

*Sponge Cake.*—Five eggs; their weight in sugar and of nearly three in flour; the flour and sugar must be dry and sifted. Separate the whites and yolks; beat the latter in a large bowl for ten minutes, then strew in the sugar gradually, and beat them well together; whisk the whites to a solid froth; add the yolks and sugar, and when they are well blended, stir the flour in gently; a little grated lemon peel is an improvement; pour the cake into a well-buttered mould, and bake for an hour in a moderately quick oven.

*Plain Batter Pudding* (Boiled or Baked).—Beat up well one egg; add a pint of milk. Then take a little salt and flour, pour some of the milk and egg upon it, and mix perfectly smooth; add flour until the batter is slightly stiff. If it is to be boiled, flour a cloth, and tie it tightly over the cup or basin, and boil twenty minutes; if to be baked, butter a small dish, pour in the batter, and bake lightly; watch it rising, as it ought to be very light.

*Maccaroni and Milk.*—Take three curled pieces of maccaroni, soak them into a pint of warm milk until they are soft and well swollen; add a pinch of salt, and boil gently over a slow fire for fifteen or twenty minutes. It may be flavoured by putting a little cinnamon into the milk before boiling, and a little sugar may be stirred in if desirable.

*Milk Porridge.*—Take some very thick, smooth gruel, and when strained and still hot thin it with boiling milk.

(To be continued.)

### NURSING ECHOES.

*\*\* Communications (duly authenticated with name and address, not for publication, but as evidence of good faith) are especially invited for these columns.*

I AM glad to be able to announce that at a special meeting of the Committee of Management, held at the Swansea Hospital, on Thursday, October 10th, 1889, Miss Edith Bellars was elected Matron, vice Mrs. E. Foulkes. Miss Bellars received her training at the London Hospital, where she also acted as the Staff Nurse, and for the last five years has been Night Superintendent at the Bristol General Hospital.

It is also my pleasure to be able to chronicle the facts that Miss Mary Magee has been appointed Matron of the Albany Hospital, Grahams-town, and Miss Amy Mackay, Ward Sister in the Kimberley Hospital, South Africa. Both Miss Magee and Miss Mackay were certificated from that very useful Institution the Leicester Infirmary, the one remaining there over three years,

and the other nearly two, after the term of three years' training.

WHILST direct from Alexandria I learn that His Highness the Khedive visited the Greek Hospital, Alexandria, Sept. 25th, when he was received by Dr. Zancarol and other Members of the Committee, who conducted him through the Wards, in which His Highness appeared to take great interest. The English Nursing Sisters had the honour of being presented to His Highness by Dr. Zancarol. Before leaving His Highness signed his name in the visitors' book, and was graciously pleased to express his satisfaction with all he had seen, and to state his intention of conferring the Khedivial Bronze Star on Miss Hamilton, the Senior Sister, in recognition of the valuable services rendered by her to the Hospital since 1883. The promised Bronze Star was conveyed to Miss Hamilton by a special messenger from the Palace, accompanied by a complimentary letter addressed to the recipient by command of His Highness the Khedive, by His Excellency Tonins Pasha, First Master of Ceremonies. Miss Hamilton was trained at Westminster Hospital.

THOSE who are desirous of assisting Mrs. Duyck to obtain votes for the British Home for Incurables should read the notice under the heading of "Nursing Record Benevolent Fund," which appears in each issue. The election, I find, takes place on the 14th of next month at twelve o'clock, *not this month*, as I stated in error in the "Echoes" of last week but one. Mrs. Duyck's case is well recommended by the following and others, and I should like my readers to do all they can in this matter:—

The Rev. A. S. Barnes, M.A., Church of the Annunciation, and 44, Park Crescent, Brighton, Sussex;

The Rev. S. F. Bridge, M.A., Vicar of St. Paul's, Herne Hill;

The Rev. Denwood Harrison, M.A., All Saints, and 23 Clifton Road, Brighton;

T. Lynn Bristowe, Esq., M.P., Dulwich Hill House, S.E.;

W. F. Farmer, Esq., 4, Seymour Villas, Anerley, S.E.;

William McMullen, Esq., F.R.C.S., 166, Coldharbour Lane, Brixton;

\*Mrs. Carr, Springwell, Clapham Common.

Mrs. Fry, Goudhurst, Kent;

The Hon. Mrs. Ralph Harbord, 14, Prince's Gate, S.W.;

\*Mrs. Harvey, 138, Wells Street, Camberwell;

\*Mrs. Macdonald, Herne Hill, S.E.

Those marked \* will gladly receive Proxies.

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