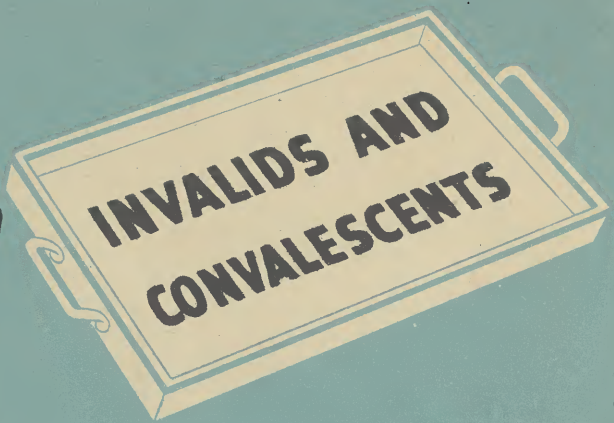


Food for



INVALIDS AND
CONVALESCENTS



Invalids and convalescents require special attention as frequently they are finicky about their food, and, what is even more important, especially after a wasting illness, they need building up. Doctor's orders should always be followed, but the general hints in this leaflet will prove helpful.

Tempt the invalid's appetite with dainty attractive and colourful dishes and never give too much at once. It is always best to start with a small helping and serve a second if needed. Invalids are easily put off their meal by the sight of too much food.

Insist that the invalid rests before and after a meal as this helps digestion. Also avoid indigestible foods such as pastry, fried foods, highly flavoured sauces, pickles and spices, hot buttered toast and new bread. Toasted bread is quite easily digested but it is wise to butter it cold.

All these things are important but the choice of food is the most important of all. Great care should be given to the planning of meals. Body-building foods such as milk, dried, fresh or condensed, eggs, dried or fresh, cheese, fish or meat should all be included in the invalid's diet unless this is against the doctor's advice. These building foods are necessary to repair tissues which may have been damaged or may have wasted during the illness. The building foods should be included in the diet in the most easily digested form; fish is best steamed, meat stewed or minced, eggs scrambled or coddled, cheese raw, grated, or lightly cooked and served with bread or potatoes.

An invalid or convalescent's diet should include plenty of foods rich in vitamin C. Before the war we relied upon fruits such as oranges, lemons and grapefruit to supply this vitamin. Now we must use fresh vegetables which are just as rich in vitamin C as these fruits. In fact, green vegetables are richer. Try and serve one fresh vegetable daily in addition to potatoes. Great care should be taken in cooking vegetables as much of their protective value can be destroyed by incorrect cooking. (For correct cooking of vegetables see Ministry of Food War Cookery Leaflet No. 6.)

A serving of raw vegetable should also be included daily, perhaps as a garnish to a hot dish or in sandwiches or as a salad. Watercress or coarsely chopped parsley makes a filling for dainty sandwiches for tea, and an attractive salad can be made with shredded cabbage or sprouts, garnished with watercress, tomato or raw grated carrot.

If, for any reason, an invalid is unable to take raw or cooked vegetables, rose hip syrup or blackcurrant puree, which are good sources of vitamin C, should be given as it is of the utmost importance that all invalids should have their daily dose of this vitamin.

Invalid meals should be plain and simply cooked, but they should be varied; monotony leads to lack of appetite.

Important Note.—Jellies, beef tea, meat extracts and bone broths may aid an invalid's appetite, but it must be remembered that they have little, if any, food value, and must not, therefore, form the main part of an invalid's diet.

DISHES SUITABLE FOR INVALIDS

(All recipes for 1 person)

AN ATTRACTIVE EGG DISH

Chicken in the Nest Dried Egg 1 level tablespoon } = 1
Water 2 tablespoons } fresh egg

Note.—Once dried egg has been reconstituted it must be used immediately. Also all dried egg should be thoroughly cooked.

Reconstitute the egg and scramble in the usual way. Make a collar of hot mashed potatoes on a dish. Pile the scrambled egg inside the potatoes. Sprinkle liberally with chopped parsley just before serving.

WAYS WITH FISH AND MEAT

Creamed Fish

Cooked White Fish 3-4 oz.
or Canned Salmon
White Sauce or Milk 2-3 tablespoons
Seasoning
Chopped Parsley 1 tablespoon

Flake the fish well with a fork and remove bones and skin. Beat well with the white sauce, parsley and seasoning. Re-heat but do not boil, and serve hot with fingers of toast or mashed potato.

Creamed Meat may be made in the same way, using minced cooked lamb or rabbit and beating with white sauce. Serve hot with a garnish of shredded cabbage, watercress or tomatoes.

Cauliflower and

Pieces of Cauliflower 2-3
White Sauce $\frac{1}{2}$ pint
Salmon (tinned) 2 oz.

Salmon Savoury

Watercress
Seasoning

Separate cauliflower into flowers and place in a little boiling, salted water, cook until tender. Make the sauce and add skinned, boned and flaked salmon, and seasoning. Stir well. Place cauliflower in a hot dish, pour over the salmon sauce and serve at once garnished with watercress.



Steamed Fish Thin pieces of fish may be steamed between two plates and served with parsley sauce or melted margarine or a sprinkling of chopped parsley.

WAYS WITH CHEESE

Potato Shepherd

Potatoes	6-8 oz.
Grated Cheese	1-1½ oz.
Milk	2 tablespoons
Margarine	
Seasoning	

Cook the potatoes, and mash with seasoning, margarine and milk. Add two-thirds of the grated cheese and beat well. Put into a pie-dish, sprinkle with the remaining cheese and grill until brown, or brown in the oven if this is in use. Serve with mustard and cress or cooked greens.

Cheese Omelette

1 Egg or 1 reconstituted Dried Egg	
Breadcrumbs	1 tablespoon
Seasoning	
Grated Cheese	
Milk	

Mix in the breadcrumbs into the egg. Put a very little fat into a frying pan, and heat. Pour in the egg and breadcrumb mixture—cook until this is lightly set. Sprinkle over the grated cheese. Cook for a moment longer. Roll up and serve with a garnish of watercress.

LIGHT PUDDINGS

Steamed Sponge

National Flour	2 oz.
Fat	½ oz.
Sugar	½ oz.
Dried Egg	1 level tablespoon
Pinch Baking Powder	
Milk to mix	
Almond or Vanilla Essence	

Cream the fat and sugar. Mix the flour, dried egg and baking powder and add to the creamed fat alternately with the milk to make a soft consistency. Add flavouring essence. Turn into a greased basin and steam for half-an-hour.

Chocolate Cream

National Flour	1 oz.
Milk or Water	¼ pint
Vanilla Essence	
Cocoa	1 level teaspoon
Sugar	1 teaspoon

Mix the flour and cocoa to a smooth cream with a little water and milk. Add the rest of the liquid. Bring to the boil and cook for 1-2 minutes. Stir, add the sugar and flavouring. Pour into a dish and allow to become quite cold before serving.

NOURISHING SOUPS

French Peasant Soup

Water or Stock	½ pint
Mixed Vegetables, Carrots, Parsnips, Potatoes, etc.	½ lb.
Breadcrumbs	2-3 tablespoons
Parsley	2 tablespoons
Seasoning	
Cheese	½ oz.

Prepare and slice vegetables, place in boiling salted water and cook until tender. Add the breadcrumbs and simmer for a few minutes. Beat or sieve. Season and add the chopped parsley and grated cheese just before serving.

Milk Potato Soup

Potatoes	½ lb.
Water	½ pint
Bacon rinds	
Seasoning	
Household Milk	1 tablespoon
Chopped Parsley	1 tablespoon

Place the potatoes in the boiling salted water with the bacon rinds. Cook until soft. Remove the rinds. Beat or sieve. Add the reconstituted milk. Season and reheat. Stir in the chopped parsley and serve.

COOLING DRINKS

Apple Drink

Apple Peelings and Cores from 2 lb. Apples	
Cold Water	2 pints
Syrup	1 dessertspoon

Place peelings and cores in a saucepan and cover with cold water. Simmer gently with the lid on the pan for three-quarters of an hour. Strain. Dissolve the syrup in the liquid. Allow to become very cold before serving. A few drops of cochineal improve the colour of the drink.

Note.—A similar drink can be made from pears when these are in season.

Prune Cocktail

1 medium sized Apple	
Rhubarb	1 stick
Prune or Apricot Juice (from Stewed Dried Fruit)	1 pint
Syrup	1 dessertspoon
Lemon Flavouring	½ teaspoon

Chop up apple (with peel and core). Chop rhubarb. Add both to the fruit juice and simmer gently for three-quarters of an hour with the lid on the pan. Pass through a sieve and add to the liquid, syrup and lemon flavouring. Stir until the syrup dissolves. Serve very cold.