

## Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

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BY

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WE all know when we are ill and feverish what a boon to our parched lips is a well-made jelly, or a few spoonfuls of the same melted and sipped while hot. I will now give some excellent recipes for using "Messrs. Swinborne and Co.'s Patent Refined Isinglass and Gelatine, prepared by them at 33 and 34, St. Andrew's Hill, Queen Victoria Street, London," and sold at all stores, grocers, &c. As an infant's food, the isinglass is most nutritious, and combined with milk



or beef-tea, or chicken broth, it is simply invaluable. In cases where plain milk disagrees, the addition of a little of the isinglass will render it digestible. It has succeeded numberless times when everything else has failed, and it differs from all other isinglass, inasmuch as it is a cooked article of uniform strength and purity, and has the immense advantage of being tasteless and free from all smell. Being soluble, it dissolves immediately in warm water, and leaves no deposit. In my humble opinion no isinglass and gelatine that I am acquainted with (and once for weeks and weeks I had isinglass in everything almost that I touched, in tea, wine, soup, beef-tea) can equal that supplied by Messrs. Swinborne and Co., and I can only advise all who have need of these two articles to buy the preparations supplied by this first-class firm.

## APRICOT MOULD.

Put half-a-tin of American apricots into a saucepan, with 2oz. of castor sugar. Boil for a quarter of an hour, and pass through a tammy. Dissolve in a little milk  $\frac{1}{2}$ oz. of Swinborne and Co.'s Gelatine; whip half-a-pint of cream to a froth. Mix the apricots and gelatine together; stir the cream in quickly. Pour the mixture into a mould, and put it on the ice to set. When required, dip the mould in hot water, and turn out the cream.

## ALBION JELLY.

Take  $\frac{1}{2}$ lb. of sugar, the juice of one lemon and half the rind, the white and shells of two eggs, 2oz. of Swinborne and Co.'s Gelatine. Boil and strain. Set in a mould with or without fruit. Before putting it in the mould, add three-quarters of a pint of sherry, which must *not* boil. The wine should be strained through muslin. Claret, port, Tarragona, Marsala, or champagne may be used instead of sherry. If champagne is used, one pint is not too much. British wines, at one shilling and elevenpence per bottle, sufficient for two jellies can also be used.

## PEACH JELLY A LA SUISSE.

In one gill of water melt 1oz. of Swinborne's Gelatine. Take a tin of peaches, and to the juice add sufficient water to make one pint; add castor sugar to taste. Strain the gelatine to it, and set a mould with the pieces of whole peach. A little cochineal to cover it. Serve with savoy. Fresh bruised peaches make excellent tarts and jellies. Enough for a tart can often be bought for one shilling, and by simply cutting away the bruised parts they answer the purpose perfectly.

## CHICKEN BROTH WITH ISINGLASS.

Cut a nice chicken up in good-sized pieces; put it on the fire in cold water; add a little salt, and boil gently for six hours. Dissolve some of Swinborne's Patent Refined Isinglass in it, and take a spoonful at a time, hot or cold, as may be preferred.

## LADY EFFINGHAM'S RECIPE FOR BEEF TEA.

Cut 1lb. of lean beef into small dice; cover it with cold water; keep stirring it on the fire until it boils. Let it simmer five minutes and pour it off, but do not strain it; put some more water on the meat, and let it simmer for some time. Add  $\frac{1}{2}$ lb. of fresh beef the next day, the same as before. Dissolve in each cupful a little of Swinborne's Patent Refined Isinglass, which will do wonders in cases of extreme exhaustion and debility.

## SAVOURY JELLY.

Three hard-boiled eggs; cut them in half; remove the yolks into a basin without breaking the whites; mix with the yolks one teaspoonful of anchovy sauce; the same of very finely-chopped parsley; re-fill the whites. Take six boned anchovies, wash them thoroughly, and set the anchovies and eggs in one pint of aspic jelly. Try and procure Swedish anchovies, as they do not require washing; and you can also use the sauce from them, as it is not at all salt. An excellent jelly on a hot day. Sufficient for twice. Use Swinborne's Gelatine.

## BAKED MILK WITH SHERRY AND ISINGLASS.

Baked milk almost equals cream in richness, and will be found very beneficial in all cases where nutritious diet is advisable. It will sometimes work wonders in consumptive people. The milk should be new. Put it into a stone jar. Dissolve some of Swinborne's Patent Refined Isinglass in it, and set in a slow oven for some hours. If left all night so much the better. A hot oven will have a different effect entirely; the slower the oven the thicker the milk will be. It may be taken just as it is, while warm, or if preferred cold, with or without the addition of a small wine-glass of sherry. It is better to bake small quantities, not more than sufficient for each day's consumption. Take a claret-glassful at a time. An egg may be whipped up and added to it, and grated nutmeg if liked.

N.B.—About 2oz. of Swinborne's Patent Refined Isinglass should be used to one quart of fruit-juice, and rather more than  $\frac{1}{2}$ oz. for the same quantity of calf's-feet stock, where the mixture is not set on ice. Of course, a larger quantity of isinglass is needed to make it firm, and the larger the mould is the stiffer must the jelly be.

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