

CREAM NECTAR.

Imperial.—First take water, one gallon; loaf sugar, eight pounds; tartaric acid, eight ounces; gum arabic, one ounce; put into a suitable kettle and place on the fire.

Second, take flour, four teaspoons; the whites of four eggs well beaten together with the flour, and add water, one-half pint; when the first is blood warm, put in the second and boil three minutes and it is done.

Directions :—Three tablespoons of the syrup to a glass half or two-thirds full of water, and one-third teaspoon of super-carbonate of soda, made fine; stir well and drink at your leisure.

SHAM-CHAMPAGNE.

A Purely Temperance Drink.—Tartaric acid, one ounce; one good sized lemon; ginger root, one ounce; white sugar, one and one-half pounds; water, two and one-half gallons; yeast, one gill.

Slice the lemon and bruise the ginger, mix all, except the yeast, boil the water and pour it upon them, and let it stand until cooled to blood heat; then add the yeast and let it stand in the sun through the day; at night, bottle, tying the corks, and in two days it will be fit to use.

Be sure and not drink over three or four bottles at one time.

YEASTS.

Hop Yeast.—Hops, one ounce; water, three pints; flour, one teacup; brown sugar, one tablespoon; salt, one teaspoon; brewers' or bakers' yeast, one gill.

Boil the hops twenty minutes in the water, strain into a jar and stir in the flour, sugar and salt, and when a little cool add the yeast, and after four or five hours cover up and stand in a cool place or on ice for use.

The above makes a good family yeast.

NIGHT SWEATS.

After Agues, Fevers, etc., and Consumption, many persons are troubled with "Night Sweats;" they are caused by weakness or general debility. For its relief:

Take essence of tansy, one-half ounce; alcohol, one-quarter ounce; water, one-quarter ounce; quinine, fifteen grains; muriate acid, thirty drops; mix. DOSE—One teaspoon in a gill of cold sage tea.

It should be taken two or three times during the day, and at bed time; and the cold sage tea should be used freely as a drink, also, until cured. It will even cure ague, also, by repeating the