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A

COLLECTION OF RECIPES

FOR THE USE OF

SPECIAL DIET KITCHENS

IN

MILITARY HOSPITALS.

PREPARED AND PUBLISHED UNDER THE AUSPICES OF THE

U. S. CHRISTIAN COMMISSION.

BY MRS. ANNIE WITTENMYER.

"THOUSANDS OF PATIENTS ARE ANNUALLY STARVED IN THE MIDST OF PLENTY, FROM WANT OF ATTENTION TO THE WAYS WHICH ALONE MAKE IT POSSIBLE FOR THEM TO TAKE FOOD."—FLORENCE NIGHTINGALE.

ST. LOUIS:

E. F. STUDLEY AND CO., PRINTERS AND BINDERS.

1864.

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Mrs R D Douglass



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TO

James C. Yeatman,

OF ST. LOUIS,

PRESIDENT OF THE WESTERN SANITARY COMMISSION,

A CHRISTIAN GENTLEMAN, WHOSE PHILANTHROPIC EFFORTS IN BEHALF

OF OUR BRAVE UNION SOLDIERS HAVE MADE HIS NAME A HOUSE-

HOLD WORD IN THE WEST, TO WHOM THE WRITER IS

INDEBTED FOR FRIENDLY COUNSEL AND VALUABLE

AID, THIS LITTLE BOOK IS RESPECTFULLY

DEDICATED BY

THE AUTHOR.

INTRODUCTION

ASSISTANT SURGEON GENERAL'S OFFICE,
Louisville, Ky., August 1st, 1864.

*To the Medical Directors and Surgeons in Charge of General Hospitals in
Western Medical Department:*

Mrs. Annie Wittenmyer, the Agent of the Christian Commission, has introduced a system of diet kitchens into General Hospitals found to be very useful and practical, and has employed proper persons to attend to their arrangement.

It is enjoined upon all Medical Officers to give her, and her agents, every facility.

(Signed.)

R. C. WOOD,
Ass't Surgeon General U. S. A.

ASSISTANT SURGEON GENERAL'S OFFICE
WASHINGTON, D. C. August 14, 1904

To the Medical Director and Surgeon in Charge of General Hospital
Wash. Medical Department

Mr. Louis Wittmayer, the Chief of the Laboratory, has introduced a report of his laboratory for General Hospital which is well and practical, and the attached report returns to him in response.

It is returned with the Medical Director to give him and his assistants
Cordell
Wittmayer
Wittmayer
Wittmayer

INTRODUCTION.

Since the beginning of the present war, tens of thousands of our soldiers have become inmates of military hospitals. The provisions of the Government for their comfort are very liberal; but the circumstances of war, the constant changes occurring among hospital managers and attendants, the absence of much that is essential in the preparation of delicate food, and the inexperience of those who are mainly intrusted with the important duty of preparing special diet for the sick and wounded, have made it difficult to keep up the supplies, and absolutely impossible to always secure an adequate supply of appropriate food properly prepared.

That hundreds of our brave soldiers have died of debility, who, if sustained at the proper time with suitable food, might now be in the front ranks of the army, no intelligent medical officer will be likely to deny. The leading medical men of the West express the opinion that, in a majority of cases, the diet of patients is of more importance than medicine.

It was to meet this demand, and to secure a more faithful application of sanitary stores, that the Christian Commission proposed to take charge of, and supplement the low diet kitchens in the large general hospitals. In their management, the Commission assumes a double responsibility: to the medical authorities of each hospital, for the character and efficiency of the ladies employed;

and to the loyal, liberal men and women of the nation, who have placed in their hands so abundantly their good gifts, for the impartial, judicious, and economical use of the stores entrusted to them.

The enterprise has been successful beyond the most sanguine expectations of those who originated it. The efforts of the agents of the Commission have been warmly seconded by the medical officers in charge, and every facility has been given by the military authorities. The services of a large number of refined Christian women, of high social position, who are giving their best efforts to this work, have been secured. The kitchens have come to be regarded, not merely as an unimportant adjunct to a hospital, to be tolerated, but as a source of benefit to the sick, and service to the surgeon—indispensable where they can be obtained. They have the endorsement of the highest medical authorities—the grateful blessing of thousands, to whose restoration to health they have directly contributed—the good wishes and earnest prayers of the humane, who have witnessed their beneficent operations.

The ladies, who have had the management of these kitchens, as the demands upon them have enlarged, and their number has extended, have found difficulty in meeting the necessities of their new position. Everything is to be done upon a scale much larger than that to which they have been accustomed; and often articles regarded as of prime necessity in domestic economy at home, can not be obtained, and must be entirely dispensed with, or a substitute be found. To obviate such difficulty is the object of this book, which it is the aim of the author to make a manual, adapted to the circumstances, necessities, and peculiarities of diet kitchen cookery. Intended for a specialty, she trusts that it may meet the end designed.

Thanks are due Mrs. DAVIS, of Louisville, Ky., for valuable recipes.

RECIPES FOR DIET KITCHENS.

C O F F E E .

Have the water boiling, and just before the coffee is to be served, add one pint of ground coffee to every gallon of water; stir well, and boil briskly for fifteen minutes; set the kettle off the stove, pour into it a pint of cold water, and allow to settle. Sugar and milk to suit the taste. When eggs can be obtained, one egg to each pint of ground coffee, beaten and stirred in, will make the coffee very clear.

T E A .

Let the water boil, and a few minutes before serving, place in a suitable vessel, one tea cup of tea to each gallon of water to be used; pour enough boiling water over it to cover it, and cover the vessel, allowing it to steep fifteen minutes; turn into your vessel of boiling water, cover and allow to stand five minutes; pour into it a pint of cold water, and it is ready to serve.

B E E F S O U P .

Take beef bones and such other parts of the meat as are unfit for roasting and broiling; break the bones and put them in a chaldron of *cold* water; simmer for an hour, carefully removing the scum that rises; add sliced Irish potatoes, rice, or

barley, and a few slices of onion; season with salt and pepper, and boil until the meat is in fragments; skim off the grease and put it aside for cooking purposes. The richness of the soup, which will depend upon the quality of the meat and vegetables introduced, must be determined by the class of patients for whom it is intended.

Mutton, veal, or chicken soup may be made in the same way.

POTATO SOUP.

Take a beef or mutton bone, break it in pieces, and boil well, and skim; when nearly done, add a quart of raw potatoes thinly sliced, a tea cup of rice or barley to each gallon of water, salt and pepper; boil gently half an hour; when done add a little milk paste, and simmer ten minutes.

BEEF BROTH.

“Pour a quart of cold water over a pound of lean beef; let it come to boiling point by slow degrees, then simmer slowly until reduced one-half; add a few grains of rice or barley half an hour before done.”—*W. San. Com.*

MUTTON BROTH.

“Allow a quart of water to each pound of meat; simmer gently till the meat is in shreds, removing the scum as it rises; strain and allow it to get cold; remove all the fat, put it over the fire again, add a little rice or barley, and simmer gently three-quarters of an hour.”—*W. San. Com.*

BEEF TEA.

Mince four pounds of beef very fine, and pour over it one pint of cold water. Boil it hard for five minutes, skim it well and pour it out through a colander. When perfectly cold, strain it through a cloth, and season with salt.

CHICKEN BROTH.

Separate every joint of a full grown chicken; put with it a gallon of cold water, and boil it until there is about three pints left. Skim every particle of grease off, and just before serving, put in six pulverized crackers, and a tea cup of cream or new milk; season with salt and pepper. If the chicken is old, take the skin and fat off and break the bones.

OYSTER SOUP.

To each gallon of boiling water, add three pints of oysters, one pound of pulverized crackers, salt, pepper, and a spoonful of fresh butter and a little milk paste. Put in the crackers, the juice of the oysters, and paste, and allow to boil ten minutes; add the oysters, and simmer a few minutes longer. When milk can be obtained, it is much better for the soup than water.

VEGETABLE SOUP.

Proceed as with potato soup; when the beef is tender, add onions, potatoes, carrots, parsneps, turnips, and cabbage; boil over a slow fire one hour. Make a thin paste with milk and flour and an egg well beaten, pour it into the soup, and simmer ten minutes.

TOMATO SOUP.

Proceed as with potato and vegetable soup; when the meat is thoroughly done, add to each gallon of water one quart of raw tomatoes, carefully peeled, and half a pound of crackers well broken up; season with salt, pepper, and butter, and add a little milk paste, after which simmer ten or fifteen minutes.

MEATS.

BROILED BEEF STEAK.

Take loin steak; cut in slices of moderate thickness; place them on the gridiron, over a fire of live coals; turn them two or three times; season with butter, salt, and pepper. Be careful not to overcook. The secret of broiling beefsteak well is in cooking it without wasting the juices.

BROILED MUTTON CHOPS.

Mutton chops may be broiled and seasoned as beefsteak, but must be more thoroughly cooked.

BROILED CHICKEN.

Take a young chicken; divide it up the back; rub a little butter over it, and broil over a slow fire. When partly done, rub in some salt and pepper; when done, add a little fresh butter.

BOILED MEAT.

Soup should never be made from meat intended to be eaten, as all the nutritious substance is extracted, and only the dry fibres left. Boiled beef, intended to be eaten, should be carefully selected and trimmed, and put into water boiling hot, to prevent the juices from escaping. A sufficient amount of water to cover the meat should be used, no more. The scum should be removed as it rises. The water should not be allowed to boil over on the stove or range, as it renders the air of the kitchen foul, and takes nutrition from the meat and gravy. The boiling process should continue until the meat is thoroughly cooked and tender. If served warm, a little of

the gravy may be served with it; if used cold, the vessel containing the gravy or water should be set aside, and the tallow allowed to rise, which may be skimmed off and used for cooking purposes. The gravy, if boiled down, will be found useful in making hash.

MUTTON STEW.

Take fresh, uncooked mutton; cut into small pieces; put into a cooking vessel, with enough water to cover; stew thoroughly, adding water to keep the meat covered. When nearly done, add a few thin slices of raw potato, and drop dumplings made of rice or potatoes. Stew down to a thick gravy.

This is one of the simplest and most nutritious dishes that can be prepared from meat. Beef and chicken stews may be made in the same way.

HASH.

Hash should never be made of dry, stale, or gristly meat. The common habit of using meat unfit to be eaten, and old boiled or baked potatoes, in making hash, has created a just prejudice against it. Take savory bits of meat that may be left, and such other meat as can be spared for the purpose, and slices of raw potatoes; chop very fine; stew with just enough water to cover till thoroughly done; add salt, pepper, butter, and a little milk paste. If butter or milk cannot be obtained, add some of the gravy in which beef has been boiled, which, if properly stewed down and kept, will be a good substitute. A few onions added would be relished by most soldiers.

Mutton hash may be made in the same way.

BOILED HAM.

Carefully trim, and wash the ham in clean soap-suds until thoroughly cleansed; soak in cold water half an hour; parboil

one hour, change water, and boil until done, adding red pepper, or, if red pepper cannot be obtained, use black. When taken from the vessel, remove the skin; best served cold.

COD FISH.

Soak well in cold water; remove the bones, and pick into small bits; stew in sufficient water to cover until thoroughly done; add a little pepper, a spoonful of fresh butter, some milk, and a spoonful of paste.

COD FISH AND POTATOES.

Soak well in cold water; remove the bones, and pick the fish into small bits; stew in enough water to cover until very tender; then add an equal quantity of well mashed potatoes; stir until they are thoroughly cooked and mixed; season with butter, pepper, and milk paste.

COD FISH BALLS.

Soak well in cold water; remove the bones, and pick the fish into bits; boil in water enough to cover; prepare in a separate vessel an equal quantity of peeled potatoes, which, when done, mash thoroughly, and add while hot to the fish when it is tender; stir thoroughly till well mixed; when cold make into balls, and place in a buttered pan, and fry until brown.

BROILED MACKEREL.

Soak in cold water several hours; rub in a little butter and pepper, and broil over a slow fire.

MACKEREL.

Soak well; place in a dripping pan; pour over boiling water, and simmer for ten or fifteen minutes; drain off the water, and add a little butter and pepper.

DRIED BEEF.

Shave down dried beef very thin; pour over cold water, and let it soak one hour; drain off the water, and pour over boiling water; let it stand ten minutes; drain off the water, and put it in a suitable vessel over the fire; add a little butter, pepper, and sweet milk, a very little flour; simmer a few minutes, stirring gently, and turn into a deep dish or pan; serve with a little of the milk gravy.

OYSTERS—FRIED.

Turn a can of oysters into a pan; add salt and pepper and enough flour to make a very thick paste, and one egg well beaten. Fry in a pan with very little butter, or beef skimmings, till brown.

OYSTERS—STEWED.

For each pint of oysters, place over the fire one pint of milk; add the juice of the oysters, a spoonful of butter, and a little pepper and salt, and two pounded crackers; let it come to a boil; add the oysters and let it simmer five minutes.

CHICKEN JELLY.

Take a well dressed fowl, mince the meat, and pound up the bones; place it in a suitable vessel; add salt and enough cold water to cover; stew it down until less than a pint is

left, and the meat is tender; then strain. When cold, it forms a nutritious jelly, a spoonful of which, given warm or cold, will be very nourishing to feeble patients.

PUDDINGS.

FRUIT PUDDING.

Place slices of bread, well buttered, evenly over the bottom of a dripping pan; cover with a thick layer of stewed or canned small fruit; then add another layer of slices of buttered bread, and alternate with fruit until the pan is full. For ordinary sized pan, add three eggs to three pints of milk, and three and a half pounds sugar well beaten; pour over, and bake with moderate heat. When eggs and milk cannot be obtained, the canned milk, diluted, can be used without eggs.

FARINA PUDDING.

Heat a sufficient quantity of milk in a suitable vessel; when boiling, stir in farina enough to make a thin paste. Allow it to cool, then add to each quart of farina two eggs and a cup of sugar; flavor with nutmeg or lemon; turn into buttered pudding pans, and bake in a brisk oven twenty or thirty minutes.

PIE AND PUDDING CRUST.

Pare, boil and thoroughly mash a sufficient quantity of Irish potatoes; to every two lbs. of potatoes add one spoonful of sweet butter or lard, a little salt and enough flour to make

a dough, which may be handled and used as ordinary pie and pudding crust, but will be found much lighter and healthier. When potatoes cannot be obtained, well boiled rice, thoroughly crushed and made into a paste, with butter and flour added, will be found to be an excellent substitute, and is very nice for drop dumplings.

APPLE PUDDING.

Cover the bottom of your pudding pans with crust made as above directed; then add a layer of pared sliced apples, with sufficient sugar to sweeten, and a little lemon. Alternate the layers till the pans are full; bake with moderate heat, and serve with sauce.

MEAT PUDDING.

Cover the bottom of your pudding-pan with a crust made as above directed. Chop fine and stew fresh beef or mutton, with just water enough to cover; when tender, add a layer, a few slices of potatoes, salt and pepper, and a little butter or suet; alternate the layers till the pans are full, allowing a crust on the top; bake in a slow oven half an hour.

BREAD PUDDING.

Eight ounces of bread, two ounces of butter, three pints boiling milk; when cool beat into it five eggs, having beaten the eggs separately; flavor with wine and nutmeg; bake in a brisk oven. Eaten cold.

BREAD PUDDING—ANOTHER WAY.

Slice six ounces of bread, butter and spread with any kind of jam or preserves, or stewed fruit; beat eight ounces of

sugar into five eggs, and add three pints of boiled milk; flavor with vanilla and pour over the bread and bake.

BOILED BREAD PUDDING.

Pour one quart of boiled milk over six ounces of bread; add four eggs, well beaten; pour into a floured bag, and drop into a pot of boiling water; let it boil steadily three-quarters of an hour. Eaten with sauce.

BATTER PUDDING.

Nine eggs, six table spoons of flour, two quarts of milk, a table spoonfull of butter. To be served with a rich sauce.

RICE FLOUR PUDDING.

To each quart of boiling water, add three tablespoonfuls of rice flour; dampen the flour in half a pint of cold water; stir it constantly until it thickens; add a pint of fresh milk, and a piece of butter the size of an egg; beat five eggs into it, and eight ounces of sugar; bake in a dish which should be set in a pan of water in the oven; season with nutmeg and brandy.

RICE PUDDING.

To six ounces of boiled rice, add one quart of milk; beat four eggs in six ounces of sugar; flavor with wine and nutmeg. Wheat or corn farina made in the same way, except to flavor with vanilla, makes a good pudding.

SWEET POTATO PUDDING.

To one pound of mashed potatoes, add three-quarters of a pound of sugar, one-quarter of a pound of butter and six

eggs, and one pint cream or rich milk ; flavor with cinnamon, allspice and a little wine or lemon ; bake with an under crust. Irish potato pudding, made by the same recipe, except that it requires one pound of sugar.

COTTAGE PUDDING.

One tea-cup of sugar, one tea-cup of flour, one tea-cup of milk, two eggs, two table spoons of butter, two tea spoons of yeast powder.

INDIAN MEAL PUDDING.

Into four quarts of milk, stir one-half tea-cup of suet, chopped fine. Place it over a fire till it comes to a boil ; set off, sift and stir into this enough meal to make a thin batter ; let it cool, then dredge in one tablespoonful of flour ; season with salt, sugar, and spices to taste, remembering that meal becomes sweeter by baking. Bake three or four hours, with steady but not large fire.

PUMPKIN PUDDINGS OR PIES.

To one pint of stewed pumpkin, add one pint of brown sugar, one and one-half pints sweet milk, one table spoonful of butter and nutmeg or cinnamon.

FARINA PUDDING.

To three gallons of water, add three cans of condensed milk ; when boiling, stir in six pounds farina ; when cold, add three dozen of eggs well beaten with two quarts of sugar ; flavor to suit the taste ; add a little salt, three or four spoonfuls of butter and two quarts of small fruit or berries. Mix

well and turn into pudding-pans and bake in a brisk oven for half an hour. Eggs may be omitted if they cannot be obtained.

TAPIOCA PUDDING.

Take four quarts of tapioca, soak four hours in cold water; add twelve eggs well beaten, and sweeten and flavor to suit the taste. Turn into pudding pans, and bake one hour in a moderately heated oven.

PEACH COBBLER.

Cover the bottom of your pudding pans with crust made as above directed, then add a layer of peaches and sugar, and alternate until the pans are full, covering the top with a crust; pour in a little water and bake in a slow oven. Is excellent eaten with milk.

APPLE PUDDING.

To one pound of apples, take one pound of sugar, one-quarter pound of butter, six eggs, and the juice of one lemon, a little of the rind grated, and flavor with nutmeg and wine.

BLACKBERRY ROLL.

Boil two pounds of pared potatoes; add a little salt, and a table spoonful of lard or butter; work in with the hand flour enough to make a soft paste; roll it out *thin*, and spread it with blackberries; roll it up in a cloth, drop it in boiling water, and boil for an hour. To be eaten with sauce. If the blackberries have been canned, the juice, with butter and sugar, makes a delightful sauce.

Whortleberries, chopped apples, peaches, cherries or plums, are good, made by this receipt. This pastry is much more wholesome, than when made the usual way.

RICE APPLE DUMPLINGS.

Pare and core apples, and fill the space of the core with raw rice. Tie each apple in a separate cloth, and boil till well done. Eat with butter, sugar, and nutmeg.

BLACKBERRY PUDDING.

To eight ounces of bread, pour over one quart of boiling milk. When it is cool, put in five eggs, having first beat them separately; add a quart of blackberries: scald a cloth, and rub it with flour; tie the pudding in it, and boil one hour and a half.

TAPIOCA OR SAGO PUDDING.

Take two ounces of tapioca, soaked in one pint of water, and add one pint of boiling water; boil until it is transparent; add one teaspoonful of butter, two ounces of sugar, three eggs; flavor with wine and nutmeg, and bake in a brisk oven.

DRIED APPLE PUDDING.

Carefully cull over and stew dried apples. When thoroughly cooked, add sugar, and rub through a colander; turn into a suitable vessel, and add water till thin as paste; soak in milk or water an equal quantity of bread, and mash well; put the fruit paste over the fire, and when boiling stir in the bread; stew and stir a few minutes; flavor with wine sauce to suit the taste. If milk and eggs can be obtained — canned

milk will answer — let the pudding cool, and to each gallon of pudding add one quart or can of milk, and six eggs, well beaten, a cup of sugar, and a spoonful of butter; turn into buttered pans, and bake.

CHEAP, PLAIN RICE PUDDING, WITHOUT EGGS OR MILK.

Put on the fire, in a moderate sized sauce-pan, twelve pints of water; when boiling, add to it one pound of rice, four ounces of brown sugar, one large teaspoonful of salt, and the rind of a lemon thinly peeled; boil gently for half an hour; then strain all the water from the rice; add to the rice three ounces of sugar, four tablespoonfuls of flour, one-half teaspoonful of pounded cinnamon; stir it on the fire carefully for five or ten minutes; put it in a tin or pie dish, and bake.

The rice water, poured off as above directed, may be made into a beverage, the juice of a lemon being introduced to give it flavor.—*W. San. Com.*

APPLE FLOAT.

Stew apples, and pass them through a colander; sweeten, and add nutmeg; to each quart of apple add the white of an egg, well beaten. To be eaten with sweet milk.

RICE FRUIT PUDDING.

Take rice, well boiled, and to each quart add a tea-cup of cooked small fruit or berries, a cup of sugar, a pint of milk, one egg well beaten, and season to taste, and bake in a brisk oven.

APPLE ADE.

Peel and quarter good mellow apples, not too sour; to every three large apples, take one cup of brown sugar; dissolve in water, and simmer over a slow fire, carefully removing the scum that rises; pour the hot syrup over the apples, and let them stand over night; put the syrup and apples in a suitable vessel, over a slow fire, and allow them to simmer till the apples are tender, and the syrup of the proper consistency; the apples, if well chosen and properly handled, will not break to pieces, and will be a very nice dish, that will keep several days.

APPLE TAPIOCA.

Peel good, mellow apples; stew them whole in a covered vessel, adding a little water, and considerable sugar and flavoring; handle them carefully to keep them from breaking; take tapioca, that has been soaked in cold water for several hours; turn it into pudding pans, allowing enough room to add the apples; carefully remove the apples, and place them in the pudding pans, in the tapioca; place them on the range, and let them simmer till the apples are thoroughly cooked.

The tapioca will form a fine jelly around the apples, and each apple should be dished out into a plate with several spoonfuls of the jelly.

DRIED APPLES.

Too little care is taken in the preparation of dried fruits. Dried apples should be carefully picked over, and *all* the burnt and worm-eaten pieces thrown aside as unfit for use. There is no economy in cooking damaged fruit. Sometimes, persons, from considerations of economy, or fear of censure,

do not separate the flawy, worm-eaten fruit from the good; and, after adding sugar and spices, have to throw the whole away, because they cannot be eaten.

After the fruit is carefully picked over, and thoroughly washed and rinsed, put into a suitable vessel over the fire; cover with cold water, adding more water from time to time as may be needed; add sugar, lemon-peel, and spices, to suit the taste; when done, turn into an earthen jar. Avoid breaking up the fruit as much as possible. Peaches and all kinds of dried fruits should be culled over with equal care, and cooked in like manner.

BAKED APPLES.

The nicest way to bake apples is: peel them; extract the core, and fill the cavity with white sugar; bake in a pudding-pan, in a moderately heated oven, till thoroughly cooked, putting a little water in the pan to prevent the sugar and juices from scorching. Bake till brown. The juices make an excellent syrup.

BAKED APPLES.

Apples may be nicely baked without paring or coring. The decayed should be carefully cut out; they should be carefully washed, and placed in a dripping-pan, with a little water to keep the juices from burning, and baked in a slow oven. If desired, serve with a syrup made with sugar.

CORN STARCH BLANC MANGE.

Beat six tablespoonfuls of corn starch thoroughly with three eggs; add to it one quart of milk nearly boiling, and previously salted a little; allow it to boil a few minutes, stirring

briskly; flavor with lemon or vanilla, and pour into a mould to stiffen. It may be sweetened before cooking, or may be cooked without sweetening, and eaten with pulverized sugar or a sauce.—*W. San. Com.*

BOILED CUSTARD. (CORN STARCH.)

Heat one quart of milk nearly to boiling; add two teaspoonfuls of corn starch, previously mixed with a little milk, three eggs well beaten, and four teaspoonfuls of powdered sugar, half a teaspoonful of salt, and a small piece of butter; flavor with lemon or vanilla; let it boil up once or twice, stirring briskly, and it is done. To be eaten cold.—*W. San. Com.*

CHARLOTTE RUSSE.

One pint of milk, three-quarters of a pound of sugar, one-half box gelatine; put these together; set it on a kettle of boiling water. After the gelatine is dissolved, beat four eggs and stir in; leave it on the fire until it looks clear, then let cool; beat to a stiff froth one pint of cream; season with vanilla; set it in a cool place, with snow or ice around it; when you add the eggs, stir thoroughly all the time; after it is cool, give it a hard beat; line a dish with cake, pour in the mixture, and put cake over the top.—*Mrs. Winslow's Cook Book.*

TAPIOCA BLANC MANGE.

One pound of tapioca, soaked in a quart of sweet milk over night; boil till tender; sweeten and flavor to taste. Mould the mixture, and serve with cream sauce.

GINGER SNAPS.

Take one teaspoonful ginger, one of lard, one teaspoonful of soda, half a pint of molasses, half a teacupful of water, with a sufficiency of flour; knead soft, roll thin, and bake in a quick oven.—*Mrs. Winslow's Cook Book.*

GINGER BREAD.

One cup flour, three-quarters pound of sugar, half a pound of butter, six eggs, and season to taste; pour into shallow pans, and bake half an hour in a moderately heated oven.—*Mrs. Winslow's Cook Book.*

APPLE FRITTERS.

Thicken two quarts of milk or water with sifted flour, so as to make a tolerably thick paste; add a little salt, and a half teaspoonful of soda, dissolved in a cup of sour milk; also four eggs, well beaten. To this paste, one quart of peeled and finely chopped, sour, mellow apples, steaming them until tender, after chopping; when done, turn them into the batter without mashing; stir briskly, and bake on a hot griddle, greased with butter. They will be found very light and palatable.

OYSTER FRITTERS.

Batter made as for apple fritters; to each quart of batter, add one pint of oysters, also salt and pepper.

SCALLOPED OYSTERS.

Two quarts of oysters; wash them, and drain off the liquor; six soft crackers pounded fine; put in a dish a layer of crumbs,

a little mace, pepper, and bits of butter, then a layer of oysters, and repeat until the dish is filled; turn a cup of oyster liquor over it; bake three-quarters of an hour.—*Mrs. Winslow's Cook Book.*

CORN BREAD.

Take a sufficient quantity of sifted meal for the bread needed; scald one-half and allow it to stand one hour; to every gallon of meal, add a cup of yeast, a cup of sugar, a spoonful of butter milk, if it can be obtained, and the remainder of the meal, and sufficient meal to mix into a dough. Bake with a moderate fire till nearly done, then let the fire go down and the bread remain in the oven half an hour.

CORN CAKES.

To two quarts of finely sifted meal, take four eggs, well beaten, two tea-cups of flour, one cup of sweet milk, a teaspoonful of cream of tartar, half a teaspoonful of soda, a teaspoonful of salt; mix well, adding enough water to make a thick paste; bake in small pans, or on a buttered griddle, in small cakes.

POTATO CAKES.

To every quart of well mashed potatoes, add two eggs, two spoonfuls of flour, a spoonful of butter or beef skimmings, and salt and pepper; mix well; make into small cakes, and fry on a buttered griddle.

FRIED MUSH.

Take stiff, cold mush; slice it down like bread, and place in a suitable pan, with a little lard or butter; fry over a moderate fire until slightly browned.

FRIED POTATOES.

Potatoes fried swimming in lard, as usually prepared at hotels, are unfit for the sick. They may, however, be prepared so as to be healthy and palatable. Pare and slice *raw* potatoes; put them into a frying or dripping pan, add a spoonful of butter or lard, salt and pepper, and a little water; cover close until nearly done; remove the cover and allow them to brown, turning frequently.

FRIED ONIONS.

Peel and cut into thin slices; put into a frying pan with butter, salt and pepper, and a little water; when almost done remove the cover and stir till slightly browned.

TOMATOES.

Scald and peel a sufficient quantity of tomatoes; slice and put them in a suitable vessel for cooking; water need not be added; season with salt and pepper; to every quart of tomatoes, add three crackers well rolled, a spoonful of butter, and one of sugar if desired; simmer over a slow fire; when cooked done, stir in a very little milk paste.

BEETS.

Thoroughly wash and rinse; put into a vessel of cold water and boil over a moderate fire until tender; drain off the water, and cover them with cold water—the skin is then easily removed. Cut into slices and add pepper, salt and vinegar. When young and tender they are best served with salt and butter.

P O T A T O E S — B A K E D .

After thoroughly washing and rinsing, bake in a hot oven with a brisk fire, until the potatoes are soft and brown.

M A S H E D P O T A T O E S .

Peel, and boil over a brisk fire, with sufficient water to cover; when tender, pour off the water, and allow to stand a few moments; then add salt, pepper, and butter. *Mash thoroughly.* Then add considerable milk, and mash again until well mixed.

S T E W E D P O T A T O E S .

Pare the potatoes, and cut into small pieces; boil over a brisk fire, with enough water to cover, until tender; then add milk, butter, salt and pepper, and enough flour to slightly thicken the gravy.

B O I L E D O N I O N S .

Take off the outside peel; parboil for a few minutes; drain off the water; cover again with fresh water, and boil till thoroughly done; add butter, and a little milk, and a little milk and flour to the gravy. Serve hot.

B O I L E D P O T A T O E S .

Wash the potatoes thoroughly, and put them with their skins on into a kettle of boiling water; throw in a handfull of salt; when the water boils hard, throw in a little cold water to check it; do so two or three times; when the potatoes are very nearly cooked, pour off all the water, and stand the kettle over the fire till the steam evaporates. This process will make the potatoes mealy.

R I C E .

Wash well in two or three waters ; put over the fire, with sufficient cold water to cover ; cook gently for thirty minutes, or till perfectly tender ; add a cup of milk, a cup syrup made of sugar, and a little salt to each quart of rice ; flavor to suit the taste.

Many soldiers have lived on rice so long, prepared so badly that the taste of rice is disgusting to them ; and although a healthy article of food for the sick, and best suited to many patients, it is rejected by them with loathing unless the taste is disguised in some way. This may be done by serving it with a sauce made with citric acid, sugar and water, to which, when boiling, add butter and a paste made of corn starch, till about the consistency of cream ; flavor to suit the taste with lemon, vanilla, or nutmeg. It is useless to cook rice for sick men, unless it can be served in such a way as to be eaten and relished by them.

E G G S .

Eggs are a most delicate article of diet for the sick, if properly cooked. Eggs should never be boiled longer than three minutes ; if the patient is very weak and delicate, a still shorter time must be allowed. A raw state would be preferable for the worst class of patients. An egg overcooked is indigestible for a well person.

P O A C H E D E G G S .

Break the eggs into a vessel of boiling water ; as soon as the white of the eggs is cooked, lift them carefully from the water with a perforated spoon ; add salt and butter.

E G G N O G G .

Beat the yolk of an egg very light ; add a little sugar ; beat the white to a stiff froth ; mix all together ; add a little nutmeg and wine or rum. If the liquor is objectionable, substitute rich milk.—*W. San. Com.*

M I L K P U N C H .

Beat an egg until very light ; stir into a pint of milk ; add brandy, sugar, and nutmeg.

P L A I N O M E L E T .

Break six eggs into a bowl, with a teaspoonful of salt and a little pepper ; beat them well ; place half a cup of butter in a frying pan over the fire, and when hot pour in the eggs ; stir rapidly with a spoon until they begin to cook ; tip the pan to give an elongated form to the omelet ; roll the edges, turn into a dish and serve hot.

P U D D I N G S A U C E .

Make one gallon of water quite tart with tartaric or citric acid ; add sugar enough to make the sauce very sweet ; place it over a hot fire and when boiling add a cup of butter and a paste of corn starch ; when nearly cold, add one pint of wine and lemon or vanilla flavoring.

ANOTHER.—Two cups of sugar with one cup of butter, one cup of currant or cherry wine, added a little at a time, as the butter and sugar are melted ; the pan containing it to be set in hot water ten minutes or more.

STILL ANOTHER.—The best sauce for bread puddings, or any pudding containing apples, may be simply made of rich milk, sugar and nutmeg. It is much more healthy than any wine sauce.

MRS. WILCOX'S WINE JELLY.

Three pints boiling water, one pint wine, one-quarter pound sugar, juice and grated rind of one lemon, one box of gelatine. Soak the gelatine in cold water half an hour; add the sugar; pour the boiling water over it, stirring well; then let it cool a little, add your flavoring, and pour into your moulds.—*Mrs. Winslow's Cook Book.*

JELLY.

One box of Cox's gelatine, the rind and juice of two lemons (no seeds), one pint of cold water. Let it stand over night, or several hours, then add one quart of boiling water; stir till all is thoroughly dissolved; strain; add wine to the taste; pour it in your moulds and place them in the refrigerator. This makes two large moulds. It is superior to any you can buy.—*Mrs. Winslow's Cook Book.*

NICE PUDDING SAUCE.

Three eggs and a white of one additional egg; one heaping cup sugar; beat eggs and sugar well together; take one cup boiling water and a piece of butter size of an egg; let the butter melt in the water by setting it in the top of the tea kettle. Just as you serve the sauce, pour the liquid on the sugar and eggs, stirring briskly.—*Mrs. Winslow's Cook Book.*

MULLED WINE.

Half pint of wine to same measure of boiling spiced water; beat an egg, a little sugar and orange juice; stir it into the hot liquid, and serve hot, with toasted bread.—*W. San. Com.*

CORDIAL WITHOUT COOKING.

To one gallon of brandy, put twelve quarts of fruit, nine pounds of white sugar, one ounce of cloves, one ounce of cinnamon, one ounce of ginger. Put the whole into a stone jar, and stir twice a day until the fruit becomes of a reddish color, after which it must be strained and bottled.

INSTRUCTIONS

TO

MANAGERS OF SPECIAL DIET KITCHENS.

IN accepting your present position of responsibility, you place yourself in the service and under the general care and direction of the U. S. Christian Commission; and in my absence you will be under the general direction of the Field Agent of the Department, and will look to the nearest Station Agent of the Commission for assistance and supplies.

The following statements and requirements must receive careful attention, and be scrupulously observed.

1st. Your work in the kitchen is to assist the Surgeons in giving comfort and restoration to languishing men, who are in need of carefully prepared nutritious food.

2d. The order of the Surgeon in charge is the law of the kitchen, as it is of all other hospital arrangements.

3d. Under the direction of the Surgeon in charge, it will be your duty to prepare such articles of diet, and only such, as are ordered or approved by the Surgeons in charge of the sick.

4th. You will keep open to the inspection of the Surgeon in charge, an account of all the stores received from any source outside of the hospital, and at the end of each month, send to me at Louisville, Ky., a statement of the expenditures from such sources, and an invoice of the stock on hand, accompanied by a requisition for the supplies needed for the coming month.

5th. In addition to the monthly report, you will communicate with me at Louisville, Ky., at the end of each week, noting any incident of interest you may choose, and giving a general statement of the condition and working of the kitchen.

6th. Great good may be daily accomplished by bringing kind words and Christian sympathy and solicitude, with articles of comfort and necessity, to the cots of the sick and wounded; but all such visits to the wards must be by the Surgeon's permission, and in strict conformity with hospital regulations.

7th. A spirit of censoriousness and evil speaking and intermeddling, unchristian anywhere, is doubly mischievous here, and dangerous to all concerned. First impressions of what can and ought to be done in a large hospital, are very likely to need the correction which extended experience and candid observation are sure to give.

8th. Neatness and simplicity of dress, are intimately connected with your success.

9th. A uniform Christian deportment, above the shadow of reproach, and the avoiding of the very appearance of evil, is absolutely necessary.

10th. Your work has its foundation in Christian self-sacrifice. The only possible sufficient motive for you, is a

desire to do good to the suffering. For this you will be willing to forego, in a large degree, home comforts, and especially that of social intercourse, in order to give yourself, with a single aim, and with all your might, to the work you have undertaken.

ANNIE WITTENMYER,

Agent U. S. Christian Commission.

D

SUGGESTIONS.

Visits to the patients in the wards should be made as often as consistent with other duties and hospital regulations.

A ward should never be entered hurriedly, so as to create bustle or confusion.

The step should be light, the manner cheerful and dignified, the words kind and encouraging, the offers of assistance generous and hearty, and all the deportment show that the visitor "has been with Jesus, and learned of Him, who is meek and lowly in heart."

Sympathy is grateful to those who have suffered long and severely from disease or wounds, and should be given without stint; but it should be a healthy, cheerful sympathy, which will lead the sufferer to bear with courage the pains that cannot be alleviated — to meet with fortitude and bear with patience the course of treatment deemed necessary for their recovery; a sympathy growing out of love to Christ and humanity, which will lead others to look to God, and calmly trust him for the future. Such sympathy is all the more grateful to the sick, as it comes to them when they are far away from home and friends, and at a time of bodily suffering and mental anxiety, when they most need the sustaining influence of Christian counsel.

Conversation should be carried on in a distinct tone of voice, but not loud.

Home and absent loved ones must always be a theme of conversation among hospital patients; but opportunity should be sought to engage them in close conversation on religious subjects. Persons who have an interest in the spiritual welfare of the sick will not wait for them to introduce this subject, but will early ascertain their views and feelings — their hopes and fears — and will calmly and earnestly recommend to them Christ as an all-sufficient Saviour. ●

Denominational preferences should be put aside. Sectarianism — objectionable anywhere — is doubly mischievous where all sects are represented.

Soldiers receive great comfort from the correspondence of friends at home. Letter writing should be encouraged in hospitals. If the patient is able to write, it will give employment and subject for thought; if not able, offers of assistance should be made in such a manner as to make the patient feel that he is imposing no task.

Attention to patients should be given with the strictest impartiality; the favorites should be those who most need assistance and sympathy, though they do not receive it most gracefully, or even most gratefully. The effect of special, peculiar favor or ministrations to one or two in a ward, is sometimes, to those who share not in this distribution of good, and thus fancying themselves unsought and uncared for, a source of positive injury.

Reading aloud for the sick is beneficial, when desired, and the subject is well chosen; but reading in a loud voice should be avoided, and, if the patient is weak, the exercise should not be continued many minutes.

Music has great power to soothe. No instrument can equal the human voice. When tuned to the praises of God and

songs of redeeming love, it will soothe and elevate the most restless and desponding patients.

All who labor for Christ and our brave soldiers should be careful to co-operate with all others who are engaged in like service.

Personal preferences and prejudices should be put away, and hearty, earnest co-operation be given to all who labor for the physical or spiritual welfare of the soldiers, no matter what their social or moral standing may be.

Surgeons, Chaplains, delegates of the Christian Commission, sanitary agents, male and female nurses—all have claims upon the sympathies of those who desire to labor in any way for the sick in hospital.

Singleness of purpose should characterize the labors of those who give themselves to hospital work.

Women who enter the service of the Christian Commission should be impelled by the highest and holiest motives—should be influenced wholly by love to God and humanity. Persons entering this holy work, actuated by other motives, wrong the Commission, endanger the interests of the work, and bring reproach upon the cause of Christ.

None are invited or expected to engage in this service but those who come to labor for Christ and our suffering soldiers. Such persons will not find leisure for visiting, social intercourse, amusements, or to labor for themselves. The important interests involved in hospital duties will almost wholly occupy their time.

Time is short. Those connected with hospitals have but to turn their eyes, or take their station by the well worn road which the dead-cart travels, to realize this truth. The man who, this hour, listens with so much eagerness to words of

warning or comfort—whose heart seems so open to Divine impressions—may, in another hour, be dead. “Work while it is called to-day.” The opportunity to speak of home and friends, of Christ and immortality, will soon be passed. Let not the time which should be devoted to God’s work be squandered or spent in lower labors.

EXTRACTS

FROM

FLORENCE NIGHTINGALE'S NOTES ON NURSING.

CHEMISTRY has yet afforded little insight into the dieting of sick. All that chemistry can tell us, is the amount of "carboniferous" or nitrogenous elements discoverable in different dietetic articles. It has given us lists of dietetic substances, arranged in the order of their richness, in one or the other of these principles; but that is all. In the great majority of cases, the stomach of the patient is guided by other principles of selection than merely the amount of carbon or nitrogen in the diet. No doubt in this, as in other things, nature has very definite rules for her guidance; but these rules can only be ascertained by the most careful observation at the bed-side. She there teaches us that living chemistry, the chemistry of reparation, is something different from the chemistry of the laboratory.

Organic chemistry is useful as all knowledge is, when we come face to face with nature, but it by no means follows that we should learn in the laboratory any one of the reparative processes going on in disease. * * * * *

In laying down rules of diet by the amounts of "solid nutriment" in different kinds of food, it is constantly lost sight of what the patient requires to repair his waste—what he can take, and what he can't. You cannot diet a patient from a book; you cannot make up the human body as you would make up a prescription—so many parts carboniferous, so many parts nitrogeous, will constitute a perfect diet for the patient. The nurse's observation here will materially assist the doctor; the patient's "fancies" will materially assist the nurse. * * To watch for the opinions, then, which the patient's stomach gives, rather than to read "analyses of food," is the business of all those who have to settle what the patient is to eat—perhaps the most important thing to be provided for him after the air he is to breathe. * *

In the diseases produced by bad food, such as scorbutic dysentery and diarrhœa, the patient's stomach often craves for and suggests things, some of which certainly would be laid down in no dietary that ever was invented for sick, and especially not for such sick. These are fruits, pickles, jams, gingerbread, fat of ham or bacon, suet cheese, buttermilk. These cases I have seen, not by ones or tens, but by hundreds. And the patient's stomach was right, and the book was wrong.

Milk and the preparations from milk are most important articles of food for the sick. Butter is the lightest kind of animal fat, and though it wants the sugar and some of the other elements which are in milk, yet it is most valuable, both in itself and in enabling the patient to eat more bread. *

* Cream, in long, chronic diseases, is quite irreplaceable by any other article whatever. It seems to act in the same manner as beef tea, and to most it is much easier of digestion than milk. In fact, it seldom disagrees. Cheese is not usually digestible by the sick, but it is pure nourishment for repairing waste; and I have seen sick, and not a few either,

whose cravings for cheese showed how much it was needed by them. * *

The nutritive power of milk, and of the preparations from milk, is very much undervalued. There is nearly as much nourishment in a half a pint of milk as there is in a quarter of a pound of meat. But this is not the whole question, or nearly the whole. The main question is, what the patient's stomach can assimilate or derive nourishment from, and of this the patient's stomach is the sole judge. Chemistry cannot tell this. The patient's stomach must be its own chemist.—*Florence Nightingale.*

Dr. CHRISTISON says that "every one will be struck with the readiness with which certain classes of patients will often take diluted meat juice or beef tea repeatedly, when they refuse all other kinds of food." "Possibly," he says, "it belongs to a new denomination of remedies."

LEHMAN says "that among the well and active, the infusion of one ounce of roasted coffee daily, will diminish the waste going on in the body by one fourth." Dr CHRISTISON adds that tea has the same property.

That the more alone an invalid can be when taking his food, the better, is unquestionable; and even if he must be fed, the nurse should not allow him to talk, or to talk to him, especially about food while eating. * * To leave the patient's untasted food by his side from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking any food at all. * Let the food come at the right time, and be taken away eaten or uneaten at the right time, but never let a patient have "something always standing" by him, if you don't wish to disgust him of everything.—*Florence Nightingale.*

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