INTRODUCTORY NOTE

I HAVE compiled this little book as an assistance to those women who have nobly given their help in nursing our wounded during this war of 1914. I trust that it may be useful to those who may be called upon to see to their patients' foods as well as to the dressing of their wounds.

It is well for all those concerned in nursing the sick to remember that diet is as an important a factor in the recovery of a patient as anything else: and everything depends upon the patients having the correct food and that properly cooked.

I would like to thank both Mrs Edwards and Miss May Little for allowing me to make use of many of the receipts from their well-known Cookery Books.

J. M. L.