

fish, or rissoles, with bread and syrup; while, in summer, milk may be provided, and in winter, coffee. A good cook can make up many different dishes from the remains of cold joints, left from the previous day's dinner, which, perhaps, are not sufficiently presentable to come to table again, and are more appetising than a too frequent display of cold meat. Dinner may be arranged in a variety of ways—either the Sisters' at a different hour from that of the Nurses and Probationers, or all together. If the latter, the dishes should be kept hot for the Staff Nurses and Probationers, who are obliged to wait until the return of those who went first to dinner, as, of course, the Wards can never be left unattended. First and second dinner is usually taken in turn by the Staff Nurses and Probationers. The hour must be arranged according to the Ward arrangements, and the time of the Doctors' visits. Where the Visiting Physicians make their rounds between twelve and two, and the patients' dinner is served at 1.25, 2.30 is a good hour for the Nurses' first dinner, and three for the second. If the Doctors come later in the afternoon, dinner must be earlier. This meal, the most important of the day, should always consist of two courses. Soup may be given two or three times a week, and puddings on the remaining days; while joints may be varied by pies (either beefsteak, rabbit, or veal and ham), and stews. A fish dinner is acceptable once a week; though there ought to be a joint at each table as well, for those who do not like fish. On fish day it is a good plan to provide rather a substantial pudding (either jam-roll, apple-dumpling, suet-pudding, or any one of the numerous variety of that class of puddings), fish being less satisfying than meat. Sunday's dinner ought always to be superior to that of the week-days; and, as it is usually served cold, to lighten the work for the servants, it should be particularly good, to prove appetising. Roast-beef ought to be of the best joints, such as the sirloin. If veal is provided, the fillet should be selected, and served with cold ham. Potatoes are the only vegetable that need be cooked on Sunday, salad being substituted for the ordinary hot vegetables given on week-days. The second course may be varied, according to the season; fruit tarts, apple, rhubarb, plum, gooseberry are the simplest, but care should be taken to suit these to the weather. If very hot cold shapes are appreciated, and it is then considered a great treat to substitute strawberries or raspberries for the ordinary puddings. These are served fresh, and milk and sugar provided, so that they can be mashed up.

The following is a fair sample of dinners for a week; but the same things, of course, should not be given every week:—

Sunday: Cold roast beef, salad, and mashed potatoes, followed by fruit tart.

Monday: Stewed beefsteak, with turnips and carrots, in a thick brown gravy; potatoes, and rice pudding.

Tuesday: Pea-soup, roast mutton, potatoes, and greens.

Wednesday: Pie (beefsteak or rabbit), potatoes, cauliflower or brocoli, bread-and-butter pudding.

Thursday: Soup (broth, with vegetables in it), boiled mutton, potatoes, and turnips.

Friday: Fish, potatoes, apple-pudding (boiled).

Saturday: Brown soup, roast beef, potatoes, spinach or greens.

Beer is always provided for dinner, and usually partaken of by the older Nurses, though I have noticed that the younger ones do not care for it.

Tea is the next meal to which the Probationers assemble, and this they make for themselves, like breakfast; the only provision on the table being bread and milk. In some Hospitals they take their tea in the Ward kitchens; but, when possible, this ought to be avoided, as the appetite is better when quite away from Ward air, and the little break in the long afternoon is good for them.

Supper is the last repast to which they assemble, and this may consist of bread and butter, and cheese, or jam, with coffee or milk to drink. Porridge, and rice boiled with milk, make nice changes, and may be given two or three times a week, according to the taste of the Staff. Now, having nearly provided for the wants of the day-workers, we must think of that (sometimes too little considered) body, the Night Nurses.

I say, "sometimes too little considered," advisedly, for I hope the day is over for "anything" to be thought good enough for the Night Nurses. "Out of sight, out of mind," is the proverb that, in some instances, might well have been applied to them a few years ago. I have been told, though I do not speak from personal experience, of some who used to retire dinnerless to bed, rather than contemplate the unsavoury and ill-cooked repast, to which they were summoned, at the end of a hard night's work. The Night Nurses breakfast in the Home about an hour before they go on duty, usually at about 7.30 in the evening, and make their own tea in the same manner as the Probationers. There ought always to be something substantial, and, at the same time, appetising, for this meal, as they cannot assemble for another until about nine the following morning, and the meal, which they prepare for themselves in the night, is often taken under difficulties, frequently without having had time, or, perhaps, inclination, to cook what has been provided for them.

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