

to visit a distant country, thousands of miles away from her native land, with the sole purpose of learning the position of people suffering from the most terrible of diseases—leprosy; if she willingly submits to all the discomforts of a journey, with no roads, intense cold, fatigue, and hunger, in a semi-savage country; her only reward the thought of alleviating the sufferings of these unfortunate people, and rousing a universal feeling of sympathy for them in the civilised scientific and philanthropic world: such an aim merits energy, respect, and admiration.

Will you allow me then, Madam, to express my feelings of respect and sympathy for the idea that you have so successfully realized, having called forth contributions towards the organisation of a shelter for these sufferers. Also will you allow me to thank you for the readiness with which you gave us your information, feeling sure that the Dermatological Society fully shares my sentiments for your honourable mission.

Reply by Miss MARSDEN:—

LADIES AND GENTLEMEN.—I cannot find words to express my sincere gratitude for the touching expressions I have just heard. As a sincere servant of humanity I am more than grateful for your gracious amiability towards me, and will prove my gratitude to you by working with God's help to finish this sacred work, for our poor brothers and sisters, the lepers of Yakutsk. Our Saviour's love unites us to them, and as I have undertaken this work in the Name of Christ, I have accomplished the first part of it by His strength only, and it is again by putting myself entirely in His hands that I hope to finish it.

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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Barley Broth.

TAKE the best end of a neck of mutton or lamb, put it in a pan with two quarts of cold water and a tea-cupful of *Keen and Robinson's Patent Barley*. Let it boil, skim well. Have ready cut in small slices one breakfast-cupful each of carrots, turnips, cabbage, and four onions minced fine, and rounds of cooked potatoes. Let the whole boil for three hours, skim off most carefully every particle of fat, well-chopped parsley and salt and pepper to taste, and serve immediately. Most sustaining and good.



All Wool Durable House Flannel Squares.—19 inches by 19 inches, 2s. 6d. dozen; 15 inches by 15 inches, 1s. 6d. dozen. Very Special. Soft, absorbent, economical. Lasts three times longer than ordinary House Flannel. Write for sample dozens. W. MOORE & Co., Lauderdale Buildings, Aldersgate, London.

Custard and Vanilla Puddings.

TAKE 2oz. of *Keen and Robinson's Patent Barley*, and 1oz. of caster sugar, $\frac{1}{2}$ oz. of fresh butter, a pinch of salt, nearly a pint of new milk, and some essence of vanilla. Mix all well together and stir it over the fire until it boils; then add the yolks of two eggs, and bake it in a buttered pie dish. Serve with apricot jam. Good either hot or cold.

Invalid Barley Water.

ONE ounce of *Keen and Robinson's Patent Barley*, mix it with one wineglassful of cold water, pour this into a stewpan with one quart of boiling water, stir this over the fire for five minutes while it is boiling, flavour with lemon peel or cinnamon, and sweeten according to taste.

N.B.—When the patent barley is used to make a summer beverage, only $\frac{1}{2}$ oz. must be taken.

Chicken and Tongue Salad.

CUT a well-boiled chicken into small pieces, and slice a Russian ox-tongue finely; mix equal parts of oil and vinegar, with a little minced onion, salt and pepper to taste, and let the pieces of chicken and tongue lie in this for two or three hours, turning them occasionally. Prepare the heart of young lettuce, or cos lettuce, taking care that they have been perfectly dried beforehand. Arrange the chicken and tongue in a dish or salad bowl, with the lettuce in the middle, and pour the salad dressing over the whole. Garnish with slices of beetroot, shaped with a pastry cutter, hard-boiled eggs cut into quarters, a little green parsley, and when in season, asparagus head previously boiled. Celery may be used for this salad in place of lettuce. Get the Russian ox-tongue from "Sauise, Russian Stores, Queen's Road, Bayswater."

Sole Salad.

BOIL some soles the day before you require them. After filleting them carefully, let them get cold; then cut the soles into neat pieces, put them into a deep dish or salad bowl, sprinkle with a little salt, and squeeze the juice of a lemon over the whole. Cover the dish with a plate, and set it aside for two hours, then drain off the lemon juice, and, having cut up a very fresh lettuce, and well dried it, pile it high in the centre of a dish with the pieces of sole set *en concours* round it. Pour a good, rich salad sauce over the lettuce, not allowing it to go over the sole. Place a sprig of parsley between each piece of fish. Garnish with slices of beetroot and cold potatoes.

Cream Salad Dressing for Vegetables.

Two tablespoonfuls of sweet whipped cream, the same of castor sugar, and four of vinegar. Season with salt and pepper.

"HEALTH" COCOA.—Is the finest cocoa procurable, and most invaluable for invalids. A Quarter-pound tin costing 8d. will Make 30 cups of delicious cocoa. The "Lancet" says:—"Very soluble, excellent in flavour, perfectly pure, and deserves frank praise." Free sample sent on application to H. THORNE & Co., Ltd., Lady Lane, Leeds.

[previous page](#)

[next page](#)