

garden, because she became aware that the Lord God walked there.

"You ever find Him in all that are poor and destitute," she was saying as she awoke. That morning in the poor Mission Church she sat among her humble friends and joined in the hymns and carols with great gladness.

"A 'appy Christmas, Nurse," was heard on all sides. "You deserve it, my dear." "That she do; her kindness to my ole man; that attentive!" "It beats me all the same 'ow any young woman can be a nurse."

So, after all, it was a happy smiling person that returned to the "bed-sit."

A little car stood at the door, and an old school friend jumped out at her approach. "A Happy Christmas, Meg. Thought you'd taken up your abode in church altogether. You've got to come right away and spend the day with us. Get on your other togs. Ted's such an old fidget, he can't stand uniform. Afraid of infection! Hurry up! I'll give you ten minutes."

Rosemary in her smart little beret and woolly sports coat sauntered through her beloved garden after lunch on Christmas Day.

"Come in, darling, the frost has come at last and it's so cold."

"Mummie, do come and look at the holly tree; it's all sparkly and a dear little robin is perched on a bough.

"O! Mummy, the garden makes me feel so Christmassy and good. I wish Meg could see it." H. H.

OUTSIDE THE GATES.

BOYS.

All old ladies love boys, and this old lady is no exception.

A Matron told us the following little story the other day:

A small boy had been brought into the hospital ward for treatment in a somewhat dirty condition. Like the perfect little gentleman he was, he apologised to the nurse for his very black knees.

"You see," he told her, "I always have to kneel when I talk to Jesus."

Speak with poor children in the Parks and they will give you food for reflection. Passing through Dean's Yard, we asked a little chap who was singing sweetly: "Are you in practice for the Abbey Choir?"

With evident contempt for our knowledge of music, he replied:

"Why, them boys sings through silver trumpets."

How true. Have we not all heard their angelic voices ascend through the rafters to the foot of the Throne?

We next came upon two little girls and a boy in St. James's Park, all laden with sacks well filled on their shoulders.

"And what might you have in your sacks little people?" we enquired.

The pretty pussy-faced little girls grinned, but made no reply.

"It's broken bread from Papolino's," spoke up the boy. "My! 'ow I wish as they'd give us a taste of them juicy chops and steaks as they serves to customers."

And so do we.

A WORD FOR THE MONTH.

"God took the blush of the morning
And the sheen of the Orient pearl;
He caught the coo of the homing dove
And the white of the lily's curl,
He took the blue of the iris
And the scent of the Virgin's hair,
And cuddled them all in His great white hand,
Lo! a baby nestled there."

CHRISTMAS GIFTS.

At this time of year our thoughts turn to Christmas, and one very important question confronts us—"What can I give to my friend?"

In these times, useful presents seem to have a much more pleasing effect, and an "Ingrams" Hot Water Bottle must carry with it a deep sense of satisfaction. This firm, situated at Hackney Wick, have been manufacturers of surgical rubber goods for over 85 years.

A visit to the establishment of Messrs. Gayler & Pope, Ltd., 112-117, High Street, Marylebone, London, W., would prove most enjoyable, and a keen shopper would be well repaid. This firm not only caters for children's and ladies' outfits, household linen, china, etc., but supplies every article to make up the uniform of the nurse, and is officially appointed to supply the Nurses' State Registered Coats. Fancy goods of every description are well displayed, and the children have a section all their own, where every kind of toy is on view.

A delightful gift for Baby would be a hand-knitted garment made in the ever-pleasing Bairns-Wear Lambs Wool. This wool is made in 22 charming shades in 3- or 4-ply, and can be obtained in all good stores and wool shops.

Sheets, blankets, towels, etc., are greatly appreciated by Hospitals as gifts at this season of the year, and can be supplied wholesale by D. Stewart & Co., 16, Staining Lane, London, E.C.2.

A most welcome gift would be a canister of the Doctor's China Tea, specially blended to render it free of excess tannin; there is no element in this tea that is injurious to the digestion or harmful to the nervous system.

An efficient Hospital Uniform Service in the Manchester district can be found in the establishment of J. H. Bounds, at 4, Whitworth Street, Manchester.

Lactogen is a well-recommended modified dried milk for use in infant feeding. It is prepared in England by Nestlé's, famous for the purity of their milk products for more than half a century, from the rich, pure milk of selected English herds.

Bovril is a household word, and is a most refreshing beverage to nurse and patient alike. It is so easily procured, and so quickly prepared.

"Gripe Water," made by Woodward is very comforting to babies and young children in cases of flatulence, indigestion, etc., and can be obtained from all chemists.

HEMOLAC.

Anything which comes to us with the *imprimatur* of the firm of Messrs Cow & Gate, Ltd. (Guildford, Surrey), commands our attention, for many years of honourable dealing, of constant progress, and of expert investigation in its Medical and Research Laboratories have abundantly earned and deserved public confidence.

In Hemolac, which has been prepared on the special instructions of a well-known British investigator, we have to hand a valuable Full Cream Milk Powder with Iron Ammonium Citrate, in the treatment of nutritional anæmia in infants, as it has proved very efficacious in rapidly restoring the hæmoglobin level to a normal figure. It should be noted also that Messrs. Cow & Gate were the originators of a Milk Food containing precise and stated quantities of iron.

If more is needed to commend Hemolac to the attention of Public Health Authorities, Infant Welfare Centres, Maternity and Children's Hospitals, it is to be found in Circular 1290 of the Ministry of Health, in which the Minister refers to the value of this preparation, and recommends to all authorities responsible for the welfare of infants to use a medicated milk powder such as Hemolac in cases of nutritional anæmia.

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