

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled especially for "The Nursing Record"
BY
LADY CONSTANCE HOWARD.
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Cheese Omelette.

Break three eggs into a basin, and whip them until well mixed; then add salt, Mignonette pepper, and 2oz. of grated parmesan. Melt 1oz. of butter in the omelette pan, and turn in the eggs. Stir quickly to prevent the omelette from sticking. When quite set, turn it quickly over towards the handle of the pan for a second, and then on to a very hot dish. Serve with parmesan sauce.

Sweet Omelette à la Vanille.

Pound half a pod of vanilla with 2oz. of castor sugar until quite smooth, then sift it through a silk tammy. Beat up the yolks of six eggs, with 4ozs. of castor sugar, and one dessertspoonful of grated lemon, (mind this is thoroughly well beaten); stir in the vanilla. Pour into the omelette pan as soon as you have mixed the frothed whites of the eggs with the rest, and stir until it begins to set; then slide it into a dish, strew castor sugar over it, fold and put it into the oven five minutes to rise. Serve at once.

Omelette with Marmalade or Jam.

Make an ordinary sweet omelette, let it set round like a savoury one in which meat is to be placed, add three tablespoonfuls of marmalade, apricot, strawberry, raspberry, blackberry, cherry or greengage jam, on one side, fold the omelette over, and fry as usual. Sift castor sugar over the top. When beating up the yolks of the eggs, a tablespoonful of cream added is a great improvement, or a saltspoonful of Essence of Vanilla. You may vary this omelette by taking two tablespoonfuls of brandy with five or six drops of Essence of Almonds, and a few drops of cochineal to make the brandy a pretty rose colour. Light this like kirsch, and pour it round the omelette.

N.B.—An omelette must never be turned in the pan. The omelette pan must be kept exclusively for omelettes, must be scrupulously clean, free from damp, and heated before the butter for frying is put in. Two eggs will make an omelette sufficient for one person. Great care must be taken that the butter is of the proper consistency, the eggs must be new laid, whites and yolks thoroughly beaten, but beaten separately.

Above all, guests must wait for the omelette, not the omelette for the guests, as it is absolutely necessary, to be successful, that an omelette should be eaten the moment it is ready, and not allowed to stand for a second.

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Nursing Echoes.

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THE opponents of the R.B.N.A. are calling heaven and earth to witness their mortified vanity, by means of a manifesto—which is in effect a prolonged moan—that the Association cannot do certain things which the Association has never attempted nor desired to do.

The opposite side have pursued their usual course of utter inaccurancy, but this time they have met with, perhaps, the most crushing rejoinder, which people of any pretension to be considered honourable have

received in the public press for many a long day. The letter and the reply of the Association is as follows. It is highly significant that while Mr. ERNEST HART, with the delicate sense of honour for which he is famous, only publishes the attack, in the *British Medical Journal*, the *Lancet* last week published both this and the reply which the Association has made to the false statements of its opponents.

TO THE EDITOR OF THE "TIMES."

SIR.—The statements which have been made respecting the effect of the Charter granted to the Royal British Nurses' Association renders it necessary that the members of the various Hospitals and Nurse Training Schools should clearly understand their position under the Charter. We, therefore, as representing the chief Hospitals and Nurse Training Schools of the metropolis which have taken part in opposing the Charter, think it right to call public attention to the important limitations which have been placed upon the powers originally sought for.

No opposition has at any time been raised to the incorporation of the Association, for the purpose of promoting such benevolent schemes for the benefit of Nurses, as are now set forth in the Charter, as the first of the objects of the Association.

The opposition was directed mainly against the attempt to create a "list or register" which would be regarded by the public as a legally authorised "Register of Trained Nurses."

The Charter, as granted, substitutes for the "list or register of Nurses," a "list of persons who may have applied to the Corporation to have their names entered therein as Nurses, and whom the Corporation may think fit to enter therein from time to time, coupled with such information about each person so entered as to the Corporation, may, from time to time, seem desirable."

It is important, in order to prevent misunderstanding and to avoid misconstruction, that the following points should be clearly borne in mind:—

1. No professional privilege will be obtained by the Nurses whose names appear upon the list.

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