

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

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649222186

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**



COOKERY FOR INVALIDS.

# 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.

490 r

HENRY S. KING & Co., LONDON.

1876.

3



## P R E F A C E.



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 painstaking 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 “Embden 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

---

digestion weak. The diet for such patients must be both light and nutritious, as varied as possible, and served with the utmost skill and taste. It is in the interest of the convalescent and of the confirmed invalid that the chapters on "Fish" and "Little Dishes" have been carefully prepared. In some cases the dainties required for invalids are beyond the reach of their friends, and for these some inexpensive recipes are given.

In these days when dyspepsia is so prevalent a malady, bringing in its train others of even a more serious character, it is of the first importance to study dietetical laws and the method of making food of all kinds easy of digestion. For variety of diet is a pressing need both of the healthy, that they may avoid the evils of dyspepsia, and of those already dyspeptic, as a means of relief and probable cure. It should be borne in mind, that careful cooking will render almost any edible substance fit for feeble digestions, and the way to do this is pointed out in the following recipes.

The quantities given for dishes for invalids are