



No. 1 Porcelain vessel fitting into Block Tin Boiler No. 2. The cover fitting No. 2 also, which can be used separately as a stewing pan.

RECIPT FOR MAKING BEEF-TEA.

Put a pound and a half of round steak cut up into pieces about the size of a hazel nut, into the porcelain pot, the outer one being partially filled with water. Add a little water, sufficient to keep the meat from sticking to the sides of the pot, cook from five to eight hours, and flavor with salt. Venison, mutton or buffalo flesh may be used instead of beef. See that the water in the outer kettle is replenished, as it boils away. This makes the best TEA. Another, where the above Kettle is not present is a good receipt, but not so good as the former.

BEEF-TEA.

Take two pounds of the lean part of the gravy-piece of beef, and carefully pare away every particle of fat, skin, or sinew, cut this into small square pieces the size of a nut, put the beef into a stew-pan capable of containing two quarts, and pour three pints of boiling water upon it, add a little salt, put it on the stove fire, and, as soon as it boils, skim it, and then remove it to the side of the stove to continue boiling gently for an hour, after which the beef-tea should be strained through a napkin for use.

PECTORAL CHICKEN-BROTH.

Cut up a young fowl into several pieces, put in a stew-pan with three pints of spring-water; set on the stove fire to boil; skim well and add a little salt; take two table-spoonsful of pearl-barley, wash it in several waters, and add it to the broth, together with one ounce of marsh-mallow roots cut into shreds for the purpose of better extracting its healing properties. The broth should then boil one hour, and be passed through a napkin into a basin, to be kept ready for use.

MUTTON-BROTH.

Take three pounds of the scrag-end of a fresh neck of mutton, cut it into several pieces, wash them in cold water, and put them into a stew-pan with two quarts of cold spring water; place the stew pan on the fire to boil; skim well, and add a couple of turnips cut into slices, a few branches of parsley, a sprig of green thyme, and a little salt. When it has boiled gently by the side of the stove for an hour and a half, skim off the fat from the surface, and then let it be strained through a lawn sieve into a basin and kept for use.