

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.
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THE RUSSIAN ISINGLASS, prepared and sold by Messrs. Gridley & Co., is extremely nutritious, and most satisfactory to use. Their Isinglass is absolutely pure. Isinglass, when not adulterated, is a natural product of the air-bladder of the sturgeon, or fish of that class. Gelatine is manufactured from animal matter. Russian Isinglass should always be used for invalids, where the expense can be borne. To detect the difference between Russian and Brazilian Isinglass, pour boiling water on each, the Russian will be a comparatively clear liquid, the Brazilian a very opaque, milky solution. These few recipes will, I think, be found good, when made with this preparation.

Gelée d'Argent au Curaçoa.

DISSOLVE $1\frac{1}{2}$ oz. of Isinglass in 1 pint of spring water, add half a pint of lemon juice, 10oz. of sugar broken into small pieces, in which cut off the thin outer rind of two lemons, and the frothed whites and the crushed shells of six new laid eggs. Simmer five minutes, then pour in one pint of curaçoa, simmer five minutes longer. Draw the pan from the fire, to allow the sediment to settle; then pour the jelly through the jelly-bag, until it is perfectly cold. Fill the mould. When turned out, it ought to be as transparent and colourless as crystal. Fresh fruit is excellent, served with this jelly.

Simple Blancmange.

BOIL for a few minutes, $1\frac{1}{2}$ pints of new milk with 1oz. of Isinglass, the outer rind of a lemon, a stick of cinnamon, and 4 oz. of loaf sugar, with six pounded bitter almonds, pour through a muslin sieve into a bowl, and continue to stir it, until it begins to thicken, when you must pour it into a mould, dipped in cold water, and leave it in a cool place to set.

Raspberry Cream.

BOIL 1oz. of Isinglass, in 2 pints of milk, and 1 of cream for fifteen minutes, strain it, and while it cools, of fresh raspberry juice, with 2 oz. of sugar; beat it stir in half a pint of raspberry jelly, or the same quantity well up until nearly cold, then pour it into glasses, and allow it to stiffen. The juice of fresh strawberries, mixed with the raspberries, also makes a delicious cream.

"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

In Memoriam.

THE HON. W. H. CROSS, M.P.

WE deeply regret to announce the death of this gentleman, in his thirty-seventh year, from typhoid fever, on Sunday evening, the 11th inst. The eldest son of Viscount CROSS, G.C.B., he was educated at Rugby and Oxford, and was called to the Bar in 1882. Since 1888, he has represented a division of Liverpool City in Parliament, and was rapidly gaining the cordial esteem of all political parties. In private life, he was a staunch and loyal friend—true, brave, and honourable in everything he said or did; in every sense of the phrase, one of Nature's noblemen. Of few men could it more honestly be said than of him, that he wore the white flower of a blameless life. Nurses owed him an incalculable debt of gratitude, for he warmly espoused their cause, and, as the Standing Counsel of the Royal British Nurses' Association, his valuable advice and assistance was always and most freely given. Indeed, the last work he did was to appear, upon its behalf, at the recent inquiry before the Privy Council.

Nursing Echoes.

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

I AM asked to mention here that Mr. Editor regrets that he must hold over, at any rate until the decision of the Privy Council is given, the letters which Nurses have sent him upon various points connected with the inquiry into the application for the Royal Charter—and some of which are of undoubted value. He must point out that, although this is not an ordinary trial, it is a judicial proceeding conducted by the Supreme Court of Appeal in the British Empire, and, therefore, it is not right at present to discuss why the Charter should, or should not, be granted. This Journal certainly will not imitate Mr. ERNEST ABRAHAM HART's comical proceedings in instructing the Lords of Her Majesty's Privy Council how to deliver judgment.

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