

INVALID COOKING.

(From a nurse in a City Hospital.)

INVALID COOKING.

To break ice in small pieces for the comfort of an invalid, use a darning needle.

A NOURISHING BIT.

White of an egg beaten very stiff put in a glass and add a little lemon juice 1 or more teaspoons of sherry wine, sugar to taste.

SWEET BREADS.

Put them into cold water for 10 minutes, parboil 10 minutes in hot salted water, then place in cold water, remove the skin and membranes. The sweet breads may be served with a milk sauce or boiled.

RAW MEAT SANDWICHES.

3 ounces raw beef which may be chopped very fine and rubbed through a hair sieve or scraped from a slice of steak. Mix with 1 ounce of fine bread crumbs, 1 teaspoon sugar, pepper and salt to taste, spread it between thin slices of brown or white bread and butter. A few drops of lemon juice may be added if flavor is liked.

BEEF JUICE.

Prepare by boiling until the meat is heated through. Then placing it in a lemon squeezer and pressing until all the juice is extracted. Heat until warm enough to be palatable, add a little salt and by way of variety it may be poured over a slice of hot dry toast.