

INVALID COOKERY PAGE

DIET IN DYSPEPSIA.

As the most frequent cause of dyspepsia is the introduction into the stomach of crude undigested masses, it will be easily understood that no diet or treatment for indigestion can do any good if the teeth are not in good order and able to do their work efficiently.

Food to be easily digested must be chewed to a pulp almost liquid and mixed with saliva.

In cases of indigestion all clear soups and liquid foods (except undiluted milk) may be given freely. Meat should be of the short-fibred white variety as chicken, rabbit mutton, etc. White fish is very good but oily fish and shell fish should not be given. All irritating foods as tough vegetables, stone and unripe fruits and nuts must be avoided. Sweetened dishes cause acid fermentation and are best left alone. Hot buttered toast should not be given, but brown bread cut thin and buttered is all right. White bread toasted crisp is also good.

Pastry and suet puddings should never be given and tea and coffee as ordinarily made interfere with gastric digestion. Tea should be freshly made and weak; poured off at once, and coffee is better done without.

Warm water or lemon water slightly salted should be taken morning and night and also between meals. Cows milk must be diluted with soda water, barley water or plained boiled water. It should be sipped slowly and a plain biscuit nibbled at the same time helps the milk to digest more easily. Horlicks malted milk is better than cows milk. Now for some suitable dishes.

FISH CUSTARD.

Skin one or two fillets of white fish, beginning at the tail end, using a sharp knife and a sawlike movement, then roll the fillets loosely with the skinned side inside. Beat up an egg. Strain it into a $\frac{1}{2}$ pint of milk and add salt and pepper. Grease a small basin ($\frac{1}{2}$ pint size), pour in the custard and then put in the fillets. Cover with greased paper. Stand the basin in a saucepan of boiling water, the water reaching half way up the basin. Draw the pan to the side of the fire and let the water simmer (not boil). Steam for about 20 minutes or until the custard is firm in the centre.

FRICASSEE OF CHICKEN OR RABBIT.

Cut up the remains of a cooked chicken or rabbit into neat joint. Break up any bones that have no meat on them, put them into a saucepan with a sliced onion, cover with cold water and boil for at least one hour. Strain and very slowly re-heat the meat in this stock. When quite hot through, place the pieces of meat on an entree dish and keep in a warm place. Cool the stock a little, add a beaten egg and seasoning, and re-heat sufficiently to cook the egg but do not boil. Stir in a little lemon juice and pour over the meat.

CHICKEN PANADA.

Breast of one chicken, salt and cream.

Cut the meat into pieces, removing skin. Put into a jar, sprinkle with salt and just cover with cold water. Fasten a piece of ungreased parchment paper over the jar. Place in a pan with boiling water to come $\frac{1}{4}$ way up, cover the pan and let water boil slowly for 2 hours. Pound the chicken and rub through a wire sieve with a wooden spoon, using the juices to make the pulp pass more easily. Before serving warm up the pulp and add a little cream.

MINCED CHOP.

1. Mutton chop, seasoning, $\frac{1}{4}$ teaspoonful onion juice, $\frac{1}{2}$ oz. brown bread crumbs, 2 tablespoonfuls of water.

Remove the meat from the bone and mince it. Put it into a pan with water, bread crumbs and seasoning and onion juice. Simmer for ten minutes, stirring well. Serve on a green vegetable puree.

ANNE S. GRAHAM.

FOR THE QUIET HOUR

"Thy will be done, as in heaven, so on earth." Luke, xi: 2.

When God created heaven and earth, He meant heaven to be the Divine pattern to which earth was to be conformed; "as in heaven, so on earth," was to be the law of its existence.

The word calls us to think of what constitutes the glory of heaven. God is all in all there. Everything lives in Him and to His glory. And as we then think of what this earth has now become, with all its sin and misery, with the great majority of the race without any knowledge of the true God, and the remainder nominally Christians, yet for the greater part utterly indifferent to His claims, and estranged from His holiness and love, we feel what a revolution, what a miracle is needed, if the word is to be fulfilled: "As in heaven, so on earth."

And how is this ever to come true? Through the prayers of God's children. Our Lord teaches us to pray for it. Intercession is to be the great link between heaven and earth. The intercession of the Son, begun upon earth, continued in heaven, and carried on by His redeemed people upon earth, will bring about the mighty change: "As in heaven, so on earth." As Christ said, "I come to do Thy will, O God," until He prayed the great prayer in Gethsemane, "Thy will be done": so His redeemed ones, who yield themselves fully to His mind and spirit, make His prayer their own, and unceasingly send up the cry, "Thy will be done, as in heaven, so on earth."

Every prayer of a parent for a child, of a believer for the saving of the lost, or for more grace to those who have been saved is part of the great unceasing cry going up day and night from this earth, "As in heaven, so on earth."