

## THE COOKERY AND FOOD EXHIBITION.

The Cookery and Food Exhibition organised by the Universal and Food Association, opened on Tuesday last, at the Royal Horticultural Hall, Westminster, by Her Highness Princess Marie Louise of Schleswig-Holstein, should certainly be visited.

Her Highness was received by the Hon. Sir Derek Keppel, K.C.V.O., Deputy President; and the Chairman of the Council, Mr. Henri Pruger; the Hon. Director, Mr. Herman Senn, and other members of the committee. A pretty ceremony was the presentation of a bouquet of lovely mauve orchids to the Princess by a little girl from a Poor Law School at West Bromwich, Staffordshire. Wearing a pinafore and long white sleeves, and carrying, in little linen bags at her girdle, a knife and steel, she dropped a composed and quite charming little curtsey, as if to the manner born.

### INVALID COOKERY.

Of chief interest to the readers of this journal are the sections in Invalid Cookery, viz., Class 38, "Open only to certificated nurses," in which there are 46 competitors; Class 39, open to all *except* trained nurses; Class 40, open to Army cooks; Class 41, open to members of the British Red Cross Society; Class 42, for vegetarians. In all 176 entries.

On the opening day only the exhibits sent by nurses in London hospitals were on view, *i.e.* :—

*St. Thomas' Hospital.*—Misses Cox, Truman, Jennings, Rainbow, Le Flaguais and Last.

*Guy's Hospital.*—Misses Murray, Marshall, Hook, Carpenter, McElroy, Strutt, Roscoe, Moss, Fletcher and Sadlier.

*Westminster Hospital.*—Misses Keys, Douglas, O'Reilly and Harlow.

*Charing Cross.*—Misses Harvey, Keys-Well, Spiegel and Murby.

The exhibits from suburban and provincial hospitals and infirmaries are on view on October 30th and 31st, and we hope to publish the awards in both classes next week.

The exhibits from the different London hospitals had each their distinctive features. The china of those sent by St. Thomas' Hospital had a blue and gold border, and the soup was served in little earthenware fireproof pots. As a whole their appearance was somewhat utilitarian, and surely black-handled knives need not have been used! The flowers, roses or scarlet geraniums, were admirably selected and arranged.

The Guy's nurses used white china, and the decoration in each case was pink carnations. The dainty menus with a sprig of mauve honeysuckle outlined on the left-hand corner of each card, were models of what such menus should be. The exhibits also showed that Guy's can boast of some first-rate cooks on its nursing staff. The trays sent by the nurses of Westminster Hospital looked very bright with their uniform decoration of scarlet geraniums and maidenhair fern. Charing Cross favoured lilies of the valley and violets,

roses, or pink carnations for their decoration scheme. Miss Murby's tray, on which were temptingly arranged white soup, chicken in aspic, with two wee shamrock leaves set in the clear aspic, fruit and custard, and lemon whey, would surely beguile the most reluctant patient.

### COMMERCIAL GROUP.

In the commercial group in addition to such well known exhibitors as the Gas Light and Coke Co., whose up-to-date Incandescent Gas Lamps, fitted with telephos or pneumatic switches should certainly be noticed. Lemco and Oxo, whose names are household words, Horlick's Malted Milk (rarely absent from any exhibition), and Nestlé of condensed milk fame, there were several new exhibits of interest. An admirable washing up machine, designed by Mr. H. Wyndham Rodda, which would soon save its moderate cost, the Bohn Sanitor Kitchen Table with porcelain enamel top, and Freeman & Hilyard's delicious turtle soup in tablets and bottles were all noteworthy.

### OUR CHRISTMAS COMPETITION.

Four Five Shilling Prizes will be awarded in December for the best toys made at a cost of not more than 1s. The toys must be sent to the Editorial Office, 20, Upper Wimpole Street, with a coupon in the issue of December 6th. All the toys are to be given to Superintendent Nurses, for distribution in Workhouse Infirmaries wards—so we are looking forward to a generous supply.

### LACTAGOL.

The vital importance of breast feeding of infants is universally recognized, and anything which promotes the secretion of milk, and improves the quality, is therefore of interest, not only to the medical profession, but also to nurses and midwives. There is ample evidence that in Lactagol such an agent is forthcoming. It is a substance prepared from cotton seed, a pale brown granular powder which swells up on boiling, and, according to no less an authority than the *Lancet*, consists practically entirely of protein. Our contemporary further states that the administration of the extract to patients supplying both a deficient amount and quality of milk led to a decided improvement in both directions.

Lactagol is in regular use at Queen Charlotte's Hospital and other maternity hospitals, and we commend it to the notice of midwives, whose practice lies so much amongst poor, ill-fed mothers. Their duty under the rules of the Central Midwives Board includes giving directions for the "proper dieting of mother and child during the lying-in period," and the nutrition of the infant is a question which adds not a little to the midwife's anxieties. A sample of Lactagol will be sent free by the proprietors, Messrs. E. T. Pearson & Co., Ltd., 49, Watling Street, London, E.C., on receipt of a post-card.

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