

with their knitting needles. But in many cases increasing mutilation and paralysis of the hands and fingers take away even these sources of interest and occupation, and dreary idleness is forced upon them, their hands preserving no likeness to human hands fitted for human skill and work.

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IN thinking about lepers, I had always believed there was one saving clause in the sum of their miseries, viz., the fact that the disease was painless. But Dr. LOOFT assured us that this comforting conclusion is a popular delusion, and that, on the contrary, leprosy in some of its forms and stages is almost as painful as cancer. During the acute and inflammatory periods it is found that local applications of Carbolic Acid and Iodoform dressings give the most relief, and these have also a beneficial disinfectant action on the suppuration which is rarely absent.

“SHAMROCK.”

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

Compiled specially for “The Nursing Record”

BY

LADY CONSTANCE HOWARD.

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Béarnaise Sauce.



BOIL four tablespoonfuls of vinegar with some crushed peppercorns, two bay leaves, one shallot, and a sprig of thyme, until reduced to half. Mix to this the raw yolks of four eggs, then work in gradually 4 oz. fresh butter, and one tablespoonful of warm glaze, and tammy. Before serving add some finely-chopped tarragon and chervil.

This sauce requires great care, and must be made just as it is wanted. Serve with filets de bœuf.

Chawson Sauce.

BÉARNAISE sauce without the chervil or tarragon, and with six tablespoonfuls of tomato sauce added to it. Serve with filets de sole.

Chicken and Ham or Tongue Sandwiches, with or without Mustard and Cress.

MIX the chicken with ham or tongue, pound in a mortar with butter, season with salt and pepper, and spread between diamond-shaped pieces of white bread, well buttered. A layer of mustard and cress may be added.

WORTH KNOWING.—That Tolphite is the only dusting powder exclusively manufactured for the Nursery. Dr. Andrew Wilson, F.R.S., says: “All the conditions which Hygiene recognises as important and essential in such a powder are represented in Tolphite; it is invaluable for infants in preventing excoriation and chafing.” Mrs. Hilton says her Nurses are charmed with it. Post free, for eight or fifteen stamps.—Dodd Brothers, Stamford Hill, London.

Chicken and Tomato Sandwiches.

CUT some slices of ripe tomato, and sprinkle with salt; spread the slices of bread and butter with a *panado* of chicken, and place the slices of tomato between the slices. Put a *Macédoine de légumes* in the centre of the dish, consisting of lettuce, endive, beetroot, celery, mustard and cress, watercress, tossed in plenty of very good *mayonnaise sauce*, to which is added chopped chervil and tarragon. Arrange the sandwiches round this *en concours*, and finish with a border of chopped aspic.

Chicago Sandwiches.

TAKE $\frac{1}{4}$ lb. of cold ham, and the same of tongue, chop finely, and put it in a basin with chutnee and mango relish. Put 6 oz. of fresh butter on a dish, and beat it to a cream, add the meat and seasoning, and mix thoroughly. Cut some bread into neat rounds, butter well, spread the slices with the mixture, add thin slices of poultry or game, then a round of hard-boiled egg, and another slice of game or poultry. Spread with the mixture as a finish.

Sandwiches à la Russe.

POUND some chicken, veal, or rabbit, add to it two parts butter to one of anchovy or shrimp paste. Butter the bread with the paste, put a layer of the pounded meat on the bread and butter, cut into square sandwiches, and serve with Russian salad (hence its name). For the salad take equal proportions of cold cooked cauliflower, carrots, turnips, beetroot, asparagus heads, peas, capers, very young onions about the size of large peas, chopped olives, two red chilies, and two hard-boiled eggs cut into dice. Pile these, well mixed, into a high pyramid in the centre of a dish, pour, over the whole, *mayonnaise sauce*, and dish the sandwiches round the salad.

Duke of York Sandwiches.

BONE a dozen sardines, and divide them into halves. Cut an equal number of slices of thin brown bread and butter, put between each two slices, alternate layers of hard-boiled eggs, mustard and cress chopped very fine and the filleted sardines. Press the slices together. Cut into small squares, garnish with parsley, and serve.

Traveller's Sandwiches.

BROWN, white, or milk bread, or French roll cut into strips, squares, rounds, triangles, or diamonds, according to fancy, well buttered, seasoned to taste, with salt, layers of hard-boiled eggs, some with endive, others with beetroot, watercress, mustard and cress, celery, tomatoes, are all exactly what is wanted on a journey, when a maximum of food with a minimum of trouble, is what the merry voyager desires above all else. Mayonnaise sauce may be substituted for butter and should be stiffened with aspic, which is a great improvement. Poultry, meat, or game may be used with the vegetables, instead of eggs—so may ham or tongue.

Unsweetened Condensed Milk. First Swiss Brand.—The perfect food for Infants and Invalids. This is simply pure Alpine Cows' Milk condensed to one-third its bulk, and conserved without the aid of sugar or any other preservative. Ask for the **First Swiss Brand**. Wholesale Offices, 17 and 18, St. Dunstan's Hill, London.

[previous page](#)

[next page](#)