
FOOD FOR THE SICK.

182
66
88
81
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428
32
460

BEEF TEA.—The beef must be very fresh. Take four pounds of the upper side of the round ; cut it into small pieces ; leave out every bit of fat ; put it into a jar with a dessert-spoonful of salt and three pints of cold water. Tie it closely down ; place this in a sauce-pan of water, and let it boil gently for five hours. Before serving, absorb all the oil from the surface by using stale bread, as it will pick it all up quickly.

CHICKEN BROTH.—Cut up a fowl and break the leg bones. Put it into a stew-pan with a quart of cold water, a tea-spoonful of salt, and the same quantity of white sugar. Boil gently—simmering constantly for four hours ; then strain into a basin. When cold remove the fat. When required, warm a sufficient quantity.

FLOUR GRUEL.—Tie up one pound of flour tightly in a cloth ; place it in a saucepan of cold water and boil for four or five hours. When taken out it will be a hard ball. Pare away the outer rind. When wanted for use, scrape off a sufficient quantity and mix with boiling milk to the thickness of gruel. An excellent food in diarrhoea.

OATMEAL GRUEL.—Boil a pint of water in a sauce-pan ; when boiling, mix with it two tablespoonfuls of oatmeal, half a pint of milk, and a little salt. Let it then simmer for half an hour ; strain it through a hair-sieve, sweeten, and flavour to taste.

CAUDLE.—Beat up a raw egg with a wine-glassful of sherry, and add to it half a pint of hot gruel. Flavour with lemon-peel, nutmeg, or sugar.

BARLEY SOUP.—Soak four tablespoonfuls of Scotch barley for an hour in cold water ; put it on in a stew-pan with about a pint of cold water. Set it on a moderate fire ; let it stew gently, and add three good-sized onions, two small turnips, a carrot and a head of celery. Season to taste.

• WE desire especially to direct the attention of the reader to the announcement on the next page of "*Churchill's Green Sea Turtle Oil*." It will be found, on trial, to surpass any oil ever yet put on the market, for all purposes for which oils have been used. Price, 25 cents.

No matter how near other oils have come to answering the uses to which you have applied them, "*Churchill's Turtle Oil*" is mightier than anything yet discovered to allay inflammation. See next page.