

minutes, and then throw it away. Next add a pint and a half of water, a little lemon-peel and sugar; allow it to simmer, stirring it constantly until a nice thickness, then strain it and add lemon-juice. If a slight flavour of lemon is preferred with a little acid, put a slice of lemon with the barley in the water; sweeten to taste. Instead of lemon, sweet almonds beaten to a paste is sometimes added.

MISS KATE AYLWARD :—

Take 2oz. of pearl barley, well washing it twice. Pour half pint of cold water on to the barley in saucepan, and simmer slowly for ten minutes. Pour off all the liquor remaining, then add three pints and a-half of water to soften barley; then boil slowly until the quantity is reduced to one half; strain into a jug, in which a few slices of lemon have been placed, with few pieces of lump sugar. When cold may be taken as a drink. The juice of a few oranges with an ounce or two of bruised sugar candy, or  $\frac{1}{4}$  lb. of tamarinds, may be substituted for the lemon, and when sufficiently mixed by stirring, must be strained. One drachm of powdered nitre to pint of barley water, one teaspoonful for a dose, is useful in affections of the chest and in a cold.

MRS. HOPKINS, M.B.N.A. :—

Put 2oz. of pearl barley, well washed, into a jug, with the outer peel of half a lemon and a little lump sugar. Pour in a quart of boiling water; let it cool, and strain for use.

MISS DORA HELLYER :—

Take 1oz. of pearl barley, well wash it in cold water. Put the pearl barley in a saucepan with one pint of water, and boil for twenty minutes. Strain, and flavour with lemon or almond; sugar can be added if preferred.

MISS EMILY SANDERSON, M.B.N.A. :—

Well wash 2oz. of pearl barley, put it into a saucepan with a quart of cold water, boil it for two hours, strain it into a jug in which the finely-peeled peel of half a lemon and sugar have been placed. The addition of a little lemon-juice is a great improvement.

MISS MINNIE CHAPMAN :—

Take two tablespoonfuls of pearl barley, wash well, place the same in a saucepan with a pint of cold water. On reaching boiling point strain off the liquor so as to remove all foreign matter. Then add a pint of cold water, and allow the same after boiling to simmer for one hour. When strained it is then ready for use. If with the doctor's consent, a little lemon or sugar can be added to improve the flavour.

MISS WEBSTER-WEDDERBURN :—

Wash three tablespoonfuls of best pearl barley, let it soak in a pint of cold water for an hour, then add three more pints of cold water, simmer gently in a clean enamelled saucepan for four hours. If allowed by the doctor, peel very finely a lemon, remove the white, and cut in thin slices. Strain the barley water and pour over the lemon. Sweeten with three tablespoonfuls of sugar. If unable to place it on the fire, it will cook very well in a good oven. Use a stone covered jar.

MISS CATHERINE HEATH :—

One ounce pearl barley, one quart of water,  $\frac{1}{2}$  oz. of sugar, the rind of half a small lemon; put the barley into a jug and wash well with boiling water, then put in the sugar and lemon peel, and pour over it a quart of boiling water, stand the jug in a saucepan of water and boil rapidly for two hours. When cold pour off the clear liquid. A little fresh lemon juice may be added if liked, and there is no objection to it.

MISS HELEN N. ANDERSON, M.B.N.A. :—

To make plain barley water wash 2oz. of pearl barley in cold water, then pour half-pint of boiling water over it, and boil for a few minutes. Strain that water off and add two quarts of boiling water to the barley so prepared, and boil down to one half the quantity. Sugar and lemon or orange-peel makes a pleasant addition. Strain through a muslin cloth when ready.

MISS SARAH CHILDS, M.B.N.A. :—

Take 2oz. of pearl barley; wash it well in cold water; then put it into a saucepan with one pint of cold water. When it has boiled for a quarter-of-an-hour, strain off the water; then add three-pints of fresh boiling water; then let it simmer gently till the liquid is reduced one-half; strain, and it will be ready for use. It may be flavoured with a little lemon peel when sweetened.

MISS ELIZA ALLEN, M.B.N.A. :—

Take 2oz. of pearl barley, one lemon, and sugar to taste. First boil the barley in water twenty minutes, to extract the colouring; then strain the water off, and put the barley into a jug. Pour one pint of boiling water over it; let it stand for a short time; peel the lemon very thin; pour half-a-pint of boiling water over it, with a little sugar, and mix with the barley water.

MISS HARRIET MAYBLIN, M.B.N.A. :—

*Clear Barley Water.*—Wash  $\frac{1}{2}$  oz. of pearl barley; add two lumps of sugar, the rind of a lemon and juice of half; pour on it one quart of

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