

Dainty Dishes ^{for} the Invalid

Barley Water.—One and a half tablespoons pearl barley, one quart cold water, salt. Wash barley, add cold water and let soak several hours or over-night. Drain and add the fresh cold water, boil gently over direct heat two hours, or in a double boiler steadily four hours, down to one pint, adding water from time to time; season with salt. Strain through muslin. Cream or milk may be added or lemon juice and sugar.

Oatmeal Water.—One tablespoon oatmeal, one tablespoon cold water, speck salt, one quart boiling water. Mix oatmeal and cold water, add salt and stir into the boiling water. Boil three hours; replenish the water as it boils away. Strain through cheese cloth. Season, serve cold.

Junket.—One cup fresh milk, one-quarter Junket tablet, one teaspoon cold water. Heat the milk until lukewarm; add the tablet dissolved in the cold water; allow it to jelly in a warm place; chill in cool place.

Flaxseed Tea.—One tablespoon whole flaxseed, two cups cold water, juice of one lemon; sugar. Wash flaxseed thoroughly, put it with the cold water in a saucepan, simmer one hour, add lemon juice and sugar to taste and strain. If too thick, add hot water. Valuable in case of inflammation of the mucous membrane.

Egg Broth.—Yolk one egg, one tablespoon sugar, speck salt, one cup hot milk. Brandy or some other stimulant if required. Beat egg, add sugar and salt. Pour on carefully the hot milk, flavor as desired, if with brandy or wine, use about one tablespoon.

Egg-Nog.—One egg, speck salt, one tablespoon sugar, one-third cup of milk, one and one-half tablespoon of wine or less of brandy. Beat the egg, add the sugar and salt; blend thoroughly, add the milk and liquor. Serve immediately.

For Bronchial Weakness and To Build Up Blood Cells, Take Dr. Pierce's Golden Medical Discovery



The Shaw Studio

William March

Hamilton, Ont.—“For weak bronchials or to build up the blood cells I know of nothing so good as Dr. Pierce's Golden Medical Discovery. One of my boys always had weak bronchials. He would choke up and be miserable. The only medicine that did him any good was Dr. Pierce's Golden Medical Discovery. Since taking it he has warded off the spells of bronchitis. I also give this medicine to others of my family as a tonic and blood enricher and find it excellent.”—Mrs. R. March, 42 Clyde St.

Ask your druggist for Dr. Pierce's Golden Medical Discovery, liquid or tablets.

SOIL

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Good health is your most valuable asset