

OATMEAL GRUEL.

Put 4 tablespoons of the best grits (oatmeal coarsely ground) into a pint of boiling water. Let it boil gently, and stir it often, till it becomes as thick as you wish it. Then strain and add to it while warm, butter, wine, nutmeg, or whatever is thought proper to flavor it. Salt to taste. If you make the gruel of fine oatmeal, sift it, mix it first to a thick batter with a little cold water, and then put it into saucepan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back again into the pan.

ORANGE ALBUMEN (For invalids).

Juice of half an orange, white of an egg, tablespoon of water, sugar to sweeten, strained through muslin. Lemon can be used.

CHICKEN JELLY.

Cook chicken in enough water to little more than cover it, let it stew gently until the meat drops from the bones, and the broth is reduced to about a pint, season to taste, with a little salt and pepper. Strain and press, first through a colander, then through a coarse cloth. Set it over the fire again, and cook a few minutes longer. Turn it into an earthen vegetable dish to harden, and set it on ice in the refrigerator. Serve cold in slices, or made into sandwiches, with thin slices of bread, lightly spread with butter.

SLIPPERY-ELM TEA.

Put a teaspoon of slippery-elm into a tumbler, pour cold water upon it, and season with lemon and sugar.

EXCELLENT COUGH MIXTURE.

1 cup of rum, 1 cup of honey, 1 cup of

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