

BEVERAGES

TEA COFFEE COCOA CHOCOLATE

Children and young people who have not stopped growing should not drink any tea or coffee. Tea and coffee should never be taken on an empty stomach, unless as a medicine.

TEA

To Make Tea.—Allow one teaspoon of tea to each cup of boiling water. Scald the teapot with boiling water, put in the tea, pour on the boiling water, and let it stand covered from 3 to 5 minutes.

COFFEE

To Make Filtered Coffee.—Allow 1 tablespoon of pulverized coffee to 1 cup boiling water. Scald the coffee-pot. Put coffee in strainer or muslin bag in coffee-pot; put on the range. Add gradually the boiling water and allow it to filter. Cover between additions of water. If desired stronger, refilter. This is considered the most economical way of preparing coffee. The coffee bag should be kept in cold water and not allowed to dry between the times it is used.

BREAKFAST COCOA

2 cups scalded milk	Few grains sugar	2 to 4 tablespoons sugar
2 cups boiling water	2 tablespoons prepared cocoa	

Mix dry ingredients in saucepan; stir in boiling water gradually and boil 5 minutes. Add milk and cook 5 minutes longer, or until smooth and free from lumps. Mill with a Dover egg-beater to prevent albuminous skin from forming on top.

CHOCOLATE

1½ squares Baker's Chocolate	4 tablespoons sugar Few grains salt	1 cup boiling water 4 cups milk
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Scald milk, melt chocolate in small saucepan placed over hot water; add sugar, salt and gradually boiling water while stirring; when smooth, place over the fire and boil 1 minute; add to scalded milk. Mill by beating with Dover egg-beater, and serve. Whipped cream or a marshmallow may be served on top of the chocolate.