

as any to meet this difficulty: When about to feed baby, raise his head on to the pillow, and turning him a little on his *right side*, place a pillow beside him and put the bottle on it, just slightly above his mouth, in a *lateral direction*, and you will find this arrangement will facilitate his suctorial efforts, and by this means he may often be able to take *more* food, and with less fatigue (our baby's jaws are but feeble yet) than under the orthodox rules. There is another point, too, we must bear in mind—many of our feeding teats are *too long*, they tickle the back of the infant's throat, and hence the food is often ejected, and we are told it does not agree with the baby! We can meet this objection by pushing the bone ring nearer to the top of the teat, and holding it there with our thumb and finger whilst baby takes his food: but it is far better to have a shorter teat, especially for newly-born infants. The average India-rubber teat is not less than one inch and a half long. In practical use *one inch* would do.

There is another point I must mention with respect to the formula I have given you for infantile feeding—that it must be regarded as *invariable* for the period during which an Obstetric Nurse remains in attendance, the only alteration being in the direction of a *slightly* progressive increase in the *quantity* of food given, *not* the proportions, as we used to be directed to do; by which means our baby's food was *too* weak, to begin with (there was not much nourishment in the super-added water) and *too* strong subsequently—and these see-saw arrangements were trying to the infantile digestion. Having once *approximated*, as far as is practically necessary, the proportions of cow's to human milk, it is, on the whole, better to leave it to the powers of the infant's stomach. You may ask then—what is the value of peptonising cow's milk for infantile diet? Something of the nature of a *crutch* to a weak or injured limb, we are glad to resort to it when needs must, but regret the necessity. On some such lines we may say that our best medical authorities are of opinion that peptonisation is neither necessary nor desirable, *unless* the infant be feeble, or there is any reason to think that the stomach cannot digest the casein of cow's milk, and hence peptonisation should never be undertaken by a Nurse without medical advice and sanction; but it is as well that she should understand *how* to peptonise milk, *why* it is peptonised, and the *results* that accrue from its pre-digestion.

(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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CUTLETS A LA J'AI DIT.

Equal parts of ready boiled potatoes and Spanish onions; pass through a sieve. Season with salt and plenty of black pepper, add a little milk or cream; stir well. As soon as it is quite hot serve with plainly broiled mutton cutlets. —



ITALIAN STEW.

Slice two onions, fry in oil or butter; add one chicken cut up, a neck of mutton, or veal. Fry lightly. Add pepper, salt, two tablespoonfuls of tomato sauce, and one pint of broth. Stew gently until done.

CONSOMME AUX CHOUFLEURS.

Cut one cauliflower into a number of small pieces, boil them in stock; when done take them out and put them in your soup tureen. Pour on them a pint or more, according to the number of persons, of well-flavoured consommé. —

LOBSTER PUDDING, WITH ANCHOVY SAUCE.

One lobster if large, two if small; chop finely $\frac{1}{2}$ lb. of suet, a few bread crumbs; salt to taste, two eggs well beaten; butter a mould, put some of the spawn at the bottom, pour in the mixture; boil one hour. Turn it out, and serve immediately with well-flavoured anchovy sauce in a boat.

VEGETABLE MARROW SOUP.

One quart of milk, $1\frac{1}{2}$ lb. of vegetable marrow, two large onions; pepper and salt to taste. Boil until the marrow is quite soft, then pass through a sieve. Add half-a-glass of sherry just before serving.

CROQUETTES OF OX PALATES.

Cut some ox palates, previously cooked, longitudinally; put them to simmer for half-an-hour with some good stock, one clove of garlic, some cloves, thyme, one bay-leaf, salt and pepper. Take them out, drain them, and let them get cold. Then place some highly-seasoned forcemeat on each piece of palate; roll in a thin paste, diluted with one spoonful of olive oil, one glass of white wine, and a little salt. Fry; and serve garnished with parsley. —

MARRONS A LA VANILLE.

Boil some chestnuts, carefully peeled; set them to boil with milk and vanilla; pass them through a sieve. Serve cold with cream.

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