

RECIPES FOR INVALIDS.

OATMEAL GRUEL.

- 1 cup boiled oats ½ teaspoon salt
3 cups boiling water Cream or milk

Add salt to boiling water, sprinkle in the oats, stirring constantly. Cook for 2 hours. Strain and dilute with cream or milk.

SOFT CUSTARD.

- 4 eggs 1 quart milk
¼ cup sugar 1 teaspoon vanilla

Beat the eggs and sugar together. Scald the milk, then add some of the hot milk to the eggs and sugar. Pour into the remaining milk. Put over a gentle heat stirring all the time until it creams to the spoon. Remove from the fire at once and cool. Add flavoring.

ORANGE ALBUMEN.

- ¾ cup water 1 egg white
2 oranges 2 teaspoons of sugar

Boil the water, add the sugar and cool, then add the white of egg which has been beaten to orange juice. Add to water, strain and serve cold.

BEEF BROTH.

- 2 lbs. shank of beef or 3 pints water
knuckle of veal

Cut all the meat into small pieces, put in stew pan, add the water and allow to stand for an hour, then simmer 6 hours or more. Bring to boiling point and let boil for half an hour. Strain and set aside to cool. Remove fat before serving. Add seasoning if allowed.

GRAIN FOODS.

In preparing any of the grain foods for a sick person, extra care should be taken that they are sufficiently well cooked, else the result may be hurtful. Of the laxative articles of diet, oatmeal is one of the most important. It stands before all other grains in point of nutrition. Rice is also a very valuable article of food in case of digestive derangement.

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