

"18 to 26, Stepney Causeway,
London, E.

"12th April, 1889.

"Dear Madam,—Dr. Barnardo received today, the 12th inst., your letter dated the 9th. Perhaps this may have been due to the fact that he was out of town yesterday, and only returned mid-day to day.

"He feels he cannot reply to it as he would wish to do until Monday next. Meanwhile, he wishes me simply to acknowledge its receipt, and to tell you that it is having his consideration.

"I am,

"Yours faithfully,

"JOHN ODLING, Secretary.

"Sister Clara,

"Her Majesty's Hospital for Sick Children,

"13 to 19, Stepney Causeway, E."

(To be continued.)

PRIZE ESSAY COMPETITION.—XIII.

THE BEST COLLECTION OF RECIPES IN
INVALID COOKERY.

BY MISS ANNIE FOSTER,

Assistant Nurse, Victoria Hospital Burnley.

DRINKS FOR INVALIDS.

Toast Water for invalids, and those wishing a delicate drink, is prepared nicely by toasting a slice of stale bread from which the crust has been broken to a nice brown. Break the slice into three or four pieces in a pitcher, add a slice of lemon, and pour on one pint of boiling water. When cold strain off for use.

Barley Water.—To a cupful of barley (pearl) add three cupfuls of cold water; boil until the barley is soft, then strain and sweeten.

Rice Milk.—Wash two tablespoonfuls of good rice, and put it into a saucepan with a quart of milk. Let it simmer gently till the rice is soft, strain through a jelly bag, sweeten to taste; add the liquid from black currant jam, if allowed, which is made by adding half-a-pint of boiling water to two tablespoonfuls of the jam. It greatly improves the taste, and is very beneficial to thirsty invalids.

Egg and Brandy Mixture.—Beat up three eggs to a froth in four ounces of milk (cold); then add four ounces of brandy, mix well, and sweeten to taste. A little nutmeg may be added. Give a tablespoonful or so at a time, as directed.

Orange Syrup.—A delicious drink is made with water ice and orange syrup. The latter

is easily made and most convenient to have. Select ripe and thin-skinned fruit, squeeze the juice through a sieve, and to every pint add one and a-half pounds of sugar, a little of the grated orange peel, and the juice of one lemon. Boil for fifteen minutes, and remove every particle of scum as it rises, straining the syrup at last if it be not perfectly clear; bottle and cork tightly.

Grape Syrup is also a delicious drink. Mash a pound of grapes (black or white), and add one quart of water; then run them all through a bag, and then add two pounds of sugar and bring to a boil; when cold, bottle.

BEEF TEA FOR INVALIDS.

Strong Beef Tea.—Take one pound of beef without fat or gristle, cut up in small pieces, and put into a jar with half-a-pint of cold water and a pinch of salt; cover and let it stand; then put the jar, tightly covered, into a saucepan half full of boiling water, and let it simmer for an hour.

Another Beef Tea.—Eight ounces of strong beef tea, one ounce of cream, half an ounce of brandy.

Beef Tea and Pancreaticus.—Two ounces of strong beef tea, yolk of one egg well beaten up; one ounce of pancreaticus to be added immediately before using.

Beef Tea with Oatmeal.—This forms a very nutritious diet. Take two tablespoonfuls of oatmeal and two of cold water, and mix them thoroughly; then add one pint of good beef tea which has just been brought to a boiling point; boil together for five minutes, stirring it well all the time, and strain through a hair sieve.

Beef Tea in Haste.—In an emergency beef tea can be prepared in a few minutes in the following way:—Cut the beef into small pieces (which can be done very quickly), and put it into a saucepan, not too large; add a little water, just enough to cover the meat (if it is a small saucepan, three or four tablespoonfuls will be sufficient), and a pinch of salt; place the pan sufficiently near the fire to get a moderate degree of heat, and begin at once to squeeze out the juice of the meat with a strong spoon; eight or ten minutes of this will be sufficient; then remove the meat, and allow the beef tea to reach a boiling point for a second or two to take off the raw taste. The beef can be used again for preparing beef tea in the ordinary way. Beat the white of an egg to a light froth, and add to it very gradually a teacupful of beef tea, which must be hot but not boiling.

JELLY FOR INVALIDS.

Meat Jelly.—Half a pound of lean veal, a small veal bone, half a pound of lean beef, half a small chicken, half an ounce of isinglass, a small wine-glassful of sherry; salt. Cut the

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