

Sick Room Cookery.

Arrow-Root Gruel.

Arrow-Root one tablespoonful, sweet milk half a pint, boiling water half a pint, to be sweetened with loaf sugar. Excellent diet for children when the bowels are irritable.

Sago Gruel.

Sago two teaspoonfuls, water one pint, boil gently until it thickens, frequently stirring. Wine, sugar, and nutmeg may be added according to circumstances.

Water Gruel.

Take one spoonful of oatmeal or corn meal, boil it in three pints of water, till it is fine and smooth, then take it off the fire and let it stand and settle, then pour it into a bowl, and add white wine, sugar, and nutmeg, to your taste, serve it up hot with buttered toast upon a plate.

Rice Gruel.

Ground rice one heaping teaspoonful, ground cinamon one teaspoonful, water one quart. Boil gently for twenty minutes, adding the cinamon near the conclusion. Strain and sweeten. Wine may be added in some cases.

Infusion of Malt.

To one pint of ground malt add three pints of scalding water, that is water not quite brought to the boiling point; infuse two hours and strain, add sugar and flavor to suit the taste. An excellent preparation in inflammatory fevers.

Perry Davis' Vegetable Pain-Killer

Derives much of its popularity from the simplicity attending its use, which gives it a peculiar value in a family. The various diseases which may be reached by it, and in their incipient stages eradicated, are among those which are peculiarly fatal if suffered to run; but the curative magic of this preparation at once disarms them of their terrors. In all respects it fulfils the conditions of a popular medicine.