

Nurse B.—King's Patent Cooked Oatmeal is very useful for preparing gruel quickly, as it only takes one minute's boiling, whereas gruel made with ordinary oatmeal requires from 15 to 20 minutes' boiling.

Anxious Mother.—It is a mistake to accustom an infant to being constantly nursed. It is much better for it to lie in its cot, and it does so quite happily unless it has been taught to expect rocking and nursing all the time. A good nurse, like a good mother, knows how to discriminate in the management of infants.

THE PARIS CONFERENCE.

Upwards of 30 tickets have already been taken for the party arranged by Miss M. Breay to Paris via Dieppe on 17th June next, she will therefore not receive any more names after this week, as under no circumstances will the number exceed 40. The excess for a first class ticket on the boat will be 5s. each journey, and as the crossing takes four hours (often very delightful on a summer's day), we advise each member of the party to travel first, as second class accommodation is not really comfortable on any of the boats.

The Irish Nurses' Association are making up two parties, one from Dublin through the Central Office, and one from Belfast through Miss Workman at Craigavad, co. Down, Ireland.

TICKETS.

The Conference Tickets, price 1 franc (10d.) are now ready, and can be procured from Miss Breay from the office, 431, Oxford Street, London, W. Please enclose stamp for reply.

A NATIONAL BADGE.

Following the very useful precedent adopted at Buffalo and Berlin, it is desired that all those ladies attending the Paris Conference who belong to nursing societies affiliated to the International Council of Nurses, will wear a piece of white satin ribbon, with the name of their country embroidered thereon. This can be pinned on with a badge. A pattern will appear in this Journal next week. Colleagues from the United States, and Germany, might introduce themselves in the same manner. Seats will be reserved in the Conference Hall for members of the International Council of Nurses.

LIST OF HOTELS.

Hôtel de la Minerve, 22, Rue de la Chaise, rooms 3 to 6 francs a night, petit déjeuner 1f., other meals 2f. 50c.

Villa de Dames, 77 and 79, Rue Nôtre Dame des Champs, rooms 4 to 6 francs, double-bedded rooms 6f. 50c. to 8f. 50c. Meals the same, en pension 8 to 10 francs a day.

Hôtel de Calais, Rue des Capucines (very central), about 12 francs a day.

Hôtel Montaigne, 28, Rue Montaigne, about 10 francs a day.

Double-bedded rooms cost about two-thirds for two persons.

Notices.

OUR PRIZE PUZZLE.

For the future all Prize Puzzle Coupons must reach the Editor not later than the last *Monday* instead of *Tuesday* in each month. Competitors should, therefore, post the coupons on the last Saturday of each month.

CONTRIBUTIONS.

The Editor will at all times be pleased to consider articles of a suitable nature for insertion in this Journal—those on practical nursing are specially invited. The Editor will also be pleased to receive paragraphs, such as items of nursing news, results of nurses' examinations, new appointments, reports of hospital functions, also letters on questions of interest to nurses, and newspapers marked with reports of matters of professional interest.

Such communications must be duly authenticated with name and address, not necessarily for publication, but as evidence of good faith, and should be addressed to the Editor, 20, Upper Wimpole Street, London, W.

THE SOCIETY FOR THE STATE REGISTRATION OF TRAINED NURSES.

Those interested in the efficient organisation of nursing should procure the Annual Report of the Society for the State Registration of Trained Nurses from the Hon. Secretary. Six copies, post free, 7d., or one copy 1½d. It gives a brief review of the history of State Registration.

A Fine "Night-Cap."

THE BEST THING IN THE WORLD TO GO TO BED AND SLEEP ON.

"My wife and I find that 4 teaspoonfuls of Grape-Nuts and a cup of hot milk, some cream with it, makes the finest night-cap in the world," writes a middle-aged man.

"We go to sleep as soon as we strike the pillow, and sleep well till morning.

"It is about three years now since we began to use Grape-Nuts food, and we always have it for breakfast, and before retiring, and sometimes for lunch. I was so ill from what the doctors called acute indigestion and brain fag before I began to use Grape-Nuts that I could neither eat, sleep, nor work with any comfort. I was afflicted at the same time with racking headache and back-ache every time I tried to eat anything. Notwithstanding an unusual pressure of professional duties, I was compelled for a time to give up work altogether.

"Then I put myself on a diet of Grape-Nuts and cream alone, with an occasional cup of your Postum Food Coffee, and sometimes a little dry toast. I assure you that in less than a week I felt like a new man—I had gained in weight, could sleep well, and think well.

"The good work went on, and I was soon ready to return to business, and have been hard at it, and enjoying it, ever since. Write me at any time anyone inquires as to the merits of Grape-Nuts. You will find me always ready to testify." Name given by Grape-Nuts Co., Limited, 66, Shoe Lane, London, E.C.

There's a reason.

Read the little book, "The Road to Wellville," in each packet.—Advt.

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