

simmer it gently a few minutes with as much liquor as will bring it to the thickness of gruel.

Roast veal, mutton, or beef, may be shred and warmed in the same manner, with a little of the gravy from the dish, provided there be no butter in it. Or it is a very good way, when a sick person cannot take solid meat and yet wants nourishment, to lay two or three slices of toasted bread, with the crust cut off, in the gravy from a roasted joint of meat, till thoroughly moistened.

LAXATIVE SYRUP.—Take one ounce of senna leaves, and having carefully picked out every bit of stalk, pour over them one pint of boiling water; let this boil till one half remains; then pour the whole into a china bason, and covering it up, set it aside for twenty-four hours; strain it off through a linen rag, and add four ounces of treacle; put it over a clear fire till it becomes so much heated as to be thoroughly mixed together. When cold, cork it up for use, and keep it in a cool place. This syrup is chiefly intended for children; the dose may be from a teaspoonful to a tablespoonful, according to the age and strength of the child; if not active enough, powdered jalap may be added.

SENNA TEA.—One half ounce of senna and one ounce of figs, tamarind or raisins; pour on a pint of boiling water; let it stand for four or five hours; then strain off; a small tea-cupfull may be taken every hour till it operates. Or the same ingredients may be boiled in a pint and half of water till reduced to a pint, then strain off; in this case a smaller dose will suffice.

CASTOR OIL.—In purchasing this, always ask for cold drawn. The dose of this, for a child, is from a teaspoonful to a desert-spoonful; for a grown up person, from a desert-spoonfull to two tablespoonsfull.

FOR A WEAK STOMACH AND WANT OF APPETITE.—One ounce of camomile flowers, half an ounce of dried seville, orange or lemon peel (that is, the yellow rind quite from the inner white); pour on them a quart of boiling water, and take a wineglassfull the first thing in the morning and twice in the day besides.