

part, I consider *thin* barley-water very slightly sweetened the best. Some people give thin gruel—more readily obtainable, perhaps, but in my judgment not so desirable. A few hours after birth there is frequently a quantity of bilious or acrid matter emitted at intervals, and possibly it is the pain caused by these fluids, that makes our baby cry, and hence a little warm bland drink, like the barley water, soothes the stomach, and even when ejected seems to cleanse it. When you place the infant in his cot, do not forget to put the soft bib or handkerchief under his chin, in the way I told you, so as to prevent the gown or the pillow from being made dirty, and baby put to the fatigue of having the former changed too soon.

It is not often that the newly-born sleep for the first twelve hours after birth—whether calm or crying, they are mostly awake. When shall we repeat the barley-water? If there be vomiting, give a teaspoonful every two hours—it will help to soothe the stomach. If the infant is calm, wait until he asks (?)—*i.e.*, cries for it—and that may be four hours or more. Say the birth took place at two a.m., at six a.m. the infant may require changing—you can then give a little more barley-water. It may be ten a.m. before any more nourishment need be given. You now add a little cream to the barley-water—one teaspoonful to two tablespoonfuls of the former to be given in teaspoonfuls at a time every three or four hours, if the infant is awake. I must here just remark that in mixing our baby's food we should go by *fluid ounces*, bearing in mind that twenty fluid ounces is one pint; ten, half-a-pint; and five, a quarter of a pint. Do not rely upon *spoons*, but *measure-glasses*. Even if you have a graduated bottle, it does not serve us just now, as we work by *teaspoonfuls (fluid drachms)*—eight to the fluid ounce. I advise this mucilaginous drink for our baby for two days after birth. I find it comforts the intestines during the passing of the meconium. The cream is required, as it helps to keep up the animal heat, as well as being a very delicate form of albuminous food. Now, how shall we give this nourishment at this early period?

(To be continued.)

DR. KENNEEN: "We Physicians can't encourage business as you tea dealers can, by offering presents to every buyer of tea." Siftings (the tea dealer): "Oh, I don't know. You might offer a cemetery lot or a rosewood coffin to every patient who buys £10 worth of medical advice."—*Exchange*

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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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### RUMP STEAK WITH POTATO CROQUETTES.



Broil about 1½ lb. of rump-steak; pour round it some good gravy, with a little glaze in it. Make some potato croquettes (mashed potatoes rolled into balls or cork-shaped pieces, dipped into egg or bread-crumbs, and fried in hot lard). Serve these round the beef-steak, with small button onions and some horse-radish-sauce in a boat.

### ENGLISH SALAD.

Cook some carrots, turnips, peas, French beans, onions, beetroot, and artichoke bottoms. When cold, put them in a salad bowl; season with salt, pepper, mustard, and vinegar. Have ready some chopped truffles, cold boiled cauliflower, and hard-boiled eggs cut in half. Add these to the salad, and pour over the whole plenty of good Mayonnaise Sauce. An excellent salad. Broad beans, cabbage, lettuce, asparagus, scarlet runners, and mushrooms may also be added.

### POULARTE AU RIZ.

Chicken and Rice.

Lard a chicken carefully with bacon; boil it whole in stock, with plenty of carrots, a bouquet of herbs, and a clove of garlic. When cooked, serve with a border of rice which has been cooked with stock, mixed with grated Parmesan cheese.

### FRITOT DE POULET.

Fritot of Chicken.

Cut up a chicken; put it into a stewpan with salt, pepper, oil, and onions for half-an-hour. Take out the onions, wipe the chicken; dip it into milk, then into flour; fry it; serve with fried parsley in the centre, and tomato sauce round it.

### LOBSTER WITH MAYONNAISE SAUCE.

Put some minced onions, carrots, celery, a bouquet of herbs, and small handful of salt and pepper, and some vinegar, into a saucepan; fill up the saucepan with water until it is three parts full; let it boil; then throw in the lobster, and let it cool gently. Serve with Mayonnaise Sauce in a sauce-boat.

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.

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