

far as my experience goes, I find excoriation more frequent in breast than hand-fed infants. Small doses of bicarbonate or chlorate of potash, taken in milk, are sometimes given to mitigate the scalding action of the urine; but the most popular remedy is magnesia, and perhaps the best form is the light carbonate of magnesia. The dose given at any one time should not exceed five grains. It is credited with a cooling influence on the blood. Manna is an old-fashioned remedy, and it is certainly a simple and harmless aperient, sometimes given in combination with magnesia. In hand-feeding, of course, the cow's milk may disagree, and so we shall have to change it if we find the excoriations from the urine do not yield to ordinary measures. The source of our milk supply (except in the country) is hidden from us, and our ignorance of the bovine health and surroundings keeps us in absolute darkness as to the quality of the milk yielded, and all we can do when we feel a doubt about the milk supplied is to get it elsewhere, though we may be no better off. I also advocate persistent grumbling when Mr. Chalk's performances are not quite equal to his profession.

Whilst upon this subject, I may mention that many authorities recommend goat's milk for infantile feeding, and it certainly has this advantage—that hundreds of people might have a "Nanny" for baby, which is small expense to keep, and little trouble to tend, who could not accommodate a cow, and if no stable is on the premises a shed will shelter her, and we can then keep the milk supply under our own ken.

(To be continued.)

ANOTHER PENSION SCHEME FOR NURSES.—*The Nursing Record* has devised another scheme for the purpose of providing Nurses with annuities, and so far as we have been able to examine it, it appears well worthy of the consideration of all Nurses. One of our largest industrial assurance companies have taken the matter in hand, and drawn up a scale suitable to the needs of the Nursing profession. In all such schemes youth has the advantage; youth is the time for assurance, for premiums are then low, and it is possible to appropriate a sum from the yearly salary for future provision. We need not insist upon the necessity of thrift and providence. Nurses are well aware of their value, but they do not always know where to go to provide for the future, and therefore this scheme is to be all the more commended.—*Provincial Medical Journal*.

Gratis to Nurses, &c.—Samples and particulars of Loefflund's Milk and Malt products, &c., will be forwarded free to Nurses and Hospital authorities, on application to Loefflund, 14, 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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AN ADMIRABLE STOP-GAP.

Take one wine-glass of dry sherry, or old port, about twelve o'clock, and eat Casena Biscuits with it.



They are made by W. Hill and Son, 60, Bishopsgate Street Within, E.C., London. They are delicately flavoured with cheese, and are most delicious. Invaluable as a "stop-gap" after a long walk, or before luncheon and dinner.

ANGEL PUDDINGS.

Two ounces of flour, 2oz. of castor sugar, 2oz. of butter melted in half pint of new milk, the white of one and the yolks of two eggs; mix thoroughly; bake half-an-hour in saucers. Turn them out on a dish, and serve with sweet sauce in a boat.

NORWEGIAN PUDDING.

Take one teacupful of sago (large is best), 2oz. of demerara, half a cup of cold water, two cups of apples, cut small (or any fruit, such as rhubarb, &c.; jam can be used if you have no fruit). Simmer all the ingredients for four hours, rub small through a wire sieve, pour into a buttered mould, and turn out when quite set.

THICK RUSSIAN SOUP.

Cut four onions into dice, fry with butter over a slow fire until a light brown; then add one cabbage cut fine; fry until done; pass through a sieve; add some good stock with small bits of bacon. Boil all together a quarter of an hour; add a little sugar and cream.

DUCHESS LOAVES.

Put half a pint of milk in a stew-pan with 2oz. of castor sugar, a piece of butter the size of an egg, flavoured with vanilla or any other essence you like. Press some flour through a sieve, and when the milk is boiling put in enough flour to make a stiff paste. Have ready three eggs well beaten and mixed with the whole. Put the mixture in small heaps on a baking sheet, and bake in a quick oven for one hour. Put a little jam in the middle and serve.

DRESDEN CROUSTADES.

Pare the crust from one or two French rolls; slice off the ends and divide the rest into patties; hollow them in the centre and dip in milk. Lay on a drainer over a dish, pour two spoonfuls of milk over them at intervals, but not enough to break them; brush with egg; rasp the crust of the roll over them; fry and drain well. Fill with mushrooms, oysters, mince or jam.

De Jong's Cocoa.—"The British Medical Journal" says: "De Jong's pure soluble Cocoa is a most excellent preparation. In flavour, solubility, purity, and strength it would be exceedingly difficult to surpass it."

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