

2.—Break the soft part of a stale loaf in pieces, and soak in cold water for an hour, then mash ; put it on the fire, with a little salt, butter and sugar to taste, and cook slowly for an hour ; add two yolks of eggs beaten, with two tablespoonfuls of milk.

OAT-MEAL GRUEL.—Put two large spoonfuls of oat-meal, wet in cold water, into one pint of boiling water, boil it gently one-half hour, skim, and add a little salt, sugar, and nutmeg.

PORT WINE JELLY.—Melt in a little warm water one ounce of isinglass, stir into it one pint of port wine, adding two ounces of sugar, an ounce of gum arabic and half a nutmeg, grated ; mix all well and boil ten minutes, or until everything is thoroughly dissolved ; then strain and set away to get cold.

BARLEY WATER.—Soak one pint of barley in lukewarm water for a few minutes ; then drain off the water. Put the barley in three quarts of cold water, and cook slowly until the barley is quite soft, skimming occasionally. This barley water, when cold, flavor with a little jelly or lemonade.

RISE MILK.—Pick and wash the rice carefully ; boil it in water until it swells and softens ; when the water is partly boiled away, add some milk. It may be boiled entirely in milk, by setting the vessel in which the rice is in in boiling water ; sweeten with white sugar, and season with nutmeg. It also may be thickened with a little flour or beaten egg.

FLAXSEED TEA.—One-half pound of flaxseed, one-half pound rock candy, and three lemons pared and sliced ; pour over this two quarts of boiling water ; let it stand until very cold ; strain before drinking. This is good for a cough.

APPLEADE.—Cut two large apples in slices, and pour on them one pint of boiling water ; strain well and sweeten. Ice it before drinking.

BLACKBERRY SYRUP.—One quart of blackberry juice, one pound of sugar, one-half ounce of nutmeg, one-half ounce of cinnamon, one-fourth of an ounce of cloves, one-fourth of an ounce of allspice.

TOAST WATER.—Toast stale bread until quite brown, but do not burn it ; put it into a large bowl, and pour over it boiling water ; let it stand for an hour or so, strain and put in a piece of ice before drinking.

TOAST.—Toast bread until a nice brown all over, taking great care not to burn ; butter each slice, dip into hot water, or pour over each piece enough sweet cream to moisten it.

BLACKBERRY WINE.—To one gallon of mashed berries add one quart of boiling water, and let it stand twenty-four hours ; then strain them, and to every gallon of juice add three pounds of brown sugar. Put in a jug or demijohn, and cover with a thin piece of muslin until October, then bottle it off.

WINE WHEY.—Sweeten one pint of milk to taste, and when