

155. *Extract of Mutton, Bagot's*.—Very useful as a vital restorative in exhausted states of the system. Well put up.
156. *Egg Powder*.—Useful when mixed with milk and brandy. Well put up.
157. *Preserved Fowl*.—Useful as a change from preserved beef or mutton. Well put up.
158. *Arrowroot*.—Good when cooked with milk. Has not much nutritive value. Well put up.
159. *Currants, Red*.—Very useful and good.
160. *Currants, Black*.—Very useful and good.
161. *Nutmegs*.—Useful as aids to digestion and to flavour food.
162. *Oysters, Preserved*.—Useful as a change of diet. Some kept badly.
163. *Pearl Barley*.—Useful and palatable in broth of meat. Well put up.
164. *Sago*.—Useful in puddings with milk and eggs.
165. *Sugar, Refined*.—Useful.
166. *Tapioca*.—Very useful.
167. *Whiskey*.—Very useful, and well put up.
168. *Gin*.—Very useful, and well put up.
169. *Brandy*.—Very useful, and well put up.
170. *Port*.—Very useful, and well put up.
171. *Sherry*.—Very useful, and well put up.
172. *Champagne*.—Very useful, and well put up.
173. *Mustard and Cress Seed*.—Very good.
174. *Respirators*.—Effective, except during the extreme cold weather. Only valuable in the special case of a lung disease.