

The book which will be specially useful to nurses is, of course, "The Art of Cooking for Invalids," and private nurses who have this to fall back upon need never be at a loss for a varied menu to suit the capricious appetites of invalids and convalescents. The preparation of many broths and soups is described, as well as various methods of cooking fish.

Here is one, which, if an invalid is allowed fish at all, is an excellent way of preparing it:—

Ingredients.—One filleted haddock, whiting, or sole. A pinch of salt, a pinch of white pepper, a little butter, a squeeze of lemon-juice.

Method.—Fillet the fish, unless this has already been done by the fishmonger, and wipe it with a slightly damp cloth.

Then cut it into neat-sized pieces, grease a soup plate or muffin dish with a little butter, and place the pieces of fish on this. Sprinkle with a little salt and white pepper, if it is allowed, and squeeze over some lemon-juice, which helps to keep the fish firm and white, and also aids digestion.

Be careful to let none of the lemon seeds drop.

Cover the fish with a piece of greased white paper, and then with a lid or basin.

Place this over a pan half full of boiling water, seeing that the plate fits well on the pan.

Let the water underneath boil quickly, so that there may be plenty of steam, and cook from twenty to thirty minutes, until the fish loses its clear, transparent appearance and looks quite white.

If the pieces are thick it will be better to turn them once during cooking.

The liquid that is on the plate when the fish is cooked is the juice from the fish, and should be served with it.

If a nice dish is chosen to cook the fish on it may be served up on the same.

Dry the plate or dish underneath, remove the paper and wipe round the edges.

This is the lightest and simplest mode of cooking fish for an invalid.

Mutton chops steamed in a similar way are very digestible, and of delicate flavour.

The recipes for veal and chicken quenelles, chicken cream, stewed chicken, and many other delicacies will be appreciated.

How many nurses know how to draw a fowl? Certainly it is a subject which, as a rule, is not referred to in cookery books. If anyone aspires to proficiency in this useful bit of knowledge she will find the process fully described by Miss Jack.

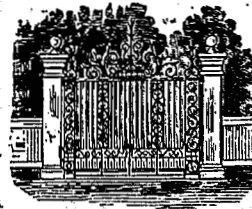
The preparation of various drinks, such as oatmeal gruel, barley water, apple water, rice milk, lemon whey, treacle posset, linseed tea, koumiss, milk tea, and many others is described in detail.

One chapter is devoted to peptonised foods, and another, to poultices and fomentations. An appendix deals with such commonplace but useful matters as how to chop parsley, to clean carrots, turnips, and onions, to blanch and to scale, to sieve, to clarify butter, and to make sundry dainties. We commend the book to the attention of our readers.

Charity in America dons many a dress, but it has been reserved for the Mayor of Mount Vernon to array himself in pink tights and enter a circus ring. "Society ladies," runs the account, "sold peanuts and lemonade among the audience." Quite aristocratic!

Outside the Gates.

WOMEN.



The Queen has approved a scheme to benefit the widows and unmarried daughters of officers in the Army, by the provision of apartments rent free, on the same system as those at Hampton Court and Kensington Palaces granted by the King. Sufficient funds

were privately subscribed in 1899 to provide for twelve ladies, and the widows and daughters of four officers of the rank of general, two of colonels, two of commanders, and four of captains were temporarily accommodated. It is felt that more should be done to make better provision for women often left in penury by brave men who have given their lives for their country—especially as there are at present forty candidates waiting election.

In consequence of the high rent demanded for suitable apartments and the uncertainty of their tenure, it has been decided at once to make a commencement by building, as funds are forthcoming, suites of self-contained apartments on a very desirable freehold site which has been obtained at Wimbledon. The benefit of a free home, with no anxieties as to rent and taxes, to those who have a small but barely sufficient income for maintenance cannot be overrated. Those only who are connected with naval and military funds and institutions know of the distressing cases which are continually coming to light of officers' widows and daughters who, from the natural delicacy of their position, seldom make their wants known, but who are bravely battling against their altered position, in most cases brought about through circumstances over which they had no control, and for which they were in no way responsible. The Queen has contributed £5,000 of her War Fund.

A drawing-room meeting in support of the Women's Local Government Society was held on Monday at the residence of Mrs. Ballin—the talented editor of *Womanhood* and other influential papers—Somerset Street, Portman Square. Lady Elizabeth Cust presided. A resolution, declaring that "the London Education Bill is a retrograde measure, as it destroys the effective co-operation of women in the administration of education and imposes a new disability on women," was passed on the motion of Mrs. Morgan Dockrell, who pointed out that woman was in her proper sphere at the London School Board, where she has worked indefatigably and successfully, and that the present Bill threatens to deprive the 100,000 children between the ages of three and five of the "mothering" attention they have received at the hands of the Board, inasmuch as the co-opted member will be a dummy and uninvested with responsibility, whereas an elected member would sit by right, not by favour, and would in consequence render more useful service.

The second resolution affirmed that "the only means whereby women can be reinstated on the edu-

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