

an animal, such as knuckle and breast veal, shank of mutton, &c., afford the most strengthening broth, but not so rich flavored as that which is made from lean meat, especially from the loin of the animal. It is very well, if you can, to have part of both. It is generally directed to let broth stand till cold, in order to clear it of fat; but I think broth is never so nice as when fresh made, and the fat may be nearly all removed with a spoon, or, if any should remain, lay at top a piece of blotting paper, it will draw it all up. A very nourishing broth against any kind of weakness, especially after lying in, or for elderly people who have weakness in the back, may be made from two pounds of loin of mutton (the fat taken off), boiled with a large handful of chevil, in two quarts of water till reduced to one.

Very nourishing broth may be made of fish of almost any kind; the more thick skinned and glutinous the better. The following is an excellent broth:—Half a pound of small eels or grigs; set them on with three pints of water, an onion, a few pepper corns, and some parsley; let it simmer till the eels are broken, and the liquor reduced to one half; then add salt and strain it. Some people like a spoonful of vinegar added; and if the bowels be not disordered, there is no objection to it.

CALVES FEET BROTH.—Boil two feet in three quarts of water till reduced one half, strain it and set it by; when cold, take off the fat, and when it is to be used, put a large tea cup full of the jelly into a sauce pan, with half a glass of mountain, raisin, or cowslip wine, and a little nutmeg and sugar; when it nearly boils, have ready the yolk of an egg finely beat, stir to it by degrees a little of the jelly, then stir it in all together, but do not let it boil. This is less troublesome and expensive than calves' feet jelly, and quite as nourishing.

MISCELLANEOUS RECEIPTS.

MEAT PANADA.—Sometimes it is requisite to give animal nutriment in a more solid form than that of broth or jelly when the person has not an appetite for meat. When that is the case, it may be managed in the following manner:—Take the white meat of chicken or rabbit, partly, but not thoroughly boiled; perfectly clear it from skin, shred it as fine as powder, or, if you have a marble mortar, beat it to a paste with a little of the liquor it was boiled in, put in a little salt, nutmeg and lemon peel,