THE BABY'S FOOD

Dr. Isaac A. Abt

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THE BABY'S FOOD

RECIPES FOR THE PREPARATION OF FOOD FOR INFANTS AND CHILDREN

BY

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in the
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PHILADELPHIA AND LONDON

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1917

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FOREWORD

YOUNG mothers, nurses, and caretakers frequently ask the physician for minute directions for the preparation of foods for infants and older children. I have attempted to collect from various sources recipes for the preparation of the most commonly employed foods. I undertook to do this primarily for my own convenience in prescribing for patients and meeting the repeated demand. I claim no originality in regard to the recipes, and acknowledge my indebtedness to various sources for information:

Boland: Handbook of Invalid Cooking.

Farmer: Food and Cookery for the Sick and Convalescent.

Hill: A Cook-book for Nurses.

Patee: Practical Dietetics with Reference to Diet in Disease.

Birk: Säuglings-krankheiten.

Ewald: Diät und Diätotherapie.

Langstein-Meyer: Säuglingsernahrung und Säuglingsstoffwechsel.

United States Department of Agriculture: Farmer's Bulletin, Preparation of Vegetables for the Table, by Maria Parloa.

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Engle and Baum: Grundriss der Säuglingskunde.
Keller and Birk: Kinderflege Lehrbuch.
Hogan: How to Feed Children.
Webster and Llewelyn: The Apsley Cookery Book.
Rorer: Diet for the Sick.

I desire to acknowledge my indebtedness to my assistant, Miss Freda Payne, R. N.; to Miss Louise Stevenson, B. S., Dietitian, Butterworth Hospital, Grand Rapids, Mich. (formerly Asst. Dietitian, Michael Reese Hospital); to Miss Giselle Kessler, R. N., Supervisor of the Sarah Morris Memorial for Children, and to Miss Maude Perry, B. S., Supervisor of Dietetics, Michael Reese Hospital, for valuable suggestions and material assistance in arranging the recipes and correcting the proof.

ISAAC A. ABT.

CHICAGO, ILL.,
July, 1917.

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THE BABY'S FOOD

TABLE OF MEASURES

4 saltspoons	equal	1 teaspoon.
2 teaspoons	equal	1 dessertspoon.
3 teaspoons	equal	1 tablespoon.
1½ dessertspoons	equal	1 tablespoon.
2 tablespoons	equal	1 ounce.
3 dessertspoons	equal	1 ounce.
6 teaspoons	equal	1 ounce.
8 drams	equal	1 ounce.
2 ounces	equal	1 wineglass.
8 ounces	equal	1 cup or tumbler.
16 tablespoons	equal	1 cup.
2 cups or tumblers	equal	1 pint.
2 pints	equal	1 quart.

1 heaping tablespoonful of cane-sugar equals 1 ounce.

3 level tablespoonfuls of milk-sugar equal 1 ounce.

All ingredients measured by the tablespoon or teaspoon are measured level. To measure a spoonful, fill the spoon and level it off with the back of a case-knife.

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MINERAL CONSTITUENTS OF THE FOOD

Amount of mineral ingredients of diet needed per day:

	Grams.	Grains.
Phosphoric acid	0.3–0.4	5 –6½
Sulphuric acid	0.2–0.3½	3½–5¼
Potassium oxid	0.2–0.3	3½–5
Sodium	0.4–0.6	7 –10
Calcium oxid	0.7–1.0	10 –15
Magnesium	0.3–0.5	5 –8
Chlorin	0.6–0.8	10 –13¼
Iron	0.006–0.013	1/10–1/5

Infant requires about 5 grains of calcium daily.

Milk contains 22½ grains of calcium in each quart.

Eggs, cereals, rice, radishes, asparagus, and spinach are rich in calcium.

Meat, fish, bread, fruit, and potatoes are poor in calcium.

Foods richest in iron are spinach and other green vegetables, yolk of egg, beef, apples, lentils, strawberries, white beans, peas, potatoes, wheat, and oatmeal.

Animal foods are rich in sodium; vegetable foods are rich in potassium.

Percentage of phosphoric acid in fresh foods:

	Per cent.		Per cent.
Carrott	0.036	Barley meal	0.23
Turnip	0.058	Pork	0.16
Cabbage	0.089	Milk	0.22
Potato	0.14	Beef	0.28
Beans	0.92	Eggs	0.33
Cheese	0.37	Mutton	0.42

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Foods rich in oxalic acid are: black tea, cocoa powder, pepper, coffee, beans, sorrel, spinach, rhubarb, beets, currants, and prunes.

Percentage of sulphur in dried proteins:

	Per cent.
Dried egg-white	1.8
Dried syntonin	1.8
Dried wheat albumin	1.5
Dried pea albumin	0.4
Dried gluten albumin	0.7

CALORIC VALUE OF VARIOUS FOODS

Foods.	Amounts.	Calories. [1]
Applesauce	1 ounce	30
Bacon	$\frac{1}{6}$ ounce	30
Bread	Average slice	80
Butter	1 pat ($\frac{1}{3}$ ounce)	80
Buttermilk	1 ounce	11
Cane-sugar	1 ounce	120
Carrot	1 ounce	13
Cereal (cooked)	1 heaping teaspoonful	50
Cereal waters	1 ounce	3
Chymogen milk	1 ounce	21
Cows' milk	1 ounce	21
Crackers	1 ounce	114
Cream (16 per cent.)	1 ounce	54
Custard	1 ounce	60

[1] The number of calories indicate the energy value of food from the standpoint of nutrition, and the figures are expressed in terms of heat units.

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Foods.	Amounts.	Calories.
Dextrimaltose	1 ounce	110
Egg	1 (2 ounces)	64
Egg (white)	1	14
Egg (yolk)	1	50
Flour	1 ounce	100
Gelatin	1 ounce	50
Human milk	1 ounce	21
Keller's Malt Soup	1 ounce	25
Malt (extract)	1 ounce	89
Meat	1 ounce	50–70
Milk-sugar	1 ounce	130
Potato	1 medium sized	90
Rice (boiled)	1 tablespoonful	60
Skimmed milk	1 ounce	11
Soup (chicken)	1 ounce	15
Spinach	1 ounce	8
Toast	Average slice	80

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ACID BEVERAGES

IRISH MOSS LEMONADE

¼ cupful Irish moss,
2 cupfuls boiling water,
4 tablespoonfuls lemon juice,
1 teaspoonful sugar.

Pick over and wash the moss and soak one-half hour. Pour off the water and add the boiling water; cook until syrupy, keeping it just below the boiling-point. If too thick, add more hot water. Strain, add lemon juice, and sugar to taste. Serve hot.

Useful for coughs and colds.

CREAM OF TARTAR DRINK

1 or 1½ teaspoonfuls cream of tartar,
1 pint boiling water,
1 or 2 tablespoonfuls lemon juice,
1 teaspoonful sugar.

Dissolve the cream of tartar in the boiling water, flavor with lemon and sugar when cold, and strain and drink as refrigerant and diuretic.

LEMON WHEY

1 cupful hot milk,
1 teaspoonful sugar,
2 tablespoonfuls lemon juice.

Heat the milk to boiling-point in a double boiler,

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add the lemon juice, and cook without stirring until the whey separates. Strain through cheese-cloth and add the sugar. May be served hot or cold.

WINE WHEY

1 cupful sweet milk,
¼ cupful sherry wine.

Heat the milk to the boiling-point, add the wine, and cook without stirring until the milk separates. Strain through a fine strainer and serve hot or cold.

APPLE WATER

1 sour apple,
1 cupful boiling water,
1 tablespoonful lemon juice,
1 teaspoonful sugar.

Cut an apple into small pieces without paring, add boiling water and sugar, and cover. Let stand till cool, then add lemon juice. Strain and serve.

GRAPE WATER

½ to 1 ounce of grape juice,
½ teaspoonful sugar,
4 ounces of water.

JELLY WATER

2 tablespoonfuls jelly (grape or currant),
¾ cupful boiling water.

Beat the jelly with a fork until smooth; add the boiling

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water. If extra sweetening is required, ¼ or ⅛ grain of saccharin may be added. If the jelly lacks flavor, add lemon juice to taste.

ALBUMINOUS BEVERAGES

ALBUMIN WATER (A)

½ cupful boiled water,
1 egg white,
Pinch of salt,
½ teaspoonful sugar,
½ teaspoonful orange juice.

To ½ cupful of boiled water add the white of one fresh egg and a pinch of salt. Stir very thoroughly. A piece or two of ice may be added before stirring; ½ teaspoonful each of sugar and orange juice may be added if not contra-indicated. Barley water may be substituted for plain water.

ALBUMIN WATER (B)

½ cupful boiled water,
1 egg white,
Pinch of salt.

Divide the white of one fresh egg by cutting it in several directions with a sharp steel knife. Add ½ pint of cold boiled water and a pinch of salt. Shake thoroughly and serve cold, either from the bottle or a spoon.

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NUTRITIOUS LEMONADE

1 egg yolk,
2 teaspoonfuls granulated sugar,
5 ounces water,
Juice of ½ lemon.

A nourishing drink is made in the following way: Add the juice of ½ lemon to the yolk of a raw egg; allow this to stand for five minutes and then add 2 teaspoonfuls of granulated sugar and 5 ounces of water.

ALBUMIN WATER WITH BEEF EXTRACT

1 egg white,
1 cupful boiling water,
¼ teaspoonful of Liebig's Beef Extract,
A pinch of salt and a pinch of celery salt.

Dissolve the beef extract in cold water, stir the white of the egg into this mixture, then pour in the hot water gradually while stirring constantly. Season with salt and celery salt.

NUTRITIOUS ORANGEADE

1 egg white,
1 teaspoonful sugar,
Juice of 1 orange,
5 ounces water.

Beat the white of 1 raw egg with 1 teaspoonful of granulated sugar, and add the juice of 1 orange and 5 ounces of water. Serve cold.

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STARCHY BEVERAGES

BARLEY WATER

1 heaping teaspoonful pearl barley,
1 pint water,
A pinch of salt.

Wash 1 heaping teaspoonful of pearl barley, let it soak over night. Drain the water off and add a pint of water and a pinch of salt. Boil for three or four hours or until the grains of barley are soft. Water must be added from time to time to keep the quantity up to 1 pint. Strain through muslin.

When made from prepared barley flour (there are a number of barley flours on the market) a little cold water is added to 1 level tablespoonful of barley flour. This is carefully blended into a very thin, smooth paste, and then poured into a pint of boiling water containing a pinch of salt. This should be boiled in an open stew kettle for five or ten minutes and then transferred to a double boiler and cooked for twenty minutes, then strained through a fine strainer (preferably muslin) and enough water added to bring it up to the original quantity.

RICE WATER

1 heaping tablespoonful rice,
1 pint water,
A pinch of salt.

Wash 1 heaping tablespoonful of rice, soak over night, drain and add a pinch of salt. Cook in a double boiler

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for three or four hours or until the grains of rice are quite soft. Add water from time to time to keep the quantity up to 1 pint. Strain through muslin.

OATMEAL WATER

1 tablespoonful oatmeal,
1 pint water;
A pinch of salt.

Add 1 tablespoonful of rolled, ground, or crushed oatmeal to 1 pint of water, boil three hours in a double boiler, add enough water to make a pint, and strain. Salt to taste.

WHEAT FLOUR WATER

1 or 2 teaspoonfuls wheat flour,
1 pint boiling water,
A pinch of salt.

Rub to a smooth paste one or two teaspoonfuls of wheat flour with a little cold water. Add this to 1 pint of boiling water, boil a few minutes in an open pan, then transfer to a double boiler and cook thirty minutes. Salt to taste and strain through a fine strainer.

RICE FLOUR WATER AND OAT FLOUR WATER

These are made in exactly the same way as wheat flour water as given above, using the rice flour or oat flour instead of the wheat flour.

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IMPERIAL GRANUM

1 or 2 tablespoonfuls Imperial Granum,
1 pint water.

Mix the ingredients, cook thirty minutes, and add enough water to make a pint.

CORNMEAL WATER

1 ounce cornmeal,
1 quart water,
A pinch of salt.

Stir 1 ounce of meal (2 level tablespoonfuls) with cold water until an evenly mixed thin broth is formed. Place this in a quart of slightly salted boiling water, cover, and boil for thirty minutes. Replace the water evaporated by boiling.

MISCELLANEOUS BEVERAGES

TEA

½ teaspoonful green tea,
1 pint water.

To a small ½ teaspoonful of green tea add 1 pint of boiling water, cover and steep for two or three minutes, or until the tea is of a light yellow color; then pour through a clean sieve or muslin. The tea should be very weak.

WEAK TEA FOR THIRST

3 leaves of tea,
1 cupful boiling water.

Weak, cold tea (English breakfast), made by steeping

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about 3 leaves in 1 cupful of boiling water for two minutes; is useful to quench the thirst of a baby suffering with diarrhea.

IRISH MOSS TEA

½ cupful Irish moss,
1 pint cold water,
1 teaspoonful lemon juice,
1 or 2 teaspoonfuls sugar.

Wash the Irish moss and drain. Cover with cold water and allow to simmer until dissolved. Strain and add the lemon juice and sugar to taste. This will often relieve a dry cough.

COCOA

1 teaspoonful cocoa,
½ cupful milk,
½ cupful water,
Sugar to taste.

Make a paste of 1 teaspoonful of cocoa and a little cold water or milk. Add ½ cupful of milk and ½ cupful of water, sweeten to taste, and boil from three to five minutes.

WATER COCOA

1 level teaspoonful cocoa,
1 cupful water,
Sugar as desired.

Put the cocoa into a saucepan, add gradually 2 ounces

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of cold water, bring to boil, add 4 ounces of boiling water. Sweeten as desired and serve hot or iced.

MEDICINAL TEAS

CAMOMILE TEA

½ pint boiling water,
1 teaspoonful of leaves of camomile, or
½ teaspoonful of powdered camomile.

Pour ½ pint of boiling water over the leaves or powder and allow to steep for three or four minutes, and strain. This is a bitter tonic.

SASSAFRAS TEA

4 sticks sassafras bark,
1 pint boiling water.

Pour the boiling water over the bark and allow to boil for five minutes. Strain.

FENNEL WATER

½ pint boiling water,
1 teaspoonful powdered fennel.

Pour the boiling water over the fennel powder and allow to steep for five minutes and strain.

CINNAMON WATER

1 ounce stick cinnamon,
1 pint boiling water.

Boil together fifteen minutes. Strain and serve hot or cold.

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FLAXSEED AND LICORICE TEA

1 ounce flaxseed,
2 drams licorice root,
1 pint boiling water.

Pour the boiling water over the whole flaxseed and licorice root, which has been previously bruised, cover, and cook very slowly for four hours. Strain before serving.

SLIPPERY ELM TEA

2 teaspoonfuls slippery elm powder, or
1 piece of the bark,
1 cupful boiling water,
Sugar to taste,
½ teaspoonful lemon juice.

Pour the water upon the slippery elm powder or bark. When cool, strain and flavor with sugar and lemon juice. This is soothing in case of inflammation of the mucous membrane.

GINGER TEA

1 tablespoonful molasses,
1 teaspoonful ginger,
½ cupful boiling water,
½ cupful sweet milk.

Mix molasses and ginger; pour on gradually the boiling water and boil one minute. Add the milk, and when thoroughly heated, serve.

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FLAXSEED TEA

2 tablespoonfuls unground flaxseed,
2 cupfuls boiling water,
Lemon juice to flavor,
Sugar to taste.

Wash the flaxseed and add the boiling water to the washed flaxseed. Simmer one hour. Strain. Add the lemon juice and sugar as indicated. Serve hot or cold.

CATNIP TEA

1 tablespoonful catnip leaves,
1 pint boiling water.

Pour the boiling water over the leaves, allow to steep for five minutes, strain, and serve. This is efficient in relieving colic in infants when given by mouth or when used as an enema.

MINT TEA

This is made by using the same proportions and proceeding as for catnip tea. It is used for the same purpose.

SAGE TEA

1 teaspoonful sage leaves.
1 pint boiling water.

Pour the water over the sage leaves, steep five minutes, strain, and serve. Good in cases of flatulence and sometimes allays nausea.

ALMOND MILK

2 ounces sweet almonds,
2 ounces milk.

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Scald 2 ounces of sweet almonds with boiling water; after a few moments pour off the hot water and remove the hulls. Put the blanched almonds into a mortar, pound them thoroughly, and add 2 ounces of milk (or 2 ounces of water) and mix well. Strain through a cheese-cloth. The strained liquid is the so-called almond milk.

TOAST WATER

2 slices stale bread,
1 cupful boiling water,
A pinch of salt.

Cut the stale bread into $\frac{1}{3}$-inch cubes and remove the crusts. Dry thoroughly in a slow oven until crisp and a delicate brown. Break into crumbs, add the water, cover, and let stand one hour. Strain through a cheese-cloth, season, and serve hot or cold. This often proves efficient in cases of nausea.

LIME-WATER

1 tablespoonful slaked lime,
1 quart boiled or distilled water.

Put the lime and water in a bottle, cork, and shake thoroughly two or three times during the first hour. The lime should then be allowed to settle, and after twenty-four hours the upper clear fluid poured off into a glass-stoppered bottle. Keep tightly corked and in a cool place.

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MILK PREPARATIONS

WHEY

1 quart milk,
1 teaspoonful essence pepsin.

Curdle 1 quart of new milk at 104° F. with essence of pepsin, liquid rennet, rennet powder (chymogen). After a time the milk coagulates. Let it stand for one-half hour, then pour the whey off; or hang the curdled milk in a straining cloth and let the whey drip out.

LEMON WHEY

1 cupful hot milk,
2 teaspoonfuls sugar,
2 tablespoonfuls lemon juice.

Heat the milk in a double boiler. When hot add the lemon juice and cook without stirring until the whey separates. Strain through cheese-cloth and add the sugar. Serve hot or cold.

WINE WHEY

1 cupful sweet milk,
¼ cupful sherry wine.

Heat the milk to the boiling-point, add the wine, and

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cook without stirring until the whey separates. Strain through a fine strainer and serve hot or cold.

ACID PHOSPHATE WHEY

1 cupful hot milk,
2 teaspoonfuls sugar,
1 teaspoonful Horsford's Acid Phosphate.

Heat the milk in a double boiler; add the acid phosphate; cook without stirring until the whey separates. Strain through cheese-cloth and add the sugar. Serve hot or cold.

JUNKET

This is a healthful dessert made simply of pure milk and sufficient junket tablet to coagulate the milk. It is nutritious and easily digested.

Milk or cream that has been boiled or sterilized cannot be used in making junket, and care must be taken not to heat the milk more than lukewarm, as hot milk spoils the action of the tablet.

CUSTARD JUNKET

½ cupful hot milk,
1 egg,
4 tablespoonfuls sugar,
¾ cupful lukewarm milk,
¼ teaspoonful vanilla,
½ junket tablet,
2 teaspoonfuls cold water.

Beat the egg, and add to it 2 tablespoonfuls sugar.

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Pour the hot milk on the mixture of egg and sugar, and stir thoroughly. Put this mixture into the top of the double boiler and stir constantly until it thickens; take at once from the fire and cool. Mix 2 tablespoonfuls of sugar with lukewarm milk, add this to the *cooled* custard, and blend thoroughly. When lukewarm add the vanilla and the tablet dissolved in cold water. Pour the mixture immediately into sherbet cups or small glasses. Stand in a warm room undisturbed until firm like jelly, then put on ice to cool.

COCOA JUNKET

1 tablespoonful cocoa,
2 teaspoonfuls sugar,
2 tablespoonfuls boiling water,
1 cupful milk,
¼ junket tablet,
1 teaspoonful cold water,
3 drops vanilla.

Rub the cocoa, sugar, and boiling water to a smooth paste, place over the fire, and bring to the boiling-point. Add gradually the fresh cool milk and heat until lukewarm, not more; add the vanilla and then the tablet dissolved in cold water. Place in molds and keep in a warm room until jellied. Place on ice and serve plain or with sweetened cream.

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COFFEE JUNKET

2 tablespoonfuls boiled coffee,
1 cupful milk,
2 tablespoonfuls sugar,
¼ junket tablet,
1 teaspoonful cold water.

Heat the milk until lukewarm and add the coffee and sugar; when the sugar is dissolved add the tablet dissolved in cold water. Place in molds, keep in a warm room until jellied, and place on ice to cool.

VANILLA, BITTER ALMOND, OR STRAWBERRY JUNKET

½ teaspoonful of vanilla, or
½ teaspoonful of bitter almond extract, or
1 tablespoonful pure concentrated strawberry syrup,
½ pint fresh milk,
¼ junket tablet.

Add the desired flavoring to the fresh cool milk, heat till lukewarm, add the junket tablet previously dissolved in cold water, and remove from stove. Allow to stand in a warm room until firm, then place on the ice to cool.

FROZEN JUNKET

½ pint milk,
¼ junket tablet,
4 ounces pure cream.

Heat the milk until lukewarm, add the dissolved junket tablet, remove from the fire, and add the pure

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cream. Pour at once into the freezer and freeze the same as ice cream.

JUNKET FROM CONDENSED MILK

1 can condensed milk,
1 can hot water,
½ junket tablet,
¼ teaspoonful vanilla.

In making junket, where fresh milk cannot be secured, condensed milk may be used. To 1 can of condensed milk add an equal quantity of hot water and stir thoroughly; add ¼ teaspoonful vanilla. Cool the mixture to a lukewarm temperature and add ½ junket tablet previously dissolved. Pour into individual glasses and let stand until firm. Cool and serve.

CHOCOLATE JUNKET

1 quart milk,
½ cupful sugar,
1 square chocolate, or
2 tablespoonfuls cocoa,
1 teaspoonful vanilla,
Whipped cream as desired,
1 junket tablet.

Sweeten a quart of milk with ½ cupful of sugar. Melt 1 square of chocolate or 2 tablespoonfuls of cocoa, add ½ cupful of the milk, and boil one minute. Remove from the fire, add the remainder of the milk, which must not

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be boiled, and 1 teaspoonful of vanilla. Probably this mixture will now be lukewarm; if it is not, warm it until it is. Stir in 1 junket tablet (previously dissolved in water). Pour at once into serving dishes and leave undisturbed until firm. Place on ice to cool. If whipped cream sweetened and flavored with vanilla is heaped upon the chocolate junket before serving, a most delicious dessert is obtained.

JUNKET ICE CREAM

½ cupful cream,
½ cupful milk,
2½ tablespoonfuls sugar,
⅓ junket tablet,
2 teaspoonfuls cold water,
⅔ teaspoonful vanilla.

Heat the milk until lukewarm, add the sugar and vanilla; when the sugar is dissolved add the tablet dissolved in the cold water. Allow it to stand in a warm room until firm, then beat thoroughly, turn into a small pail, and freeze. The junket improves the consistency of any cream.

Note.—The preparation may be varied by adding 2 teaspoonfuls of cocoa dissolved in a little boiling water. Add the cocoa to the mixture *before* adding the junket tablet.

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PLAIN JUNKET

½ junket tablet,
1 pint milk,
Flavoring to taste.

Into a small bowl put ½ junket tablet or 1 teaspoonful essence of pepsin, and add 1 pint of fresh cold milk; stir gently to mix thoroughly. Place the bowl containing the milk and the digestive ferment in a pan of larger size, and pour into the larger pan boiling water sufficient to come to the level of the mixture. Let the bowl stand in the hot water for two minutes; then remove and let stand until it is firmly jellied. The junket is now ready for use just as it is or sprinkled with sugar or grated nutmeg. To keep the junket place it on ice or in a very cold place.

BUTTERMILK MIXTURE. A. (Heubner)

1 quart buttermilk,
2½ level tablespoonfuls wheat flour,
3 to 4 level tablespoonfuls cane-sugar.

To a few tablespoonfuls of buttermilk add 2½ level tablespoonfuls of flour and rub to a paste. Add enough buttermilk to make 1 quart. (1) Bring to a boil, withdraw from fire; (2) bring to a boil, withdraw from fire; (3) add 3 to 4 level tablespoonfuls of cane-sugar and bring to a boil for the third time. (1, 2, and 3 should require about thirty minutes' time.) Add boiled water if necessary to make 1 quart; put on ice.

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BUTTERMILK MIXTURE. B. (Jules Brady)

24 oz. ordinary buttermilk or acidified skimmed milk,
8 oz. barley water (1 oz. barley flour to 8 oz. water),
1 oz. Mellin's Food,
½ oz. cane-sugar.

Mix the ingredients and place on ice.

BUTTERMILK MIXTURE. C. (Jules Brady)

21⅓ oz. acidified whole milk,
10⅔ oz. barley water (use 1 oz. barley flour as above),
1 oz. cane-sugar.

Mix the ingredients and place on ice.

BUTTERMILK FORMULA (Baginsky)

1 quart buttermilk,
1 to 3 tablespoonfuls browned flour,
1 to 3 tablespoonfuls cane-sugar.

Mix the ingredients together until smooth, put on a slow fire and, while constantly stirring, boil for three to five minutes. Allow to cool and place on ice.

SWEETENED JUNKET

1 cupful milk,
¼ junket tablet,
1 tablespoonful sugar,
2 or 3 drops vanilla.

Warm 1 cupful of milk in a double boiler until it is lukewarm. Add to this ¼ of a junket tablet or ½ tea-

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spoonful essence of pepsin, 1 tablesponful sugar, and 2 or 3 drops of vanilla. Pour into molds and put in a warm place until the mixture is firmly set, then put in the ice-box to chill.

ACIDIFIED MILK

1 lactic acid bacilli tablet,
1 quart milk.

Add a pure culture of lactic acid bacilli to raw or boiled, whole, or skimmed milk (depending on the kind of acidified milk desired), place in an earthenware dish and allow to stand at about 80° F. for fifteen to twenty hours, or until the milk is curdled. Stir vigorously in a churn or with a spoon or egg-beater until the curds are very small, and then pass the mixture through a fine wire strainer. If the buttermilk is too thick, add a small amount of water. When the buttermilk is once made, a small portion (about 4 ounces) may be used for the inoculating agent for the next supply to be made. In this way the original culture may be made to last from six to eight weeks. The quantity and action of the product made will vary but little. Add 4 ounces of buttermilk to 1 quart of fresh milk, put in a warm place, and follow the above directions.

Sometimes the milk will not coagulate, although it may smell sour. Stirring gently with a spoon will often produce coagulation in a few minutes. The fat present will rise to the top, and when coagulated appears as a

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brownish-yellow scum, which may be removed before the curd is broken up.

HYDROCHLORIC ACID MILK

1 quart milk,
1 pint water,
25 drops dilute hydrochloric acid
(10 per cent. solution).

Add the milk to the water and bring to the boiling-point. Then add the hydrochloric acid. Cool before serving.

SOY BEAN AND CONDENSED MILK (Ruhräh)

1 quart water,
1 level tablespoonful soy-bean flour,
2 level tablespoonfuls barley flour,
A pinch of salt,
Condensed milk as desired.

To 1 quart of water add the soy-bean flour and the barley flour, and a pinch of salt. Boil for twenty minutes or longer, and replace the water lost by evaporation. To this add condensed milk, varying the proportion from 1 to 16 to 1 to 8: 1 to 8 would require the addition of 1 dram of condensed milk to each ounce of fluid; 1 to 16 would require 1 dram of condensed milk to 2 ounces of fluid, according to the age of the child. As a rule this will be found to agree admirably, and may be used in quantities varying from 2 to 8 ounces at a feeding. The preparation may be varied

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in composition, and in older children the barley flour and soy-bean flour may be increased to double the strength advised above; that is, 2 level tablespoonfuls of soy-bean flour and 4 of barley, and occasionally this may be increased still further.

If too large a quantity of soy bean is used, or if it is used without a sufficient amount of starch or condensed milk, it is liable to cause thin, dark-colored, foul-smelling stools.

CHYMOGEN OR PEGNIN MILK

1 quart milk,
1 teaspoonful chymogen or pegnin.

Boil the milk for five minutes, cool to 104° F., and add 1 teaspoonful of chymogen or pegnin, and stir for one-half minute. Allow to stand for twenty minutes, when it will have coagulated, then beat it until the curds are finely divided. Do not heat above 100° F. when preparing the individual bottles for feeding.

ALBUMIN OR EIWEISS MILK (Finkelstein)

1 quart milk,
Digestive ferment,
1 pint buttermilk,
2 level tablespoonfuls wheat flour,
1 pint water,
Dextrimaltose as directed.

Heat 1 quart of fresh whole milk to 98° to 100° F., then add 2 level tablespoonfuls chymogen powder or

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essence of pepsin (1 teaspoonful) or a junket tablet (previously dissolved in a little cold water), place in a water-bath of 107° F. for fifteen to twenty minutes until coagulated, and then hang in a sterile muslin bag one hour to drain off the liquor of the milk.

To the curd of 1 quart of milk thus obtained add 1 pint of buttermilk and rub through a copper hair-strainer three times. To this add 2 level tablespoonfuls of wheat flour rubbed to a paste with 1 pint of water. Boil the mixture ten minutes, cutting back and forth constantly, not stirring, with a large wooden spoon; otherwise large curds will form. If necessary add water to make the finished mixture 1 quart.

Dextrimaltose (3 to 5 per cent.) should be added when directed by the physician. The early addition of 3 per cent. dextrimaltose is advisable. This is best done by dissolving the dextrimaltose in a moderate quantity of water and adding while the mixture is boiling. The albumin milk must not be overheated before feeding, as it will curdle.

ALBUMIN MILK (Engel)

1 quart milk,
3 level teaspoonfuls chymogen,
1 quart sterile water

Boil 1 quart of milk for five minutes. Place in a water-bath of a temperature 104° to 107° F. and add 3 level teaspoonfuls chymogen (dissolved in cold water).

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Let the milk thus treated rest at room temperature one-half hour. The milk now having cooled to 89° to 91° F., heat it rapidly to 104° to 107° F.; after a few minutes the milk will begin to coagulate. Stir constantly until the desired temperature is reached. Do not disturb for fifteen minutes. Add 1 quart of sterile water and mix. After a time the curds settle to the bottom; let rest one-half hour, and then pour off one-half of the fluid which has collected at the top. The preparation is now completed, the lower quart being used. Do not heat this milk over 100° F. before feeding or coagulation will take place.

ALBUMIN MILK (Müller and Schloss)

1 quart water,
1 quart buttermilk,
4½ ounces boiled top-milk,
1 ounce dextrimaltose.

Mix 1 quart of water and 1 quart of buttermilk, and boil two or three minutes. Allow to stand quietly in a room for thirty minutes, when the curds will have settled to the bottom and the whey will have formed over them. Pour off 36 ounces of the whey and mix the remaining curds thoroughly. Pour 4½ ounces from the top of a quart of milk which has been previously boiled. Put this in a mixing bowl and add to it an ounce of dextrimaltose and 27½ ounces of the prepared curds from

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which the whey has been poured away; mix all together thoroughly. Thus 1 quart of albumin milk is ready for use.

ALBUMIN MILK (Heim and John)

21 ounces hot water,
21 ounces milk,
3½ quarts boiled milk,
Digestive ferment.

From 21 ounces of raw cows' milk obtain the casein by adding a digestive ferment. The curds should be separated from the whey and 21 ounces of hot water added to the curds. Bring to a boil while stirring constantly, then strain through a hair sieve. In this way an almost homogeneous milk is obtained. Mix this with 3½ quarts of boiled milk and boil again, so that tough membranes or lumps may not form, as is sometimes the case when the fresh casein is put through a sieve and boiled but once.

KOUMISS (Peiser)

1 pint milk,
¼ cake yeast,
1 teaspoonful sodium bicarbonate
(20 per cent. solution),
1 pint water.

Place a pint of milk in a quart flask and add to this ¼ cake of yeast and shake thoroughly. Place the flask

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near the oven and control the temperature with a thermometer, keeping it at about 86° F. During the day the shaking should be repeated at intervals. After twenty-four hours the koumiss is ready, though not in a form available for the infant. To reduce the acidity, 1 teaspoonful of sodium bicarbonate (20 per cent. solution) should be added, and the koumiss diluted with an equal quantity of water. Thus is obtained a mixture equal in milk-sugar and whey content to albumin milk.

BENGER'S FOOD

Benger's Food may be added to a milk mixture to constitute from 2½ to 5 per cent. of the total mixture. Thus, to a 30-ounce mixture it will be necessary to add 1½ ounces of Benger's Food to make 5 per cent. of the total or ¾ ounce of Benger's Food to make 2½ per cent. The formula of the milk mixture may contain the amount of milk and water as directed by the physician. Prepare in the following way: Add 1 or 2 ounces of the prepared formula to the Benger's Food and rub to a smooth paste. Bring the remainder of the formula to the boiling-point in the double boiler, then pour this boiling mixture over the paste. Mix well and allow to stand without heat for fifteen minutes. Heat for the second time to the boiling-point in an open stew-pan over an open flame, stirring most of the time. Allow to cool and place on ice.

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SCHLOSS MILK (Formula A)
(For Infants under three months)

6 ounces or 176 c.c. of 16 per cent. cream,
4½ ounces or 140 c.c. of whole milk,
23 ounces or 700 c.c. water,
3 grains or 0.2 gram potassium chlorid,
1 ounce or 30 grams dextrimaltose,
½ ounce or 15 grams flour,
1 level teaspoonful or 5 grams powdered casein.

Mix all the ingredients except the potassium chlorid, and boil for fifteen minutes. Cool and add the potassium chlorid in solution.

SCHLOSS MILK (Formula B)
(For Infants over three months)

6 ounces or 176 c.c. 16 per cent. cream,
4½ ounces or 140 c.c. whole milk,
23 ounces or 700 c.c. water,
3 grains or 0.3 gram potassium chlorid,
1½ or 2 ounces or 45 to 60 grams dextrimaltose,
1 level teaspoonful or 5 grams powdered casein.

Mix the same as preceding.

These recipes are intended to make 1 liter (quart) of the mixture. It contains the same precentage of salts and fats as human milk, but less sugar without the dextrin and maltose and the powdered casein. If flour is used it must be boiled with the sugar casein prepara-

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tion for fifteen minutes. If no flour is used the mixture is simply brought to the boiling-point.

LAROSAN MILK

⅔ ounce Larosan powder,
1 pint milk,
Water or gruel as directed,
Sugar as directed.

Rub into a paste 1 small package (⅔ ounce) Larosan powder with a small quantity taken from a pint of fresh milk. Bring the remainder of the pint to a boil and add the mixture to it; boil the whole for five minutes, stirring constantly. Strain through a fine sieve, and add water or gruel as the physician directs. Add sugar in the proportion of 3 to 5 per cent., as directed.

FRIEDENTHAL'S MILK FORMULA

11 ounces skimmed milk,
20 ounces water,
8⅓ ounces 16 per cent. cream,
2 ounces milk-sugar,
14.4 grains potassium chlorid,
7.2 grains monobasic potassium phosphate,
7.2 grains dibasic potassium phosphate.

Mix together the skimmed milk, water, cream, and milk-sugar. Pasteurize for twenty minutes at 140° F. Cool and add the potassium salts in solution.

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KELLER'S MALT SOUP

11 ounces warm milk,
2 ounces flour,
2¾ ounces Loefflund's or Borcherdt's Malt Soup Extract,
20 ounces water.

To 11 ounces of warm milk gradually add the flour (which has been rubbed to a thin paste with a little cold water), stirring constantly while adding it. Pour through a clean sieve or muslin.

In another dish dissolve 2¾ ounces of the malt soup extract in 20 ounces of warm boiled water. Then mix both solutions, put on the fire, and, while stirring constantly, boil for two or three minutes.

MILK-MALT SOUP MADE FROM POWDER

5 rounded tablespoonfuls of dry malt soup powder,
22 ounces warm water,
3 rounded tablespoonfuls wheat flour,
11 ounces milk.

Dissolve the dry malt soup powder in the warm water; mix the wheat flour with the milk and strain through a cheese-cloth. Then mix all together and bring to boil in a double boiler, stirring frequently. Boil five minutes.

To dissolve the dry malt soup powder add it slowly to the warm water, stirring until complete solution is obtained.

Malt soup is of great value in the treatment of con-

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stipation in the artificially fed infant; the laxative effect is due to the high percentage of maltose which it contains.

ARTIFICIAL MILK

1 ounce suet,
1 pint thin barley water,
¼ ounce gelatin,
1 teaspoonful milk-sugar,
12 sweet almonds.

Cut up very finely 1 ounce of suet and tie loosely in a muslin bag. Boil slowly for an hour in the barley water, to which has been added ¼ ounce of gelatin and milk-sugar as directed. Add a little water occasionally as it boils away. Pound up 12 sweet almonds and pour the fluid slowly on them, and mix well. Strain before using.

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BROTHS AND SOUPS

Animal Broths

LAMB OR VEAL BROTH

1 pound lamb or veal,
1 quart cold water,
A pinch of salt.

Chop the meat fine and add to the cold water with a pinch of salt; cook slowly for two or three hours in a double boiler. Add water if necessary from time to time, so that when finished there will be 1 pint of broth. Strain. When cold, skim off the fat.

VEAL BROTH FOR DELICATE CHILDREN

1 pound veal,
1 quart water,
A pinch of salt,
6 teaspoonfuls cream.

Veal broth may be made in the usual way, carefully skimming off all the fat; 20 drops of cream may then be added to each ounce of broth. Sugar may be added if indicated.

CHICKEN BROTH

1 small chicken or ½ large fowl,
1 quart boiling water,
A pinch of salt.

Remove the skin and fat from the chicken or fowl

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and chop bones and all into small pieces. Add 1 quart boiling water and the salt. Cover and allow to simmer over a slow fire or in a double boiler for two hours. After removing from the fire, allow to stand one hour and then strain. While cooking add water if necessary from time to time so that there will be 1 pint when finished.

Vegetable Soups

CREAM SOUPS

1 tablespoonful cooked peas, or potatoes, or asparagus, or corn, or tomatoes,
½ cupful water,
½ cupful sweet milk,
½ teaspoonful flour,
¼ teaspoonful butter,
A pinch of salt.

Cream soups may be made from vegetable pulp, using 1 tablespoonful of cooked peas, or potatoes, or asparagus. Add to the pulp ½ cupful of water in which the vegetables were cooked and ½ cupful sweet milk. Mix ½ teaspoonful of flour with the butter and salt, add to the above mixture, and boil several minutes. Strain if necessary and serve hot.

Corn or tomatoes may be used in the same manner, using 2 tablespoonfuls of the strained vegetables, ⅓ pint water, and ⅔ pint of milk. When tomatoes are used, add a small pinch of baking soda before adding the other ingredients.

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GREEN PEA SOUP

1 pint shelled peas,
1½ pints boiling water,
1 quart milk,
1 slice onion,
2 tablespoonfuls butter,
1 tablespoonful flour,
A pinch of salt.

Put the peas in a stew-pan with the boiling water and a small slice of onion and cook until tender, which will be about thirty minutes. Pour off the water, saving for use later. Mash the peas fine, then add the water in which they were boiled, and rub through a purée sieve. Return to the saucepan, add flour and butter (beaten together) and the salt. Now gradually add the milk, which must be boiling hot, beat well, and cook ten minutes, stirring frequently.

CARROT SOUP (A)

1 pound carrots,
1 pint water,
1 quart meat broth,
A pinch of salt.

Scrape 1 pound of carrots and cook them in a pint of water for forty-five minutes, or until soft. Put them through a fine wire strainer into a quart of previously prepared meat broth. Salt to taste.

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CARROT SOUP (B)

1 pound carrots (red part only),
1 quart milk,
2 tomatoes,
1 ounce butter,
A pinch of salt.

Boil the carrots for thirty to forty-five minutes in a pint of water, drain, and allow them to cool; grate or pound the red part until smooth. Skin the tomatoes and cook with the butter in a small saucepan and add to the carrots. Add all to the boiling milk (which has been brought to boil in a double boiler) and let simmer for forty-five minutes. Serve with toasted squares of bread.

POTATO SOUP

6 medium-sized potatoes,
½ pint chopped celery,
1 slice onion (if desired),
1 tablespoonful butter,
1 tablespoonful flour,
1½ tablespoonfuls salt,
1 quart milk.

Pare the potatoes and put in a stew-pan with the celery and the slice of onion (if desired). Cover with boiling water and put over a hot fire. Cook thirty minutes. Reserve half a cupful of the milk cold and bring the rest of the milk to the boiling-point in a double boiler. Mix the flour with the cold milk and stir into the boiling

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milk. When the vegetables have been cooking thirty minutes, pour off the water, saving it to use later. Mash and beat the vegetables until fine and light, then gradually beat in the water in which they were boiled, rub through a purée sieve; put back on the fire. Add the salt and whip with an egg-beater for three minutes, then gradually beat in the boiling milk. Add the butter and serve at once.

SPLIT PEA SOUP

1 pint split peas,
4 quarts water,
½ pound salt pork,
1 slice onion,
2 tablespoonfuls celery,
1 tablespoonful flour,
1 tablespoonful butter.

Pick the peas over that there may be no blemished ones, then wash and soak in cold water over night. In the morning drain off the water and put them in the soup with 4 quarts of water and the salt pork. Simmer gently seven hours, being careful that the soup does not burn. When it has cooked six hours add the seasoning. Stir the soup with a large wooden spoon. When done it should be thin enough to pour. By boiling it may become too thick; if so, add boiling water.

When thoroughly cooked the soup is smooth and rather mealy. If not cooked enough, after standing a

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few minutes the thick part will settle and the top look watery. At the end of seven hours strain the soup through a sieve and return to the soup pot. Beat the flour and butter together until creamy, then stir into the soup, and simmer half an hour longer. If the pork has not seasoned the soup sufficiently, add a little salt. For some tastes the soup will be improved by the addition of a quart of boiling milk. Serve little squares of toasted bread in a separate dish.

SPINACH SOUP

4 tablespoonfuls boiled spinach,
1 slice onion,
1 quart milk,
½ tablespoonful butter,
½ tablespoonful flour,
Salt to taste.

Prepare the spinach as follows: Wash well in three or four waters. Boil it in as little water as will keep it from burning and stir frequently; it will take from ten to fifteen minutes to cook, according to the age of the spinach. Drain it and rub through a sieve.

Slice the onion, throw it into cold water, bring quickly to the boiling-point. Boil the milk and drop the onion into it, and let it simmer for a minute or two. Then strain out the onion and add the milk and salt to the prepared spinach.

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CAULIFLOWER SOUP

1 large or 2 small cauliflowers,
1 quart white stock,
A pinch of salt.

Boil the cauliflower in water until tender, but not broken. This will require from twenty to thirty minutes. Keep little sprays of the white part to add to the soup before serving. Add the rest to the stock and simmer for ten minutes, then put it through a wire sieve. Return to a saucepan and add the sprays of cauliflower and serve very hot.

The white stock is made by mixing 2 ounces of barley flour with a little cold water, adding it to 1 quart of boiling milk, seasoned with a little butter and salt, and then boiling until it thickens.

VEGETABLE SOUP

¼ pound lamb,
1 potato,
1 carrot,
2 stalks celery,
1 tablespoonful pearl barley,
2 tablespoonfuls rice,
2 quarts water,
A pinch of salt.

Cut the vegetables into small pieces, add these and the barley and rice to 2 quarts of water, and boil down to 1 quart, cooking three hours. Add a pinch of salt and strain before serving.

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QUICK LENTIL SOUP

1 teaspoonful lentil powder
½ pint boiling water,
Pinch of celery salt,
1 or 2 tablespoonfuls of cream or ½ teaspoonful butter.

Stir 1 teaspoonful of lentil powder into ½ pint of boiling water, cook thirty minutes, add a little celery salt, take from the fire, and add a tablespoonful or two of cream or a little butter.

NAVY BEAN SOUP

2 ounces (4 tablespoonfuls) navy beans,
1½ pints water,
1 cupful meat broth,
1 teaspoonful butter,
1 teaspoonful flour,
½ teaspoonful salt.

Soak 2 ounces of beans in cold water, drain off, and cook them slowly in 1½ pints of water until they are soft but not broken. Rub through a sieve, add 1 cupful of meat broth, and cook for one-half hour, adding more broth if it boils away. Mix together 1 teaspoonful of butter, 1 teaspoonful of flour and ½ teaspoonful of salt, and add to the soup. Return to the fire and cook for a few minutes.

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Farinaceous Soups

BROWNED FLOUR SOUP

1 tablespoonful wheat flour,
½ teaspoonful butter (if desired),
1 quart water,
A pinch of salt.

Brown the flour in a clean pan with or without the butter. Add 1 quart of water and bring slowly to the boiling-point, stirring constantly. Salt to taste. Feed cold or warm. This is very useful in diarrhea in older children.

MACARONI SOUP

2 tablespoonfuls barley flour,
½ pound macaroni,
1 quart milk,
1 ounce butter,
A pinch of salt,
1 pint water.

Boil the macaroni in a pint of water for twenty minutes, then drain and cut in ½-inch lengths. Boil the milk in a double boiler with the butter and salt, thicken with 2 tablespoonfuls of barley flour, add the macaroni, and cook for forty-five minutes.

FARINA SOUP

1 pint meat broth,
1 tablespoonful farina,
Salt to taste.

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To a pint of meat broth gradually add, while stirring, 1 even tablespoonful farina, and boil down to 1 cup (½ pint), boiling about twenty minutes. The farina may be boiled for fifteen or twenty minutes before adding the meat broth, then the farina and broth may be boiled together but ten minutes.

VEAL AND VEGETABLE BROTH WITH FARINA

1 pound veal,
1 quart water.

Cook two to four hours, drain off broth.

1 medium-sized potato,
1 carrot,
¼ cupful dry farina,
A pinch of salt.

Scrape the vegetables, cut into small pieces, and cook in double boiler until tender. Strain through a fine strainer, add this to the meat broth, and reheat. When hot add ¼ cupful of farina and cook for one hour. Season.

Miscellaneous Soups

LIEBIG'S EXTRACT OF BEEF THICKENED

1 teaspoonful Liebig's Extract,
1 pint boiling barley water,
1 teacupful milk, or whites of 2 eggs,
A pinch of salt.

A teaspoonful of Liebig's Extract may be added to a pint of boiling barley water, which has been seasoned

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with a pinch of salt. To this may be added also a teacupful of milk. Instead of the milk the whites of 2 eggs, beaten up with 2 tablespoonfuls of milk, may be stirred into the beef extract and barley water when cool enough to be taken. Too great heat will coagulate the egg albumen.

DRIED FRUIT SOUP

½ cupful dried apricots,
½ cupful prunes,
1 pint cold water,
Sugar to taste,
1 teaspoonful rice flour (if desired).

Pick over and wash the fruit until perfectly clean. Cook in a pint of water until soft; strain and squeeze out the juice. Sweeten to taste. If desired it may be thickened by adding 1 rounded teaspoonful of rice flour to each pint of fruit juice. After adding the flour cook twenty minutes to convert raw starch.

WHEY SOUP

1 pint milk whey,
2 to 3 level teaspoonfuls cornstarch or cornmeal.

Make the whey by the whey recipe given previously, mix the meal with a small portion of the whey, and bring the rest of the whey to the boiling-point. While stirring continually pour the meal into the whey, boil a short time, and then strain through a hair-sieve. After

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standing for a time the soup stiffens, but becomes fluid when it is heated to body temperature.

APPLE SOUP

½ pound apples,
1 pint water,
1 heaping tablespoonful sugar,
Lemon peel,
A pinch of salt.

Wash the apples, slice them into the water, and stew for thirty to forty-five minutes. At the termination of the cooking add the sugar and some lemon peel. Strain the soup through a hair-strainer and add a pinch of salt.

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GRUELS

CEREAL GRUELS

Cereal.			Salt.	Boiling water.	Scalded milk.
1 tbsp.	barley flour.....		¼ teasp.	½ cup	½ cup
1 "	rice flour.....		¼ "	½ "	½ "
1 "	farina.....		¼ "	½ "	½ "
1 "	oat flour.....		¼ "	½ "	½ "
2 "	cracker crumbs..		¼ "	½ "	½ "

In the top of the double boiler mix the desired flour with enough cold water to form a paste. Add the boiling water, boil for two or three minutes over the fire, then set over the lower part of the double boiler and cook for fifteen or twenty minutes, stirring frequently. Add the salt and scalded milk and serve in a hot cup or bowl. The cracker gruel does not need to be mixed with the cold water nor cooked over the hot water, as it is sufficiently cooked by the two or three minutes' boiling.

FLOUR-BALL GRUEL

1 tablespoonful grated flour-ball,
½ pint milk,
A pinch of salt,
1 tablespoonful cold water.

Grate 1 tablespoonful of flour from a previously prepared flour-ball (see recipe for Flour-ball). Put the flour into ½ pint of fresh milk and stir over the fire until

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it comes to a boil. Add a pinch of salt and a tablespoonful of cold water and serve. The gruel is excellent for children with diarrhea.

BROWNED RICE FLOUR GRUEL

2 tablespoonfuls browned rice flour,
6 tablespoonfuls water,
½ pint boiled water.

To make the browned rice flour, put ½ pound of rice flour into a granite baking-pan and place in the oven; shake and stir it occasionally until every grain of the flour is slightly browned. Take it from the oven, and when it is cold put it in a glass jar and cover it.

To make the gruel, moisten 2 tablespoonfuls of the browned flour in 6 tablespoonfuls of cold water. Add ½ pint of freshly boiled water, place over the fire in a double boiler, and cook for one-half hour.

Serve plain or with milk, or add 2 tablespoonfuls of cream. With the addition of an equal quantity of milk this food is well adapted to infants and young children.

FARINA MILK GRUEL

½ pint milk,
1 tablespoonful farina,
A pinch of salt.

Put ½ pint of milk in double boiler or in a saucepan and heat it to the boiling-point over hot water. Sprinkle

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into the milk a tablespoonful of dry farina, and cook for twenty minutes, stirring frequently.

ARROWROOT GRUEL (A)

1 teaspoonful Bermuda arrowroot,
2 teaspoonfuls cold milk,
½ pint boiling milk,
½ teaspoonful sugar,
A pinch of salt,
A pinch of cinnamon, or ½ teaspoonful of brandy, or a dozen large raisins.

Mix the arrowroot with the cold milk. Stir this slowly into the boiling milk, and allow to simmer for five minutes. Stir constantly to prevent lumps or burning. Add the sugar and salt, and, if desired, a pinch of cinnamon. In place of the cinnamon ½ teaspoonful of brandy or a dozen large raisins may be boiled in the milk. If the raisins are used they should be stoned, and the sugar may be omitted.

ARROWROOT GRUEL (B)

2 tablespoonfuls arrowroot,
2 tablespoonfuls cold water,
1 cupful boiling water or milk,
A pinch of salt.

Mix the arrowroot with the cold water until smooth. Add to it the boiling water or boiling milk and cook for one hour. Add a little salt, strain, and serve hot.

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ARROWROOT GRUEL (C)

1 teaspoonful arrowroot,
1 tablespoonful cold milk,
1 pint warm milk,
Salt to taste.

Mix well 1 teaspoonful of arrowroot with 1 tablespoonful of cold milk. Put this into a saucepan containing ¾ to 1 pint of milk which is quite warm but not boiling. Stir gently, but not too slowly, and always one way, from left to right, using the handle of a wooden spoon. Stir constantly until it thickens and is of a cream-like consistency, when it is ready for use.

FLOUR GRUEL

1 tablespoonful boiling water,
1 cupful milk,
⅛ teaspoonful salt,
½ tablespoonful flour,
Sugar and butter as desired.

Put the boiling water in an uncovered pan. Add the milk and salt and bring to the boiling-point. Mix the flour to a smooth paste with a little cold milk, add to the boiling fluids, and cook five minutes, stirring constantly.

Strain into a cup and serve. The gruel may be varied by adding ½ teaspoonful of butter before straining. It may be sweetened to taste.

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CRACKER GRUEL

½ cupful milk,
½ cupful water,
1 tablespoonful rolled and sifted cracker crumbs,
⅛ teaspoonful salt.

Bring the milk and water to the boiling-point, add the cracker crumbs, and cook in a double boiler for five minutes. Salt to taste.

GRUELS FROM RICE, OATS, WHEAT, AND BARLEY

These are made in the same manner either from the flours or from the grains. If the flours are used the proportions are 2 to 4 level tablespoonfuls of the flour to a pint of water. When the grains are used, 2 tablespoonfuls are soaked over night, then cooked for four hours. This should be strained, and when milk is to be added it must be stirred in immediately after removing from the fire.

CORNMEAL GRUEL

½ cupful yellow cornmeal,
1 pint hot water or hot milk,
Salt to taste.

Sprinkle the cornmeal into the hot water or hot milk, to which the salt has been added. Cook for one hour in a double boiler.

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THICKENED MILK

1 tablespoonful wheat or rice flour,
¼ pint milk,
Sugar and cinnamon to taste.

Much nourishment is obtained from milk thickened with wheat flour or rice flour. The method is as follows: Rub the flour until smooth in a few spoonfuls of milk. Gradually add more milk until ¼ pint is used. Sweeten and flavor with cinnamon and boil for several minutes, stirring it continually to insure smoothness.

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SAGO JELLY

½ pint sago,
1 pint cold water,
1 pint boiling water,
A pinch of salt,
½ cupful sugar,
1 teaspoonful lemon juice.

Soak the sago over night in a pint of cold water; in the morning add a pint of boiling water and a pinch of salt. Boil in the double boiler one hour, then add 1 cupful of sugar and the lemon juice.

SAGO PUDDING

1 pint milk,
1¾ ounces sago,
1¼ ounces butter,
2 eggs,
1 teaspoonful sugar.

Cook 1¾ ounces of well-washed white sago in a pint of milk. Stir often to prevent burning. When the sago becomes tender place it in a dish to cool. Add 1¼ ounces of butter and stir until it froths. To this add the yolks of 2 eggs, one after the other, 1 teaspoonful of sugar after each egg, and lastly whip the whites of the eggs and stir them in. Bake in a well-buttered form with moderate heat for three-quarters of an hour.

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RICE MILK (A)

1 ounce rice,
1 pint scalded milk,
1 saltspoonful salt,
1 teaspoonful sugar.

Soak the rice in cold water for twelve hours. Strain and add 1 pint scalded milk, the salt, and sugar. Stir well and cook for one hour. Rub through a fine sieve and dilute with more milk if desired. Sago or tapioca may be used in the same way.

RICE MILK (B)

1 pint boiling milk,
1⅔ ounces rice,
1 tablespoonful sugar.

Stir into a pint of boiling milk 1⅔ ounces of well-washed rice, add a tablespoonful of sugar, and stir well. Cook slowly until it is soft, which usually requires about one hour.

ORANGE RICE

1⅔ ounces boiled rice,
Juice of 2 oranges,
1 heaping teaspoonful sugar,
1 paper of gelatin,
4 ounces boiling water,
1 sweet orange.

Make a mixture of the freshly boiled rice, the orange juice, sugar, and gelatin (dissolved in the boiling water).

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Build a shell with the sections of a sweet orange and fill with the above mixture. Serve cold.

MILK RICE WITH FRUIT

1 ounce rice,
1 pint boiling milk,
Small amount of lemon peel,
½ orange,
1 tablespoonful sugar,
Jelly or fruit as desired,
2 egg-whites,
½ teaspoonful pulverized sugar.

Wash the rice and pour it into 1 pint of boiling whole milk, cover, and cook slowly in a double boiler until soft. Then add a small amount of lemon peel, the orange and sugar, and stir well. Place in a flat porcelain dish some stiff jelly or, better, fresh fruit (pears, apples, oranges, or sliced pineapple). Pour the rice over the fruit, then the well-whipped whites of 2 eggs. Sprinkle it over with pulverized sugar, and set it in a moderately hot oven until it is a delicate brown.

RICE JELLY

1½ tablespoonfuls rice,
1 cupful cold water,
A pinch of salt,
⅔ cup milk,
1 egg-white.

Wash the rice and soak in cold water for two hours and

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drain. Bring the milk to a boil and gradually add the rice. Cook in a double boiler for one and a half hours. Strain through a fine sieve. Place in molds and pour over the rice the well-whipped egg-white. May be served cold with milk (or cream) and sugar.

CORNMEAL MUSH

1 level tablespoonful cornmeal,
½ pint warm milk,
¼ teaspoonful salt,
1 teaspoonful sugar.

Stir together slowly the cornmeal, warm milk, salt, and sugar, and boil for fifteen minutes.

Rice meal mush or oatmeal mush may be made in the same way, except that 1½ level tablespoonfuls of the latter are used instead of 1 tablespoonful of the former.

JUNKET AND CORNMEAL PUDDING

4 tablespoonfuls yellow cornmeal,
1 pinch salt,
1 pint boiling water,
1 pint milk,
2 tablespoonfuls sugar,
1 junket tablet,
Grating of nutmeg.

Put one pint of boiling water into a double boiler, add the salt, and then gradually add the meal, stirring con-

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tinually. Stir until quite smooth and cook for one-half hour. Remove from the fire and add 1 pint of cool milk in which 2 tablespoonfuls of sugar have been dissolved. Mix well together and when cooled to lukewarm add 1 dissolved junket tablet. Stir the junket tablet in quickly and turn the mixture at once into serving dishes. Grate over the top a little nutmeg. Let set until firm, and then place on ice to cool.

CORN FLOUR PUDDING

1 pint milk,
2 tablespoonfuls corn flour,
Flavor to taste,
Jam if desired.

With 1 pint of milk mix 2 tablespoonfuls corn flour; flavor to taste; then boil the whole eight minutes. Allow it to cool in a mold and serve with or without jam.

CORNSTARCH PUDDING

1 pint milk,
2 tablespoonfuls cornstarch,
1 level tablespoonful cane-sugar,
Flavor to taste.

With 1 pint of milk mix 2 tablespoonfuls of cornstarch and 1 level tablespoonful cane-sugar. Flavor to taste; then boil the whole eight minutes; allow to cool in a mold.

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HUNGARIAN PUDDING

1 once butter,
1 heaping tablespoonful pulverized sugar,
1 ounce flour,
4 ounces milk,
2 eggs,
¼ grated lemon peel,
⅓ teaspoonful sugar,
½ ounce bread crumbs.

Place the butter, pulverized sugar, and flour on the mixing board and make a ball. Boil the milk and place the ball in it, and cook, with continuous stirring, to a thick mush. Let cool. Stir in the yolks of 2 eggs one after the other, add the lemon peel, sugar, and finally the beaten whites of 2 eggs. Butter a stew-pan, sprinkle the bread crumbs on it, place this preparation in it, cover, and stew for one hour.

RICE AND MILK PUDDING

2 tablespoonfuls rice,
1 tablespoonful cornstarch,
2 pints milk.

Boil the milk in a double boiler, and while stirring add the rice and cornstarch and cook until the rice is soft and creamy in color. The pudding may be sweetened when served.

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CUSTARD PUDDING

1 egg;
1 teaspoonful sugar,
4 ounces milk,
1 teaspoonful flour (if desired).

Break the egg into a teacup and add the sugar, beating thoroughly. Add the milk, stir, and tie over the cup a small piece of linen; place the cup in a shallow saucepan half full of water, and boil for ten minutes. If it is desired to make a light batter pudding, a teaspoonful of flour should be mixed with the milk before tying up the cup.

FARINACEOUS PUDDINGS

PLAIN PUDDING

1 tablespoonful cornstarch, or
1½ tablespoonfuls farina, or
2 teaspoonfuls arrowroot,*
½ white of 1 egg,
½ cupful scalded milk,
½ tablespoonful sugar,
Few drops vanilla, or
1 teaspoonful brandy, or
Few shavings lemon rind.

See method below.

Note.—This amount of arrowroot will not make a pudding of sufficient stiffness to mold, but the arrowroot is more delicate unmolded.

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CHOCOLATE PUDDING

Farinaceous material same as for plain pudding,
½ cupful milk,
½ white of 1 egg,
1 tablespoonful sugar,
⅜ square of chocolate, melted,
A pinch of salt.

Method.—Mix farinaceous material, sugar, and a pinch of salt together. Add enough cold water to form a smooth, thick paste. Place in a double boiler and cook until it thickens, stirring constantly. Add to this the scalded milk and chocolate. Cook ten minutes longer, stirring occasionally. Beat the egg-white until quite stiff, add the hot, thickened milk gradually, beating all the time. Pour into a mold which has been dipped into cold water. Chill. Unmold and serve plain or with custard dressing.

VARIATIONS

(1) After the pudding has cooked for ten minutes, pour over it the yolk of an egg, beaten slightly. Bake in the oven for ten minutes. To one beaten egg-white add 1 tablespoonful sugar, and spread it over the pudding. Return to the oven to brown the meringue slightly. Serve cold.

(2) Before molding the pudding garnish the bottom of the mold with a candied cherry, or serve with fruit sauce, or when unmolded make a small hollow in the top of the pudding, in which put 1 teaspoonful of currant or grape jelly.

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Tapioca Pudding

CREAM TAPIOCA

2 tablespoonfuls minute tapioca, or
1 tablespoonful pearl tapioca,
½ cupful milk,
1 tablespoonful sugar,
½ egg,
Few thin shavings of lemon rind scalded with milk, or 10 or 12 drops of vanilla.

See method below.

BAKED TAPIOCA

1 tablespoonful minute or pearl tapioca,
½ cupful milk,
1 tablespoonful sugar,
½ yolk of 1 egg,
Few thin shavings of lemon rind scalded with milk, or 10 to 12 drops of vanilla.

See method below.

FRUIT TAPIOCA

2 tablespoonfuls pearl tapioca, or
3 tablespoonfuls minute tapioca,
1 cupful boiling water,
Sugar to taste,
1 apple or 1 peach, or ¼ cupful berries.

The apple may be pared and cored and cut in eighths. The peaches may be peeled and cut in halves or quarters.

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Method.—If pearl tapioca is used, soak one hour or longer in cold water. If minute tapioca is used, no soaking is required. Put the tapioca in the desired liquid in a double boiler. Cook until transparent. (The time required for cooking minute tapioca is shorter than for cooking pearl tapioca.)

Add the egg yolk, and unless to be baked, return to the double boiler and cook until slightly thickened. Add the egg-white, beaten stiff; put in mold.

When cold, unmold and serve with cream or fruit sauce. If the pudding is to be baked, add the cooked tapioca to the egg or to the fruit. Put in the oven and bake until the egg is set or the fruit is soft. When egg is used, bake in pan of hot water, as in baking custard.

These proportions give a pudding that will unmold when cold. If a creamy consistency is desired, use one-half the quantity of tapioca indicated.

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CUSTARDS

General Method

Scald the milk. While scalding, beat the egg. Add the sugar to it. Mix well. Add the scalded milk slowly, stirring all the time. Pour into a baking dish, put it into a pan of hot water, and bake until the custard is firm. Test by inserting point of knife in center. If knife blade is clean upon withdrawal, the custard is thoroughly cooked.

Plain Custard

½ cupful milk,
1 yolk of egg, or from ½ to 1 egg,
1 tablespoonful sugar,
¼ teaspoonful vanilla, or grating of nutmeg.

Cook by general method given above.

Chocolate Custard

½ cupful milk,
1 yolk of egg,
1 tablespoonful sugar.
1 tablespoonful scraped chocolate.

Melt the chocolate over hot water. Dilute with scalded milk until of the consistency to pour. Add the chocolate to the egg, and finish according to the general directions given above.

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BAKED CUSTARD

1 egg,
1½ tablespoonfuls sugar,
⅔ cupful scalded milk,
Nutmeg or cinnamon to flavor,
Small pinch of salt.

Beat the egg slightly, add the sugar and salt. Add hot milk gradually, and pour into small buttered molds. Sprinkle with nutmeg or cinnamon, set in a pan of hot water, and bake in a slow oven until firm. Remove from mold for serving.

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EGGS

General Principle in Cooking

As egg albumin coagulates at 160° F. and as it toughens when boiled, eggs should be cooked below the boiling-point to insure a tender consistency.

SOFT COOKED EGG

1 pint water,
1 egg.

Method 1.—Put 1 pint of water in a saucepan. When it boils remove the saucepan to side of range, put in 1 washed egg, and let it stand from five to ten minutes, according to consistency desired. Serve in heated egg cup.

Method 2.—Wash 1 egg and put in saucepan with 1 pint of cold water. Bring to boiling-point. Remove from water and serve in heated egg cup.

POACHED EGG

1 egg,
1 slice toast,
Parsley,
A pinch of salt.

Into a shallow pan of boiling water break 1 egg. Remove the pan to a place on the range where the water will not boil, and let it stand until the white is coagulated

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and a thin film is formed over the yolk. Lay a neatly trimmed piece of toast on a skimmer, dip it in the hot water to soften it, place in the middle of a hot plate, remove the egg carefully with the skimmer, and place on the toast. Garnish with parsley.

CODDLED EGG

1 egg,
1 pint water.

Into a saucepan of boiling water a fresh egg is placed without removing the shell. The water is immediately removed from the fire and the egg cooked slowly in it for five minutes. The white should then be of jelly-like consistency.

EGG POACHED IN MILK

1 egg,
1½ teaspoonfuls butter,
½ cupful milk or thin cream,
1 pinch salt,
1 slice toast.

Melt the butter in the top of the double boiler, add the milk or thin cream, and when hot carefully drop in the egg. Cool until the white is nearly firm, keeping it just below the boiling-point. Add the salt and serve on toast.

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VEGETABLES

Vegetables, on general principles, should all be prepared in the same manner. Clean very carefully and boil in salt water until soft. Cut them into small pieces and boil again until a thick broth is formed. Strain through a hair-strainer and add a piece of butter. Whenever practicable save the cooking water, as it contains most of the plant minerals.

MASHED POTATOES (A)

1 pint boiled potatoes,
1 tablespoonful butter,
½ teaspoonful salt,
Milk or cream to moisten.

To prepare them just as they should be—light, creamy, and snowy white—allow to each pint of potatoes 1 tablespoonful of butter, ½ teaspoonful salt, and hot milk or cream to moisten. Mash in the kettle in which they boiled, and beat with a fork until they are light and creamy. If not quite ready to serve, set the kettle in a pan of hot water and leave on the back of the range until desired on the table.

MASHED POTATOES (B)

¼ pound potatoes,
½ teaspoonful salt,
Water to cover potatoes,
1 teaspoonful butter.

Place ¼ pound of potatoes in enough boiling salt water

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to cover them, and boil in the ordinary way until they are thoroughly done. Put through a fine sieve and add 1 teaspoonful of butter.

MASHED POTATOES (C)

½ pound potatoes,
½ teaspoonful salt,
1 pint water,
¾ teaspoonful butter,
4 ounces milk.

Clean and scrape well ½ pound of small potatoes, boil until they are soft in salt water (½ teaspoonful of salt to 1 pint). Pour the water off and let them steam while on the stove. Put through a hair-strainer and whip with ¾ teaspoonful butter. Add 4 ounces of milk and stir well.

BAKED POTATOES

Select potatoes having a smooth, unmarred surface. Wash perfectly clean and dry with a cloth. Put them in an old baking pan—do not crowd them—and place in a hot oven. If the oven is large and hot and the potatoes of medium size, forty minutes is sufficient for the baking. On the other hand, if the oven is filled with cold potatoes the temperature of the oven will be quickly reduced and it will require an hour to bake the potatoes. Baked potatoes should be served as soon as they are done. If they must be kept any time after the baking is completed, break them in order that the moisture may escape.

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Keep them in a warm oven or covered with a cheese-cloth in a stew-pan.

YOUNG KOHLRABI

2 kohlrabi,
1 pint boiling water,
½ teaspoonful salt.

Wash and peel 2 young kohlrabi. Lay aside the young tender leaves. Slice the kohlrabi into ½ pint boiling water, add ½ teaspoonful salt, and boil slowly for a quarter of an hour. Pour the water off and set it aside. Place the tender leaves in another pot and boil for five minutes. Drain the water off and add this to the kohlrabi water which has been set aside. Then to this water add the finely chopped leaves. Now pour this water over the kohlrabi, place on the stove, and boil slowly for five minutes. If it is necessary, strain this again through the hair-strainer.

SPINACH

1 quart spinach,
½ pint water,
1 teaspoonful butter,
½ teaspoonful salt,
Bread crumbs as needed.

Remove roots, pick over carefully (discarding wilted leaves), and wash thoroughly in many waters until free from sand. Cook in boiling salted water, allowing one-

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fourth as much water as spinach. Cook twenty-five to thirty minutes. Chop fine or rub through a coarse sieve. To 2 tablespoonfuls of spinach add 1 teaspoonful of fine bread crumbs, ½ teaspoonful of melted butter, and a pinch of salt. Reheat and serve.

ASPARAGUS ON TOAST

9 stalks of asparagus,
1 quart water,
1 teaspoonful salt,
2 slices toast,
1 teaspoonful butter.

This delicate spring vegetable should be treated very simply, yet carefully. Cut off the woody part and scrape the lower part of the stalks. Wash well and tie in a bunch. Put into a deep stew-pan with the cut ends resting on the bottom of the stew-pan. Pour in enough boiling water to come up to the tender heads, but not to cover them. Add a teaspoonful of salt for each quart of water. Boil slowly until tender, having the cover partially off the stew-pan. This requires from fifteen to thirty minutes, depending on the freshness and tenderness of the vegetable.

Butter some slices of well-toasted bread and lay on a platter. Arrange the cooked asparagus on the toast, season with butter and a little salt, and serve at once. (The water in which the asparagus was boiled may be used in making vegetable soup.)

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Another method of cooking asparagus is to cut the tender part into short pieces, add boiling water enough to cover the vegetable, and place on the fire. Cook until tender (about fifteen minutes), season with salt and butter, and serve in the greater part of the fluid in which it was cooked. If preferred a cream dressing may be served with asparagus.

CREAMED ASPARAGUS

9 stalks of asparagus,
1 pint water,
¼ cupful milk,
1 teaspoonful flour,
1 teaspoonful butter,
A pinch of salt,
2 slices toast.

Cook 9 stalks of asparagus in a pint of slightly salted water. When tender remove stalks one by one. Place on a warm plate and remove pulp by taking hold of firm end of stalk and scraping lightly with a fork toward the tip. Use pulp only.

Make a sauce with ¼ of a cupful of water in which the asparagus was cooked, ¼ of a cupful of milk, 1 teaspoonful of flour, 1 teaspoonful of butter, and a pinch of salt. Dip the toast in the sauce. Take what is left of the sauce and mix with 2 tablespoonfuls of the asparagus pulp. Reheat. Place on toast and serve.

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PLAIN STRING BEANS

1 quart beans,
½ pint water,
1½ tablespoonfuls melted butter,
1 level teaspoonful salt.

Wash, string, and cut the beans into ½-inch lengths. Boil rapidly in salted water for twenty minutes, place in a colander and let the cold water run over them. This blanches them. Place in a saucepan with water and salt and cook until tender. Rub through a colander and add the butter.

SHELL BEANS

1 pint beans,
1½ pints water,
1 tablespoonful butter,
1 teaspoonful salt.

Wash and cook in boiling salted water from one to one and one-half hours. Cook in a sufficiently small amount of water that there may be none to drain off when done. Put through a colander and season with butter.

GREEN PEAS

1 cupful green peas,
1 pint boiling water,
½ teaspoonful salt,
2 tablespoonfuls of sweet milk,
½ teaspoonful flour,
½ teaspoonful bread crumbs.

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Cook a cupful of green peas in 1 pint of boiling salted water until they are done. Drain, saving water in which they were cooked. Rub through a coarse sieve. Make a sauce of 2 tablespoonfuls of water in which the peas were boiled, 2 tablespoonfuls of sweet milk, ½ teaspoonful of flour, ½ teaspoonful of fine bread crumbs. Mix this sauce with the peas. Reheat and serve.

BOILED LETTUCE

4 or 5 heads lettuce,
1½ pints water,
½ teaspoonful salt,
1 teaspoonful of butter,
White sauce if desired,
2 egg-yolks.

Wash carefully 4 or 5 heads of lettuce, removing thick, bitter stalks and retaining all sound leaves. Cook in 1½ pints of boiling salted water for ten or fifteen minutes, then blanch in cold water for a minute or two. Drain, chop lightly, and heat in a stew-pan with 1 teaspoonful of butter and a pinch of salt. If preferred the cooked lettuce may be heated with a pint of white sauce, seasoned with salt. After simmering for a few minutes in the sauce, draw to a cooler part of the range and stir in the well-beaten yolks of 2 eggs.

BOILED CAULIFLOWER

1 head of cauliflower,
1 quart water,
½ teaspoonful salt,

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This vegetable, which a few years ago was a luxury, is now cultivated by nearly all market gardeners and is within the means of all housekeepers. It is a most delicious vegetable when properly cooked. Care should be taken not to overcook it.

Remove all the green leaves and the greater part of the stalk. Put it, head down, in a pan of cold water which contains a teaspoonful of salt and a teaspoonful of vinegar to each quart of water. Let it soak in this water an hour or more. This is to draw out worms if any should be hidden in the vegetable. Place the cauliflower in a large stew-pan, stem end down, and cover generously with water. Add 1 teaspoonful of salt and boil gently with the cover of the saucepan partially off. A large compact head will require thirty minutes, small heads from twenty to twenty-five minutes. If the flowers are loose the heat penetrates to all parts quickly. When compact, a little extra time should be allowed for the cooking, but the time must never exceed thirty minutes. The cauliflower begins to deteriorate the moment it is overcooked.

Overcooking, which is very common, can be told by the strong flavor and dark color. It makes the vegetable not only unpleasant to the eye and palate, but indigestible also. If this vegetable must be kept warm for any length of time, cover the dish with a piece of cheese-cloth.

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CREAMED CAULIFLOWER (A)

1 small head of cauliflower,
1 quart water,
1 teaspoonful flour,
½ teaspoonful salt,
½ cupful sweet milk,
1 teaspoonful butter.

Clean and break up cauliflower and cook it twenty minutes in boiling water with a little salt. Drain. Make a sauce with ¼ cupful of water in which the cauliflower was cooked, the butter, flour, and milk. Pour sauce over cauliflower. If very small pieces are desired, mash with a fork or rub through a coarse sieve.

CREAMED CAULIFLOWER (B)

1 pint cooked cauliflower,
1 pint milk,
½ teaspoonful salt,
1 tablespoonful butter,
½ tablespoonful flour,
3 slices toasted bread.

Break the cooked cauliflower into branches and season with salt. Heat the butter in a saucepan, add the flour, and stir until smooth and frothy, then gradually add the milk, stirring constantly. When the sauce boils add the salt and the cauliflower. Cook ten minutes and place on slices of toast. Serve very hot.

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ONIONS

The onion is valuable for its flavor and for its laxative action. Either the Spanish or Bermuda onion is preferable for children. They may be boiled or baked, and may be given to children over three years of age, provided no idiosyncrasy for onions is shown by the child to whom they are served.

BOILED ONIONS

1 large or 2 small onions,
1 pint boiling water,
½ teaspoonful salt,
⅛ teaspoonful soda,
2 ounces milk,
1 teaspoonful butter.

Put the onions in a pan of cold water and peel under water. Put them into a quart of boiling water to which salt and a pinch of soda has been added. After cooking five minutes, pour off the water and add fresh salted boiling water, cook for ten minutes, and change the water again. This time place them in 1 pint of boiling water to which ½ teaspoonful of salt has been added, and boil for forty-five to sixty minutes. Drain off the water and add a little milk, cook a few minutes, and add the butter. Serve hot.

CREAMED ONIONS

1 boiled onion,
2 ounces cream sauce.

Pour cream sauce over boiled onion, reheat, and serve hot.

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Celery

Celery is both wholesome and digestible if in good condition. It should not be given raw to children under six years of age. A single tender slip from the heart may be given to older children. For general use for children celery should be stewed.

STEWED CELERY

1 bunch celery,
1 pint boiling water,
½ teaspoonful salt,
Cream sauce if desired.

Cut off the tops of a bunch of celery, cut the stalks into small pieces, first scraping them well. Place in boiling salted water and boil until tender over a quick fire; this requires from twenty-five to thirty-five minutes. Serve plain or with the usual cream sauce.

BOILED BRUSSELS SPROUTS

1 dozen brussels sprouts,
1 quart boiling water,
1 teaspoonful salt,
1 tablespoonful butter, or
½ cupful cream sauce.

To be perfect brussels sprouts should not be larger than an English walnut. Trim off the outside leaves,

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keeping just the hearts of the sprouts. Throw these hearts into cold water and soak for one hour, then put them into a quart of boiling salted water and cook rapidly, uncovered, for about thirty minutes or until tender. Drain. Serve with salt and butter or with cream sauce.

TOMATOES

Raw tomatoes must be used very cautiously. The seeds and skins should be discarded and the tomato should be fresh and just ripe. A green or overripe tomato is dangerous.

STEWED TOMATOES

2 tomatoes,
1 ounce cracker crumbs,
1 teaspoonful butter,
¼ teaspoonful salt,
½ teaspoonful sugar.

Pour boiling water over the tomatoes, peel, and cut into pieces. Put in a saucepan and cook slowly for twenty minutes, stirring occasionally. Add a few bread or cracker crumbs and season with salt and butter. A small amount of sugar may be added if the tomatoes are very acid.

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SQUASH

1 small squash,
1 pint water,
¼ teaspoonful salt,
1 teaspoonful butter.

The various varieties of the summer squash are generally cooked when so small and tender that the thumb-nail can easily pierce the rind.

To prepare for the table, wash the squash, remove the rind, cut into small pieces, and either cook in boiling water or steam. It will cook in boiling water in thirty minutes, while about an hour is required if cooked in the steamer. The cooked squash is mashed fine and seasoned with salt and butter. This method gives a delicately flavored dish

BOILED CARROTS

½ pound carrots,
1 pint meat broth,
1 teaspoonful bread crumbs,
1 teaspoonful butter,
A pinch of salt.

Cook ½ pound of carrots in a pint of fat-free meat broth or slightly salted water, adding more if it boils away. Rub through a sieve, add 1 teaspoonful of bread crumbs, 1 teaspoonful of butter, and a pinch of salt. Reheat and serve.

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BOILED BEETS

6 young, tender beets,
1 quart boiling water,
1 teaspoonful salt,
2 teaspoonfuls melted butter.

Cut off the top at least one inch from the root, as this will prevent the loss of the juice in cooking. Wash the root carefully without bruising it. Cook in boiling salted water until tender. This will require from forty-five minutes to one hour. Remove the skin, cut into small squares or slices, and serve plain or with a small amount of melted butter. These may be added to the diet of a child five years or more of age.

CREAM OR WHITE SAUCE

(Pour over any vegetable.)

½ cupful milk or thin cream,
½ tablespoonful butter,
¼ saltspoonful salt,
½ tablespoonful flour.

Scald the milk. Melt the butter in a saucepan, remove from stove, add the flour, then gradually the scalded milk, place in a double boiler over the fire and cook, stirring constantly, until smooth.

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FRUITS

ORANGE JUICE

Take a sweet orange, cut in halves, and squeeze out juice by hand or with a lemon squeezer; strain and serve promptly.

ORANGE GELATIN FOR OLDER CHILDREN

½ box shredded gelatin,
½ cupful cold water,
Juice of 1 lemon,
2 cupfuls boiling water,
1 cupful sugar,
1 cupful orange juice.

Soak the gelatin in the cold water thirty minutes. Add the boiling water and dissolve. Then add sugar and fruit juice, strain through a fine strainer (or a cloth) into molds, and set away to harden.

PRUNE JUICE

½ pound prunes,
1 teaspoonful sugar.

Wash thoroughly ½ pound of prunes, cover with cold water, and soak over night. In the morning place on the stove in the same water and cook until tender; add 1 teaspoonful of sugar and strain.

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PRUNE GELATIN

1 pound prunes,
1 quart water,
½ box gelatin,
2 teaspoonfuls sugar.

Place the prunes in a quart of water and cook slowly until tender. Remove from stove, drain off the liquid, set aside. Remove the stones from the prunes and push the pulp through a sieve. Add the pulp to the liquid, and bring the whole to a boil again. Pour this boiling mixture on ½ box of gelatin which has previously been soaked in cold water. Add the sugar and stir to dissolve. Strain, and allow to stand until firm.

STEWED PRUNES

½ pound prunes,
1 pint water,
1 teaspoonful sugar.

Stew the prunes until quite soft and then rub them through a coarse sieve. Put this pulp back in the water in which the prunes were cooked, add the sugar, and boil again for about ten minutes.

PRUNE WHIP

6 stewed prunes,
1 egg-white,
½ teaspoonful powered sugar.

Remove the seeds from the prunes and press the pulp

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through a sieve. Fold into the pulp the well-beaten white of one egg. Put this into an individual baking dish or a custard cup, dust with powered sugar, bake in quick oven five minutes, and serve at once.

PRUNE PULP

½ pound prunes,
1 pint water.

Cook the prunes slowly in the water in a porcelain saucepan until they are quite soft. Then rub them through a coarse sieve.

BAKED APPLE AND RICE

2½ ounces rice,
1 pint boiling milk,
¼ pound apples,
½ pint water,
2 tablespoonfuls sugar,
1 teaspoonful butter,
1 egg,
1 teaspoonful lemon juice,
1 pinch grated lemon peel,
1 pinch salt.

Stir 2½ ounces rice into 1 pint boiling milk and cook slowly for 1 hour. Pare and slice ¼ pound of apples, add ½ pint water, 1 tablespoonful sugar, ½ teaspoonful butter, and stew in a double boiler until they are tender. When cooked, add to it 1 egg, ½ teaspoonful butter, 1 table-

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spoonful sugar, 1 teaspoonful lemon juice, a pinch of grated lemon peel, and a pinch of salt. Stir all well together. Butter lightly an earthen form and place in it a thin layer of the prepared rice, then the apples, then the rest of the rice. Bake for thirty minutes in the oven.

APPLE SAUCE

6 apples,
1 cupful cold water,
1 teaspoonful sugar.

Pare 6 apples and cut them in quarters. Place them in an enameled dish, add 1 cupful cold water, and boil the apples about thirty minutes. Strain, and sprinkle over them 1 teaspoonful of sugar before serving.

APPLE PASTRY FOR OLDER CHILDREN

1 pound apples,
2½ tablespoonfuls sugar,
1 ounce butter,
1 ounce flour,
2 eggs,
½ pint milk.

Pare a pound of apples and slice them into a porcelain baking dish with 1½ tablespoonfuls of sugar. Then stir together 1 ounce of butter, 1 heaping tablespoonful of sugar, the yolks of 2 eggs, 1 ounce of flour, ½ pint of milk, and the beaten whites of 2 eggs. Pour this mixture over the apples and bake for one hour.

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GRATED BANANAS

Fresh, ripe bananas, either grated, mashed, or finely chopped, afford a valuable fruit food. These with milk constitute a nourishing food, and may be given to older children.

FRUIT SAUCE FOR PUDDINGS

6 tablespoonfuls fruit juice,

½ teaspoonful arrowroot or cornstarch.

Blend the arrowroot or starch with a little cold water and pour it into the hot fruit juice. Boil three or four minutes. Sweeten if desired. This may be used over any plain cake or pudding.

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MEATS

SCRAPED AND BROILED MEATS

Raw or slightly cooked beef, scraped and seasoned, may be fed to children of fifteen to eighteen months of age. As much as a tablespoonful may be given once daily. Use meat, preferably, from the round, free from fat. Place on a board and scrape with a silver spoon, scraping with the grain. When the desired amount of meat pulp is obtained, shape into a patty and broil on a hot, dry spider. Do not cook too long. When done, season with a little salt and butter and serve. A few drops of lemon juice may be added.

Later, beef-steak, roast beef, and lamb chops are best, and should be broiled, not fried. Soup meat well cooked may also be given. All meats should be very finely cut or scraped before giving them to the baby.

BROILED BACON

Put thin strips of bacon in a broiler. Place the broiler over a dripping-pan and bake in a hot oven until crisp.

FRIED BACON

Heat a frying-pan very hot. Put into it strips of thinly sliced bacon. As the fat is drawn out, pour it off

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into a cup. Cook the bacon until crisp and brown. Drain on soft paper.

BEEF JUICE

¼ to ½ pound round steak,
1 pinch salt.

Or

1 pound round steak,
1 pinch salt,
Cold water to cover.

Method 1.—Broil slightly ¼ to ½ pound round steak cut in small pieces, and then press out the juice with a meat press or potato ricer, and add a pinch of salt. Serve fresh or warm.

Method 2.—Put 1 pound of finely chopped round steak in a covered jar, pour in enough cold water to cover it, and add a pinch of salt. Cover the jar and let it stand on ice for six hours or more, shaking it from time to time. Strain the contents of the jar through a piece of cheese-cloth. When made by this method the beef juice is not quite so palatable, although children do not seem to object to it, and it has the advantage of being more nutritious and much more economical.

Beef juice can be warmed slightly by pouring it in a small cup, and then placing this in a larger one containing warm water. It should, however, not be warmed enough to coagulate the albumin.

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BEEF JELLY

1 pound beef,
1 pint water,
Salt to taste.

To 1 pound of fresh, lean, chopped beef add 1 pint of water. Boil one hour. Add more water if it boils away. Strain. Salt to taste. Allow to cool, when it will jelly.

CREAMED CHICKEN

⅓ cupful cold cooked chicken,
1 pinch celery salt,
1 saltspoonful salt,
½ tablespoonful butter,
½ tablespoonful flour,
¼ cupful thin cream,
1 slice toast.

Melt the butter in a double boiler, stir in the flour, and gradually add the scalded cream. Cook thoroughly, add the chicken (cut into small cubes), then add the seasoning. Heat well and serve on slice of toast.

BROILED CHICKEN

1 small young chicken (about 2½ pounds),
1 teaspoonful salt,
2 tablespoonfuls flour,
1 tablespoonful butter.

Dress for broiling, following the directions given in the previous recipe. Season with salt and rub all over with

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butter and dredge with flour. Put in a well-greased broiler and broil over an open fire for fifteen minutes, turning often. The flesh side must be exposed to the fire the greater part of the time, as the skin burns easily. When the chicken is nicely browned, place in a dripping-pan, skin side down, in a moderate oven twelve minutes. Put in a hot dish, season with salt and butter, and serve immediately.

This rule is for a chicken weighing about 2½ pounds.

BROILED SQUAB

1 squab,
½ teaspoonful salt,
1 tablespoonful flour,
1 tablespoonful butter,
1 slice toast,
1 tablespoonful currant jelly.

Select a squab that is fresh killed, dry picked, and not drawn. Clean, cut off the head and feet, singe, and wipe with a damp cloth. With a sharp knife split the squab down the back, beginning at the back of the neck and cutting through the backbone the entire length of the bird. Lay open and remove contents. Cut through the tendons at joints. Wipe thoroughly. Season with salt, rub thickly with softened butter, and dredge with flour.

Broil ten minutes over the open fire; serve on hot buttered toast. A tablespoonful of jelly may be served with the squab.

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SEA FOODS

Fish

Fish, if fresh and of the right kind, is an excellent food for children. It is of great nutritive value and less stimulating than meat. As it is very easily digested, a larger portion should be served than would be given if meat were used. After the fourth year of the child's life broths should always be included in the dinner when fish is given instead of meat.

Fish should be scaled and cleaned as soon as they come from the market, washed quickly, and put in a cool place, not on ice, but near it if possible. Only white-fleshed fish should be used for children, and the flesh should be firm and hard. If the flesh is flabby it is unfit for use.

For children it may be boiled, creamed, baked, or broiled, but never fried.

BROILED FISH

1 white fish,
1 large pinch of salt,
1 teaspoonful butter,
Parsley,
1 slice lemon.

Clean the fish, wipe with a cloth dipped in salt water, and dry on a towel. Sprinkle the salt over the fish and

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then spread with the butter. Use a double wire broiler; put the thickest edge of the fish next to the middle of the broiler; turn often while broiling. The fire should be fairly hot.

The time required for cooking will vary with the thickness of the fish; the fish is done when the flesh separates easily from the bone.

When ready to serve, loosen fish from the broiler and slide the fish on to a platter, having the flesh side uppermost. Spread with butter and garnish with parsley and a slice of lemon.

BAKED FISH

1 white fish,
1 large pinch of salt,
1 tablespoonful melted butter,
1 tablespoonful flour,
4 small slices fat salt pork.

Clean the fish, wipe with a cloth dipped in salt water, and dry on a towel. Place in a dripping-pan on a greased paper or on a strip of cloth. Sprinkle with salt, brush over with melted butter, dredge with flour, and place around the fish small pieces of fat salt pork. Bake in a hot oven until the flesh separates from the bone when lifted with a fork. Baste every ten minutes. Serve plain, with melted butter or with white sauce.

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CREAMED FISH

½ cupful cooked fish,
Pinch of salt,
¼ cupful cream or white sauce,
1 slice toast, and spray of parsley.

Remove the skin and bone from the fish and flake the flesh with a fork. Of the flaked flesh use ½ cupful, seasoned with salt. Blend the flaked fish and the white sauce, reheat, and serve on toast. Garnish with parsley.

CREAM SAUCE FOR FISH

½ tablespoonful butter,
½ tablespoonful flour,
⅓ cupful hot milk,
1 pinch salt.

Melt the butter in a double boiler and add the flour. Pour the milk on gradually, stirring constantly. Bring to the boiling-point, cook thoroughly, and season with butter and salt.

OYSTERS

The soft part of the oyster may be used freely for children over five years of age. Oysters are very nutritious and furnish variety. They should not be given to children before October or after March. Oysters should be kept in the shell in a cool place until they are to be used. The hard part of the oyster is the muscle which fastens the animal to the shell, and this muscle should be removed when preparing oysters for young children.

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They may be broiled, roasted, stewed, panned, or steamed, but never fried.

As oysters contain an albuminous substance they must not be subjected to a very high temperature. The general rule is to remove the oysters from heat as soon as the body grows plump and the edges curl.

ROASTED OYSTERS

3 oysters in the shell,
1 pinch salt,
½ teaspoonful butter,
Lemon juice if desired.

Wash the shells very carefully with a brush. Put them in wire broiler over the fire, the round side of the shell down so as to hold the juice. Cook them quickly, turning once or twice until the shell opens. They may also be cooked in a hot oven. When done, remove the upper half of the shell, season quickly with salt and butter, and serve them while very hot. Lemon juice may be served with them if desired.

PAN ROAST OYSTERS

3 oysters,
1 pinch salt,
1 teaspoonful butter,
1 slice toast,
Sprig of parsley and slice of lemon.

Wash the oysters. To do this place the oysters in a

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strainer over a bowl and pour 1 tablespoonful of water over them. Take each oyster up in the fingers and remove any particle of shell that may adhere to the muscle. Put in a double boiler with a little of the oyster liquid and stir gently with a spoon. When the bodies grow plump and the edges curl, remove from the heat. Season with salt and a little butter and serve on toast. Garnish with parsley and a slice of lemon.

OYSTER STEW

½ cupful oysters,
⅔ cupful milk,
¾ tablespoonful water,
1 saltspoonful salt,
½ tablespoonful butter.

Scald the milk. Drain the liquid from the oysters and strain. Wash and pick over the oysters. Heat the liquid to the boiling-point, put in the oysters and simmer, but do not boil. When the oysters are done strain the liquid into the scalded milk, season with the salt and butter, add the oysters, and serve immediately.

BROILED OYSTERS

4 oysters,
¼ cupful cracker crumbs,
4 teaspoonfuls butter,
1 saltspoonful salt,
1 slice lemon and sprig of parsley.

Select large oysters, wash, drain, and dry with a towel.

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Melt the butter. Season the cracker crumbs with salt. With a silver fork lift each oyster by the muscle and dip first in the melted butter and then in the crumbs. Place on a buttered fine wire broiler and broil, turning often until brown and the juice begins to flow. Serve plain, garnished with parsely and a slice of lemon.

CREAMED OYSTERS

8 oysters,
1 tablespoonful butter,
1¼ tablespoonfuls flour,
½ cupful thin cream,
1 saltspoonful salt,
2 slices toast.

Wash, drain, and dry oysters between towels. Melt the butter in a double boiler, stir in the flour, and pour on gradually the scalded cream. Season with salt and cook thoroughly. Add the oysters and heat until the bodies grow plump and the edges curl. Serve at once on slices of toast.

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BREADS

RUSKS

1 quart milk,
2 tablespoonfuls sugar,
1 teaspoonful salt,
½ ounce compressed yeast,
2 tablespoonfuls warm water,
Flour as needed.

Scald 1 quart of milk, add to it 2 tablespoonfuls of sugar, a teaspoonful of salt, and when lukewarm add ½ ounce compressed yeast moistened in 2 tablespoonfuls warm water. Now add sufficient flour (about 1½ pints) to make a batter. Beat thoroughly and stand in a pan of warm water, cover the whole, and keep warm for four hours. When light, add sufficient flour to make a dough, knead lightly until soft and elastic. Put it back into the bowl, and when it has doubled its bulk and is very light pinch off bits of the dough, form them into round biscuits, stand in greased pans, cover, and stand in a warm place (75° F.) for one hour or until very light. Brush the tops with water and bake in quick oven for twenty minutes. Stand aside until cold, and they are ready for making into zwieback.

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ZWIEBACK

After the rusks have been baked according to the preceding recipe, and are quite cold, pull them into halves, put them on brown paper in a shallow baking-pan, baked side down, dry them in a moderate oven until they are crisp but not brown, then close the oven door and toast them gradually, watching carefully, until they are a light brown. To be quite perfect they must be crisp to the very center. These will keep in a tin box, in a dry place, for a week.

MAPLE MOLASSES GINGERBREAD

1 egg,
1 cupful boiling water,
2 ounces butter,
1 cupful maple molasses,
½ teaspoonful soda,
½ teaspoonful ginger,
2 cupfuls of flour.

Beat egg in mixing bowl; add the molasses, butter, and gradually 1 cupful of flour. To the remaining flour add the soda and ginger, sift, and add to the ingredients already in the mixing bowl. Beat all well and add the boiling water. Bake in well-greased and floured gem tins, or in a shallow pan, in a hot oven for about twenty minutes. Test with a darning needle. If the needle is clean when withdrawn or if the gingerbread shrinks from the sides of the pan the gingerbread is done. Common

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molasses may be substituted for the maple molasses called for in this recipe, but the flavor will not be as agreeable.

BRAN BISCUITS

1 pint of flour,
1 quart bran (straight),
1 cupful molasses,
1 teaspoonful soda,
1 teaspoonful salt,
1 pint of milk.

Sift all the dry ingredients together, rub the butter into the dry ingredients, add the molasses, and then the milk. Mix well and bake in muffin rings. This will make about 20 rings.

These bran biscuits are very efficacious in overcoming constipation in nursing mothers or older children. Usually 2 biscuits a day will be sufficient.

BRAN BREAD

2 eggs,
¾ cupful molasses,
1 cupful sour cream,
1 cupful seedless raisins,
1 cupful wheat flour,
1 heaping teaspoonful baking powder,
1 rounded teaspoonful soda,
2 cupfuls of bran.

Sift and mix together in a mixing bowl the bran,

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wheat flour, and baking powder. Beat the eggs and add them to the dry ingredients. Stir the soda into the molasses, and then add the molasses to the ingredients in the mixing bowl. Next add the sour cream, and lastly the raisins. Stir all well and bake in a moderate oven for one hour.

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MISCELLANEOUS RECIPES

BREAD-JELLY, MEAT JUICE, AND CREAM

2 ounces bread-jelly,
2 ounces meat juice,
2 to 3 ounces cream (16 per cent.),
1 pint water.

The bread-jelly is prepared as follows: Soak 4 ounces of stale bread for six hours in water, changing the latter once or twice during the time it is soaking. Drain off the water and boil the bread for one and a half hours in a pint of fresh water; rub through a hair-sieve and allow to cool, when it becomes a jelly-like mass.

Rub the specified quantities of bread-jelly, meat juice, and cream thoroughly together, and add the water gradually.

BAKED FLOUR (FLOUR-BALL)

2 pounds wheat flour,
2 quarts water.

Tie 2 pounds of wheat flour in a cheese-cloth bag and boil in 2 quarts of water for five hours. Remove from water, place in oven, and bake until quite brown on the outside. This will require from two to three hours' slow baking. Break open and throw away the brown shell; the remainder, the baked flour, must then be

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grated into a powder, or may be ground in a Nixtamal mill.[1]

FARINA PASTRY

1 ounce dry farina,
4 ounces boiling milk,
1¼ teaspoonfuls sugar,
¼ teaspoonful salt,
1 egg,
½ teaspoonful butter,
1 pinch lemon peel.

Place 1 ounce of farina in 4 ounces of boiling milk in which 1¼ teaspoonfuls of sugar and ¼ teaspoonful of salt have been dissolved, and boil, while stirring continuously, for ten minutes. Let cool, and stir into this the yolk of 1 egg, ½ teaspoonful of butter, and a pinch of finely grated lemon peel. Whip the white of an egg and add it to this. Place this mixture in a well-buttered earthen dish and bake slowly for fifteen minutes.

SPAGHETTI OR MACARONI

10 sticks spaghetti or macaroni,
1 quart water,
½ teaspoonful salt,
1 pint milk,
1 teaspoonful flour,
1 teaspoonful butter.

Add 10 sticks of spaghetti or macaroni, broken in small

[1] The Nixtamal mill is made by the Enterprise Manufacturing Co., Philadelphia. It may also be used for grinding vegetables, meats, and almost any article in the infant's dietary.

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pieces, to a quart of boiling salted water, dropping the pieces in one by one, that the water may continue boiling. Boil gently for twenty minutes; drain thoroughly and put the spaghetti (or macaroni) back into the saucepan. Add a pint of milk, thicken with a teaspoonful of flour which has been rubbed to a smooth paste with a teaspoonful of butter, and allow the contents of the saucepan to simmer for twenty minutes. Enough milk should be added so that the spaghetti (or macaroni) will be well covered when done.

NOODLES

1 cupful flour,
1 saltspoonful salt,
1 egg,
2 tablespoonfuls water,
1 pint chicken or beef stock.

Put the flour in a large shallow dish, make a depression in the center, add the salt and the egg beaten with the water. Work the flour into the egg mixture a little at a time; the dough must be exceedingly hard. Knead and pound until it is elastic, and then roll in two sheets as thin as tissue-paper. Place on a clean towel on a flat surface and allow to dry for one and a half or two hours; they must not become brittle. Then roll them up as tightly as possible and with a sharp knife shave the noodles from the ends. Shake them out and allow them to dry. They may be made one day to use the next, and if perfectly dried will keep for several days.

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Boil these in chicken stock or beef stock; or they may be cooked in water and served with butter and cream.

MILK TOAST (A)

1 cupful milk,
1 tablespoonful butter,
1 tablespoonful flour,
3 slices toast.

Scald 1 cupful of milk. Melt a tablespoonful of butter, add to it a tablespoonful flour. Add the scalded milk gradually to the butter and flour. Place over the fire, stir continually until smooth and until the flour is thoroughly blended. Then pour this mixture over the toast, which has been previously cut in small thin slices, with the crusts removed.

MILK TOAST (B)

1 cupful milk,
½ tablespoonful butter,
1 saltspoonful salt,
1 teaspoonful cornstarch,
2 slices bread.

Scald the milk. Melt the butter in a saucepan; when hot and bubbling, add the cornstarch. Pour the hot milk slowly into the saucepan, beating until smooth. Let it boil up once. Then add the salt. Toast 2 slices of bread. Pour the thickened milk over the slices and let stand five minutes before serving.

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INFANT'S GELATIN FOOD

1 teaspoonful gelatin dissolved in 2 ounces cold water,
½ pint boiling water,
1 gill sweet milk,
1 teaspoonful arrowroot,
1 to 2 tablespoonfuls cream,
Granulated sugar as desired.

Dissolve the gelatin in 2 ounces of cold water. To ½ pint of boiling water add 1 gill of sweet milk and 1 teaspoonful of arrowroot (rubbed into a paste with cold water) and boil two minutes. Add 1 to 2 tablespoonfuls of cream and remove from the stove. Pour the boiling fluids into the pan containing the gelatin and stir thoroughly. Sweeten with granulated sugar, if desired.

MAYONNAISE DRESSING

1 egg-yolk,
1 pinch of salt,
4 tablespoonfuls olive oil,
10 drops of lemon juice.

Put the uncooked yolk of 1 egg into a clean cold porcelain dish, add a pinch of salt, and stir with a fork until well mixed. Add 4 tablespoonfuls of olive oil, drop by drop, stirring continually. Then add the lemon juice and put into the serving receptacle and place on ice until wanted.

This dressing may be used with lettuce, young dandelions, or water-cress.

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DIET LISTS

DIET FOR CHILDREN FROM ONE TO TWO YEARS OF AGE

6 A. M.: Bottle.

9 A. M.: Baked apple, or apple sauce, or mashed prunes, or orange juice.

10 A. M.: Cereal with part of bottle.

Crisp bacon (after the fourteenth or fifteenth month alternate egg with bacon).

Toast or zwieback.

Bottle.

2 P. M.: Animal broth (8 to 10 ounces) to which has been added some cereal (rice, barley, farina, or oatmeal) and a small amount of washed vegetable (carrot, spinach, peas, or potato). Before adding the vegetables to the soup they should be put through a fine sieve and have the consistency of a very fine gruel.

Bread and butter, or toast and butter.

Part of a soft-boiled egg may be given two or three times a week.

After the sixteenth or eighteenth month scraped, rare, broiled beef or mutton, or a small quantity of baked or mashed potato may alternate with the soup.

For dessert, apple sauce, prune pulp, or other stewed fruits may be given.

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6 P. M.: Bottle and zwieback, toast or cracker, or junket, and cracker or zwieback.

3 to 4 ounces of milk.

DIET FOR CHILDREN FROM TWO TO FIVE YEARS

8 A. M.: Stewed fruit or orange.

Thoroughly cooked cereal.

Bacon or egg (boiled or poached).

Bread and butter.

Milk or cocoa.

12 M.: Soup, to which may be added rice or vegetable.

Lamb chop, scraped beef, chicken, or roasted meats.

Potato and one of the following vegetables: carrots, squash, spinach, peas, beans, asparagus tips, boiled lettuce.

Light dessert, as custard, gelatin; or some simple pudding, such as sago, rice or cornstarch, or stewed fruit.

3 : 30 to 4 P. M.: Light lunch of fruit and crackers, or zwieback, or small quantity of milk with crackers, or zwieback.

6 P. M.: Cereal, milk toast, spaghetti.

Stewed fruit, junket, or custard.

Milk or cocoa.

Bread and butter.

LUDWIG MEYER'S DIETARY FOR DIARRHEA IN OLDER CHILDREN

First Day: Laxative usually contraindicated.

First feeding: Cocoa made with water, sweetened with saccharin; 1 teaspoonful of pure casein (Plasmon nutrose) may be added to the cocoa.

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Second feeding: Two tablespoonfuls of junket or cottage cheese. (For younger children this may be passed through a fine sieve and suspended in saccharin water.) A small slice of toasted white bread.

Third feeding: Broth (5 or 6 ounces) to which has been added 1 teaspoonful of powdered casein; 1 or 2 tablespoonfuls of finely scraped meat which has been broiled or stewed. (Beef or chicken may be used for this purpose.)

Fourth feeding: Junket and toast, same as second feeding.

Fifth feeding: Cornstarch or arrowroot gruel, to which is added a teaspoonful of powdered casein. Some cold meat may be given.

In the second and fourth feeding a soft-boiled egg or a very hard-boiled egg, which has been grated, may be substituted for the junket.

Second Day: The same as the first.

Third Day: Zwieback or more toast should be added.

Fourth Day: 2 tablespoonfuls of finely divided vegetable, such as spinach or carrots, may be added to the diet. A portion of a banana may be given.

Gradually the usual diet may be resumed. All vegetables should be well mashed. The energy value of this diet is high and prevents starvation and malnutrition.

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DIET FOR CONSTIPATION IN OLDER CHILDREN

(A selection of foods may be made from this list.)

Before Breakfast

1 or 2 ounces of orange juice in water.

Breakfast

Cereals: Hominy, oatmeal, cornmeal, farina, cream of wheat, cracked wheat. Cereals may be served with milk and sugar, or with butter and sugar, using the butter liberally.

Breads: Whole wheat bread, graham bread, corn bread, rye bread, bran bread, gingerbread, bran biscuits, bran muffins. Butter spread moderately thick.

Bacon: Baked or broiled.

Eggs: Coddled, soft boiled, or poached.

Milk: Malted milk, sweet milk, or buttermilk.

Fruit: Stewed fruit, as apples, prunes, plums, peaches, varying with the season. Honey, fruit jelly, jam.

Luncheon

Broths: Animal broths (a moderate quantity) to which have been added vegetables and cereals which have been boiled for a ling time.

Vegetables: Potatoes (moderate quantity), spinach, or string beans, or peas, or asparagus, or strained stewed tomatoes, or mashed cauliflower, or carrots, or squash, or purée of peas, or purée of beans.

Meats: Roast beef, rare steak, scraped beef, minced chicken, lamb chop.

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Breads: Bran bread, bran biscuits, whole-wheat bread.

Milk: Malted milk may be given as a drink (6 teaspoonfuls of malted milk and 8 ounces of hot water) once or twice daily. Malted milk may be flavored by the addition of a teaspoonful of cocoa.

Dessert: Stewed fruit, apples, prunes, plums, peaches, raw fruit, custard, gelatin, cornstarch pudding, ice cream, junket.

A light luncheon may be served in the afternoon consisting of orange juice or stewed fruit, or a glass of milk or malted milk, with bran biscuit or crackers.

Supper

Cereals: Farina, cream of wheat, wheatina, with milk and sugar or butter and sugar.

Breads: Whole-wheat bread, corn bread, bran bread.

Milk: Malted milk, sweet milk, buttermilk.

Dessert: Stewed fruit or a fig.

Occasionally custard, cornstarch pudding, or junket may be given.

OUTLINE OF PLAN FOR FEEDING THE BABY

The baby is not fed during the first day. At the most he receives water. On the second day he is put to the breast. He receives only a small quantity of breast milk during the first few days. On the third or fourth day the breast milk begins to appear.

Most babies are fed every three or four hours. Thus an infant is fed at 6 A. M., 9 A. M., 12 M., 3 P. M., 6 P. M.,

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10 P. M.; that is, 6 feedings. Many babies are placed upon a four-hour schedule at once; that is, they are fed at 6 A. M., 10 A. M., 2 P. M., 6 P. M., and 10 P. M. Such a schedule gives five feedings.

Babies are allowed to remain at the breast for twenty minutes, and are fed alternately from each breast. At the sixth month of the baby's life he receives some additional food.

He is usually given a few teaspoonfuls of soup or cereal. In some cases difficulty with this new feeding is experienced. Very frequently he must become accustomed to the new food; 3 to 5 ounces of soup or a small quantity of cereal may be given with the 2 o'clock feeding. Some carrots or spinach may be cooked in the soup, and a small portion of the vegetable pressed through the sieve when the soup is strained.

Thus at the sixth month the baby receives four breast feedings and one feeding of soup and vegetables. At the eighth month another breast feeding is substituted by a cereal, or by a bread or zwieback milk pudding. The bread or zwieback is cooked in water and about 3 ounces of milk are added.

At the ninth month the breast feedings are substituted by cows' milk. This should not be done, however, during the height of the summer. Thus, by the ninth month, the baby is receiving one meal of soup and vegetables, one meal of bread or cereal pudding with milk, and three meals of either whole or slightly diluted milk.

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ARTIFICIAL FEEDING

The baby receives the bottle alone until the sixth month, except that at the third month the plain water is substituted by a cereal water as a diluent.

In the sixth month the baby receives some soup in the same way as did the breast-fed baby; in the eighth month bread or zwieback or cereal pudding, and in the ninth the baby may, as a rule, have whole milk.

The above plans are subject to modification. Delicate babies or those suffering from some congenital anomaly of constitution cannot be fed according to any general plan. Indeed, frequently the physician must use the greatest ingenuity in adapting the diet to the baby.

PLAN FOR FEEDING THE BABY (DISEASES OF INFANCY—BIRK)

Breast Milk.	Cows' Milk.
First Day	
No food; water.	
Second Day	
5 or 6 breast feedings.	5 or 6 feedings of $\frac{1}{3}$ milk, $\frac{2}{3}$ water, $\frac{1}{2}$ level teaspoonful of milk-sugar or malt-dextrin.
From the Second Month	
5 or 6 breast feedings.	5 or 6 feedings of $\frac{1}{2}$ milk, $\frac{1}{2}$ water, 1 level teaspoonful of milk-sugar or malt-dextrin.

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From the Sixth Month

1 feeding of meat broth with cereal and vegetables in it; 4 breast feedings.

1 feeding of cereal soup or vegetables; 4 feedings of $\frac{2}{3}$ milk and $\frac{1}{3}$ cereal water; 1 teaspoonful of milk-sugar or malt-dextrin.

From the Eighth Month

1 feeding of cereal and vegetable; 1 feeding of bread, zwieback, or cracker pudding; 3 breast feedings.

1 feeding of cereal or vegetable; 1 feeding of bread, zwieback, or cracker pudding; 3 feedings of $\frac{2}{3}$ milk and $\frac{1}{3}$ cereal water, 1 teaspoonful milk-sugar or malt-dextrin.

From the Ninth Month

1 feeding of cereal and vegetable; 1 feeding of bread, zwieback, or cracker pudding; 3 feedings of whole milk.

From the Fifteenth Month

One midday meal—soup, vegetable, cereal, or egg—may be given at this period. One evening meal, and three glasses of milk, the bread, cracker, or zwieback.

Orange juice may be given, especially to the artificially fed babies, as early as the fourth month.

A breast-fed baby, under average conditions, receives

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as much breast milk as would be equivalent to one-sixth of its body weight. The artificially fed baby should receive in the twenty-four hours an amount of milk represented by one-tenth of its body weight, though, owing to the addition of sugar and cereal decoctions, the amount given is equivalent to one-sixth its body weight.

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BATHS AND PACKS

THE BABY'S BATH

The skin should be kept clean. Every child should have at least one tub bath daily and on hot days one or more sponge baths as well. For the tub bath sufficient water should be used to cover the baby's body, and it should be from 80° to 85° F. A sponge bath properly given should take from five to ten minutes. One or two tablespoonfuls of alcohol or a teaspoonful of bicarbonate of soda added to the bath water are pleasantly cool and refreshing. Following the bath the folds and creases of the baby's body should be well powdered.

BABY'S FIRST BATH

First oil the body thoroughly with olive oil in order to remove the vernix caseosa. Allow the oil to remain on the body for an hour and then remove with cotton or a soft cloth. The bath should then be given in a warm room, using water at a temperature of 100° F.

The mouth should be cleansed with sterile water and a soft cloth; this should be done very gently. A full bath should never be given or the baby submerged in water until the cord has separated.

INFANT'S DAILY BATH

For the first five months the morning bath should be given at 98° F. This should be given in a warm room.

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The bath should be short and the body dried quickly with gentle rubbing. The addition of salt or bran to the bath is an advantage when the skin is unusually delicate or when excoriations are present. One large handful of either should be used to a gallon of water.

By the sixth month the temperature of the bath for healthy infants may be lowered to 95° F., and by the end of the first year to 90° F. Older children who are healthy should be sponged or douched for a moment at the close of the tepid bath with water at 65° or 70° F. During later infancy or childhood the warm bath is preferably given at night, a cold sponge being given in the morning. The morning sponge should be given in a warm room, while the child stands in a tub partly filled with warm water. The cold sponge should last but one-half of a minute, and should be followed by brisk rubbing of the entire body.

In some infants and children there is no proper reaction after the bath, the child being pale, blue about the lips and under the eyes. All tub bathing and all cold bathing should then be stopped.

ALCOHOL SPONGE FOR FEVER

All the clothing should be removed (in the case of infants the diaper may be left on the baby) and the child laid upon a blanket. The body should be sponged with water at 80° to 85° F. to which 2 or 3 ounces of alcohol have been added for ten to twenty minutes and then wrapped

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in a blanket without further dressing. This must be done every three hours or oftener in order to be efficient in reducing high fever.

COLD PACK

The child should be stripped and laid upon a blanket. The entire trunk should then be wrapped in a small sheet wrung from water at a temperature of 100° F. Upon the outside of this ice may then be rubbed over the entire trunk, first in front and then behind. By this method there is no shock or fright, and the temperature is readily reduced.

The rubbing with ice should be repeated in from five to thirty minutes, after which the child may be rolled in the blanket upon which he is lying, without removal of the cold pack. The face should be sponged while this is being carried on, an ice-cap kept to the head, and a hot-water bottle applied to the feet. The pack may be continued for from one to twenty-four hours according to circumstances.

COLD BATH

Remove all the clothes from the child and put the child into a bath at a temperature of 100° F. The temperature of the bath is then gradually lowered by the addition of ice or cold water until a temperature of 75° or 80° F. is reached. The body should be well rubbed while the child is in the bath, and water should also be applied to the head. On removal from the bath the body should

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be quickly dried and rolled in a warm blanket. This bath is usually continued from five to ten minutes.

EVAPORATION BATH

Envelop the trunk closely in two layers of gauze, cheese-cloth, or some closely woven material. This is moistened from time to time with water at a temperature of 95° F., and continuous evaporation is kept up by the use of a hand or, better, an electric fan. This is more efficient than sponging, the patient is but slightly disturbed, and the child is not shocked or frightened. Hot applications should be constantly made to the extremities.

MUSTARD BATH

Not all children bear cold well, and in its use and frequency of repetition one must be guided by its effect upon the child's general condition, as well as upon the temperature. When with high fever the body feels cold, pulse is feeble, and respirations are shallow, cold is contraindicated and a hot mustard bath should be given. The hot mustard bath is most efficient for bringing the blood to the surface in cases of shock, collapse, heart failure from any cause, or in sudden congestion of the lungs or brain.

Four or five tablespoonfuls of powdered mustard should be mixed with one gallon of tepid water. To this should be added four or five gallons of plain water at a temperature of 100° F. The temperature of the bath

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may be raised by the addition of hot water until a temperature of 103° or 106° F. is reached if desired. The bath should not usually be continued for more than ten minutes. If necessary it may be repeated in one hour.

MUSTARD PACK

If collapse occurs the mustard pack may be used. This is prepared as follows: Mix 3 or 4 handfuls of mustard flour with 1 quart of hot water and stir until the mustard fumes are strong enough to bring tears to the eyes. A large towel is then dipped into the mustard water and wrung out. The towel is placed on a woolen blanket, the infant is entirely undressed and fully wrapped in this blanket, the mustard towel being next to the body of the child. Only the head is left free. The blanket is pinned securely about the child with safety-pins. After twenty minutes the child should be taken out of the pack and placed in a warm bath. After a few minutes the child is taken from the warm bath and, without being dried, is wrapped in a bath towel and placed in a warm bed. It will generally sleep for two or three hours.

HOT PACK

Remove all the clothing and cover the child's body with Turkish towels wrung from water at a temperature of from 100° to 108° F. Then wrap the child in a thick blanket. These applications may be changed every

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twenty or thirty minutes until free perspiration is produced, and may then be continued as long as necessary. This is mainly used in uremia.

HOT BATH

The hot bath may be used to promote reaction in cases of shock or collapse. The patient should be put into the bath at a temperature of 100° F., the water being gradually raised to 103° or 106° F., but never above this point. The body should be well rubbed while the patient is in the bath. A thermometer should be kept in the water to see that the temperature does not go too high, as the danger of burning the child is great. During the bath cold should be applied to the head unless otherwise directed by the physician.

HOT-AIR OR VAPOR BATH

Remove all the clothing and lay the patient upon the bed. Raise the bedclothing ten or twelve inches above the body, and sustain the bedclothes by means of a wicker support. Pin the bedclothes tightly about the neck, so that only the head is outside. Beneath the bedclothes introduce hot vapor by means of a tea-kettle, croup-kettle, or vaporizer. This will usually induce free perspiration in fifteen to twenty minutes. It may be continued from twenty to thirty minutes at a time. Instead of vapor, hot air may be introduced. The air

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space about the body is indispensable. This bath is used chiefly in uremia.

TEPID BATH

The tepid bath may be given at a temperature of 95° to 100° F. This bath is very useful in conditions of excitement or nervous irritability. It is also very efficient in inducing sleep.

ELECTRIC-LIGHT BATH

Remove the clothing and lay the patient upon the bed. Arrange the bedclothes in the same manner as in giving a hot-air or vapor bath. Six or ten electric lights are then fastened together and introduced beneath the bedclothes. This is an easy, safe, and rapid method of stimulating the skin and inducing perspiration. Free perspiration usually occurs in from three to five minutes. If profuse perspiration is needed this bath may be continued from fifteen to twenty minutes. Too long an exposure may produce depression.

TANNIC ACID BATH

Two pounds of oak bark is put into a gallon of water and boiled for one hour. The liquid is poured off from the bark into four bottles. One bottle is added to each bath. The baths should be given two or three times a week. This is very good for irritating eruptions.

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BRAN BATH

Tie one quart of wheat bran in a cheese-cloth bag and drop this into the bath-tub containing four or five gallons of water. The water should be about 90° or 95° F. Squeeze the bran bag until the bath water is white and of the consistency of a very thin porridge. This bath should be used when the skin is tender or when excoriations or irritating eruptions are present.

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CARE OF THE NIPPLES AND BOTTLES

New nipples should be boiled before using. After using, the nipples should be carefully washed in soap and water, boiled, and placed in a solution of boric acid and water (1 teaspoonful of boric acid crystals to a glass of boiled water). They should be rinsed before using again. A jelly glass, which can be boiled and which is easily kept clean, is a good receptacle for the nipples. Keep the jelly glass constantly covered. The nipples should be handled only with clean fingers.

Use a plain rubber nipple. Avoid the nipple that has glass and rubber tube attachments. It is impossible to clean, and is positively dangerous.

The bottles should be treated in the following manner:

(*a*) Immediately after the baby has emptied the bottle it should be rinsed with soap and water.

(*b*) It should be rinsed with clean boiled water.

(*c*) It should be turned upside down so that the water may drain out.

(*d*) Before refilling the bottles with baby's milk, they should be immersed in a kettle filled with water, brought slowly to a boil, and allowed to boil for five minutes.

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NORMAL SALT SOLUTION

NORMAL SALT SOLUTION FOR ENEMAS

Add 1 level teaspoonful of salt to 1 pint of warm water. This may be given per rectum as an enema, to cleanse, allay thirst, or to stimulate. When given as a cleansing enema 1 pint should be used; when to be retained the quantity should be given as stated by the physician.

NORMAL SALT SOLUTION FOR SUBCUTANEOUS OR INTRAVENOUS INJECTION

To 1 quart of freshly distilled water add 2 level teaspoonfuls of salt. Place this in a quart flask, or in the bottle from which it is to be given, place in a pail or deep pan of water, and boil for thirty minutes. The water surrounding the flask of salt solution should come to the level of the liquid in the flask. While boiling, the flask of salt solution should be tightly covered with several thicknesses of sterile muslin, or if the mouth is not too wide, it may be closed with a plug of sterile absorbent cotton. This should be prepared immediately before using.

This makes a normal or 0.7 per cent. salt solution.

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ERUPTION OF TEETH

Average age.	Date of eruption of milk teeth.	Range of age.
6 months	Lower central incisors.	5 to 9 months.
9 months	Upper central incisors and upper lateral incisors.	8 to 12 months.
12 months	Upper molars, lower lateral incisors, and lower molars.	12 to 15 months.
18 months	Canines.	15 to 24 months.
24 months	Second molars.	20 to 36 months.

The average date of eruption of the first tooth is 237 days—male, 252 days; female, 221 days.

The teeth drop out in the same order in which they erupt, the roots of the teeth being absorbed.

TABLE OF MEASUREMENTS

	Weight, pounds.		Height, inches.		Head circumference, inches.	
	Boys.	Girls.	Boys.	Girls.	Boys.	Girls.
At birth	7.6	7.2	20.6	20.5	13.9	13.5
1st month	8.2	7.7	21.5	21.4	14.7	14.3
2d month	10.7	10.2	22.4	22.3	15.5	15.1
3d month	12.7	12.2	23.2	23.0	16.2	16.8
4th month	14.2	13.6	24.0	23.7	16.6	16.2
5th month	15.4	14.8	24.7	24.3	16.8	16.4
6th month	16.0	15.5	25.4	25.0	17.0	16.6
7th month	16.7	16.2	26.1	25.7	17.2	16.8
8th month	17.3	16.8	26.7	26.4	17.4	17.0
9th month	17.7	17.2	27.3	27.0	17.6	17.2
10th month	18.2	17.7	27.9	27.6	17.8	17.4
11th month	19.4	18.8	28.5	28.2	17.9	17.5
12th month	20.5	19.8	29.0	28.7	18.0	17.6
18th month	22.8	22.2	30.0	29.7	18.5	18.0
2d year	26.5	25.5	32.5	32.5	18.9	18.6
3d year	31.2	30.0	35.0	35.0	19.3	19.0

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	Weight, pounds.		Height, inches.		Head circumference, inches.	
	Boys.	Girls.	Boys.	Girls.	Boys.	Girls.
4th year	35.0	34.0	38.0	38.0	19.7	19.5
5th year	41.2	39.8	41.7	41.4	20.5	20.2
6th year	45.1	43.8	44.1	43.6	20.6	20.3
7th year	49.5	48.0	46.2	45.9	20.7	20.4
8th year	54.5	52.9	46.4	48.2	20.8	20.5
9th year	60.0	57.5	50.4	50.1	20.9	20.6
10th year	66.6	64.1	52.3	52.0	21.0	20.7
11th year	72.4	70.3	54.0	54.1	21.1	20.8
12th year	79.8	81.4	55.8	56.5	21.3	21.0

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