

as far as in us lies." Having consecrated my life to the care of the sick and suffering, I could not remain indifferent to the pitiable condition of these unfortunate people, and I will put forth all my strength and energy so that by our Lord's help, and of kind people, the unbearable position of these isolated forsaken sufferers may be alleviated. But how best to help them? What must one do for them? We must get them out of their Yourtas, we must wash them and clothe them, and must bind up their wounds and feed them. All this can only be done in properly organized sanitary shelters or refuges, and not in Yourtas, even should it be one belonging to a healthy Yakout. A sanitary Colony has been marked out for me under the direction of Professor PETERSEN and a staff of medical men.

But that is not all; thanks to the hearty sympathy of Princess NATALIE SHACHOVSKOY—who is at the head of a large Moscow Community of Sisters of Charity, called "Outoli Moyou Petchali" (Appease my grief or sorrow)—five sisters of her community are going out to take care of the lepers. Besides these Sisters, there are some nuns willing to go up to the Colony, who will teach those of the lepers who are still able to work, every kind of industry, as well as kitchen gardening, so that their time might be well employed, and make them, as far as possible, forget their terrible disease. Here is a plan and sketch of the Colony, where you see rows of little houses, separate dwellings for the lepers, a church, houses for the Doctor, Priest and Sisters, workshops, wash-house, bath house, bake house, kitchen, etc., two hospitals, one for men and one for women—for the lepers who are no longer able to work or move.

But, ladies and gentlemen, to accomplish this cherished plan, 90,000 roubles are needed, which will provide a refuge for 100 lepers. This demands a great deal of incessant work, as I have only been able to collect 25,000 as yet.

I will put every effort forward to organise this Colony for the poor outcast lepers; but I am alone and helpless, unless friends will stretch out a hand of love and sympathy to these poor forsaken, unfortunate sufferers; miserable, not only on account of their surroundings, but more deeply so on account of their incurable disease. The organization of a sanitary Colony for the lepers will not only serve as a refuge and hospital for them, but will, at the same time, be a check for the spreading of the disease among the healthy Yakouts, thus protecting them from so dreadful, and also incurable disease.

[The further proceedings at this important meeting will be published in our next issue.]

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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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Potage à la Byron.



WASH and soak $\frac{1}{2}$ lb. of *Keen and Robinson's Patent Barley*, drain it on a sieve, and then put it into a saucepan with one quart of good rich white stock, if possible made from chickens, if not veal. Let it boil for four hours very gently, take out two handfuls of the barley, and rub the remainder through a sieve. Ten minutes before serving, the stock having been allowed to cool should be boiled up, adding the yolks of four eggs, a gill of cream, and some fresh butter. Stir gently until quite smooth, serve as hot as possible, with *croûtons* on a plate. A few pieces of chicken cut into shreds should be added if possible, just before serving.

Crème d'Orge aux Légumes.

BOIL $\frac{1}{2}$ lb. of *Keen and Robinson's Patent Barley*, in one quart of vegetable stock until it is reduced to a pulp, pass it through a hair sieve, add to it as much well-flavoured vegetable stock as will give a *purée* the consistency of rich cream; put the *purée* on the fire, when it boils stir into it *off* the fire the yolk of two eggs beaten up with a gill of sweet cream, add half a pat of very fresh butter, and, just before serving, some peas and asparagus heads previously cooked until perfectly soft. Serve with tiny dice of bread, fried in butter. Excellent.

Milk Broth.

TAKE a piece of fresh butter the size of a walnut, put it into the broth pan and let it melt, turn the pan about, so that the oiled butter will run all over the bottom. This is to prevent the barley sticking to the bottom. Put in $\frac{1}{2}$ lb. of *Keen and Robinson's Patent Barley*, well washed, add to it three quarts of new or skimmed milk. Place this on a gentle fire and allow it to boil. Draw the pan to the side of the fire, and let the contents boil very gently for three hours, stirring from time to time to prevent the barley from sticking to the bottom, and so getting "singd" or "sung," in which event the broth is quite spoilt. Before serving, add caster sugar to taste. When done, the milk will be a thick yellowish creamy liquid. Serve it in soup plates, with bread or oatcake. Rice milk is prepared in the same way, substituting whole rice for the barley, and is used as a dinner or supper dish. Excellent for children.

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[next page](#)