

BROTHS AND SOUPS.

BEEF TEA.

1 lb. lean beef
 ¼ teaspoon salt

1½ pints cold water

Remove the fat from the meat and shred it finely, let it soak in the water half an hour, then cover closely. Set in a pan of boiling water and let cook for 3 hours, adding salt. Then strain.

MUTTON TEA.

2 lbs. scrag end
 neck mutton
 2½ pints water

2 tablespoons pearl
 barley
 salt

Trim all the fat from the mutton, cut into small chops, put in stew pan, add barley, water, and salt. Simmer very gently for 2 hours, then strain. When cold remove all the fat. A small stick of celery may be used for flavoring if it is allowed.

JELLIED SOUP.

Stiffen any clear soup with a little gelatine so that when chilled it will be sufficiently firm to hold the outline of a spoon. Serve 2 large tablespoons in a cup.

MEATS FOR INVALIDS.

Of meats none is so juicy and appetizing as beefsteak from a proper cut, and properly cooked. Pork and veal should never be given in any form to sick persons. Beef can often be eaten by an invalid when no other variety of meat can even be tasted.