

the head the infant must be kept and moved about on a pillow, and when laid down kept in a semi-recumbent position, so that the head is not too low. Birth pressure may prove fatal to infant life from pelvic contraction, whether forceps be used or not. The head may also suffer from traumatic lesions due to mechanical causes, when forceps are used for delivery to a more or less serious extent. As a rule, the injuries are merely scalp abrasions, and a simple dressing of zinc ointment and the cold cream I told you of in equal parts will put them right in a few days. At other times, these injuries are far more serious, and we get nerve crushing and consequent paralysis of the facial muscles, one or other eyelid droops or the corners of the mouth are drawn down; the infant cannot suck nor sometimes swallow; the little face has a singular expression of pain and misery and sharp little shrill cries at frequent intervals give evidence of brain mischief. Convulsions may supervene, and terminate fatally within a day or two from time of birth. There is little to be done here but giving frequent nourishment; brandy and milk in small quantities, at short intervals; warm the cot in the way I told you of, and be careful to rest the head on a soft pillow. Facial as well as cranial injuries may be caused by forceps; the eyelid, the ear, the mouth, or the chin may be bruised or cut. I have known injury to the parotid gland occur, leading to inflammation and subsequent abscess. More often than not the mischief is only superficial, but they require care at a Nurse's hands. The same dressing will do, which I have just mentioned. The face must not be washed oftener than necessary, and must be carefully dried with a soft cambric handkerchief; the wounds soon heal, but the worst trouble from them is the pain they give the infant and the crying that results therefrom. On no account give any kind of narcotic to soothe, without medical sanction; care and patience are the best remedies.

There is another form of facial injury, due to a very infrequent and untoward accident occurring before birth—a complete mal-position of the head, which is placed face downwards and born face first; in Midwifery we call it a faceling, and as a rule, one or other malar bone presents. A very little reflection will show us that the facial pressure is very severe in these cases, as the whole force of the pains falls upon the soft and irregular surfaces of the face, and as a rule, the expulsion is tardy. (To be continued.)

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## Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

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### LEMON SPONGE.



Take one pint of cold water; add 1oz. of Swinborne's Gelatine, and let it stand five minutes. Dissolve it over the fire. Add the rind of two lemons (thinly pared),  $\frac{3}{4}$ lb. of loaf sugar, the juice of two lemons. Boil all together two minutes; strain it, and let it remain until nearly cold. Then add the whites of two well-beaten eggs; whisk well ten minutes. Pour it very lightly into a glass dish. If preferred, it can be poured into a mould, and allowed to stand until set. It is a nice dish for luncheon or supper.

### GELEE A LA RUSSE.

One gill of sherry ( $\frac{1}{2}$ pint) or Madeira, the juice and grated rind of one lemon, 1oz. of Swinborne's Gelatine,  $\frac{3}{4}$ lb. of loaf sugar, three-quarters of a pint of water; melt all together, then strain; when cool whip the mixture with a whisk to a stiff froth. Pour into a mould, colour half with cochineal. If preferred it may be broken up into lumps, and the two colours piled in little heaps alternately on the dish.

### SEVILLE ORANGE JELLY.

The juice of six sweet oranges, two Seville oranges, and one lemon, 1oz. of Swinborne's Gelatine; add  $\frac{3}{4}$ lb. of castor sugar, and the peel of the lemon grated. In half-a-pint of water dissolve the gelatine for one hour; pour in the lemon peel, the juice of the oranges and another half-pint of water. Stand it over the fire until dissolved; strain; pour into a mould and serve when cold. It will be as clear as crystal.

### GELEE AUX CITRON.

One quart of water, 1oz. of Swinborne's Gelatine,  $\frac{1}{2}$ lb. of loaf sugar, 1oz. of grated nutmeg, the white and shell of one egg, the juice of two lemons, and the peel of one and a-half cut as thin as possible. Proceed as for Orange Jelly. Citric acid and essence of lemon may be used instead of fresh lemons, when they are dear.

### GATEAU OF PRUNES.

Stone  $1\frac{1}{2}$ lb. of prunes, crack the stones, add the kernels blanched. Stew until tender in  $1\frac{1}{2}$  pints of water, with castor sugar to taste, and the juice and rind of one lemon. Dissolve 1oz. of Swinborne's Gelatine in a little water, and stiffen the prunes mixture with it. Cream or custard should be served with it, and the *gateau* may be ornamented, if liked, with a few almonds.

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