

cated, and the cut surfaces expose the nutrients of the meat to the action of the gastric juice.

Soaking the meat in vinegar also softens the fibres. A tender stew of beef can be made by cutting steak into small pieces, dipping each in vinegar, putting them into a stew-jar without water, and allowing them to stew from three to four hours.

Beating the meat is also another excellent expedient. Steaks and chops should be well beaten with a cutlet bat before they are cooked. Here is a recipe for collops of lamb, veal, or mutton. Cut some slices from the fillet, across the grain, and beat them well. Soak them for a quarter of an hour in vinegar. Flour them and fry them a light brown in a little butter. Pour off the fat, and add sufficient stock to cover the collops, and allow them to stew for an hour and a-half.

Beef collops are made from minced raw meat. Take some lean beef and mince it. Add a little minced onion if liked. Season with pepper and salt, and sprinkle well with flour. Fry in 1 oz. of butter until of a good brown, stirring it frequently. Cover the meat with some strong stock and stew it for an hour. Never use cold meat for collops, as meat that is cooked a second time is not good for invalids.

As a source of iron, the hæmoglobin of the muscle-juice is very valuable, and it might be assumed that blood would be equally useful, since it is particularly rich in hæmoglobin. As a matter of fact, the stomach cannot digest blood, and, as the idea is repulsive to most people, it is useless to give it to an invalid. Blood is often taken by poor people in the form of black-pudding. The blood passes away as waste, so that only the oatmeal and fat are available as sources of nutriment, making black-pudding very expensive fare.

In a general way, the internal organs of animals are very indigestible, and the statement applies specially to the heart and the kidneys. The liver is fairly easy of digestion, provided that it is finely divided before it enters the stomach. The lungs or lights contain no nutritive value, and are difficult of digestion, but are frequently eaten by poor people.

The stomach of the ox is cleaned and cooked, and served under the name of tripe. The muscular coats of the stomach are as rich in nutriment as ordinary muscular tissue, and, as the fibres fall apart easily, tripe may be regarded as an easily digested food. The great drawback to it is that it is deficient in extractives, and is therefore very insipid. In cooking, the deficiency can be supplied by using a stock made of Bovril or Lemco, or, by way of variety, and in order to increase its nutritive value, it can be stewed in milk with chopped onions.

The internal organ which is of most use in invalid feeding is the sweetbread. Sweetbreads are sold in pairs, and consist of the pancreas and the thymus gland of the animal. As a rule, pre-

ference is given to sweetbreads from lambs or calves, as the thymus gland becomes smaller and harder with advancing age. The pancreas, too, becomes very hard, so that "ox breads" require a large amount of stewing, and even then are not suited to invalids. The organs are composed of cells bound together by very delicate connective tissue, which falls apart so readily that sweetbreads are the most easily digested of all animal foods. They are very rich in nitrogen, but, as in liver, the particular proteid is nucleo proteid, which yields nuclein—a fruitful source of uric acid—on digestion, so that they should be avoided by all persons with a gouty tendency. The great drawback to sweetbreads as invalid's fare is that their digestibility is decreased by masking them with a rich sauce. To prepare sweetbreads they should have loose pieces of connective tissue trimmed off, and then be blanched. This is done by putting them into boiling water for five minutes and then standing them in cold water. They can then be cooked by stewing them in milk, or beef-tea, or they can be cut in slices, covered with egg and bread-crumbs and fried in deep fat of high temperature, as described for cooking fish. They can also be cut in slices and baked with a little fat under a greased paper, or they may be blanched and roasted on a lark-spit or skewer tied to a roasting-jack.

Sweetbreads are very popular in Continental hotels, and, when the supply runs short, it is a common thing to dress ox-brains by similar methods and serve them as sweetbreads. In point of digestibility they equal the genuine article, and it might be assumed that they could be substituted for sweetbreads in invalid feeding. Such is not the case, for, although they fall to pieces quickly under the action of gastric juice, they pass through the intestine before they are completely absorbed, so that the digestive tract does an equal amount of work without producing an equal amount of good. So much as 43 per cent. is imperfectly absorbed, which when, according to Voit, it is compared with 7 per cent. from the thymus gland, shows the inferiority of brains to sweetbread as food.

International Council of Nurses.

A meeting of the Executive Committee of the International Council of Nurses will be held in London on October 22nd, formal notice of which meeting will be sent out with the Agenda at an early date. The President will present a report of her recent conference with the Hon. Secretary at Amsterdam, in reference to the forthcoming quinquennial meeting of the Grand Council, which must be held at Berlin early in June, 1904, as the great International Council of Women open their week's Congress early in that month, somewhat early in the year for educationalists and hospital workers.

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