

work I shall never hesitate to class as the highest a woman can adopt among the many noble professions open to us to-day.

As I spread the paper before me, noting in the dreamy way allowable to holidays that the colours of the cover were those symbolical of love and purity, the somewhat mystic eyes of the ideal nurse on that same cover met my own. She did not honour me by looking at me, but *beyond* me—far away—away and away into some future that is yet to be.

What was it? What was she thinking of? What seeing?

As I looked at her longer, my own thoughts seemed to meet hers, my spiritual eyes travelled along the same parallel lines and met on the same vanishing-point on a horizon outlined far, but clear, upon a universal heaven.

Beyond our human sight—but not beyond our divine instincts—those straight clear lines of thought travelled on and on. We saw an organised effort for truth and perfection in the care of the weak and suffering that should grow and grow and grow—an organization that should broaden and spread out and blossom, until all who claimed its aid, might feel its power; an organization too mighty to bear a national stamp, but claiming as its nation the wide world of those who cry for help; more patriotic than the organizations of to-day, because more recognizant of the universal brotherhood; grander, stronger, because less cramped—a power that shall blend governments and races by the holy right of humanity; and, founding its work on these, win for the rights of women universal honour.

For the woman, trained in heart and head and hand, going forth to work for others, shall surely prove to the world the truth it is so slow to learn, and will best learn through the agency of pure, true womanhood—that to give and give again, of love and selfless work and honest confidence is the secret of happiness, the key that shall unlock that treasure-house of boundless wealth our universal Father holds for His earthly children, dear to Him in the South and in the North, where human hearts beat, and human eyes are raised to heaven.

That poor medium of exchange, and measure of value, that men call money, shall not be worshipped then; the cannon shall rust and the flag-staff rot; unholy weapons, forged to carry suffering, shall fall to dust before the stronger weapons of a rational and organized tolerance; and the trained Nurse, a pioneer of peace and goodwill, stand triumphant upon the threshold of the millenium.

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Then someone touched me and said: "Que hai?" (What is the matter?) What are you staring at that picture for? What is that English paper about? And the girl in the cap with her elbow on the table? Is that an English national costume?"

And I answered vaguely and ungrammatically: "Yes, a kind of a one!" and saved further explanations for the future, and came back a little sadly to reality, and a realization of thousands of miles of sun-kissed earth, on which the trained nurse is unknown—and likely to be for some time—and where sufferers die unnursed and untended, while the great nursing centres are overcrowded.

Then I gave vent to my feelings in pen and ink, sat down and wrote my English sisters this letter.

Cookery and Food Exhibition.

(Continued from page 220.)

Yet other table delicacies on view were those of Messrs. Beard, Yeovil, who supply Maynard's Royal Yeovil sausages, pork pies, clotted cream, cream cheese, and other west country delights.

Messrs. Brand and Co., of Mayfair Works, Vauxhall, were well in evidence. Vimbos found a suitable home on the stand of the London Vegetarian Association, of the Memorial Hall, Farringdon Street, E.C.; and Bovril Limited, of Farringdon Street E.C., was to the fore.

The gelatine of Messrs. J. and G. Cox, of Eastcheap Buildings, E.C., should be useful in preparing many invalid dainties, for instance, when beeftea tea palls upon the appetite, a change may be made by straining into half a pint of beeftea a quarter of an ounce of this gelatine, previously soaked in a little water, and dissolved in a gentle heat. This should be seasoned and poured into small moulds or china cases. Served in solid form when cold, beeftea which would otherwise be rejected, may prove an acceptable dish.

Quaker Oats, prepared by the American Cereal Company, 17, Philpot Lane, E.C., were of course represented by a jovial salesman in drab coat and knee breeches, and wide brimmed hat, and demure maidens in grey bonnets, and dresses to correspond.

Aymard's Patent Milk Sterilizer, which made its appearance at the Nursing Exhibition at St. Martin's Town Hall, in 1896, and which has held its own with the many sterilizers now on the market, was to be found at the Cookery Exhibition. Its value is assured by the fact that the Secretary of State for War is now drawing the attention of Commanding Officers of regimental Districts to its worth. All milk supplied to troops is, by order of the War Office, obliged to be sterilized.

Lastly, we may draw attention to the conserves of the Britannia Fruit Preserving Company, Ltd., of Tiptree Heath, Kelvedon, Essex. These are whole fruit jams, most of the fruit used being grown on the Tiptree Fruit Farm, and preserved on the spot while fresh. An unqualified guarantee is given, with regard to all jams prepared on the farm, that no artificial colouring, glucose, or other adulterants are added. In these days of many shams, it is a boon to be able to obtain a guarantee of this kind.

The increased attention which is being given to the art of cookery and science of alimentation is evidenced by the fact that the leading chefs, including those of the households of Her Majesty the Queen and H.R.H. the Prince of Wales, are to be found in the Governing Body of the Universal Cookery and Food Association, under whose auspices the exhibition at the Imperial Institute was held. One of the benefits of such an association is that it assists the public to select the best article in each department by the awards which it confers. For instance, to Messrs. Van Houten it has given the highest award (the *prix d'honneur*) for both their Cocoa and Chocolate, thus certifying that the high standard of excellence for which their Cocoa has for so many years been distinguished has also been attained by their newer preparation, Van Houten's eating chocolate.

[previous page](#)

[next page](#)