

(6) Plainness of speech and actions do not appear to be striking characteristics of Mr. Barnardo's nature.

(7) It has evidently taken Mr. Barnardo five years—the length of my service under him—to discover that which no one else as yet has had the effrontery to credit me with.

(8) Is not the testimonial from Mr. Barnardo, the copy of which appears in the *Nursing Record* of September 26, containing among others these words: "Please accept the accompanying book, with the assurances of my appreciation of your valuable services in the Infirmary," in itself a flat denial to this false and contemptible assertion?

(9) Very possible, since no written agreement was ever entered into, as Mr. Barnardo knows quite well. (To be continued.)

### PRIZE ESSAY COMPETITION.—XIII.

THE BEST COLLECTION OF RECIPES IN  
INVALID COOKERY.

BY MISS ANNIE FOSTER,

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(Continued from page 228.)

*Flour Caudle or Thick Milk.*—Put a large spoonful of flour into about five spoonfuls of cold water; heat five spoonfuls of new milk, slightly sweetened, and, when boiling, pour it gradually over the flour and water. Put it on the fire and boil twenty minutes, stirring all the time.

*Another Mode is as follows:*—Tie a handful of dry flour in a cloth very tightly; boil as if it were a dumpling for an hour; rub off the outer hard skin, and grate the flour; mix in milk as above. Baked flour may be used in a similar way. This is good food for invalids or infants, whose bowels are weak.

*Sago Posset.*—Put two ounces of sago into a quart of water, and boil until a mucilage is formed. Then rub half-an-ounce of loaf sugar on the rind of a lemon, and put it with a fluid drachm (a teaspoonful) of tincture of ginger into half-a-pint of sherry wine. Add this mixture to the sago mucilage, and boil the whole for five minutes. This is an excellent cordial where acute diseases—not of an inflammatory kind—have left the patient in a state of great debility. A large wine-glassful may be taken at one time, at intervals of four and five hours.

*Bread and Butter Pudding.*—Cut some bread and butter very thin; place it in a pie-dish as

lightly as possible till three parts full; break in a basin one egg, and two teaspoonfuls of flour, three of brown sugar; mix all well together. Add to it by degrees a pint of milk, a little salt. Pour over the bread, and bake for half-an-hour; the butter may be omitted.

*Plain Boiled Bread and Milk.*—An old-fashioned dish rarely well made. Put stale bread into a basin—the pieces of equal size, the shape cut into dice. Make the milk boil, and the moment it rises pour it over the bread. Cover the basin close for ten minutes; the bread will then be perfectly and equally soaked.

*Oatmeal Gruel.*—This is the commonest form of low diet, yet very rarely made well. It only requires attention. Put groats or oatmeal into a saucepan, pour a little cold water on it, and mix it well; add the cold water and stir it occasionally; strain it and put sugar or salt, as best suits the taste. About a pint of water to an ounce of groats is the proportion, and this quantity requires slow boiling for about three-quarters of an hour.

*Arrowroot.*—A dessert-spoonful of arrowroot will thicken about half-a-pint of water. Put a small quantity of cold water to the arrowroot, and mix it well; then add, by degrees, the half pint of boiling water, stirring it all the time, and until it is of a pleasant thickness and clear; boil for five minutes. The white of an egg may be beaten up with it. It may be sweetened and flavoured with lime or orange-water juice, or eaten plain. Boiling milk may be used instead of water.

*Arrowroot Pudding* is made the same way, with the addition of one egg and three teaspoonfuls of powdered refined sugar, which have been previously beaten up together. The pudding thus formed may be baked, or it may be boiled in a basin.

*Arrowroot Blanc Mange.*—Same as above, but use three times the amount of arrowroot; pour it into a shape to cool and set, after which it may be turned out.

*Sopped Bread and Biscuit.*—Put a biscuit, or part of one, or a crust of bread, in a saucer, and pour upon it a small quantity of boiling water; cover it down close with a tea cup or small basin; in about ten minutes you will find it swollen and perfectly soaked; you may then beat it up and add more water, tea, or coffee, and sweeten. This makes a more agreeable kind of sop than by merely breaking a biscuit into water or tea. It is very good for infants as well as invalids.

*To Poach an Egg.*—Have ready a saucepan of boiling water; break an egg carefully into a tea-cup, so that the yolk is not burst, and put the tea-cup into the saucepan; let it simmer for about three minutes; then take it out carefully. By

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