

A Nerve Tonic

from the Farmers Advocate

Cured a great sufferer of headache
Beat an egg in a basin with a ^{pinch} ~~small~~
of salt & a very small pinch of carbonate
of soda boil a small cup full of milk with
a pinch of salt & a dust of red pepper when
it is on the very point of boiling over
pour on the egg stirring quickly all the
time with a fork to prevent its lumping
this mixture has all the reviving effects
if a student without it after reaction
& is at the same time nourishing & soothing
to the nerves the salt & soda prevent the
milk from being indigestible or causing
biliousness.

Cold Cream for face & hands

Mutton tallow the whitest & best cut into
bits put in a saucepan & set in a pot of boiling
water & let remain until the fat is all melted
allow strain through a fine sieve, & while
it is still warm stir in a teaspoonfull of
essence of camphor to every cup of tallow
then a teaspoonfull of your favorite
perfume & stir until all is a sweet smelling
liquid before it is cool pour into jars &
let stand in a cool place to set.

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