Food And Cookery For The Sick And Convalescent

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FOOD AND COOKERY
FOR THE SICK
AND
CONVALESCENT
A HEALTHY FEMALE INFANT

Weight at Birth: Seven and one-half pounds.  Age: Nine days.

Taken by courtesy of The Maternity Department,
Massachusetts Homoeopathic Hospital, Boston.
FOOD AND COOKERY
FOR THE SICK
AND
CONVALESCENT

BY
FANNIE MERRITT FARMER
PRINCIPAL OF MISS FARMER'S SCHOOL OF COOKERY
AND AUTHOR OF
"THE BOSTON COOKING-SCHOOL COOK BOOK"
"A NEW BOOK OF COOKERY," AND
"CHAFING-DISH POSSIBILITIES"

REVISED, WITH ADDITIONS

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1915
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By Fannie Merritt Farmer

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TO

MY MOTHER

WHOSE DEVOTION TO DUTY HAS INSPIRED ME TO
MY BEST WORK

This Book is Lovingly Dedicated
"Invalid Cookery should form the basis of every trained nurse's education."

A good sick cook will save the digestion half its work.

Florence Nightingale

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

Helena V. Sachse
PREFACE.

"Food is the only source of human power to work or to think."

This work is designed to meet the demands made upon me by the numberless classes of trained nurses whom it has been my pleasure and privilege to instruct during my thirteen years of service as a teacher of cookery.

It is earnestly hoped that, besides meeting this long felt need, it will do a still broader work in thousands of homes throughout the land, where it will be of inestimable help to the mothers upon whom so much of the welfare of the family depends.

The opening chapters are equally valuable to those who care for the sick and those who see in correct feeding the way of preventing much of the illness about us.

Emphasis has been laid on the importance of diet from infancy to old age. The classification, composition, nutritive value, and digestibility of foods have been carefully considered with the same constant purpose of being a help to those who arrange dietaries. The chapter on infant feeding is an authoritative
guide to aid in the development of the baby, while child feeding is considered with like care. Considerable matter has been introduced with reference to diet in various diseases, and the recipes for the diabetic have involved much thought and labor.

The hundreds of thoroughly tested recipes cover the whole range of the subject of cookery for the sick and convalescent. They are, for the most part, individual, thus requiring but a minimum of time for their preparation, while many have their caloric value given.

I wish to express my sincere thanks for the sympathy, encouragement, and help I have received from pupils, superintendents of nurses, professors, and physicians, which have made this work possible.

F. M. F.