

OFFICIAL COPY.

[Crown Copyright Reserved.]

108  
Gen. No.  
1872

MANUAL  
OF  
MILITARY COOKING  
AND  
DIETARY.

---

MOBILIZATION.

1915.

---

LONDON:

PRINTED UNDER THE AUTHORITY OF HIS MAJESTY'S STATIONERY OFFICE  
BY HARRISON AND SONS, 45-47, ST. MARTIN'S LANE, W.C.,  
PRINTERS IN ORDINARY TO HIS MAJESTY.

To be purchased, either directly or through any Bookseller, from  
WYMAN AND SONS, LTD., 29, BREAMS BUILDINGS, FETTER LANE, E.C., and  
54, ST. MARY STREET, CARDIFF; or  
H.M. STATIONERY OFFICE (SCOTTISH BRANCH), 23, FORTH STREET, EDINBURGH; or  
E. PONSONBY, LTD., 116, GRAFTON STREET, DUBLIN;  
or from the Agencies in the British Colonies and Dependencies,  
the United States of America and other Foreign Countries of  
T. FISHER UNWIN, LONDON, W.C.

Price Twopence.

Proc. Major J. Todd 18 Nov 19

cybk 1790

# MILITARY BOOKS

Published by



Authority.

LONDON:

PRINTED UNDER THE AUTHORITY OF HIS MAJESTY'S STATIONERY OFFICE  
By HARRISON AND SONS, 45-47, ST. MARTIN'S LANE, W.C.,  
PRINTERS IN ORDINARY TO HIS MAJESTY.

To be purchased, either directly or through any Bookseller, from  
WYMAN AND SONS, LTD., 29, BREAMS BUILDINGS, FETTER LANE, E.C., and  
54, ST. MARY STREET, CARDIFF; or  
H.M. STATIONERY OFFICE (SCOTTISH BRANCH), 23, FORTH STREET, EDINBURGH; or  
E. PONSONBY, LTD., 116, GRAFTON STREET, DUBLIN;  
or from the Agencies in the British Colonies and Dependencies,  
the United States of America and other Foreign Countries of  
T. FISHER UNWIN, LONDON, W.C.

(The prices in brackets are those at which the books are obtainable  
post free, by Officers, Non-Commissioned Officers, and Men, in  
the manner prescribed by Appendix XXIII. of The King's  
Regulations and Orders for the Army, 1912. Applications  
should be made on Army Form L 1372, and addressed to the  
Secretary, War Office, S.W.)

**ABYSSINIA** Expedition to. 2 vols. and maps. 1870. Half Mor., £5 5s.  
Cloth, £1 4s.

**AFRICA.** Continent of. Geology of. Notes on. 1906. 3s. (2s. 4d.)

**AMHARIC LANGUAGE.** Short Manual of the. With Vocabulary. 1909. 5s.  
(3s. 6d.)

**ANIMAL MANAGEMENT.** 1908. 1s. 6d. (1s. 4d.)

**ARABIC GRAMMAR.** Two parts. 1887. (Sold to Officers only) 10s.  
(10s. 6d.)

**ARMOURERS,** Instructions for, in the care, repair, browning, &c., of Small  
Arms, Machine Guns, "Parapet" Carriages, and for the care of Bicycles. 1912.  
1s. 6d. (1s. 4d.)

Ditto. Amendments. Aug. 1912; Aug. 1914. Each 1d. (1d.)

**ARMY ACCOUNTS.** (Reprinted from THE ARMY REVIEW, January, 1914.)  
3d. (3d.)

**ARMY CIRCULARS AND ARMY ORDERS** issued before Dec. 31,  
1892, which are still in force and required for reference. Reprint of  
May, 1896. 3d. (3d.)

**ARMY ORDERS.** Monthly. Each 3d. (3d.)

**ARMY ORDERS.** Covers for. 9d. (9d.)

**ARMY ENTRANCE** Regulations:—

R.M. Academy. Admission to, from April 1, 1912. 1d. (1d.) (Under revision)

R.M. College. Ditto. 1d. (1d.) (Under revision)

Militia and Imperial Yeomanry. Officers of. 1907. 1d. (1d.)

Special Reserve of Officers, Malta Militia, Bermuda Militia, Channel Islands

Militia, and Territorial Force. Officers of the. 1912. 1d. (1d.)

University Candidates. 1912. 1d. (1d.)

Military Forces of the Self-governing Dominions and Crown Colonies.

Officers of the. 1912. 1d. (1d.)

Warrant Officers and N.C.O. of the Regular Army. Combatant Com-

missions as Second Lieutenants. 1914. Provisional. 1d. (1d.)

See also Commission; Medical Corps; Special Reserve; Territorial Force,  
Veterinary Corps.

*MILITARY BOOKS, published by Authority—continued.*

(As to prices in brackets, see top of page 2.)

- ARMY LIST.** The Quarterly (*not issued in October, 1914.*) Each 15s. (10s. 9d.)
- ARMY LIST.** Monthly. Each 1s. 6d. (1s. 5d.) (*Not issued in September, 1914.*)
- PROMOTIONS, APPOINTMENTS, &c.,** during August, 1914. [Printed in consequence of the temporary suspension of the Monthly Army List.] 6d. (6d.)
- Ditto, during September 1914. [Ditto.] 6d. (7d.)
- ARMY PAY,** Appointment, Promotion, and Non-Effective Pay. Royal Warrant, 1914. 6d. (7d.)
- ARMY ALLOWANCES** Regulations. 1914. 6d. (6d.)
- ARMY REVIEW.** Quarterly. July 1911 to Oct. 1914. 1s. (Up to July 1914, 1s.; Oct. 1914, 11d.) (*Publication suspended.*)
- ARMY SERVICE CORPS:—**
- Regimental Standing Orders. 1911. 6d. (6d.); Amendments. 1d. (1d.)
- Memorandum No. 25. 1d. (1d.)
- Training. Part I. (Reprinted, with Amendments, 1914.) 9d. (8d.) (*In the press*)
- Ditto. Part II. Supplies. 1909. (Reprinted, 1914, with new Appendix XII.) 1s. 3d. (1s. 1d.)
- Ditto. Part III. Transport. 9d. (9d.)
- Ditto. Part IV. Mechanical Transport. (*Out of print.*)
- Ditto. Amendments, July 1914, to Parts I. and III. 3d. (3d.)
- ARTIFICERS.** Military. Handbook. 9th edition. 1910. 1s. (11d.) (*Under revision*)
- Ditto. Amendments. 1912; May 1914. Each. 1d. (1d.)
- ARTILLERY AT THE PICARDY MANŒUVRES IN 1910.**
- Translated from the French. 2s. 6d. (2s.)
- ARTILLERY.** Royal:—
- Officers' Mess Management. (*See Ordnance College.*)
- Practice. Instructions—
- Garrison. Coast Defences. Seawards. 1914-15. 3d. (3d.)
- Garrison. Siege and Movable Armament. 1914. 3d. (3d.)
- Horse, Field, and Heavy. 1914. 6d. (5d.)
- Standing Orders for—
- Brigade of Mounted Artillery. 1d. (1d.)
- Lieut.-Colonel's Command, R.G.A. (Coast and Siege). 1d. (1d.)
- Training—
- Field. 1914. 9d. (9d.)
- Garrison—
- Vol. I. 1914. 6d. (6d.)
- Vol. II. (Siege). 1911. (Reprinted, with Amendments, 1914.) 9d. (8d.)
- Vol. III. 1911. (Reprinted, with Amendments, 1914.) 1s. (11d.)
- ARTILLERY COLLEGE.** Reports upon the 14th to 18th Senior Classes Each 1s. (9d.) (*See also Ordnance College.*)
- ARTILLERY. FIELD.** The Tactics of. (*Von Schell.*) Translated. 1900. 1s. (10d.)
- ARTILLERY INSTRUMENTS.** Handbook of. 1914. 1s. 6d. (1s. 4d.)
- ARTILLERY MUSEUM** in the Rotunda, Woolwich. Official Catalogue, 1906. (*Sold at the Rotunda. Price 1s. 6d.*)
- ARTILLERY AND RIFLE RANGES ACT, 1885, and MILITARY LANDS ACT, 1892.** Byelaws under:—
- Aldeburgh, 1896; Ash (Aldershot Camp), 1887; Finborough, 1901; Hythe, 1894; Inchkeith Battery, 1896; Kinghornness, 1896; Landguard, 1887; Lydd—Dungeness, 1895; Middlewick, 1890; Millbrook, 1888; Orchard Portman, 1896; Scarborough, 1902; Scraps Gate, 1886; Shoeburyness, 1895; Southwold, 1896; Strensall, 1900; Wash, 1891; Whitehaven Battery (Cumberland), 1896. Each 1d. (1d.)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

Artillery and Rifle Ranges Act, &c.—continued.

- Purfleet, 1911. 1s. (9d.)  
Salisbury Plain, 1900. 4d. (4d.)
- ARTILLERY STORE ACCOUNTS AND THE SUPERVISION OF R.G.A. SUB-DISTRICTS.** Notes on. 1914. 1s. (10d.)
- ARTILLERY STORE ACCOUNTS AND THE CARE AND PRESERVATION OF EQUIPMENT OF ROYAL ARTILLERY, HORSE, FIELD, AND HEAVY BATTERIES.** Notes on. Sept. 1914. 6d. (5d.)
- BARRACKS.** Care of. Instruction in. 1901. 9d. (7d.)
- BASEFORTH CHRONOGRAPH.** Experiments with, to determine the resistance of the air to the motion of projectiles. Report on. 1870. 1s. (9d.)
- BAYONET FIGHTING.** Instruction with Service Rifle and Bayonet. 1915. 1d. (1d.)
- BAYONET FIGHTING FOR COMPETITIONS.** Instruction in. 1d. (1d.)
- BERMUDA MILITIA ARTILLERY.** Regulations, 1914. 9d. (7d.)
- BICYCLES.** Military. Handbook on. 1911. (Reprinted, with Amendments, 1914). 1d. (1d.)
- BRITISH MINOR EXPEDITIONS, 1746 to 1814.** 1884. 2s. 6d. (1s. 11d.)
- CADET UNITS.** (See Territorial Force.)
- CAMEL CORPS TRAINING.** Provisional. 1913. 8d. (7d.)
- CAPE OF GOOD HOPE.** Reconnaissance Survey of the, 1903-1911. Report on the. 1s. 6d. (1s. 1d.)
- CAVALERIE.** Translated from the French of Captain Loir. (In the press)
- CAVALRY OF THE LINE. PEACE ORGANIZATION OF THE; and Arrangements for Mobilization consequent on the establishment of Cavalry Depôts.** (Special A.O., July 19, 1909). 1d. (1d.)
- CAVALRY SCHOOL, NETHERAVON.** Standing Orders. 1911. 2d. (2d.)
- CAVALRY TRAINING.** 1912. (Reprinted, with Amendments, 1914.) 1s. (10d.) (In the press)
- CEREMONIAL.** 1912. 3d. (4d.); Provisional Amendments, June 1914. 1d. (1d.)
- CHEMISTRY. PRACTICAL.** Quantitative and Qualitative. A Course of. 5s. (3s. 8d.)
- CHEMISTS OF THE RESEARCH DEPARTMENT** Rules and Regulations. 1d. (1d.)
- CHIROPODY** Manual. 2d. (2d.)
- CIVIL EMPLOYMENT FOR EX-SOLDIERS.** Guide to. 1913. 2d. (2d.)
- CIVIL EMPLOYMENT** Regulations. 1913. 1d. (1d.)
- CIVIL POWER. DUTIES IN AID OF THE.** Special A.O., Dec. 17, 1908. (Amendments to "King's Regulations," and to "Manual of Military Law"). 1d. (1d.)
- CLOTHING AND NECESSARIES (including Materials).** Priced Vocabulary of. 1913. 1s. (11d.); Amendments, July, Oct. 1913; Jan., April, July 1914. Each 1d. (1d.)
- CLOTHING** Regulations:—
- Part I. Regular Forces (excluding the Special Reserve). 1914. 6d. (6d.)
- Part II. Special Reserve. 1914. 3d. (3d.)
- Part III. Mobilization, Field Service, and Demobilization. 1908. 3d. (3d.)
- Amendments to Parts I., II., and III. Nov. 1909; April, Oct. 1910; March, April, Sept., Nov. 1911; Feb., May, July, Sept. 1912; April, July 1913. Each 1d. (1d.)
- COLCHESTER GARRISON.** Standing Orders. 1913. 9d. (7d.)
- COMMAND. ALDERSHOT.** Standing Orders. 1914. 2s. 3d. (1s. 9d.)
- COMMAND. THE ART OF.** By Colonel von Spohn. Translated. 1d. (1d.)
- COMMAND. WESTERN.** Standing Orders. Jan. 1910. (Reprinted, with Amendments, 1915). 6d. (5d.)

*MILITARY BOOKS, published by Authority—continued.*

(As to prices in brackets, see top of page 2.)

- COMMANDS**, Military, and Staff in the United Kingdom. Reorganization of. (Special A.O., Jan. 6, 1905, with alterations to date. Issued with Special A.O., Nov. 11, 1907.) 3*d.* (3*d.*)
- COMMISSION IN H.M. REGULAR ARMY** (from 1st April, 1912). Short guide to the various ways of obtaining a; &c., &c. April 1912. 2*d.* (2*d.*) (See also Army Entrance; Medical Corps; Special Reserve; Territorial Force; Veterinary Corps.)
- COMPANY TRAINING**. Notes on. For the use of the Special Reserve, Territorial Force, and newly-raised Units of the Regular Army. Sept. 1914. 1*d.* (1*d.*)
- CONVEYANCE OF TROOPS AND ISSUE OF TRAVELLING WARRANTS**, Instructions. 1910. 2*d.* (2*d.*)
- COOKING**. Military. Manual of. 6*d.* (5*d.*)
- COOKING AND DIETARY**. Military. Manual of. 1915. Mobilization. 2*d.* (2*d.*)
- COURSES OF INSTRUCTION**, 1914-15. 2*d.* (2*d.*)  
Ditto, at Practice Camps, 1914. 1*d.* (1*d.*)
- CREWS OF WAR DEPARTMENT VESSELS AND BOATS AT HOME STATIONS**. Regulations for the Appointment, Pay, and Promotion of. 1911. 2*d.* (2*d.*)
- CYCLIST TRAINING**. Provisional. 1914. 3*d.* (3*d.*)
- DIVISION ORDERS**. Extracts from. 1880. 2*s.* 6*d.* (1*s.* 9*d.*)
- DRAINAGE MANUAL**. 1907. 2*s.* 6*d.* (2*s.*)
- DRAWING PLATES**. Military:—  
Attack of Dufor's Countermines or 2nd plate of Mines; Carnot's First System; Detached Forts; Concealed Defences, 1, 2, 3, 4; Printing Plate, A, B, C, &c.; Detail Plate, No. 1; Do. No. 2; Neighbourhood of Woolwich; Village and Surrounding Ground. Each 2*d.* (2*d.*)  
Attack of Fortress—Preliminary Operations; Do., Distant Attack; Do., Close Attack; Neighbourhood of Metz. Each 3*d.* (3*d.*)  
Woods and Villages. 6 plates. Each 6*d.* (5*d.*)  
Neighbourhood of Woolwich. Southern Side. 1*s.* 6*d.* (1*s.* 1*d.*)
- DRESS REGULATIONS**. 1911. 2*s.* 6*d.* (2*s.*); Amendments, March, Aug. 1912. Each 1*d.* (1*d.*); Aug. 1913. 2*d.* (2*d.*)
- DRUM AND FLUTE DUTY** for the Infantry, with Instructions for the Training of Drummers and Flautists. 1887. 2*s.* (1*s.* 6*d.*)
- DYNAMICS**. Notes on. (See Ordnance College.)
- EGYPT. BRITISH FORCE IN**. Standing Orders. 1912. 1*s.* (10*d.*)
- EGYPT. CAMPAIGN OF 1882 IN**. Military History. With case of Maps. Condensed Edition. 1908. 3*s.* 6*d.* (2*s.* 8*d.*)
- ELECTRICAL COMMUNICATIONS. FIXED**. Instructions as to. 1912. 4*d.* (4*d.*)
- ELECTRICITY AND MAGNETISM**. Text Book for use of the Cadets at the R.M. Academy. 1911. 2*s.* 6*d.* (2*s.*)
- ELECTRICITY**. Notes on. 1911. 1*s.* 3*d.* (1*s.* 1*d.*)
- ELECTRIC LIGHT APPARATUS. DEFENCE**. Instructions for the Working of. 1911. 1*d.* (1*d.*)
- ELECTRIC LIGHTING**. Military. Vol. I. 1*s.* (11*d.*); Vol. II. (Reprinted, with Amendments, 1915). (In the press); Vol. III. 1*s.* (11*d.*)
- ENCOUNTER. THE BATTLE OF**. By Hans von Kiesling. Part I. Practical. Translated. 1*s.* 6*d.* (1*s.* 3*d.*)
- ENGINEER SERVICES** Regulations. Peace:—Part I. 1910. 1*s.* (10*d.*)  
Part II. 1911. Technical Treatises. 9*d.* (7*d.*)
- ENGINEER TRAINING**. 1912. (Reprinted, with Amendments, 1914). 6*d.* (6*d.*)
- ENGINEERING**. Field. Manual of. 1911. (Reprinted 1913). 9*d.* (9*d.*)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

**ENGINEERING. Military:—**

- Part I. Field Defences. 1908. 1s. 6d. (1s. 3d.)  
 Part II. Attack and Defence of Fortresses. 1910. (Reprinting)  
 Part IIIa. Military Bridging.—General Principles and Materials. 1913.  
 1s. (11d.)  
 Part IIIb. Ditto.—Bridges. 1s. 3d. (1s. 2d.)  
 Part IV. Mining and Demolitions. 1910. 1s. (11d.)  
 Part V. Miscellaneous. 1914. 1s. (11d.)  
 Part VI. Military Railways. 1898. (Out of print)

**EQUIPMENT. INFANTRY. Pattern 1908 Web. 1913. 2d. (2d.)**

**EQUIPMENT Regulations:—**

- Part 1. 1912. (Reprinted, with Amendments published in Army Orders up to Aug. 31, 1914.) 1s. (11d.)  
 Part 2. Details—

- | Sect.   | Sect.   |
|---|---|
| I. Infantry. (Regular Army.) 1913.<br>6d. (5d.)   | Xn. Field Squadron. (Regular Army.)<br>1914. 2d. (2d.)  |
| Ia. Mounted Infantry. 1912. 6d. (5d.)   | XIa. Horse Artillery. Q.F. 13-pr.<br>1913. 9d. (8d.)  |
| II. Cavalry. (Regular Army.) 1914.<br>3d. (3d.)   | XIb. Field Artillery. Q.F. 18-pr.<br>(Regular Army.) 1914. 9d. (8d.)  |
| III. Army Service Corps. (Regular<br>Army.) 1913. 6d. (5d.)   | XIc. Field Artillery. Q.F. 4.5-in.<br>Howitzer. (Regular Army.) 1913.<br>9d. (8d.)  |
| IV., IVa., and IVb. Army Ordnance<br>Corps. Army Pay Corps. Army<br>Veterinary Corps. (Regular<br>Army.) 1914. 2d. (2d.)  | XId. Reserve Brigades with Q.F. 18-pr.<br>Equipment. Horse and Field<br>Artillery, Staff and Depôts,<br>Riding Establishment, School<br>of Gunnery (Horse and Field),<br>and Mounted Band. (Regular<br>Army.) 1914. 6d. (6d.) |
| V. Royal Army Medical Corps. (Regu-<br>lar Army.) 1914. 2d. (2d.)   | XIe. Mountain Artillery with B.L.<br>2.75-inch Equipment. Moun-<br>tain Battery and Ammunition<br>Column. Mule Transport. Pro-<br>visional. (Regular Army.) 1914.<br>6d. (5d.)  |
| VI.-IX. R.M. Academy; R.M. and<br>Staff Colleges; Garrison Staff<br>and Schools of Instruction; Mil-<br>itary Prisons, Detention Barracks<br>and Military Provost Staff Corps.<br>(Regular Army.) 1914. 2d. (2d.) | XIIa. Royal Garrison Artillery.<br>(Regular Army.) 1914. 2s. 6d.<br>(1s. 11d.)  |
| Xa. Engineer. General. Fortress,<br>Survey, Railway, and Depot<br>Units. Peace and War. (Regular<br>Army.) 1914. 2d. (2d.)  | XIIb. Royal Garrison Artillery, Siege<br>Artillery, Movable Armament,<br>and Machine Guns in Arma-<br>ments. 1913. 1s. (10d.)   |
| Xb. Field Troop. (Regular Army.)<br>1912. 2d. (2d.)   | XIIc. Heavy Artillery. B.L. 60-pr.<br>(Regular Army.) 1913. 9d. (8d.)   |
| Xc. Field Company. (Regular Army.)<br>1914. 2d. (2d.)   | XIV. Cavalry School, Netheravon.<br>(Regular Army.) 1914. 2d. (2d.)   |
| Xd. Divisional Signal Company. (Regu-<br>lar Army.) 1914. 2d. (2d.)   | XV. Camel Corps School, Egypt.<br>(Regular Army.) 1914. 2d. (2d.)   |
| Xe. Signal Company (Wireless). (Regu-<br>lar Army.) 1912. 2d. (2d.)   | XVI. Special Reserve. 1913. 4d. (4d.)   |
| Xf. Headquarters Signal Units. (Regu-<br>lar Army.) 1914. 2d. (2d.)   | XVII. Officers Training Corps. 1912.<br>3d. (3d.)   |
| Xg. Signal Company (Cable). (Regu-<br>lar Army.) 1912. 2d. (2d.)  | Practice Batteries and Drill Guns (Fixed<br>Mountings) of the Royal Garrison<br>Artillery. (Part 2, Sections XIIa<br>and XVI, and Part 3.) 1909.<br>1s. 6d. (1s. 2d.)   |
| Xh. Signal Squadron. (Regular Army.)<br>1914. 2d. (2d.)   |   |
| Xj. Signal Troop with Cavalry Brigade.<br>(Regular Army.) 1912. 2d. (2d.)   |   |
| Xk. Signal Troop with a Cavalry Bri-<br>gade not allotted to a Cavalry<br>Division. (Regular Army.) 1914.<br>2d. (2d.)  |   |
| Xl. Signal Company (South Africa).<br>(Regular Army.) 1912. 2d. (2d.)   |   |
| Xm. Bridging Train. (Regular Army.)<br>1912. 2d. (2d.)  |   |

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

Equipment Regulations—continued.

- Part 3. Territorial Force. 1914. 6*d.* (6*d.*)  
Ditto. Details:—  
    Sec. IX. Artillery. 1912. 1*s.* (9*d.*)  
    Ditto. Amendments, April 1912; Feb. 1914. Each 1*d.* (1*d.*)  
    Sec. X. Engineer. 1912. 3*d.* (3*d.*)  
Amendments to Part 2. Feb., April, July (two issues), Aug. 1914.  
Each 1*d.* (1*d.*)  
Amendments to Parts 1, 2, and 3. Nov. 1913. 1*d.* (1*d.*)  
Amendments to Parts 1, 2, and 3. Mar., July 1913; April, Aug. 1914.  
Each 2*d.* (2*d.*)

ESTABLISHMENTS:—

PEACE:—

- Part II. Territorial Force. 1913-14. 4*d.* (4*d.*) (Under revision)  
Ditto. Changes in. Nov. 1913. 1*d.* (1*d.*)  
Part III. Departmental and Miscellaneous Regular Establishments and  
Instructional Institutions. 1913-14. 2*d.* (2*d.*)  
Part IV. Headquarters Establishments. Home, Colonies and India.  
1913-14. 3*d.* (3*d.*)  
Part V. Establishment of Commands Abroad and Summaries of the  
Military Forces of the Crown. 1913-14. 2*d.* (2*d.*)

WAR:—

- Part I. Expeditionary Force. 1914. 8*d.* (8*d.*) (Under revision)  
Part II. Territorial Force. 1911. 8*d.* (7*d.*)  
Part V. Reserve, Dépôt, and other Regimental Units maintained at  
Home after Mobilization. 1914. 4*d.* (4*d.*)  
Part VI. Departmental and Miscellaneous Regular Establishments and  
Instructional Institutions maintained at Home after Mobilization.  
1914. 2*d.* (2*d.*)  
New Armies. 1915. 2*d.*

EUROPEAN WAR, 1914-15. Despatches (Naval and Military) relating to  
Operations in the War. Sept., Oct., and Nov., 1914. With List of Honours  
and Rewards Conferred. With Sketch Map. 2*d.* (3*d.*)

EXAMINATION PAPERS:—

- Qualifying Certificates. Sept. 1905; March 1906; Sept. 1909; March, Sept.  
1910; March, Sept. 1911; March 1912. Each 6*d.* (5*d.*)  
Entrance: R.M. Academy, R.M. College, Qualifying Test for Commissions.  
Supplementary First Appointments in the Royal Marines. June-July  
1912. 1*s.* (11*d.*)  
Entrance: R.M. Academy, R.M. College, Qualifying Test for Commissions.  
Nov. 1912; Nov.-Dec. 1913. Each 1*s.* (11*d.*)  
Entrance: R.M. Academy, R.M. College, Qualifying Test for Commissions.  
Supplementary First Appointments in the Royal Marines. Appointments  
in the Indian Police Force. Appointments in the Police Forces of the  
Straits Settlements and the Federated Malay States. Cadetships in the  
Royal Navy (Special Entry). June-July 1914. 1*s.* (11*d.*)  
Entrance: R.M. Academy, R.M. College. Nov.-Dec. 1914. 1*s.* (10*d.*)  
Freehand Drawing at the Army Entrance Examination of Nov. 1913.  
Specimen Paper to illustrate the kind of questions that will be set in.  
6*d.* (5*d.*)  
R.M. Academy, Fourth Class; R.M. College, Fourth, Third, and Second  
Divisions. July, Dec. 1904; June 1905. Each 1*s.*  
R.M. Academy, Fourth Class; R.M. College, Senior Division. Dec. 1905;  
June, Dec. 1906; July, Dec. 1907. Each 1*s.*

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

Examination Papers—continued.

- Staff College. Admission. Aug. 1907; Aug. 1909; July 1911; June-July 1912; June-July 1913. Each 1s. (6d.)
- Regular Forces, Canadian Permanent Forces, Special Reserve of Officers, Territorial Force, and Colonial Military Forces. May, Nov. 1906; May, Nov. 1908. Each 1s. (11d.)
- Ditto. May 1909. 9d. (8d.)
- Officers for Promotion. Dec. 1912; May, Dec. 1913; April 1914. Each 1s. (6d.)
- Militia, Imperial Yeomanry, and University Candidates. Mar., Sept. 1904; Sept. 1905; Oct. 1906. Each 1s.
- Special Reserve, Militia, Territorial Force, and University Candidates. Oct. 1911; March, Oct. 1912; March, Oct. 1913. Each 1s. (6d.)
- Special Reserve, Military, Territorial Force, Non-Commissioned Officers, and University Candidates. March 1914. 1s. (6d.)
- Officers' Training Corps:—
- Cadets of the Senior Division. Certificate A. Dec. 1908. 6d. (5d.)
- Cadets of the Junior and Senior Divisions. Certificates A and B. Spring of 1909; Nov. 1910; May, Nov. 1911; March, Nov. 1912; March, Nov. 1913; March 1914. Each 6d. (6d.)
- Foreign Languages. Modern. July, 1906; July 1908; April, July 1909; Jan., June, Oct. 1910; Jan., June, Oct. 1911; June 1912; June 1913; June 1914. Each 1s. (6d.)

**EXPLOSIVES.** Service. Treatise on. 1907. 1s. 6d. (1s. 2d.)

**FIELD ALMANAC.** 1915.

(In the press)

**FIELD SERVICE.** Manual for:—

- Artillery. Field. Brigade. Q.F. 18-pr. 1908. 3d. (3d.) (Under revision)
- Ditto. Ditto. (Howitzer) Brigade. 5-inch B.L. 1908. 3d. (3d.)
- Ditto. Heavy (B.L. 60-pr.) Battery and Ammunition Column. Expeditionary Force. 1910. 3d. (3d.)
- Ditto. Horse. Brigade. 15-pr. Q.F. 1908. 3d. (3d.) (Under revision)
- Ditto. Ditto. Appendix to. R.H.A. Battery and Mounted Brigade Ammunition Column. 1d. (1d.)
- Cavalry Regiment. Expeditionary Force. 1913. 3d. (3d.) (Under revision)
- Engineers. Balloon Company. Expeditionary Force. 1910. 3d. (3d.)
- Ditto. Bridging Train. Expeditionary Force. 1915. 3d. (3d.)
- Ditto. Field Company. Expeditionary Force. 1915. 3d. (3d.)
- Ditto. Field Squadron. Expeditionary Force. 1914. 3d. (3d.)
- Ditto. Works Company. Expeditionary Force. 1910. 3d. (3d.)
- Headquarters Units. Expeditionary Force. 1911. 3d. (3d.)
- Infantry Battalion. Expeditionary Force. 1914. 3d. (3d.)
- Infantry (Mounted) Battalion. Expeditionary Force. 1913. 3d. (3d.)
- Medical Service. Army. Expeditionary Force. 1914. 3d. (3d.)
- Signal Service. Signal Company (Air-Line). Expeditionary Force. 1913. 3d (3d.)
- Ditto. Ditto. (Cable). Expeditionary Force. 1913. 3d (3d.)
- Ditto. Ditto. (Divisional). Expeditionary Force. 1915. 3d. (3d.)
- Ditto. Ditto. (Lines of Communication). Expeditionary Force. 1914. 3d. (3d.)

**FIELD SERVICE POCKET BOOK.** 1914. 1s. (11d.)



MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

FIELD SERVICE REGULATIONS:—

Part I. Operations. 1909. (Reprinted, with Amendments, 1914). 6d. (6d.)

Part II. Organization and Administration. 1909. (Reprinted, with Amendments to Oct. 1914). 1s. (10d.)

\* Ditto. Amendments, April 1915. 1d. (1d.)

FINANCIAL INSTRUCTIONS IN RELATION TO ARMY ACCOUNTS. 1910. (Reprinted, with Amendments to Sept. 1, 1914)

4d. (4d.)

FLYING CORPS. ROYAL. Training Manual:—

Part I. Provisional. 1914. 1s. (10d.)

Ditto. Amendments. Jan. 1915. 1d. (1d.)

Part II. Military Wing. Provisional. 1914. 3d. (4d.)

FOREIGN LANGUAGES. STUDY OF. Regulations. 1913. 2d. (2d.)

FORTIFICATION. PERMANENT. For the Imperial Military Training Establishments and for the Instruction of Officers of all Arms of the Austro-Hungarian Army. 7th Edition. Translated. 4s. (2s. 11d.)

FRANCO-GERMAN WAR, 1870-71. Translated from the German Official Account. Five Vols. £6 11s. 6d.

Also separately, in Volumes in cloth, Sections in paper covers, and Plans unmounted:—

First Part—History of the War to the Downfall of the Empire—

Vol. 1 (Secns. 1 to 5). Outbreak of Hostilities to Battle of Gravelotte. £1 6s. (Out of print)

Vol. 2 (Secns. 6 to 9). Battle of Gravelotte to Downfall of the Empire. £1 2s. (Out of print)

Second Part—History of the War against the Republic—

Vol. 1 (Secns. 10 to 13). Investment of Paris to Re-occupation of Orleans by the Germans. £1 6s. (18s. 6d.)

Vol. 2 (Secns. 14 to 18). Events in Northern France from end of Nov. in North-west from beginning of Dec. Siege of Paris from commencement of Dec. to the Armistice. Operations in the south-east from middle of Nov. to middle of Jan. £1 6s. (19s.)

Vol. 3 (Secns. 19 and 20). Events in South-east France from middle of Jan. to Termination of Hostilities. Rearward Communications. The Armistice. Homeward March and Occupation. Retrospect. £1 11s. 6d. (£1 2s. 6d.)

Section.

1. Events in July. Plan. 3s. (2s. 2d.)

2. Events to Eve of Battles of Wörth and Spicheren. 3rd edition. 3s.

(Out of print)

3. Battles of Wörth and Spicheren. 3rd edition. 5s.

(Out of print)

4. Advance of Third Army to the Moselle, &c. 2nd edition. 4s. (Out of print)

5. Operations near Metz on 15th, 16th, and 17th August. Battle of Vionville—Mars la Tour. 2nd edition. 6s. 6d.

(Out of print)

6. Battle of Gravelotte—St. Privat. 5s.

(Out of print)

7. Advance of Third Army and of Army of the Meuse against Army of Chalons. 6s.

(Out of print)

8. Battle of Sedan. 3s.

(Out of print)

9. Proceedings on German Coast and before Fortresses in Alsace and Lorraine. Battle of Noisseville. General Review of War up to September. 4s. 6d.

(3s. 4d.)

10. Investment of Paris. Capture of Toul and Strassburg. 6s. (4s. 6d.)

11. Events before Paris, and at other points of Theatre of War in Western France until end of October. 5s. 3d. (3s. 11d.)

12. Last Engagements with French Army of the Rhine. Occurrences after fall of Strassburg and Metz to middle of November. 4s. 6d. (3s. 5d.)

13. Occurrences on Theatre of War in Central France up to Re-occupation of Orleans by the Germans. 6s. (4s. 6d.)

MILITARY BOOKS, published by Authority—continued

(As to prices in brackets, see top of page 2.)

**Franco-German War—continued.**

Section.

14. Measures for Investment of Paris up to middle of December. 4s. (3s.)
15. Measures for protecting the Investment of Paris and Occurrences before French Capital to commencement of 1871. 2s. 6d. (1s. 11d.)
16. Proceedings of Second Army from commencement of 1871 until the Armistice. 3s. 6d. (2s. 8d.)
17. Proceedings of First Army from commencement of 1871 until the Armistice. 3s. (2s. 3d.)
18. Occurrences on South-eastern Theatre of War up to middle of Jan. 1871. Events before Paris from commencement of 1871 to the Armistice. 8s. (6s.)
19. Occurrences on South-eastern Theatre of War from middle of January, 1871. Proceedings in rear of German Army and in Coast Provinces from Nov., 1870 until the Armistice. 13s. 6d. (9s. 8d.)
20. General Retrospect of War from beginning of Sept., 1870 to Cessation of Hostilities. Armistice and Peace Preliminaries. Return of German Army and Peace of Frankfort. The Occupation. The Telegraph, Post, Supply of Ammunition, Commissariat, Hospital Service, Divine Service, Military Justice, Recruitment, and Home Garrisons. Results. 5s. (3s. 9d.)

Analytical Index. 1s. 6d. (1s. 1d.)

Plans—

4. Battle of Colombey-Nouilly. 3d. (3d.)
- 5A. Battle of Vionville—Mars la Tour. Position of Contending Forces at Noon. 3d. (3d.)
- 5B. Battle of Vionville—Mars la Tour. Position of Contending Forces from 4 to 5 p.m. 3d. (3d.)
- 9A. Battle of Sedan. Position of Contending Forces towards Noon. 3d. (3d.)
- 9B. Battle of Sedan. Position of the Germans in the afternoon shortly before the end of the struggle. 3d. (3d.)

(See also SIEGE OPERATIONS.)

- GERMAN ARMY.** Cavalry. Drill Regulations. 1909. 3d. (3d.)  
Ditto. Field Service Regulations. 1908. 1s. (10d.)  
Ditto. Foot Artillery. Drill Regulations. Part IV. THE FIGHT. 1909. 3d. (3d.)  
Ditto. Manœuvres Regulations. 1908. 3d. (3d.)

**GERMANY.** The Campaign of 1866 in. With 22 Plans in portfolio. 1872. (Reprinted 1907). 6s. (4s. 10d.)

Ditto. Moltke's Projects for. 1s. (10d.)

**GUERNSEY AND ALDERNEY ROYAL MILITIA.** Regulations. With the Militia Laws relating to the Islands. Provisional. 3s. (2s. 2d.)

**GUNS.** Drill for. (And see GUNS. Handbooks for):—

- 60-pr. B.L. 1912. 1d. (1d.)
- 18-pr. Q.F. 1914. 1d. (1d.)
- 15-pr. B.L. 1914. 1d. (1d.)
- 15-pr. B.L.C. 1914. 1d. (1d.)
- 15-pr. Q.F. 1912. 1d. (1d.)
- 13-pr. Q.F. 1914. 1d. (1d.)
- 12-pr. 12-cwt. Q.F. Land Service. 1914. 1d. (1d.)
- 10-pr. B.L. 1914. 1d. (1d.)
- 9-2-inch B.L. Mark IX., on Mark IV. Mounting. Land Service. 1914. 1d. (1d.)
- 9-2-inch B.L. "C" Mark IX., on Marks VA. and VB. Mountings. Land Service. 1914. 1d. (1d.)
- 9-2-inch B.L. Marks X., XV., and X., on Mark V. Mounting. Land Service. 1914. 1d. (1d.)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

**GUNS.** Drill for—continued.

- 6-inch B.L. Marks VII. and VII<sup>v</sup>. Land Service. 1914. 1*d.* (1*d.*)  
6-inch B.L. Howitzer. 1912. (Reprinted, with Amendments to Dec. 1914). 1*d.* (1*d.*)  
6-inch Q.F. Land Service. 1914. 1*d.* (1*d.*)  
5-inch B.L. Howitzer. 1912. (Reprinted, 1914, with Amendments). 1*d.* (1*d.*)  
4.7-inch Q.F. Fixed Armament. Land Service. 1914. 1*d.* (1*d.*)  
4.7-inch Q.F., on Travelling Carriages. 1912. 1*d.* (1*d.*)  
4.7-inch Q.F. Heavy Batteries. Provisional. 1914. 1*d.* (1*d.*)  
4.5-inch Q.F. Howitzer. 1914. 1*d.* (1*d.*)  
4-inch Q.F. Land Service. 1914. 1*d.* (1*d.*)  
2.95-inch Q.F. 1914. 1*d.* (1*d.*)

**GUNS.** Handbooks for. (And see **GUNS.** Drill for):—

- 60-pr. B.L. Land Service. 1913. 1*s.* 6*d.* (1*s.* 3*d.*)  
18-pr. Q.F. Land Service. 1913. (Reprinted, with Amendments, 1914). 1*s.* (11*d.*)  
15-pr. B.L. Marks II. to IV., and Carriages, Marks II.\* and IV., and Wagon, and Limber, Mark IV. Field Batteries. 1914. Provisional. 1*s.* (10*d.*)  
15-pr. B.L.C. Marks I., II., II.\*, and IV., with Mark I. Carriage, and Marks I., Ia., Ib., and Ic. Limbers and Wagons. Land Service. 1912. 1*s.* (10*d.*)  
15-pr. Q.F. Land Service. 1914. 1*s.* 6*d.* (1*s.* 2*d.*)  
13-pr. Q.F. Land Service. 1913. (Reprinted, with Amendments, 1914). 1*s.* 3*d.* (1*s.* 1*d.*)  
12-pr. B.L. of 6 cwt. Marks I. to IV. and IV<sup>a</sup> and Carriages Marks I.\* I\*\*, and II. Horse Artillery. 1905. 1*s.* (11*d.*)  
10-pr. Jointed B.L. Mule Equipment. 1914. 1*s.* 6*d.* (1*s.* 2*d.*)  
9.45-inch B.L. Howitzer. 1906. 9*d.* (7*d.*)  
9.2-inch B.L. Mark IX., "C" Mark IX., and Marks X., X<sup>v</sup>, and X.\* Land Service. 1912. 1*s.* (11*d.*)  
8-inch R.M.L. Howitzer of 70 cwt. Movable Armament and Armament of Works. Land Service. 1901. 2*s.* (1*s.* 6*d.*)  
6-inch B.L. and B.L.C. Guns, Mountings, &c. 1904. 1*s.* 6*d.* (1*s.* 4*d.*)  
6-inch B.L. Marks VII. and VII<sup>v</sup>. Land Service. 1911. 9*d.* (8*d.*)  
6-inch B.L. 30 cwt. Howitzer. Marks I. and I.\* 1915. 1*s.* 6*d.* (In the press)  
6-inch Q.F. Land Service. 1903. 1*s.* (10*d.*)  
6-inch "B" Q.F. Land Service. 1911. 1*s.* (10*d.*)  
5.4-inch B.L. Howitzer. Mark. I. 1902. 1*s.* 6*d.* (1*s.* 2*d.*)  
5-inch B.L. Marks I.—V. 1904. 9*d.* (9*d.*)  
5-inch B.L. Marks IV.—V. Land Service. 1903. 1*s.* 6*d.* (1*s.* 2*d.*)  
5-inch B.L. Howitzer. 1909. 9*d.* (9*d.*) (Under revision)  
4.7-inch Q.F. Fixed Armaments. Land Service. 1904. 1*s.* (11*d.*)  
4.7-inch Q.F.B., on Travelling Carriages. Land Service. 1910. (Reprinted, with Amendments, 1914). 9*d.* (8*d.*)  
4.5-inch Q.F. Howitzer. Land Service. 1914. 1*s.* 3*d.* (1*s.* 1*d.*)  
2.95-inch Q.F. Mule Equipment and Man Transport Equipment. 1914. 2*s.* (1*s.* 6*d.*)  
.303-inch Vickers Machine (Magazine Rifle Chamber), on Tripod Mounting, Mark IV. 1914. 6*d.* (6*d.*)  
0.303-inch Nordenfolt 3-barrel and Gardner 2-barrel converted from 0.4-inch and 0.45-inch M.H. Chamber, Magazine Rifle Chamber, on Carriages, 1900. 9*d.* (8*d.*)

**HISTORICAL RECORDS OF THE BRITISH ARMY,** viz.:—

- Horse Guards. 5*s.* (3*s.* 7*d.*)  
Dragoon Guards, 3rd, 4th, 5th, 6th, and 7th. Each 4*s.* (3*s.*)

(As to prices in brackets, see top of page 2.)

Historical Records—continued.

Dragoons, 1st, 3rd, 7th, 14th, and 16th. Each 4s. (3s.)

Ditto. 12th, and 13th. Each 3s. (2s. 3d.)

Marine Corps. 3s. (2s. 2d.)

Foot, 2nd, 6th, 8th, 10th, 11th, 13th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 34th, 36th, 39th, 46th, 53rd, 67th, 71st, 72nd, 73rd, 74th, 86th, 87th, and 92nd. Each 4s. (3s.)

Do. 14th, 56th, 61st, 70th, and 88th. Each 3s. (2s. 3d.)

**HISTORIES, SHORT, OF THE TERRITORIAL REGIMENTS OF THE BRITISH ARMY.** 67 numbers, each 1d. In one volume, 5s. (3s. 9d.)

Ditto. The Scots Guards. 1d. (1d.)

Ditto. The 6th (Inniskilling) Dragoons. 1d. (1d.)

Ditto. Revised Editions. 1d. (1d.) each:—

Alexandra, Princess of Wales's Own (Yorkshire Regiment).

The Bedfordshire Regiment.

The Black Watch (Royal Highlanders).

The Cameronians (Scottish Rifles).

The Cheshire Regiment.

The Duke of Wellington's West Riding Regiment.

The Durham Light Infantry.

The East Lancashire Regiment.

The East Surrey Regiment.

The Hampshire Regiment.

The Highland Light Infantry.

The King's Own Yorkshire Light Infantry.

The Lancashire Fusiliers.

The Loyal North Lancashire Regiment.

The Northamptonshire Regiment.

The Oxfordshire and Buckinghamshire Light Infantry.

The Prince Albert's (Somersetshire Light Infantry).

The Prince of Wales's Leinster Regiment (Royal Canadians).

The Prince of Wales's Volunteers (South Lancashire Regiment).

The Princess Charlotte of Wales's (The Royal Berkshire Regiment).

The Princess Louise's Argyll and Sutherland Highlanders.

The Royal Inniskilling Fusiliers.

The Royal Sussex Regiment.

The Royal Warwickshire Regiment.

The Royal Welsh Fusiliers.

The Suffolk Regiment.

The Welsh Regiment.

**HOSPITALS. MILITARY FAMILIES'.** Nursing Staff Regulations, Dec., 1909. 1d. (1d.)

**HOSTILITIES WITHOUT DECLARATION OF WAR FROM 1700 to 1870.** 2s. (1s. 7d.)

**HYGIENE. ELEMENTARY MILITARY.** Manual of. 1912. 6d. (6d.)

**INDIAN EMPIRE. OUR.** A Short Review and some Hints for the use of Soldiers proceeding to India. 6d. (6d.)

**INFANTRY TRAINING.** (4-Company Organization.) 1914. 6d. (6d.)

**INSTITUTES. Garrison and Regimental.** Rules for the Management of. 1912. 1d. (1d.)

**INTELLIGENCE DUTIES IN THE FIELD.** Regns. for. 1904. 2d. (2d.)

**ITALIAN CAVALRY TRAINING REGULATIONS.** 1911. Training for Marches, Tactics of Minor Units, and Training of Patrols. Translated. 4d. (3d.)

**JAMAICA.** Standing Orders. 1912. 1s. (9d.)

**JERSEY. ROYAL MILITIA OF THE ISLAND OF.** Regulations. 1914. With the Jersey Militia Law, 1905. 1s. 3d. (11d.)

**KING'S REGULATIONS AND ORDERS FOR THE ARMY.** 1912. (Reprinted, with Amendments published in Army Orders up to Aug. 1, 1914). 1s. (1s.)

[Crown Copyright Reserved.]

MANUAL  
OF  
MILITARY COOKING  
AND  
DIETARY.

---

MOBILIZATION.

1915.

---

LONDON:  
PRINTED UNDER THE AUTHORITY OF HIS MAJESTY'S STATIONERY OFFICE  
By HARRISON AND SONS, 45-47, ST. MARTIN'S LANE, W.C.,  
PRINTERS IN ORDINARY TO HIS MAJESTY.

To be purchased, either directly or through any Bookseller, from  
WYMAN AND SONS, LTD., 29, BREAMS BUILDINGS, FETTER LANE, E.C., and  
54, ST. MARY STREET, CARDIFF; or  
H.M. STATIONERY OFFICE (SCOTTISH BRANCH), 23, FORTH STREET, EDINBURGH; or  
E. PONSONBY, LTD., 116, GRAFTON STREET, DUBLIN;  
or from the Agencies in the British Colonies and Dependencies,  
the United States of America and other Foreign Countries of  
T. FISHER UNWIN, LONDON, W.C.

*Price Twopence.*

[Faint mirrored text at the top of the page]

# MANUAL

## MILITARY COOKING

1915

It is requested that communications regarding alterations, errors, etc., may be addressed to the Secretary, War Office, London, S.W.

NOTIFICATION

1915

1915

THE SECRETARY OF THE WAR OFFICE  
LONDON, S.W.

To be published, either directly or through any bookseller, in the form of a separate volume, in the series of the War Office Publications, under the title of "Military Cooking". The price of the volume is 1s. 6d. net. The volume is published by the War Office, London, S.W.

## Part I.

### PREFACE

The arrangement of this Manual has been carried out to meet the needs of Mobilization which necessitates troops being quartered and rationed under conditions that vary considerably in the several stations. Part I. is for use at home stations, Part II. in the field.

The diets should be followed as nearly as possible in consecutive order, so as to take advantage of the previous day's savings effected by issuing only such quantities of the modified field ration, etc., as are necessary to prepare the several dishes.

The daily diets have been selected and arranged in a manner according with the soldiers' tastes and the necessities of military life, and the Manual is only intended for Service use.

There is no margin in the quantities laid down to cover waste either in preparation or in the serving of the food; therefore, to avoid complaints of shortage at meal time, care in the preparation, serving and weighing out of the food to the various messes must be taken.

If the ingredients for a certain diet cannot be obtained on any particular day, the alternative chosen should be one that fits in with the free issues of the Government ration.

Where the cash allowance in lieu of rations is issued, the quantities shown in the "free" and the "purchase" columns will serve as a guide to all concerned as to what the daily purchases should be for each 100 men.

Should the market price of articles increase unduly, the daily fare must be modified accordingly.

This Manual should be used in conjunction with Army Book 48.

## No. 1.

## SPECIMEN DAY'S

Meals.				Ingredients Required.	
				Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Fried Liver and Onions.	Tea, 40 rations	Rolled Oats, 10 lbs.
				Sugar, 50 rations	Butter, 4 $\frac{1}{4}$ lbs.
				Bread as required	Liver, 25 lbs.
				Dripping, 3 lbs.	Onions, 25 lbs.
				Salt as required	Milk, 16 pints
				Mustard as required	
				Pepper as required	
				Flour, 1 $\frac{1}{2}$ lbs.	
DINNER.	Baked Meat and Potatoes.	Currant Roll.		Meat, 70 lbs.	Potatoes, 75 lbs.
				Dripping, 6 lbs.	Currants, 7 lbs.
				Salt as required	Mixed Peel, 1 $\frac{1}{2}$ lbs.
				Pepper as required	Sugar, 3 lbs.
				Mustard as required	Onions, 3 lbs.
				Flour, 20 lbs.	Gravy Salt, 1 pkt.
				Bread as required	
TEA.	Tea, Bread and Butter.	Watercress.		Tea, 40 rations	Milk, 8 pints
				Sugar, 40 rations	Watercress, 25 bundles
				Salt as required	Butter, 4 $\frac{1}{4}$ lbs.
				Bread as required	
SUPPER.	Pea Soup.	Salmon, Vinegar and Bread.		Bread as required	Split Peas, 11 lbs.
				Salt as required	Mixed Veggies., 10 lbs.
				Pepper as required	Onions, 3 lbs.
				Flour, 3 lbs.	Mint, 1 pkt.
					Salmon, 25 tins
					Vinegar, 1 gallon



**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**PORRIDGE.**—Bring the water to the boil, add 2 ozs. of salt, sprinkle in the oats, and keep stirring. If in a fixed boiler, quickly remove the fire when the oats boil, replace the lid, and allow to cook in own heat. Stir at intervals. Heat the milk, then add with sugar to taste, and serve hot. **NOTE.**—One gallon of water to 2 lbs. of oats. Time to cook, about one hour.

**FRIED LIVER.**—Wash and cut up the liver into slices  $\frac{1}{4}$  in. thick. Mix  $1\frac{1}{2}$  lbs. flour with  $1\frac{1}{2}$  ozs. of pepper and 3 ozs. salt in a mixing bowl. Dredge the liver in this mixture. Well grease the dishes with some dripping. Place in one layer of liver only and fry on hot plate or in oven. Keep from burning by constantly moving. **ONIONS.**—Clean and cut the onions into rings and steam or fry till tender. Cover the liver with stock, add the onions and serve hot. Time for liver, 40 minutes.

**BAKED MEAT AND POTATOES.**—Wash, peel and rewash the potatoes, cutting the large ones into halves lengthwise. Bone, roll and skewer the meat, cover with slices of fat if lean joint. Place the potatoes into a baking dish, clean and cut up the onions, sprinkle over the potatoes, add  $1\frac{1}{2}$  ozs. pepper, 3 ozs. salt, then pour over a little stock or water. Place dish in oven, turn joint at half-time, add stock when necessary. Time, 15 minutes for each pound of meat.

**CURRANT ROLL.**—Wash and pick over the currants, chop up peel finely. Place flour in mixing bowl, and add  $1\frac{1}{2}$  ozs. salt; shred dripping, add to flour, and well mix; add sufficient water to make into a stiff paste, press out, cut in required number of portions, roll out, sprinkle over the currants, sugar and peel, damp the edges of paste, roll over, neatly pressing the ends together to retain the fruit. Flour the cloths, place in the pudding, and roll tightly. Tie up each end with string, place in boiling water, and boil continuously for three hours. If steamed, place in dish without cloth, replace lid. Time,  $3\frac{1}{2}$  hours.

**WATERCRESS.**—Remove the roots and thoroughly clean. Place in salted water to kill insects, and allow it to remain for a few minutes. Then wash and serve at once.

**PEA SOUP.**—Soak the peas for about 12 hours, steam or boil till pulped. Clean and cut up the onions, wash and cut up the vegetables. Place 10 gallons of stock in boilers, add the vegetables and onions, slowly bring to boil, and simmer till cooked. Make a thickening of flour, 3 ozs. pepper, 6 ozs. salt, and cold stock or water, add with the pulped peas. Bring the stock to the boil again for 30 minutes, stirring well, and adding dried mint if desired. Time,  $3\frac{1}{2}$  hours.

---

## No. 2.

## SPECIMEN DAY'S

Meals.				Ingredients Required.	
				Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Fried Bacon and Tomatoes.	Tea, 40 rations	Rolled Oats, 10 lbs.
				Sugar, 50 rations	Butter, $4\frac{3}{4}$ lbs.
				Bread as required	Milk, 16 pints
				Bacon, 200 rations	Tomatoes, eight 2-lb. tins
				Salt as required	
				Mustard as required	
				Pepper as required	
DINNER.	Irish Stew, Dumplings.	Bread and Butter Pudding.		Meat, 60 lbs.	Potatoes, 75 lbs.
				Dripping, $4\frac{3}{4}$ lbs.	Currants, 5 lbs.
				Salt as required	Sugar, 5 lbs.
				Pepper as required	Milk, 5 gallons
				Mustard as required	Spice, Nutmegs 2
				Flour, 19 lbs.	Onions, 7 lbs.
				Bread as required	Butter, 2 lbs.
				Suet, $\frac{1}{2}$ lb.	
TEA.	Tea,	Bread and Butter.	Jam.	Tea, 40 rations	Milk, 8 pints
				Sugar, 40 rations	Butter, $4\frac{1}{2}$ lbs.
				Jam, 200 rations	
				Bread as required	
SUPPER.	Lentil Soup.	Cheese, Pickles,	Bread.	Bread as required	Lentils, 10 lbs.
				Cheese, 200 rations	Mixed Veggies., 10 lbs.
				Salt as required	Onions, 3 lbs.
				Pepper as required	Herbs, 1 packet
				Flour, 3 lbs.	Pickles, 1 gallon

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**BACON (Fried).**—Remove the bone and rind, cut into thin rashers of about 1 oz. each (if bacon is lean, slightly grease the dish), put only one layer in dish, fry in oven or on hot plate.

**TOMATOES (Tinned).**—Empty into a dish, cook by bringing to a simmer, stir occasionally. Serve with bacon in centre of dish.

**TOMATOES (Fresh).**—Remove stalk and clean, then cut in half and fry till browned on both sides, or place a little hot water into a boiler and add the cut tomatoes, stirring till cooked.

**PORRIDGE.**—See Diet 1.

**TEA.**—Place the tea in a clean vessel, then pour over boiling water, allow tea to stand a few minutes, strain tea leaves, add sugar and milk.

---

**IRISH STEW.**—Wash, peel and again wash the potatoes, clean and cut up onions, remove meat from bone, cut up into cubes. Place a little stock or water in cooking vessel, add alternately a layer of potatoes and layer of meat, sprinkle over each layer some onions, salt and pepper, continue thus until vessel is nearly full; potatoes must be the finishing layer; barely cover with stock. Steam or stew  $2\frac{1}{2}$  to 3 hours.

**DUMPLINGS.**—Make paste as in Currant Roll (Diet 1), cut into portions (one per man), and steam or cook with stew for one hour.

**BREAD AND BUTTER PUDDING.**—Place a layer of thin bread and butter on bottom of greased baking dish, sprinkle over with currants (which have been washed and picked), chopped suet and sugar, then a layer of bread and butter, currants, suet and sugar until dish is three-quarters full. Cover with milk, grate over a little nutmeg. Place in oven till nicely browned. Time, 50 minutes.

---

**TEA.**—See Breakfast.

---

**LENTIL SOUP.**—Proceed as for Pea Soup (Diet 1), using Lentils instead of peas and substituting celery seed for mint, which should be added with the thickening.

---

## No. 3.

## SPECIMEN DAY'S

Meals.				Ingredients Required.												
				Free Issue.	Purchased.											
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Stewed Steaks.	Tea, 40 rations Sugar, 50 rations Bread as required Flour, 2 lbs. Salt as required Pepper as required Mustard as required Meat, 32 lbs. Dripping, 2 lbs.	Rolled Oats, 10 lbs. Butter, 4 $\frac{1}{4}$ lbs. Mixed Vegg., 4 lbs. Onions, 4 lbs. Milk, 16 pints											
						DINNER.	Meat Pies, Gravy.	Potatoes, Cabbage.	Meat, 60 lbs. Dripping, 5 lbs. Salt as required Pepper as required Mustard as required Bread as required Flour, 16 lbs.	Potatoes, 50 lbs. Cabbage, 25 heads Onions, 3 lbs. Gravy Salt, 1 pkt.						
											TEA.	Tea.	Bread and Butter.	Plain Cake.	Tea, 40 rations Sugar, 40 rations Flour, 12 lbs. Bread as required Dripping, 2 $\frac{1}{2}$ lbs.	Sugar, 4 lbs. Milk, 14 pints Butter, 4 $\frac{3}{4}$ lbs. Currants, 4 $\frac{1}{2}$ lbs. Cream of Tartar, 2 oz. Carbonate of Soda, 2 ozs.

**DIET—100 Men.**

## Method of Preparation and Cooking.

**STEWED STEAKS.**—Wash, peel and cut up the mixed vegetables into small pieces, clean the onions and cut up small. Remove the meat from the bone and cut into 4 oz. steaks. Place a little dripping in the pan, add the mixed vegetables and onions, and fry till golden brown colour; remove, then quickly brown the steaks on both sides in the pan. Mix 2 lbs. flour, 3 ozs. salt with 1 oz. pepper, and add to the fat remaining in the pan after frying the steak, stirring until the fat is absorbed; then gradually add hot stock until the required amount of gravy is made. Place the gravy into a dish, add the fried vegetables and onions between the steaks. Place the dish in the oven or on a hot plate and cook till tender. Time, 2 hours.

**MEAT PIE.**—Make the paste as per Diet 1 for Currant Roll, and roll out the size of baking dish. Remove the meat from the bone and cut up into small cubes. Clean and cut up the onions into small pieces. Place a little stock or water in the baking dish, add the meat and onions, pepper (2 ozs.) and salt (3 ozs.), stir well together, lay over cover of paste, which should have a hole in centre to allow steam to escape. Put the pie in a hot oven till browned, then remove to a cooler part of oven, and cover with greased paper, adding stock as required during the process of cooking. Time, 2½ hours.

**GRAVY.**—Make a thickening with 1 lb. flour, 1 oz. pepper, and 2 ozs. salt, and stock. Bring the stock to the boil, add the thickening, keeping stirred till cooked; add colouring. Time, 30 minutes.

**CABBAGE.**—Remove the withered leaves, cut cabbage into quarters, remove stalk, well wash in salted water. Bring water to the boil, add salt (3 ozs.), soda (2 ozs.), and place in cabbage and boil till tender. Time, 40 minutes.

**POTATOES.**—Wash, peel and rewash potatoes, and steam for 50 minutes, or boil if new 30 minutes, if old 40 minutes.

**PLAIN CAKE.**—Wash and pick over currants, afterwards dry them carefully. Finely shred the dripping. Pass the flour, carbonate of soda, and cream of tartar through a flour sieve. Place flour in mixing bowl, add dripping, and mix well, then add fruits, and finally mix with the milk. Place in greased tins, then in hot oven until cooked. Hottest part of oven to brown and rise, then cover with greased paper, remove dish to cooler part of oven. Time, about 1 hour. To test, insert a dry skewer: if on withdrawing it is clean, then the cake is cooked.

**TOMATO SOUP.**—Soak the haricot beans the previous day, steam or boil till tender. Clean and cut up the onions. Place sufficient stock into the boiler, add the tomatoes and onions, and simmer till tomatoes are reduced to a pulp and the onions are tender. Pulp the haricot beans by passing through a vegetable masher or mincer. Make a thickening (as in Pea Soup), mix up with the pulped beans, bring stock to the boil, add thickening, etc., stir till it comes to a boil again, and simmer for 30 minutes, keeping it well stirred all the time. **COLD BEEF.**—Bone and skewer the meat to a convenient sized joint, place a little dripping or fat in bottom of dish, arrange meat on a stand in the dish, and place in hottest part of the oven till crust forms on outside of meat. Remove to a cooler part of oven, turn at half-time, add fats to dish as required, and baste frequently. Time, 15-18 minutes per lb. Allow to cool. Carve cold meat as thin as possible and serve with pickles.

## No. 4.

## SPECIMEN DAY'S

Meals.				Ingredients Required.												
				Free Issue.	Purchased.											
BREAKFAST.	Porridge.	Cold Boiled Bacon.	Bread and Butter.	Tea, 40 rations Sugar, 50 rations Bread as required Salt as required Pepper as required Mustard as required Bacon, 200 rations	Rolled Oats, 10 lbs. Butter, $4\frac{3}{4}$ lbs. Milk, 16 pints											
						DINNER.	Curried Stew.	Potatoes, Rice.	Jam Roll.	Meat, 60 lbs. Dripping, 6 lbs. Salt as required Pepper as required Mustard as required Flour, 22 lbs. Jam, 8 lbs. Bread as required	Potatoes, 75 lbs. Onions, 3 lbs. Curry Powder, 13 ozs. Rice, 10 lbs. Mixed Vegs., 7 lbs.					
												TEA.	Tea, Bread and Butter.	Beetroot Salad.	Tea, 40 rations Sugar, 40 rations Bread as required Salt as required Pepper as required	Milk, 8 pints Butter, $4\frac{3}{4}$ lbs. Beetroot, 20 large Vinegar, 2 pints

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**BOILED BACON.**—Select suitable boiling pieces if possible, *i.e.*, gammon or hock. Bring the water to the boil, place in the bacon, and boil steadily for 18 to 20 minutes per lb. Allow to cool in the water, thus retaining its flavour. Remove and carve in thin slices.

---

**CURRY STEW.**—Remove the meat from the bone and cut up into small pieces. Wash, peel and cut up the mixed vegetables, clean and cut up the onions. Place 3 lbs. flour,  $\frac{1}{2}$  oz. pepper,  $2\frac{1}{2}$  ozs. salt, 13 ozs. curry powder in a bowl and well mix together, add the meat and well flour. Place a little stock in the baking dish, add the vegetables and onions and meat, barely cover with stock or water, place in a moderately heated oven, add stock as required, and well stir during process of cooking. Time,  $2\frac{1}{2}$  to 3 hours.

**RICE.**—Wash and pick over the rice, place eight measures of water to one of the rice into a boiler, and bring to the boil; add 2 ozs. salt, sprinkle in the rice, and keep stirred until the fire is withdrawn. This should be done immediately the rice is placed in the boiler. Allow to remain for about 25 minutes or till tender. Remove and strain, washing if necessary with hot water, and serve hot.

**JAM ROLL.**—Proceed as for Currant Roll on Diet 1, substituting jam for currants, sugar and peel.

---

**BETROOT SALAD.**—Bring the water to the boil, place in the beetroots without breaking the skin or removing any earth that may adhere to them, and boil till cooked. Time, old beetroot, 3 hours; young,  $1\frac{1}{2}$  to 2 hours. Allow to cool, remove the skin and stalk, cut up into thin slices, place in salad bowl or plates, pour over vinegar, and serve.

---

**BARLEY SOUP.**—Scald the barley, afterwards throwing the water away. Proceed as for Pea Soup (Diet 1), placing the barley in the stock with the mixed vegetables and onions, adding the herbs with the thickening.

---

## No. 5.

## SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, 40 rations Sugar, 50 rations Bread as required Dripping, 2 lbs. Salt as required Pepper as required Mustard as required Flour, 3 lbs. Meat, 20 lbs. Suet, 4 lbs.	Rolled Oats, 10 lbs. Butter, 4 $\frac{3}{4}$ lbs. Onions, 2 lbs. Milk, 16 pints Gravy Salt, 1 pkt.	
	Tea, Bread and Butter.			
	Fried Rissoles and Gravy.			
DINNER.	Baked Meat and Potatoes.	Meat, 70 lbs. Dripping, 6 lbs. Salt as required Pepper as required Mustard as required Flour, 20 lbs. Bread as required	Potatoes, 75 lbs. Onions, 3 lbs. Raisins, 3 $\frac{1}{2}$ lbs. Currants, 3 $\frac{1}{2}$ lbs. Sugar, 1 $\frac{1}{2}$ lbs. Spice, 1 $\frac{1}{2}$ pkts.	
	Potatoes.			
	Plum Pudding.			
TEA.	Tea.	Tea, 40 rations Sugar, 40 rations Bread, 40 rations Pepper as required Salt as required	Milk, 8 pints Butter, 4 $\frac{3}{4}$ lbs. Vinegar, 5 pints Cloves, 1 oz. Peppercorn, 1 oz. Onions, $\frac{1}{2}$ lb. Herrings, 100	
	Bread and Butter.			
	Soused Herrings.			
SUPPER.	Pea and Lentil Soup.	Flour, 5 lbs. Meat, 40 lbs. Salt as required Pepper as required	Lentils, 7 lbs. Split Peas, 5 lbs. Onions, 5 lbs. Mixed Veggies., 12 lbs. Mixed Herbs, 1 pkt. Potatoes, 50 lbs.	
	Brown Stew.			
	Potatoes.			



---

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**RISSOLES & GRAVY.**—Remove the meat from the bone and cut up into small pieces, clean and cut up the onions, remove the crust from the bread and soak in cold water. Remove the skin from the suet and cut up small. Squeeze the water from the bread and crumble up. Place the whole of the above ingredients into a mixing bowl and well mix; then pass through a mincer. The minced ingredients should then be placed in a bath or bowl and seasoned with  $\frac{1}{2}$  oz. pepper, 2 ozs. salt, 1 pkt. of mixed herbs. Sufficient flour should be mixed with the mince to bind. Weigh or divide up in 5 oz. portions, rolling into sausage shape, place into greased baking dishes, and cook in a moderate oven. Make a thickening of flour, pepper and salt, as per Diet 3. Remove the rissoles from the oven when nearly cooked, pour off the surplus fat, and cover the rissoles with gravy; replace in oven till cooked. Time, 45 minutes. If bread is not available, cold mashed potatoes can be used in lieu.

---

**BAKED MEAT & POTATOES.**—As described on Diet 1.

**PLUM PUDDING.**—Wash and pick over the currants, stone and chop up the raisins, shred the dripping. Place the flour into a mixing bowl, add  $1\frac{1}{2}$  oz. salt, and well mix. Next place in the prepared fruit, sugar and dripping, mixing well, add sufficient cold water to make in a stiff dough. Well flour the pudding cloths. Turn out the paste, cut into the required number of portions, place in the cloths, tie up securely at each end with string, place in boiling water, and boil continuously for 3 hours.

---

**SOUSSED HERRINGS.**—Gut and clean the herrings, place in salted water for half an hour. Remove and place in baking dishes, clean and cut up the onions and mince finely, then sprinkle them over the fish. Shake over the cloves and peppercorns, cover with vinegar (diluted with equal parts of water), season with pepper and salt. Place in moderately heated oven till cooked. This dish is served cold. When cooked, the flesh breaks between the thumb and finger on being pressed.

---

**PEA AND LENTIL SOUP.**—Soak the peas and lentils, then steam or boil till tender; then proceed as for Pea Soup (Diet 1).

**BROWN STEW.**—Wash and clean the vegetables, cut up into small cubes. Clean and cut up the onions into small pieces. Bone the meat and cut up into small pieces. Mix the flour, salt, and pepper in mixing bowl, add meat, and cover well with the flour. Put a little stock in baking dish, place in the floured meat, mixed vegetables and onions, barely cover with stock, stir well, and cook in moderately heated oven. During process of cooking add stock as required and keep well stirred. Time,  $2\frac{1}{2}$  hours.

**POTATOES.**—Wash, then peel and wash again. Steam or boil till cooked. Time, to steam, 1 hour; boil, 40 minutes.

---

## No. 6.

## SPECIMEN DAYS

Meals.				Ingredients Required.					
				Free Issue.	Purchased.				
BREAKFAST.	Porridge.	Tea.	Bread and Butter.	Fried Bacon.	Tea, 40 rations Sugar, 50 rations Bread as required Salt as required Pepper as required Mustard as required Bacon, 200 rations	Milk, 16 pints Rolled Oats, 10 lbs. Butter, 4 $\frac{1}{2}$ lbs.			
							Plain Stew.	Potatoes, Blue Peas.	Bread Pudding.
	TEA.	Tea.	Bread and Butter.						
							SUPPER.	Vegetable Soup. Cheese and Pickles.	Bread.

---

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

As explained on Diets 1 and 2.

---

**PLAIN STEW.**—Wash, peel and cut up the vegetables into small cubes, clean and cut up the onions. Remove the meat from the bone and cut up into pieces of about 1 oz. Place 3 lbs. flour,  $\frac{1}{2}$  oz. pepper, 3 ozs. salt into a bowl and mix well, add the meat to this mixture. Place a little stock into a steaming dish or camp kettle, add the vegetables, onions and floured meat, barely cover with stock, stir well, replace the lid, and steam for  $2\frac{1}{2}$  to 3 hours. This should be occasionally stirred during process of cooking. If this stew is to be cooked in a camp kettle the meat should not be floured as above, but should be well whisked with stock and added as a thickening about 30 minutes before being required.

**BLUE PEAS.**—Soak 12 hours and cook in stock until tender.

**BREAD PUDDING.**—Wash and pick over the currants, chop up the peel finely, remove the crust from 25 lbs. bread, and soak in cold water for a few minutes; then squeeze out all water, leaving the bread in a pulp. Place the currants, bread, peel, dripping, sugar, and spice into a bowl and well mix. Well grease baking dishes, add the mixture, press into the dishes to a thickness of 2 ins., place in a moderately heated oven till cooked. Time, about 1 hour. This pudding can also be steamed. Prepare in same manner and place into a steaming dish, cover with the lid, and steam for  $1\frac{1}{2}$  hours.

---

**BEETROOT SALAD.**—Place the beetroot into boiling water without breaking the skins or removing any earth that may be adhering to them, and boil till tender. Time, old, 3 hours; young,  $1\frac{1}{2}$  to 2 hours. When cooked remove from water and allow to cool. Remove the stalk and skin and cut up into thin slices. Remove the stalk from the tomatoes and wipe clean and cut in halves. Clean and ring the onions if large or remove the root and clean if spring onions. Lay the cut beetroot into plates or dishes, garnish with onions and tomatoes, and pour over the vinegar and serve.

---

**VEGETABLE SOUP.**—Scald the barley, wash the lentils, prepare the vegetables and onions as above. Place lentils and barley into cold stock and simmer till cooked. Fry the vegetables and onions in a little dripping, add to the stock. Make a thickening as explained on Diet 1, bring stock to the boil, add the thickening, and stir till cooked. Time for soup,  $3\frac{1}{2}$ –4 hours.

---

## No. 7.

## SPECIMEN DAY'S

Meals.			Ingredients Required.				
			Free Issue.	Purchased.			
BREAKFAST.	Porridge. Tea, Bread and Butter. Fried Steak and Onions.		Tea, 40 rations Sugar, 50 rations Bread as required Meat, 31½ lbs. Salt as required Pepper as required Dripping, 3 lbs.	Onions, 25 lbs. Milk, 16 pints Butter, 4½ lbs. Rolled Oats, 10 lbs.			
			DINNER.	Roast Beef, Gravy, Yorkshire Pudding, Potatoes and Cabbage.		Meat, 70 lbs. Flour, 17 lbs. Pepper as required Salt as required Mustard as required Bread as required	Potatoes, 50 lbs. Egg Powders, 16 pkts. Milk, 16 pints Cabbage, 25 heads
						TEA.	Tea, Bread and Butter. Seed Cake.
SUPPER.	Hotch-Potch Soup. Cold Beef, Sauce and Bread.		Meat, 40 lbs. Bread as required Mustard as required Pepper as required Salt as required Flour, 3 lbs.	Mixed Vegs., 10 lbs. Barley, 5 lbs. Cabbage Lettuce, 10 heads Onions, 3 lbs. Parsley, 1 bunch Mixed Herbs, 1 pkt. Blue Peas, 7 lbs.			

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**FRIED STEAK AND ONIONS.**—Remove the meat from the bone and cut up into 4 oz. steaks, place a little fat in the pan, and fry the steaks on hot plate or open fire. Time, 10 to 15 minutes. Clean and cut up the onions into rings and fry till a golden brown colour.

**ROAST BEEF.**—Bone and roll the meat into joints not exceeding 10 lbs. in weight. Place a little water in the baking dish, lay meat on a stand or trivet, fix over baking dish. Cook in a hot oven, turning the meat when half-cooked, adding water to the dish as required. Baste the meat occasionally with liquid fat or by laying pieces of fat over the joint.

**YORKSHIRE PUDDING.**—Place 16 lbs. flour, 16 egg powders,  $\frac{1}{2}$  oz. pepper, 4 ozs. salt into a mixing bowl and well blend together. Make a bay in the centre of flour, add nearly the whole of the milk, then well beat up, add the remainder of the milk, mixing until all lumps have disappeared. About one hour before being required for dinner the meat should be removed from the oven, surplus fat being poured from the dish, taking care to leave only sufficient to grease the sides and bottom. Pour in the batter, equally distributing, replace meat, return to oven. The pudding should not exceed 2 inches in thickness. Remove the meat from the oven when cooked and carve up thinly, cover with gravy, and keep hot till required. Test the batter as for Cake on Diet 3. Time to cook batter, 45 minutes; meat, 15 to 18 minutes per lb.

**SEED CAKE.**—As for Plain Cake (Diet 3), substituting carraway seeds for currants.

**HOTCH-POTCH SOUP.**—Soak the peas overnight, scald the barley. Wash and peel the mixed vegetables and cut up into cubes. Clean and cut up the onions. Wash and cut up the lettuce into small pieces. Place 10 gallons stock in a boiler, add the peas, barley, onions, lettuce, parsley, bring to a simmer till cooked. Make a thickening as for Pea Soup (Diet 1). Bring soup to the boil, add the thickening and herbs, keep well stirred for 30 minutes. Serve hot. Time,  $3\frac{1}{2}$  to 4 hours.

**COLD BEEF.**—Cook as for Roast Beef above, allow to cool, then carve thinly and serve cold.

---

## No. 8.

## SPECIMEN DAY'S

Meals.				Ingredients Required.														
				Free Issue.	Purchased.													
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Fried Bacon.	Tea, 40 rations Sugar, 50 rations Bacon, 200 rations Bread as required Salt as required Mustard as required Pepper as required	Rolled Oats, 10 lbs. Butter, 4 $\frac{1}{2}$ lbs. Milk, 16 pints													
						Meat Puddings.	Potatoes, Gravy.	Haricot Beans.	Tapioca Pudding.	Meat, 60 lbs. Flour, 16 lbs. Dripping, 4 lbs. Pepper as required Salt as required Bread as required	Onions, 3 lbs. Potatoes, 50 lbs. Haricot Beans, 13 lbs. Tapioca, 10 lbs. Milk, 5 gallons Sugar, 5 lbs. Nutmegs, 3 Margarine, $\frac{3}{4}$ lb.							
												TEA.	Tea.	Bread.	Butter.	Jam.	Tea, 40 rations Sugar, 40 rations Jam, 200 rations Bread as required	Butter, 4 $\frac{1}{2}$ lbs. Milk, 8 pints

DIET—100 Men.

Method of Preparation and Cooking.

PORRIDGE.—See Diet 1.  
 FRIED BACON.—See Diet 2.

MEAT PUDDING.—Remove the meat from bone and cut into small pieces. Clean and cut up the onions. Make the paste as described on Diet 1. Divide equally the meat, onions, pepper and salt into basins if for steaming, barely covering with stock or water; cover top of basin with the paste, then steam for 2½-3 hours. If large dishes are used cover with lid before cooking. If the puddings are to be boiled, prepare ingredients as above, grease inside of basin with some dripping, line with the paste, add the meat, onions, pepper and salt, barely cover with stock or water, lay over cover of paste, tie up the whole in a cloth, cook in boiling water for 3 hours.

HARICOT BEANS.—Same as Blue Peas (Diet 6).

TAPIOCA PUDDINGS.—Soak the tapioca for three hours in cold water, then strain. Mix tapioca, milk and sugar in baking dishes, margarine to be broken in pieces and placed on top of mixture; then grate nutmeg over. Place puddings in hot oven till nicely browned, then remove to cooler part till cooked.

PEA SOUP.—See Diet 1.

## No. 9.

## SPECIMEN DAY'S

Meals.			Ingredients Required.									
			Free Issue.	Purchased.								
BREAKFAST.	Porridge. Tea, Bread and Butter. Fried Sausages and Tomatoes.		Tea, 40 rations Sugar, 50 rations Bread as required Meat, 21 lbs. Suet, 3 lbs. Dripping, 1 lb. Pepper as required Salt as required	Milk, 16 pints Butter, 4 $\frac{1}{2}$ lbs. Herbs, 1 pkt. Sausage Skins, 1 lb. Tomatoes, 6 2-lb. tins Rolled Oats, 10 lbs.								
					DINNER.	Roast Meat (Stuffed). Potatoes, Gravy. Blue Peas.	Meat, 70 lbs. Bread as required Suet, 2 lbs. Pepper as required Salt as required Mustard as required	Parsley, 1 bunch Onions, 3 lbs. Eggs, 7 Potatoes, 50 lbs. Blue Peas, 13 lbs.				
									TEA.	Tea, Bread and Butter. Watercress.	Tea, 40 rations Sugar, 40 rations Bread as required Salt as required	Watercress, 25 bunches Butter, 4 $\frac{1}{2}$ lbs. Milk, 8 pints



**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**FRIED SAUSAGES.**—Remove the meat from the bone and fat and cut up into small pieces; remove the skin from the suet and cut up small. Cut away the crust from 8 lbs. of bread and soak in cold water for a few minutes, then squeeze out all moisture. Soak the sausage skins for sufficient time to remove the brine and run on to the fillers. Place the meat, bread, and suet through the mincer and mince finely, place into a mixing bowl, add the thyme, pepper and salt, and mix well. Fix the filler on the machine, pass the minced ingredients into the skins, make into sausages about 2 ozs. each, puncture each sausage with a fork, place in a greased dish, and fry in oven or on hot plate. Time to cook, 20 minutes.

**ROAST MEAT (STUFFED).**—Bone the meat and make the stuffing as follows:—Clean and cut up the onions and cover with water and boil till tender. Remove the skin from the suet and chop up finely. Remove the crust from the bread and crumble through a sieve. Wash, dry, and chop up the parsley, removing all stalk. Break and beat up the eggs. Remove the onions when cooked and pass through a mincer. Place the breadcrumbs, onions, parsley, suet, pepper and salt into a bowl and well mix, make a hollow in the centre, add the beaten eggs, and mix up well. Make the stuffing into balls about 2 ins. in diameter. If ribs of beef, lay the stuffing balls on and roll and skewer. If buttock, make an incision in the meat and insert the stuffing. Proceed with the cooking of joint as for Cold Meat (Diet 3). Time, 15 to 18 minutes per lb.

**BLUE PEAS.**—As described on Diet 6.

**WATERCRESS.**—As described on Diet 1.

**LENTIL SOUP.**—As described on Diet 2.

**MINCED BEEF.**—Remove the meat from the bone and cut up small. Cut up the fat and remove the skin from the suet and cut up into small pieces. Remove the rind from the bacon and cut up small. Pass the meat, suet, and bacon through a mincer and place in baking dish, then into moderate oven till nearly cooked. Make a thickening as described on Diet 1, pour off the surplus fat from the meat, add the thickening, replace in oven until the mince sets hard, then serve hot. Time, 1 hour.

---

## No. 10.

## SPECIMEN DAYS

				Ingredients Required.												
				Free Issue.	Purchased.											
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Stewed Liver and Bacon.	Tea, 40 rations Sugar, 50 rations Bread as required Bacon, 100 rations Flour, 2 lbs. Pepper as required Salt as required	Rolled Oats, 10 lbs. Milk, 16 pints Butter, 4 $\frac{1}{2}$ lbs. Liver, 12 $\frac{1}{2}$ lbs.											
						DINNER.	Boiled Beef and Carrots.	Potatoes, Gravy.	Jam Roll.	Meat, 80 lbs. Salt as required Pepper as required Mustard as required Flour, 20 lbs. Bread as required Jam, 8 lbs. Dripping, 6 lbs.	Carrots, 50 lbs. Potatoes, 50 lbs.					
												TEA.	Tea, Bread, Butter.	Baked Bloaters.	Tea, 40 rations Sugar, 40 rations Pepper as required Bread as required Dripping, 1 lb.	Bloaters, 100 Butter, 4 $\frac{1}{2}$ lbs. Milk, 8 pints

**DIET—100 Men.**

## Method of Preparation and Cooking.

**STEWED LIVER AND BACON.**—Wash and cut the liver up into small cubes, rasher the bacon, and cut up in pieces about  $\frac{1}{2}$  in. square. Place 2 lbs. flour,  $\frac{1}{2}$  oz. pepper, and 2 ozs. salt in a mixing bowl and well mix, add the liver and bacon, and flour well. Place a little stock into the baking dish, add the floured liver and bacon, barely cover with stock, place in a moderate oven, and cook till tender, keeping well stirred during the process of cooking, and stock added as required. Time,  $1\frac{1}{2}$  hours.

**BOILED BEEF.**—Bone and roll the beef and tie up with string, place sufficient water to cover meat in a boiler and bring to the boil, add 2 ozs. salt and the meat, and boil hard for about 10 minutes; then reduce to a simmer. In the meantime wash, scrape, and cut up the carrots into quarters, add to the boiler containing the beef, leaving till cooked. Time, 18 minutes per lb. Remove the meat when ready, carve thinly, remove the carrots, add a thickening of mixed flour to the water that the meat and carrots have been cooked in, cover the carved meat with gravy, keep hot till required.

**JAM ROLL.**—As described on Diet 4.

**BLOATERS.**—Remove the head and gut and clean. Well grease a baking dish, lay in the fish on their sides, place in a moderately heated oven till cooked. Time, 25 minutes. Or fry them in camp kettle lids, etc.

**TOMATO SOUP.**—As described on Diet 3.

## No. 11.

## SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Porridge. Tea, Bread and Butter. Fish Kedgerree.	Tea, 40 rations Sugar, 50 rations Bread as required Salt as required	Fish, 25 lbs. Rice, 5 lbs. Cayenne Pepper, $\frac{1}{4}$ oz. Milk, 16 pints Rolled Oats, 10 lbs. Butter, $6\frac{1}{4}$ lbs. Eggs, 20
DINNER.	Toad-in-Hole. Potatoes, Gravy. Cabbage.	Flour, 17 lbs. Meat, 60 lb. Salt as required Pepper as required Bread as required	Egg Powders, 13 pkts. Milk, 13 pints Onions, 3 lbs. Potatoes, 50 lbs. Cabbage, 25 heads
TEA.	Tea, Bread and Butter. Jam.	Tea, 40 rations Sugar, 40 rations Bread as required Jam, 200 rations	Butter, $4\frac{1}{4}$ lbs. Milk, 8 pints
SUPPER.	Barley Soup. Sausage and Mashed. Bread.	Bread as required Salt as required Pepper as required Mustard as required Meat, 21 lbs. Suet, 3 lbs. Dripping, 1 lb.	Milk, 1 pint Margarine, 2 lbs. Potatoes, 50 lbs. Sausage Skins, 1 lb.

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**FISH KEDGEREE.**—Boil the rice as explained on Diet 4. Boil the eggs till hard, shell, remove the yolks, and cut up the whites into slices. Remove the bone and skin from the cooked fish and flake small. Place the dried cooked rice, flaked fish, sliced egg, and cayenne pepper into a buttered pan and stir over the fire until the whole of the ingredients become hot; cut up and add the yolks of the eggs and serve hot. Tinned salmon may be substituted for fresh or dried fish, 20 tins being required. Time to cook, 1 hour.

**TOAD-IN-HOLE.**—Remove the meat from the bone and cut up small. Clean and cut up the onions into small pieces. Place 3 lbs. flour,  $\frac{1}{2}$  oz. pepper, 2 ozs. salt in a mixing bowl and mix, add the meat, flouring well. Place a little stock into the baking dish, add the meat and onions, and place in a moderate oven till nearly cooked. In the meantime place 13 lbs. flour,  $\frac{1}{2}$  oz. pepper, 2 ozs. salt, 13 pkts. egg powder into a mixing bowl and well blend together; make a bay in the centre, add nearly the whole of the milk, and well mix; add the remainder of the 13 pints and well beat up until all lumps have disappeared. Remove the dishes from the oven when ready, pour off all surplus gravy, then pour the batter over the meat, levelling off with a knife. Replace in the oven till cooked. To test when cooked, insert a skewer in the thickest part of the batter; if on removal the skewer is clean, then the batter is cooked. Time for meat before adding batter, 2 hours; time for batter, 40 minutes.

---

**BARLEY SOUP.**—As explained on Diet 4.

**FRIED SAUSAGES.**—As explained on Diet 9.

**MASHED POTATOES.**—Wash, peel and rewash the potatoes and boil or steam till tender. Remove and place in mixing bowl, add 1 pint of milk, 2 lbs. of margarine,  $\frac{1}{2}$  oz. pepper, 2 ozs. salt, and mash thoroughly. If possible they should first be passed through a potato masher, the margarine, pepper, salt and milk being added afterwards. Time to cook potatoes, if steamed, 50 minutes; if boiled, 40 minutes.

---

## No. 12.

## SPECIMEN DAYS

Meals.				Ingredients Required.	
				Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Eggs and Bacon.	Tea, 40 rations	Milk, 16 pints
				Sugar, 50 rations	Butter, 4 $\frac{1}{4}$ lbs.
				Bacon, 100 rations	Eggs, 100
				Bread as required	Rolled Oats, 10 lbs.
				Salt as required	
				Pepper as required	
				Mustard as required	
				Dripping, 1 $\frac{1}{2}$ lbs.	
DINNER.	Steamed Beef, Gravy.	Vegetables and Potatoes.	Fig Pudding.	Flour, 20 lbs.	Potatoes, 75 lbs.
				Dripping, 5 lbs.	Mixed Vegs., 7 lbs.
				Meat, 60 lbs.	Onions, 3 lbs.
				Bread as required	Figs, 12 lbs.
				Salt as required	Sugar, 5 lbs.
				Pepper as required	
				Mustard as required	
TEA.	Tea, Bread and Butter.	Meat Croquettes.		Meat, 25 lbs.	Milk, 8 pints
				Tea, 40 rations	Butter, 5 $\frac{1}{4}$ lbs.
				Sugar, 40 rations	Nutmegs, 2
				Flour, 21 lbs.	Parsley, 1 bunch
				Bread as required	Eggs, 20
				Pepper as required	
				Salt as required	
				Dripping, 17 lbs.	
				Mustard as required	
SUPPER.	Pea and Lentil Soup.	Boiled Bacon (Cold).	Bread and Butter.	Bread as required	Butter, 4 $\frac{1}{4}$ lbs.
				Salt as required	Peas (Split), 5 lbs.
				Pepper as required	Lentils, 7 lbs.
				Bacon, 200 rations	Mixed Vegs., 10 lbs.
				Mustard as required	Herbs, 1 pkt.
				Flour, 3 lbs.	Onions, 3 lbs.

---

**DIET—100 Men.**

---

## Method of Preparation and Cooking.

---

**EGGS AND BACON.**—Fry the bacon as described on Diet 2, crack the eggs and drop into the hot fat, and fry till the white of the egg sets.

---

**STEAMED BEEF.**—Clean, and cut up the onions, wash, peel, and cut up the vegetables into small pieces. Bone and tie up the meat in small rolls, about 4 lbs. each (any kind of meat will be found suitable for this purpose). Place a little stock in a steaming dish, add the vegetables and onions, sprinkle  $\frac{1}{2}$  oz. pepper, 2 ozs. salt (for each 100 men), lay in the rolled joints, replace the lid on dish, put in steaming chamber for 3 hours.

**FIG PUDDING.**—Soak the figs overnight and cut up into small pieces; then proceed as for Plum Pudding (Diet 5).

---

**MEAT CROQUETTES.**—Cook the meat and pass through the mincer. Make a paste as explained on Diet 1 and roll out thinly. Wash, dry, and remove the stalk from the parsley and chop up finely. Clean and cut the onions, place in a buttered pan, and fry lightly, add a mixture of 2 lbs. flour,  $\frac{1}{2}$  oz. pepper, and 2 ozs. salt to the onions and stir well, gradually adding 1 gallon of stock and bringing to the boil for 10 minutes. Add the minced vegetables, parsley, and ground nutmeg, and keep stirred until thoroughly mixed; then turn out and allow to cool. Cut the paste into small squares, place in a tablespoonful of meat, damp the edges, turn over the paste into the shape of a triangle, paint over with well beaten egg, and cover with breadcrumbs. Heat fat to the boil, having sufficient in the cooking vessel to cover the croquettes when placed in the fat, and fry to a golden brown colour. Remove, drain, and serve hot. Time to fry each, 10 minutes.

---

**PEA AND LENTIL SOUP.**—As explained on Diet 5.

**BOILED BACON.**—As explained on Diet 4.

---

## No. 13.

## SPECIMEN DAY'S

Meals.				Ingredients Required.											
				Free Issue.	Purchased.										
BREAKFAST.	Porridge.	Tea, Bread and Butter.	Haddock.	Tea, 40 rations Sugar, 50 rations Bread as required Salt as required Pepper as required	Butter, 4 $\frac{3}{4}$ lbs. Milk, 16 pints Rolled Oats, 10 lbs. Haddock, 37 $\frac{1}{2}$ lbs.										
						DINNER.	Meat Pies.	Potatoes, Boiled Onions and Gravy.	Meat, 60 lbs. Salt as required Pepper as required Flour, 16 lbs. Dripping, 3 $\frac{1}{2}$ lbs. Bread as required	Onions, 53 lbs. Potatoes, 50 lbs.					
											TEA.	Tea, Bread and Butter.	Jam.	Tea, 40 rations Sugar, 40 rations Jam, 200 rations Bread as required	Butter, 4 $\frac{3}{4}$ lbs. Milk, 8 pints



---

**DIET—100 Men.**

---

**Method of Preparation and Cooking.**

---

**HADDOCK.**—(1) Smoked: Remove the tail and fins and cut into portions, lay in steaming dishes, replace lid, and steam for about 30 minutes, or place into baking dishes and cover with boiling water. Then place into a hot oven for about 30 minutes. (2) Filleted: Soak in cold water for a few hours to remove the colouring, then cut into portions, and proceed as for smoked haddock. (3) Fresh: Remove the fins and tail and wash in salted water, cut into portions, and steam as for smoked haddock, or boil the fish whole for about 20 minutes, afterwards cutting into portions. Care should be taken to place the fish into boiling water and afterwards reducing the temperature to prevent the fish from breaking.

---

**MEAT PIE.**—As explained on Diet 3.

**BOILED SPANISH ONIONS.**—Skin the onions; procure them of the same size if possible. Bring the water to the boil, add a pinch of salt, place in the onions, and boil for  $1\frac{1}{2}$  to 2 hours.

**POTATOES.**—Wash, peel and rewash, and place into nets and boil for about 30 minutes, or steam for 45 minutes.

---

**VEGETABLE SOUP.**—As explained on Diet 6.

---

## No. 14.

## SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, Bread and Butter. Fried Bacon and Sausages.	Tea, 40 rations	Rolled Oats, 10 lbs.
			Dripping, 1 lb.	Butter, $4\frac{3}{4}$ lbs.
			Sugar, 50 rations	Sausage Skins, $\frac{1}{2}$ lb.
			Bacon, 100 rations	Thyme, 1 pkt.
			Salt as required	Milk, 16 pints
			Mustard as required	
			Bread as required	
			Meat, 12 lbs.	
			Suet, $1\frac{1}{2}$ lbs.	
DINNER.	Stewed Rabbit and Bacon.	Potatoes. Macaroni Pudding.	Bacon, 50 rations	Onions, 3 lbs.
			Flour, 3 lbs.	Rabbits, 25 large
			Salt as required	Potatoes, 75 lbs.
			Pepper as required	Macaroni, 10 lbs.
			Bread as required	Milk, 5 gallons
				Margarine, $\frac{3}{4}$ lb.
				Nutmegs, 3
				Sugar, 5 lbs.
TEA.	Tea,	Bread and Butter. Sultana Cake.	Flour, 12 lbs.	Cream of Tartar, 2 ozs.
			Dripping, $2\frac{1}{2}$ lbs.	Carbonate of Soda, 2 ozs.
			Tea, 40 rations	Sugar, 4 lbs.
			Sugar, 40 rations	Milk, 14 pints
			Bread as required	Butter, $4\frac{3}{4}$ lbs.
			Salt as required	Sultanas, $4\frac{1}{2}$ lbs.
SUPPER.	Pea Soup.	Brown Curried Stew. Mashed Potatoes.	Meat, 40 lbs.	Potatoes, 50 lbs.
			Flour, 5 lbs.	Split Peas, 11 lbs.
			Salt as required	Mixed Veggies., 12 lbs.
			Pepper as required	Onions, 5 lbs.
			Bread as required	Mint, 1 pkt.
			Dripping as required	Curry Powder, 8 ozs.
				Milk, 1 pint

## DIET—100 Men.

## Method of Preparation and Cooking.

## PORRIDGE.

FRIED BACON AND SAUSAGES.—As explained on Diets 2 and 9.

STEWED RABBIT.—Carefully skin the rabbit and cut into small joints and well wash in salted water. Cut the bacon into slices. Clean and cut up the onions into small pieces. Place a little stock into a steaming dish, add the onions. Place 3 lbs. flour,  $\frac{1}{2}$  oz. pepper, and 2 ozs. salt into a bowl and well mix, add the rabbit and bacon, well flouring. Next place the rabbit and bacon into the dish with the onions, barely cover with stock, stir well together, replace the lid, and steam for 2 hours. If this is cooked in a camp kettle the flour, pepper and salt should be added as a thickening about 30 minutes before required.

MACARONI PUDDING.—Break the macaroni into pieces about 1 inch in length. Bring the water to the boil, add a pinch of salt, then place in the macaroni, reduce the temperature, and simmer till tender. Remove and strain, then place into baking dishes, add the sugar, cover with milk, break small pieces of margarine over the surface, grate over a little nutmeg, and place in a moderate oven till nicely browned. Time for oven, 40 minutes; time for cooking in boiler, 40 minutes.

SULTANA CAKE.—As explained on Diet 3, substituting sultanas for currants.

PEA SOUP.—As explained on Diet 1.

CURRIED STEW.—As explained on Diet 4, but cooking in an oven instead of steaming.

MASHED POTATOES.—As explained on Diet 11.

## No. 15.

## SPECIMEN DAY'S

Meals.				Ingredients Required.											
				Free Issue.	Purchased.										
BREAKFAST.	Porridge. Bread and Butter. Fried Steaks and Onions.			Bread as required Meat, 31½ lbs. Tea, 40 rations Sugar, 50 rations Dripping, 2 lbs.	Butter, 4¾ lbs. Onions, 25 lbs. Rolled Oats, 10 lbs. Milk, 16 pints										
						DINNER.	Roast Mutton and Gravy. Fried Potatoes. Baked Apples.		Meat, 70 lbs. Salt as required Pepper as required Mustard as required Bread as required Flour, 1 lb.	Potatoes, 75 lbs. Apples, 35 lbs. Sugar, 4 lbs. .					
											TEA.	Tea, Bread and Butter. Welsh Rarebit.		Cheese, 200 rations Mustard, 3 ozs. Tea, 40 rations Sugar, 40 rations Bread as required	Butter, 6½ lbs. Milk, 10 pints.

DIET—100 Men.

No. 18

## Method of Preparation and Cooking.

FRIED STEAKS AND ONIONS.—As explained on Diet 7.

ROAST MUTTON.—As explained for Roast Beef on Diet 7.

FRIED POTATOES.—Wash, peel and rewash the potatoes, and cut into slices, boil or steam till half-cooked. Bring some dripping in a frying pan to a high temperature and place potatoes in the hot fat and fry till a golden brown colour; remove from fat, drain, and sprinkle over with a little salt and serve hot. To test the temperature of the fat, drop a piece of bread into the hot fat and allow to remain for half a minute; if on withdrawing the bread is a golden brown colour, then the fat is at the right temperature, if the bread, on removal, is black, then the fat is too hot.

BAKED APPLES.—Wipe and core the apples, filling the centre with sugar. Grease the dishes with a little margarine, and place in the apples and bake in a hot oven for 1 hour.

WELSH RAREBIT.—Slice the bread and toast on both sides, and spread with margarine. Place  $1\frac{1}{2}$  lbs. margarine in a stew pan and allow to become hot, cut the cheese into small pieces and add to the melted margarine, stir well until the cheese is melted, add 1 quart of milk, 3 ozs. of mixed mustard,  $\frac{1}{2}$  oz. pepper, 2 ozs. salt, keeping well mixed, spread over the toast, place into dishes in a hot oven for a few minutes, and serve hot.

LENTIL SOUP.—As explained on Diet 2.

POTATO PIE.—Prepare and cook the meat and onions as for Toad-in-Hole (Diet 11). Steam or boil and mash the potatoes. Line the sides of greased baking dishes with one-third of the mashed potatoes, remove the meat from the oven, and pour off the surplus gravy into the lined dishes and place layers of mashed potatoes over each one of the meat, and paint the top one over with a little milk or beaten egg. Replace the dishes in the oven until nicely browned, remove, and serve hot. Time for browning, about 40 minutes; time for cooking the meat, 2 hours.

## No. 16.

## SPECIMEN DAY'S

Meals.			Ingredients Required.	
			Free Issue.	Purchased.
BREAKFAST.	Porridge.	Tea, 40 rations Sugar, 50 rations Bread as required Salt as required Bacon, 200 rations	Rolled Oats, 10 lbs. Butter, 4 $\frac{1}{4}$ lbs. Milk, 16 pints Tomatoes, 8 2-lb. tins	
	Tea, Bread and Butter.			
	Bacon and Tomatoes.			
DINNER.	Curried Mutton and Rice.	Meat, 60 lbs. Salt as required Pepper as required Jam, 100 rations Flour, 4 $\frac{1}{2}$ lbs. Bread as required	Potatoes, 75 lbs. Rice, 10 lbs. Curry, 1 lb. Onions, 3 lbs. Sugar, 2 lbs. Mixed Veggies., 7 lbs. Castor Sugar, 1 lb. Butter, 2 lbs. Eggs, 1 dozen Milk, 4 pints	
	Mashed Potatoes.			
	Jam Fritters.			
TEA.	Tea,	Tea, 40 rations Sugar, 40 rations Salt as required Bread as required	Milk, 8 pints Watercress, 25 bundles Butter, 4 $\frac{1}{4}$ lbs.	
	Bread and Butter.			
	Watercress.			
SUPPER.	Tomato Soup.	Meat, 40 lbs. Salt as required Pepper as required Bread as required Flour, 2 lbs.	Tomatoes, 8 2-lb. tins Haricot Beans, 10 lbs. Onions, 3 lbs. Potatoes, 40 lbs. Parsley, 1 bundle Eggs, 3	
	Stuffed Mutton.			
	Potatoes.			

**DIET—100 Men.**

## Method of Preparation and Cooking.

PORRIDGE.—See Diet 1.

BACON AND TOMATOES.—See Diet 2.

CURRIED MUTTON.—Peel or scrape and wash the mixed vegetables, peel, clean, cut up the onions, separate meat from the bone and up into small pieces, place a little stock in a cooking vessel, place a layer of mixed vegetables (which have been cut up into small pieces) into the stock, then add the meat, which has been dredged with a mixture of curry powder and a little flour, then add the onions, pepper and salt as required, barely cover the whole with stock, and stew gently for 3 hours.

RICE.—See Diet 4.

MASHED POTATOES.—Wash, peel and rewash the potatoes, place in boiling water with a pinch of salt, allowing about 40 minutes to cook. Strain and mash them with a vegetable masher, add a little salt and pepper, then mix with half a gallon of milk.

JAM FRITTERS.—Place 8 pints of water into a stew pan with butter, sugar and salt, put on the fire, and when boiling add the flour and stir well, drop a tablespoonful of this paste into hot fat, and fry slowly until crisp and lightly browned, and drain off the fat. Place a little jam between each two pieces of pastry, sprinkle a little castor sugar over, and serve hot.

WATERCRESS.—See Diet 1.

TOMATO SOUP.—See Diet 3.

STUFFED MUTTON.—Peel, clean and cut up the onions, thoroughly wash and chop up the parsley finely, pass 8 lbs. of soaked bread through a fine sieve, part boil the onions, place these ingredients into a mixing bowl, season with pepper and salt, beat up the eggs and add to the mixture, mix to a pulp, make an incision in the meat and press in the stuffing, place the potatoes (which have been well washed) on the bottom of a greased baking dish, place the joint on the potatoes, season with pepper and salt, add sufficient stock to cover the bottom of the dish, and cook in hot oven for 2½ hours.

No. 17.

SPECIMEN DAY'S

Meals.		Ingredients Required.	
		Free Issue.	Purchased.
BREAKFAST.	Tea, Bread and Butter.	Meat, 24 lbs. Bread as required Tea, 40 rations Sugar, 50 rations Suet, 4 lbs. Flour as required (about 3 lbs.) Pepper as required Salt as required	Onions, 5 lbs. Mixed Vegs., 3 lbs. Milk, 16 pints Butter, 4½ lbs.
	Fried Rissoles and Gravy.		
DINNER.	Baked Meat and Potatoes.	Meat, 70 lbs. Pepper as required Salt as required Bread as required	Potatoes, 75 lbs. Onions, 3 lbs. Currants, 5 lbs. Butter, 2 lbs. Milk, 5 gallons Nutmegs, 2
	Bread and Butter		
	Pudding.		
TEA.	Tea,	Bread as required Tea, 40 rations Sugar, 40 rations	Milk, 8 pints Butter, 4½ lbs.
	Bread and		
	Butter.		
SUPPER.	Barley Soup.	Flour, 3 lbs. Pepper as required Salt as required Cheese, 200 rations Bread as required	Barley, 10 lbs. Mixed Vegs., 10 lbs. Onions, 3 lbs. Celery Seed, 1 pkt. Pickles, 1 gallon jar
	Cheese,		
	Bread and		
	Pickles.		



**DIET—100 Men.**

---

Method of Preparation and Cooking.

---

RISSOLES.—See Diet 5.

GRAVY.—Place stock or water into a boiler or cooking vessel, peel, clean and cut up the onions, and bake or fry till well browned, wash, peel or scrape the mixed vegetables and cut into small pieces, and add the fried or baked onions with the mixed vegetables and any bones that are on hand to the stock and allow to simmer gently for about 3 hours; then make a thickening with flour, salt, pepper and water, and add to the stock which has already been cooked and allow to simmer again for half an hour, keeping well stirred the whole time. Strain off through a sieve or piece of muslin; 1 oz. of gravy salt may be added if desired.

---

BAKED MEAT AND POTATOES.—See Diet 1.

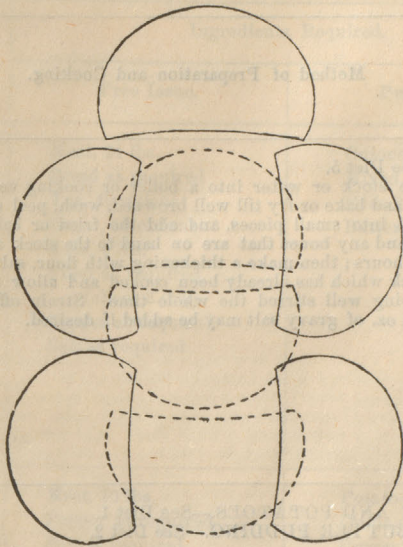
BREAD AND BUTTER PUDDING.—See Diet 2.

---

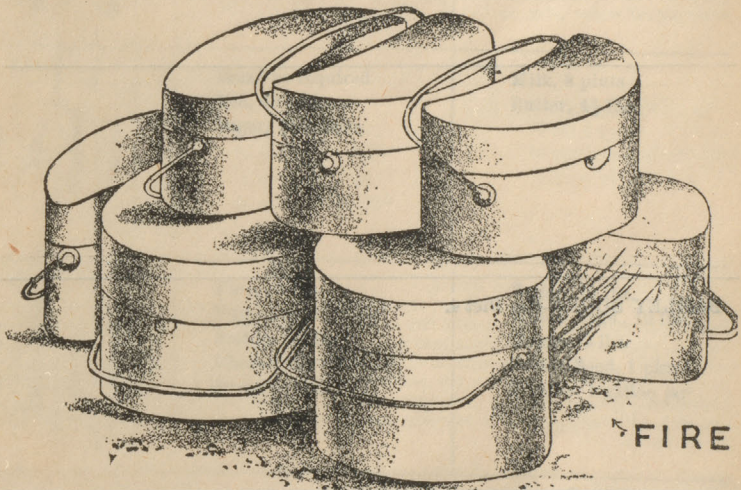
BARLEY SOUP.—See Diet 4.

---

## PLAN.



## ELEVATION



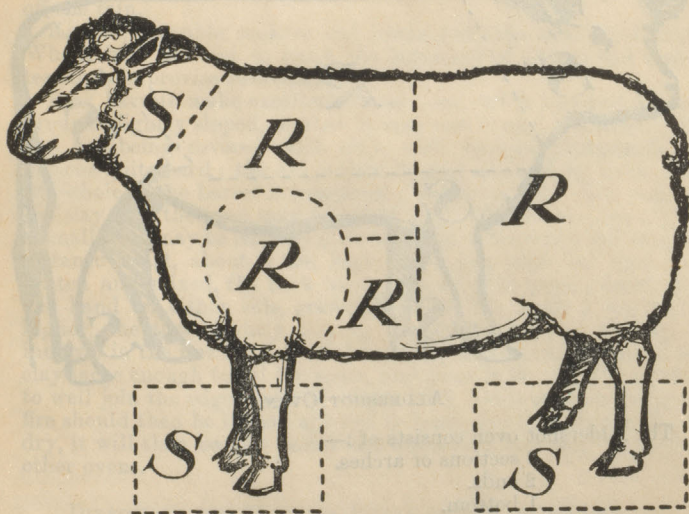
## Part II.

## FIELD COOKING, &amp;c.

On service it may be necessary for troops to secure and butcher their own meat ration. The following is a rough and ready guide to such work.

Every edible portion of the animal is available for stewing purposes, but to ensure an even distribution of ration meat, units should always be given an equal share of roasting and stewing

## MUTTON.



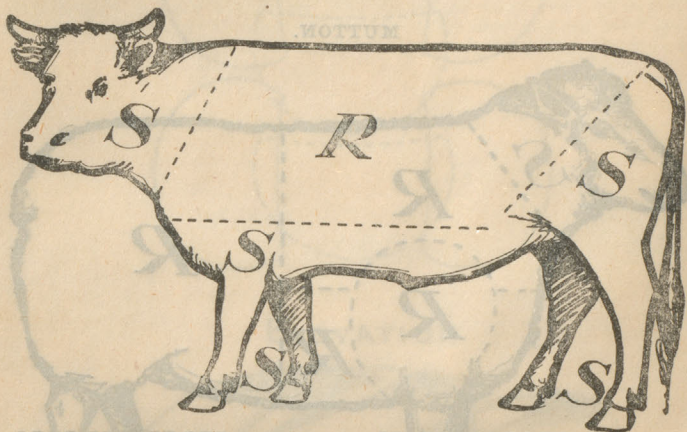
joints, as shown in the diagrams, the letter "R" indicating roasting portions, and the letter "S" the boiling or stewing joints. Regimental quartermasters, butchers and cooks should be conversant with these diagrams and cut up and distribute meat accordingly.

To cook rapidly and well is an art which can be easily acquired, and which every soldier should learn. It is a matter of paramount importance that soldiers' food be carefully looked after, and this duty should be attended to by the officers themselves, who should also be masters of the art of improvising cooking ovens, etc., out of empty biscuit tins, barrels, preserved meat tins, etc.

Service kettles issued are as follows :—

Name.	Weight.	Contents.	Surface Diameter.		Depth, outside measure.	Number of Men will Cook for.	
						With vegetables.	Without.
Oval, large ...	8	3	13½	by 9	11	8	15
„ small ...	4½	1½	12½	by 8½	8	5	8

### BEEF.



### ALDERSHOT OVEN.

The Aldershot oven consists of :—

2 sections or arches.

2 ends.

1 bottom.

4 bars.

9 tins.

1 peel.

Total weight 374 lbs. (about 3¼ cwt.)

The bottom can usually be dispensed with, in which case the above weight is reduced by 66 lbs.

The length of the two sections when up is 5 ft. 1 in. ; width, 3 ft. 6 in.

*Capacity.*—Each oven will bake 54 2-lb. or 2½-lb. loaves (108 rations) in each batch, or if used for cooking, will cook dinners for about 220 men.

## HOW TO ERECT THE OVEN.

Select a gentle slope on clay soil if possible, and avoid marshy or sandy ground, the mouth of the oven to face the prevailing wind.

The site should be cleared and smoothed, and sods should be cut to build up the back, front, and sides of the oven. The bars are then placed over the site already prepared, the back one overlapping the front, the back of the oven placed in position, the plate forming the bottom of the oven is then placed against the front portion and firmly fixed, the sods are then built round the front, back and sides, a trench is next cut for the cook to work in, which is 18 ins. deep, 2 ft. wide, and 6 ft. long, leaving a space of 12 ins. between it and the oven. The clay or soil from the trench being mixed with water and grass, rushes, etc., to assist in binding it, is then thrown on the oven and well beaten down. The depth of clay or earth should be at least 6 ins. The roof should slope backwards slightly, to carry off the rain.

Kettles, portable cookers and ovens form the usual field outfit. When these are not to hand, the ingenuity of officers and men is tested to improvise substitutes.

Beer barrels make excellent ovens; one end is knocked out, the ground slightly sloped, so that it may rest firmly, the sides, back, and top being covered with clay, well wedged downwards, to become quite hard; the fire is then lit and allowed to burn until the whole of the barrel is consumed; the hoops will then support the clay, and the oven may be safely used. Where the clay is good a small oven may be built by it alone. Build two walls the required distance apart, about 6 ins. high, with clay that has been well beaten and mixed, the back being joined to the walls; then, with one hand on either side, gradually build the walls a few inches higher, the tops slightly sloping towards each other, leaving an interval in the form of a V in the centre, then mould a piece of the clay large enough to fill the space, and place it in, care being taken to well join the edges with the walls both inside and out; a small fire should then be lit and allowed to burn slowly until the clay is dry, it will then become baked and quite firm, and may be used as other ovens.

## DIRECTIONS FOR WORKING OVENS OF THE ALDERSHOT OR MUD-COVERED TYPE.

1. Every night wood should be laid in the oven ready for lighting in the morning. It is thus kept dry.
2. When the oven is heated the embers are drawn out with a rake, and a small quantity of ashes left and raked even with the floor.
3. The tins containing dough should not be put in till 20 minutes or half an hour after the fire is drawn, as otherwise the top heat is so fierce that it would burn the upper part of the bread.

When meat is to be cooked it may be put in immediately the fire is drawn.

## TIME FOR HEATING, BAKING, COOKING, ETC.

1st heating 1st day	...	...	...	4 hours.
1st heating 2nd day	...	...	...	2 hours.
2nd and subsequent heating	...	...	...	1½ hours.
Baking	...	...	...	1 to 1¼ hours.
Cooking	...	...	...	Up to 2½ hours.

## FUEL REQUIRED FOR EACH OVEN.

1st heating 1st day	...	...	...	300 lbs. wood.
1st heating 2nd day	...	...	...	150 lbs. wood.
2nd and subsequent heating	...	...	...	75 lbs. (baking).
2nd and subsequent heating	...	...	...	Up to 150 lbs. (cooking).

A rough heating rule for baking bread is to allow 1 lb. of wood for each pound of bread required.

4. Immediately the oven is filled the door should be put up and wedged tightly with a piece of wood, the end of which should rest on the outer edge of the trench in front.

The crevices round the end should then be filled in with wet clay to prevent any steam escaping. If this is properly performed the steam providing the necessary moisture is retained, and the bread or dinners will not be burnt.

Tin biscuit boxes are a good substitute for an Aldershot oven. Melt one side of the solder and form it into an oval shape, lay it on the ground, and cover it with a few inches of clay or soil sufficient to retain the heat; light the fire, and proceed as with Aldershot pattern.

Small joints of meat may also be baked in the service camp kettle. A small amount of fat should be placed in the bottom, then a few clean pebbles large enough to cover the fat, the joint placed on the pebbles, and the lid put on. It requires a little longer to cook than the ordinary oven, and it is hardly possible to perceive any difference in the taste. Ant-heaps can also be used as ovens, the insides being scooped out and the fire lighted as in the Aldershot oven.

Another method is to dig into the side of a bank or trench and improvise a door with any old sheets of tin or iron to hand, pugging up the crevices when cooking, as with the Aldershot oven.

## TO MAKE AN ASH OVEN.

In camp or trenches where improvised methods of cooking prevail wood ashes should not be thrown away. If put in a convenient place, kept dry and free from other refuse, such vegetables as potatoes, onions, etc., may be baked by simply placing them in a single layer in the ashes and lighting the fires used for stewing, etc., over them. Potatoes and onions cooked in this way retain all their natural flavour, and will keep hot a very long time. They should not be peeled before placing them in the ashes.

## BREAD MADE WITH BAKING POWDER.

The advantage of using baking powder is the saving of time effected in the production of bread, a feature which may sometimes render this process useful on service when bread has to be produced at short notice. The method of using baking powder is as follows :—

Spread the flour evenly at the bottom of the trough, sift the baking powder over the flour, taking care to break up any small lumps, which, if left, would cause a yellow stain in the bread. The dry powder and flour should then be thoroughly mixed.

Dissolve salt, at the rate of  $2\frac{1}{2}$  lbs. per sack of flour only, as a considerable quantity of saline matter is contained in all baking powders ; use softest and coldest water obtainable ; water which has been boiled and allowed to get cool is the best for the purpose.

Mix the flour, baking powder, and water thoroughly with a rotary motion, constantly stirring up from the bottom. The dough being properly mixed should be scaled, moulded, and placed in a quick oven. To make a good loaf with baking powder the bread should be in the oven within thirty minutes of adding the water to the flour. If the dough is allowed to lie about the effervescence is finished before it is put in the oven.

Small loaves of bread made in this manner can be baked in empty tins with a fire lit all round them. Dried grass, wood, or peat are the most suitable fuels for the purpose.

## USE OF PRESERVED MEAT TINS.

Preserved meat tins may be used both for baking and boiling. Care should be taken when opening them not to entirely detach the lid or end. How to boil water or stew in them needs little explanation. To roast or bake meat, proceed as follows :—

Make small holes in the bottom of the tin and place a few clean pebbles in it. Secure some wire from the hay bales, etc., and cut into skewers about an inch shorter than the preserved meat tin. Cut the meat in pieces about the size of a walnut and place on the skewers, then insert these standing on end into the preserved meat tin, and close down lid. Scoop a hole about 4 ins. deep in the ground and stand tin in this on some more pebbles, and place the loose earth around bottom of tin. A small fire of peat, wood, or rushes, etc., may then be lit around the tin, and the meat will quickly cook. Season to taste. The position of the skewers in the tin should be changed from time to time. Perforating the bottom of tin and planting the end in the ground on the pebbles is necessary to carry off the superfluous fat, or it would fire and destroy the ration.

## HOW TO START A STOCK-POT.

Fill a large boiler or saucepan two-thirds cold water, add salt, and all suitable meat scraps available ; add all cuttings and bones, and keep the pot slowly boiling ; it should boil from seven to eight hours a day. Every night empty the stock-pot, straining

liquid off into a clean vessel, wash and air the pot, and pour back the stock; add fresh scraps and bones, and a little fresh water. Once a week restart the stock-pot with everything fresh; if any stock is left, strain it off, and boil it down in an uncovered pan for glaze. When the stock has boiled away until only a third is left it will become dark brown and of a glue-like consistency. It is then ready to pour off in small pots, and when cold will be like a hard, dark-brown meat extract. Keep it well skimmed during the boiling. If the glaze is to be kept for any length of time, put it in jam-pots, cover the surface of it with a layer of warmed lard or dripping, and let it set. If the stock looks cloudy, boil in it the shell and white of an egg.

#### COOKING IN MESS TINS, CAMP KETTLES, ETC.

The mess tins or camp kettles should be placed on the ground as shown on plan, page 38, with the opening facing the direction of the wind.

Eight is a convenient number of tins to form a "kitchen," but any number from 3 to 10 or 11 can be utilised.

The handles of the vessels should be kept outside.

Mess tins should be well greased on the outside before being placed on the fire; if this is done and they are cleaned soon after being used they will suffer no damage. The tins when they are hot can be cleaned in a few minutes with turf, soil, or rag.

Only a small quantity of wood is required for each "kitchen," a good draught being the object to be kept in view. The fuel used should be that obtainable in the vicinity of the "kitchens," and when mess tins are used each man should be instructed to prepare his own food, but when once the "kitchen" is formed and the fuel collected, one man only need remain with each fire.

The position of the tins in each "kitchen" will require to be changed from time to time, as some will be cooked sooner than others. It will be the duty of the man in charge to regulate this.

The dinners can be cooked in  $1\frac{1}{2}$  hours from time of placing on the fires.

The following dishes are suitable for this method of cooking:—

Plain Stew, Irish Stew, Curried Stew, Sea Pies, Meat Puddings, and Jam Rolls.

It is estimated that dinners of a battalion of 1,000 men can be arranged in a space of 40 yards by 30 yards, allowing an interval of two feet between the "kitchens." When possible more room should be given, as the men attending the fires are then less inconvenienced by the smoke.



## VARIOUS USEFUL RECIPES, PRESERVED MEAT, Etc.

### BOILING RICE IN SMALL QUANTITIES.

Wash the rice in several waters, pick out the discoloured and unhusked grains, and place it on to boil in plenty of cold water. This is the secret of having the rice whole, the water keeping the grains separate; leave it uncovered and bring slowly to the boil; shake it occasionally to prevent burning, but do not stir if it can be avoided. When it has simmered gently from 20 to 25 minutes it should be tender. Patna rice will not require quite so long to cook as many of the other varieties. Shake in a little salt, and drain it on a colander, when the grain will separate and be of the finest flavour.

### SOUP WITH PRESERVED MEAT.

Meat, mixed vegetables, flour, pepper, salt, barley, water.

Place the water in the camp kettle, scrape and clean the vegetables, add them to the cold water; when the water boils, shake in the dry barley. When the vegetables are cooked, take them out and pulp them; mix the flour into a smooth batter with cold water, add it to the vegetables with salt and pepper, and put the whole into the camp kettle, keeping it well stirred to prevent burning; allow it to simmer gently for 30 minutes, then open the tins of meat and add the contents to the soup, stir well, and simmer for 10 minutes, and serve.

### STEW WITH PRESERVED MEAT.

Meat, potatoes, onions, pepper, salt, and water.

After preparing the onions and potatoes put them in the camp kettle, season with pepper and salt, pour in sufficient water to cover them, and stew gently, keeping the lid of the vessel closely shut until the potatoes are nearly cooked; then open the tins of meat and cut up the contents, and put them in the kettle with the potatoes, and let the whole simmer for 10 minutes, then serve.

### BROWN STEW WITH PRESERVED MEAT.

Peel and slice some onions, melt the fat of the meat in the camp kettle, add the onions and fry them till brown, mix a little flour into a smooth batter with cold water, season with pepper and salt, and pour it into the camp kettle, stir the whole well together, cut up the meat into slices, put it into the kettle, and when warmed through, serve.

## PRESERVED MEAT FRITTERS.

Half a pound of beef or mutton,  $\frac{3}{4}$  lb. of flour, half a pint of water, 2 ozs. of butter, the whites of two eggs.

Make a smooth batter with the flour and water, stir in 2 ozs. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the latter be too thick, more water must be added. Pare down the beef into thin shreds, season with pepper and salt, mix it with the batter. Drop a small quantity at a time into a pan of boiling fat, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other; let them dry for a minute or two, and serve.

A small quantity of finely minced onions mixed with the batter is an improvement.

## CURRIED STEW.

Ingredients the same as for Stew, with 1 oz. of curry powder and 1 lb. of flour added. Prepare as for stew; mix the curry and flour with cold water into a smooth batter, and add it to the stewed vegetables with the meat; let the whole simmer for 10 minutes, and serve.

## SEA PIE.

Ingredients the same as for Stew, with 5 lbs. of flour and  $1\frac{1}{2}$  lbs. of suet or dripping added.

Make the paste; prepare and cook the vegetables and onions, as for Stew; when the vegetables are tender add the meat; cover the whole over with a light paste, and boil or steam for 20 minutes. A thickening of flour added is an improvement.

## TOAD-IN-THE-HOLE (BAKED).

Required: Meat, flour, suet or dripping, salt, pepper, onions, eggs or egg powder.

Cut up and cook the onions; prepare the batter with eggs and milk if possible; if not, with egg powder and water; season it with pepper and salt; grease the inside of a baking dish; pour into it half the batter, and place it in the oven; when the batter sets, place on the meat (cut up) and the cooked onions; cover with the remainder of the batter, and bake from 15 to 20 minutes in a quick oven.

## TO MAKE STALE BREAD NEW.

Cut the bread into fairly thick slices. Have ready a mess-tin of boiling water. Remove the lid and place a slice of bread over the steam for a few seconds; then turn it to the other side for the same amount of time. Remove quickly and butter. Bread treated in this way is as tasty as hot rolls, and it makes no difference how stale the bread is.

## FRIED EGGS AND RICE.

Parboil some rice in salted water. Then simmer till quite cooked in some good gravy, add half a teaspoonful of curry powder when done. Keep hot in a camp kettle or mess-tin. In the meantime fry as many eggs as required in hot fat, taking care not to break the yolks; lift them out and place on the rice, scatter some finely-chopped parsley over all if procurable, and serve hot.

## TROOPERS' STEAK.

Put quantity required of thick steak into a mess-tin or camp kettle, leaving only a little of the fat; pour on enough water to come half-way over the steaks. They should fit closely together in the vessel. Sprinkle with finely-minced shallot, onion or chopped celery, flavour with pepper and salt. Cover the pan closely for an hour, let simmer gently, but never boil, dredge any vegetables to hand with flour after the meat is removed from the mess-tin or kettle, boil them up in the liquor, and serve on top of the steaks with the gravy.

## TOMATO CHEESE.

Required: Fresh tomatoes, strong cheese (any kind will do), salt, pepper, and breadcrumbs.

Slice the tomatoes and finely grate the breadcrumbs and cheese. Put a layer of tomatoes into a camp kettle, mess-tin, or empty beef tin (previously greased and sprinkled with breadcrumbs), then pepper and salt, and a layer of breadcrumbs and cheese, and so on, until the vessel is full. The top layer should be of breadcrumbs. Dot with bits of butter, fat, or dripping, and bake in a quick oven for half an hour.

## CURRIED FISH.

Take any cold cooked fish, some good dripping, flour, and rice, some milk, hard-boiled eggs, and some curry powder and chutney. Remove all the skin and bone from the fish, boil the eggs for a quarter of an hour, then melt the dripping in a saucepan, and stir the flour in smoothly over the fire for a few minutes, after which add the curry powder and chutney. Pour the milk into this, and then stir over the fire until it boils. Next cut the eggs into slices, and put them, also the fish, into the sauce, and mix all well together, seasoning it the while with salt. The mixture should be piled for serving on a hot dish, with boiled rice arranged round it as a border.

## SAUCES.

*What to serve with Meat and Poultry.*—This will be found a valuable little table for reference. Roast beef, horseradish sauce; grilled steak, mushroom \*or tomato sauce; roast mutton, red

currant, rowan or cranberry jelly, onion or soubise or brown caper sauce ; boiled mutton, parsley or caper sauce ; grilled or fried chops, tomato sauce ; roast pork, apple sauce, piquant sauce, or thick brown gravy ; pork cutlets, mustard sauce ; boiled ham, parsley sauce ; roast lamb, mint sauce ; roast chicken, bread sauce or brown gravy ; boiled chicken, chestnut sauce, egg sauce ; grilled chicken, tartare sauce ; roast goose, apple sauce ; roast duck, apple sauce or orange sauce ; roast turkey, cranberry or bread sauce ; boiled turkey, celery or egg sauce ; boiled rabbit, onion or mushroom sauce ; roast rabbit, bread sauce. Trained cooks invariably keep by them the ingredients to make these sauces.

*When soldiers are required to attend their sick or wounded comrades the following simple recipes are useful:—*

#### BARLEY WATER.

Two ounces of pearl barley boiled in a quart of water for 20 minutes and afterwards allowed to stand until it becomes cold ; it must then be strained through a sieve into a jug, and a small piece of lemon peel added.

#### TOAST AND WATER.

Boil a quart of water and pour it on a good-sized piece of crumb of bread which has been well toasted before a clear fire until it becomes nearly crisp and of a dark brown colour ; allow this to steep for half an hour ; it is then ready.

#### SUGAR WATER.

To a pint of cold spring water add an ounce of lump sugar and a tablespoonful of orange or lemon juice ; mix. This is a very refreshing drink in summer, and is, besides, perfectly harmless.

#### ARROWROOT.

To half a pint of boiled water add rather more than half an ounce of arrowroot, previously mixed in a teacup with a wine-glassful of cold water. Stir this on the fire until it boils for a few minutes, pour it into a basin, flavour with a little sugar, and a small spoonful of brandy or a little red or white wine, or else with a little piece of orange or lemon peel, which may be boiled with the arrowroot.

#### TO PREPARE SAGO OR TAPIOCA.

Boil 2 ozs. of either in a pint of water for 20 minutes, and flavour as directed for arrowroot ; sago may also be boiled in either mutton, chicken, or veal broth, or in beef tea.

## TO MAKE GRUEL.

Take one teaspoonful of oatmeal and mix with a wineglassful of water, and having poured this into a stewpan containing a pint of boiling water, stir the gruel on the fire, to boil 10 minutes; pour it into a basin, add salt and butter, or, if more agreeable, rum, brandy, or wine and sugar.

## OATMEAL PORRIDGE.

Boil a quart of water in a saucepan; as soon as it boils sprinkle slowly in a cupful of coarse oatmeal, stirring gently until it is thick and smooth enough, pour it at once on to plates, and serve with milk or treacle.

## VALUE OF VEGETABLES.

Eat lettuce and onions for worn nerves. Beets and turnips give iron to the blood; tomatoes stimulate a torpid liver; celery is good for rheumatism; beetroots are nourishing and laxative; carrots cleanse the blood and clear the complexion; asparagus stimulates action of the kidneys. All kinds of greens in spring help to cleanse the blood and regulate the system.

## CALVES' FOOT JELLY.

Put an ox foot into two quarts of water and let gently simmer all day. Strain it, and next day remove the fat; cut it into four parts and put it into a saucepan with  $\frac{3}{4}$  lb. moist sugar, the juice and peel of two lemons (or one orange, if preferred), and two eggs. The whites, yolks, and shells are beaten together. Put it on the fire, and bring it slowly to the boil, and boil quickly for five minutes. Then put in half a pint of cold water, let it stand for a little while, and strain through a sieve or muslin.

## BEEF TEA.

To each pound of beef allow one quart of water. Pare away every particle of fat and cut the meat (which should be cut from the rump or gravy piece) into very small squares of mince, and put this into a clean stewpan, add the water and set it on the fire to boil, remembering that as soon as the scum rises to the surface it should be removed with a spoon, and a very small quantity of cold water and salt should be poured in at the edge of the stewpan in order to facilitate the rising of the albumen in the form of scum. Unless due precaution be taken to effect the skimming satisfactorily, the broth, instead of becoming clear and bright, becomes thick and *turbid*, and thus presents an unappetising appearance to the eye of the patient.

When beef tea has boiled gently for about half an hour and become reduced to about half its original quantity, let it be strained through a clear sieve or napkin into a basin, and serve with dry toast and salt. The foregoing is intended for patients whose case may require comparatively weak food; in cases where food of a more stimulating character is needed in the form of extract of beef, it will be necessary to double the quantity of meat, and when it happens that beef tea is required in a hurry the meat should be chopped as finely as sausage meat, put into a stewpan with boiling water, stirred on the fire for 10 minutes, and then strained through a napkin for use.

#### MUTTON BROTH.

To each pound and a half of stewing mutton add one quart of water, a little salt, 2 ozs. of pearl barley. Chop the mutton into small pieces and add with the water in the stewpan; set it to boil, skim it well, add a little salt and the barley, boil gently for one hour, strain off the broth through the sieve into a basin, and serve with dry toast; a turnip and half a head of celery may be added where vegetables are not objected to.

#### CHICKEN BROTH.

Clean the chicken, scald the legs, and remove the cuticle which covers them, cut up the fowl into members or joints, leaving the breast whole, put the pieces of chicken into a clean stewpan, with a quart of water, a little salt, and 2 ozs. of washed rice, boil very gently for one hour, and when done serve the broth with or without the rice, according to taste.

#### RICE WATER.

Wash 3 ozs. of rice in several waters and then put in a clean stewpan with a quart of water and 1 oz. of raisins, boil gently for half an hour, strain through a coarse hair sieve into a jug.

#### ONION PORRIDGE.

Take a large Spanish onion, peel and split it into quarters, and put these into a small saucepan with a pint of water, a pat of butter and a little salt, boil gently until cooked, add a pinch of pepper, thicken with flour, sago, or cornflour, reboil and eat the porridge just before retiring for the night. This is an excellent remedy for colds.

(As to prices in brackets, see top of page 2.)

**KIT PLATES :—**

**Artillery. Royal—**

1. Horse and Field. Kit in Barrack Room. 1912. 2*d.* (2*d.*)
2. Ditto. Kit laid out for Inspection. 1903. 2*d.* (2*d.*)
6. Garrison. Kit laid out for Inspection. 1909. 2*d.* (2*d.*)
10. Ditto. Kit in Barrack Room. 1909. 2*d.* (2*d.*)

**Cavalry. 1891. 1*d.* (1*d.*)**

**Engineers. Royal—**

1. Dismounted. Detail of Shelf and Bedding, with Marching Order ready to put on. Detail of Shelf and Bedding, with Drill Order ready to put on. 1914. 1*d.* (1*d.*)
2. Dismounted. Full Kit laid out for Inspection in Barrack Room. 1914. 1*d.* (1*d.*)
4. Mounted N.O.O. or Driver and Field Troop Sapper. Full Kit laid out for Inspection in Barrack Room. 1910. 1*d.* (1*d.*)
5. Mounted. Detail of Shelf and Bedding. 1910. 1*d.* (1*d.*)
6. Driver, with pair of Horses. Field Kit laid out for Inspection on Parade, including Articles carried in Valise on Baggage Wagon. 1899. 1*d.* (1*d.*)

**Infantry—**

1. Kit in Barrack Room. 1905. 2*d.* (2*d.*)
2. Kit laid out for inspection. 1905. 2*d.* (2*d.*)

**Highland. 1884. 1*d.* (1*d.*)**

**Medical Corps. Royal Army. Kit in Barrack Room. 1912. 2*d.* (2*d.*)**

**Ordnance Corps. Army. For guidance at Marching Order and Kit Inspections. 2*d.* (2*d.*)**

**LARGE FORMATIONS.** The Operations of. (Conduite des Grandes Unités). Translated from the Field Service Regulations of the French Army, dated Oct. 28, 1913. 6*d.* (5*d.*)

**LAW. Military. Manual of. 1914. 2*s.* (1*s.* 9*d.*)**

**LAW FOR THE RESERVE FORCES AND MILITIA.** Manual of. 1886. 1*s.* 6*d.* (1*s.* 2*d.*)

**MACHINE-GUN.** Tests of Elementary Training. 1*d.* (1*d.*)

**MACHINE GUNS AND SMALL ARMS,** 303-inch. Nomenclature of Parts, Stripping, Assembling, Action, Jams, Missiles, Failures, and Inspection of. Revised Edition. 1913. 3*d.* (3*d.*); Amendments, No. 1. 1*d.* (1*d.*)

**MAGAZINES AND CARE OF WAR MATÉRIEL.** Regulations for. 1913. 9*d.* (9*d.*); Amendments, July 1914. 1*d.* (1*d.*)

**MAP READING AND FIELD SKETCHING.** Manual. 1912. (Reprinted, with Additions, 1914). 1*s.* (11*d.*) (And see Schools, Army.)

**MECHANISM AS APPLIED TO ARTILLERY.** Notes on. Second edition. 1902. 1*s.* (11*d.*)

**MEDICAL CORPS.** Royal Army (and see Territorial Force):—

Admission to. Regulations for. Jan. 1912. 1*d.* (1*d.*)

Standing Orders. 1914. 1*s.* (10*d.*)

Training. 1911. 9*d.* (9*d.*)

**MEDICAL DEPARTMENT.** Army. Index to Appendices of Reports from 1859 to 1896. 3*d.* (3*d.*)

**MEDICAL SERVICE.** Army. Regulations. 1906. (Reprinted, with Amendments up to Sept. 1914). 4*d.* (5*d.*)

**MEDICAL SERVICE.** Strategical and Tactical Employment of the, as carried out in an Army Corps; with a series of Problems. Translated from the Austrian. 4*s.* 6*d.* (3*s.* 4*d.*)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

- MEDICAL SERVICES.** Army. Advisory Board for. The Treatment of Venereal Disease and Scabies. First Report. 1904. 1s. 6d. (1s. 3d.); Second Report. 1905. 2s. (1s. 6d.); Third Report. 1905. 1s. (10d.); Final Report. 1906. 6d. (5d.)
- MEDICAL SERVICES OF FOREIGN ARMIES.** Handbook of. Part I. FRANCE. 6d. (5d.) (*Under revision*); Part II. GERMANY. 6d. (5d.); Part III. AUSTRIA-HUNGARY. 6d. (5d.); Part IV. RUSSIA. 6d. (5d.); Part V. ITALY. 6d. (5d.); Part VI. THE NETHERLANDS AND BELGIUM. 1911. 6d. (5d.)
- MEKOMETER** Handbook. 1911. 6d. (6d.)
- MUSKETRY REGULATIONS:**—  
Part I. 1909. (Reprinted, with Amendments, 1914). 6d. (7d.)  
Part II. Rifle Ranges and Musketry Appliances. 1910. (Reprinted, with Amendments to Oct. 31, 1914). 4d. (4d.)
- NIGHT OPERATIONS.** Elementary Training in. 1911. 1d. (1d.)
- NUMBER OF TROOPS TO THE YARD IN THE PRINCIPAL BATTLES** since 1850. Memo. on. With opinions of Modern Authorities on limits of extension at the present day. 1884. 9d. (7d.)
- NURSING IN THE ARMY.** Queen Alexandra's Imperial Military Nursing Service. Reprinted from "The British Medical Journal." 1905. 1d. (1d.)
- NURSING SERVICE.** Queen Alexandra's Imperial Military. Regulations for Admission to the. 1914. 1d. (1d.)
- OFFICERS TRAINING CORPS:**—  
Regulations. 1912. 2d. (2d.) (*Under revision*)  
Ditto. (Inns of Court). 1d. (1d.)  
Special A.O., March 16, 1908. 1d. (1d.)  
Junior Division. Instruction for the Annual Camps. 1913. 2d. (2d.)
- OPERATION ORDERS.** A Technical Study by Hans von Kiesling. Translated from the German. 1s. 6d. (1s. 3d.)
- OPTICAL MANUAL** or Handbook of Instructions for the guidance of Surgeons. Third edition. 1885. 1s. 6d. (1s. 3d.)
- OPTICS.** Notes on. 6d. (5d.)
- ORANGE FREE STATE.** Topographical Survey of the, 1905-1911. Report on the. 10s. (7s.)
- ORDNANCE COLLEGE** (*and see Artillery College*):—  
Advanced Classes. Reports on (up to the 33rd). Each 1s. (9d.)  
Ditto. 34th. 6d. (5d.)  
Dynamics. Notes on. Second edition. 3s. (2s. 5s.)  
Officers' Mess (Royal Artillery) Management and First Principles of Book-keeping. 3d. (3d.)  
Ordnance Courses. Reports on. Each 1s. (9d.)  
Regulations. 1907. 2d. (2d.)
- ORDNANCE CORPS.** Army. Standing Orders. 1912. 6d. (6d.) (*Under revision*)
- ORDNANCE MANUAL (WAR).** 1914. 6d. (5d.)
- ORDNANCE SERVICE.** Treatise on. Seventh edition. 1908. With volume of plates. 7s. 6d. (5s. 6d.); Amendments. June 1909, Dec. 1910, Dec. 1912. Each 1d. (1d.); Ditto. Dec. 1909, Dec. 1911. Each 2d. (2d.)
- ORDNANCE SERVICES, ARMY.** Regulations:—  
Part I. 1912. (Reprinted, with Amendments published in Army Orders up to Oct. 1, 1914). 6d. (6d.)  
Part II. 1914. Instructions for Laboratories and Laboratory Operations, Examination of Explosives and Ordnance. 1s. (11d.)
- PATHOLOGICAL SPECIMENS** in the Museum of the Army Medical Department, Netley. Descriptive Catalogue of. Third edition. Vol. I. By Sir W. Aitken, M.D. 1892. 5s. (3s. 8d.)



**MILITARY BOOKS, published by Authority—continued.**

(As to prices in brackets, see top of page 2.)

- PAY DUTIES** of Officers Commanding Squadrons, Batteries, Companies, &c. Instructions. 1914. 1*d.* (1*d.*) (Under revision)
- PHYSICAL TRAINING.** Manual of. (Reprint 1908 with Amendments published in Army Orders to Dec. 1, 1914). 9*d.* (9*d.*)
- PLACE-NAMES OCCURRING ON FOREIGN MAPS.** Rules for the Transliteration of. 1906. 1*s.* (9*d.*)
- PORTABLE SUB-TARGET** (Mark I.), and How to Use it. 1911. (Reprinted, with Amendments, 1914.) 1*d.* (1*d.*)
- POSTAL SERVICES. ARMY. WAR.** Manual of. 1913. 3*d.* (3*d.*)
- PROJECTION, &c.** Linear Perspective. A Text-Book for use of the R.M. Academy. Part I.—Text. Part II.—Plates. 1904. 6*s.* (4*s.* 5*d.*)
- PUBLICATIONS (RECENT) OF MILITARY INTEREST.** List of, Quarterly. Nos. 1 to 8. 2*d.* (2*d.*) each; Nos. 9 to 17. 4*d.* (4*d.*) each. (Continued by THE ARMY REVIEW.)
- RAILWAY DISTANCES.** Ireland. Handbook of. Third edition. 1884. 7*s.* 6*d.* (5*s.* 3*d.*)
- RAILWAY MANUAL (WAR).** 1911. (Reprinted, with Amendments, 1914). 6*d.* (5*d.*)
- RAILWAYS. MILITARY. RECONNAISSANCE AND SURVEY OF.** Notes on, for Officers of R.E. Railway Companies. 1910. 2*s.* 3*d.* (1*s.* 8*d.*)
- RANGE-FINDER.** Handbooks:—  
Infantry, No. 1. (Marindin). 1913. 3*d.* (3*d.*)  
Infantry No. 2. (Barr and Stroud). 31.5-inches base. 1913. 1*s.* (10*d.*)  
Watkin. Regulations for instruction in, and practice with. 1882. 1*s.* (9*d.*)
- RANGE FINDING. COAST DEFENCE.** Manual of. Part I. 9*d.* (8*d.*)  
Ditto. Amendments, June 30, 1914. 1*d.* (1*d.*)
- RANGES, MINIATURE CARTRIDGE.** (Reprinted from THE ARMY REVIEW, January 1914). 3*d.* (3*d.*)
- RECRUITING FOR THE REGULAR ARMY AND THE SPECIAL RESERVE.** Regulations. 1912. (Reprinted, with Amendments to Aug. 31, 1914). 3*d.* (3*d.*)
- REMOUNT MANUAL (WAR).** 1913. 2*d.* (2*d.*)
- REMOUNT REGULATIONS.** 1913. 3*d.* (3*d.*)
- REQUISITIONING OF SUPPLIES, TRANSPORT, STORES, ANIMALS, LABOUR, &c., IN THE FIELD.** Instructions for the. 1907. 1*d.* (1*d.*)
- RESERVE (and see Motor Reserve; Special Reserve):—**  
Army Reserve. Class I. Regulations. 1911. 1*d.* (1*d.*)  
Ditto. Amendments, June 1913. 1*d.* (1*d.*)  
National Reserve. Regulations. 1913. 1*d.* (1*d.*)
- RIFLE RANGES.** Care and Construction of. Instructions for. 1908. 3*d.* (3*d.*)
- RIFLE RANGES, TRAINING GROUND, AND MUSKETRY CAMP, PENALLY.** (Western Coast Defences.) Standing Orders. 1910. 2*d.* (2*d.*)
- RIFLES, &c.** Cleaning of. Notes on the. 1911. 2*s.* 6*d.* (7*d.*)
- RIFLES, SHORT AND CHARGER-LOADING, MAGAZINE, LEENFIELD.** Handbook for Serjeant-Instructors of Special Reserve, Officers Training Corps, and Territorial Force in regard to the Care, Inspection, &c. of. 3*d.* (3*d.*)
- RUSSIAN MILITARY AND NAVAL TERMS.** Dictionary of. 1906. 3*s.* 6*d.* (2*s.* 6*d.*)
- RUSSO-JAPANESE WAR:—**  
Medical and Sanitary Reports from Officers attached to the Japanese and Russian Forces in the Field. 1908. 5*s.* (3*s.* 10*d.*)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

Russo-Japanese War—*cont. ued.*

- Official History. Part I. Causes of the War. Opening Events up to and including the Battle of the Ya-lu. Second edition. 1909. 1s. 6d. (1s. 3d.); Part II. From the Battle of the Ya-lu to Liao-yang, exclusive. 1908. 5s. (3s. 8d.); Part III. The Siege of Port Arthur. 1909. 4s. 6d. (3s. 4d.); Part IV. Liao-yang. 1910. 4s. (3s.); Part V. Sha Ho. 1911. 4s. 6d. (3s. 5d.)
- Official History (Naval and Military). Vol. I. To August 24. 1904. With case of Maps. 1910. 15s. (10s. 7d.); Vol. II. Liao-yang, the Sha-ho, Port Arthur. With case of Maps. 1912. 15s. (10s. 10d.)
- Reports from British Officers attached to the Japanese and Russian Forces in the Field. In three vols., with two cases of Maps (*not sold separately*). 21s. (15s.)
- SALISBURY PLAIN, SOUTHERN COMMAND.** Standing Orders applicable to all Troops Encamped on Salisbury Plain, and applicable generally to Troops Quartered at Bulford and Tidworth. 1913. 3d. (3d.)
- "SAM-BROWNE" BELT, SCABBARD, AND SWORD KNOT.** Specification and Drawings. 1899. 1d. (1d.)
- SCHOOLS, Army:—**
- Annual Reports on. 1911-12; 1912-13. Each 1s. (9d.)
- Map Reading. Notes on. 1915. 3d. (3d.)  
(*And see Map Reading and Field Sketching.*)
- Military and other Terms, and Words which Occur in Orders. Lists of. 1914. 2d. (2d.)
- Physiology. Elementary. Handbook. 1901. 1d. (1d.)
- Regulations. 1911. 4d. (4d.)
- School Hygiene. Handbook of. For Teachers. 6d. (6d.)
- Singing in. Regns. for Teaching. 1911. 1d. (1d.)
- Standing Orders for Inspectors, Examiners, and Teachers. 1910. 6d. (5d.)
- Type Exercises of Extracts from Regimental Orders for the use of Candidates for Third-class Certificates of Education. 1912. 3d. (3d.)
- SCOUTS.** Training and Use of. Lecture by Col. F. C. Carter. 1905. 2d. (2d.)
- SCREWS.** Standard Leading. Provision of, for Screw-cutting Lathes. Report of Committee. 1905. 1s. (10d.)
- SEVASTOPOL.** Siege of. 1854-55. 3 vols., with Case of Maps and Plans. Half Mor., £5 4s. Cloth, £4 4s.  
*Or separately:—* Vol. I. Engineer Operations. £1 6s.; Vol. II. Ditto. With Case of Maps and Plans. £2 10s.; Vol. III. Artillery Operations. 10s.
- SEWAGE.** Practical Treatment of. The latest development of. 1903. 6d. (5d.)
- SHOEBURYNNESS GARRISON.** Standing Orders. 1913. 1s. 6d. (1s. 1d.)
- SIEGE OPERATIONS** in the Campaign against France, 1870-71. (*Von Tiedemann.*) Translated. 4s. 6d. (3s. 3d.)
- SIGNALLING.** Training Manual. 1907. (Reprinted, with Amendments to May 1, 1911). (*Out of print*); Amendments. Nov. 1912, May 1913, April and Aug. 1914 (in one). Each 1d. (1d.); Appendix IV. Despatch Riding 1d. (1d.)
- SIGNALLING.** Training Manual. Part II. For the use of the Divisional Signal Companies and Intercommunication Personnel of Units in Divisions, other than 1st to 8th Divisions, of the Intercommunication Personnel of Units of the Territorial Force other than Signal Units and R.G.A. Coast Defence Companies, and of Signallers of King Edward's Horse. 1914. 6d. (5d.)
- Ditto. Appendix I. Telephone Cable Drill. Artillery. 1d. (1d.)
- Ditto. Appendix II. Telegraph Cable Drill. 2d. (2d.)
- Ditto. Appendix III. Telephone Equipment. Artillery Batteries and Infantry Battalions. 1d. (1d.)

*MILITARY BOOKS, published by Authority—continued.*

(As to prices in brackets, see top of page 2.)

- SIGNALLING DISC.** Directions for Use. 1911. 1*d.* (1*d.*)  
**SIGNAL SERVICE. THE ARMY.** 1*d.* (1*d.*)  
**SIGNAL SERVICE. ARMY.** Manual of—WAR. Provisional. 1914.  
2*d.* (2*d.*)  
**SMALL ARMS Text Book.** 1909. With Tables. 2*s.* 6*d.* (2*s.* 1*d.*)  
**SMALL WARS.** Their Principles and Practice. Third Edition. 1906.  
(Reprinted 1909.) 4*s.* (3*s.*)  
**SOMALILAND:—**  
Military Report on. 1907. Vol. I. Geographical, Descriptive, and Historical.  
2*s.* (1*s.* 7*d.*)  
Operations in, 1901-04. Official History. Vol. I. 3*s.* (2*s.* 4*d.*); Vol. II.  
4*s.* (3*s.*)  
**SOUTH AFRICAN WAR, 1899-1902:—**  
Medical Arrangements. 7*s.* 6*d.* (5*s.* 6*d.*)  
Medical History. An Epidemiological Essay. [Reprinted from "The  
Journal of the Royal Army Medical Corps."] 3*s.* 9*d.* (2*s.* 9*d.*)  
Railways. 4*s.* (3*s.*)  
Surgical Cases Noted. 7*s.* 6*d.* (5*s.* 6*d.*)  
Telegraph Operations. 10*s.* (7*s.* 1*d.*)  
Voluntary Organizations in aid of the Sick and Wounded. Report of the  
Central British Red Cross Committee on. 1902. 3*s.* (2*s.* 5*d.*)  
**SPECIAL RESERVE:—**  
Commission in the Special Reserve of Officers. Short Guide \*to obtaining  
a; &c. 1*d.* (1*d.*)  
Regulations for Officers of the Special Reserve of Officers, and for the  
Special Reserve. 1911. 4*d.* (5*d.*)  
Scheme for the Provision, Organization, and Training of the Special  
Reserve required to supplement the Regular Army, and the Application  
of the Scheme to the existing Militia. (Special A.O., Dec. 23, 1907.)  
2*d.* (2*d.*)  
Scheme for the Provision, Organization, and Training of that portion  
which will be drawn from the Territorial Force to supplement the  
Regular Army on Mobilization being ordered. (Special A.O., Nov. 20,  
1908.) 2*d.* (2*d.*)  
**STAFF COLLEGE Regulations** (Camberley). 1905. Reprinted with Amend-  
ments up to Nov. 30, 1910. 1*d.* (1*d.*)  
**STAFF.** General. Duties of. (Von Schellendorff.) Fourth Edition. 1905.  
(Out of print)  
**STATIONS OF UNITS OF THE REGULAR FORCES, MILITIA,  
SPECIAL RESERVE, AND TERRITORIAL FORCE.** Quarterly up to  
No. 45, July 1914. Each 2*d.* (2*d.*) (Publication suspended).  
**STATUTES** relating to the War Office and to the Army. 1880. 5*s.* (3*s.* 9*d.*)  
**STATUTORY POWERS** of the Secretary of State, Ordnance Branch. 1879. 5*s.*  
(3*s.* 9*d.*)  
**STEAM ENGINES AND BOILERS AND GAS AND OIL  
ENGINES.** Management of. Notes and Memoranda. 1911. 1*d.* (1*d.*)  
**SUDAN ALMANAC.** 1915. Compiled in the Intelligence Department,  
Cairo. 1*s.* (9*d.*)  
**SUDAN. BRITISH FORCE IN THE.** Standing Orders. 1914. 9*d.* (7*d.*)  
**SUDAN.** The Anglo-Egyptian. A Compendium prepared by Officers of the  
Sudan Government:—  
Vol. I. Geographical, Descriptive, and Historical (with Eighty-two  
Illustrations). 10*s.* (7*s.* 4*d.*)  
Vol. II. Routes. 7*s.* 6*d.* (5*s.* 5*d.*) (Not containing Chapter VII., Supple-  
ment (A).)

*MILITARY BOOKS, published by Authority—continued.*

(As to prices in brackets, see top of page 2.)

**SUDAN.** The Anglo-Egyptian—*continued.*

Vol. II. Routes. In Separate Chapters. 1s. (10d.) each:—  
I. and II., Nil. III. North-Eastern Sudan. IV. Eastern Sudan.  
V. Central Sudan. VI. South-Eastern Sudan. VII. Bahr-el-Ghazal. VIII. Kordofan. IX. North-Western Sudan.  
Ditto. Chapter VII. Supplement (A). Bahr-el-Ghazal. Additional Routes. 1s. (10d.)

**SUDAN CAMPAIGN.** History of the. Two parts, and Maps. 1890. 15s. (10s. 11d.)

**SUPPLY MANUAL (WAR).** 1909. 6d. (6d.)

**SUPPLY, REORGANIZED SYSTEMS OF,** and of Ammunition Supply of the Expeditionary Force in War, consequent on the Introduction of Mechanical Transport. Memorandum explaining the. Feb. 1912. 1d. (1d.)

**SUPPLY, TRANSPORT, AND BARRACK SERVICES.** Regulations. 1908. 9d. (8d.)  
(Under revision)

**SURVEYING.** Topographical and Geographical. Text Book of. Second edition. 1913. 7s. 6d. (5s. 6d.)

Ditto. 1905. Appendix XI. Tables for the Projection of Graticules for squares on 1° side on scale of 1:250,000, and for squares on ½° side on scale of 1:125,000; with other Tables used in Projecting Maps. 4d. (4d.)

Ditto. 1905. Appendix XII. Tables for the Projection of Graticules for Maps on the scale of 1:1,000,000. 1910. 2d. (2d.)

**TACTICAL RIDES AND TOURS ON THE GROUND.** The Preparation and Conduct of. Translated from the German. 1s. 3d. (1s. 1d.)

**TELEGRAPHY AND TELEPHONY.** Army. Instruction in:—  
Vol. I. Instruments. (Reprinted, with Corrections, 1914). 1s. 6d. (1s. 4d.)  
Vol. II. Lines. 1909. (Reprinted, with Corrections, 1914). 1s. (11d.)

**TELESCOPIC SIGHTS.** Handbook. Land Service. 1904. 4d. (4d.)

**TERRITORIAL FORCE.** (And see Equipment; Establishments):—

Cadet Units in the British Isles. Regulations governing the Formation, Organization, and Administration of. 1914. (Reprinted, with Amendments in Army Orders to Dec. 1, 1914). 1d. (1d.)

Field Kits. Officers and Men. 1d. (1d.)

Hospitals. General, of the. Regulations for. 1912. 2d. (2d.)

Medical Corps. Royal Army. Syllabus of Training. 1914. 1d. (1d.)

Mobilization of a Territorial Infantry Battalion. (Reprinted from THE ARMY REVIEW, July 1913.) 3d. (3d.)

Nursing Service. Standing Orders. 1912. (Reprinted, with Amendments, 1914). 1d. (1d.)

Regulations for the (including the Territorial Force Reserve), and for County Associations. 1912. (Reprinted, with Amendments published in Army Orders to Dec. 1, 1914). 6d. (7d.)

Voluntary Aid:—

Scheme for the Organization of, in England and Wales. Dec. 1910.  
(Out of print)

Ditto. Ditto. Amendments. 1d. (1d.)

Ditto. in Scotland. Oct. 1911. 2d. (2d.)

Ditto. Ditto. Amendments. 1d. (1d.)

Training. (Extracts from "Medical Corps. Royal Army. Training. 1911.") 6d. (7d.)

MILITARY BOOKS, published by Authority—continued.

(As to prices in brackets, see top of page 2.)

- TRACTOR TRIALS** held by the Experimental Sub-Committee of the Mechanical Transport Committee at Aldershot, Sept. and Oct. 1903. Report on. 6d. (5d.)
- TRAINING AND MANŒUVRE REGULATIONS.** 1913. 4d. (5d.)
- TRANSPORT MANUAL.** Field Service. 1905. Part I. Provisional. 4d. (4d.)
- TRANSPORT. MECHANICAL:—**  
Heavy Pontoon Bridge for use by. Provisional. 1914. 2d. (2d.)  
Regulations for the Appointment of Inspectors of. 1d. (1d.)
- TRANSPORT. PACK.** Notes on. 1d. (1d.)
- TRUMPET AND BUGLE SOUNDS** for the Army. With Instructions for the Training of Trumpeters and Buglers. 1914. 9d. (8d.)
- TYPHOID (ANTI-) COMMITTEE.** Report. 1912. 2s. 6d. (1s. 11d.)
- TYPHOID (ANTI-) INOCULATION COMMITTEE.** Report on Blood Changes following Typhoid Inoculation. 1905. 1s. 6d. (1s. 2d.)
- URDU-ENGLISH PRIMER.** For the use of Colonial Artillery. 1899. 15s. (10s. 2d.)
- VALISE EQUIPMENT.** Instructions for Fitting:—  
Pattern 1888 with pattern 1894 Pouch opening outwards. 1895. 1d. (1d.)  
Bandolier pattern. 1903. 2d. (2d.)
- VALPARAISO.** The Capture of, in 1891. 1s. (10d.)
- VENEREAL DISEASE.** See Medical Services.
- VETERINARY CORPS.** Army:—  
Regulations for Admission. 1910. 2d. (2d.)  
Standing Orders. 1906. 4d. (4d.)
- VETERINARY SERVICES.** Army. Regulations. 1906. (Reprinted, with Amendments to Dec. 1, 1914.) 3d. (3d.)
- VOLUNTARY AID.** See Territorial Force.
- WAR OFFICE LIST, AND ADMINISTRATIVE DIRECTORY FOR THE BRITISH ARMY.** 1914. Sold by Harrison & Sons, 45, Pall Mall. 5s. net. (Under revision)
- WARFARE.** See LAND WARFARE.
- WATER SUPPLY MANUAL.** 1s. 6d. (1s. 4d.)
- WORKS MANUAL. (WAR.)** 1913. 4d. (4d.); Corrections (*In the press*)
- X-RAY APPARATUS.** Hints regarding the Management and use of. 3d. (3d.)
- YEOMANRY AND MOUNTED RIFLE TRAINING.** Parts I. and II. 1912. (Reprinted, with Amendments, 1915). 6d. (6d.) (*In the press*)
- ZULU WAR OF 1879.** Narrative of the Field Operations connected with the. 1881. (Reprinted 1907.) 3s. (2s. 4d.)

1  
Kilburn