

understood that the Ladies' Nurse has the *absolute* charge of the infant; we cannot expect to find the professional knowledge in a Wet Nurse required for the first three or four weeks after birth.

The subject of breast-feeding would scarcely be complete without some reference to diet. There need be but *slight* modifications in the rules I laid down in my earlier papers. The point to bear in mind is the freer use of the farinaceous substances, notably all the various kinds and preparations of oatmeal, combined with milk. I consider groats make the most delicate gruel, and the finest Scotch oatmeal, the best porridge. King's patent prepared Scotch oatmeal is serviceable for night use, from it being so quickly prepared. You can mix it with *all* milk, like milk arrowroot, or make it with water, and add milk. A cup of some farinaceous food then should always be partaken of at *bedtime*, in addition to the *early* supper which might consist of fish, or eggs, &c.; and during the night, about three or four a.m., another farinaceous meal should be given before the breakfast, at eight or nine a.m., these foods being especially conducive to the night supply of milk.

And now I must call the attention of Nursing readers to the importance of *fresh* vegetables as a *daily* adjunct to the *early* dinner as soon as the lady is well enough to partake of a full diet. I am almost prepared to say that they must have them; and I am confident there is less *medicine* required with them. It is obvious that fresh vegetables tend to keep the blood in good condition, and I do not hesitate to say that that cannot be done effectually, during suckling, without them—combined with daily exercise in the fresh air. (My remarks apply from the second month up to the end of lactation.) The summer vegetables are the best: peas, French beans, Windsor beans, cabbage (summer), if properly prepared and cooked; tomatoes are also desirable. The winter vegetables—carrots, parsnips (for those who like them), turnips, and Spanish onions (cooked), are nice in plain soups and broths (both good for Nursing mothers). I think asparagus should be avoided, as it might taint the milk. Flesh foods are the least valuable in suckling and should be used sparingly, and at the mid-day meal (with vegetables) instead of later in the day.

I think I have now told you enough about breast-feeding, and in my next paper we will enter upon the subject of hand-feeding.

(To be continued.)

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

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.

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MALVERN TOASTED CHEESE.



Take four ounces of Cheddar or Gloucester cheese, two ounces of fresh butter, one tablespoonful of cream, put them into a saucepan on the fire; keep stirring until just on the boil, then break into it the yolk of one egg; stir, and pour out directly. Serve as quickly as possible on a hot-water dish. The mixture should be the consistency of custard. Serve

with it, separately, hot dry toast.

POT AU FEU.

Blanch one cabbage, boil it in water until tender. Add to the contents of the stock-pot, carrots, turnips, leeks (cut in pieces), parsnips, a bouquet of parsley, two cloves, one laurel-leaf, a broiled onion, and a lump of sugar. Simmer for seven hours; do *not* skim the soup. Two hours before serving add the cabbage, cut into quarters. Turn into the tureen over crusts of bread. It should be made in an earthenware pot, called in French "marmite." Where there is no stock-pot going, you must cut the soup-meat into small pieces, crush the bones, put in as many pints of water as there are pounds of beef, flavour with salt; boil and skim. If required to be extra good, a fowl can be boiled in it. Then omit the sugar.

RIZINE CHEESECAKES.

Take two eggs, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. castor sugar, $\frac{3}{4}$ lb. of rizine, the juice of one lemon. Whisk the eggs thoroughly, and then add all the other ingredients. Line some patty-tins with pastry, and fill them with the mixture; bake about fifteen minutes in a hot oven.

JAM ROLL.

Well butter a paper and put it on a flat baking-tin; pour the cake mixture on to the paper, very thin, and bake seven minutes in a hot oven. Turn it out quickly on to a well-sugared paper, spread it at once with jam or marmalade and roll up immediately. To make the cake, take three eggs, one cup of sugar, half a cup of butter, and enough milk and flour to make a soft batter. Honey can also be used in the same way.

OMELETTE A L'OIGNON.

Mince finely two onions; cut them into dice, and brown them in butter. Beat up six eggs; season with salt and paper; throw into it the browned onions. Put some butter in a frying-pan, melt it; throw in the omelette, turn it, and serve.

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