

moral strength and courage and self-reliance. Here will be your greatest trial. You must adapt yourselves to each individual, and must meet every phase of his mental vicissitudes. In order to do this, your feminine intuition will stand you in good stead; but intuition alone will not suffice—you must know human nature, and must yourselves be mentally strong. In a Nurse's life and nature there is no place for frivolity and idle sentimentality. When human flesh is on the rack, and the tortured mind cries aloud for help and succour, a very pillar of strength and an answering mind, strong, reliant, and never-failing, must be at hand; it is you who must furnish these. Your professional life will furnish infinite opportunity for the cultivation of this strength; and I am sure, in the stillness of the night-watches, when you sum up the profit derived from your work, you will feel that, after all, the reward you will prize and cherish will be the "well done" your mind whispers to your soul. It will be *strength*, ever strength of mind and soul you will require, and your true aim should be the acquirement of this strength. Your success will be nothing if you have not this; your reward will be infinite if you have.

(To be continued.)

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

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.

[COPYRIGHT.]

POMME DE TERRE CREPEES A LA MODE DE PARIS.

(To Serve with Eggs and Ham, or Bacon.)

Cut some very thin slices of potatoes, make some batter of the beaten white and yolk of one egg, and a small teaspoonful of flour; pour it into a flat dish, put the slices of potatoes in, cover them well with the batter, and fry them in boiling bacon fat. Slices of onion can be cooked in the same way.



POTATOES A LA POLONAISE.

Put some medium-sized potatoes into soft water (they should be as near uniform as possible), add a little of *Barto vallés* oil, or some very fresh butter, two large onions cut in quarters, each stuck with one clove, a bunch of assorted herbs (*i.e.*, thyme, basil, parsley, and a bay-leaf all tied together), salt and pepper. Let the potatoes boil until they are tender enough to yield to the pressure of your finger;

Palatable Fat is most conveniently taken and digested in the form of Loefflund's Malt and Cod Liver Oil. The latter is tasteless and exceedingly pleasant. By far the best fish-former, and very suitable for children. Sold by Chemists or apply—Loefflund, 14, St. Mary Axe, E.C.

put them in a colander to drain thoroughly. Peel them while they are quite hot, cut them in half, and serve with caper sauce and boiled mutton.

STOVED POTATOES.

This is an excellent method of cooking potatoes, particularly when they have passed the new waxy stage, but are not yet old. June and July are good months to cook them in this fashion; they may be served alone, or with chops, steaks, or plain broiled cutlets or ham. Peel or scrape three-quarters of a panful, and cut them in slices about a quarter of an inch thick; add one bunch of green onions cut in lengths, a little salt, plenty of ground white pepper, and lastly a large breakfast-cupful of sweet rich cream is poured in. Put the saucepan lid on tightly, and place the pan over a slow fire. Stir occasionally to prevent burning, but always replace the lid and see that it is tightly fixed on. The potatoes will cook in about half an-hour. Where economy is an object, or cream cannot be had, use chopped beef suet in its place.

POTATO FRITTERS.

Cut up some large potatoes previously boiled and allowed to get cold, throw the slices into boiling bacon fat, and fry quickly a golden brown. Place them on a dish, and sprinkle with the flesh of a cooked herring and hard-boiled egg, both finely minced.

POMME DE TERRE SAUCE VERT.

Blanch twenty-four pistachio nuts, pound them in a mortar with a piece of crumb of bread the size of an egg; dip this in good strong stock, add two or three sprigs of par-boiled parsley, with salt to taste, and as much stock as may be necessary to make the sauce; this will depend upon the number of persons you have to provide for. Pass the mixture through a sieve, make it hot on the fire, adding to it a piece of fresh butter the size of an egg. Pour this sauce over a dish of potatoes either whole or sliced. Very good cold with boiled salmon or trout.

POTATOES IN PAPER.

Boil some fair-sized potatoes in light white wine, with a pinch of fennel seed, one bay-leaf, the thin rind of a lemon, and salt to taste. When cooked, remove the skin, and wrap each potato in a piece of buttered white paper, and put them in the oven for ten minutes. Then serve, with or without the paper.

SAUCE FOR ROAST VEAL OR POULTRY.

Roast one calf's kidney, carefully preserving the gravy; mince it finely, and pound it in a mortar with a quantity of pistachio nuts; moisten it with some gravy and lemon juice; add pepper, salt, and powdered spice to taste; pass through a hair-sieve, add some other gravy if that from the kidney is not sufficient. Make it boiling hot, and serve.

SAUCE FOR ROAST PIGEONS.

Melt a large piece of butter in a saucepan; add spices and salt to taste, and plenty of basil finely minced; stir in (off the fire) the yolk of one egg, with the juice of half a lemon. If the sauce is too thick, add a little hot water.

De Jong's Cocoa.—"The British Medical Journal" says, "De Jong's pure soluble Cocoa is a most excellent preparation. In flavour, solubility, purity, and strength it would be exceedingly difficult to surpass it."

[previous page](#)

[next page](#)