

could act. There are many theoretical innovations, proposed, which in practice would lead to dire confusion, and which, discussed in such a Committee, would prevent costly experiments being made. There are many matters relating to the Nursing Department which the General Committee of a Hospital does not understand, and which, therefore, are shelved indefinitely or adopted without full consideration, or which the Medical Committee never hear of until they are brought into effect and found to induce endless friction and petty annoyances. The present tendency, therefore, is to make the Matron either an autocrat or a nonentity; either is bad for the Hospital and worse for the Nursing Staff. A Nursing Committee, to which the entire control of the Department should be confided, would save endless troubles, would prevent endless misunderstandings and undoubtedly much injustice.

We should be glad, for the sake of Lowestoft Hospital, to hear that both the President and the Matron had been requested to withdraw their resignations. In any case, we feel confident that the present trouble will recur again and again unless the Matron is made the actual, as well as the titular, head of the Department with, say, one Sister and two Staff Nurses, for day, and one Staff Nurse for night duty, with such Provisioners as may be found necessary.

THE Hospital for Sick Children (usually known as the Fleming Memorial) at Newcastle-on-Tyne, shows a good record of work done in its twenty-ninth year. The number of in-patients rose to 431, an increase of 200 over the number treated in 1890. There is a great need for such an Institution in the busy Tyneside town, and like most of its other charities it is well supported. It is characteristic of the county that the Institution possesses more than £31,000 in good investments, and meets nearly half its expenditure, therefore, from this source, and that at the last annual meeting the town and county were roundly scolded because there was, for the first time, a deficit of nearly £400 on the year's accounts!

FOURPENCE each will be given for copies of Nos. 44, 45, 51, 58, and 27 of *The Nursing Record*, which are out of print. The publishers will be pleased to hear from any subscribers or readers who can spare these copies, which are required for binding purposes.

Palatable Fat is most conveniently taken and digested in the form of Loefflund's Malt and Cod Liver Oil. The latter is tasteless and exceedingly pleasant. By far the best flesh-former, and very suitable for children. Sold by Chemists, or apply—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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CHOCOLATE CREAM.



Mix the yolks of six eggs, strained with 2oz. of pounded loaf sugar, 3oz. of grated chocolate, and one pint of milk. Set the mixture on the fire in a double saucepan, the outer one filled with hot water, and keep stirring until the milk thickens. Dissolve in a little milk 1oz. of Swinborne's Gelatine, previously soaked in cold water. Add this to the cream. Strain it, pour it into a mould, and put it into a cold place, or on ice until set.

"ROOT'S CUCA COCOA" CREAM.

Proceed the same as in Chocolate Cream, substituting Root's Cuca Cocoa for the chocolate. Only 1oz. of the cocoa is needed, and $\frac{1}{2}$ oz. of gelatine. Its strengthening and sustaining properties are unequalled; in illness it is invaluable as a restorative, and the taste is simply delicious, being so delicate. It can be had from Messrs. Root and Co., 38, Great Russell Street, Bloomsbury, W.C., from all stores, grocers, and chemists. It can also be had flavoured with vanilla. Cuca Chocolate Cream can be made in the same way.

AN EXCELLENT PICK-ME-UP.

Half-a-pint of fresh milk, two tablespoonfuls of brandy; mix thoroughly together; add some of Swinborne's Patent Refined Isinglass, dissolved in a little water, and drink before getting up in the morning, when suffering from weakness.

OLD SIR HARRY'S PUDDING.

Half-a-pound of flour, $\frac{1}{2}$ lb. of suet, $\frac{1}{2}$ lb. of raisins, one egg, one spoonful of castor sugar. Beat altogether; boil seven hours.

ŒUFS A LA NAZARINE.

Cut tomatoes in two; stuff them with chopped onion and bread-crumbs. Put a poached egg on each.

MAYONNAISE OF CUCUMBER WITH FISH.

Put the beaten yolk of one egg in a glass dish with very little salt, pepper and cayenne, and one teaspoonful of lemon juice; mix to a cream. Add a few drops of oil at a time, and stir until smooth and thick; thin with a little lemon juice; add oil, and continue until half-a-pint of oil has been used. Grate three tablespoonfuls of fresh-peeled cucumber, beat it into the mayonnaise. Serve with fillets of sole, plaice, or boiled salmon.

Malt Extract Lozenges, containing the largest possible percentage of Loefflund's Pure Hordeum Malt Extract; excellent for children's throat affections, coughs, &c. Sold by Chemists, or Loefflund, 14, St. Mary Axe, E.C.

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