

**COOKERY FOR INVALIDS:  
PERSONS OF  
DELICATE DIGESTION,  
AND FOR CHILDREN**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649556045

Cookery for Invalids: Persons of Delicate Digestion, and for Children by Mary Hooper

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**MARY HOOPER**

**COOKERY FOR INVALIDS:  
PERSONS OF  
DELICATE DIGESTION,  
AND FOR CHILDREN**



## LITTLE DINNERS.

BY MARY HOOPER.

*Ninth Edition. Price 5s.*

"We ought not to omit the mention of several very good recipes which Mrs Hooper vouchsafes us, e.g., rump-steak pudding, sheep's head Scotch fashion, devilled fowl, rich plum pudding, neck of venison cooked in a *V oven*, how to cook whitebait, and how to 'scallop' oysters. She has good hints about salm of wild duck, and her caution on the deliberate preparation of the sauce for the same delicacy, roasted, assures us that—given the means and the heart to put her knowledge in practice—she undeniably knows what is good. . . . All are more or less excellent in their different ways."—*Saturday Review*.

"A very excellent little book. . . . Ought to be recommended as exceedingly useful, and as a capital help to any housekeeper."—*Vanity Fair*.

"Very numerous recipes in the volume are composed with a due regard to the principles of economy, while they are thoroughly appetising."—*Morning Post*.

"Excellent, and evidently based on much practical experience."—*Standard*.

"Shows us how to serve up 'a little dinner,' such as a philosopher might offer a monarch—good, varied, in good taste, and cheap. Exactly what the young English wife wishes to know, and what the ordinary cookery-book does not teach her."—*Queen*.

"A practical cookery-book, one really calculated to be of use."—*John Bull*.

"To read this book gives the reader an appetite."—*Notes and Queries*.

"A great deal that will be found useful to all. To young housewives her work will be found specially valuable."—*Civil Service Gazette*.

"Care has been taken to make these recipes easy, simple, and reasonably cheap."—*Church Times*.

"Containing much useful information."—*Court Journal*.

"So simple and comparatively inexpensive as to be suited to the requirements of all classes."—*Rock*.

HENRY S. KING & CO., LONDON.

Edward L. Bury

# COOKERY FOR INVALIDS,

*PERSONS OF DELICATE DIGESTION,*

*AND FOR CHILDREN.*

BY

MARY HOOPER,

AUTHOR OF "LITTLE DINNERS," "WIVES AND HOUSEWIVES,"  
PROFESSOR OF DOMESTIC ECONOMY CRYSTAL PALACE SCHOOL OF ART, ETC.

HENRY S. KING & Co., LONDON.

1876.

641.56

H78c

*(All rights reserved.)*

1177



## PREFACE.

---

THE great importance of well-chosen and well-cooked food, as a means not only of preserving but of restoring health, is now fully recognised, and "Dr Diet and Kitchen Physic" are acknowledged as the best friends of the medical profession. Yet there is no more anxious time for a doctor than when he hands over his patient to the good offices of the cook, for, as a celebrated culinary writer has said, "he knows how often the skill of the pains-taking physician is counteracted by the want of corresponding attention to the preparation of food, and the poor patient, instead of deriving nourishment, is distressed by indigestion."

Thus it is that gruel, which in former times was said to "gratify nature" and to be the king of spoon meats and the queen of soups, and which played so important a part in the sick dietary, has fallen into disrepute. The fact is that in these days few persons know gruel except as manufactured from the starchy preparations the chief merits of which appear to be that they "can be made in ten minutes;" and it is, therefore, no wonder so much dislike is expressed for it.

The delicious, creamy, nourishing, one may almost say elegant, gruel, made by the hands of our grandmothers for their invalids, is now hardly known among us. It was either made from groats, crushed in the household mortar, or bought specially prepared, and known as "Emden groats," and was in either case admirably suited for the purpose. After many hours' boiling the gruel was carefully strained, and was then ready to be served plain, or flavoured, as the case might require. We can hardly wonder in these days that gruel is so unpopular, being what it is—a "patent" hasty

compound manufactured to suit the slovenly and impatient culinary habits of the period—or that doctors have almost ceased to order it as an especially useful and restorative diet.

The present writer well remembers her mother, whilst relating to her the sorrow and distress of the nation at the premature death of the Princess Charlotte of Wales, adding it was reported that the Princess shivered when a basin of gruel was presented to her, as though such antipathy was a measure of the hopelessness of her case. But it is no bad symptom *now* when ladies shiver at the sight of gruel, but rather an indication of a true taste which revolts against impure and badly prepared articles of diet. Gruel made as it ought to be, is rarely disliked, and is more nourishing, and in many cases to be preferred, to arrowroot—an expensive thing, and one most difficult to procure genuine.

Sick-room cookery proper is usually held to consist only of that which nurses are fond of calling “slops,” without at all considering how fitly they

describe the beef-tea, broth, and gruel they administer to their helpless patients. It is because it is found so impossible to get these things, and especially beef-tea, properly made, that recourse is largely had in many households to the concentrated essences and preparations of commerce. That these do not supply the place of home-made delicacies it is hardly necessary to insist, and a good nurse will devise means to supply the diet, on which, it may be, the life of her patient depends.

The invalid's cook will always pay great attention to the cleanliness of her *batterie de cuisine*, and more especially to the state of the stewpans. Copper stewpans well tinned and scrupulously clean are for all reasons, the best, but those of iron lined with enamel answer well. In every house, one or two stewpans should be reserved for gruel and other delicate preparations, and on no account should they be brought into general use.

There is, no doubt, some difficulty in catering for invalids, especially those in the convalescent stage, when the appetite is generally capricious, and the