

**HOW TO COOK FOR THE SICK
AND CONVALESCENT:
ARRANGED
FOR THE PHYSICIAN, AND
TRAINED NURSE, AND HOME USE**

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How to cook for the sick and convalescent: arranged for the physician, and trained nurse, and home use by Helena V. Sachse

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HELENA V. SACHSE

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CONVALESCENT.

By
Helena V. Sachse.

Philadelphia.
1901.

PREFACE.



THE careful preparation of food is now recognized to be of vital importance to an invalid and a valuable assistance, in many cases, to the physician in hastening the recovery of a patient.

If, in addition, the foods be classified with reference to their composition, it enables the physician to select only those best adapted for any special requirement.

The author has been frequently asked to bring these recipes together in book form, which has now been done, with the earnest hope that they may prove of assistance to the trained nurse or caretaker of the sick, which will be commensurate with the labor involved in the preparation of this little volume.

They have been arranged in such a way that the physician, in outlining a course of diet, may find them most useful and a source of ready reference, and that whatever food is ordered can be properly cooked.

Not only has the author carefully tried all the recipes here given, but they have been successfully used in six hospitals.

The following principles are strictly adhered to,—
viz.:

1. Starchy foods require long cooking.
2. Albuminous foods, as eggs, oysters, etc., must be cooked at a low temperature, or they are rendered tough.

3. Fats in the form of butter and cream are best added after the food has been removed from the fire.

4. Where boiled milk is objected to, the milk is only heated to the pasteurizing point (165° F.).

5. When a restricted diet is ordered and starchy food is not allowed, the soups and sauces are thickened with yolks of eggs or Irish moss.

6. No fried foods should ever be given an invalid.

7. Give as much variety as possible.

8. Serve everything tasty, and use as little flavoring as possible, so that the flavor of the main food principle be not lost.

Garnish the dishes, but be sure they taste as good as they look.

Measure all ingredients carefully before mixing. Taste before serving. Serve hot foods hot (not lukewarm).

I wish to acknowledge my indebtedness to physicians, dietitians, and nurses from whom I have received considerable help, and especially from Dr. J. P. Crozer Griffith, Clinical Professor of Diseases of Children in the Hospital of the University of Pennsylvania, on the chapters treating of Infants' Foods; and to Dr. Henry Leffmann, Professor of Chemistry in the Woman's Medical College of Pennsylvania, for his help on the chapter relating to Milk; and to the many friends who have aided me in various ways towards bringing this work to completion.

H. V. SACHSE.

PHILADELPHIA, April 3, 1901.

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PRELIMINARY.



Recipes containing no Starch or Sugar.

SOUPS.

Beef-tea.	Chicken-broth (with egg croutons).
Beef-broth (without grains).	Tomato bouillon.
Beef-purée.	Consommé, cold, with egg, royal.
Chicken-broth (plain).	Bouillon.
Mutton-broth (plain).	
Oyster-broth.	
Clam-broth or bouillon.	

CREAM SOUPS.

Oyster soup or bisque of oysters (thickened with yolks of eggs).	Spinach soup III.
Clam soup (egg thicken- ing).	Cream of lettuce.
Chicken purée II.	Watercress soup (thick- ened with yolks of eggs).
Cream of celery III. and IV.	Cream of asparagus III.
Cream of tomato or mock bisque II. (Irish moss thickening).	Cream of chicken III.
	Milk or onion soup (thick- ened with yolks of eggs).
	Sweetbread purée II.
	Mushroom soup II.

EGG DISHES.

Steamed or frothed eggs I. and II.	Poached eggs (without toast).
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EGG DISHES (*Continued*).

Soft cooked eggs I. and II.	Omelet, plain, Spanish, with parsley, tomato, chicken, tongue, and oysters.
Scrambled eggs I. and II. (without toast).	

FISH.

Baked.	<i>À la béchamel.</i>
Broiled.	<i>À la crème</i> (using sauce III. and omitting crumbs).
Planked.	
Boiled.	
Halibut or cod creamed (using cream sauce III.).	Salmon <i>à la crème</i> . Moulded halibut.

OYSTERS.

Raw.	Creamed (using sauce III).
Stewed I. (omitting the crackers).	Fricasse. <i>À la Newburg.</i>
Panned (omitting the toast).	Boiled.
Broiled.	Omelet.

SWEETBREADS.

Broiled.	With chicken.
Baked.	Purée II.
Creamed (using cream sauce III.).	Salad.
<i>À la béchamel.</i>	Raw.

CHICKEN.

Spring chicken, broiled or smothered.	Boiled. Creamed (sauce III.).
Roast.	<i>À la béchamel.</i>