

APPLE WATER.—Cut two large apples in slices, and pour a quart of boiling water on them; strain in two or three hours' time, and sweeten to taste. Or, boil the apples in three pints of water till reduced to a quart.

ORANGE OR LEMON* DRINK.—Squeeze the juice of four oranges or lemons, rinse the pulp and rind in half a pint of boiling water, simmer another half a pint of water with eight or ten lumps of sugar till thoroughly dissolved and mixed, when all are cold mix well together and strain through muslin or flannel

MUCILAGE OF GUM ARABIC.—Ten ounces of gum arabic in powder, mix well with two tablespoonsful of honey; shave a little rind of lemon, clean off the white pith and cut the lemon in slices into a jug, then stir on it, by degrees, a pint and a half of boiling water. This is particularly good in any complaint that affects the chest, as cough, consumption, measles, &c.

BRAN TEA is made by boiling a large handful of bran in a quart of water till it thickens, then strain it off and sweeten. The gum, honey, and lemon may be added as above. It is useful in the same complaints.

TEA made of balm, mint, sage, marigold, or cowslips is often found refreshing. Balm tea is most cooling; mint the most comforting to the bowels; sage or marigold most reviving; and cowslip tea has rather a composing tendency. To have them nice they should be made fresh.

CAMOMILE TEA is often rendered nauseous by suffering it to remain far too long on the flowers; after ten minutes, or even less, no further good properties are extracted from the flowers, only a nauseous bitter. Half a handful of flowers will make a quart of tea sufficiently strong for any purpose. If a person who takes camomile tea to strengthen the stomach finds a loziness and sinking, six or eight cloves may be added, and a tea-cupful be taken cold the first thing in the morning.

LINSEED TEA.—Boil two tablespoonsful of the seeds in three pints of water till reduced to 1 quart; strain it and let it stand to settle; it may be sweetened with liquorice, honey, lemon juice, or vinegar.