

OUR PRIZE COMPETITION.

NAME SIX PALATABLE TEMPERANCE DRINKS FOR THE SICK AND HOW TO MAKE THEM.

We have pleasure in awarding the prize this week to Miss Ména M. G. Bielby, Cranford, Middlesex.

PRIZE PAPER.

In the matter of drinks the value of suggestion is very great. The patient should be able to feel that the proffered drink is precisely what he most desires. To this end his idiosyncrasy should be ascertained. Some chilly mortals want warm, or even hot, drinks during a heat wave. Others feel balked unless their drink carries a conviction of being iced. Some like sweet drinks; others prefer sour. The greater the importance attached to the serving of the drink the more intense will be the satisfaction it yields. Therefore, the glass should be of paper thinness and beautiful, and should stand on silver or lace-trimmed linen. Even a modest home can keep an engraved tumbler for the use of the sick. When the patient's allowance of fluid is limited, a wine or liqueur glass which just holds the maximum quantity should be used. With iced drinks the glass should be rolled in crushed ice before being filled, to give it a frosted appearance.

All home-made wines contain between five and twelve per cent. of alcohol. Liqueurs are not only strongly fortified with alcohol, but also contain intoxicating essences. Medicated wines consist of the ordinary wines to which other substances have been added, and the alcoholic content of these wines is very high. "Unfermented wines" usually contain the addition of alcohol, or antiseptics, to ensure their "keeping." Hence none of these can be included with temperance drinks.

Unfermented wine may be prepared at home (1) by sterilising fruit juice in bottles and sealing, so that no micro-organism can enter; (2) by keeping the juice at a temperature below 5°C. or 40° F. Such fruit juice, diluted with iced or soda water, forms a very beneficial drink. Failing this, a spoonful of jam in boiling water, strained, makes a good fruit drink.

Six thirst-quenching and palatable temperance drinks are:—

Grape fruit Drink.—Pour the juice of a grape-fruit, with a little of the pulp, over pounded ice, with sugar. Serve in a tumbler. This is good for influenza patients and assists digestion.

Lime Drink.—Squeeze the juice of a fresh lime into a tumbler, sweeten with two teaspoonfuls of white sugar, and fill up with soda

or plain water. Or unsweetened bottled lime-juice may be used. Limes may be obtained from the stores.

Iced Coffee.—Make some strong coffee with four large dessertspoonfuls of freshly ground coffee, a few grains of salt, and a quart of boiling water. Place by the fire for ten minutes. Strain through fine muslin. Add three small tablespoonfuls of castor sugar, half a pint of cold milk, and half a pint of cream. Place on ice for six hours before serving.

Imperial Drink.—One teaspoonful of cream of tartar, one teaspoonful of lemon juice, two teaspoonfuls of castor sugar to each pint of water.

Clear Barley Water.—(Less nutritious but more refreshing than the ordinary preparation.) Wash two ounces of pearl barley in a sieve under the cold-water tap. Put it in a saucepan with enough cold water to cover it. Bring it to the boil and boil for five minutes; drain off the barley, and discard the water. This is to "blanch the barley." Put the barley in a saucepan, with lump or white sugar to taste, a thinly pared lemon-rind, and a pint of boiling water. Cover closely till cold, then strain. This may be varied by flavouring with cinnamon-stick, a clove or two, nutmeg, or seeded raisins. Strain before use.

Egg Nog.—Scald a teacupful of milk. Whilst heating, beat up the yolk of an egg with a very little sugar and enough lemon juice to flavour it. Beat the white of an egg to a stiff froth. Pour the scalded milk on the yolk and lemon, stirring carefully so that it shall not curdle; stir the stiffly beaten white lightly in, and serve at once.

For those who like it, buttermilk forms a refreshing and nutritious drink.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Amy Foster, Miss Mary Ramsey, and Miss M. Cullen.

Miss Mary Ramsey gives six excellent receipts. No. 4, Toast Water and Cream, we know to be very palatable.

Take a slice of crusty stale bread, and toast it slowly all through without burning. Let it go cold, then pour over a quart of boiling water and let it stand till cold. Strain. Mix a tablespoonful of cream with half a tumbler of toast water. Add a little sugar, and serve. (If liked, an inch of stick cinnamon or a piece of ginger may be added to the toast water.)

QUESTION FOR NEXT WEEK.

Describe the Fifth Type of Nurse as known to many a sufferer. (See article, "Four Types," May 5th, page 278.)

[previous page](#)

[next page](#)