FAVORITE RECIPES

ALL RECIPES PUBLISHED WERE
SUBMITTED BY GRADUATES OF
THE SCHOOL OF NURSING
OF THE
JEFFERSON MEDICAL COLLEGE HOSPITAL
PHILADELPHIA, PENNSYLVANIA

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FOREWORD

With lots of pride, we the editors of this the "Favorite Recipes" of the Jefferson Nurses Alumnae have endeavored not only to present the recipes in an interesting and attractive manner, but also to give you a physical picture of the Jefferson Medical Center.

We have copied all recipes as submitted, most of which were signed, a few were not. The editors filled in with additional favorites. To thank everyone personally who contributed to this project is practically impossible; however, we are most grateful for the efforts and cooperation which we received.

These recipes have not been laboratory tested, therefore we do not guarantee them to possess "never fail qualities", nor do we attempt to teach you the art of cookery. However, we do present a representation of Alumnae cooking from East to West, North to South, and of graduates from the Classes of 1900 through 1960. We realize there is much repetition, but no two read exactly alike. One thing is sure—most of the recipes given have a high caloric content, so just to refresh your memory:

"A Calorie is the amount of heat required to raise 1 gm. of H₂O 1 degree C.

1 gm. of carbohydrate when burned equals 4 calories
1 gm. of protein when burned equals 4 calories
1 gm. of fat when burned equals 9 calories."

Jefferson graduates and friends—Look—Cook—and enjoy this Book.—J. T. G.
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Views of Jefferson
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