

INVALID DISHES

EGG-NOGG—A. Vokes.

1 EGG.
 $\frac{2}{3}$ CUP MILK.
1 TEASPOON SUGAR.
FEW GRAINS NUTMEG.
FEW GRAINS SALT.
FEW DROPS VANILLA.

(1) Beat the egg slightly, add the salt, sugar and flavoring; mix well and stir in milk. Serve cold.

(2) Beat the yolk of the egg, add salt, sugar, flavoring and milk. Then add the white of the egg beaten stiff. Stir well before serving.

BARLEY WATER—

$1\frac{1}{2}$ LBS. BARLEY.
2 CUPS COLD WATER.
SALT.
LEMON JUICE.
SUGAR TO TASTE.

Pick over barley, wash and soak in water over night, or for several hours. Boil gently $1\frac{1}{2}$ hours. Strain, season with salt, lemon juice and sugar to taste. Reheat and serve.

CURRENT WATER—

2 TABLESPOONS CURRENT JUICE, OF
2 TEASPOONS CURRENT JELLY.
 $\frac{2}{3}$ CUP COLD WATER.
SUGAR.

Mix juice and water, then sweeten or beat jelly with fork, dissolve in water and add sugar if required.

GRUEL—

1 TABLESPOON OATMEAL.
A LITTLE COLD WATER.
1 PINT BOILING WATER.
1 TEASPOON BUTTER.

Put oatmeal into a basin, moisten with cold water, pour over boiling water, stirring all the time. Let it settle and pour liquid into pot. Boil 10 minutes, add butter, sugar to taste. Serve very hot.

BEEF TEA—

$\frac{1}{4}$ LB. LEAN BEEF.
1 PINCH SALT.
1 CUP WATER.

Scrape and cut meat in small pieces. Put into a pot with water and salt, press against sides of pot with spoon till just boiling, strain off juice and serve.

HOUSEHOLD HINTS

TO CUT MARSHMALLOWS EASILY

Dip your scissors into very cold water and use them without drying.

TO WASH COLORED FABRICS—

Soak clothes half hour in salt water, then wash quickly out of soapy water, rinse in salt water, and dry in shade.

HOW TO POACH EGGS—

Put a teaspoonful of vinegar in the water and cover the pan while cooking.

TO STRENGTHEN A SCALLOP—

When button-holing a scallop in fine material, stitch around on the machine before button-holing.

A NOVEL GARNISH—

Roll tightly several large lettuce leaves and keep them in a cold place until needed, then cut the roll into half-inch pieces and a pretty light green rosette will be the result.