

crevices of infection, and never eat or drink till your apron is changed."

With regard to clothing, in this climate you all should have woollen coverings next the skin, from feet to throat, and down to the elbows, at least. Soft, firm shoes, coming well up over the instep, with broad quarter-inch heels; suspenders, not garters, should be worn. Change and dry your stockings frequently, and wash your feet daily with common yellow soap and cold water. I know no better preventative or cure for sore feet. Go out regularly; however tired you may feel when you start, you will feel less tired when you come in. To those who work in Hospitals where no outdoor uniform is given, I would say a word on the subject of outdoor dress. All young women who are not living under immediate home protection should dress in a very quiet, inconspicuous manner, whatever their station in life (unfortunately, it is not impossible to make outdoor uniform objectionably conspicuous). Whatever adds to a Nurse's temptation to stay indoors should be avoided, and therefore it is a good plan to have a long mantle of some kind, which can quickly be put on over your uniform, and thereby save precious time and the effort of changing the dress.

The subject of clothing leads me to speak of personal tidiness. Early morning tidiness has a great effect on Ward discipline. Your cap may not be your cleanest, but it need not be crumpled; and the hair under it should be as smoothly dressed at seven a.m. as it is at ten a.m. The Nurse who has constantly to be sent to put her apron and cap straight, and who looks as though her hair-pin box is lost, inspires one with little confidence as to the nicety with which she will wash the patient, or her exactness in giving medicine or registering a temperature.

There is a code of Ward manners which it is part of a Nurse's training to learn and observe. It consists chiefly in paying deference in everything to those who are over her in the work. A Nurse should always rise from her seat when Doctor or Matron enter the Ward or room, and should always stand to receive a Sister's orders. When addressed by a Doctor you should always say "Sir." Make your reply to the point, and as short as possible. Never give explanations unless asked for them. The manner of addressing the Lady Superintendent varies in different Hospitals, but you should be quick to note and follow the custom of the place.

(To be continued.)

Loeffund's Mustard Leaves (prepared specially for Sinapisms from the finest seed only. The most efficacious and reliable form of mustard-plaster. Clean, quick, portable. Tins of 10, 1s. 6d. Special quotations for larger sizes, containing 50, 100, and 200 leaves each. R. Baelz and Co., 14-20, St. Mary Axe, E.C.

## TASTY TIT-BITS AND DISHES DAINTY, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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"Any pretty little tiny kickshaw's, tell William, cook."—

HENRY IV. (SHAKESPEARE).

### NORTH COUNTRY DISH OF BACON OR HAM.

Cut some thin slices of brown or white bread, soak them in milk, place slices of raw bacon or ham between them; sprinkle with a little hard-boiled egg, white and yolk, season with salt and mustard; fry in batter, and serve with crisply-fried bread.

### NUN'S TEARS.

Boil 1 oz. of butter in a large cup of water; add half a large cup of flour; stir until it leaves the side of the saucepan, add one by one, two eggs, until the dough is quite firm and smooth. Butter a baking sheet, and drop on to it the dough from a teaspoon. Each piece should be about the size of the top of a sherry glass. Bake for a quarter of an hour; cut a hole in each at the top with a sharp knife, and fill with apple jelly, with dried cherries on the top.

### CROUTE AUX HUITRES.

With a cutter stamp out some rounds of bread, the size of a five-shilling piece (smaller if liked) and about a quarter of an inch thick. Fry in hot fat some bacon or ham, cut the same size as the croûte, and shaved quite thin. Spread a little anchovy paste, mixed with cayenne on the croûte; then the bacon; then a roasted oyster (an oyster made quite hot all through); a dash of cayenne, a little of the oyster liquor, and serve immediately.

### GOLDEN MOUNT POTATOES.

Add to two cups of cold mashed potatoes sufficient hot milk to make the potatoes soft enough to roll into shape; pile on a buttered plate, and smooth with the blade of a knife into a pyramid; cover with the yolk of one egg; sift bread-crumbs over the whole. Brown a light golden colour in a hot oven, and serve very hot. This is excellent cold.

### EXCELLENT MEAT JUICE.

Put 6 oz. of gravy beef into a jar, cover with half-a-pint of cold water. Stand it in the cool for six hours, when it is ready for use. This makes enough for twice, and should be put into Bovril, beef-tea, or clear soup. The strength of it is wonderful, and the nourishment contained in it is quite invaluable, especially in cases of extreme debility.

### A WONDERFUL PICK-ME-UP.

Take a claret glass of champagne, pour into it a wine-glass of the richest cream you can procure, and drink it slowly.

NOTICE.—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loeffund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparat ons." 14-20, St. Mary Axe, E.C.

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