

OUR PRIZE COMPETITION.

We have pleasure in awarding the prize this week to Miss Emily Marshall, 123, New Bond Street, London, W., for the following article on the question:—

WHAT ARE THE COMMON NON-ALCOHOLIC BEVERAGES AND HOW ARE THEY BEST MADE?

From a medical point of view, Tea, Coffee and Cocoa are three of the most common beverages—non-alcoholic. There are a great many which cannot be home made easily—such as ginger-beer, aerated water, etc. Some easily made at home are: barley water, lemonade, toast and water, celery water, apple tea, bran tea, linseed tea, rice water, etc.

Tea ought to be made with boiling water, and if the tap water is hard boil it for 15 minutes with a pinch of carbonate of soda. Heat the teapot before putting in the tea, the amount usually two teaspoonfuls of tea for one person, and one extra for each additional person. Do not allow tea to stand for longer than a minute or two—many people pour it off the leaves into another teapot which has been previously heated.

Coffee should be made from freshly roasted, and freshly ground berries, to be at its best. Various utensils are used, but a simple way is to heat an earthenware coffee pot or jug, put in the coffee, pour in boiling water, and allow it to stand on the hob for 10 minutes, covered. The coffee will remain on the top—stir several times and allow it to settle; after about 5 minutes it can be poured out gently, and will not need straining.

Koumiss is a refreshing and nourishing beverage for invalids, and can be made as follows:—

- 2 pints of butter milk.
- 3 pints of milk.
- 5 lumps of white sugar.

Mix all ingredients together, cover the bowl with a clean cloth and allow it to stand in a warm place for 24 hours. Then pour into bottles, cork tightly and tie down the corks. Place the bottles lying down, shake them occasionally, and after 3 days the Koumiss is ready for use.

Barley Water is a common and useful beverage, and is easily made with prepared barley; but a good recipe is:—

- 2 oz. pearl barley.
- The rind of half a lemon.
- 1 oz. of loaf sugar.
- 1 quart of cold water.

Wash the barley in two or three waters, put it in a stewpan with the cold water. Boil gently for 2 hours, skimming now and then. Put the

sugar and the lemon rind peeled *very thinly* (if any of the white pith is left on it will taste bitter) into a jug, strain the barley water on to it; cover closely till cold, and it is ready for use. The juice of half a lemon is an improvement if allowed.

Homemade lemonade is made with lemon juice, sugar and boiling water, and allowed to get cold.

Celery Water is useful for rheumatism made as follows:—

- 1 stick of celery.
- 1 quart of water.

Wash the celery clean; cut it into small pieces, let it simmer for 4 hours, and as the water boils away add a little more until, when ready, there is about 1 pint. Take a wineglassful of it twice a day.

All "drinks" contain a large proportion of water, which is a necessity for health.

HONOURABLE MENTION.

Miss Sarah Ann Cross (King's Lynn), Mrs. A. Carman (Chatham), and Miss Amy Phipps (London), receive honourable mention.

Miss Amy Phipps mentions cocoa, which contains a volatile oil, and, in addition, a large amount of gluten, fat, starch and sugar, hence it is a food and drink in one. A sufficiency of milk or water should be boiled and poured on to the cocoa, stirring gently. This should then be returned to the saucepan and boiled for two minutes.

Miss Cross gives the following recipe for making albumen water. (Every nurse has her own favourite method.) Stir the whites of two eggs into a half-pint of ice-water, without beating, add enough salt or sugar to make it palatable.

The King's College Hospital recipe for making albumen water is as follows:—"Cut the white of one raw egg in several directions with a clean pair of scissors, add half-a-pint of cold water, pour it into a bottle and shake well till it is thoroughly mixed. Flavour with lemon juice or cinnamon."

Miss James writes: Well-made lemonade is almost invariably appreciated by sick people. Here is an excellent recipe:—Squeeze the juice of four lemons into a big glass jug, avoiding the pulp, as it would make the mixture bitter. Pour a quart of boiling water upon the juice. Sweeten to taste. Stand to get cool. Just before serving float some very thinly cut lemon peel in the jug, and put in lumps of ice.

QUESTION FOR NEXT WEEK.

"What are the symptoms of abortion?"

[previous page](#)

[next page](#)