

them stewed for breakfast. There are many attractive ways of cooking prunes besides stewing them, and they may also be served at other meals than breakfast. Even stewed prunes may be disguised in such a way that a patient will hardly recognise them. Rub hot stewed prunes through a colander, and stir this pulp into the breakfast cereal, beating vigorously until well blended. Serve as usual with cream and sugar. This makes a very pleasing addition to any hot breakfast cereal. Cold prune whip and prune soufflé are two methods of serving prunes as a dessert. Cook prunes until tender, and remove the stones. Rub them through a sieve, and mix this pulp lightly with white of egg which has been beaten until stiff. Sweeten to taste with sugar. Allow about one-half cup prune pulp to the white of one egg. More of the prune may be used if desired. This whip may be served cold with a custard sauce, or it may be baked in the oven as a soufflé, and served hot. Frozen prune whip is very appetising in warm weather. Use more sugar, and allow the mixture to stand in a small freezer packed with ice and salt. Do not use the crank or dasher of the freezer, but stir occasionally with a spoon while freezing. Stuffed prunes are very attractive, and are generally liked by patients. Steam dried prunes until they swell and are tender. Cook these prunes for a minute in a heavy syrup made of equal parts of sugar and water. Allow them to dry for a while on oiled paper, then remove the stones, and stuff with nuts or pieces of marsh-mallow. They can also be stuffed with pieces of prune which have become broken.

When fresh fruits cannot be produced we must rely on canned and preserved fruits. Practically all canned fruit, with the exception of pineapple, is greatly improved if it is cooked over for a few minutes after it is taken from the can. This cooking takes away that taste peculiar to canned fruits, and improves the flavour. Lemon juice may be added before cooking.—*American Journal of Nursing.*

#### LECTURES ON VENEREAL DISEASES.

Members of the Nursing and Allied Professions who are increasingly realizing the importance of knowledge concerning the Venereal Diseases, with which they are frequently brought in contact in the course of their work, will be glad to know that a series of free lectures on Venereal Diseases will be given at St. Paul's Hospital, Red Lion Square, Holborn, W.C. 1, by Dr. Leonard Myer, F.R.C.S., Hon. Surgeon to Outpatients, on Fridays, April 1st, 8th, 15th, 22nd and 29th, and May 6th, at 5 p.m.

#### NURSING ECHOES.

We have not received one paper on the question "Describe the methods to be adopted for keeping a patient's bed dry when undergoing the Carrel-Dakin treatment, or any form of intermittent or continuous irrigation." This is very disappointing, as it deals with important nursing methods, and the Carrel-Dakin treatment was so much used during the war, in hospitals both at home and abroad, that the problem is one which must have presented itself to many nurses for solution. We still hope that one or more of our readers will incorporate their experience in a paper for the benefit of their profession.

An old "Bart's" Sister has asked us "to put on record in THE BRITISH JOURNAL OF NURSING, which," she writes, "has consistently for the past thirty years supported the higher evolution of the nursing profession, and is, as Miss Dock states in the History of Nursing, 'the most complete record in existence of nursing affairs and progress in all countries,' the entire little speech made by His Royal Highness the President, the Prince of Wales, expressing the appreciation of the nurses and others of the Queen's visit to lay the Foundation Stone of the new Nurses' Home on February 17th ult." Here it is:—

#### THREE CHEERS FOR THE QUEEN.

May it please your Majesty—I have just read the formal address of welcome from the Governors, and I know that the staff and workers in the hospital want to join the governing body in expressing our deep appreciation and gratitude at your coming here to-day and laying this foundation stone, as well as the great pleasure that your visit has given us. This is indeed a proud day for "Bart's," and I can assure you that your visit will be a great incentive to all who are working for the hospital. The hospital has recently received great financial support. I will not mention individual names, but there have been individual donations, one of which was £25,000, and another of £10,000, besides other large sums collected from public bodies and of money collected by various people. I take this opportunity, on behalf of the hospital, of assuring these generous donors, in your Majesty's presence, of our gratitude for their generosity. Ladies and gentlemen, I ask you to give three cheers for the Queen.

The anonymity of the donor of the larger sum is still maintained, but it is now known that the gift of £10,000 was made by Sir John Charles Bell, an Alderman of the City, who filled the office of Lord Mayor in 1907-8.

[previous page](#)

[next page](#)