

ing of possessing as their Empress that same Queen who, "by the grace of God," reigns over this "right little, tight little island."

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It is well known that the Queen is always much interested in agriculture. She has lately sent £20 to the Northern Agricultural Society for the purpose of sending out lecturers to lecture on "The Art of Butter Making." The Duchess of Fife is noted for being a first-rate hand at the churn. She seems in every way to have inherited her royal grandmother's love of the country and taste for country pursuits and amusements—not that buttermaking can be counted exactly an amusement when it comes to a case of "week in, week out," and of being obliged "to rise with the lark" on a cold winter's morning, when the song of "sprite or bird" is only a dim memory, and the sun is lazy and refuses to get up and light the poor milkmaid on her chilly way. It is then very hard for her to believe that—

"Early to rise
Makes a maid healthy, wealthy and wise."

* * *

BLAME as well as praise falls to the share of every good work. The Girls' Friendly Society is censured for two disputed points: first, whether to admit girls back, when repentant, who have lost their membership through misconduct; secondly, whether it is well to encourage servants to seek and give confidences except to their own mistresses. On both points I think the Society is right. A rule once made should never be broken, and a society is for the good of the many, not the one. Besides, repentance cannot alter facts. With regard to mistresses, if a girl finds in hers a true *confidante* and friend, she is not likely to seek one elsewhere; besides, uninterested advice is oftentimes a great help, and the fact of being an outsider enables one to be a truer judge.

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It is announced that the Empress Frederick of Germany will become shortly a patron for Queen's College, Harley Street.

VEVA KARSLAND.

POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that the *ninth* of this series of examination questions has been most heartily responded to, the following having secured the prize of a book or books of the value of five shillings:—

J. W. Woodford, M.B.N.A.
Private Nurse
211 Bradford Road
Manchester

Describe the best method of making Barley Water.

2 oz of peeled barley, 2 qt. of boiling water, 1 pint of cold water. Wash the barley in cold water; put it into a saucepan with the above proportions of cold water, & when it has boiled for about a quarter of an hour, strain off the water, & add the 2 qts. of fresh boiling water. Boil it until the liquid is reduced one half, strain off & it will be ready for use. It may be flavoured with lemon-juice after being sweetened, or a small piece may be simmered with the barley, which the invalid may take at a little. Lemon-juice gives the barley water a very nice flavour.

I explain the Nursing Record direct from the Proprietors.
11th Dec 1890.

We desire to draw our readers' attention to the examination question given in this issue.

** Other answers received deserving honourable mention.

"Describe the best method of making Barley Water."

MISS HELEN BENNETT, M.B.N.A. :—

Wash 10z. of pearl barley in cold water three or four times, throwing away the water each time, as it will be very dirty; or boil it for a few minutes, and then throw the water away. Next add about a pint and a-half of water, a bit of lemon-peel, and a little sugar. Allow it to simmer, stirring it constantly, until it is of a very nice thickness; then strain it, and add lemon-juice. While sweetening all the drinks of the barley-water type, it must be borne in mind that too much sugar is apt to cloy the palate.

MISS FLORENCE SHEPPARD :—

Wash 10z. of pearl barley several times in cold water, fresh water each time; or boil it for a few

[previous page](#)

[next page](#)