

We become greatly discouraged at times. Nursing the insane and conducting training schools connected with hospitals for the insane are difficult and extremely trying. Yet the work is interesting and I believe if we put our hearts into it, our work will last. We may not see the results, but our efforts will be the foundation of the realization of those ideals which we are striving to attain.

A COVER FOR TRAYS

By IRENE MORTON

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If one has even been a bed patient in a hospital and had a dainty tray of tempting food brought to one, only to find, upon tasting, the viands cold and disappointing, one will as never before realize how really necessary to the patient's recovery as well as comfort, is the minutest detail pertaining to the diet.

Perhaps small hospitals, where it is necessary for the trays to be carried directly from the kitchen to the patient, instead of from the diet kitchen to the patient, will find the following a practical and economical way of having the food as warm when it reaches the patient as when it leaves the kitchen.

Have your tinner construct of sheet tin or zinc, a cover along this order: he probably will have some scraps of material which he will be glad to dispose of in this way, if not it can be purchased for a very small price at a hardware store. A flat piece of tin the same shape and a trifle smaller than the tray is soldered at right angles to a strip of tin, as long as the perimeter of the flat piece and six or eight inches wide. The ends are united in a smooth seam, making a cover light in weight, tall enough to cover the tallest dish and setting evenly just inside the outer rim of the tray. The top should have a small hole through which steam may escape and a short piece of tin may be soldered in place for a handle.

We have a dumb waiter which carries four trays at once, so we found four of these covers sufficient for our needs, and the four of them cost us a trifle over one dollar.

By exercising care in drying them each time, they do not require washing after each meal so do not add very much to the work in the kitchen, as they are kept stacked on the back of the tray table.