

HOSPITAL DIETARIES.

by

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The prolongation of life is the one thing for which we all strive. We labor that we may have means for the enjoyment of this life, but unknowingly we neglect this one thing upon which all happiness depends - the health of the body.

"Pain is said to be a blessing in-as-much as it is Nature's warning that something is wrong and needs rectification." This supposition is doubtless true to a certain extent, but it is not always easy to determine just what is wrong or how it is to be corrected. We know, however, that disease is accompanied by an increased waste of tissue, and that health necessitates the rebuilding of new tissue. Now, the only way to accomplish this result is by the administration of proper food; and the object of our study of Hospital Dietaries is to determine the kind of food suitable for the most prevalent diseases and the way in which it is to be prepared. Let us first consider diabetes.

Diabetes.

This is a disease of the liver and pancreas in which the power to burn up sugar as food is lessened. The sugar taken is to a great extent passed off from the body in the urine; yet not every one who has sugar in the urine is a diabetic. At first, only that which is taken as sugar is eliminated, but later the supply of glycogen stored in the liver and muscles is exhausted. This glycogen, as well as that formed by the splitting of proteid, is normally used as an energy-producer, and its drainage from the body not only results in the loss of energy, but also forms much nitrogenous waste in the system. In the later stages of the disease, the proteid of the body, as well as that of the food, is split into glycogen and drained off. This results in the loss of flesh to the patient.

The principle symptoms of diabetes are sugar in the urine,

increased appetite, loss of weight and great thirst. Other symptoms are a dry, red tongue, scanty saliva, swollen gums, dry harsh skin, and peculiar pale color. Perspiration very rarely occurs.

The direct cause may be some morbid change in the liver cells, so that they have lost the power to hold the sugar long enough to convert it into glycogen. The sugar then enters the circulation, and later appears in the urine. Other causes are too rich food and too much sugar in the diet, so that all cannot be stored as glycogen and part must enter the circulation. Then there may be faulty metabolism, defective assimilation, puncture of the medulla, lesions of the cord and great mental strain. These all contribute to the cause.

Diabetis was considered not so long ago to be an incurable and fatal disease, but later investigations have proved that it is curable and can be checked for a long time. The chief points to remember in its management are to maintain the strength of the patient, to increase the sugar-destroying power of the body, and to avoid complications. These results are best accomplished by supplying a sufficient amount of food in such a form that it may be utilized by the patient, in the meantime avoiding carbohydrates. Cases differ so much from one another that no rule applicable to all can be laid down. What is harmful to one patient may be well borne by another; but the ordinary diet consists of substances derived from the organic world, together with certain inorganic materials as salines and water. This organic world is divided into three groups:- the nitrogenous or flesh group, the hydrocarbons represented by the fats, and the carbohydrates represented by the starch group. Now, the whole object of the diet enforced upon the patient is to eliminate this third class, the carbohydrates.

Sugar must be entirely excluded from the diet, and starch is allowed in very small amounts. Their place must be supplied by fat so that the energy-producing and fat-forming food may not be lacking. Proteid, in the form of eggs, cheese, meats and cream, must form the main body of the diet. Unripe fruits, sweetened with saccharine, take the place of ripe fruits; eggs are used in thickening soups and sauces instead of flour. Fish are cooked with a liberal allowance of butter, and every precaution is taken to add the necessary amount of fat by means of little dainties. Vegetable food is necessary for bulk and good digestion. Those allowed are cabbage, cauliflower, lettuce, celery, spinach, greens, rhubarb, and onions. Gluten bread has been suggested to take the place of flour, but this by analysis has been found to contain as much as 65% starch. Then too, patients become tired of it very soon. The best doctors at the time allow one thin slice of dextrinized bread at every meal. Flour made of ground nuts makes a very nutritive bread and can be varied in many ways. Egg, cheese, and nut salads should enter into the diet as much as possible. The food of a diabetic patient must be so cleverly arranged that he can take his meals with his family, at a common table, and from the same dishes - unaware and without being constantly reminded that he must not partake of this and that.

The following are menus suitable for a medium case of diabetes:

Breakfast.

Oranges
Broiled Ham
Almond Bread
Coffee

Cream and Saccharine.
Poached Eggs.
Butter
Cream

Luncheon.

| | | |
|---------------|---------------------------------|------------|
| | Cheese Salad on Lettuce. | |
| Bran Biscuits | | Butter |
| | Baked Halibut with Tomato Sauce | |
| Cranberries | | Saccharine |
| | Water | |

Dinner.

| | | |
|---------------------------------------|-----------------------|------------------|
| | Spinach Soup with Egg | |
| Pan Broiled Steak | | Thin Slice Bread |
| | Coffee Egg Nog | |
| | Tomato and Nut Salad | |
| Lemon Jelly sweetened with Saccharine | | Whipped Cream |
| | Water | |

The following is a table showing the calorie value and nutritive ratio of the previous menus, also the amounts of proteid, fat, and carbohydrate in one pound of each food, together with the amounts used in each meal.

| Disease | Meal | Food | Proteid | Fat | Carb. | Calories | Amount Needed |
|----------|------------|------------|---------|------|-------|----------|---------------|
| | | Orange | .8 | .2 | 11.6 | 240 | 1/2 lb. |
| | | Cream | 2.5 | 18.5 | 4.5 | 910 | 1/8 lb. |
| | | Ham | 14.5 | 33.4 | --- | 1675 | 1/4 lb. |
| | | Egg | 13.4 | 10.5 | --- | 720 | 1/8 " |
| | Break-fast | Almond | | | | | |
| | | Bread | 26.28 | 58.8 | 17.3 | 3300 | 1/8 " |
| | | Butter | 1. | 85. | --- | 3605 | 1/16 " |
| | | Coffee | --- | --- | --- | --- | --- |
| | | Saccharine | --- | --- | --- | --- | --- |
| | | Salad | 14.9 | 18.2 | 1.9 | 108.7 | 1/8 " |
| | | Bran | 8.17 | 4.4 | 27.5 | 1018.9 | 1/8 " |
| | | Biscuit | | | | | |
| | | Halibut | 9.1 | 5.1 | --- | 385 | 1/4 " |
| | Luncheon | Tomato | .9 | .4 | 3.9 | 105 | 1/6 " |
| | | Sauce | | | | | |
| Diabetis | | Cranberr- | | | | | |
| | | ies | .4 | .6 | 9.9 | 215 | 1/8 " |
| | | Butter | | | | | 1/16 " |
| | | Spinach | 5.18 | 4.88 | 6.6 | 420 | 1/4 " |
| | | Soup | | | | | |
| | | Steak | 20.4 | 8.6 | --- | 740 | 1/4 " |
| | | Bread | 9.1 | 1.6 | 53.3 | 1225 | 1/16 " |
| | | Egg-Nog | 13.4 | 10.5 | --- | 720 | 1/8 " |
| | Dinner | Salad | 3.59 | 8.85 | 4.9 | 534.38 | 1/4 " |
| | | Lemon | 8.15 | .625 | .13 | 1.31 | 1/8 " |
| | | Jelly | | | | | |
| | | Whipped | 2.5 | 18.5 | 4.5 | 910 | 1/8 " |
| | | Cream | | | | | |
| | | Butter | | | | | 1/16 " |

| Disease | Meal | Food | Proteid | Fat | Carbo. | Cal. | Total Cal. | Nutritive Ratio |
|------------|------|---------------|---------|-------|--------|--------|------------|-----------------|
| | | | | | | | | |
| | | Cream | .31 | 2.31 | 5.67 | 113.7 | | |
| | | Ham | 3.55 | 8.3 | --- | 1443.2 | | |
| | | Egg | 3.35 | 2.6 | --- | 180. | | |
| | | Almond | 3.03 | 7.3 | 2.16 | 1412. | 1494 | 1:6 |
| Break-fast | | Bread | | | | | | |
| | | Butter | .062 | 5.3 | --- | 225.3 | | |
| | | Coffee | | | | | | |
| | | Saccharine | | | | | | |
| | | | 10.702 | 25.91 | 8.527 | 14.94 | | |
| | | Salad | 1.86 | 2.27 | .237 | 135.9 | | |
| | | Bran | 1.04 | .55 | 3.4 | 127.3 | | |
| | | Biscuit | | | | | | |
| | | Halibut | 2.27 | -- | 1.27 | 96.25 | | |
| Lunch | | Tomato | .15 | .66 | .65 | 17.5 | | |
| Diabetic | eon | Sauce | | | | | 631 | 1:4 |
| | | Cranberries | .05 | 1.075 | 1.2 | .29 | | |
| | | Butter | .62 | 5.312 | --- | 225.3 | | |
| | | | 5.99 | 8.867 | 6.757 | 631 | | |
| | | Spinach | 1.24 | 1.2 | 1.6 | 105 | | |
| | | Soup | | | | | | |
| | | Steak | 5.1 | 2.1 | --- | 185 | | |
| | | Bread | .57 | .1 | 3.33 | 76.6 | | |
| | | Egg-Nog | 1.7 | 1.3 | --- | 90. | | |
| Dinner | | Salad | .89 | 2.22 | 1.2 | 133.57 | | |
| | | Lemon | 1.01 | .78 | .016 | .19 | | |
| | | Jelly | | | | | 929 | 1:4 |
| | | Whipped Cream | .325 | 2.32 | .562 | 113.75 | | |
| | | Butter | .062 | 5.3 | --- | 225.3 | | |
| | | | 10.857 | 15.32 | 6.708 | 929 | | |

Breakfast.

| | | |
|-------------------------|----------------|-------------------|
| Grape Fruit | | Saccharine |
| Pan-broiled French Chop | | Dextrinized Bread |
| | Parsley Omelet | |
| Cocoa | | Saccharine |

Luncheon.

| | | |
|-------------|----------------------|-------------------|
| | Celery Soup with Egg | |
| | with | Aspic Jelly |
| Cold Tongue | | Dextrinized Bread |
| Olives | | |

Dinner.

| | | |
|--------------|-----------------|------------|
| | Asparagus Salad | |
| Almond Cakes | | Butter |
| | Veal Cutlets | |
| Baked Apple | | Saccharine |

Breakfast.

| | | |
|-----------------|-------------------|------------|
| Steamed Rhubarb | | Saccharine |
| Foamy Omelet | | Bacon |
| Coffee | Cream | Saccharine |
| | Dextrinized Bread | |

Luncheon.

| | | |
|--------------------------------------|----------------------|--------------|
| | Oyster Soup | |
| Buttered Onions | | Almond Bread |
| | Cottage Cheese Salad | |
| Lemon Ice Sweetened with Saccharine. | | |

Dinner.

| | | |
|-----------------|----------------------------------------|-------------------|
| | Apple Salad | |
| Broiled Chicken | | Pickles |
| | Creamed Cauliflower | Dextrinized Bread |
| | Frozen Punch sweetened with Saccharine | |

Breakfast.

| | | |
|--------------------|------------|---------------|
| Strawberries | Saccharine | Cream |
| Codfish Croquettes | | Bran Biscuits |
| Coffee | Saccharine | Cream |

Luncheon.

| | | |
|----------------------|-------------------------|--------------|
| | Cucumber and Leek Salad | |
| Creamed String Beans | | Meat Souffle |
| | Lemon Sherbert | |

Dinner.

| | | |
|---------------------------------------|--------------|-------------------|
| | Cole Slaw | |
| Roast Beef | | Dextrinized Bread |
| | Tomato Sauce | |
| Ivory Jelly sweetened with Saccharine | | |

Dyspepsia.

This is one of the most annoying of diseases and it is also very prevalent. In fact it exists when the sufferer is unaware of its presence, and effects either directly or indirectly most of the organs of the body.

The symptoms are various - there is a feeling of distress at the pit of the stomach and the pain spreads to the region under the shoulder blades. The stomach becomes sour and eructations take place. The head aches, the spirits become depressed and the intelligence dulled.

Dyspepsia generally occurs among men who travel and take their meals at various places and at various times. It is caused by the consumption of too much food or of too much food of any one kind; also by food improper in quality and improperly cooked. Other causes are irregularity of eating, poor mastication, worrying

while eating, mental and physical exhaustion, severe mental or manual labor immediately after eating, and constipation. It very often follows other diseases. Too much acidity or insufficient gastric juice will cause dyspepsia. Then, too, the movements of the muscular walls of the stomach may be too energetic, which causes the food to be ejected into the duodenum before it is thoroughly broken up and mixed with the gastric juice.

In the dietetic treatment of dyspepsia, we will need to consider the two classes - Hypo-acidity and Hyper-acidity. The treatment will depend upon which one of these forms is present, but there are certain general rules to be followed in all cases.

The bowels should be regulated with care, both constipation and diarrhoea must be avoided. It is important that the digested food should not lodge in the intestines and there undergo fermentative changes causing distress. On the other hand, it must not be hurried through the intestines without the opportunity for proper assimilation. In all cases of dyspepsia, the meals must be simple and composed of few dishes. Only one or two things should be eaten at one time. It is better to eat all of one kind of food at one meal and a different kind at the next one. It is better, also, to drink between meals and not at meals, always using an abundance of water. This habit is sufficient to cure obstinate cases. All pastry, rich, greasy and highly flavored foods must be avoided. It is important that the food be well and carefully cooked, also daintily served.

The following are two day's menus for dyspepsia, one for hypo-acidity and one for hyper-acidity:

Hypo-acidity.

Breakfast.

| | | |
|---------------------|--------------------------|-------------------|
| Beef Balls on Toast | Grape fruit | Creamed Asparagus |
| | Breakfast Cocoa with Egg | |
| | Water | |

Luncheon.

| | | |
|------------------|----------------------|---------------|
| Creamed Macaroni | Tomato Soup with Egg | Toasted Bread |
| | Orange Salad | |
| | Strawberry Sponge | |

Dinner.

| | | |
|---------------------|---------------|------------------------|
| Tender Roast Mutton | Lettuce Salad | Potato a la Half Shell |
| | Baked Apple | |
| | Bread | |
| | Water | |

The following is the table showing the calorie value and nutritive ratio of previous menus. The amounts of proteid, fat, and carbohydrate per pound of each food, and the amounts used are also shown.

| Disease | Meal | Food | Proteid | Fat | Carb. | Cal. | Amount Needed |
|------------|----------|-------------|---------|-------|-------|------|---------------|
| | | Grape Fruit | .1 | .7 | 8.5 | 205 | 1/2 lb. |
| | | Beef | 19.5 | 7.3 | --- | 670 | 1/4 lb. |
| | | Bread | 9.1 | 1.6 | 53.3 | 1225 | 1/16 lb. |
| Break-fast | | Creamed | 19.5 | 9.7 | 8.3 | 4755 | 1/2 lb. |
| | | Asparagus | | | | | |
| | | Cocoa | 38.3 | 43.4 | 142.7 | 5225 | 3/8 lb. |
| | | Lettuce | 17 | 29.3 | 7.4 | 1720 | 1/5 lb. |
| | | Salad | | | | | |
| Dyspepsia | Luncheon | Mutton | 16.7 | 28.1 | -- | 1495 | 1/2 lb. |
| | | Potato | 2.2 | .1 | 18.4 | 3.85 | 1/8 lb. |
| | | Apple | .4 | .5 | 14.2 | 290 | 1/8 lb. |
| | | Tomato | 15.3 | 95.9 | 3.9 | 4430 | 1/4 lb. |
| | | Soup | | | | | |
| | | Creamed | 31.1 | 100.4 | 79.1 | 6315 | 1/2 lb. |
| | | Macaroni | | | | | |
| Dinner | | Bread | 9.1 | 1.6 | 53.3 | 1225 | 1/8 lb. |
| | | Orange | 16.7 | 29.2 | 16.1 | 1870 | 5/8 lb. |
| | | Salad | | | | | |
| | | Strawberry | 105.8 | 12.2 | 107.4 | 4465 | 1/4 lb. |
| | | Sponge | | | | | |

| Disease | Meal | Food | Proteid | Fat | Carb. | Cal. | Total Cal. | Nutritive Ratio |
|-----------|------------|-------------------|---------|--------|-------|---------|------------|-----------------|
| | | Grape Fruit | .5 | .35 | 4.25 | 102.5 | | |
| | | Beef | 4.93 | 1.83 | --- | 167.5 | | |
| | Break-fast | Bread Creamed | .57 | .1 | 3.33 | 76.6 | 973 | 1:3 |
| | | Asparagus | 2.04 | 2.59 | 1.9 | 184.85 | | |
| | | Cocoa | 4.04 | 2.41 | 10.55 | 441.2 | | |
| | | | 12.08 | 7.28 | 20.03 | 972.65 | | |
| | | Lettuce Salad | 1. | 1.82 | .29 | 103.35 | | |
| Dyspepsia | Lunch-eon | Mutton | 8.35 | 14.5 | --- | 747.5 | 935 | 1:4 |
| | | Potato | .28 | .125 | .3 | 48.125 | | |
| | | Apple | .05 | .05 | 1.77 | 36.25 | | |
| | | | 9.68 | 16.495 | 4.36 | 935.225 | | |
| | | Tomato Soup | 1.575 | 2.5 | 1.75 | 104.85 | | |
| | | Creamed Macaroni | 3.38 | 1.8 | 10.5 | 371.95 | | |
| | Dinner | Bread | 1.13 | .2 | 16.66 | 153.15 | 1071 | 1:5 |
| | | Orange Salad | 1.36 | 1.92 | 6.08 | 220.55 | | |
| | | Strawberry Sponge | 2.39 | .73 | 7.18 | 220.39 | | |
| | | | 9.84 | 7.15 | 32.17 | 1071 | | |

Hypo-acidity.

Breakfast.

| | | |
|------------------------|----------------------|-----------|
| | Poached Egg on Toast | |
| Very Tender Rare Steak | | Dry Toast |
| | Coffee | |

Luncheon.

| | | |
|--------------|---------------------|-------------|
| | Clear Soup with Egg | |
| Creamed Peas | | Stale Bread |
| | Boiled Lean Veal | |
| | Water | |

Dinner.

| | | |
|--------------|----------------|-------|
| | Bread and Milk | |
| Broiled Fish | | Bread |
| | Orange Albumen | |
| | Water | |

Tuberculosis.

This is an infectious disease, caused by the bacillus tuberculosis. This bacillus occurs usually as a fine, short rod, often slightly bent. Its length is nearly one half the diameter of a red blood corpuscle, and may be seen in the air where a stream of sunlight comes in. This tubercle bacillus is very largely distributed in the atmosphere, and if taken with the food, it may settle and grow in the intestines and produce consumption of the bowels; if it finds its way into the marrow of the bones, it produces abscesses in them; and if taken in with the breath, it may settle on and grow in the lungs. When the bacillus is once

established in the tissues of the air vessels of the lungs, it undergoes rapid multiplication, and by its irritation, inflammation is set up, the tissue is broken down and cavities are formed in the lungs.

The general environment and the disposition of the individual have their influences on the development of tuberculosis. Age, also has a marked influence. Thus tuberculosis of the bones is more often developed in children under five years of age. Then comes a period of less susceptibility until seventeen years of age, when the disease is again easily developed for the next six years. Then we have another period of immunity until sixty years of age. At this time, the system is weakened by old age and cannot ward off the attacks of the bacillus.

The earliest symptoms are aenemic condition, cough, and expectoration. Later symptoms are loss of weight, blueness of lips and fingertips, cheeks suffused, rise of temperature, the pulse becomes rapid and feeble.

Tuberculosis is curable in practically all forms if the disease is recognized early enough. In certain cases, medicines are valuable but the chief aids to its cure are food, air, sunshine, rest, and exercise. The principal object of treatment is to build up, the tendency of the disease being to exhaust the strength of the patient. It is also important to prevent the formation of diseased matter. Therefore all the nourishing food which can be digested and assimilated should be taken.

Milk is one of the most important articles of diet and unless there is some special reason why it should not be taken, it should always be used. It may be taken with the meals or given between them. It is important that it be sipped slowly and not

swallowed rapidly and in large quantities. The milk may be modified in various ways, as buttermilk, clabbered milk, sherbet, custard and kumiss.

Eggs are of great value, but all people cannot eat them. If the entire egg cannot be taken, the whites may be given, for the albumen is nourishing. They will be made more palatable by the addition of salt and lemon juice. The eggs may be very lightly cooked, made into an omelet, or poached. They must never be boiled or fried.

Meat of all kinds, if properly prepared, may be eaten, but highly seasoned meats must be avoided. Raw meats especially raw beef is often prepared by scraping with a knife. This raw meat pulp is very easily digested and is highly nutritious. It may be spread on sandwiches, given with milk, mixed with purees, or with vegetables. Another way is to roll it into balls and saute lightly.

When cereals can be digested, they are of value. In the early stages of the disease they serve not only as nutriment, but aid in regulating the bowels. If there is constipation, they are of special value. Oatmeal, cornmeal mush, wheaten cereals, and rice served with cream are the most suitable forms.

All hot breads, pastry and cakes are to be avoided.

Fruits, as oranges, baked apples, grapes, peaches, pears, etc., are very desirable and are necessary for the digestion of the proteid.

Fats are of great value, but care must be taken not to give more than can be digested and assimilated. Most patients very soon acquire a dislike for fats of all kinds, hence they are best given in the form of cream, nuts, yolk of eggs, crisp fat bacon and olive oil.

The following are one week's menus for tuberculosis:

First Day.

Breakfast.

| | | |
|-------------|----------------|-----------------|
| Oatmeal | A little sugar | Cream |
| Rare Steak | | Soft Cooked Egg |
| Cream Toast | | Coffee |

Lunch.

| | |
|------------|-------------|
| 1 cup Milk | Stale Bread |
|------------|-------------|

Mid-day Meal.

| | | |
|--------------|--|--------|
| Broiled Fish | | Olives |
| Stale Bread | | Butter |
| Grapes | | Milk |

Lunch.

Scraped Meat Sandwich.

Dinner.

| | | |
|--------------|-------------------|-------------|
| Roast Mutton | Cream of Pea Soup | Stale Bread |
| | Buttered Spinach | |
| | Lemonade | |

The following is a table showing the calorie value and nutritive ratio of the previous menus, together with the proteid, fat, and carbohydrate per pound of each food and of the amounts used.

| Disease | Meal | Food | Proteid | Fat | Carb. | Cal. | Amount Needed |
|---------|------------|----------|---------|------|-------|-------|---------------|
| | | Beef | 19.5 | 17.3 | --- | 670 | 1/2 lb. |
| | | Egg | 13.4 | 10.5 | --- | 720 | 1/8 lb. |
| | | Oat meal | 16.7 | 17.3 | 66.2 | 1850 | 1/16 lb. |
| | Break-fast | Cream | 11.5 | 20.1 | 57.8 | 21.35 | 3/8 lb. |
| | | Toast | | | | | |
| | | Cream | 2.5 | 18.5 | 4.5 | 910 | 1/8 lb. |
| | | Coffee | | | | | |
| | | | | | | | |
| | | Milk | 13.3 | 14. | 15. | 325 | 1/2 lb. |
| | Lunch | Bread | 9.1 | 1.6 | 53.3 | 1225 | 1/16 lb. |
| | | | | | | | |
| | | Fish | 9.1 | 5.1 | --- | 385 | 1/2 lb. |
| | | Bread | | | | | 1/8 lb. |
| | Mid-day | Butter | 1. | 85. | --- | 3605 | 1/16 lb. |
| | Meal | Grapes | 2.8 | 16. | 60.5 | 1205 | 1/4 lb. |
| | | | | | | | |
| | | Meat | 28.6 | 8.9 | 5.33 | 1875 | 3/16 lb. |
| | Lunch | Sandwich | | | | | |
| | | | | | | | |
| | | Cream of | 15.3 | 95.9 | 3.9 | 4430 | 1/4 lb. |
| | | Pea Soup | | | | | |
| | | Mutton | 16.7 | 28.1 | --- | 1495 | 1/2 lb. |
| | Dinner | Bread | | | | | 1/16 lb. |
| | | Buttered | 1.3 | 85.3 | 3.2 | 3715 | 1/16 lb. |
| | | Spinach | | | | | |
| | | Lemonade | 1. | .7 | 108.5 | 2065 | 3/16 lb. |
| | | | | | | | |

| Disease | Meal | Food | Proteid | Fat | Carb. | Cal. | Total Cal. | Nutritive Ratio |
|-------------------|------|---------------|---------|--------|-------|---------|------------|-----------------|
| | | | | | | | | |
| | | Beef | 19.75 | 13.65 | --- | 335 | | |
| | | Egg | 13.35 | 12.6 | --- | 180 | | |
| | | Oatmeal | 1. | .45 | 4.14 | 115.6 | | |
| Break-fast | | Cream | .88 | 12.4 | 13.6 | 190.3 | 935 | 1:2 |
| | | Toast | | | | | | |
| | | Cream | .3 | 12.35 | .56 | 113.75 | | |
| | | Coffee | | | | | | |
| | | | | | | | | |
| | | | 15.28 | 12.45 | 8.30 | 934.65 | | |
| | | Milk | 1.65 | 12. | 2.5 | 162.5 | | |
| Lunch | | Bread | .57 | 1.1 | 3.33 | 76.6 | 239 | 1:5 |
| | | | | | | | | |
| | | | 2.22 | 2.1 | 5.83 | 239.1 | | |
| Tuber- culosis | | Fish | 14.28 | 12.5 | --- | 192.5 | | |
| | | Mid-day Bread | 11.14 | .2 | 6.67 | 153. | | |
| | | meal Butter | .06 | 15.3 | --- | 225.3 | 1045 | 1:9 |
| | | Grapes | .7 | 1.15 | 15.1 | 301.5 | | |
| | | | | | | | | |
| | | | 7.83 | 10.16 | 24.27 | 1044.8 | | |
| | | Meat | | | | | | |
| Lunch | | Sandwich | 5. | 1.1 | 3.3 | 160.35 | 160 | 1:1 |
| | | | | | | | | |
| | | Cream of | 1.56 | 2.5 | 1.75 | 1104 | | |
| | | Pea Soup | | | | | | |
| | | Mutton | 8.35 | 14.5 | --- | 147.5 | | |
| | | Bread | .57 | .1 | 3.33 | 76.6 | | |
| Dinner | | Buttered | .5 | 15.34 | .4 | 362.8 | 1143 | 1:7 |
| | | Spinach | | | | | | |
| | | Lemonade | .125 | 1.088 | 7.3 | 191.85 | | |
| | | | | | | | | |
| | | | 4.05 | 23.528 | 16.08 | 1442.75 | | |

Second Day.

Breakfast.

Cracked Wheat
Loin ChopsA little Sugar Cream
Cocoa Poached Egg

Lunch.

1 cup Beef Juice

Stale Bread

Mid-day Meal.

Bread
Baked Apples

Stewed Chicken

Butter
Cream

Milk

Lunch.

Scraped Beef Sandwich

Dinner.

Roast Beef
Stale Bread

Meat Soup

Creamed Cauliflower
Butter

Milk Punch

Third Day.

Breakfast.

Cream of Wheat
Crisp BaconAsparagus on Toast
CoffeeCream and Sugar
Baked Egg

Lunch.

2 cups Chicken Broth

Stale Bread

Mid-day Meal.

Boiled Lamb
Stale Bread
PeachesBoiled Onions
Butter
Cream

Orangeade

Lunch.

Bread and Butter Sandwich

Milk

Dinner.

Baked Fish
Stale Bread

Celery Soup

Stewed Tomatoes
Butter

Wine Jelly

Fourth Day.

Breakfast.

Strawberries
Mush
Hamburg Steak

Cream

Sugar
Cream
Coffee

Lunch.

2 cups Wine

Mid-day Meal.

Escalloped Oysters
Stale Bread
Raspberries

Buttered String Beans
Butter
Cream

Lunch.

Lettuce Sandwich

1 cup Milk

Dinner.

Asparagus Soup

Roast Chicken
Stale Bread
Junket

Sliced Raw Tomatoes
Butter
Cream

Milk

Fifth Day.

Breakfast.

Omelet
Oranges
Creamed Fish

Sugar

Jelly
Cream
Coffee

Lunch.

Milk

Mid-day Meal.

Egg Souffle
Zwiebach
Pears

Cold Sliced Beef
Butter
Milk

Lunch.

Grape Nectar

Dinner.

| | |
|----------------|---------------|
| Macaroni Soup | |
| Roast Duck | Buttered Peas |
| Stale Bread | Buttered |
| Bavarian Cream | |

Sixth Day.

Breakfast.

| | |
|--------------------|-------|
| Egg-in-the-nest | |
| Creamed Dried Beef | |
| Sliced Peaches | Cream |
| Coffee-Egg-Nog | |

Lunch.

| | | |
|----------|-------|--------|
| Sardines | Bread | Butter |
|----------|-------|--------|

Mid-day Meal.

| | |
|-----------------|---------------|
| Creamed Chicken | Stewed Celery |
| Stale Bread | Milk |
| Milk Custard | |

Lunch.

Scraped Raw Meat Sandwich

Dinner.

| | |
|---------------|--------------------|
| Salmon Soup | |
| Veal Cutlets | Buttered Asparagus |
| Bread | Butter |
| Hamburg Cream | |

Seventh Day.

Breakfast.

Eggs Poached in Cream - on Toast
 Pan-Broiled Steak Grape Fruit
 Breakfast Cocoa with Egg

Lunch.

Beef Broth Crackers

Mid-day Meal.

Cold Sliced Tongue Olives
 Bread Butter
 Strawberry Ice Cream

Lunch.

Egg Sandwich Milk

Dinner.

Fruit Soup
 Stewed Mutton Buttered Cauliflower
 Bread Butter
 Ivory Jelly Cream

Operations.

When an anaesthetic, such as ether or chloroform, is to be given, care must be taken that the stomach be empty, otherwise vomiting is apt to occur at a critical moment when the patient is weak, and, being unconscious, the natural reflexes of the process,

including the closure of the epiglottis, are not well carried out, and food is easily drawn into the trachea and excites serious, if not fatal choking. For this reason, the patient is usually prepared for the anaesthetic by giving a light and easily digested breakfast, consisting largely of milk with, perhaps, a little farinaceous food; and three or four hours later the anaesthetic may be administered with safety. Feeble patients sometimes require an ounce of brandy or whisky half an hour before the operation - long enough before so it will have time to be absorbed.

It is never desirable to give an anaesthetic within three hours after the ingestion of a full meal. It impedes anaesthetisation, besides causing the danger of vomiting and choking. In many cases it is better to allow five or six hours to intervene. In an emergency case, it may be well to give an emetic first, for the purpose of completely unloading the stomach while the patient is conscious.

Under ordinary circumstances no food is required until the effects of the anaesthetic have passed off, and with continued gastric irritation it is necessary to confine the patient to a fluid diet for twenty-four hours or more, and give but little of that. If the patient has been much exhausted by hemorrhage during the operation or by prolonged anaesthesia, nourishment may be sometimes given sooner, but in concentrated pre-digested form. Brandy and soda are useful under these conditions, and often allay gastric irritation. Very hot water is to be recommended for the same purpose.

The following diet for the day may be taken as an example for an ordinary operation under anaesthesia:

7 A.M.- A cup of beef tea, coffee, or cocoa, or a cup of bread and milk.

11 A.M.- Iced milk, beef essence, or peptonoids. If vomiting, hot water, or one half to one ounce of brandy with soda.

7 P.M.- Bread and milk. Nothing more until the next day, when, if there are no special indications to the contrary from existing disease or complications arising from the operation, the patient's previous customary diet may be gradually resumed.

If severe pain has preceded an operation, if the operation has been prolonged, or if there has been much shock, even under anaesthesia, the diet must be supervised with great care. Pain is very depressing, and after severe shock rest and stimulation are usually more desirable than food. Positive harm results from over-feeding. Black coffee is very serviceable for such cases or whenever there is lack of nerve energy; it may be necessary to keep the patient for three or four days upon a diet of milk or pancreatinized milk. Broths, meat extracts, and beaten eggs may be added when the stomach regains its tone. If extensive loss of blood has occurred, the volume of fluid should be replaced in the body as soon as possible, and liquid food is needed, such as milk, beef broths, peptonoids, and brandy or whiskey if the stomach retains them.

Appendicitis.

This is one of the most common diseases requiring an operation. It has been thought to be caused by the presence in the intestine, of grape seeds or cherry pits, but this is very seldom the case, and it has been shown that the disease is usually caused by the action of bacteria; although overeating and the consumption of too highly seasoned foods may cause it, by their irritation, which makes it possible for bacteria to enter.

The dietetic treatment of this disease depends upon the severity of the case. Usually, the patient should be put to bed and under no condition be allowed to rise until recovery is complete. During the first few days after the operation, all food is withheld. Liquids, such as egg albumin, weak tea, thin broth, or milk diluted with lime-water may be given in small quantities when necessary. As the symptoms begin to disappear, this diet can be increased, and the milk may be undiluted, and eggs may be added to the broth. When the pain and fever have disappeared entirely, gruels made of rice or barley, soft-cooked eggs, and toast may be added to the list; also scraped beef and stewed chicken. Later, mashed potatoes and vegetables, finely divided and strained, may be allowed. Finally, when the patient is well, the usual diet is resumed. If the operation is a severe one, rectal feeding may be necessary for five or six days, and the return to a solid diet may require weeks.

The following are diets for patient after severe operation for appendicitis:

First three days: Hot water

Next Three days: Toast water

Next three days: Parapeptone

Last three days: Soft-cooked egg

As the patient becomes better, these diets may be increased, the foods before mentioned may be added, and finally the original diet resumed.

Fevers.

Fever is a higher temperature of the blood than normal. It usually manifests itself first in the head, hands, and feet, although the high temperature is sometimes internal.

The symptoms are flushed face, accelerated, weak pulse, increased rapidity of breathing, great thirst, loss of appetite, and constipation caused by increased metabolism.

The causes of fever are abnormal metabolism in the tissues and decreased skin activity. The former is caused by something which irritates the nerves. It may be due to a germ, a toxin, or a nervous impulse from the brain.

Foods which healthy people take are not suited for fever patients and the solid foods usually cause vomiting or severe indigestion. In order to nourish a fever patient, it is necessary that the food be easy to take, easy to digest and easy to assimilate. Milk is the one food which possesses all of the qualities and must enter the diet in nearly all cases of fever. If the milk is repulsive, its form may be altered by dilution, fermentation, predigestion, or modification with thoroughly cooked farinaceous materials. Acidulated drinks, raw eggs and coffee are the first foods allowed. Meats, meat extracts, vegetables, cereals, breads, both hot and cold, are to be avoided until convalescence is well established. Fats are not digested, therefore cream and butter must be avoided. Gelatin, and thoroughly cooked gruels are proteid spacers of the tissues and are allowable. When the disease runs its course rapidly, the diet is not so important as in chronic fevers. In these, the periods when digestion is comparatively good, should be taken advantage of and the patient nourished and strengthened as much as possible. In all fevers, the mouth requires special care; the bowels must be regulated and constipation avoided. Plenty of water must always be given, not only to allay thirst, but to lower the temperature, and to aid in the elimination of waste.

Typhoid Fever.

When a person is infected with typhoid germs, the microbes make their way into the blood and glands and lodge in the intestines where they find their proper place to grow. They then multiply and by their irritation, as well as by the poisonous substance which they excrete as a result of life, inflammation is set up. The gland swells, ulceration follows, and a slough is finally separated and thrown off. The ulceration may extend downwards through the muscular coat, even into the serous one and result in perforation of the intestine. This is very dangerous.

The presence of typhoid fever cannot be determined by one single symptom but by many in combination. There is a rise in temperature, sometimes preceded by chills. The skin is bluish in color, face pinched, eyeballs sunken; the patient becomes depressed and restless, miserable in mind and body; there is headache, dullness, extreme sensibility to light and noise, great fatigue, drowsiness, sleeplessness, delirium, loss of flesh, constipation, great thirst, dry mouth, coated tongue, dry burning skin, and loss of appetite.

Man receives the typhoid germs from the dust which he inhales, from the water which he drinks, or from the vegetables which he eats. It is impossible to detect the germs in the air, water, or food, except when they are greatly magnified. People cannot always guard against this infection; but every precaution must be taken that sanitary conditions prevail. All the evacuations from the patient must be completely destroyed. To accomplish this strong solutions of sulphate of iron may be used. Other doctors recommend chloride of lime, strong solutions of permanganate of potash, lime and earth. The application of these disinfectants destroys the dormant germs which propagate the disease.

The dietetic treatment of typhoid fever is very difficult. The principal question is to determine the kind of treatment to be given so as to prevent the waste of tissue while the fever is going on. To accomplish this, the temperature must be kept as low as possible and a suitable diet be given.

The temperature is greatly reduced by the application of cold baths. These baths should, usually, not last longer than from five to six minutes, and if the patient seems to be exhausted, the time must be shorter. The baths do not only reduce the temperature but are an aid to cleanliness, which is a very important factor. A tepid bath may sometimes be substituted for the cold one, as it has the advantage of opening the pores of the skin. The mouth must be washed frequently, the tongue cleansed, and all mucous removed from the teeth. This is best accomplished by means of a clean linen cloth dipped in diluted glycerine.

When we know of the inflammation which is taking place in the intestine, we see that the bowels must remain as quiet as possible. No solid food of any kind should be given to start up peristaltic motion. The rest must be complete and constant, as any sudden movement may rupture the intestine. We must make up for the excessive waste of albumen of the muscles by supplying this in the diet. Beef tea, in which raw egg has been stirred is very essential. The beef tea contains no nutriment, but the gelation acts as a proteid-sparer, while the egg furnishes the nutriment. Milk should be taken at frequent intervals in small quantities. The method of serving it must be varied. Raw eggs may always enter the diet. Barley or oatmeal gruels, carefully cooked and freed from all solid particles are very nourishing.

The diet in convalescence is extremely difficult to manage, for as soon as the temperature falls the patient becomes ravishingly

hungry. His piteous demands for food are almost irresistible. The nurse must be firm, and no solid food should be given until the temperature has been to normal for eight days. In severe cases, the liquid food must be given for a longer period and the return to the ordinary diet must be very gradual.

The following are suitable foods for the different days of convalescence beginning at the disappearance of all fever:

First day:- Chicken broth thickened with thoroughly boiled rice. Milk toast or cream toast once during the day. Beef juice .

Second day:- Junket, mutton broth, and bread crumbs. Cocoa. Milk toast. A piece of tender steak may be chewed but not swallowed. A prepared farinaceous food may be given with a cup of hot milk.

Third day:- A small scraped-beef sandwich at noon. A soft-cooked egg or baked custard for supper. Boiled rice or potato puree strained. Arrow-root gruel.

Fourth day:- The soft part of three or four oysters. Meat broth thickened with a beaten egg. Cream toast. Rice pudding or blanc mange and whipped cream, or Bavarian cream.

Fifth day:- Scraped-beef sandwich. A tender sweet bread. Bread and milk. A poached egg. Wine jelly or calf's foot jelly. Macaroni.

Sixth day:- Mush or crackers and milk, scrambled eggs, chicken jelly. Bread and butter. The soft parts of raw oysters.

Seventh day:- A small piece of tender loin steak or a little breast of broiled chicken. Bread and butter. Boiled rice. Wine jelly. Sponge cake and whipped cream.

Eighth day:- A slice of tender rare roast beef, a thoroughly baked mealy potato served with butter or mashed with cream. Other foods as before.

Ninth day:- A little broiled fresh fish for breakfast. Beef steak at dinner. Rice, macaroni, eggs. Sago, rice, or milk pudding. A baked apple.

Tenth day:- Mush and milk. A breast of partridge or roast chicken. Other foods as before. Ice cream.

For the next four or five days the patient may select articles from the menus of the previous days, so that three good meals a day are taken, besides three or four glasses of milk between meals.

Recipes.

Orange.

Slice. Chill. Serve with cream and saccharine.

Broiled Ham.

Remove outside layer of fat from piece of ham, cut one-third inch thick and soak one-half hour in luke-warm water; drain, wipe, put in hissing hot omelet pan, cook one minute on one side, turn and cook one minute on the other side. Drain on brown paper and place on hot plate.

Poached Egg.

Carefully break egg into saucer. Slide into hot, not boiling, water. Remove to side of range and let cook until the white is coagulated, then carefully remove egg from water. Drain, and place on broiled ham. Season and pour over 1 tbsp. of butter, browned. Serve hot.

Almond Bread.

Beat to a froth the yolks of 3 eggs. Add gradually two to two and one-half ounces of almond meal and a little salt. Finally beat in the whites of three eggs, stiffly frothed and bake immediately in a rather tall, square, buttered mould. Allow to cool, when done; cut in slices one-half inch thick; place these crosswise on a flat plate; put into a hot oven until colored a light brown. The almond bread may be sliced and toasted and served with butter.

Coffee.

Use two tablespoons finely ground coffee to one cup boiling water. Scald the coffee pot for making filtered coffee. Put in coffee, pour over water and let stand in a warm place until water filters through. If preferred stronger, refilter. Serve with cream and saccharine.

Spinach Soup.

1 tablespoon chopped cooked spinach
1/3 cup white stock
1/3 cup milk
1/2 teaspoon butter
1 egg
salt
pepper

Add spinach to stock, heat to boiling point and rub through a sieve. Thicken with egg. Add butter, milk and seasonings. Reheat, strain, and serve. The water in which a fowl or chicken is cooked makes the white stock.

Pan Broiled Steak.

Prepare as for broiled ham, but do not soak in the warm water.

Coffee Egg-Nog.

1 egg
1 teaspoon sugar
Few grains salt
2/3 cup filtered coffee

Beat the egg slightly, add sugar, salt, and coffee gradually, while stirring constantly; to make more palatable set in a pan of hot water and continue stirring until hot enough to be pleasant to the taste, care being taken to keep the mixture below the point at which albumen coagulates.

Tomato and Nut Salad.

Peel and chill a tomato, and cut in thirds, crosswise. Shell one-fourth cup English walnut meats and arrange these with the tomatoes on lettuce leaf. Serve with French Dressing.

French Dressing.

| | |
|------------------------|-------------------|
| 1/2 tablespoon vinegar | 1/3 teaspoon salt |
| 1 tablespoon olive oil | Few grains pepper |

Mix ingredients and stir, using a silver fork, until well blended. French dressing should always be added to salad greens just before serving. If allowed to stand in dressing they will wilt quickly.

Lemon Jelly.

| | |
|---------------------------------|-----------------------------|
| 3/4 teaspoon granulated gelatin | 3 tablespoons boiling water |
| 1 tablespoon cold water | 2 tablespoons lemon juice |
| 1 tablet saccharine | |

Soak gelatin in cold water, add boiling water, and as soon as gelatin is dissolved add sugar and lemon juice. Strain, mould, and chill.

Cheese Salad.

Mash cheese and shape in form of robin's eggs. Roll in parsley that has been dried then finely chopped. Arrange three of these eggs on lettuce leaves and serve with Mayonnaise Dressing. If the cheese crumbles and cannot be readily shaped, moisten with cream.

Mayonnaise Dressing.

1/4 teaspoon mustard
1/3 teaspoon salt
1/4 tablet saccharine
Few grains cayenne

Yolk 1/2 egg
3/4 tablespoon lemon juice
1/4 tablespoon vinegar
1/3 cup olive oil

Mix dry ingredients, add egg yolk, stir until well mixed, and add a few drops vinegar; then add oil gradually at first, drop by drop, and stir constantly. As mixture thickens, thin with vinegar until that is used, then use lemon juice. Add oil alternately with vinegar or lemon juice until all is used, stirring or beating constantly.

Bran Biscuit.

1/4 cup wheat bran
1/4 c. graham flour
1 tsp. baking powder

1 tsp. melted butter
1 tsp. salt
1 cup milk

Mix the dry ingredients, rub in the butter. Add milk to make a soft dough. Roll out and bake.

Baked Halibut with Tomato Sauce.

Wipe a small piece of halibut, and sprinkle with salt and pepper. Put in a buttered pan, cover with a very thin strip of fat pork gashed several times, and bake twelve to fifteen minutes. Remove fish to serving dish, discarding pork. Cook eight minutes one-third cup of tomatoes, one-fourth slice onion, one clove, and a

few grains salt and pepper. Remove onion and clove, and rub tomato through a sieve. Add a few grains soda and cook until tomato is reduced to two teaspoonfuls. Pour around fish and garnish with parsley.

Cranberry Sauce.

Pick over and wash one cup cranberries. Put in sauce pan, add one-half saccharine tablet and one-fourth cup water; bring to boiling point and let boil five minutes. Remove from fire, force through a strainer, and pour into individual moulds. Turn from moulds and serve.

Grape Fruit.

Wipe grape fruit and cut in halves crosswise. With a small sharp pointed knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections. Remove tough portion in one piece, which may be accomplished by one cutting with scissors at stem close to skin. Sweeten with saccharine and serve.

Pan-broiled French Chop.

Trim a chop until there is nothing left but the round muscle at the thick end, with a little fat about it. Cut away the meat from the bone, which will then look like a handle. Broil and serve on a hot platter garnished with parsley.

Dextrinized Bread.

Place thin slice of bread in oven and leave until brown through and through.

Foamy Omelet.

| | |
|--------------------|-------------------|
| 1 egg | 1/4 teaspoon salt |
| 1 tablespoon milk | speck pepper |
| 2 teaspoons butter | |

Separate egg and beat white to a stiff froth. Beat yolk until light, add milk, salt and pepper; lightly fold the yolk into the white. Put butter into omelet pan and when it bubbles, pour in the mixture and saute slowly until a light brown, then fold and turn on to a hot plate. Serve at once.

Parsley Omelet.

Mix 1 tablespoon parsley, chopped fine, with foamy omelet and cook as for all omelets. Or parsley may be added to the top of the cooked omelet.

Cocoa.

| | |
|-----------------------|-----------------------|
| 1 teaspoon cocoa | 1/3 cup boiling water |
| 1/2 tablet saccharine | 1/2 cup scalded milk |

Mix cocoa and salt, add water gradually, stirring constantly. Bring to boiling point and let boil one minute. Turn into scalded milk and beat one minute, using a Dover egg beater. This is known as milling and prevents the forming of scum, which is so unsightly.

Celery Soup.

| | |
|-----------------------|-----------------|
| 1 stalk celery | 1 egg yolk |
| 2/3 cup milk | 1/4 cup cream |
| 1/2 tablespoon butter | Salt and pepper |

Break celery in pieces and pound in a mortar. Add to milk, and cook in a double boiler twenty minutes. Thicken with butter and egg, season, add cream, strain, and serve.

Cold Tongue.

Carefully peel the tongue and cook until tender. Remove from water and cool.

Aspic Jelly.

A teaspoon of gelatin swollen in one tablespoon of stock or cold water. Clarify the stock by adding to it a small quantity of raw white of egg. Allow it to boil and strain through a cloth. If the color is not deep enough, add a tiny amount of liquid caramel. Add the soaked gelatin to the well seasoned clear stock. Wet a mould and pour into it the liquid. Designs may be arranged if desired .

Asparagus Salad.

Drain and rinse four stalks canned asparagus. Cut a ring one-third inch wide from a red pepper. Put asparagus stalks through ring, arrange on lettuce leaves, and serve with French Dressing.

Almond Cake.

Half a pound almonds, three eggs, a pinch of salt, (saccharine if they are preferred sweet).

Pound the almonds as fine as possible in a mortar; beat the eggs, the whites and yolks separately. Shake the almonds onto the yolks of the eggs; beating quickly all the time; add the salt and the whites. Butter some patty pans well, and with two forks drop the mixture upon them. Bake in a moderate oven until crisp.

Veal Cutlets.

Salt and season meat well. Roll into cutlet and skewer with a toothpick. Saute in butter and cook until tender in milk. Remove from milk and thicken latter with one egg yolk. Serve cutlets in this sauce while hot.

Baked Apple.

Wipe and core the apple. Put into a shallow dish with one tablespoon water to each apple; more water may be added if necessary. Bake thoroughly for thirty minutes, or until soft. A few drops of lemon juice may be added to each apple. Care must be taken that the apples do not lose their shape and break. They may be sweetened with saccharine if desired.

Steamed Rhubarb.

Wash the rhubarb and cut into inch pieces without removing the skin, as this gives a pretty pink color to the juice. Put into a double boiler without water and steam one-half hour or until soft. Do not stir as it breaks the pieces. Sweeten to taste with saccharine.

Bacon.

Cut bacon in as thin slices as possible and remove rind. Place slices closely together in a fine wire broiler, place broiler over dripping-pan, and bake in a hot oven until bacon is crisp and brown, turning once. Drain on brown paper.

Oyster Soup.

1/2 cup oysters

Bit of bay leaf

1/2 cup milk

1/6 slice onion

Small stalk celery
 Bit of parsley
 1/4 teaspoon salt

1/2 tablespoon butter
 1 egg yolk
 Few grains pepper

Chop oysters finely, put in saucepan, and heat slowly to boiling point. Strain through double thickness cheese cloth, reserve liquor, and thicken with egg yolk. Add butter. Scald milk with celery, parsley, bay leaf, and onion; then strain. Add to first mixture, season, and strain. Serve.

Buttered Onions.

Put onions in cold water and remove skins, using a vegetable knife, while under water. Put in saucepan, cover with boiling salted water, and boil five minutes; drain, and cover again with boiling salted water. Cook one hour, or until soft, but not broken. Drain again, add a small quantity of butter, season with salt and serve.

Cottage Cheese Salad.

Place some clabbered milk in a granite pan on the back of the range. Let stand until the whey separates from the curd. Then strain through a cheese cloth. Press out whey and season cheese to taste. Add cream and shape with the bowls of two spoons. Arrange three of these balls on a lettuce leaf and serve with whipped cream salad dressing.

Whipped Cream Salad Dressing.

1/2 teaspoon mustard
 1/2 teaspoon salt
 Few grains cayenne

1 teaspoon melted butter
 Yolks 2 eggs
 2 tbsp. hot vinegar

1/4 cup heavy cream

Mix dry ingredients, add butter, egg and vinegar. Cook over boiling water stirring constantly until mixture thickens; cool,

and add to heavy cream beaten stiff.

Lemon Ice.

1/2 tablet saccharine

1/3 cup cold water

2 tablespoonfuls lemon juice

Add saccharine to water and lemon juice. Strain and freeze using three parts finely crushed ice to one part rock salt. Serve in champagne glass.

Apple Salad.

Cut apple into dice. Arrange on a lettuce leaf. Cover with Whipped Cream Salad Dressing.

Broiled Chicken.

Order chicken split for broiling. Singe, wipe, sprinkle with salt, and place on a well-oiled broiler. Broil twenty minutes over a clear fire, watching carefully and turning broiler so that all parts may be browned equally. The flesh side needs the longer exposure to the fire. Remove to hot platter, spread with butter and sprinkle with salt.

Creamed Cauliflower.

Remove leaves, cut off stalks, and soak a small cauliflower thirty minutes, head down, in cold water to cover. Cook, head up, twenty minutes or until soft, in boiling salted water. Drain, separate flowerets, and to two-thirds cup of cauliflower add one-fourth cup White Sauce.

White Sauce.

1/2 tablespoon butter

1/3 cup milk

1/2 egg yolk

Few grains salt

Scald milk, pour over egg and return to double boiler; cook until spoon is coated. Add butter and season. Serve.

Frozen Punch.

1/4 cup cream

Yolk 1 egg

2 tablespoons cold water

1/2 grain saccharine

1-1/2 teaspoons rum

dissolved in 1/2 teaspoon

Few grains salt

cold water

Scald one-half cream with water, add egg yolk slightly beaten, and cook over hot water until mixture thickens. Cool, add remaining ingredients, and freeze.

Strawberries.

Carefully wash and pick over one cup strawberries. Serve with cream and saccharine.

Codfish Croquettes.

Carefully pick over the codfish, cook in unsalted water until tender. Drain. Then add one cup scalded milk, stir lightly with a fork, cover, and steam. Remove from fire, add two egg-yolks and one teaspoon butter; spread on a shallow plate to cool. Shape in balls, roll in crumbs, then shape again. Dip in egg, again in crumbs, fry in deep fat, and drain. Arrange on a warm platter and serve.

Cucumber and Leek Salad.

Cut cucumber in small cubes, and leeks in very thin slices. Mix, using equal parts, and serve with French Dressing.

Creamed String Beans.

Carefully pick over and string one cup string beans. Wash in cold water and cook in boiling water until soft. Drain, and add White Sauce.

Meat Souffle.

| | |
|-----------------------|---------------------------|
| 1/2 tablespoon butter | 2 tablespoons cold cooked |
| | meat finely chopped |
| 1 egg yolk | 1/2 egg white |
| 2 tablespoons milk | |
| 1/4 teaspoon salt | Few grains pepper |

Make sauce of first list of ingredients, then add meat. Fold in egg white, beaten until stiff and dry. Turn into a buttered dish, and bake in a slow oven.

Lemon Sherbet.

Make as for lemon ice; and when half frozen add the beaten white of half an egg.

Ivory Jelly.

| | |
|----------------------|----------------------------|
| 1 ounce gelatin | 1 tablet saccharine |
| 1/2 cup cold water | 1-1/2 cups double cream |
| 1 cup hot milk | 1 teaspoon vanilla extract |
| A few grains of salt | |

Soak the gelatin in the cold water, and dissolve in the hot milk; add the salt and saccharine and strain. When cool add the cream and vanilla and stir occasionally, until the mixture begins to thicken, then pour into a mould. Serve with cream.

Beef Balls on Toast.

Take a small piece of steak from top of round; wipe and cut in one-third inch strips. With a sharp knife scrape the freshly

cut surface, removing all that is possible of the soft part of meat; then turn and scrape other side. Season with salt. Form into little balls using as little pressure as possible. Cook one minute in a hot omelet pan, shaking pan to keep the balls in motion. Arrange on small pieces of buttered toast and garnish with parsley.

Creamed Asparagus.

Wash asparagus, cut into one-inch pieces, boil until tender, drain, and add White Sauce, allowing one cup to each bunch of asparagus.

Breakfast Cocoa with Egg.

Prepare as for cocoa and just before serving pour cocoa over slightly beaten egg. Serve hot.

Tomato Soup.

1 can tomatoes
1 pint water
12 pepper corns
Bit of bay leaf
4 cloves

2 tablespoons butter
1 teaspoon salt
1/8 teaspoon soda
1 egg yolk
1 slice onion

Cook all the ingredients except the egg, twenty minutes. Beat egg, pour over it the hot soup. Strain and serve.

Creamed Macaroni.

3/4 cup macaroni, broken
in inch pieces
1-1/2 cups White Sauce.

2 quarts boiling water.
1 tablespoon salt

Cook macaroni in boiling salted water until tender, Drain, reheat in White Sauce.

Orange Salad.

Arrange layers of sliced oranges, and sprinkle with a little powdered sugar.

Strawberry Sponge.

| | |
|------------------------|---------------------------------|
| 1/3 box gelatin | 1 tablespoon sugar |
| 1/3 cup cold water | 1 tablespoon lemon juice |
| 1/3 cup boiling water | 1 cup strawberry juice and pulp |
| Whip from 2 cups cream | White 3 eggs |

Soak gelatin in cold water, dissolve in boiling water, strain, add sugar, lemon juice, strawberry juice. Chill in pan of ice water; when quite thick, beat with wire whisk until frothy, then add whites of eggs beaten stiff, and fold in cream. Chill.

Lettuce Salad.

Wash, drain, and dry the lettuce. Arrange on plate and serve with French Dressing.

Roast Mutton.

Prepare as for roast beef.

Potato a la Half Shell.

Select a medium sized potato. Wash and bake. Remove from oven, cut slice from top of each and scoop out inside. Mash, add a little butter, salt, pepper, and three tablespoons hot milk; then add whites of two eggs well beaten. Refill skins, and bake five to eight minutes in a very hot oven.

Clear Soup.

Whites of eggs slightly beaten are used to clear soup. Remove fat from stock, and put quantity to be cleared in stew pan,

allowing white and shell of one egg to each quart of stock. Place egg in stock, place on front of range, and stir constantly until boiling point is reached; boil two minutes. Set back where it may simmer twenty minutes; remove scum, and strain.

Broiled Fish.

Clean and wipe fish as dry as possible, sprinkle with salt and pepper, and place in well oiled wire broiler. The slices should be turned often; whole fish should be first broiled on flesh side, then turned and broiled on skin side just long enough to make skin brown and crisp.

Cole Slaw.

Select a small, heavy cabbage, take off outside leaves, and cut in quarters; with a sharp knife slice very thinly. Soak in cold water until crisp, drain, dry between towels, and mix with Cream Salad Dressing.

Roast Beef.

The best cuts of beef for roasting are: tip or middle of sirloin, back of rump, or first three ribs. Wipe, put on a rack in a dripping-pan, rub over with salt, and place in a hot oven, that the surface may be quickly seared, thus preventing escape of inner juices. Baste frequently with the drippings. When the meat is all seared over, reduce the heat, and when half done turn over. Serve garnished with parsley.

Tomato Sauce.

1-3/4 cups stewed tomatoes
1 slice onion
3 tablespoons butter

2 egg yolks
1/4 teaspoon salt
1/8 teaspoon pepper

Cook onion with tomato fifteen minutes, rub through a strainer, and add butter and egg. Cook slowly, add seasonings and serve with meat.

Orange Albumen.

1/4 cup orange juice
White one egg
1 tablespoon syrup

Chip very fine, 2 tablespoons ice, add syrup, and orange juice to this. Beat into it stiff white of egg. Serve immediately.

[illegible]

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