

Feeding the Sick

The diet for the sick or convalescent should consist of easily digested and nutritious food, and should be varied as much as possible. Let everything be clean and daintily served.

CHICKEN BROTH.

Joint up a chicken and pour over it 2 quarts of cold water, add a small onion, $\frac{1}{2}$ teaspoonful salt and a little white pepper. Simmer 3 hours, or until the liquor is reduced to 1 quart, strain and cool. The next day remove every bit of fat, add 2 tablespoonfuls of boiled rice, if desired, and serve hot.

BEEF BROTH.

Allow 1 pound of beef to 1 quart of water, cut the beef into cubes about $\frac{1}{2}$ inch in size, put into a granite kettle over the fire and let it simmer or cook slowly for 2 hours, then boil it for 2 hours. Remove from the stove, season with salt and pepper, and strain. When cold, skim of all fat, heat and serve hot.

One tablespoonful of oatmeal, rice or barley may be added to above recipe if desired, and should be put into the cold water when first put on to cook.

OATMEAL GRUEL.

Two tablespoonfuls oatmeal, 1 cup milk, 1 cup boiling water, 1 teaspoonful sugar, a little salt. Mix the oatmeal, salt and sugar, pour the boiling water over it, cook for 30 minutes and strain. Then add the milk, heat to boiling point, and serve hot.

VINOL, our cod liver and iron tonic, may be depended upon to create a hearty appetite, tone up the organs of digestion, and make rich, red blood. In this natural manner Vinol creates strength for the convalescent, the run-down, overworked and debilitated, and for delicate children and old people.

INDIAN MEAL GRUEL.

Two tablespoonfuls fine granulated Indian Meal, 1 tablespoonful flour, 1 teaspoonful sugar, 1 cup milk, 4 cups boiling water, a little salt. Mix the meal, flour, salt and sugar into a thin paste, cook in a double boiler 3 hours, add milk, and serve hot.

MILK PORRIDGE.

One cup milk, 1 cup water, when boiling hot add a teaspoonful flour wet and stirred smooth with cold water, add a little salt, boil together until it thickens. Put a nicely toasted cracker into a bowl and pour the porridge over it. Serve hot.

After Grippe, Vinol may be depended upon to enrich the blood and restore strength.