

become lessened in quantity or deteriorated in quality, and hence disagree with the infant. Now, if these two conditions appear likely to become *permanent*, I should advise that a good Wet Nurse be obtained at once, as breast-feeding will better aid the infant's recovery than hand-feeding.

If, however, we have to resort to the latter, we must be especially careful to *daily test* the milk, sent for the infant's use, with respect to its richness in *cream*; if in excess, it must be subtracted so as to assimilate it to the quantity contained in breast milk—if in deficiency, cream must be added for the same object. I have touched upon this subject in my papers on "Hand-Feeding," to which I refer you. But the value of *cream*, or the oleaginous constituent of milk, for the infant's well-being *at all times* cannot be too earnestly impressed upon the minds of mothers and nurses, and it is in the milk of commerce that its *deficiency*—nay, in thousands of instances, *absence* (in town supplies)—is so detrimental to infantile health and *growth*.

In cases of *temporary* failure of the mother's milk, or its deterioration, one can give the infant change—feeds of gruel or barley water sweetened with the addition of a teaspoonful of cream. In fact, these mucilaginous drinks appear to comfort the stomach and intestines, for at times the milk curdles in the stomach, and, being vomited, adds to the abdominal tenderness we notice in infantile bronchitis, possibly due to the strain of coughing. If gruel be given, I should advise it to be made and strained from the Embden Groats, boiled at least two hours, and skimmed down so as to be given through the feeding bottle. I know of no gruel *more* delicate for mother or infant than the time-tested preparation aforesaid. But whatever kind of oatmeal you may have to use for gruel, remember it must always be *thoroughly* cooked. I merely mention this point because I *know* it is very often neglected or overlooked, and its dietetic value diminished thereby. Lying-in Hospital's gruel is better, as a rule, than household one; and for the reason that it is better cooked. In the writer's Hospital days, nothing pleased her better than to descend with her dear Matron into the kitchen where amongst other good things, she beheld the huge gruel cauldron kept continually going for night and day use; also a large kettle of cocoa made from the nibs (as it always ought to be); this admirable drink also takes *long* cooking, and our patients thoroughly appreciated both these decoctions.

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

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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SALADS.

'In the composure of a salad every plant should come to bear its part like notes in music'—EVELYN.

Hungarian Potato Salad.



Take some small potatoes, boil them, peel them while still warm, slice very thin. To every pint of potatoes mince one small onion, one pickled beetroot, one fresh cucumber sliced, a Dutch herring, four sardines, and one spoonful of cold boiled ham. Mix altogether and pour over it one teacupful of vinegar. Garnish with pickled walnuts.

Southern Tomato Salad.

Take eight tomatoes, peel and slice them and set them on ice. Make a dressing of the yolks of six eggs rubbed smooth, one tablespoonful of mustard (Keen and Robinson's), one of oil or melted butter, one of white sugar, one teaspoonful each of salt and pepper, half a teacup of vinegar, the juice of one lemon and a raw egg well beaten. Just before serving cover the tomatoes with ice broken fine, and pour over it the dressing.

Spinach Salad.

Pick and wash some spinach; steam 10 minutes. Beat the yoke of one egg with a spoonful of mustard into a cup of sweet cream, add a teaspoonful each of salt and sugar, with two teaspoonfuls of olive oil, and one of strong vinegar.

Mashed Potato Salad.

Boil and mash one quart of potatoes. Make a dressing of two ounces of fresh butter, one teacup of cream, two table-spoonful each of mustard and sugar. Season with salt and pepper.

Haricots Verts Salade.

French Bean Salad.

String some young French beans, beat them in pieces, and boil in water. When tested, drain thoroughly and mix with chopped onions. Season with salt and pepper. Pour over them half-a-pint of vinegar, and one table-spoonful of oil.

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