

boiling water, and let stand for two hours; strain and serve. *Thick Barley Water*.—Wash 2oz. of barley and put it in a stewpan with one quart of cold water; boil gently for two hours; strain, and put the rind of half a lemon; sweeten to taste.

MISS MARY FURLEY, M.B.N.A. :—

Wash a cupful of pearl barley in cold water; add three cupfuls of distilled water; boil in a covered vessel until the barley is soft; then strain and sweeten. It may be flavoured with a little lemon.

MISS FANNIE SIMMONS, M.B.N.A. :—

Well wash a small teacupful of pearl barley, and then boil in a quart of water for half-an-hour. Strain through muslin, and flavour with fresh lemon juice, if the patient likes it.

MISS MARY A. W. DELAHUNT, M.B.N.A. :—

Barley water, *thin*.—To a tablespoon of well washed pearl barley add two or three lumps of sugar, the rind and juice of half a lemon; on these pour a quart of boiling water, let it cool, and strain for use. Barley water, *thick*.—A tablespoon of well-washed pearl barley to be put into a saucepan with a quart of cold water; boil for two hours; strain into a jug containing the rind of half a lemon and a little sugar.

MISS JENNIE STONE :—

Quarter of a pound of pearl barley to one quart of boiling water. Wash the barley in cold water, and put it into an enamel saucepan. Boil twenty minutes with the above proportion. Add a little lemon and sugar to taste. When the invalid may take it, a little lemon juice gives a pleasant drink in illness a very nice flavour, as does also a small quantity of port wine.

MISS ALICE ROBSON :—

On a tablespoonful of pearl barley (washed in cold water), the rind of a lemon (peeled thin), and two or three lumps of sugar, pour a quart of boiling water; let it stand for seven or eight hours, and strain. More or less of the juice of the lemon may be added, according to taste.

MISS EMMA DAVEY :—

Take two pints of water and two tablespoonfuls of barley, boil for half-an-hour; sweeten and flavour with orange or lemon if not to be given with milk.

MISS JOANNA S. ANDERSON :—

Thoroughly wash in cold water 2oz. of pearl barley, and place it in a saucepan with two quarts of water. Boil for two or more hours until the

barley is quite soft, stirring and skimming occasionally. Strain, and sweeten to taste. A little lemon juice, if allowable, may be added, which makes it a more agreeable drink to most patients.

MISS LEWIS :—

Take $\frac{1}{2}$ lb. of pearl barley, add thereto two pints of cold water, and boil till the barley is quite soft. Then strain and sweeten, and flavour with lemon juice.

MRS. J. G. TAYLOR :—

One teacup of pearl barley, pinch of salt to three quarts of cold water. Wash and place in earthen jar in very slow oven for six hours, reducing it to half. Strain through muslin, and to each half-pint (when taken) two tablespoonfuls of cream. This makes a delicious beverage, particularly when only liquids are allowed, and beef tea becomes nauseous.

MISS KATE COLLINS :—

Take 2oz. of pearl barley, two quarts of boiling water. Wash the barley in cold water; put it into the saucepan; add the boiling water; allow it to boil until reduced to one quart; then strain and sweeten to taste, and it is ready for use. If allowed, lemon juice very much improves this drink; can be taken hot or cold. An enamelled saucepan should be used, as iron turns most things a dark colour.

MISS BETH. A. E. BARTY :—

Required, 2oz. of pearl barley, $\frac{1}{2}$ oz. of sugar, one tablespoonful of lemon juice, quarter of the rind of one lemon, peeled very thinly; one pint and a-half of water. Well wash the barley in cold water twice to cleanse it; then put it into the saucepan, covering it with one pint and a-half to two pints of cold water; bring it slowly to the boil, keeping it well stirred to prevent any skim forming on the surface; strain; time for boiling, twenty minutes. I always add the above ingredients according to my patient's taste. The same barley can be used two or three times.

MISS JESSIE HOLMES :—

Take 2oz. of pearl barley, wash it thoroughly in cold water; then boil it for twenty minutes in a pint and a-half of water; strain and flavour with lemon peel and sugar to taste. I have found this way makes a very refreshing drink. The great thing is having the barley thoroughly washed.

MRS. SARAH DUYCK :—

Take one ounce of pearl barley, wash it well, then place it in one pint of water, and boil it for twenty minutes in a saucepan. Then strain it,

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