

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

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.

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**CUCA COCOA MOULD WITH AND WITHOUT
STRAWBERRIES.**

Mix the yolks of six eggs strained with 2oz. of castor sugar, 1oz. of "Cuca Cocoa," and one pint of milk. Set the mixture on the fire in a double saucepan, the outer one filled with hot water, and keep stirring until the milk thickens; dissolve in a little milk $\frac{1}{2}$ oz. of "Swinborne's Gelatine," previously soaked in cold water; add this to the other ingredients; strain it, put it into a mould, and put it into a cold place, or on ice, to set. When strawberries are in season serve with it some that have been carefully picked from their stalks, plunged into brandy for one hour, then taken out and covered with castor sugar.



CUCA COCOA CAKE.

Beat the yolks of nine eggs until they are quite light; then sift in gradually $\frac{1}{2}$ lb. of castor sugar, and beat well together. Add slowly $1\frac{1}{2}$ oz. of Cuca Cocoa, 4oz. of fine flour (dried and sifted), a pinch of grated lemon peel, and just at the last stir in the whites of five of the eggs whisked to a stiff froth. Pour the mixture into a well-buttered mould, and bake in a moderate oven. If the oven is too quick the cake falls in the centre. Excellent, hot.

CUCA COCOA STRAWS.

Beat up one egg; mix with it 2oz. of flour, 2oz. of butter, and 1oz. of Cuca Cocoa. Knead the mixture well with the hands, roll out once with a rolling-pin; then cut it into strips like very large straws, carefully placing each one, without breaking it, on to a baking-tin previously greased, and bake lightly.

CUCA COCOA AND VANILLA SNOW-EGGS.

Separate the yolks from the whites of six eggs, and whisk the latter to a stiff froth, with one tablespoonful of castor sugar. Put one quart of new milk into a saucepan; sweeten to taste; bring it nearly to the boil. Then take two dessert-spoons, and shake the white of egg, dropping it one by one into the milk; when set on one side, turn over. A few seconds are sufficient. Then take out and drain on a sieve. When all the egg-froth has been used, strain the milk into a second saucepan, and let it get cold; then gradually mix with it the yolks of the eggs, and simmer gently over the fire, to make a custard; flavour with vanilla, and half-a-teaspoonful of Cuca Cocoa, worked quite smooth. Pour it into a glass dish, and, when cold, lay the snow-eggs on the top.

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NURSING ECHOES.

PRINCESS CHRISTIAN, Princess Beatrice, Princess Frederica, Princess Louise, and the Duchess of Connaught have given their patronage to the fête at Princes' Hall, by which the young members of the "Children's Salon" are hoping to endow a cot in Victoria Hospital for Children, Chelsea. The fête commences on Wednesday,



Jan. 13, when there will be musical and dramatic competitions, an exhibition of the prize drawings, a sale of the work made by the members, dancing and village games, and a Christmas-tree. On the next day, there will be a children's fancy dress ball, preceded by a costume procession. I hope this entertainment may be a great pecuniary success, as this Hospital is excellently managed, and is well deserving of public support.

ALL Nurses will deeply regret the sad accident which has occurred to Prince Christian, and they will feel heartfelt sympathy with the sorrow and distress which his devoted wife must have suffered in consequence.

If "to tend the lone and fatherless is angel's work below," there was much angelic labour performed in the metropolis on Christmas Day by hundreds of men and women, who willingly gave up their own comforts to feed the needy and solace the suffering. All the patients in the hospitals able to realise the season were supplied with toys, regaled with such delicacies as their state allowed, and their surroundings were brightened by the red and white berries of the holly and mistletoe, whose leaves were worked into and around many a fanciful device. In workhouses the same thing was witnessed. At Camberwell old Polly Thompson, who is in her 105th year, was of course specially fêted, although this year she had a powerful rival in the youngest inmate of the establishment, who was born just as the workhouse clock announced the advent of Christmas morning. Tea and amusements made young and old as happy as their circumstances permitted. Indeed, it may be said that all the Christian and benevolent agencies made an effort to cheer, for one day in the year, lives in which misery is too sadly predominant in the rest.

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