

## POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that the seventh of this series of examination questions has been most heartily responded to, producing by far the largest number of answers of any of the questions yet given, the following having secured the prize of a book or books of the value of five shillings :—

Hospital for Women and Children,  
9 & 32, LUPUS STREET, S.W.  
Near Victoria Station  
Mary Spanton Nov 13. 90

Describe the best method of making Beef Tea.

Take 1 lb of the top of Beef, to which, when minced, add 1 pint of cold water, let stand for 4 hours, then put it into an earthenware or earl highly covered over, & place it inside another earl, or pan, filled with water, which after coming to boiling point, must be allowed to simmer for four, to six hours, gently. This can be thickened if desired, & the B. pepper, onion, carrot, sage, or rice, when the patient can take it or varied by putting half a lb of mutton or veal to 1 lb of Beef & flavoured with celery.

I am a Subscriber.

We particularly desire to draw our readers' attention to the examination question given in this issue.

\*\* Other answers received and deserving honourable mention.

"Describe the best method of making Beef Tea."

MISS HELEN M. ANDERSON, M.B.N.A. :—

Cut 1 lb. of the best beef into small pieces, carefully removing all fat and gristle, and put in a stone jar. Add one pint of cold water and a

pinch of salt. Simmer slowly for two hours, then dish and skim.

MISS EMILY SANDERSON, M.B.N.A. :—

Take 1 lb. of good juicy beef (top side of the round), cut it up finely, removing all skin and fat; put it into a stone jar with its own weight of water (cold); put on the lid, taking care to tie it down, so as to be air-tight. Let it soak for one hour at least; if possible for six hours. Place it on the hot-plate or hob for three hours, and then for half-an-hour in the oven or standing in a saucepan of boiling water. When cold skim, and heat up as required. Good beef tea should never be boiled. A fresh supply must be made every day.

MISS ALICE ROBSON :—

Take 1 lb. of the best lean beef, freed from fat, and without bones; chop it up fine as minced meat; mix it with sufficient cold water to cover it; allow it to stand an hour or two, then slowly heat to boiling, and keep it boiling for three or four minutes. Strain and season with salt.

MISS M. B. CRAWFORD :—

Refreshing, stimulating beef tea may be made by cutting into dice 1½ lb. rump steak; put it into a jar with a close-fitting lid (no water); stand the jar in a saucepan half full of cold water; cover with saucepan lid, bring to a slow boil, and boil two hours. Beef tea jelly.—1½ lb. rump steak, cut in dice; put into a jar with close-fitting lid (no water); stand the jar in a saucepan two-thirds full of cold water; cover with saucepan lid, bring to a slow boil, and let it boil eight hours.

MISS NELLIE LEE, M.B.N.A. :—

One pound gravy beef, cut up fine and put into a pint of cold water, with five drops strong hydrochloric acid; allow to stand all night, and in the morning place the pan (covered) in water; boil for two or three hours; and then strain through muslin, adding a little salt.

MRS. WALKER, C.N. :—

One pound of shin of beef to one pint of cold water; all skin and fat removed. Cut meat into small pieces; place in a clean stewpan. Let it stand by the side of fire till it becomes gradually hot, to extract every particle of nutriment from the meat; as the scum rises, remove it, and allow the saucepan to remain near the fire two hours. Then add a small sprinkle of salt, and allow it to simmer one hour, keeping lid of saucepan constantly closed; strain it through muslin or hair sieve, and remove fat, if any.

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