

stances and takes another nap. It may be five or six p.m. before he wakes, and if by that time he expresses (by cries) a desire for his afternoon tea, we shall find his mother has one ready for him, having had her own at four or half-past four p.m. After this meal (?) he has to submit to a few manipulations in the shape of changing, and a *little* sponging, and a clean night-gown, &c. I prefer to keep baby up for half-an-hour or so after his evening ablutions, as he *appears* to like to lie on his Nurse's lap for awhile, and look around at things in general, and the fire in particular, or he *may* indulge in a little crying. At seven or half-past seven he has to be put into his cot, for Nurse has her other patient to attend to about that time, who has another *farinaceous* meal—nothing better than some of the various preparations of oatmeal (of which I may say something more farther on) and milk. At nine or half-past nine p.m. our patient must be put comfortable for the night.

And now we come to an important little point in breast-feeding. Our baby *ought*, and will, *if* in an obliging mood, have *his* supper; but if he is *not*, what then? As a rule the breasts get full at night—the result possibly of the food partaken of during the day—and our patient is weary and wants to sleep, and this is almost sure to be interfered with, if the breasts are over-weighted with milk. If the infant will not suck, or if he does not *thoroughly* relieve the breasts, you must at once draw them with the breast-pump, and *empty them* before the lady settles for the night. I have repeatedly known quite serious breast trouble to arise from the want of this common-sense precaution, from *pressure*; the discomfort of the engorgement lead to restless sleep, the patient turns on to her side somewhat heavily, and the breast gets hurt, and in the morning you may find it tender and inflamed. Do not forget, then, to attend to the breasts the last thing at night; they should also be washed with warm soap and water, well dried, and powdered. When you have to draw off the milk, *take care of it*, and keep it warm the way I have told you; the temperature must not exceed or *fall short* of 98 deg. (blood heat), as you may require some for the infant during the night. I have seen quantities of breast-milk *thrown away* that might and ought to have been utilised for the infant, and cow's milk substituted for it. In case of need, I recommend the barley-water and cream; but if you can any way have breast-milk, use it by all means.

(To be continued.)

Loeflund's Mustard Leaves (prepared specially for Sinapiams from the finest seed only). The most efficacious and reliable form of mustard-plaster. Clean, quick, portable. Tins of 10, 1s. 6d. Special quotations for larger sizes, containing 50, 100, and 200 leaves each. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

TASTY TIT-BITS AND DISHES DAINTY, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.
[COPYRIGHT.]

FILLETS OF SOLE A L'ITALIENNE.

Lay two fillets in a tin with plenty of butter pepper and salt to taste, place a sheet of oiled paper over them, and put them in the oven five or ten minutes before they are wanted, or they may be laid in a deep plate in the same manner, an inverted plate being put over them. Dish neatly and pour the following sauce over them. Sauce—Mince two shallots quite fine and fry them in a little salad oil; when they are a pale straw colour, add two or three mushrooms, and a little mixed parsley; moisten with enough stock to make the sauce (if liked and you have it a little white wine or cyder should also be added); put in tied up in a bunch one clove of garlic, some sweet herbs, and one bay-leaf, add pepper and salt to taste, and let the sauce boil for half-an-hour. Remove the herbs; melt a piece of butter, add a very little flour to it, then the sauce, stir it well and make very hot.

JULIENNE POTATOES.

Take two medium-sized potatoes, peel and wash them; then cut them into pieces like matches, dry them in a clean cloth; fry in boiling lard a pretty golden colour; drain carefully; shake them in a pan, and sprinkle with a very little salt. Serve as hot as possible. After the potatoes are cut they should be kept in salt and water until ready to fry them. If the water is *changed* they will keep until next day, supposing you have more potatoes cut than you require at one time.

CIGARETTES A LA REINE.

Chop up some mushrooms (fresh, if possible; if not tinned will do, though it is best to make this dish when mushrooms are in season). Roll them in bread-crumbs; cut the mixture into the length and thickness of a cigarette, and fry a bright brown in boiling lard. Serve at once. They should be served on a plated dish. Any scraps of meat, game, poultry, cooked fish, oysters, lobster, crab, and truffles and vegetables can be used in the same way. Fried parsley should garnish the dish. N.B.—All scraps of meat, poultry, and bones, not otherwise needed, should be put in the stock-pot for *gravy*, and *second* stock for thick soups. Fish bones and trimmings should be kept separately for *fish* soup; game bones and trimmings for *game* soup, and *gravy* to serve with roast game, as it is impossible to serve *meat* gravy with *game*—it would entirely spoil the flavour.

FRIED WHITING A LA MEDITERRANEE.

Fillet the whiting; season it with a little salt and ground white pepper, a little lemon-juice, and minced parsley. Dip it into flour, and cook in salad oil. Serve with good tomato sauce.

NOTICE.—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loeflund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparations." 14-20, St. Mary Axe, E.C.

[previous page](#)

[next page](#)