

Sick Room Cookery.

Apple Water.

Cut two large apples in slices, and pour a quart of boiling water on them. Or pour the same amount of water on roasted apples. In two or three hours strain and sweeten, also add grated nutmeg.

Barley Water.

To make good barley water choose the best pearl barley, boil it for a few minutes, then throw away the water, and add fresh, in the proportion of a pint to an ounce of barley. Boil quickly in a tin or earthen vessel, and then let it simmer for an hour; strain and sweeten; flavor with lemon, or according to taste. It is a very mucilaginous drink, and beneficial to invalids.

Rice Water.

Rice two ounces, water two quarts, boil an hour and a half in a tin or earthen vessel, and add sugar and nutmeg. Rice when boiled for a considerable length of time becomes a kind of jelly, and mixed with milk is a very excellent diet for children. It has in some measure a constipating property which may be increased by boiling the milk.

Chicken Water.

Take half a chicken divested of all fat, and break the bones, add to this a half gallon of water, and boil for half an hour, season with salt.

Lemon Water.

Put two slices of lemon, thinly pared, into a teapot, a little bit of the peel and a bit of sugar, pour in a pint of boiling water, and cover it close for two hours.

The Pain-Killer is used both Internally and Externally.

When taken internally it relieves the most acute Pain instantly, affording relief and comfort to the patient suffering from Cramp and Pain in the Stomach, Rheumatic or Neuralgic Pains in any part of the system; and in Bowel Complaints it is a sovereign remedy.

When used externally it is equally efficacious and is the best liniment in the world. It is eminently a Household Medicine.