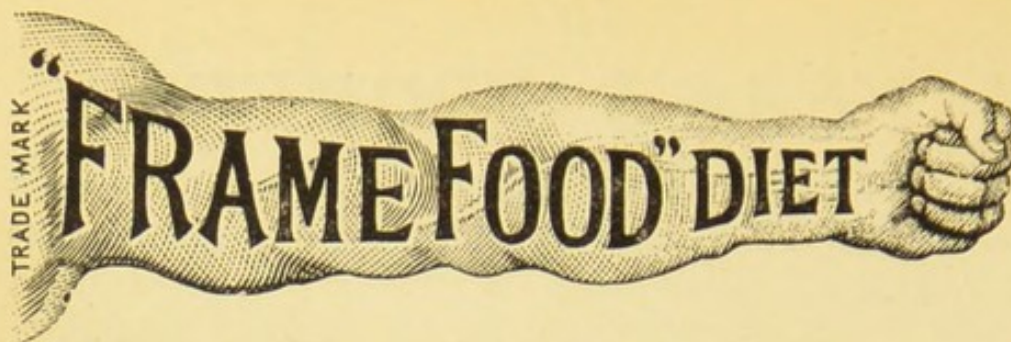
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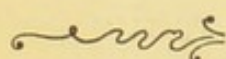
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


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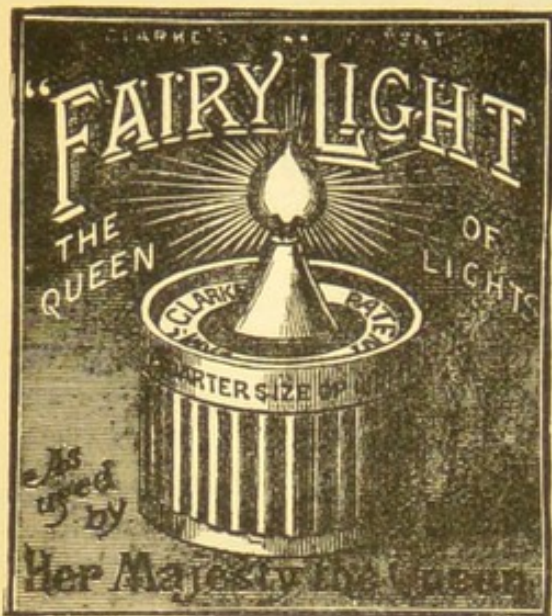
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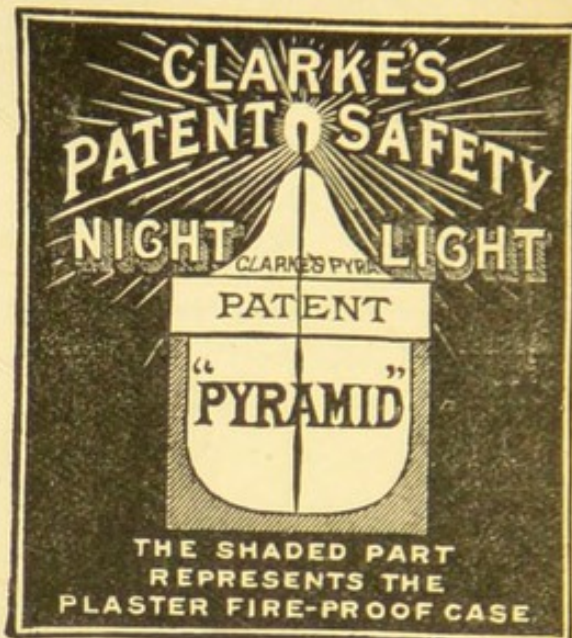
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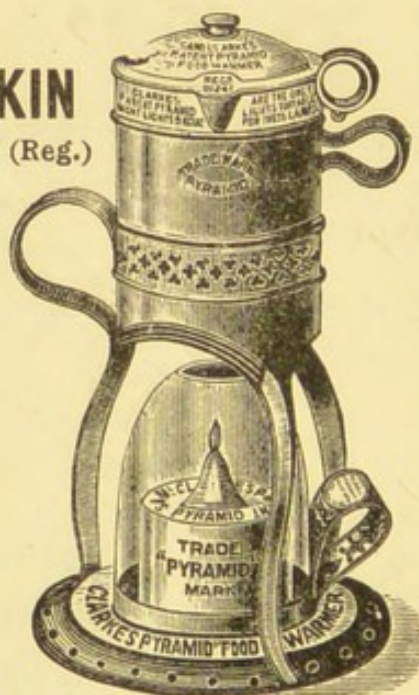
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