

Where to Go for Nursing Outfits.

When a candidate has been accepted by a hospital as a probationer the question of uniform becomes one of great importance. Whether she obtains it from a firm indicated by the training-school in question, or is merely given patterns of the requisite material—in which case she can obtain it where she will—it is important that she should go to a house well acquainted with nursing requirements, as it will make all the difference to her comfort if her uniform is well turned out. Amongst the leading firms which have a wide experience in catering for the needs of nurses are:—

MESSRS. GARROULD,

50, Edgware Road. This firm keeps a book in which are patterns of the materials and shapes of the uniforms in use at the different hospitals. Of course, those who wish to be well served should state precisely the hospital which they are entering, so that they may be supplied with its exact materials. We gather that some purchasers of uniform are singularly reticent on this important detail, but manifestly it is to their interest—not to that of the firm concerned—that they should be explicit on this point. Now that winter will soon be upon us, it is necessary to consider the question of warm cloaks, and these in great variety are to be found at Messrs. Garrould's establishment, and both in style and price are most tempting. For the numerous nurses who wear white bonnet-strings—and if these are fresh and dainty they certainly add to the charm of a uniform—Messrs. Garrould supply most attractive specimens. Some really charming ones, tucked and embellished with drawn thread-work, are to be had at 10½d. and 1s. 3½d. a pair, and have only to be seen to be appreciated.

MESSRS. THOMAS WALLIS AND CO., LTD.

This firm, whose establishment is at Holborn Circus, has for many years catered with much success for the needs of nurses. Its illustrated catalogue of nurses' uniforms, which will be supplied to them on application, will give a good idea of the thoroughness with which the needs of nurses are considered. The bonnets supplied by Messrs. Wallis are not only exceedingly becoming, and professional in appearance, but also most moderate in price. We must not forget to mention that Messrs. Wallis are now making a special feature of hospital and institution furniture, and supply every ward and household requisite at most moderate prices. They have been successful in this department in securing many important orders, and the fact that the Metropolitan Asylums Board is a large customer of the firm is a proof of the excellence of their goods. It should be noted by country customers that purchases of the value of 20s. are sent, carriage paid, to any station in the United Kingdom.

New Preparations, Inventions, &c.

BANANINA.

It has been truly said that of the making of new foods there is literally no end, and the great majority which are sent to us for investigation we find are more or less entirely worthless. There are, however, a few exceptions, and one of these, we believe, is a new preparation to which the name of Bananina has been given. It is prepared from the banana fruit by a special process after the fibrous matter has been extracted. It is said to be manufactured in the island of Cuba, and direct from the freshly gathered fruit, and to contain no other ingredients. The following is an analysis which has been carefully made of this preparation:—

Water	10 62
Albuminoids	3 55
Fat	1 15
Carbo-hydrates	81 67
Fibre	1 15
Phosphoric acid	0 26

and ash or salts other than phosphates, 1 60.

This shows that the preparation is a perfectly pure vegetable substance, that it is particularly digestible, and that it possesses the composition necessary for the most effectual nourishment of the tissues of the human body, especially of the bony and muscular systems. It is very pleasant to take, and is therefore especially suitable both for invalids and children. We have found it very nourishing in the case of convalescents, partly because of its strengthening properties, but chiefly because it is so easily digestible. It is very easily prepared—another and important advantage in the sick-room; a teaspoonful of Bananina being mixed with cold water to form a thin paste, as much milk as may be desired is then boiled, and the Bananina paste added, the boiling being continued for one or two minutes and the paste continually stirred during that time. We find that it is better to boil it a little too long than to make the mistake of insufficiently cooking it. The tin containing the Food should be kept tightly closed and in a cool place, and with this precaution the preparation will keep indefinitely. It can be obtained through any chemist or grocer, or directly from the Banana Food Company, Alderman's House, Bishopsgate, E.C.

BOVININE.

Whilst discussing new preparations it is always well that we should not forget others which for many years, perhaps, have proved to be of definite value in the treatment of the sick. There is, of course, a natural tendency to run after new things in the hope or expectation that they may prove to be better than the old. Nurses may usefully be reminded, therefore, that Bovinine has for more

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