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CHAPTER IV

THE PROGRESS OF PREGNANCY

Preparation—Points to be Noted—Importance of Fluid—Tension of Skin—Bandage—Use of Oil—Care of the Breasts—The Nipples—Motion—Interference with Breathing—Menstrual Periods—Evacuations—Walking—Pain—The Nurse—Selection—Engagement—Meals—Duties 4

CHAPTER V

FOOD

Meat—Made Dishes—Gravy—St. Patrick's Pie—Delicate Mince—Tomato Mince—Creamed Chicken—Steaks and Chops—Fish—Eggs—Egg Lemonade—Egg Broth—Albumen—Baked Eggs—Parmesan Eggs—Dropped Eggs on Rice—Rice—Tapioca Cream—Delicate Pudding—Rice and Apple Pudding—Cheese—Cheese Scallop—Cheese Toast—Cheese Crusts—Cheese Puffs—Cereals—Oatmeal Bread—Oatmeal Cakes—Oatmeal Tea Cake—Choice of Food—Potato Soup—Tomato Soup—Tomatoes—Green Tomatoes—Potatoes—Brussels Potatoes—Panned Potatoes—Potato Puffs—Green Vegetables—Cabbage—Canned Corn—Fruit—Baked Bananas—Beverages—Tea—Coffee—Cocoa