

having secured the prize of a book or books of the value of five shillings :—

Miss Walsh
123 New Bond St
Jan. 9/91 W.

A dainty nourishing dish for a convalescent patient & one I think would be appreciated is the following. Take a piece of Tripe & boil in milk 5 hours, or until it is sufficiently tender to cut with a fork, thicken the milk slightly with flour or arrowroot, flavoured with onion. Serve hot.

The Nursing Record, I obtain from Security's Railway book stall.

We desire to draw our readers' attention to the examination question given in this issue.

** Some other answers received deserving honourable mention.

"Give the recipe for a 'Dainty Nourishing Dish' that you think would be appreciated by a patient convalescent, say, from Rheumatic Fever."

MISS FLORENCE SHEPPARD :—

A very appetising nourishing dish is made by taking the white parts of breast or wings of roast or boiled chicken, removing all skin, or the under side of cold sirloin of beef or cold roasted leg of mutton; then pound in a mortar with an equal quantity of stale bread; add either beef-tea or water in which chicken has been boiled until the entire quantity forms a fluid paste, letting it boil for ten minutes, constantly stirring.

NURSE JESSIE HOLMES :—

Fried Oysters.—Large oysters are best. Simmer for a minute or two in their own liquor, drain perfectly dry; dip in yolks of eggs, then in bread crumbs, seasoned with nutmeg, pepper, and salt; fry them of a light brown; make a little thick melted butter, moistened with the liquor of the oysters, and serve as a sauce. This makes a dainty dish, as well as being nutritious.

MISS M. E. BELCHER, M.B.N.A. :—

Take a fresh calf's sweetbread, soak it two hours in cold water, then put it for a few minutes in hot to blanch it, then again for half-an-hour in cold water; lard it, and put it into a stewpan with a bit of celery, lemon peel, a small bunch of herbs, a few slices of carrot, a pinch of white sugar, salt and white pepper, and a breakfast cup of milk; bring to boiling point, and then simmer gently for an hour or little longer, basting sometimes with the sauce; when done, take out and keep hot; strain and skim the sauce; beat the yolk of an egg with a tablespoonful of cream; add the sauce; stir it over the fire till quite hot, then strain over the sweetbread.

MISS L. HERN, M.B.N.A. :—

Boil a chicken, chop finely, pound in a mortar, put it in a stewpan with milk and salt, also some finely-crumbed bread; allow to simmer—never to boil; stir it all the time; then remove from the fire, and stir in one egg to the meat of every quarter of a fowl. Serve with tippets of thin toast.

MISS MINNIE CHAPMAN :—

Take a sole (filleted), wash well, and dry with a clean cloth; then sprinkle with a little salt; dip each piece into the yolk of a well-beaten egg and then into bread crumbs; fry them in hot lard or clarified butter for ten minutes. When done, lay them on a cloth or white paper to absorb the grease; dish them on a napkin neatly folded, and garnished with parsley and slices of lemon; serve hot.

MISS EMILY SANDERSON, M.B.N.A. :—

Stewed Sweetbreads.—Well soak one or two sweetbreads in warm water, then put them into a stewpan with one pint of veal broth, pepper, salt, and a little mace; let them stew for rather more than half-an-hour. When done, place them on a hot-water plate filled with boiling water; thicken the gravy with a little flour and the well-beaten yolks of two eggs; pour the sauce over the sweetbreads, and serve with stewed celery or spinach. The former must be stewed in veal gravy mixed with three tablespoonfuls of cream, after having been first stewed in half a pint of water for nearly an hour.

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