

KUMYSS

This delightful beverage is highly recommended by modern food experts. It combines the rich, nourishing qualities of sweet milk with the healthful action of buttermilk. Kumyss is a form of fermented milk enjoyed by children and adults alike and especially recommended for those who have difficulty in assimilating milk in its natural state. It is easily prepared as follows:

Heat two quarts milk to blood-heat (100°). Add half a cake FLEISCHMANN'S YEAST and two tablespoonfuls sugar dissolved in a little warm water. Let stand for two hours, then bottle and stand for six hours in a moderately warm room; then place on ice. Kumyss will keep four or five days if kept cold, but it is better if made fresh every day or two.

DANDELION WINE

Pour one gallon of boiling water over three quarts of dandelion flowers. Let stand twenty-four hours. Strain and add five pounds of light brown sugar, juice and rind of two lemons, juice and rind of two oranges. Let boil ten minutes and strain. When cold, add half a cake of FLEISCHMANN'S YEAST. Put in crock and let stand until it commences to work. Then bottle and put corks in loose to let it work. In each bottle put one raisin, after it stops working. Cork tight.