

formed to meet a very real need. The number of working women in London increases every year. Of these, the majority work at some distance from home, and it is obvious that one of the first problems that confronts them and their employers is that of the midday meal. Good work depends on good food, and in one way or another clerks, secretaries, dressmakers' assistants, and typists must be fed. The ordinary solutions of the problem are becoming well known. A chop, hastily cooked over a fire lent by the employer; the contents of a paper parcel eaten in the office or work-room; a sandwich and a cup of tea, procured at a restaurant where the price of hot meat is out of all proportion to the salary of the woman diner; such are the too ordinary substitutes for a wholesome meal. It is not to be wondered at that cases of anæmia and nervous breakdown are of such frequent occurrence.

The number of private nurses and of nurses coming up to the centre of London from the suburbs is also greatly on the increase, and we feel sure that many of them will be glad to know of a pleasant resting place, where they can obtain food at so reasonable a price.

Various philanthropic agencies have, it is true, stepped into the breach, and have done excellent work in providing inexpensive dinners; but something is still to be desired when women, earning a full wage, are obliged to accept charity or go without proper food.

The "Women's Dining Rooms Company" is the first attempt to meet this need on business lines. Their restaurant at No. 3, Barrett Street (James Street, Oxford Street) is open only to women. An excellent meal of hot meat, vegetables, bread, and pudding can be obtained there every day for 5d. or 6d. between twelve and two. The helpings are very generous; a choice of dishes is always offered, and fish is served every Wednesday and Friday. Tea, coffee, and cocoa are always ready for a 1d. a cup. Afternoon tea, with bread-and-butter or a bun, costs only twopence.

The two large dining rooms, with their casement windows, small tables covered with white cloths, and dark brown chairs, have a most attractive appearance. Lady Stirling Maxwell and other friends have kept the rooms well supplied with flowers, and the bluebells and primroses in the spring, and the chrysanthemums in the autumn will not soon be forgotten by customers. A comfortable rest room, well supplied with easy chairs, magazines, and newspapers opens out of the upper dining-room. On each floor are well-appointed lavatories, where hot water, soap, and towels may be used without any extra payment.

The following ladies and gentlemen are acting as directors of the company:—Mr. H. J. Tennant, M.P., and Mrs. Tennant, General Moody, Lady Rücker,

Mrs. Crowder, Mr. Petherick, and Mrs. Roberts. They much hope that their effort will be sufficiently well supported by busy London women to enable the company to open similar restaurants in other parts of London.

The manageress is always glad to welcome visitors to Barrett Street, and to show them over the premises.

An autograph quilt, prepared by ladies of the Court, for sale by auction, in aid of Dartmouth District Nursing Association, contains the signatures beautifully worked in silk, of upwards of 500 persons, including Princess Henry of Battenberg, the Premier, Mr. Joseph Chamberlain, and his son, the Lord Chancellor, and several Bishops, Generals, &c.

At the annual meeting of the Aberystwyth Nursing Association Mr. H. C. Fryer, who presided, said the Association had now reached its fifth year of existence and was so deeply rooted in the hearts of the people that it could be regarded as firmly established. The Hon. Secretary, Miss Grace Turton, presented a very satisfactory report, and said the doctors had expressed their high opinion of the nurses during the past year and of their skilful nursing. The patients spoke most gratefully of the unfailing kindness and attention of the nurses, and when taken ill, constantly asked to be allowed to have one of them, instead of having to be persuaded as was the case when the Association first started. Miss Franks, inspector from the Jubilee Institute, visited Aberystwyth in January and June. She expressed herself quite satisfied with the working of the Association. There has been a change of nurses during the year. Nurse Gladys Jones resigned in August and accepted a post as District Nurse at Llandudno. Her place was taken by Nurse Eustice as Town Nurse at Aberystwyth. She arrived on September 12th, and the Hon. Secretary bespoke a warm welcome for her at Aberystwyth, and said that she came with very high testimonials from Miss Peter, the General Superintendent of the Jubilee Institute, and in the short time she had been there had already made many friends among her patients.

A correspondent writes:—Lady Victoria Campbell of Argyll arrived at her winter residence in Tiree last week. Her ladyship devotes herself to the social and moral well-being of the people on the Argyll estates, and spends a great part of each year on the properties in Mull and the Hebrides. Mainly through her instrumentality a Queen's Nurse has been placed in each parish for the benefit of the poor. Until last August Lady Victoria held the presidentship of the North Argyll Nursing Association, but at the last annual meeting she resigned her connection with that body on account of the policy of retrenchment it has followed in

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