

## Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY  
LADY CONSTANCE HOWARD.

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## MELINA PIES.



Chop some cold veal very fine with a little fat bacon; add cayenne and salt to taste, the grated rind of one small lemon, and a little of the juice, the yolks of four and the whites of two eggs; line some patty pans with paste; put in the mince, cover with paste; and bake in a moderate oven.

## GENOESE PASTRY WITH CHOCOLATE ICING.

Take  $\frac{1}{2}$  lb. of butter, warm; 4oz. castor sugar, four eggs,  $\frac{1}{2}$  lb. of flour. Mix the melted butter with the sugar, yolks of the eggs and the whites beaten to a froth; stir in the flour; pour the mixture into a flat tin, and bake ten minutes in a quick oven. The paste should be about half-an-inch thick. When baked, put the pastry to cool underside uppermost on a sieve; when cold, spread thinly with a layer of apricot jam, then a coating of chocolate or coffee icing. Put in the oven one minute, then in a cold place till quite cold. Cut in any fanciful shapes you please.

## CHOCOLATE ICING.

Put in a saucepan  $\frac{1}{2}$  lb. of castor sugar, 2oz. of grated chocolate, and one gill of water. Stir over the fire until the consistency of thick cream.

## LADY ABBESS SANDWICHES.

Pound 3oz. of almonds,  $\frac{1}{2}$  lb. of butter, and 2oz. of castor sugar, with a little rose-water until a thick paste. Spread the mixture on a well-buttered tin; bake in a slow oven. When cold, put any jam or preserve between two strips of paste; cut with a sharp knife.

## POTATO OUTLET WITH TOMATOES.

Cut some small slices of cold mutton, trim them to the shape of cutlets, and of a uniform shape; a cold neck is best for the purpose, as that has the bone, which must otherwise be represented by a piece of maccaroni; lay the cutlet in a thick layer of mashed potatoes, well-flavoured with pepper and salt. Fry a nice light brown. Plunge some ripe tomatoes into boiling water, skin them; stew them in a small saucepan, and break in one egg to four large tomatoes; stir well until they are the consistency of buttered eggs. Pile up the tomatoes in the centre of a dish, arrange the cutlets round the tomatoes, which should be a bright pink (if they have lost their colour add a few drops of carmine), and the cutlets a golden brown. Spinach, sorrel, carrots, turnips, or onions may be used instead of potato.

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## Nursing Echoes.

\*.\* All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.

IN another column, will be found the full account of the historical meeting of the Council of the R.B.N.A., which decided that a Royal Charter should, at once, be applied for. Mr. BURDETT last week, in the *Hospital*, struggles to cover his evident discomfort at this news, by once more trotting out the decision of the Board of Trade. It now appears that the President of the Board declined the licence on the ground that the Board was unable to judge of the



merits of the case with such conflicting testimony, but that he advised the Association to apply to the Privy Council for an inquiry, with a view to obtaining the powers they desire, and, moreover, promised that if the Association made such an application, he would give it his cordial support. This is totally different from Mr. BURDETT's account of the transaction, and as this is true, the difference is not surprising.

So, at last, the Association intends to appeal to CÆSAR. I hear that it has already engaged eminent counsel to argue its case before the Privy Council, and thus to bring before the public its exact work, and the manner in which it has been opposed. Mr. BURDETT tries very hard to make believe that he enjoys this prospect. Some four months ago he expressed in the *Hospital* his pleasure at learning that this Journal had ceased to be the property of its previous owners. We imagine that pleasure has been somewhat mitigated since, and that it will fade away to vanishing point some day, soon. With reference to the Association and its public inquiry, we have some ground for believing that Mr. BURDETT's satisfaction is not likely to last even as long as in our case.

THE *Lancet*, which has earned the gratitude of all Nurses by its constant support to their Association, last week made the following important remarks, which we commend to the careful attention of our readers:—

"THE ROYAL BRITISH NURSES' ASSOCIATION.—The meeting of this Association, which was held on Monday last, had under consideration a proposal to substitute a Royal

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. Loefund 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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