

have nowhere to go, for invalids are not always welcome guests; and many others, again, can never obtain the advantage of a sea-side visit by reason of the incidental expense.'

"It was for the benefit of all these that the Home of Rest was founded. The Committee was enabled, by the generosity of Mrs. Lionel Lucas, to purchase the freehold of No. 12, Sussex Square, Brighton, and greatly improve the premises, and by the valuable assistance of Mrs. Beer, Mrs. Bancroft, and many other kind friends, to completely furnish the house.

"The Home was opened on May 4, 1891, by Her Royal Highness Princess Christian, to whose active exertions upon its behalf the success of the scheme must chiefly be ascribed. The experience of the six months which have since elapsed has conclusively proved the value of the Home, because already no less than one hundred and fifteen Nurses have availed themselves of its advantages, and have all expressed themselves as deeply grateful for benefit which they had never been able previously to obtain. These Nurses have come from all parts of the southern counties, and from as far as Birmingham and South Wales.

"The financial statement shows that the original estimate of the Committee was most accurate, and that "it will require £300 a year, beyond the payments of the Nurses, to cover the expenses of the Home." The loan of £3,000 from Mrs. Lucas has also to be repaid. The Committee, therefore, requires £12,000 to do this and to provide an Endowment Fund; or the amount of the loan, and an annual subscription list of at least £300 a year. Towards this the Committee now has £700 in hand and subscriptions promised to the extent of £80 annually. It earnestly appeals for further donations or annual subscriptions to make up the deficiency.

"The Committee cannot close this Report without expressing its best thanks to Lady Jeune for her hospitality in permitting its meetings to be held at her house, and to Mrs. MacIntyre, the Matron, for the excellent manner in which she has superintended the domestic management and provided for the comfort and happiness of the Nurses under her care.

"All information can be obtained from, and subscriptions will be gratefully acknowledged if sent to, the Hon. Sec., Mrs. Bedford-Fenwick, 20, Upper Wimpole Street, London, W.; while the Matron, at the Home, 12, Sussex Square, Brighton, will always be very pleased to show any visitors over the Home."

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.

[COPYRIGHT.]

### CASENA BISCUITS WITH CAVIARE.

Take some Casena Biscuits, as prepared by W. Hill and Sons, 60, Bishopsgate Street Within, E.C., they are delicately flavoured with the finest cheese, and combined with Real Fresh Russian Caviare, of the Russian Caviare Company, provide a delicious *Savoury* or *Hors d'Œuvre*. Make the biscuits hot in the oven, spread the caviare on them thickly, season with pepper and lemon-juice, and serve directly. The biscuits may also be eaten cold with the caviare spread on them in the same way.



### A TEMPTING BREAKFAST.

Into a breakfast-cup put half a teaspoonful or more of Cuca Cocoa, then fill it up with boiling water or milk; sweeten to taste. Cut some slices of brown bread, also white, very thin, butter well, roll them, and serve with the cocoa.

### A DELICIOUS REPAST FOR FIVE O'CLOCK.

Into a breakfast-cup put half a teaspoonful or more of Cuca Cocoa, mix it smooth with a little cold milk; add sufficient boiling milk and boiling water to nearly fill the cup; sweeten to taste, and add some cream. The latter is delicious with the cocoa. Serve with W. Hill and Son's Malted Nursery Biscuits, just as you take them out of the tin.

### MERINGUES WITH CUCA COCOA.

Whip up the whites only of two eggs to a stiff froth, add to this ½ lb. of castor sugar, mixed in lightly with a wooden spoon. Oil a baking-tin very slightly; drop the mixture on to it in pieces as big as a guinea-fowl's egg; dredge them with plenty of castor sugar; bake in a slow oven until a nice fawn brown and quite crisp. When they are dry remove them from the tin, scoop out the soft inside, when they are ready for use. Fill them with whipped cream, flavoured with Vanilla and "Root's Cuca Cocoa," prepared as follows. Take two tablespoonfuls of new milk, boil it, pour it on to half a teaspoonful of "Cuca Cocoa," stir the milk and cocoa together until quite smooth. Return it to the saucepan and boil a few minutes. Set it aside to get cold. When cold mix it with the whipped cream, flavoured with vanilla. This quantity will make six meringue cases. They will keep at least one month if kept in a tightly-closed tin box in a dry place. The mixture is sufficient to fill two cases.

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](#)