

## CONTENTS

---

	PAGES
Invalid Cookery .....	7
Soups .....	8-10
Fish .....	11-13
Meat .....	14-15
Meat and Fish Sauce .....	16-17
Chicken .....	18-19
Vegetables .....	20-21
Salads .....	22-24
Beef Extract—Beef Teas and Gruel .....	25-26
Beverages . . . . .	27-28
Hot Puddings .....	29-31
Cold Puddings .....	32-35
Creams and Jellies .....	36-38
Sandwiches .... .	39-40
Bread and Biscuits .....	41-43
Eggs .....	44-46
Cakes .....	47-49
Fruits .....	50-54
Infant Feeding .....	55-68