

## Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled especially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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## SANDWICHES.

*Potted Cheese Sandwiches.*


Make these with the best Cheshire cheese you can procure, the mixture will keep some time. Well pound together half a pound of Cheshire cheese, 5oz. of fresh butter and a pinch of castor sugar, then stir it into a thick paste with the addition of some light white wine. Keep until wanted in small earthenware jars, and spread it thinly and very carefully on biscuits, so as not to extend quite to the edges, or if preferred between slices of white or brown bread, or very hot toast cut very thin and rather crisp.

*Smoked Cod's Roe Sandwiches.*

Choose some which is firm, scrape or grate it, do not slice it, pound it in a mortar with the yolks of two hard-boiled eggs, some butter, cayenne to taste, and anchovy sauce spread between two pieces of well-trimmed thin, hot buttered toast, and keep warm in a dish over hot water until needed. The mixture must be quite smooth.

*Eggs and Anchovy Sandwiches.*

Pound some hard-boiled eggs in a mortar, allowing the white of one egg to the yolks of five, add butter, cayenne and Anchovy paste. Spread on brown bread, serve the sandwiches dished up *en concours*, on a bit of mustard and cress, and shred lettuce.

*Sardine Sandwiches with Eggs.*

Skin some boneless sardines (about six), pound them in a mortar with as much cayenne as will cover a three-penny bit. Spread this between bread and butter, and make into square sandwiches. Have ready the yolk and white of a hard-boiled egg, finely chopped; dust this over the sandwiches.

*Pâté de Foie Gras and Plovers' Egg Sandwiches.*

Take some slices from a milk loaf, trim neatly after cutting them in rounds with a cutter. The bread must be rather thick, or they will be too rich. Butter the rounds, spread *foie gras* over the butter, then a little mustard and cress, and then rounds of plovers' eggs; cover with a second piece of bread with *foie gras*. A delicate, appetising sandwich.

The "NURSING RECORD" has a Larger Sale than any other Journal devoted solely to Nursing Work.

## Nursing Echoes.

\* \* \* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.



MORE congratulations to the R.B.N.A. *The Provincial Medical Journal* says:—

We are very pleased indeed to congratulate the British Nurses' Association upon the success which has attended their perseverance. Fortunately, we have nothing to recant, as we have not been sitting on the hedge waiting for the winning side. We have all along supported the claims of the British Nurses' Association, and approved of their objects. The

battle is over—the victors can afford now to be generous.

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DR. HERON is conducting classes of instruction in the Nursing of Cholera cases at the Offices of the R.B.N.A., 8, Oxford Circus Avenue, W. Tickets free can be obtained upon application to the Secretary. Those Nurses who have already attended, greatly express their appreciation of the valuable instruction they are thus receiving.

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MISS HENRIETTA LAWRENCE has been appointed Matron of the Longton Hospital, in Staffordshire. In the Nursing Directory for 1893, Miss LAWRENCE'S professional qualifications are recorded as follows: "LAWRENCE, HENRIETTA, Dorset County Hospital, Dorchester. Registered Nurse, 1890. Addenbrooke's Hosp., Cambridge (Pro. and Staff Nurse), 1879 and 1880-83. Winchester Hosp., 1884-86. Salisbury Inf., 1886-87. Dorset County Hosp. (Matron), 1888-93. Memb. (and Memb. Gen. Counc.) Roy. Brit. Nurses' Assoc." There were 63 applications for the post.

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THE following advertisement appeared in an influential contemporary, last week:—

"LADY AS CHILDREN'S NURSE.—I am endeavouring to find a lady to act as nurse to my baby. I have already applied to the Norland Institute, but all the ladies who are now being trained there are already engaged. I should expect the lady to wear a Nurse's uniform.—GHEF."

What are professional Nurses to do to protect themselves from the presumptuous vanity of the "Ghef" type? It is a free country, and I fear unless the R.B.N.A. registers a costume, they will find the lady nursery maid will only be content with what she fears may be considered "domestic

GENERAL UNDERTAKERS.—Earth to Earth Burials, Cremations, and Statuary. For high-class WORK, the LONDON NECROPOLIS COMPANY, 188, Westminster-bridge-road, and 2, Lancaster-place Strand.—Telegrams, "Tenebratio, London."

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