

more about it, but alas! that is only the first—and by no means the worst—of the process, for the “mass” (or mess) has to pass along the whole of the tortuous and tender intestinal tube, a *via dolorosa* beset by perils and marked by pain.

As a rule the first effect of *sof*, or indeed, though possibly in a less degree, of *any* solid food given to infants, is constipation, and this is generally met by maternal medication of a more or less drastic character, and if the intestinal obstruction be removed, temporary relief is obtained, but as it is followed by the *same evil causes*, it results in totally opposite effects—an *over-relaxed* condition of the bowels, seemingly an effect of poor thwarted nature's effort to free herself of evil matter that we call infantile diarrhœa.

The character of the evacuations vary. They may be simply looser and more frequent than usual, or they may be altered in colour and consistency, being greenish and lumpy; worse still, the motions may be *watery*, profuse, feculent, and acrid, accompanied by griping pains in the abdomen, which is very tender to the touch. The knees are drawn up towards the abdomen, the “innocent nose” has a pinched appearance, the face a pallid hue with slight lividity round the eyes and mouth. In addition to this piteous condition, we must remember that in the case I have just described, the infant's system is *starved* or impoverished by *improper* food, and in no state to resist the attack of the disease; hence its oftentimes fatal issue.

(To be continued.)

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for “The Nursing Record”

BY

LADY CONSTANCE HOWARD.

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Consommé aux Haricots Verts.



HAVE ready some good clear soup, and some French beans, cut into diamonds, blanched, and boiled until tender in plenty of boiling water and a little salt; drain them well, lay them in the soup tureen, and pour the boiling soup gently on to them. Serve with grated parmesan or castor sugar.

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Fruit Pudding.

PREPARE same as blanc-mange. After boiling eight minutes, pour one-half of the pudding into a greased pie-dish. Strew about two pounds of gooseberries, currants, plums, cherries, rhubarb, or other fruit, upon this. Then pour the remainder of the pudding all over the fruit. Bake the pudding an hour and a quarter. Peeled apples and pears may be used for the same purpose.

Milk Soup for Young Children.

PUT two pints of good sweet milk into a large enamelled goblet and bring to the boil. Add a little salt and 1½ oz. of sugar. Mix 1 oz. of cornflour well with a little cold milk. Stir it into the milk when almost boiling. Boil for twenty minutes, stirring gently.

For younger children this may be prepared with half milk and half water.

Gruel for Children and Invalids.

TWO ounces cornflour, 1 oz. sugar, and a pinch of salt are thoroughly mixed with two pints of milk, and then stirred over a brisk fire for 15 minutes.

Lettuce Salad.

TAKE four or five heads of cabbage lettuce, remove all outside leaves, and cut off the stalks close; then cut each head apart into five “quarters,” that is, cut through the stalk and then tear the rest with the fingers. Put four tablespoonfuls of olive oil into the salad bowl, with one or one and a-half tablespoonfuls of tarragon vinegar, pepper and salt according to taste, and beat the mixture with a fork for some minutes; then put in the lettuce and keep turning it over swiftly for five minutes, adding a small pinch of mint, chopped as finely as possible, and some slices of beetroot.

Orange Salad.

PEEL and core some oranges, keep them whole; sprinkle them plentifully with castor sugar and keep them covered over; take the thin rind of one orange, and infuse it in the juice of another with a wine-glass full of curaçoa or brandy. At the time of serving, strain over the oranges piled upon a glass dish.

Strawberry Salad.

PICK the stems carefully from a quantity of good sound strawberries, put them in a dish with castor sugar to taste, and one wine-glass full of good brandy to every punnet of strawberries. Set it on the ice until wanted. Raspberries and blackberries can be served in similar fashion.

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