

COOKERY FOR INVALIDS

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Cookery for Invalids by Thomas J. Murrey

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THOMAS J. MURREY

**COOKERY
FOR INVALIDS**

COOKERY
FOR
INVALIDS

BY

THOMAS J. MURREY

*Author of "Fifty Soups," "Fifty Salads," "Breakfast
Dainties," "Puddings and Dainty Desserts,"
"The Book of Entrées," etc., etc.*



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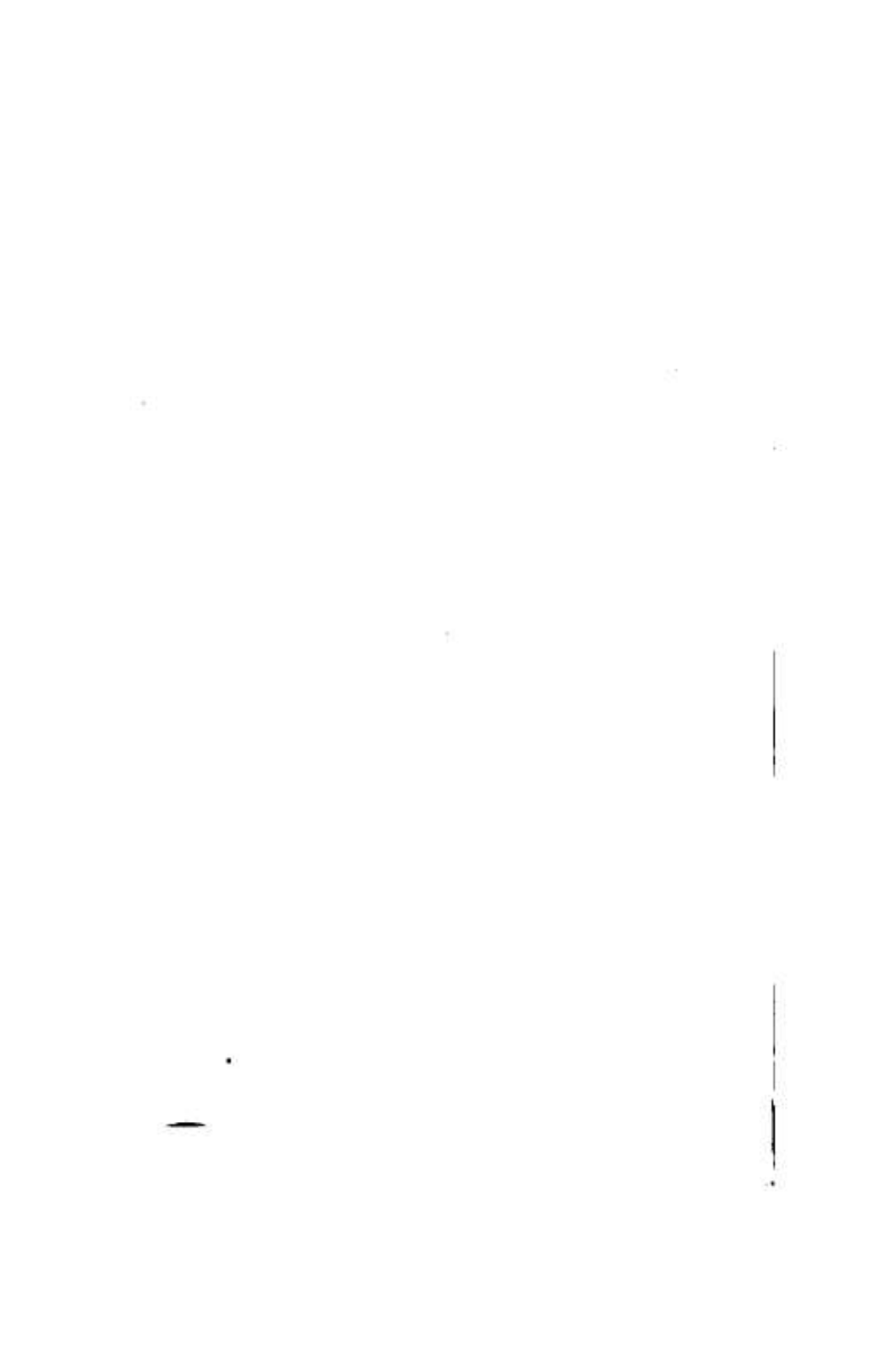
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INTRODUCTORY.

THIS little handbook is offered to housekeepers, in order that they may readily understand the popular dietetic formulas so universally recommended by physicians, many of whom neglect the details of preparing the nutriment they prescribe, owing probably to the fact that all physicians are not cooks, as many of them were in olden, and all of them should be in modern, times.

An exhaustive work on the subject of dietetics would naturally embrace many things, which, while excellent in certain diseases, would lead to distressing results in others. Care should therefore be exercised not to administer other than the most simple diet until the nature of a disease is known, and even then the habits of the invalid should be taken into consideration.

A nurse must always keep in view the fact that the great desideratum is to administer the most nutritious food in such form that the patient can most easily assimilate it.