

that the notice I received from you on the 12th of April shall expire on the 12th of May, and to ask that you and your sister both leave the Hospital on that day, without fail.

"A perusal of my letters to you during the five years you have been with me will afford the best proof to any impartial observer of the deep regret and⁽⁹⁾ unwillingness with which I find myself now compelled to take this action, and to write to you in these terms.

"I am, very faithfully yours,
" THOS. J. BARNARDO.

" Sister Clara,
" The Infirmary.

" P.S.—I take this opportunity of informing you that our accountants, Messrs. Carter, Clay, and Lintoft, propose attending at H.M. Hospital, on Wednesday, the 8th, to take a complete inventory of all goods and properties committed to your charge.⁽¹⁰⁾ This was to have been done on the 1st April, but having been omitted then, must be done now, without delay.—T. J. B."

(1) Will Mr. Barnardo please define what is the difference between his promises and half promises?

(2) Then why say it?

(3) Would it not have been more straightforward for Mr. Barnardo to say so?

(4) I think the "growth" of correspondence is entirely the fault of Mr. Barnardo, who is certainly responsible for seven-eighths of it.

(5) The Nurses themselves have expressed their opinion upon the matter, *vide Nursing Record*, September 12th.

(6) Mr. Barnardo may, perhaps, have occasion to alter his opinion before long.

(7) I challenge Mr. Barnardo to produce any such "contract."

(8) This Mr. Barnardo will, perhaps, find later on has nothing whatever to do with the recognised custom in the Hospital world as regards the engagement of Matrons.

(9) This out-Herods Herod.

(10) When taking possession of the new Hospital in 1888 I myself suggested this to Mr. Barnardo, who promised (or half promised) that it should be done. As usual it was not done; and any ordinary observer will be able to place his or her own construction upon the gentlemanly and courteous feeling which prompts its being carried into effect so imperatively.

Sister Clara responded, as here set out:—

" May 8, 1889.

" Dear Dr. Barnardo,—The agreement made between us, when you engaged me, was three months' notice, which I have written in my diary thus: 'Jan. 13. Went over to Dr. B.'s office. We settled that I remain as Matron. £60 per annum. Three months' notice.' Therefore my

engagement was made verbally, and *not in writing*. You are bound by Hospital rule, just as much as every shopkeeper is bound by the rule of trade.

I refuse to leave the Hospital unless you pay me the remaining two months' salary. You cannot eject me (or my sister) without compensation. Of course, if you seek to do so you must obtain a warrant for so doing; in this case it will be done publicly.

" Faithfully yours,
" SISTER CLARA."

(To be continued.)

PRIZE ESSAY COMPETITION.—XIII.

THE BEST COLLECTION OF RECIPES IN
INVALID COOKERY.

BY MISS ANNIE FOSTER,

Assistant Nurse, Victoria Hospital, Burnley.

(Continued from page 239.)

Another Way.—Put half a cupful of good, washed pearl barley into an earthenware pot, with a small piece of fresh butter about the size of a nut, and a piece of fine cinnamon; add a pint of boiling water and a little salt and sugar; cook the whole over a slow fire until it is soft, then strain it through a fine hair sieve; beat the yolk of an egg, and stir it gradually into the soup. More boiling water may be added while it is cooking if necessary.

Almond Oatmeal Soup.—Cook the washed oatmeal in boiling water, adding a little salt and two tablespoonfuls of finely-pounded almonds; boil for an hour; stir it through a sieve, and sweeten to taste.

Peptonised Milk.—Dilute a pint of milk with a quarter of a pint of water, and divide the mixture into two equal portions. Heat one portion to the boiling point and then mix it with the cold portion. (This is the simplest way of getting what is wanted—a temperature of 140 deg. Fahr.) Now add to this three fluid drachms of pancreatic solution—*Liquor pancreaticus* (Benger)—and about twenty grains of bicarbonate of soda; mix well together, and set aside in a covered jug, and in a warm situation under a "cosy," for an hour, or an hour and a-half, then boil two or three minutes and serve like ordinary milk.

Peptonised Gruel.—It may be prepared from oatmeal, pearl barley, &c., and should be thick and strong, and very well boiled. Allow the gruel to cool to a temperature of 140 deg. Fahr. (just so hot that it can be sipped without burning the mouth). And then to every pint of gruel

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