

wrought iron should be cleaned with sand and ashes. It is as essential the lids are cleaned as the pots. Much of the upper portion of kettles and saucepan lids must be kept bright. Monkey soap will clean these. Some of this is the duty of the maid, but the cook must thoroughly understand all the cleaning herself, or she will probably be anything but lenient on her maid.

There are also many rules which refer to the lighter necessities to guide those in the kitchen and scullery.

All joints and gravies should be removed from dishes and plates while hot, immediately on their return from the dining-room.

Soap and water will clean all wood utensils.

All bright metals can be kept so with Monkey soap, or Needham's polishing paste. A leather should be kept for the spoons, tea and coffee-pots, free from grease. Knife and fork handles must not be allowed to fall in water when being washed.

In the larder the meat, milk, and butter must be kept away from fish and onions. As the cook comes to the end of her different stores she should make a memorandum of it on a slate, so that, say, at nine a.m., when the Superintendent gives out anything required from her store-room, the list may be ready without delay.

Where possible, orders to tradespeople should be given the day before they are required to supply them.

The Superintendent should visit the kitchen every day at a stated time, when the cook must be ready for her, to consider the supply of food for the day following, according to diet-books sent from Wards.

The cook must have sufficient education in the three R's to enable her to check the quantity of all goods supplied, keep all tickets sent in with them, and daily give in the amounts to her superior; who must also keep an account to enable her at the end of the quarter to enter into the bills presented for payment.

The cook's and kitchen-maid's hours and duties throughout the day would be somewhat as follows:—

5.30 a.m.—Maid lights kitchen fire, fills scuttles, boilers, and kettles, cook being down soon after, that she may be punctual to the following hours with her meals, as it is her duty to prepare all the food, with some help from the maid with the vegetables:—

Breakfast:—Kitchen, 6.30 a.m.; patients, 7.30 a.m.; Day Nurses, with Superintendents, 8.30 a.m.

Dinner:—Night Nurses, 9.30 a.m.; kitchen, twelve noon; patients, one p.m.; Superintendents and Day Nurses, in detachments, 1.30.

Tea:—Kitchen, five p.m.

Supper:—Kitchen, seven p.m.; Night Nurses, 7.30 p.m.; Day Nurses and Superintendents, eight p.m.

The whole of the Nurses' breakfast, dinner, and supper would come from the kitchen; also all the Ward dinners, divided by Superintendent in the kitchen, and sent up lift on plates, ready for each patient; but for the Ward breakfasts, the only portion which would go from the large kitchen would be the porridge, or its substitute, which would be sent up lift in large cans, to be divided among the patients, with the remainder of the breakfast, by the Nurses.

All dishes sent to Wards would be returned clean.

Only the dishes and plates from the Nurses' table would be returned to the kitchen dirty. All their lighter table decorations would belong to the duties of a maid outside kitchen.

Scullerymaid would lay and clear all kitchen meals, and do the heavy cleaning.

The lighter duties belong to the cook; and she must remember to clear as she goes, that she may not make work for the maid.

There is one body we have not considered, and to these all must bend—the Committee of Managers. They, even more than others, are responsible to the charitable public that their monies may be expended with due regard to the truest principles of economy; they and all within the Hospital walls, be their duties what they may, have a great responsibility, and should ever remember to "gather the fragments which remain, that nothing be lost," for who can say what self-denial it may have cost many, to contribute their mite to these noble institutions?

(Conclusion.)

NURSING ECHOES.

** Communications (duly authenticated with name and address, not for publication, but as evidence of good faith) are especially invited for these columns.

The monthly meeting of the British Nurses' Association held last Friday was—despite the inclemency of the weather—well attended, and it is almost needless to add, very interesting. Mr. Warrington Haward, the well-known Surgeon to St. George's Hospital, read a paper on the division of labour in Nursing. The main points were as to how far it was advisable for Nurses to become



[previous page](#)

[next page](#)