

the impression that milk does *not* satisfy baby. For the most part, the cereals are selected as the necessary (?) pabulum; wheat, oatmeal, and barley being the most frequently used.

Let us begin with the wheat or flour, which should be used cooked, and there are two ways of doing this, baking or boiling. One of the oldest preparations of flour to my knowledge was (may be is) called Hard's Farinaceous Food. It was reputed to be made of the best wheat, and the flour was carefully baked a light brown, very finely sifted, and tightly packed into paper cases of various sizes—pound or half-pound packets, or even less. A teaspoonful of this food was mixed with milk and water, boiled, and made sufficiently thin to be taken from the bottle of the period as a feed for baby, often only a week old. The other way of preparing flour—boiling, was done at home and in this wise (to my knowledge) though there are doubtless many other ways I do not know of. The flour used was always of the finest quality, and had been kept very dry. It was sifted through fine muslin and put into an ordinary white-rimmed pudding basin that might hold say a pound, filled to the brim, and then covered with a clean, white cloth tied very tightly over the top of the basin, which was placed in a large saucepan, and sufficient water poured in to reach to the rim of the basin, but *not* to cover it. The lid of the saucepan was put firmly on, and sometimes a weight placed on to keep it well down. The flour was cooked, or rather steamed, in this way for twenty-four hours—twelve one day and twelve the next. The basin was then taken out of the saucepan and placed in the oven, covered over with a plate or saucer put over the cloth and kept there for two or three hours, then taken out, but not opened until the following day. When the flour was turned out of the basin it was a beautifully white, fine sort of paste that crumbled into powder when touched. It was put into a clean jar, kept in a *dry* cupboard, and used in the same proportion and in the same way (for tender infants) as the other food I have just told you about. There was one advantage, to my mind, in this homely preparation over those of *commerce* (that applies equally to sausages and meat-pies)—we *did know* what it contained, and we could make sure of the very best material for our purpose. I have a high opinion of this farinaceous food for infants five or six months old, but *not* as it was (and is) given as food for the newly-born, week-old and month-old babies!
(To be continued.)

Loeflund's Mustard Leaves (prepared specially for Sinapisms 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.

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"CAVIARE to the general," and for all other persons who delight in that most excellent preparation. In the words of the immortal *Will*, I said, "Come give us a taste of your quality"; and having tasted the "Real Fresh Astrachan Pearl Caviare," supplied by "The Russian Caviare Company," I can safely and confidently recommend it. Large consignments of it come over weekly direct from Russia. It is made from the bieluga fish of the Caspian; a guarantee and caution is given with all sold, as there are so many kinds sold as Russian Caviare which *never* come from that country. It comes over in air-tight tins, so that it reaches customers in as fresh condition as when packed at the fishery, and the agents of the company re-pack it in air-tight stoppered jars, if purchasers wish it. It is pure, genuine, and delicious, and when it is known that it can be purchased at such well-known firms and stores as Barto Vallé and Co., Haymarket; Army and Navy Stores; Spiers and Pond (Limited), Water Lane, Ludgate, E.C.; Wilton's, Duke Street, Piccadilly; Fortnum, Mason, and Co., Piccadilly; Hudson Brothers, New Bond Street; Marshall's School of Cookery, 32, Mortimer Street; Sweeting and Co., Cheapside, E.C.; Lyle and Co., New Bond Street; Bigot Gouëy, 8, Lower Grosvenor Place; and all West-end Italian warehouses and grocers, I have said sufficient to ensure those who buy it having an excellent article and full value for their money. The following recipes for using it will be appreciated.



ASTRACHAN SANDWICHES.

Cut some brown bread carefully, butter it and spread it thickly with Real Fresh Russian Caviare, sold by the Russian Caviare Co. Season delicately with lemon-juice and a little pepper; put a second piece as a cover. This dish looks pretty if the sandwiches are made some of white bread, and some of brown, and arranged alternately in a dish. They are also excellent made of "milk-bread" toasted.

BLINI AU CAVIARE.

Toast a perfectly fresh crumpet on both sides; when slightly coloured, butter one side profusely as you would buttered toast. On the crumpet spread Real Fresh Russian Caviare with a few drops of lemon-juice.

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.

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