

INVALID COOKERY

POINTS FOR THE READER

A few points to consider in feeding the sick:

The best means of stimulating the appetite is to have good food, well cooked, and carefully and attractively served.

Appeal to sense of taste.

Nutritive value.

Digestibility.

Appeal to sense of sight.

Consider temperature, serve hot or cold.

Economy.

Select the choicest china, silver and glassware at your command.

Make each tray as attractive as possible.

Serve small quantity of food.

Follow the doctor's orders, but serve and cook the desired food in different ways so that patient will not tire.

Order for setting tray:—

Lay spotless white cloth, locate plate, place knife at right of plate, place spoons at right of knife (bowl up), fork at left of plate (tines up), place bread and butter plate over fork a little to left, napkin left of fork, cup and saucer right of knife, water glass over knife, a little to right. Arrange other dishes to suit the convenience of patient. Always, if possible, have small vase with flowers. Never crowd tray. — Serve butter balls with sprig of parsley.