

and feet, perfection of form is said to be largely due to hereditary transmission, and we know that all the characteristics of these organs are observable at the time of birth.

With respect to the ears, we will touch upon some of the more common deviations from perfect form that we notice in the newly-born. Instead of the ear being placed close to the head, it stands away from it, and that to such an extent, as in after years to constitute a deformity. At times one, or other ear may be "flapped," *i.e.*, instead of the helix being firm and erect, it is loose and flabby, and turned over something like a dog's ear. This condition may be only temporary, due to the ear getting bent by pressure during delivery, and some Nurses tie it back with a piece of narrow tape passed round the head; but when both organs are affected, it may be regarded as a congenital defect.

Care of the ears is at all times necessary; for instance, *pressure* on them during slumber (the writer has seen an infant's ear quite a fiery red from this cause) should be avoided, as it may occasion "crampy pains"; and when bathing the infant be careful not to let water or soap get into the ears. We all know how painful "water in the ear" is to ourselves; the same may be said of pressure, and we can quite understand what a baby must suffer under similar accidents (?).

We now come to the face troubles; sometimes at birth we get an abnormal enlargement in a downward direction of one or both cheeks, and the latter cases, when accompanied by certain labial deformities, constitute in the future the so-called "pig-faced" ladies and gentlemen who are such valuable "exhibits" for the enterprising showmen of country fairs.

The writer had a case in her own practice, in which a fine, healthy male infant had an enlarged right cheek—he was rather "too cheeky" in fact, and the right corner of the mouth was dragged down lower than the left, and when the child was applied to the breast, the milk ran out of his mouth faster than down his throat, and the chest was kept in a continual state of saturation from "slobbering," necessitating much changing of "bibs." Under this rare condition of things, I recommend a *waterproof* bib, made of very thin mackintosh, bound round with ribbon to keep it in shape, to be placed *under* the ordinary bib, so as to keep the infant's chest dry; or you can also make a bib of the absorbent sheeting to put *over* the waterproof, to help to soak up the wet caused from the constant dribbling of the saliva.

This malformation does not much affect the infant's health. When I last saw my little patient,

he was a healthy four-year-old, but the right side of his face was more "cheeky" than ever, the mouth unclosed, the slobbering incessant, as he could not swallow the saliva which ran over his chest, and kept his jacket constantly wet. His mother told me he suffered from incessant thirst, and whenever she took him out, she had to provide drink for him.

(To be continued.)

Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

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BY

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Egg, Oyster, and Sardine Omelette.



Chop finely nine large oysters, make a batter of half-a-pint of milk and 2½ ozs. of flour. Add six eggs and some chopped boneless sardines. Mix all well together, season with ground white pepper and salt. Fry in butter or lard slowly, Serve very hot.

Omelette au Kirsch.

Make an ordinary sweet omelette, heat a tablespoonful of kirsch by holding a light under the spoon, or better still make it in a small silver saucepan such as is used for heating brandy for mince pies. As soon as the spirit catches fire pour it round the omelette and serve it while the spirit is alight. Rum, brandy, etc., can also be used instead of kirsch.

Omelette aux Tomato.

Skin a tomato (a large one), cut it up into neat small pieces, adding to it chopped shallot. Take three eggs, beat the yolks and whites separately, mix the tomato, shallot, pepper and salt with the yolks. Put 1½ oz. of very fresh butter into the omelette pan, and make it quite hot; then stir the whipped whites of the eggs lightly into the yolks etc.; put the mixture into the omelette pan, cook for two or three minutes, stirring all the time. Serve with tomato sauce in a boat.

Sorrel Omelette.

Shred one pint of sorrel leaves very fine, put them into a stew pan covered with good gravy; season with a drachm of cayenne, and stew ten minutes, then take out the sorrel, drain, and leave it to cool. Beat up six eggs drain them through a sieve, put in the sorrel, and whisk up until quite light. Put 2oz. of fresh butter into the omelette-pan, and when this is melted pour in the omelette, and move the pan until it is risen, put a little more butter into the pan to make it easier to slide it on to your hot dish. Fold, and serve at once.

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