

not attempt to *purify* them. Our measures have an aseptic, not an antiseptic, object in view. As well as the tubing, the teats (much the same shape as in old days) were also made of india-rubber, and possessed the advantage of the elasticity that is its special property; hence they could be put upon the stretch, and made more secure to the fastenings than formerly.

Before entering any further into the subject, I must remind my young Nursing readers that all the changes, alterations, modifications, and improvements upon those that have taken place during a quarter of a century are primarily due to the introduction of the india-rubber tube. In order to bring this matter more clearly to your minds, I will describe, and criticise, point by point, one of our modern feeding contrivances, and I think you will find that Messrs. Burroughs and Wellcome's Thermo-Safeguard Feeding Bottle meets all the highest requirements of scientific hand-feeding. You may ask, "What has science to do with the subject?" Well, everything that ignorance has *not*. I must ask my Nursing readers to follow me in imagination whilst I take to pieces the various parts (six in number) of the admirable contrivance that lies on my writing-table, and which we will put together as we go on.

We will begin with the india-rubber tube, which we have just detached. It is ten inches long, beautifully fine and soft, and about the calibre of a goose-quill. We notice fixed round the lower end of it a small india-rubber band, about an inch wide, and turned over at the top: this forms a kind of stop, and not only prevents the tubing from slipping through the stopper of the bottle, but serves to keep the glass tube we shall presently fix to it *in situ* in the bottle, so that it cannot slip about. We now pass the upper end of the tubing through the lower end of the central aperture of the screw stopper, and have to attach the teat to it by means of a simple contrivance called a "union," which, in this instance, is (as it ever ought to be) of glass, and it is somewhat different in shape and far stronger than those we used to have. In the centre are two circular parallel ridges, which serve as stops to the tubing at one end, and the teat at the other; and we observe that the two ends of the union are not quite alike, the one being rather larger and rounder than the other. To the former we will now fix our tubing, to the other the teat, and pass it through the circular bone disc that fits round the neck of it.

(To be continued.)

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

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BY
LADY CONSTANCE HOWARD.

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SPANISH TART.

Put some stewed apples and some apricot jam in a pie dish, lined with paste, then pour on it ordinary arrow-root pudding made with eggs. Bake (until a nice brown) for twenty minutes. In the time of fresh apricots, they may be stewed and substituted for the jam.



ENGLISH SALAD.

Blanch and cut into pieces, carrots, turnips, beetroot, potatoes, French beans or scarlet runners, peas (when in season), broad beans, lentils, and lettuce; season with salt, pepper, mustard, cayenne; add mayonnaise sauce. Mix all thoroughly together, and serve. Artichoke bottoms and asparagus may be added when in season, also small onions; and most people like oil and vinegar. Truffles and hard boiled eggs should also be used and cauliflower.

PORK CUTLETS—"SAUCE ROBERT."

Trim the cutlets neatly, and grill them. Make a "Sauce Robert" as follows: Mince two onions, brown them in butter and flour; add stock, salt, pepper, a few drops of vinegar, and a little white wine. Boil for half-an-hour; skim carefully; stir in one teaspoonful of made mustard, and serve very hot. Mutton cutlets can be served in the same way; also lamb and veal.

MAACKEREL MAITRE L'HOTEL.

Fillet the mackerel, season with salt and pepper, soak for half an-hour in olive oil. Broil them. When cold lay them on a dish, and with a wooden spoon mash them with Maitre d' Hotel sauce. Serve very hot. Sauce.—Take one tablespoonful of mixed herbs, composed of half of finely-chopped parsley, one quarter of chervil leaves, and one quarter of watercress (when in season); mix into 1lb. of fresh butter, add one or two chopped tarragon leaves, the juice of one lemon, and the yolks of two or three eggs; add a little lemon juice to it just before serving. This sauce will keep a long time, and is therefore very useful, as it is used for fillets of beef, &c.

OMELETTE PROVENCALE.

Peel some tomatoes, take out the centre and the seed, cut the flesh in pieces, soak them in olive oil; add some parsley, a clove of garlic minced; make an omelette with three eggs; add the tomato and cook in oil.

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. Loeffund 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.

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