

Put water and white of egg in a glass fruit jar, cover with air-tight cap and rubber band; shake until thoroughly blended. Strain; serve plain or add lemon juice and sugar to taste.

**Barley Water (Infants).**

One teaspoon Barley Flour.

Two tablespoons Cold Water.

One pint Boiling Water.

Blend flour and cold water to a smooth paste in top of double boiler; add gradually the boiling water. Boil over direct heat five minutes, stirring constantly; then put over boiling water and cook 15 minutes longer, stirring frequently.

**NOTE.**—For children or adults use  $\frac{1}{2}$  table-spoon barley flour, 1 cup boiling water,  $\frac{1}{4}$  tea-spoon salt.

