

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

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BY

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Potage à l'Aurore.

WASH and scrape some young carrots (only quite young ones will do) choosing those of the best colour; cut off all the red part, and stew this very gently until quite tender over a slow fire with $\frac{1}{4}$ lb. of very fresh butter; then add a well-rasped crust of bread soaked in good stock, and let it all boil steadily for one hour; pass it through a tammy; add sufficient boiling stock to bring it to the right consistency, bring it to the boil again, skim it, and serve with delicately-fried *croûtons*. This soup should be a pale red colour, hence its name.

Consommé à La Kursel.

GARNISH some good clear soup with previously cooked peas, heads of asparagus, carefully picked and blanched tarragon and chervil, and lettuce stamped out in rounds with a vegetable cutter and blanched, cut tiny dice of truffles and cooked potatoes. Serve with castor sugar or grated parmesan.

Potage Brune.

FRY one sliced onion in a tablespoonful of oil. Add two quarts of water, one turnip, one cabbage, one onion, two carrots, two potatoes cut up small, and two slices of bread toasted (be specially careful that they are not the least burnt). Boil three hours, strain through a colander, and boil 15 minutes longer. Serve with *croûtons* cut from the crust of a French roll.

Potage Printanier à La Bretonne.

PUT in a saucepan half a peck of new peas, three or four sprigs of chervil, a quarter of a lettuce cut into four pieces crosswise, two onions, one sprig of parsley, two ounces of butter, half a dozen rinds of slices of bacon, salt and pepper. Add about one and a half pints of water and let the whole boil gently. When done, pass it through a fine colander to make what is called a *clear purée*. Then put back into the same saucepan about two-thirds of the quantity with very thin, small slices of bread. Let this simmer very gently for half an hour. Beat up two eggs, which you mix up with the other third of the *purée*, and pour the whole gently into the *purée*, with the bread, being careful to stir briskly all the time, so that the eggs shall not curdle. Some people use only the yolks of the eggs which makes the soup more refined.

Nursing Echoes.

* * * All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.



THE following appeared in the *Evening News and Post* last Thursday, and is commented upon in another column:—

THE LONDON HOSPITAL.

"This Institution furnishes another illustration of the inefficiency of the system of government by Governors. Here again we have an instance of defective control of the officials by those who are responsible to the public for the proper conduct of the Charity. At St. Bartholomew's there was a clerk, a surveyor, and a clerk of the works, who, individually or collectively, should have known that the drainage was bad and should have induced the Governors to take action. As the Governors did not take the initiative and instruct them to periodically examine the drainage system and report upon it, they allowed this work to pass undone. They had no leadership in this respect from the Court of Governors, and they did not lead the Governors by originating any examination of the drainage system. The result was diphtheria. In the case of the London there is this difference—the Governors were led. The government of the Hospital was, to a large extent, usurped by the Matron. The result is to be found in an acrimonious controversy about the treatment of the Nursing Staff which has done the Hospital considerable injury and disturbed public confidence in its management. Into the merits of the controversy we do not now propose to enter. It is sufficient to recite the facts and describe the system under which it arose. There are about 4,000 Governors of this Institution, the great majority of whom, so far as governing is concerned, are nonentities. There is a House Committee of 30 Governors and the Treasurer. Three form a quorum, and the average weekly attendance is—or was before the Select Committee and discussions in the Press let daylight into the affairs of the hospital—about 11. The House Governor had entire control over the officers and servants, except the secretary and chaplain.

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TOO STRONG FOR CONTROL.

BUT he appears to have found the Matron—Miss Lückes—too formidable a lady to control. "In practice though not in theory," says the Report of the Select Committee, "the Matron has come to be independent of his authority." What is the result? We find, in effect, that the Governors neglected to govern the House Committee, the House Committee neglected to govern the House Governor, the House Governor neglected to govern the Matron, and the Matron governed the lot. It is not necessarily a bad arrangement. We would rather have a capable Matron as the real executive force of the hospital than 4,000 Governors who do no governing, a supine House Committee, and a House Governor content with a theoretical control. Against Miss Lückes personally we have nothing to say; indeed we confess to an admiration for a woman of masterful character, who can make herself an autocrat of a vast establishment, and cow 4,000 Governors into inactivity and submission by a sweep of her petticoats; but again let us apply the test of judgment by results. What has the abnegation of the Governors and the aggressive energy of Miss Lückes produced? The answer is, a bitter controversy, a cloud of charges and countercharges, and the publicity of statements injurious to the hospital, inasmuch as they check the flow of public subscriptions, whatever their truth or falsity.

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