

**Tasty Tit-Bits and Dishes Dainty,**

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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*Cailles aux Huitres.*



TRUSS and prepare quails for roasting, stuff each quail inside with two fine large oysters rolled in melted butter. Lay in a dripping-pan and sprinkle with salt. Cool, covered for twenty minutes, or until tender; baste frequently with butter and water, then brown. Wrap buttered paper over the legs to prevent them becoming crisp,

while the body is still under-done. Lay on croûtons of fried bread rather larger than the quails.

*Faisan sauté au Lard.*

PUT the white meat of a pheasant, without any bones, into a frying-pan, with a little fresh butter or bacon fat. Cook very slowly, turning the meat constantly. If the meat is from an uncooked pheasant it will take ten minutes to cook; five, if it is a *réchauffé*. Sprinkle with salt and pepper and minced mushrooms, garnish with rolls of crisply-fried bacon and French beans in little heaps.

*Pan-Roast of Oysters.* (American Invalid Recipe.)

LAY a slice of thin-buttered toast, moistened with oyster liquor, in the bottom of a rather deep patty-pan with smooth sides. Place on the toast as many oysters as the pan will hold conveniently, season with salt and pepper to taste, a little cayenne, and a few drops of lemon juice; roast covered in the oven until the oysters ruffle.

*Tomato Cheese.*

TAKE some fresh ripe tomatoes (when out of season, tinned can be used), chop them finely, cut up some cheese into small pieces, mix with a little cream if you have it—if not, milk; season with salt and pepper. Have some slices of very hot toast ready, and when the mixture is soft pour it over the toast and serve very hot. It takes about ten minutes to cook, and is simple and good.

*Polenta à la Marguerite.*

BOIL one teacupful of Indian corn meal, stirring until thoroughly boiled; mix first with a small pot of melted butter and then with grated Parmesan. Serve very hot with rich gravy, flavoured with tomatoes, and with roast quails on the top.

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**Nursing Echoes.**

\* \* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.

THE QUEEN has conferred the Order of the Royal Red Cross upon Miss ELIZABETH M. LICKFOLD,



Acting Superintendent of the Indian Nursing Service, for her services during the Hazara Campaign in 1888. Miss LICKFOLD graduated and was certificated in the Nursing School of St. Bartholomew's Hospital, from 1885 to 1888, and her sweetness of disposition greatly endeared her to her colleagues.

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THE DUCHESS OF ALBANY recently paid a visit to the Parkes Museum, and presented the certificates of the Sanitary Institute to the ladies who had passed an examination in five lectures delivered on domestic hygiene, under the auspices of that institute.

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HOW OFTEN, of late, one has read of the heroism of children. Quite lately, the Prince of Wales has presented Miss JULIA DIGMAN, a little girl of seven, with the diploma and silver medal of the Order of St. John of Jerusalem, for acts of gallantry in saving life on land. This little heroine saved a boy from a terrible death—burning in a limekiln—in Dublin.

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THE LADY MAYORESS has handed over to Mr. EDWIN LAWRENCE, the chairman, and Mr. R. G. KESTIN, the Secretary of the Royal Hospital for Children and Women, Waterloo-road, a cheque for £1,028 9s. 9d., being the net profits of the Rose Show recently held at the Mansion House in aid of that institution. The committee have presented the Lady Mayoress with an illuminated address of thanks, inclosed in an handsome album, and elected her an honorary life governor of the hospital.

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I AM requested by Mr. Editor to express his gratitude to those amongst our readers who so kindly and frequently send us cuttings from newspapers concerning Nursing matters in general, or THE NURSING RECORD in particular. He hopes they will understand that it is quite impossible for him to write and thank them individually, but that he warmly appreciates their personal interest in this journal. When JOHN STRANGE WINTER,

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