

**INSTITUTION RECIPES FOR  
USE IN SCHOOLS,  
COLLEGES, HOSPITALS  
AND OTHER INSTITUTIONS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649614455

Institution Recipes for Use in Schools, Colleges, Hospitals and Other Institutions by Emma Smedley

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## INSTITUTION RECIPES



# INSTITUTION RECIPES

FOR USE IN

SCHOOLS, COLLEGES, HOSPITALS

AND

OTHER INSTITUTIONS

BY

**EMMA SMEDLEY**

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Instructor in Domestic Science, Drexel Institute, Philadelphia, Pa.;  
Instructor in Dietetics, The Johns Hopkins Hospital  
Training School for Nurses,  
Baltimore, Md.

REVISED

With additional recipes and chapters on the administration and  
equipment of school lunch rooms

**EMMA SMEDLEY**

PUBLISHER

6 EAST FRONT STREET

MEDIA, PA.

641.57

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## PREFACE TO THE SECOND EDITION

The increasing demand for Institution Recipes has necessitated the preparation of a new and enlarged edition.

To meet this need the work has been thoroughly revised and many new recipes have been added. Every recipe indicates the number of portions it will serve; some are intended for fifty portions, others for one hundred, and many are in quantities to serve one hundred and fifty portions. By simply multiplying or dividing, a cook may in a few moments adapt any recipe to suit the size of her family, whether it is fifty, seventy-five or one or two hundred. It is not advisable to adapt these recipes to the needs of the small family; it is much safer to use a cook book intended for family use; "The Boston Cooking School Cook Book," by Miss F. M. Farmer; "The Fireless Cook Book," by Miss M. J. Mitchell, or some similar work.

An important addition is the introduction of chapters on the administration, equipment, and menus of the high school luncheon system as carried on in Philadelphia. Also suggestions concerning the institution kitchen equipment.

It is the earnest wish of the author that this book may be found helpful in answering some

of the questions which are puzzling many persons who are called upon to solve problems similar to those which she has had to meet.

The valuable assistance rendered by Miss L. M. Armstrong in the preparation of this edition is hereby gratefully acknowledged.

Thanks are extended to Miss M. J. Osborn, whose coöperation has made possible the success of our school luncheon system.

**EMMA SMEDLEY.**

Media, Pa.  
1912.

## PREFACE TO THE FIRST EDITION

In preparing this book the aim has been to supply the growing need for a collection of recipes for use in schools, hospitals, and other institutions.

The recipes here offered are the result of personal laboratory experiments and practical application in the preparation of food, by groups of students in some departments of the Johns Hopkins Hospital Training School, Baltimore, and the lunch room for students of the Drexel Institute, Philadelphia.

This collection is in no sense a complete cook book, but is simply the well tried recipes in actual daily use. With a few exceptions, these quantities will serve one hundred and fifty persons. It is my earnest wish that this book may be helpful as a guide in preparing a variety of palatable and wholesome dishes in institutions.

I desire here to thank Miss M. A. Nutting, Superintendent of the Nurses' Training School, Johns Hopkins Hospital; Miss H. M. Spring, Director of Domestic Science, Drexel Institute, and those of my co-workers to whom I am indebted for advice and assistance in the preparation of this little book.

EMMA SMEDLEY.

Media, Pa.

1904.