#### CHAPTER XXVI.

### DISHES FOR INVALIDS.

Boiled Rice—What Fruits and How Eaten—Good Gruel—Toast Water—Barley Coffee
—Oatmeal Coffee—Milk Porridge—Barley Gruel—Indian Meal Gruel—Oatmeal
Gruel—Farina Gruel—Cracker Gruel—Egg Gruel—Arrow Root Gruel—Panada—
Oatmeal Mush—Indian Meal Mush—Entire Wheat Mush—Brain Food—Rice Jelly
—Tapioca Jelly—Restorative Jelly—Gum Water—Crust Coffee—Rice Coffee—
Slippery Elm Tea—Acid Food Drinks—Apple Tea—Jelly and Rice—Tamarind
Water—Lemonade—Flaxseed Lemonade—Wine Whey—Herb Teas—Burdock Root
Tea—Beef Tea—Mutton Broth—Barley Soup—Chicken Broth—Health Bread...343

#### PART VI.

# FEMALE BEAUTY AND ACCOMPLISHMENT.

### CHAPTER XXVII.

## BATHING FOR HEALTH AND BEAUTY.

### CHAPTER XXVIII.

## PERSONAL BEAUTY-How ATTAINED.

#### CHAPTER XXIX.

### IDEAL FACE AND FEATURES.