

possible to give him, or her, quiet and privacy to talk to the patient so visited. With regard to your behaviour to patients' friends, *feel* kindly towards them, and you will make no mistakes in acting. Be courteous and patient at all times, and you will have little difficulty in being decided and firm when it is necessary to exercise firmness and decision in the interest of your patient.

I cannot close these hints to Probationers without a word on waste and economy. I often observe among Nurses as well as among Students great impatience when economy is insisted on. This arises, perhaps, from want of thought. First you must grasp the moral responsibility which you incur by having in your charge all material for Hospital use, from a safety-pin to the most costly instrument. These things are supplied by money dedicated to the service of the poor, and when you waste, you are indeed truly "robbing the poor." Now, anyone who has any experience in diverse expenditure will tell you that the true secret of economy is to watch petty expenses. It is really a case of taking care of the pence, and the pounds taking care of themselves; and it is the constant waste in small things that chiefly constitutes Hospital extravagance, arising in a measure from thoughtlessness, and frequently from want of good management and the foresight which I have before urged as a most necessary qualification in a Nurse. Never allow yourselves to forget for one moment that you are merely administering the possessions of the poor, and that you have no more right to waste safety-pins than you have to use amputation knives to sharpen your pencils.

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

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.
[COPYRIGHT.]

ROAST GROUSE, ENGLISH FASHION.

Put half-a-pound of fresh butter into a basin and allow it to melt before the fire. Put the grouse not too near the fire at first, baste soon after it is put down, and continue without ceasing until ready to serve. Serve with gravy made from grouse bones (*meat* gravy must *never* be used with game, as it entirely spoils it). Serve with bread sauce, brown bread-crusts, and potato chips or ribbons, which three things (sauce, bread-crusts, and potatoes), should be also served with black game, pheasants and partridges.

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.

GROUSE, SCOTCH FASHION.

Make some toast like buttered toast, crisp it before the fire, place it under the bird and serve with *thin melted butter* poured over it. Serve as hot as possible. Serve bread sauce, bread-crusts and chips, but *no* gravy.

POTATO CHIPS.

Cut raw potatoes into neat round slices rather more than one inch thick, and then into spiral shavings, going round and round in the way you peel an apple; throw them carefully into hot lard or oil; fry them very crisp of a light brown, and serve as hot as possible. A little salt should be sprinkled over them.

BREAD SAUCE.

Boil the crumb of a French roll and one onion in half-a-pint of cream, add one ounce of butter and some white ground pepper. When done, take out the onion, beat up your sauce and season with salt and pepper. For one or two persons a less quantity of cream will do. A cheap way is to warm some milk, add the crust of the roll, one onion, and some white pepper. Heat all thoroughly, and add two or three tablespoonsful of cream.

CHICKEN CUTLETS,

Take for this purpose the legs of a chicken, removing the thigh-bones, but leaving the drumsticks in, to keep the cutlets in shape. Put the legs into a saucepan, together with as much good stock as will cover them, and allow them to simmer very gently, until they become tender. Then take them up and place them between two dishes, placing a weight upon the top, and let them remain until cold. Then trim off the edges, shaping them into cutlet form; season with a little pepper and salt; brush them over with a little butter; dip them into egg, and then into fine bread or cracker crumbs, and fry in butter or lard until nicely browned. Whether butter or lard is used, it should be *very* hot when the cutlets are put in. Turn them from one side to the other while cooking, so that they may be evenly browned; and when done, place them on a hot dish, and send to table at once, with a good clear gravy made of the bones and trimmings. Serve French beans or peas in the centre.

POULET AUX CHAMPIGNON (CHICKEN WITH MUSHROOMS).

Take the two large filets from the wings of the same chicken; fry the pieces in plenty of butter, with pepper and salt, until done. Drain off the butter into a saucepan; mix with it one teaspoonful of flour; then add enough stock to make the sauce, and eight or ten button mushrooms, cut in half; let the sauce boil for ten minutes, then add the chicken to it, and let the whole be kept hot until the time of serving. Put some fried potatoes into the centre.

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

[previous page](#)

[next page](#)