

with a potato masher in wooden bowl. Now put the oysters in a glass jar with the broth and add: Liq. pancreaticas, 2 teaspoonsful; soda bicarb., 15 grains. Let the jar stand in hot water or a warm place, temp. 115 deg., for 1½ hours. Pour into saucepan, add ½ pint of milk. Heat to boiling point slowly. Flavour with salt and pepper, serve hot. A very few pieces of oyster will be undigested, but will not be found unacceptable to the stomach except in rare cases. The milk will be sufficiently digested if heated gradually.

#### BROILED CHICKEN.

One small chicken, 1 oz. butter, pepper and salt. Prepare a young chicken for roasting, split it down the back and lay it open. Take only half at a time. Rub the piece of chicken over with a little butter to keep its skin from cracking, and season with pepper and salt. Grease the gridiron, and make it thoroughly hot. Lay the chicken on it, with the cut side down to begin with, Broil either on the iron or before a clear fire for half an hour. When cooked, lift on to hot plate and rub the rest of the butter over it. Serve with rolls of bacon.

#### CHICKEN SOUFFLE.

Breast of chicken, 1 gill cream, 1 egg, ½ oz. flour, salt and pepper. Skin the breast, chop finely, and pound well in mortar. Melt the butter, stir into the flour and a tablespoonful of cream. Let it come to the boil. Pour it over the pounded chicken; and seasoning; pound together, and rub through wire sieve. Switch rest of cream till stiff; mix gently with other ingredients. Butter some cups; half fill with mixture; cover with kitchen paper, and set in stewpan half full of boiling water. Steam for 15 minutes. Serve with white sauce.

The following course of instruction has been arranged by the Auckland Hospital Board for the training of that school. The sisters and staff nurses are also to take advantage of the course, which will be most valuable for them in their after work. The classes have already commenced.

#### INSTRUCTION IN COOKERY FOR NURSES OF THE AUCKLAND DISTRICT HOSPITAL.

The course should consist of at least eighteen lessons, each of two and a-half hours duration. The number of nurses to attend

at each lesson should be not less than six, nor more than fourteen.

The cost to the Board for eighteen lessons would be £18.

The classes would be held at the cookery kitchen of the Newton Manual Training School, Upper Queen St., on Wednesday or Friday evenings, from 7 to 9.30. It would thus be possible at the present time to hold not more than two classes per week.

#### SYLLABUS.

The course would include lectures, demonstrations and practical work. Food, and its functions; the preparation of food; its five principles; nutrition; digestion.

Invalid Drinks: Such as toast-water, barley water, milk, lemonade, egg-flip, rice-water, sterilised milk, etc. Beef juice, beef-tea, and various broths.

Jellies: Such as wine, lemon, orange, chicken, coffee, restorative, etc.

Toast: Such as milk, cream, egg, vermicelli, sippets, croutons, etc.

Soups: Such as oyster, chicken, potato, cream of celery, cream of rice, beef, tapioca, chicken ponada, consomme, apple, etc.

Fish: Preparation when in season; broiled, boiled, steamed, fried.

Poultry: Various methods of boiling and roasting.

Sweetbreads: Brains, chops, steaks, etc.

Custards, creams, puddings, blanc-manges, etc.

Eggs: Various methods of cooking omelettes, etc.

Cooked fruits, bread, cakes, etc.

The feeding of children and infants; humanised milk, etc. Diet lists for the sick; liquid diet, and convalescent's diet. Serving of food for invalids; tray decoration; intervals of feeding.

---

## NOTICE TO SUBSCRIBERS!

---

Subscribers for 1908 desiring to continue their subscriptions for "Kai Tiaki" for this year, are reminded that although copies of the January number were sent to all 1908 Subscribers, those who have not sent in their fees will not receive copies of the April number until they have intimated their desire to continue their subscription.

Copies are available on early application.

EDITOR.