

"boon and blessing" to those who have neither relatives and friends in town, and a blessing also to the relatives and friends of those who have. Reliable ladies will execute commissions either for invalids and those who have not time to indulge in that supposed lady's acme of delight—shopping, or for "country mice" who prefer London goods, and also for our American and Australian cousins. Being experienced, these ladies are never "taken in" by the specious shopman, like you and I are sometimes.

VEVA KARSLAND.

"NURSING RECORD" BENEVOLENT FUND.

SPECIAL NOTICE.

WE want to assist, by the united efforts of the readers of the *Nursing Record*, Trained Nurses who may be in need of temporary or permanent aid, and for this purpose donations, whether small or large, will be thankfully received, as the Fund has already many demands made upon it.

HELP WANTED HERE ALSO.

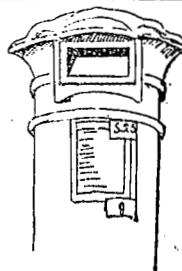
Mrs. Sarah Duyck, aged 48, is a widow, and has broken her leg so badly, that she will probably be a cripple for the rest of her life, besides dislocating one shoulder some years ago, so that she is even unable to use her crutches for long at a time.

Mrs. Duyck wishes to obtain an annuity of £20 a year from the British Home for Incurables. To do this at least 1,000 votes must be procured from subscribers to the Institution. Lists of subscribers can be obtained by sending eight stamps to the offices, 73, Cheapside, E.C.

Will every reader of this journal please do what she or he can to obtain votes for this sad case—to assist, in however small a measure, to bear another's burden? Such help will be gratefully welcomed by the Editor, *Nursing Record*, St. Dunstan's House, Fetter Lane, London, E.C., and all subscriptions, &c., will be duly acknowledged.

Proxies will also be thankfully received by the Editor for the British Home for Incurables on behalf of a most deserving candidate for an annuity of £20 from the above Institution. Votes for other Charitable Societies will also be gladly received as they can be exchanged. Candidate's name, Ann Thompson; single; aged fifty-one; who has been suffering from spinal injury and paralysis for more than six years past. She is now quite unable to earn her living.

BLESSINGS are like birds which hop about us with their wings folded, and we do not see the beauty of their plumage; but, when they spread their pinions for flight, then we see all the brilliancy of their colour and the gracefulness of their form.



LETTERS TO THE EDITOR.

(Notes, Queries, &c.)

Whilst cordially inviting communications upon all subjects for these columns, we wish it to be distinctly understood that we do not IN ANY WAY hold ourselves responsible for the opinions expressed by our correspondents.

Communications, &c., not noticed in our present number will receive attention when space permits.

SANITARY APPLIANCES FOR LADIES.

To the Editor of "*The Nursing Record*."

Southall Bros. and Barclay,
Manufacturing Analytical and Pharmaceutical Chemists,
Birmingham, March 21, 1890.

DEAR SIR,—I read with much pleasure the description in your Journal of this week (March 20, No. 103, by "Obstetrica"), of our sanitary appliances for ladies, which I am happy to say are in increasing demand.

We have recently introduced some important improvements, which have greatly added to their value. I should be happy to give any information to any of your lady readers who may desire it.—Yours faithfully,

THE LADY MANAGER.

"FRAME FOOD" EXTRACT.

To the Editor of "*The Nursing Record*."

Sir,—We forward you samples of a new food-constituent, obtained by *extracting* the nourishment from wheat-bran.

The analysis and reports of Profs. Atfield and Frankland, of the *Lancet* and *British Medical Journal*, &c., will bear out our contention that we produce in "Frame Food" Extract a nourishment of the first importance not hitherto available. It is doubtful whether persons in robust health can digest and assimilate the nourishing matters which are combined with the woody fibre of bran. It is on record that bran which has passed through a horse's stomach has been found on analysis to still contain its phosphates. But it may be taken as certain that no invalid or young child could be nourished on bran, and that yet the nourishment which bran contains would be of the utmost value.

We therefore believe that the invention of a process whereby this nourishment (over ten per cent. of which is wheat phosphates!) is made assimilable by the weakest digestive organs, is of high importance to readers of the *Nursing Record*. "Frame Food" Extract may be used to make every kind of starchy food staff-nourishing, bone-forming and teeth-forming for the young, and invigorating and sustaining to all. Especially important is "Frame Food" Bread which many high-class bakers now make, the process being simply the restoration to the white, starchy flour of the extracted phosphates, &c., from the bran. The result is a delicious, digestible, nourishing loaf, compared with which white bread is felt to be insipid and unsatisfying, and whole-meal bread insufferably coarse. Other preparations—including a Cooked Wheaten Infant's Diet and Cooked Wheaten Porridge (both in powder)—are made, containing "Frame Food" Extract.

We shall be happy to send full information on the subject to any of your readers who will send us their addresses, and we are, Sir, your obedient servants,

FRAME FOOD COMPANY, LIMITED.

[The samples are having attention.—ED.]

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