

that in making a bed the centre-fold of the sheet is *not* in the centre ; that a crib is one and a-half inches off the straight. All these small details, which do not directly affect the comfort of the patient, are yet most important, in so far as they affect the general appearance and finish of the Ward, and are more important still as the means of cultivating your powers of observation. You should make it a matter of conscience never to pass over anything with the thought, "Oh, it will do"; or, "It will never be noticed." There should be no standard in Ward work lower than perfection. If your eyes are allowed to get into the habit of resting on things without seeing them ; if you do not learn to see corners of dust on the tables ; if you do not see when a bed is not straight, how can we hope that you will see the preliminary signs of rising temperature, or the first blush that means erysipelas ? Let your observation be accurate. Do not report in the evening, "The patient seemed hot," but, "It was at 4.50—having looked at the clock—that I first noticed M. or N. was flushed. I took his temperature, and found it so and so." Note the hour when you first observed the change of symptom. Often it may not be of any importance, but it may be so, and for you the habit is good training.

(8) *Forethought*.—There is no greater help in Ward work than Forethought. Accuracy is very dependent on Forethought. As Mr. Ruskin has truly said, "Precision is impossible without foresight," and it must be cultivated with care. In the evening forecast the morning's work; in the day forecast the evening's work. A good plan is to go over it in your mind, and then go to your Staff Nurse and ask her if you are right. Half the battle in Ward work is to know what you are going to do, what time you can do it in—and then do it.

(9) *Promptness and Obedience*.—I have separated these, and put the most important of all Nurses' qualifications last ; but I might just as well have said "prompt obedience," which is, in truth, the very keystone of a Nurse's training. It touches every act of your life, and the true spirit of obedience is what will make it harmonious and beautiful. Its fruit is that service which is not "eye-service," but, with cheerfulness and loyalty, faithful work in every detail. You may doubt in your own mind the wisdom of an order given by the Resident, but the responsibility is his ; yours is to obey—not unwillingly, but promptly.

(To be continued.)

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

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BY
LADY CONSTANCE HOWARD.

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

HENRY IV. (SHAKESPEARE).

MANY kind and thoughtful people send presents of game to the different London Hospitals for the use of the patients ; a few appetizing recipes may therefore be acceptable now that game is just coming on.

CLEAR GAME SOUP.

Take the remains of any game that is not high, put them into a saucepan with one onion, one carrot, two or three cloves, a small piece of mace, one bay leaf, some pepper, and white pepper and salt to taste. Cover the whole with veal or poultry stock, and set the saucepan to boil gently for two hours. Strain off the soup and set it to boil again, then throw in one ounce of raw beef or liver coarsely chopped ; let it give one boil and strain the soup through a napkin—a small quantity of sherry to be added before clarifying. If not quite clear the process of clarifying must be repeated. A few of the best pieces of game should be put into the soup just before serving.

COTELETTES DE LAPEREAU (RABBIT CUTLETS).

Cut a boiled rabbit into neat joints, chopping short the leg and shoulder bones. Make a batter, allowing three tablespoonsful of flour to one egg, and enough milk to make it the consistency of thick cream. Dip each piece in the batter and fry a light brown. Serve with thin crisply fried rolled bacon.

CROQUETTES DE LAPEREAU (RABBIT CROQUETTES).

Mince finely the white meat from the heart of the same rabbit, rejecting all skin and discoloured bits. Mince the same quantity of cooked ham or bacon, chop finely some lemon peel, and about one teaspoonful of chopped parsley. Put all in a basin and dredge all over with flour, turning it over and dredging again. Serve with salt, pepper, and cayenne ; if liked, a little mace may be added. Beat up one or two eggs, if the quantity of mince require them, to well moisten and bind the ingredients. Take up one tablespoonful at a time and mould into pear shapes, putting one clove into the broad end of each, roll in bread-crumbs and fry in boiling lard. Serve with fried parsley in the centre of the dish, or with mushroom sauce in a boat, when the dish is called "Croquettes de Lapereau aux Champignons,"—rabbit croquettes with mushrooms.

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. Loeflund 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 preparations." 14-20, St. Mary Axe, E.C.

[previous page](#)

[next page](#)