

water, as well as impure milk, and boiling does not seem to deal with *inorganic* impurities, which are often of a very deadly character. Distilled water is a powerful, but harmless, solvent; and I have had reason to *believe* that it assists the digestion of the casein in the infant's stomach. I merely offer this point for the consideration of those engaged in Midwifery practice or Nursing.

Having, therefore, considered the constituent parts of our baby's food, let us see how we shall mix them for our purpose. We cannot render cow's milk *identical* with human milk; but we must endeavour to arrive at a practical *approximation* to it, and I think you will find the following a reliable and safe formula to go upon; but remember *no* formula can ever do away with the *necessity* of all those little *precautionary* measures I have just brought before you; for in all that concerns either milk receptacles, bottles, or even *places* where milk is kept, the utmost care and cleanliness *must* be observed. Having boiled a pint of cow's milk, take from it *six* ounces. Add to it four ounces of *boiling* water—not *hot* water, nor *warm* water. You now have ten fluid ounces of milk and water, or half-a-pint. Add to this *three* drachms of milk-sugar, finely powdered. There may be a deficiency of fat in the milk; in that case add a small quantity of cream—say, two teaspoonfuls—to supply this deficiency. In town milk I should recommend this to be done as a rule, because, as I have told you before, the casein is not perfect as an alimentary substance without it; and to the newly-born, fat is of great importance in maintaining the animal heat—supporting combustion, in fact. I would rather feed a baby for the first five or six days after birth upon cream and barley-water sweetened, than upon milk and water *without* the cream.

The food we have just mixed will have to be given in small and measured quantities at a time, one ounce (commonly called two tablespoonfuls) every two hours. It is very injudicious to give *too* much food at once. Overloading the stomach is a fruitful source of infantile dyspepsia. Ten fluid ounces will carry us over twenty-four hours, a portion being spent in slumber. Give this food from the nipple shield (reversed); the food must be made warm as we require it, *not* by adding hot water, and thereby upsetting *the proportions*, but by pouring the small quantity we require into a cup, and standing it in boiling water to raise the temperature to 98 degrees.

(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.

[COPYRIGHT.]

CALCAMAN.

Boil some potatoes, peel and mash them with some butter, a little cream and milk; season to taste with salt and pepper. Have ready an equal quantity of boiled cabbage-minced; mix with the potatoes and serve very hot.



FILET DE BŒUF GRILLE AU CREPON.

Beat the fillet of beef until it is flat; season it with salt and pepper; grill carefully. Season some water-cress with salt and vinegar, and put it round the fillet with a little horseradish.

POMME DE TERRE, MAITRE D'HOTEL.

Boil some potatoes; cut them in rounds about the size and thickness of a penny; season with salt and a little white pepper; add to them some butter-milk and cream; let them boil to thicken the sauce; add some very finely-chopped parsley, and serve at once.

ROUGETS GRILLES BORDELAISE.

Red Mullet with Bordelaise Sauce.

Open the fish; season with salt and pepper; dip in oil and grill them on an oiled gridiron; make a green Bordelaise sauce of capers, gherkins, essence of anchovy, mustard, Tarragon, chervil, chives, salt, pepper, oil and vinegar. Mash the fish with this until thin, and serve immediately with more sauce in a boat. This is a good way of cooking "The Woodcock of the Sea."

RIZ A LA VANILLE.

Rice with Vanilla.

Take 1lb. of rice, wash and blanch it, drain it, and put it into a saucepan, with 1lb. of castor sugar, one pint of milk, and a stick of vanilla. When it is quite cooked, thicken with butter and the yolks of six eggs. Serve in a glass dish.

SALADE DE VOLAILLE SAUCE MAYONNAISE.

Chicken Salad with Mayonnaise Sauce.

Cut up a boiled chicken into neat pieces; season with salt, pepper, oil, vinegar and chives; chop up some lettuce and season with oil and vinegar. Dress the chicken up on the lettuce: garnish with hard-boiled eggs, anchovies, gherkins, olives, lettuce, and capers. Mash the chicken with Mayonnaise Sauce, and pour round some Tarragon vinegar.

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](#)