

one of pepper, two of ground mustard, one dessertspoonful of cloves, one pint of good cider vinegar, a half teacupful of sugar ; boil slowly for three minutes. Do not add the spice until nearly done, as it is more liable to burn.

3. One gallon of tomatoes, one pint of vinegar, two tablespoonfuls of salt, two of black pepper, two of mustard, one of cloves, one dozen onions, sliced fine ; boil all together till quite thick ; strain through a colander ; bottle and cork tight, and keep in a cool place.

COOKERY FOR THE SICK.

BEEF TEA.—Very nice beef tea is made by cutting up tender, juicy beef into pieces about one inch square ; put into a strong bottle, cork tightly and set in a kettle of cold water. Boil it about two hours ; the fluid then obtained will be the pure nutriment of the meat, and the tonic effects are powerful.

2. Cut raw beef into small pieces, cover with cold water, and set on the back of the stove, where it will not boil, until all the juice is extracted from the beef. When wanted for use skim off all the fat, strain, season, and let it come to a boil.

VEAL OR MUTTON BROTH.—To each pound of meat add one quart of cold water, bring it gently to a boil ; skim it and add salt ; simmer the broth about three hours. A little rice may be boiled with the meat. When cold skim off the fat.

CHICKEN BROTH.—Take part of the chicken, joint it, and cover with water ; let it boil closely covered until the meat drops from the bones, then skim off the fat, strain, and season with a little salt, and if liked add a teaspoonful of rice, and let boil until the rice is cooked.

SCRAPED BEEF.—Take a good piece of raw steak, lay it on a meat board, and with a knife scrape into fine bits ; after removing all hard and gristly parts put it into a pan over the fire and let it remain just long enough to become thoroughly heated through, stirring it up from the bottom occasionally ; season with a little salt. This is very nutritious and quite palatable.

TO PREPARE AN EGG.—Beat an egg until very light, add seasoning to the taste, and then steam until thoroughly warmed through, but not hardened. This will take about two minutes. An egg prepared in this way will not distress a sensitive stomach.

MILK PORRIDGE.—Make a thin batter of white flour and cold milk, and stir it into boiling milk, with a little salt. Let it boil for a few minutes, stirring all the time.

PANADA.—Shave very thin soft parts of light bread into a bowl, put in a piece of butter the size of a large hickory-nut, grate over this some nutmeg, pour on boiling water, cover and let stand a few minutes.