

of little wind-bag, like the artificial contrivance—soft and moist to the infant's mouth, the base of the nipple forming the *point d'appui* during the act of suction; and when an infant is extremely tongue-tied, he cannot properly suck, and hence may *starve* in the midst of plenty unless the defect is promptly remedied; the areola also is soft and yielding, comparing very favourably with the hard bone disc substituted for it in bottle-feeding. The nipple is the apex of the breast, which is somewhat spherical in form, protuberant, and supported and kept in form by the pectoral muscles that attach it to the chest; it contains the mammary glands, and is abundantly supplied with blood vessels and nerves. The mammary glands are abundantly supplied with arterial blood to keep up the milk secretion from them; an onrush of milk, commonly called the "draught," is due to a wave of arterial blood sent to the breasts in obedience to the behests of the vasa motor nerves of the sympathetic nervous system, which distribute the arterial blood to every organ of the body.

I have told you in a previous paper that they govern the whole sexual life of woman. In this case it is the fount of maternal love. The mother's heart yearns towards her babe, and quick as thought the nutrient stream flows from the breast. The infant takes the life-giving fluid from her blood, and the two lives are as *one*; the food is formed fast and fresh for the infant's needs. Nature does *not* store her milk, and will not have it stored. If the supply of milk be too profuse we have to relieve the breasts, otherwise it would become a source of pain or even disease to the parent from what is generally called "wedging."

Again, the temperature of breast milk is unvarying (blood heat), its constituent parts invariable in their proportions, and as it has never been exposed to the air, it is absolutely free from all risk of septic contamination. Can all this be found in bottle feeding. A copy-book text told me, in days of yore (I don't know where they got it from) that "comparisons are odious." I *believe* it when I compare this "sensitive warm motion," this living, feeling, form of beauty—the maternal breast—with its popular substitute, the anything but lovely, nay, dare I say odious, feeding-bottle—that hard, ugly, common-place glass receptacle, which, in its present-for-the-present new (?), or rather revived *old* shape, bears a fanciful resemblance to one of Schweppe's soda-water bottles!

(To be continued.)

Loeflund'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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CROUTONS DE SAUMON (CROUTONS OF SALMON).

Cut as many squares or rounds of stale bread as you require (two would be sufficient for one person), and throw them into boiling lard. They will brown very quickly, and when a pretty gold colour, they must be lifted out and laid to drain upon a piece of white paper until you are ready for them. Make a cup of drawn butter sauce by melting in a saucepan one tablespoonful of butter, stir in one even tablespoonful of flour, and when it is perfectly smooth, but before it has coloured, add one cupful of boiling milk; season lightly with cayenne, and stir in one large cupful of boiled salmon, picked into flakes. Let it get very hot, and add one egg, beaten light, with three tablespoonfuls of cold sweet milk. Finish with a dash of cayenne, and pour the mixture on to the croutons of fried bread. Turbot, plaice, soles, whiting, mackerel, and lobster may be cooked in the same way.

LADY FITZHARDINGE'S LEMON DUMPLINGS.

Take $\frac{1}{2}$ lb. of bread-crumbs, $\frac{1}{2}$ lb. beef suet, $\frac{1}{2}$ lb. of Demerara, the grated rind and juice of one lemon. Mix all well together with a little milk; steam forty minutes, and serve with German whipped sauce.

SHEEP'S FEET WHITE SAUCE.

Blanche some sheep's feet; stew them for three or four hours until tender; make a white sauce with the gravy, thickened with the yolk of four eggs, and a gill or more of cream; add a slice of mushrooms and truffles, and some finely-chopped parsley. Very good and nutritious.

RED MULLET OR PAPILOTTE.

Clean the fish—called by many "The Woodcock of the Sea"—taking out the gills, but leaving the inside; fold them in oiled paper and bake gently for about twenty-five minutes. Take the liquor that flows from the fish, add a thickening of butter lineated with flour, half-a-teaspoonful of anchovy sauce, one glass of sherry, pepper and salt to taste, and let it boil for two minutes. Serve this sauce in a sauce-boat, and the fish in the paper cases, which you remove when on your plate.

POMME DE TERRE AUX ŒUFS (POTATOES WITH EGG).

Put a lump of butter into a frying-pan; when it boils, brown in it a finely-chopped small onion. Cut some cold boiled potatoes into slices; put them into the pan; pour over them the well-beaten yolks of two eggs; add pepper and salt; fry a golden brown on both sides, and serve as hot as possible. An excellent way of using up cold potatoes.

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.

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