

further information of a like kind from my Nursing readers. The material used for the teat was either chamois leather or new parchment, the former being the more preferred. My young readers must not imagine that it was merely common *wash-leather*, such as is used by the obliging "young ladies" of to-day who kindly condescend to clean our plate for us; but a very superior kind of skin, costing half a guinea each, beautifully soft, and almost velvet-like in smoothness. In shape the teats were not unlike those of to-day—or rather, shall we say, the reverse, for the modern article is a copy of the old. They were cut in *two* pieces, and very neatly sewn together all round, leaving a little space at the top for the milk to flow freely through; at the lower end of each *side* of the teat a little space was also left, so that it might the better fit over the mouth of the bottle, and be *firmly* fastened to the neck with a piece of purse-silk wound round and round the neck. The parchment teats were made and secured in precisely the same manner, and many mothers preferred them. The art of teat-making was *not* to make them *too long*, or they tickled the back of the baby's throat, and made him sick: and this is just the fault of more than half of the india-rubber teats of to-day. Viewed through the light of our modern spectacles, we can see that this quaint feeding contrivance was full of faults; but I confess to a kind of ancestral liking for the dear old thing, for "beautiful women and brave men" have taken their early sustentation from it, together with many thousands of the *early* subjects of our Queen. When the infant had to be fed he was placed on his Nurse's lap in a half-sitting position, his head resting on one of her arms, whilst she held the bottle and fed him with her other hand.

I have just described to you how the teats were made and fastened on. Now it used to happen that if they were *not* made secure, a vigorous baby would suck them off, and unless prompt aid were at hand, there was a grave risk of suffocation from the teat getting into the wind-pipe. As a matter of history, this disaster *did* happen more than once; and I am of opinion that a knowledge of the possibility of this accident led, amongst other causes, to the almost complete effacement of the old method of feeding quite thirty years ago. We shall have a word or two to say about its revival in present times, and see wherein it differs from the original article, to which latter we will for the present direct our attention. (To be continued.)

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

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.

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COLD MUTTON AND SALAD.



Cut some slices from a shoulder of mutton, and lay them in a dish. Put a border round of lettuce, beet-root, and mustard and cress, with hard-boiled eggs, cut in half. Arrange these in little groups, beetroot, lettuce, eggs, mustard and cress, and serve with very thin brown bread and butter, rolled carefully.

SLICES OF MUTTON DEVILLED.

Take the remaining slices of mutton; grill them a nice brown, and serve very hot with the following sauce in a boat, and a border of mashed potatoes round the meat. Sauce—Put in a soup plate a tablespoonful of mustard ready made, two of castor sugar, one heaped-up mustard spoon of salt, the same of salad oil, two tablespoonfuls of Worcester, Harvey, and Pratt's club sauce, one of ground black pepper and some cayenne. Mix all thoroughly, add a tea-cupful of good stock, pour it all into a saucepan, make it hot, pour into the sauce boat and serve at once, with crisp hot toast and pats of fresh butter well iced. The remains of all kinds of meat, game, and poultry, may be cooked in the same way.

BRAISED MUTTON.

Have the bones removed by the butcher, from a shoulder of mutton, lay the meat flat, spread it with a forcemeat made of chopped bacon, bread-crumbs, a very little minced onion, and a little thyme and sweet marjoram. Moisten the mixture with two teaspoonfuls of ketchup, and the same of Worcester sauce. Roll the meat tightly, bind it with string and put it over the fire in a stewpan. Pour over it two cupfuls of boiling water, cover closely, and cook slowly for two hours, turning it once. When tender, place it on a dish and keep hot. Cool the gravy by setting it in cold water, remove the fat thoroughly, return to the fire, and thicken with browned flour. Add pepper and salt to taste, and one cupful of tomatoes stewed soft and rubbed through a colander; if there are no fresh tomatoes, tomato sauce will do. Boil up once and pour over the mutton.

SCALLOPED JERUSALEM ARTICHOKEs.

Cut the artichokes into very small pieces, stew them gently with a little anchovy sauce, pepper and salt. When tender, lay the pieces in china scallop shells, add a little of the sauce, cover with breadcrumbs, a dust of pepper and some bits of butter, and brown with a salamander or in the oven.

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.

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