

the barley sticking to the bottom. Put in $\frac{1}{4}$ lb. of Patent Barley, well washed, add to it three quarts of new or skimmed milk. Place this on a gentle fire and allow it to boil. Draw the pan to the side of the fire, and let the contents boil very gently for three hours, stirring from time to time to prevent the barley from sticking to the bottom, and so getting "singed" or "sung," in which event the broth is quite spoiled. Before serving, add castor sugar to taste. When done, the milk will be a thick yellowish creamy liquid. Rice milk is prepared in the same way, substituting whole rice for the barley.

Gruel Jelly.—Boil gently in three pints of water, $1\frac{1}{2}$ oz. of sago, $1\frac{1}{2}$ oz. of rice, and $1\frac{1}{2}$ oz. of pearl barley for three and a-half hours when this will be reduced to about a pint. Strain through a hair sieve and stir in one good teaspoonful of Extract of Meat, let it stand till cold, when it will form quite a jelly, and can be eaten in place of calf's foot.

White Soupe Maigne.—One pint of milk, two of boiling water, three tablespoonfuls of flour, two onions, pepper and salt. Let the flour thicken in the milk, stir in the yolks of two eggs.

Soupe Maigne au Tapioca.—Mince one onion colour, add pepper and salt to taste, and one and a-half pints of water. When the water boils, strain, and put it back into a clean saucepan with two tablespoonfuls of tapioca. Let it boil until almost dissolved, then serve with straws of fried potatoes.

Milk Soup.—Put two pints of good sweet milk into a large enamelled goblet and bring to the boil. Add a little salt and $1\frac{1}{2}$ oz. of sugar. Mix 1 oz. of cornflour well with a little cold milk. Stir it into the milk when almost boiling. Boil for twenty minutes, stirring gently.

Baked Milk with Sherry and Isinglass.—Baked milk almost equals cream in richness, and will be found very beneficial in all cases where nutritious diet is advisable. The milk should be new. Put it into a stone jar. Dissolve some Isinglass in it, and set in a slow oven for some hours. If left all night so much the better. A hot oven will have a different effect entirely; the slower the oven the thicker the milk will be. It may be taken just as it is, while warm, or if preferred cold with or without the addition of a small wineglassful of sherry. It is better to bake small quantities not more than sufficient for each day's consumption. Take a claret-glassful at a time. An egg may be whipped up and added to it.

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Riz à la Vanille (Rice with Vanilla).—Take 1 lb. of rice, wash and blanch it, drain it, and put it into the saucepan, with 1 lb. of castor sugar, one pint of milk, and a stick of vanilla. When it is quite cooked, thicken with butter and the yolks of six eggs. Serve in a glass dish.

Albion Jelly.—Take half a pound of sugar, the juice of one lemon and half the rind, the white and shells of two eggs, 2 oz. of Gelatine. Boil and strain. Set in a mould. Before putting it in the mould, add three-quarters of a pint of sherry, which must *not* boil. The wine should be strained through muslin. Claret, Port, Tarragona, Marsala, or Champagne may be used instead of sherry. If Champagne is used, one pint is not too much. British wines, at 1s. 11d. per bottle, sufficient for two jellies can also be used.

Seville Orange Jelly.—The juice of six sweet oranges, two Seville oranges, and one lemon, 10z. of Gelatine; add $\frac{1}{2}$ lb. of castor sugar, and the peel of the lemon grated. In half-a-pint of water, dissolve the gelatine for one hour; pour in the lemon peel, the juice of the oranges and another half-pint of water. Stand it over the fire until dissolved; strain; pour it into a mould and serve when cold. It will be as clear as crystal.

Gelle à la Russe.—One gill of sherry (quarter pint) or Madeira, the juice and grated rind of one lemon, 10z. of Swinborne's Gelatine, $\frac{1}{2}$ lb. of loaf sugar, three-quarters of a pint of water; melt all together, then strain; when cool, whip the mixture with a whisk to a stiff froth. Pour into a mould, colour half with cochineal. If preferred it may be broken up into lumps, and the two colours piled in little heaps alternately on the dish.

Macaroni Soup.—Dissolve one tablespoonful of the Pure Beef Company's Household Thick Stock in one pint of boiling water (this stock is many times as strong as the best made in the kitchen; it costs a trifle, and gives a minimum of trouble); add salt and pepper to taste. Have ready a portion of Macaroni, previously cooked until tender, in boiling water, with a pinch of salt; it should simmer half-an-hour. Cut the macaroni into rings or pieces one inch long; put them into the boiling stock; simmer five minutes.

Clear Game Soup.—Take the remains of any game that is not high, put them into a saucepan with one onion, one carrot, two or three cloves, a small piece of mace, one bay leaf, some pepper, and white pepper and salt to taste. Cover the whole with veal or poultry stock, and set the saucepan to boil gently for two hours. Strain off the soup and set it to boil again, then throw in one ounce of raw beef or liver closely chopped; let it

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