

to drink at breakfast and tea is coffee; lemonade or water for dinner and supper.

MISS HELEN N. ANDERSON, M.B.N.A. :—

Sunday: Breakfast—tea and coffee (always), fish; dinner—roast beef and tart or plum pudding; tea—brown and white bread, cake; supper—tea and coffee, porridge and milk, with the choice of cold meats and cheese, varied each night as thought suitable. Monday: Breakfast—bacon; dinner—cold roast beef, vegetables, and milk pudding; tea—bread and butter. Tuesday: Breakfast—bacon and eggs; dinner—soup and boiled beef; tea—bread and butter and jam. Wednesday: Breakfast—herrings or white fish; dinner—stewed meat, vegetables, and milk pudding; tea—brown and white bread. Thursday: Breakfast—poached eggs; dinner—roast mutton and stewed fruit; tea—bread and biscuits and jam. Friday: Breakfast—fish or bacon; dinner—boiled cod, sauce, and milk pudding; tea—bread and butter. Saturday: Breakfast—boiled egg; dinner—soup, chops, and pancakes (potatoes, of course, every day, and milk to drink); tea—brown and white bread.

MISS SARAH CHILDS, Private Nurse, M.B.N.A. :—

Breakfast: Fried bacon, eggs (fresh), cold boiled ham or bacon, fish (varying), every morning white or brown bread, good butter, tea or coffee. Dinner: Roast beef, mutton, pork, or veal, when in season; meat pie, fish, soup; in winter fresh vegetables three times a week; pudding three times a week. Tea: Plain cake twice a week; preserves occasionally. Supper: Cold meat or cheese.

MISS RITA WILLMER :—

For breakfast alternately.—Fresh eggs, good bacon or fish, with tea or coffee. Dinner.—Beef, mutton, or lamb from a good joint, with plenty of fresh vegetables, milk, or suet puddings. Tea with good bread and butter. Supper.—Fish or chicken; bread and butter. Three glasses of milk daily at 11 a.m., with dinner and supper.

MISS CATHERINE HEATH, Private Nurse :—

Sunday: breakfast—cold ham, bread and butter, marmalade; dinner—roast beef, Yorkshire pudding, vegetable; supper—cold meat, stewed fruit, bread and butter. Monday: breakfast—an egg, potted meat, bread and butter; dinner—hashed beef, gingerbread pudding; supper—fish, bread and butter. Tuesday: breakfast and supper, same as Sunday; dinner—roast mutton, vegetables, rice pudding. Wednesday: breakfast and supper, same as Monday; dinner—

poultry or game, roll pudding. Thursday: breakfast—fried bacon, bread and butter, jams; dinner—stewed beef, vegetables, fruit pies; supper—minced mutton, bread and butter. Friday: breakfast—an egg, bread and butter; dinner—fish, bread pudding, with fruit; supper—mutton cutlet. Saturday: breakfast, same as Thursday; dinner—soup, cold meat, salad; supper—potato-pie, baked apples, bread and butter. Beer or claret with dinner (if required). Tea, coffee, or cocoa with supper and breakfast.

MISS ELIZA FLETCHER :—

Breakfast:—Tea, coffee, eggs, bacon and fish alternate days. Dinners, for seven days :—(1) Soup, boiled mutton, two vegetables; (2) roast beef, vegetables, apple charlotte; (3) curry, hash, or rabbit, vegetables, custard, stewed fruit; (4) roast mutton, boiled onions, vegetables, rice pudding; (5) fish, steak and onions, potatoes, jam tart; (6) roast sirloin, two vegetables, Yorkshire pudding; (7) cold beef, salad, pickles, potatoes, fruit tart. Supper:—Cold meat, cheese or pudding, or soup or rissoles, bread. Tea :—Good bread and butter; cake or jam twice a week.

COMPETITIVE PRIZE ESSAY. TWENTIETH COMPETITION.

A Book or Books of the value of One Guinea will be awarded for an Essay upon the following subject :—

"In a Hospital containing fifty beds you are called upon to refurnish it throughout with the requisite linen. The Staff of Nurses number twenty; Ward Maids and Attendants living in the Institution, twelve; House Surgeon also to provide for. What would you do, and how much would you feel inclined to spend, giving a full list of material and articles required, with prices?"

RULES.

1.—Contributions must reach the Editor, at the office of THE NURSING RECORD, not later than Saturday, November 16th, addressed as follows :—*"Prize Essay Competition, THE NURSING RECORD, St. Dunstan's House, Fetter Lane, London, E.C."*

2.—Manuscript must be written distinctly in ink and on one side of the paper only, upon not less than 24 nor more than 48 pages of ordinary-sized ruled sermon paper. The pages must be numbered and fastened together.

3.—The real and full name and address (stating whether Miss or Mrs.) of the Competitor must be inscribed on the back of each contribution, and notification of which Hospital or Institution the Competitor has been or is attached to.

4.—Trained Nurses or those personally associated with Nursing work only allowed to compete.

Winners in previous Competitions are permitted to compete, but in case of a "tie" the prize would be awarded to the Competitor who has not secured a prize before.

The decision of the Prize Essay Editor to be final, and any infringement of the above Rules will be considered a disqualification.

NOTICE.—The Prize Essay Editor will not undertake to return MSS. unless accompanied with a sufficiently stamped addressed envelope; and in no case will he be responsible for any loss of same during transmission, &c. In no case must manuscripts be rolled up when sent by post; they must be folded.

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