

## Professional Review.

## COOKERY RECIPES.

The flat has come to stay, so has the gas stove, and with it the cookery book with special hints on gas cooking. So a book of "Cookery Recipes," by Lillie Richmond, published by the Richmond Gas Stove and Meter Co., Ltd., Carpenter's Road, Stratford, E., is now in its second edition, and has reached its thirtieth thousand in the matter of circulation. Nor do we wonder at the success it has achieved, for its price is most moderate, being but 2s., or 2s. 4d. post free. It is charmingly arranged, each recipe has its own number, and the name of the dish is printed in red, making the book not only clear but attractive. The illustrations also are very apt, and, lastly, the recipes are within the means of moderate purses. Is it necessary to say more to commend it?

Private nurses, and housekeepers concerned in catering for the sick and convalescent, would, we feel sure, find it very useful. Besides the section specially devoted to simple invalid cookery, many of the general recipes could be usefully employed. The variety of soups, for instance, delicious and economical, must commend themselves to all good housewives.

We may quote the Twelve Golden Rules in Preparing Food for Invalids:—

1. Let everything for an invalid be made to look as dainty as possible.
2. Use the freshest materials in cooking for them and the cleanest utensils.
3. Serve food in very small quantities.
4. Do not consult the patient beforehand as to what he will eat.
5. Leave no food about in the sick-room.
6. Vary the food as much as possible.
7. Do not cook anything in the sick-room.
8. Make the food as pleasing to the eye as possible.
9. Never season the food too highly.
10. Do not keep patients waiting too long without food.
11. Never wake patients to give food.
12. Obey the doctor's orders implicitly.

Here is a method of cooking a chop for an invalid:—

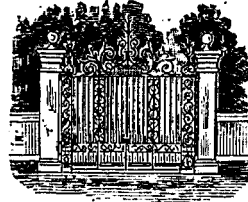
"Remove the bone, skin, and fat from a loin chop. Mince the meat finely, season it with a little salt and pepper, make it into a compact little cake. Put into a small pan two tablespoonfuls of strong beef-tea. When it boils place in the cake of meat. Cook gently for about ten minutes, turning the cake once or twice. Serve upon a hot plate with the beef-tea poured round."

An excellent dish is haddock on toast, which may be prepared as follows:—

"Scald the haddock, place it on a baking-sheet with 1 oz. of butter spread over it, and cook it in the oven for ten or fifteen minutes. Remove the flesh from the bones and skin; chop it up finely, add pepper and salt if it requires it; melt the remaining ounce of butter in a stew-pan, and fry the fish slightly in it; cut the slices of bread into shapes and fry them; pile a little of the haddock on each piece of bread, decorate with the egg (boiled hard and chopped) and the chopped parsley."

## Outside the Gates.

## WOMEN.



Two ladies—Lady Huggins and Miss Agnes Clerke—who long ago would have received the highest distinctions from the learned bodies but for their sex—have been chosen by the Royal Astronomical Society for the signal honour of election as "Honorary Fellows." The former is the wife of the President of the Royal Society, and an authority in spectroscopic researches second only to her illustrious husband. Miss Clerke is the author of an excellent treatise on "Problems in Astrophysics," and many other scientific works.

Mr. Carl Hentschel presided at a crowded meeting of the O.P. Club at the Criterion Restaurant, when Miss Marie Corelli spoke on "The Trust on Behalf of the Nation at Stratford-on-Avon." Miss Corelli said that Henley Street, Stratford-on-Avon, small, simple, lovable, the one street in the world to lovers of literature, was threatened with demolition and desecration. She maintained that the culpable ignorance and carelessness of the Executive Committee of the Shakespearean Trust proved that the time had come when their national duty should be taken up by a wider, more educated, and more Shakespearean body."

At the recent Conference of the Women's Liberal Federation, held at Halifax, Mrs. Eva Maclaren drew a deplorable picture of the conditions of life among the poor of London. The remedies she suggested were the compulsory registration of landlords, tramways and trains to take the people to the suburbs, and, most important of all, the provision of adequate accommodation by public bodies. Miss Agnes Slack moved a resolution, which was carried with enthusiasm, approving the action of the magistrates in certain towns in reducing the number of licensed houses without compensation, and pronouncing as "highly improper the interference of the Prime Minister, Lord Halsbury, and Mr. Chamberlain in censuring the magistrates for exercising the power conferred on them by Statute."

In relation to a resolution proposed by Miss Maynard expressing the hope that Government would without delay introduce legislation for improving the position of laundry workers, Lady Maclaren proposed a wise amendment that such legislation should apply equally to men and women. Incredible as it appears, this amendment was lost.

Dr. Ella Synge, who is described as "the eldest and certainly the most successful of Lady Abinger's three daughters," has been appointed lecturer to the Medical School in Bloemfontein.

The War Department at Washington is officially advised that Miss Gibmore has been appointed Assistant Attorney-General in the Philippines. She is the first woman in the world to reach such a high legal position.

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