

## PRIZE ESSAY COMPETITION.—XIII.

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SOME day—soon, I hope—cooking will be recognised as the most important item in the treatment of the sick. The improvement in general cookery may be expected to extend to the sick room and Hospital Ward. The skill of the trained cook should be exerted in finding out new dishes suited to those whose appetites are gone. There is great scope for some inventive genius in this department of the healing art. Almost any dish, nicely cooked and served, is

invalids. If I had my way I'd select my patients' food at a Lord Mayor's feast, and I think I'd find something there that would restore them sooner than beef-tea and calves' foot jelly.

*Beef Tea* (Dr. Collie "On Fevers," p. 276).—Lean, fleshy gravy beef, 1lb. ; cold water, one pint ; salt, one saltspoonful. Cut the beef into pieces about the size of dice, and place them in an earthenware jar. Add the water and salt ; place a close-fitting lid on the jar, and to prevent the steam escaping, make some paste with flour and water, and apply this along the junction of the lid with the jar ; then place the jar in a large saucepanful of boiling water (Bain-Marie), and keep the water boiling about five hours. After this drain the tea through a hair sieve.



suitable for an invalid, unless the condition of the patient contra-indicates it. I suppose the great advance of recent times has been to partially digest food before presenting it to the patient, but as this is not strictly cookery, and as in a competitive essay a limit must be fixed somewhere, I have determined not to enter on that branch of the preparation of food, but have selected a number of dishes, and have had in my mind the requirements of the dinner hour. In sickness, as in health, good food, well cooked, should be properly served. I would like to see better—no, I must go further, the best—crookery, glass and table linen used in the Wards, and all unpleasant surroundings should be removed. For the present I adhere to some old-fashioned dishes for

*Beef Tea* (Mrs. Clark, "School of Cookery").—Gravy beef, 1lb. ; cold water, one pint ; salt, half a saltspoonful. Cut the beef up very small, taking care to remove all skin and fat, and put it into a saucepan with the water and salt. Put the saucepan on the fire, and stir till it almost boils. Then move it to the side of the fire to simmer gently for an hour ; after that pour out the beef tea and let it cool ; then remove the fat before using. Beef tea must not boil.

*Chicken Broth* (Mrs. Clark, "School of Cookery").—Fowl, half one ; water, one quart ; mace, one blade ; onion, half one ; sweet herbs, small bunch ; peppercorns, few ; salt, a sufficiency. Put the fowl into a saucepan with all the ingredients, and simmer gently for one and a-half hours, care-

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