

basin, stand the basin in a saucepan of boiling water, and thus finish cooking the cheese and rice.

STUFFED TOMATOES.

Sent by Mrs. A. Parslow.—Choose tomatoes of equal size. Scoop out the centres, and strain the pulp removed. Add to the pulp 1 oz. of butter, 1 oz. of breadcrumbs, and seasoning; brush tomatoes over with butter; fill the centres with the prepared mixture. Sprinkle over a few more breadcrumbs, put a small piece of butter on the top. Bake 10 minutes in a hot oven. Cold fish, meat, or sausage may be used as a filling, all are equally good.

OATMEAL PUDDING.

Sent by Miss A. M. Cameron.—In three parts of a pint of milk brought to boiling point stir five heaped tablespoonfuls of fine oatmeal. Sweeten to taste. Place in a hot oven in a pie-dish, and let it cook slowly for two hours, stirring now and again. A quarter of an hour before service stir in a well-beaten egg, the yolk and white beaten separately if time allows, and the beating process does not disturb the patients. (Sufficient for two persons.)

SAVOURY OMELETTE.

Sent by Miss A. M. Ashdown.—Two eggs, a tablespoonful of milk, one teaspoonful of chopped parsley, salt and pepper, 1 oz. of butter. Thoroughly beat the eggs, add all the ingredients except the butter, mix well. Put the butter into a frying-pan, and when boiling pour in the mixture, stir until it thickens, then shake once or twice, fold in an oval shape, and serve in a hot dish. If preferred, a sweet omelette may be made by substituting sugar for the salt and pepper, omit the parsley, and serve with jam.

The ideal, of course, for the night nurses' meals is that they should be served apart from the wards, a kitchen night staff being kept on duty for this purpose. In large institutions with a sufficient staff of night nurses this can be done, and in some institutions a night service has been organized. But in many small hospitals it is quite impossible for the night nurse to leave the wards, and there is no reason why she should not have appetising food instead of the cold meat and doubtful eggs which are too often her portion. Night duty is always a strain, and good and nourishing food is not a luxury but a necessity.

QUESTION FOR NEXT WEEK.

Describe the modern system of treating and nursing pneumonia.

AMUSEMENT OF THE CONVALESCENT BABY.*

BY LOUELLA PURCELL, R.N.

(Graduate of St. Luke's Hospital, St. Louis, Mo.)

Harriet Camp Lounsbury has written for the January number of the *American Journal of Nursing* an article on the amusement of the convalescent. Knowing that you have read or will read this article, I shall confine myself to the convalescent baby.

Experience has taught me that success in amusing the convalescent depends not so much on what you do as what you are. A bright and cheerful disposition will carry you through most any long tedious period with the grown-up. Few indeed are the nurses that can handle the sick baby, and fewer still are nurses who enjoy this kind of work. This is to be deplored and yet to be expected, as the average nurse has had little training in that line. Children's ailments are such that they can seldom be cared for in the general hospital. Therefore the nurse is at sea when called to care for a child, suffering from some disease with which she has not come in contact, and has only the few notes which she has jotted down from some six or eight lectures. These give absolutely no help in the management of her small patient.

This is one of the greatest problems that confronts the private duty nurse. "What shall I do if the patient is a child?" How many nurses ask themselves that question when the call for duty comes?

Children dislike to remain in bed after daylight, their favourite hour for awakening being 5.30 a.m., never later than 6, and immediately they demand to be taken up. This is true of the sick child as well as of the convalescent, if the illness be not severe. Fortunately there are many diseases of childhood where the patient may occasionally be taken up for a short time, but there are times when they must be kept in bed during the entire convalescence. Then one must begin bright and early in the morning to amuse and entertain, in order that the child may forget that he is not to get up.

I have kept children patient and uncomplaining for days by persuading them that their bed was a train or automobile, and planning a different trip for each day. The sides of the bed were covered with heavy paper, with holes cut out for windows, the wheels made of large cardboard or the ends of old hat boxes, a canopy

* Read at a meeting of St. Luke's Alumnae Association, Jan. 17th, 1912. Reprinted from the *American Journal of Nursing*.

[previous page](#)

[next page](#)