

**THE INVALID'S OWN BOOK:
A COLLECTION OF RECIPES
FROM VARIOUS BOOKS
AND VARIOUS COUNTRIES**

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The Invalid's Own Book: A Collection of Recipes from Various Books and Various Countries by
Mary Anne Boode Cust

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MARY ANNE BOODE CUST

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INVALID'S OWN BOOK.

A. G. Pulteney

THE

INVALID'S OWN BOOK :

A

Collection of Recipes

FROM

VARIOUS BOOKS AND VARIOUS COUNTRIES.

BY

THE HONOURABLE LADY CUST.

LONDON :

LONGMAN, BROWN, GREEN, AND LONGMANS.

1853.

DEDICATED
BY GRACIOUS PERMISSION
TO
HER ROYAL HIGHNESS
THE DUCHESS OF KENT.

P R E F A C E.

ALL the works on Cookery hitherto published are full of Recipes to gratify the taste and provoke the appetite of persons in the enjoyment of good health; but few of the recipes contained in them are intended for those who, unfortunately, do not enjoy that blessing. It is for such persons that this little work has been written; and both the simplicity and the economy of its arrangements will, it is hoped, place it within the reach of all classes of society.

Many of the Recipes were collected for the use of a beloved suffering member of my own

family, since deceased, the companion of our residences in the Spanish Main, many of the Dutch, French, Spanish, and English West Indian Islands, and North America, by whose bedside the midnight hours were beguiled in compiling them.

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