

Appointments.

MATRONS.

Miss E. H. Grime has been appointed Matron of the General Infirmary, Dewsbury. She was trained at the Royal Infirmary, Manchester, and has held the position of Head Nurse at the General Infirmary, Hertford, and of Assistant Matron at the Taunton and Somerset Hospital.

Miss Jane Brand has been appointed Matron of the Hospital for Infectious Diseases, Gateshead. She received her training at the London Hospital, Whitechapel, and has held the position of Senior Charge Nurse and Deputy Matron at the Middlesbrough Sanatorium.

Miss Mary Crofts, of the Bristol Royal Infirmary, has been appointed Matron of the Statutory Hospital for Infectious Diseases at Bath.

SUPERINTENDENT NURSE.

Miss Mary A. Ray has been appointed Superintendent Nurse at the Union Infirmary, Bramley. She was trained at the Union Infirmary, Sunderland, and has held the position of Charge Nurse at the Infirmary, South Shields, and of Charge Nurse and Midwife of the Union Infirmary, Keighley. She holds the certificate of the London Obstetrical Society.

HEAD NURSE.

Miss Evelyn Frost has been appointed Head Nurse at the City Fever Hospital, Birmingham. She was trained at the Brownlow Hill Infirmary, Liverpool, and has held the position of Charge Nurse at the Fountain Hospital, Tooting, and as a member of the Army Nursing Service Reserve worked in the military hospitals at Netley, Portsmouth, and Winchester.

CHARGE NURSE.

Miss Mabel Ethel Maugham has been appointed Charge Nurse at the Mile End Infirmary, where she has held the position of Staff Nurse. She has also had some experience of private nursing.

NURSE.

Miss Fanny Young, who has been in the service of the South Dublin Guardians, in the lunatic department, has been appointed Nurse at the Protestant Hospital under the same Board.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The undermentioned ladies have been gazetted Staff Nurses in the above Service:—Miss Eva Statham Mason, Miss Margaret Mabel Rees, Miss Mary Walker.

The date of the provisional appointment of Sister Charlotte Popham Gash is August 4th, 1903, and not as stated in the *Gazette* of June 5th, 1903.

Practical Notes on Invalid Feeding.

By Mrs. M. WESTAWAY,
Associate of the National Health Society.

V.—Continued.

VEGETABLE NITROGENOUS FOODS.

The deficiency of proteid in bread is sometimes supplied by the addition of pea-flour or lentil-flour to wheat-flour. Another method is the addition of dried casein prepared from milk, a method adopted by the Protene Company. The resulting loaf is rich in proteids, but, naturally, the addition greatly increases the cost of the bread. Ordinary household Protene bread costs sixpence a loaf, while Protene bread specially prepared for diabetics costs a shilling and two shillings a loaf. It is of greater value in the sick-room than ordinary wheaten bread.

Bread is not the only product of wheat. Some wheats, and particularly those which grow in the South of France and Italy, are very rich in proteid matter in the form of gluten, and such wheats are employed in the preparation of macaroni, vermicelli, Italian paste, and semolina. The nutritive value of such preparations is apparent, but they require to be well boiled to ensure the rupture of the starch grains. They may all be used in puddings, or as a thickening for soup. Semolina is useful as a gruel, or as a blancmange.

Other preparations of wheat which are specially suited to the sick-room are the Farola and Granola prepared by Marshall, which are cooked according to the directions with each packet. Shredded wheat is a novel preparation, in which the whole of the grain is presented in a digestible form.

Of all cereals, oats contain the greatest amount of nourishment, and people are beginning to grasp this fact, which has long been understood in Scotland. Porridge and milk make the nearest possible approach to a perfect food, and Scottish labourers of the past used it as their staple food, and were able to accomplish hard work on this diet. The grains of the oats are crushed, and, according to the fineness of the particles, produce coarse, medium, or fine oatmeal. By a recently-invented process the grains are flattened instead of being ground, and as in the process they pass between heated rollers the cooking is partially accomplished, and the fat of the grain is so acted upon that it does not become rancid. Such oats are called rolled oats, and are certainly preferable to coarse oatmeal in invalid feeding. The usual directions give twenty minutes as the time required for cooking rolled oats, but such time must always be regarded as a minimum, for it is the general rule that all vegetable foods are more easily digested if they are well cooked.

Fine oatmeal is used in making gruel. It should

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