

## HOUSEHOLD.

## Hints For the Sick Room.

A nurse who can sit still when there is no occasion to keep feet or hands busy, is invaluable in a sick-room. No matter how faithful or how capable one may be in other respects, the nurse who keeps her feet in motion, who rocks or plays a tattoo with her fingers, or 'fidgets' about the room, is not fitted by nature for her occupation, and certainly ought never to be allowed to attend a nervous person. Another of the discomforts many invalids suffer, is the habit people often have of eating a few nuts or an orange or an apple in the room.

No two invalids need precisely the same care, no two cases are identical. Each invalid has his or her especial needs, indeed, we may say no one person is the same under different attacks of illness. The woman who may under some severe illness be a marvel of patience and sweetness, may when suffering from some slow, nervous, half illness seemingly, be a trial to herself and everybody about her. So with nurses. There are those who during the severe illness of a patient are tireless, patient and helpful, who are the worst nurses possible where there are only little things to consider. They know them, but neglect them, as things of little consequence.

But to a nervous invalid, or rather convalescent—a really sick person being seldom nervous until convalescence sets in—a bed which has not been properly made, a wrinkle in the sheets, a spread put on awry, a window shade pulled a little too high or not exactly straight, a creaking door, or window blind—hosts of just such little things must be attended to quietly and at once, if one would hasten the recovery of her charge.

One great discomfort many invalids endure is the neglect which they suffer very often at night. It is seldom considered necessary for a person after recovery has fairly set in to take any nourishment after the light supper until breakfast time, unless the physician happens to think to speak about it. This is one of the greatest mistakes and is the cause of a great deal of the slowness to get well manifested by many people.

Not that solid food should be given, but two or three tablespoonfuls of hot milk or an egg beaten thoroughly, and mixed with a teacup of milk; a pinch of salt and heaping teaspoonful of sugar, and strained (this never to be neglected) into a pretty glass, may be given at intervals of an hour or two if the patient is wakeful. Some people dislike eggs, and in such a case, or where the yolk of the egg is too rich, the white alone may be beaten and added to the milk and sugar; it needs no salt. The albumen of the egg and milk renders this an excellent and very strengthening liquid food.

A jelly made with gelatine and beef, mutton or chicken broth, is very nutritious and served very cold is often more refreshing than drinks. To make it, soak one-third of a box of gelatine in two tablespoonfuls of cold water for fifteen minutes. Then pour over it a scant pint of boiling broth, seasoned with a little salt. Stir until the gelatine is dissolved and strain into moulds. It requires sometimes ten or twelve hours to harden, and should be kept very cold.

A bland, nutritious and delicious blanc mange is made from oat flour. Served with milk and sugar, or if the patient can bear it, a little whipped cream, it makes a valuable addition to the sometimes limited and monotonous bill of fare.

The coarse granulated wheat, another of our valuable 'Health Foods,' makes a very excellent blanc mange, delicate yet very nutritious. A cup of the wheat should be put with four cups of water and a little salt into a double boiler and cooked five or six hours. It should then be sifted and poured into small cups. When cold, place the cup in hot water just long enough to slightly warm the blanc mange. (both this and the oat flour blanc mange are best served warm, not hot) then turn out and serve with milk or cream and sugar. A bit of maple sugar or syrup gives it a delicious flavor. These are both very different from other blanc manges which are too often insipid to unpalatable-ness if not very cold.

Variety is one of the things which should be remembered in an invalid's diet. We do not tire when we are well, of nice bread and

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butter, but when we are not, when the changes are rung on oat-meal (indifferent often in quality and cookery) and toast, toast, and oat-meal, it soon grows tiresome.

A bit of juicy steak or broiled mutton chop, or in the season, a broiled quail or boiled trout may be served at dinner, remembering that all meat must be broiled. If impossible any other way, it can be broiled by holding over a bit of bright coals on a long carving or toasting fork. No butter should be added, a little salt is allowable, and the meat should be placed upon a warm plate and served immediately. A bit of steamed custard may be given occasionally if liked.

Drinks (with food) should be confined principally to hot milk, shells or cocoa; don't give chocolate, tea or coffee.

Fruit, food of any kind, and drink, should not be allowed to stand in the sick-room. Everything of the kind should be fresh and served as attractively as possible.—The Household.

## Selected Recipes.

Corn Cake for Breakfast.—Beat together one egg, two tablespoons of sugar, two of melted butter, one-half teaspoonful salt, two teacup cornmeal, one tablespoon flour, one teaspoon cream of tartar, mixed with the dry meal and flour, half teaspoon soda and two teacups sweet milk. Dissolve the soda in the milk, and add last. Bake in a shallow tin pan about fifteen minutes in a well-heated oven.



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