

## PRACTICAL POINTS.

**A Comfortable Bed Jacket.**

There is no more comfortable garment for patients in bed than the knitted sports coat. For sick children the white woollen coats discarded by their elders as shrunken to a useless size prove most acceptable bed jackets.

**Covers for Hot Water Bottles.**

Satisfactory covers for hot-water bottles, now in demand in the hospitals for soldiers, may be made from worn under-blankets torn up. For unconscious cases it is a good plan to use the blanketing double as this makes burns impossible. The best pattern is an oblong bag, large enough to fit loosely, and about four inches longer than the bottle. A half-yard length of tape should be sewn to the seam 3 inches from the top so that the opening may be firmly tied up.

**To Rest the Feet.**

At a time when excessive demands are made on the feet of nurses the very best way of resting them should be more widely known. This is to elevate them above the level of the head when in bed, and for 10 minutes at a time as often as possible during the day. A simple method of doing this is to invert a cane chair half-way down the bed, placing a pillow upright against the back. An adjustable drawing-board may be used in the same way, or a pair of wire-covered hinged frames, made adjustable to any angle, may be used. Half an hour spent in such a position rests the feet more effectually than hours of the horizontal position; the reason being that the elevation of the feet assists the return of the venous blood, increasing the circulation, and recuperation of tired feet after long-continued standing is proportionately rapid.

**Diet Point.**

In villages there is often difficulty in obtaining a satisfactory wheatmeal loaf, and many cottages do not contain an oven suitable for bread-baking. In such a case flat loaves or scones may easily be made as follows:—To every half-pound of wheatmeal in a large basin add as much cream of tartar as will lie on a threepenny bit, and the same quantity of bicarbonate of soda (bought by the pound at 1½d.), and half a teaspoonful of salt. Mix these well, then stir in a gill and a half of cold water. Roll out on a paste-board quickly and bake in the oven. If two tablespoonfuls of dried milk are added or milk is used instead of water, and a square inch of butter is rubbed in, a delicious scone is the result. If the dough is cut up into small pieces before baking, these, when split, form an excellent meal for school children when dripping, bacon, jam or syrup is inserted. The same dough may be used as a piecrust or as dumplings.

## APPOINTMENTS.

**MATRON.**

The Hospital, Tewkesbury.—Miss L. Bolton has been appointed Matron. She was trained at University College Hospital, and at the New Hospital for Women; and has held the position of Ward Sister and Night Sister at the Samaritan Free Hospital, London.

**SISTER.**

West Herts Hospital, Hemel Hempstead.—Miss Florence Macfarlane has been appointed Sister. She was trained at the Western Infirmary, Glasgow.

**ASSISTANT MATRON.**

Glasgow Royal Asylum, Gartnavel.—Miss Pearl B. Black has been appointed Assistant Matron. She was trained at the Battersea General Hospital, London, where she has held the position of Sister. She has also been temporary Staff Nurse at the London Fever Hospital, Liverpool Road, N.; and is at present Ward Sister at Longmore Hospital, Edinburgh.

Miss Christian Nill has also been appointed Assistant Matron in the same institution. She was trained at the Edinburgh District Asylum, Bangour; and at the Aberdeen Poor House Hospital.

**HEAD NURSE.**

Lichfield Union.—Miss Emily Howard has been appointed Head Nurse. She was trained at Prescot Union Infirmary, and has been Night Superintendent at the West Hartlepool Union Infirmary.

**LONDON COUNTY COUNCIL.**

Subject to the passing of the usual conditions, the Public Health Department has recommended to the London County Council that Miss Alice Maude Mary Hadfield be appointed as school nurse in the Department in succession to Miss B. E. Gullis resigned.

**THE ORDER OF LEOPOLD.**

The King of the Belgians has conferred the Order of Leopold II upon Miss Muriel Thompson, Sister Mary White and Miss Margaret Waite, of the First Aid Nursing Yeomanry Corps, for bravery under shell fire, in rescuing some wounded men from the trenches.

**THE PASSING BELL.**

Miss Burnham, the late Matron of the Red Cross Hospital, Christchurch, Hants, where she contracted from a patient, whom she had been nursing, the illness which caused her death, was accorded a military funeral; the coffin was carried to the cemetery on the gun carriage of the R.F.A., and covered with a Union Jack. A bearer party of troops walked on either side of the coffin carrying wreaths, and the firing party, which marched with reversed arms to the cemetery, sounded the last post over her grave.

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