

Coch parv ter quater die v sæpi si tuss: urgens:	Cochlear parvum ter quature die vel sæpius si tussis urgente	A teaspoonful three or four times a- day, or oftener if the cough is troublesome
Ft. mist cujus sum coch duo vel tria min bis ter in die si o. s.	Fiat mistura cujus sumantur coch- learia duo vel tria minima bis vel ter in die si opus sit	Let a mixture be made, of which let two or three teaspoonfuls be taken twice or thrice daily if necessary
Detur semi uncia om: semihor:	Detur semi uncia omni semi horâ	Let a tablespoonful be given every half-hour
Capt coch duo magna om quad hor	Capiat cochlearia duo magna omni quadrante horâ	Let the patient take two tablespoonfuls every quarter of an hour
Capt coch amp mani quotid	Capiat cochlear amplum mane quotidie	Take a table- spoonful daily in the morning
Capt coch mag duo quartâ quâque horâ.	Capiat cochlearia magna duo quartâ quâque horâ	Take two table- spoonfuls every fourth hour
Ft. mist de quâ coch larg ii sec vel tert hor exhib:	Fiat mistura de quâ cochlear largum unum secundis vel tertiis horis ex- hibeatur	Let a mixture be made, of which let one table- spoonful be taken every second or third hour
Capt dimid stat et semi hor elap quod reliq est.	Capiat dimidium statim et semi- horâ elapsâ quod reliquum est	Let the patient take half immediately, and the remainder in half an hour
Capt coch modic 4tis horis.	Capiat cochlear modicum quar- tis horis	Let the patient take a dessertspoonful every four hours
Terent in pulv.	Terentur in pul- verem	Let them be rubbed into a powder
Sum i bis in die.	Sumatur una bis in die	Let one be taken twice a-day
Ft pil horâ somni par h e b d o m: sum:	Fiat pilula horâ somni par heb- domadan su- menda	Let a pill be made to be taken at bed- time during the week
Ft pulv s. s.	Fiat pulvis statim sumendus	Let a powder be made to be taken immediately
Ft mist cap 3ss ter d.	Fiat mistura capiat semi unciam ter die	Let a mixture be made, and let a tablespoonful be taken three times a day.

(To be continued.)

WORTH KNOWING.—That Tolphite is the only dusting powder exclusively manufactured for the Nursery. Dr. Andrew Wilson, F.R.S., says: "All the conditions which Hygiene recognises as important and essential in such a powder are represented in Tolphite; it is invaluable for infants in preventing excoriation and chafing." Mrs. Hilton says her Nurses are charmed with it. Post free, for eight or fifteen stamps.—Dodd Brothers, Stamford Hill, London.

## Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS,

Compiled specially for "The Nursing Record "

BY

LADY CONSTANCE HOWARD.

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### Omelette à la Financier.



Put 1oz. of sweet very fresh butter into a small omelette pan, heat but do not brown; take two new laid eggs, beat the yolks and whites separately; when the whites are a stiff froth, mix quickly with the yolks and pour into the pan. Keep the pan moving slightly all the time the omelette is cooking, and lift the edge from time to time with a knife to avoid burning. When the bottom is cooked, hold in front of the fire a few minutes to set the top. Drop three or four spoonfuls of jam lightly along the centre, double over, serve immediately sprinkled well with castor sugar.

### Omelette à la Friar Tuck.

Stew six fair-sized apples until they are the consistency of marmalade, add sugar to taste, stir in 2oz. of fresh butter, and stir in thoroughly while cooking. Set it aside until cold, then add to it two well-beaten eggs. Butter a baking dish or pie dish, sprinkle this thickly with castor sugar, strew bread-crumbs all over it and a little finely-grated lemon peel, then pour in the apple mixture, cover the top pretty thickly with bread-crumbs, and bake it for one hour in a good oven. When done, turn it out on to a dish, serve with castor sugar sprinkled over it, and plenty of cream. May be made with four apples and 1oz. of butter.

### Omelette à la St. Clair.

Fry a quarter of a pound of bacon, cut into dice. When done beat up eight eggs with some pepper and salt; add them to the bacon and fry all together. Stir until it gets thick, and turn it into the dish you mean to serve it in very hot. Ham may be used also in this way—or tongue.

### A very light Omelette.

A quarter of a pint of cream and the yolks of six eggs, beaten well together with a little cayenne and a little salt; then add a small piece of shallot and a little parsley minced very fine, mix well together; whip the whites of five eggs, and stir into the omelette until very light; melt a little butter in the frying-pan, and pour in the eggs; do them over a quick fire for five minutes. Serve it very hot, with or without good gravy over it.

"HEALTH" COCOA.—Is the finest cocoa procurable, and most invaluable for invalids. Quarter-pound tin costing 8d. will make 30 cups of delicious cocoa. The "Lancet" says:—"Very soluble, excellent in flavour, perfectly pure, and deserves frank praise." Free sample sent on application to H. THORNE & Co., Ltd., Lady Lane Leeds.

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