add two teaspoonfuls of the pancreatic solution, and mix well together. Pour the whole into a jug with a cover, and set it aside in a warm situation for about a couple of hours. Finally boil it for three minutes and strain

boil it for three minutes, and strain.

Peptonised Beef Tea.—Mix half a pound of finely minced lean beef with a pint of water, and twenty grains of bicarbonate of soda, and let the whole simmer for an hour and a-half. When it has cooled down to a temperature of 140 deg. Fahr., add a tablespoonful of the pancreatic solution, and place the mixture in a warm situation for a couple of hours, stirring it from time to time; then strain off, without pressure, and boil the liquid for five minutes.

Arrowroot Milk.—Take a dessert-spoonful of

Arrowroot Milk.—Take a dessert-spoonful of arrowroot and two tablespoonfuls of milk, and mix them well; add, by degrees, half a pint of boiling milk, stirring all the time; then put it into a pan and boil for three or four minutes.

Koumiss.—This, which is a form of fermented milk, is much used just now as a beverage, although a somewhat expensive one. A friend informs me that it can be prepared in the following way: To one pint of new milk add three ounces of water, three ounces of old koumiss (for a ferment), and one ounce of saturated solution of sugar of milk; put all in a large jug in a warm place for twenty-four hours. By that time a thick crust will have formed on the surface of the mixture; beat this up thoroughly and mix all well; then put the whole into champagne bottles, which should be no more than two-thirds full, and cork and wire. Shake the bottles daily. The koumiss will be fit for use in two days, but it is much improved by keeping for about six weeks. It should be drawn off with a tap.

Egg Wine.—Put five fresh eggs in a glass jar; cover them with the juice of thirteen or fourteen lemons, make the jar air-tight, and let them stand until the shells are dissolved, shaking them occasionally. Beat the mixture very well, and add half a pound of sugar and a pint of rum. A wine-glassful taken in the morning fasting is a splendid thing for phthisical patients; it can be taken in

new milk.

Snow Cream.—Put to a quart of cream the whites of three eggs well beaten, four ounces of sweet wine, sugar to taste and a little lemon peel; whip it to a froth; remove the lemon, and serve high in a dish.

A Froth to set on Cream or Custard.—Sweeten half a pound of the pulp of damsons; put to it the whites of four eggs, well beaten; and beat the pulp with them, until it stands as high as you choose, and being put on the cream rough, so as to imitate a rock.

Chocolate Cream.—Scrape into one pint of

cream half an ounce of the best chocolate, and two ounces of sugar; boil, and when quite smooth take it off and leave it to cool. Then add the whites of four eggs, whisk and take up the froth on sieves, and serve the froth in glasses to rise above the cream.

Almond Cream.—Boil half a pint of milk together with four or five bay leaves, and pour it while boiling on the yolks of three eggs lightly beaten to a paste in a mortar, and sufficient sugar to sweeten it; soak about a quarter of an ounce of gelatine in half a teacupful of milk; allow it to boil until dissolved; when nearly cold mix with the milk and eggs, whisking until it is cool and beginning to set; then pour into moulds and allow it to set.

Macaroons.—Blanch four ounces of almonds and pound with four ounces of orange water; whisk the whites of four eggs to a froth, then mix it and a pound of sugar sifted with the almonds to a paste; lay a sheet of wafer paper on a tin, put it on in different little cakes the shape of macaroons.

Sugar Biscuits.—Half a pound of butter, a quarter of a pound of sugar and one pound of flour; beat the butter to a cream, add the sugar and flour; do not knead it much after putting in the flour; shape the biscuits and bake them.

Courcoumbines.—Nine ounces of flour, five ounces of butter, one egg, one teaspoonful of milk, one teaspoonful of sugar; beat the butter to a cream, then add the flour and milk, all the egg, make the paste up into small round or oblong cakes, and bake in a buttered tin. These are delicious biscuits for invalids. A syrup of honey can be poured on the biscuits, and a little cinnamon powder over it adds to the delicious taste of the biscuit.

A PERSON having behaved very rudely to Mr. Boswell, he went to Dr. Johnson and talked of it as a serious distress. Dr. Johnson laughed, and said, "Consider, sir, how insignificant this will appear twelve months hence."

It is a just matter of lamentation when souls which have been clad with zeal as with scarlet, constantly forward for the glory of God, fall to such apostasy as with Demas to embrace the dunghill of this world and with an avorous hausture lick up the mud of corruption.—T. Adams.

THE Christian's care should be to get his armour speedily repaired; a battered helmet is next to no helmet, in point of present use. Grace in decay is like a man pulled off his legs by sickness; if some means be not used to recover it, little service will be done by it, or comfort received from it.—Salter.

previous page next page