

POST-CARD EXAMINATIONS.

We are pleased to be able to announce that in the thirtieth of this series of examination questions—

"Describe the Best Method of Making a Plaster of Paris Bandage, and Preparing it for Application"—

MISS N. WINTER, whose card we reproduce, has secured the prize of a book or books of the value of five shillings:—

*Miss N. Winter M.A.B.N.A. High Street
Laffrow Walden*

*Things needed for plaster of Paris bandage:
Cotton wool, Gomer or Flannel bandage,
plain or check muslin bandage 4, 5 or
8 yards long, best plaster of Paris, hot
water and vasoline; The muslin
bandage to be unrolled, but the plaster
of Paris is not too thickly & re-roll
the bandage put into a dry place
until ready to use them. Wash the
limb & well cover with cotton wool;
to prevent slipping put a Gomer or
flannel bandage on. Then
plaster bandage to be put into basin
of hot water (some prefer cold) then
dashed enough bandage moist evenly
but quickly until sufficient supply of
vasoline put on operators hand's before
commencing the wet bandage so does
the nails getting coated with plaster,
very small quantity is needed -
to use a lubrication.*

The following have gained "HONOURABLE MENTION":—

MISS EMILY HILL.	NURSE E. BRABY.
MISS VIRGINIA WILSON.	NURSE LUPTON.
MISS BESSIE MOORE.	MISS EMILY REID.

INVENTIONS, PREPARATIONS, &c.

It would be altogether unnecessary and incorrect for us to bring "Frame Food" Preparations before the notice of our readers as if drawing their attention to them for the first time. The fully-

recognised fact that their nutritious properties have been so well tested practically by the medical faculty, and the analytical report by Prof. P. F. Frankland, are quite sufficient to recommend them to general use. The "Frame Food" Company do not confine themselves to the one form only of the Extract. They have varied preparations, such as cocoa, jelly, diet, and extract; but it is with these last two that we would especially deal now, the Extract forming the special basis on which all the others are made. It is scarcely necessary to state to the readers of this Journal that phosphates of wheat are contained in the bran; but sufferers from indigestion have frequently lost the benefit of the phosphates contained in brown bread because their digestive organs are incapable of digesting the woody fibre of the bran. "Frame Food" Extract is all the soluble nutriment extracted from the wheat bran by a patent process only used by this company. This extract is in the form of a dry powder in so concentrated a state that it is only necessary to put one ounce to seven pounds of flour in order to obtain the same quantity of nourishment originally in it. We simply give this as an illustration of its condensed condition. We feel sure that in this form its adaptability for immediate use will be readily appreciated by all. A portion of this Extract can be mixed with any kind of food, its soluble and assimilable state, combined with phosphatic matter, making it everything that can be desired. We can but say, with *The Lancet*, that it is an "important contribution to scientific food supply." "Frame Food" Diet, another preparation of which we have already spoken, is a cooked food, possessing all the good properties of other farinaceous foods, with this additional advantage, that it is made extraordinarily nourishing and strengthening by a percentage of the Extract. It is also very digestible, the starch being converted into dextrine. This can also be converted into the most dainty little dishes for invalids, as can be seen (and afterwards tried) from the little recipe book sent out by the "Frame Food" Company, Limited, Lombard Road, Battersea, S.W. We did not originally, nor do we now, intend to go fully into the jelly preparation; but as it seems so appropriate to this time of year, we would say that it can be taken in the place of malt extract (which is of a much more expensive nature), and, being in the form of jelly or jam, it can be taken as it is; or spread upon bread and butter it is very appetising. It costs but sevenpence per pound, which is also a great consideration.

DISPOSE OF THE DEAD AS NATURE DIRECTS.—Everyone interested in the reform of funeral abuses should read the brochure published by the London Necropolis Company. It can be had gratis of the Secretary, 2, Lancaster Place, Strand, or 188, Waterloo Bridge Road.

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