

give one boil and strain the soup through a napkin—a small quantity of sherry to be added before clarifying. If not quite clear the process of clarifying must be repeated. A few of the best pieces of game should be put into the soup just before serving.

Savoury Gruel.—Boil gently, for four hours, 2oz. groats in one quart of water, stirring frequently and add, from time to time, a little water to keep up the desired quantity. When done, rub through a hair sieve, beat up till quite smooth, and boil again in a clean stewpan, stir in one dessertspoonful of Extract of Meat, dissolved in a small teacupful of boiling water, pepper and salt to taste.

September Oyster Soup.—Take 2oz. fresh butter, and one tablespoonful of flour; mix over the fire; add one quart of fish stock. When it boils add twenty-four oysters blanchèd in their own liquor, bearded, and each oyster cut in two: add the liquor (strained) and a small quantity of mixed parsley, white ground pepper and salt to taste. Take the soup off the fire, and just before serving stir in the yolks of four eggs beaten up with the juice of half a lemon and strained.

Tea-Kettle Broth.—Cut a thin piece of bread and toast it crisply, cut into small pieces, and put it in a basin, then add a little salt and pepper, a piece of fresh butter the size of a walnut, and half-a-teacupful of thin cream; fill the basin with boiling water, and serve directly.

Fried Ortolans.—Truss as for roasting, dip each bird in well-beaten yolk of egg, then sprinkle them thickly with bread-crumbs, fry in boiling oil, butter or lard.

Poos Pass.—Put a fowl into a saucepan with 3½ quarts of water, and boil half-an-hour, then take it off the fire, strain and skim it. Then put gravy, fowl, and 2 oz. of rice for each person into the saucepan, stew three-quarters of an hour, adding salt, cloves, and cardamom to taste.

Egg Nogg.—Beat up the yolks of four eggs with four dessertspoonfuls of castor sugar; add half a tumberful of brandy very gradually, a teaspoonful at a time, beating continually; add one pint of rich cream gradually, and still beating; beat up the whites of two eggs, separately and thoroughly, and put this on the top of the mixture.

Milk Toast for Invalids.—Take a couple of slices of bread, and toast well until crisp. Take new milk or cream, also a bit of fresh butter (varying according to taste required) melt in a saucepan together. Then dip in the slices of toast, let them soak for a moment or two, lift on to a deep plate, and put the remains of milk and butter on the top. Serve very hot. Add salt as required.

Linseed Tea.—One dessertspoonful of the best linseed, a piece of lemon peel, one tablespoonful of lemon-juice, a few lumps of sugar, and one pint of boiling water poured over. Boil slowly for half-an-hour, and strain through muslin. It must be taken warm, and can be kept in a covered jug near the fire.

Savoury Custard.—Beat the yolks of two eggs very lightly, and one white until quite stiff, and add to them one gill of white stock well-flavoured. Mix very carefully, and pour the ingredients into a jam pot, tie a piece of paper over it, and boil it for a quarter of an hour in a *bain-marie*, or in a pan full of boiling water. Serve hot or cold.

Pigeons à la Marquise.—Dress and tie the pigeons into shape. Skewer on to each breast a thin slice of bacon, roast 20 minutes, or bake the same time in a quick oven.

Jenny Lind Soup (Miss Drummond's Recipe).—Three eggs, a gill of cream half-a-teacupful of sago. Beat up together with white stock.

Tapioca Jelly.—Half-a-cupful of pearl tapioca, soaked all night in two cups of cold water. Pour into a double boiler and cook slowly until clear. If desired, thin with a little hot water. Add two tablespoonfuls of sugar, and after the mixture is removed from the fire, the juice of a lemon. Serve cold with sugar and cream, or Devonshire cream.

Nursing Echoes.

* * * *All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.*

I AM glad to hear that Miss IDA DEWING has been appointed Matron of the Shrewsbury Infirmary, a post for which her wide and varied experience in Nursing must qualify her admirably. I learn from that invaluable book, "The Nursing Directory," that Miss DEWING was trained at the Royal Infirmary, Glasgow, then acted as a Staff Nurse at the Leicester Infirmary and the Northern Hospital, Liverpool, then for about two years was one of Her Majesty Nursing Sisters, at Netley and Dublin, and has since then been Matron of the Stafford Infirmary and the Eastern Fever Hospital. Miss DEWING is a Registered



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