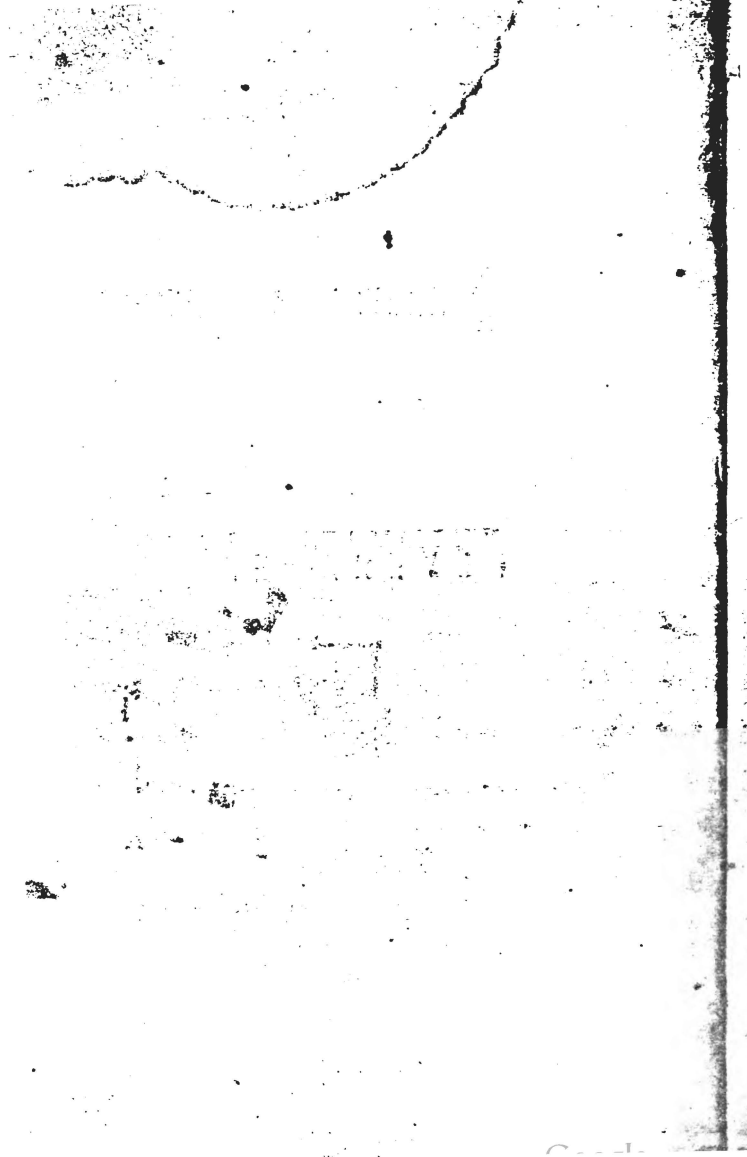


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ONE HUNDRED

BEVERAGES.



# THE BOOK

OF

## One Hundred Beverages :

FOR FAMILY USE.

BY

WILLIAM BERNHARD.



New York:

C. S. FRANCIS AND COMPANY.

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## INTRODUCTION.

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HOW often is the question asked, "What can I drink instead of the beverages hitherto used?" In the words of the celebrated Abernethy, I would reply,

"READ MY BOOK."

It was written in order to supply, and, by supplying, to increase the growing demand for beverages of an unintoxicating character; no work at present existing which contains practical and tried directions for their formation; and in the hope that this Book of Beverages may prove useful to that large and increasing class, who abstain from intoxicating liquors; to parents, who desire to give to their children wholesome beverages, adapted to the constitution of childhood; and to all, who drink with the desire of allaying their thirst, and not for the purpose of excitement.

No pains have been spared in its compilation; every possible authority has been consulted, and many experiments have been made to prove the value of recipes.



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# ONE HUNDRED BEVERAGES.

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## AQUEOUS BEVERAGES.

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### WATER.

**WATER**, the natural beverage of adult animals, is found existing in various states of purity, and may, for our practical purposes, be considered under the following heads :—

#### RAIN WATER

Is the parent of all natural waters, but not the best fitted for natural use ; it is rendered impure, especially in cities, by the sooty particles, derived from the air, and it also contains a small quantity of ammonia (volatile alkali) from the same source ; its freedom from saline substances renders it liable to dissolve a minute quantity of the lead from the gutters, cisterns, and pipes, through which it flows, and it is thereby rendered unwholesome. If used as a beverage, rain water should be boiled to drive off the ammonia it contains, and strained or filtered to separate the sooty particles, but even then it does not form a desirable beverage, as from the want of saline matters, and the absence of the air which is expelled in boiling, its taste is mawkish and un-

pleasant. Rain water that has been in contact with lead, should on no account be used for drink.

N. B. By adding monthly an ounce of Epsom salts to the cistern in which rain water is collected, an insoluble covering is formed on the lead which prevents its being dissolved.

#### SNOW WATER

Resembles rain water closely, but it contains no air, hence no fish can live in it; it is a common but false opinion that its employment causes Derbyshire neck (bronchocele), and other diseases, but these occur where snow is never seen, and do not affect the inhabitants of many countries who use snow water frequently. Captain Ross states that snow does not quench but increases thirst, and that the natives of the Arctic region, "prefer enduring the utmost extremity of this feeling rather than attempt to remove it by eating snow;" when melted it is as efficient as other kinds of water.

#### SPRING, WELL, AND PUMP WATERS.

These kinds of water, which may all be referred to the same source, are frequently distinguished by their extreme *hardness*; this quality, depends upon the presence of earthy salts (chiefly sulphate and carbonate of lime), renders them quite unfit for use in tea-making or cooking, and causes them to be injurious to persons suffering from indigestion. The natural instinct of the horse often leads him to reject the most

transparent well water, for that of the most turbid stream.

N. B. The water of pumps situated near church-yards, is always contaminated by the deep drainage and ooziings : it is unwholesome in the extreme.

#### RIVER WATER

In its purest state may be regarded as the best fitted for human use ; near cities it is always impure, containing suspended, organic matters, that require to be separated by filtration, before it is used as a beverage or for cookery.

#### FILTERED WATER

The cheapest and most efficient filter, on a small scale, may be thus made : take a very large common garden flowerpot, over the hole in the bottom place a piece of sponge, on which put a layer of small stones, fill the pot two-thirds of the way up with a mixture of one part coarsely powdered *freshly burned* charcoal, and two parts well washed, clear, sharp sand ; on the top lay a piece of thick flannel, which is to be pressed down in the centre, but tied securely over the rim. The flannel will form a basin, into which the water to be filtered is to be poured, when it will be found to flow out rapidly, and perfectly clear ; the flannel, which separates the grosser impurities, should be frequently removed and washed, and the sand and charcoal changed two or three times a year. The action of this filter is superior to many of those

sold at high prices, and it possesses the great recommendation of being readily cleaned.

Various chemical substances are occasionally added to water for the purpose of freeing it from some of its impurities. Alum is often used to purify thick muddy water ; if employed at all, not more than ten grains should be added to every gallon ; one ingredient of the alum (the Alumina), unites with the mechanical impurities and falls with them to the bottom, whilst another portion remains dissolved, and considerably increases the hardness of the water ; the plan is much inferior to filtration. A small portion of alkaline carbonates, such as carbonate of soda or potash, decomposes the earthy salts, and precipitates them in an insoluble form : they form a useful addition to very hard water when employed for internal use, but should not be in sufficient quantity to impart the slightest soapy taste. Boiling has a considerable purifying effect on water, it destroys the life of any minute animals or vegetables existing in it, and throws down a very considerable part (but not the whole) of the earthy matters in the form of fur or rock. Persons so unfortunately situated as not to be enabled to obtain any other water but such as is much contaminated with decaying matter, and other impurities, are advised first to boil and then to filter it in the manner recommended.

[N.B. Cochituate, Croton, and Schuylkill pure waters require only the common filter sold at plumbers' and hardware shops ; but the filter here described is needed for river and rain water.]

## TOAST AND WATER.

Is made by toasting, very highly, a thick crust of stale bread, or a plain unbuttered biscuit, and then plunging it into a jug of *boiling* water : the water should not be poured on to the toast, as the latter is thereby broken, and the drink rendered turbid ; if the bread is burned instead of toasted, an unpleasant flavor is imparted to the water ; a large quantity should not be made at once, as it acquires by keeping a disagreeable mawkish taste.

As Soyer is the rage among temperance folks at the present time, we add his directions for making this beverage : " To make toast and water to perfection, proceed as follows :—cut a piece of crusty bread, about a quarter of a pound in weight, place it upon a fork, and hold it about six inches from the fire ; turn it often, and keep moving it gently until of a light yellow colour, then place it nearer the fire, and, when of a good brown chocolate colour, put it into a jug and pour three pints of boiling water over it, cover the jug until cold, and then strain into a clean jug, and it is ready for use ; never leave the toast in it, for in summer it would cause fermentation in a short time. I would almost venture that such toast and water, as I have described, would keep good a considerable time in bottles." In this instance we do not agree with Mons. Soyer ; for the reason already given, the water should not be poured on the toast, and as to bottling, toast and water is never so refreshing as when recently made.

## LEMON, OR ORANGE TOAST AND WATER.

A slice of thin, freshly cut, lemon peel, or of dried orange peel, is a grateful addition to toast and water, and forms a pleasant, refreshing summer beverage.

## GUM WATER.

Clear gum arabic, half an ounce to an ounce ; wash it in cold water, and then dissolve it in one quart of cold water ; it may be sweetened if required. Gum water is a soothing drink in coughs and colds, &c.

N.B. Made with either hot water, or powdered gum, the solution is much less agreeable.

## EAU SUCRÉE, OR SUGARED WATER.

Sugar water is much used as a beverage in France, &c. ; it is formed by dissolving a lump or two of white sugar in a tumbler of cold water : it is an exceedingly useful drink in warm weather, and is particularly adapted for children.



## BREAKFAST-BEVERAGES.

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### TEA.

It is not within the plan of this little work to enter into any lengthened history of the plants yielding the materials of the various beverages described ; it may be mentioned, however, that the shrubs, yielding tea, are very closely allied to the beautiful *Camellia Japonica*. Well known as tea is to us, nevertheless many of the circumstances connected with it are hidden in obscurity ; it is not, for example, yet ascertained whether black and green teas are the produce of different plants, or whether they are varieties, dependent on different modes and times of preparation ; even the precise action of tea on the constitution is not thoroughly understood ; we know, however, that it is astringent, and that it contains a volatile oil, which has a peculiar effect upon the nervous system, occasioning watchfulness and sleeplessness, whilst, at the same time, it has a soothing sedative action on the heart and circulation, to which latter effect may be ascribed the benefit often following its use in cases of headache. In colds, and slight rheumatic cases, warm weak tea is advantageously employed as a diluent, and a promoter of perspiration. On some nervous constitutions, strong green tea produces severe effects ; tremblings, anxiety, wakefulness,

and other distressing symptoms occur, which can only be referred to the decided influence it possesses over the whole nervous system. Weak tea, on the contrary, rarely disagrees even with invalids, and it is found to be refreshing and agreeable in a variety of maladies. In addition to the substances described, tea also contains a peculiar substance called Thien, which, according to the theory of the celebrated German chemist Liebig, plays an important part in the nutrition of the system.

The making of tea is a subject every one is so well practised in, that it is scarcely necessary to give directions; the essential requisites are:—  
1. Good tea; 2. A good teapot, that is, one of a plain shape, free from ornaments, which give a larger surface to throw off the heat, or from flutings and mouldings, which prevent the inside being wiped clean and *dry* after use. 3. Boiling soft water. When soft water cannot be obtained, a small portion of carbonate of soda is often used to correct the hardness of the water, but in general it is employed in great excess, when it renders the tea soapy and mawkish; for a large teapot a quantity the size of a pea is amply sufficient.

As the making of tea is a subject in which every one is interested, we add the directions of two men almost equally celebrated, the one as a poet, the other as a *cuisinier* (or cook).

#### TEA—LEIGH HUNT'S RECIPE.

' Dear reader, male or female (very dear, if the latter), do you know how to make good tea ?

because if you do not (and we have known many otherwise accomplished persons fail in that desideratum), here is a recipe for you.

In the first place, the tea-pot must be thoroughly clean, and the water thoroughly boiling. There should not be a leaf of stale tea left from the last meal. The tests of boiling are various with different people, but there can be no uncertainty if the steam come out of the lid of the kettle; and it is best therefore to be sure upon that evidence.

No good tea can be depended upon from an urn, because an urn cannot be kept boiling, and water should never be put upon tea but in a thoroughly and immediately boiling state. If it has done boiling, it should be made to boil again. Boiling, proportion, and attention, are the three magic words of tea-making. The water should be soft, hard water being sure to spoil the best tea; and it is advisable to prepare the tea-pot against a chill by letting a small quantity of hot water stand in it before you begin, emptying it out of course, when you do so. These premises being taken care of, excellent tea can be made for one person, by putting into the pot two or three tea-spoonfuls, and as much water as will cover the quantity; let this stand five minutes, and then add as much more as will twice fill the cup you are going to use. Leave this additional water another five minutes, and then, *first* putting the sugar and milk into the cup, pour out the tea; making sure to put in another cup of boiling water *directly*.

Of tea, made for a party, a spoonful for each and one large one over must be used, taking care *never to drain the tea-pot*, and always to add the requisite quantity of boiling water, just mentioned.

Now have a cup of tea thus well made, and you will find it a very different thing from the insipid dilution which some call tea, watery at the edges, and transparent half way down ; or the syrup into which some convert their tea, who are no tea drinkers, but should take treacle for their breakfast ; or the mere strength of tea, without any one qualification of other materials—a thing no better than stewed tea-leaves. In tea, properly so called, you should slightly taste the sugar, be sensible of a balmy softness in the milk, and enjoy at once a solidity, a delicacy, a relish, and a fragrance in the tea. Thus compounded, it is at once a refreshment, and an elegance, and, we believe, the most innocent of cordials ; for we think we can say from experience, that, when tea does harm, it is either from the unmitigated strength just mentioned, or from its being taken too hot, a common and most pernicious custom. The inside of a man, dear people, is not a kitchen copper.'—*Leigh Hunt*.

#### TEA—SOYER'S NEW PLAN.

Soyer recommends the following plan, and from repeated experience we can speak very decidedly in its favor. Put the tea into a perfectly clean and dry tea-pot, ten minutes or a quarter of an hour before it is required ; warm both the pot and the tea by placing them before the fire ; then fill

the tea-pot with boiling water ; allow it to stand for five minutes, and it is ready.

This method improves the fragrance of the tea very considerably, slightly, but pleasantly altering the flavor ; it appears to act by removing any trace of moisture or dampness from the tea, and by developing the aromatic principle. It will be found well worth a trial.

### COFFEE.

The coffee plant is a native of Arabia and Ethiopia, but is now extensively cultivated in Asia and America. The native Arabian, or Mocha coffee is small, roundish, and dark yellow in colour ; the Java and East India kinds are larger in size and paler ; the Ceylon, and West India, and Brazilian kinds, are of a blueish or greenish-grey tint, and the largest in size. When coffee berries are roasted, they suffer some remarkable changes, losing considerable in weight, but increasing to nearly double their original size ; during the roasting the aromatic flavor is developed, but, in a chemical point of view, the exact nature of the changes undergone are not clearly understood. It is remarkable that coffee contains a peculiar substance called Caffein, which appears quite similar to the Thien contained in tea, and on which much of the use of coffee as a beverage depends.

Roasted coffee when sold ground is often adulterated with chicory ; this fraud is easily detected by dropping some of the suspected coffee in a wineglass with cold water ; if the coffee is pure, it swims on the surface, and scarcely colours the

water ; if it contains chicory, the latter sinks to the bottom and stains the water of a deep red tint. The presence of roasted corn is not so readily detected by unprofessional persons, but it may be immediately discovered by adding to some cold clear boiled coffee, a few drops of the tincture of iodine, which immediately strike a deep blue with the starchy matter of the (wheat) corn ; this change does not occur when the coffee is unadulterated, as coffee does not contain any starch.

Infusion or decoction of coffee is a wholesome and nutritive beverage ; it diminishes the disposition to sleep, and hence it is used by those who require to keep awake for study or other purposes. Medically it is found, like tea, useful in some forms of headache, where there is not any determination of blood to the head ; and it is also especially useful in some cases of spasmodic asthma, when taken strong. Liebig and the present race of physiological chemists attribute very considerable nutritive powers to the Caffein contained in coffee ; their theories are partly borne out by the following facts, which so fully set forth the value of coffee as a beverage, that we are induced to copy them. At the Academy of Sciences at Paris, M. Gasparin read a paper in which he showed that the miners of Charleroi preserve their health and bodily vigor on a diet containing scarcely half the amount of nourishment of that of any other class of laborers in Europe. This diet consists daily of about three pints of coffee, two pounds of bread, two ounces of butter, about a pound and a half of potatoes and legumi-

nous vegetables, such as peas, beans, haricots or lentils; and once a week—on the sabbath or holidays—about three quarters of a pound of meat, and from two to three pints of beer. The possibility of maintaining health, and working under these circumstances, on so low a diet, is attributed by M. Gasparin, to the energy of the coffee in promoting the activity of the digestive functions, or perhaps in its retarding the nutrition of those organs which do not demand a large consumption of material for their repair.

This explanation, M. Gasparin observes, is borne out by the habits of the Arabs,—of caravans,—and of the French army in Africa, by all of whom great fatigue has been endured, under the use of coffee only as a beverage. The miming population referred to, enjoy easy circumstances compared with many other classes of laborers, and poverty is unknown among them, except from accidents and other unforeseen causes which incapacitate them for labor.

#### THE MAKING OF GOOD COFFEE

Is a very rare thing in this country; most persons boil it, thus making a decoction instead of an infusion; this effectually gets rid of the delicate and agreeable aromatic flavor, and leaves a comparatively tasteless beverage. The following particulars will be found worth attention:—

Never buy your coffee ground, but grind it yourself, immediately before using it; keep your coffee-pot, whatever kind you may use, wiped clean and dry inside; a damp tea or coffee-pot

acquires a musty flavor, that spoils the best tea or coffee. The cheapest, and perhaps the best, coffee-pots are those made on the *French plan*, called *cafetières*. If you have not one of those, adopt the following plan:—put your freshly-ground coffee into the coffee-pot, previously made warm, and pour upon it water *actually boiling*; set the pot by the side of the fire for a few seconds, but do not let it boil up, then pour a cup-full out and return it back again to the pot, in order to clear it; having done this, let it stand on the hob or centre to settle, and, in less than five minutes, a transparent, strong, aromatic cup of coffee may be poured out. The proportions of coffee, (which should not be too finely ground) recommended, are an ounce to a pint, or pint and a half of water.

The milk used with coffee should always be boiled and used as hot as possible; the boiling of milk imparts a peculiar and exceedingly pleasant flavor to the coffee. White sugar is recommended, as the molasses-like flavor of moist sugar quite overpowers the delicate aroma.

#### CAFÉ AU LAIT.

The French are justly celebrated for this breakfast coffee, which may be made as follows:—use an infusion, made as above directed, or in a *cafetière*, only of *double* the strength, and, when clear, pour it into the breakfast cups, which have been previously half or three parts filled with boiling milk, sweetened with loaf-sugar.



## CAFÉ NOIR.

The strong, clear, black infusion, made as above, served in small cups, and drank with a large quantity of sugar, is the café noir of the French.

## COFFEE—SOYER'S PLAN.

Put two ounces of ground coffee into a stewpan, which set on the fire, stirring it round with a spoon until quite hot (but not burnt), pour over it a pint of boiling water; cover it closely for five minutes; strain it, warm it again and serve.

## CHOCOLATE.

Chocolate is prepared from the seeds of the *Eheobroma Cacao*, a native of the West Indies, and the adjacent parts of America. The seeds consist of a kernel covered by a husk or skin; the former contains about half its weight of a white solid fat or oil, called 'butter of cacao,' possessing the peculiar chocolate flavor, and remarkable for not showing any disposition to become rancid; in addition to this oil the kernels contain a very considerable proportion of starchy and gummy principles. The husks consist almost entirely of woody matter, but yield, when boiled in water, a brownish, mucilaginous decoction.

Chocolate is prepared by roasting the seeds, and depriving them of their husks, which amount to about one quarter of their weight; the kernels of the roasted nuts are what is termed nib cocoa: they are afterwards ground in a mill whose

rollers work on a heated iron plate, by which they are formed into a pasty mass ; which, sweetened with honey or sugar, and thickened with potato starch or sago flour, forms, when pressed into moulds, the chocolate of the shops.

Chocolate is a nutritious and very pleasant beverage, wholly free from causing the effects which tea and coffee sometimes produce in nervous persons, yet not altogether unobjectionable in some cases, as, from the large quantity of oil it contains, it is rather difficult of digestion, and therefore apt to disagree with delicate stomachs.

Chocolate may be made for use either according to the printed directions given with each cake, or from the following recipe :—

#### CHOCOLATE—SOYER'S PLAN.

Scrape two ounces of the cake, which put into a stewpan with a wineglass of water, upon the fire, keeping it stirred with a wooden spoon until rather thick, then work it quickly with the spoon, and stir in half a pint of boiling milk by degrees, serve it up very hot.

#### COCOA.

Cocoa, when genuine, is prepared by simply grinding the cocoa nibs ; in general the husks are ground up with the kernels, and those, separated in the manufacture of chocolate, are added. In the cheaper kinds, the adulteration is carried much further, a very large quantity of potato starch and red ochre being added : some

idea may be formed of the extent to which this practice is carried, from the fact that the common kinds of cheap cocoa are sold retail at less than half the price that genuine cocoa nibs command at wholesale.

From the difficulty of obtaining genuine cocoa, many persons use the bruised cocoa nibs, boiling them for about three hours, so as to extract all the nutritious portions. This plan yields a pleasant beverage, which is light, well-flavored, and free from the clogging, thick, mucilaginous substances contained in the cheaper kinds.

If the oil should disagree, it may be made some hours before it is wanted, allowed to cool, and, after the solid oil is removed, may be re-warmed for use.

## LEMONADES, ETC.

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LEMONS furnish two important products for the formation of beverages : an acid juice, and an aromatic stomachic oil, contained in the rind. Lemon juice is a slightly turbid, very sour liquid, having a pleasant flavor, when diluted ; it contains a considerable quantity of gummy mucilage, which causes it to become mouldy on exposure to the air ; it is capable of furnishing a large number of acidulated drinks, which are exceedingly useful in allaying thirst, and are most valuable for their anti-scorbutic properties. The plan generally adopted for preserving lemon juice during long voyages, is, simply, to bottle it, with the addition of a small quantity of spirit.

The sourness of the juice is owing to the presence of an acid termed the citric, which is obtained separate in a pure crystallized form ; this acid may be employed as a substitute for lemons in preparing beverages, or it may be used according to the following recipe :—

## ARTIFICIAL LEMON-JUICE

Is prepared by dissolving nine drachms of crystallized citric acid in a wine pint of water, and flavoring with a drop of essence of lemon dissolved in a tea-spoonful of spirit. This preparation is less apt to undergo decomposition than the genuine juice, but is much more expensive; and experience at sea has proved it to be very inferior to the recent juice in its anti-scorbutic properties.

## PLAIN LEMONADE.

In making any kind of lemonade, the proportions given need not be adhered to, but the quantities ordered may be increased or lessened, to suit the taste.

For a quart of lemonade, take six lemons, and a quarter of a pound of sugar; rub off a part of the yellow rind of the lemons on to the sugar; squeeze the juice on to the latter, and pour on the water boiling hot; mix the whole, and run it through a flannel jelly-bag.

When lemons are not to be obtained, lemonade is readily made by using the syrup of lemons (page 48), which simply requires the addition of water.

## EXCELLENT PORTABLE LEMONADE.

Rasp, with a quarter of a pound of sugar, the rind of a fine juicy lemon; reduce the sugar to powder, and pour on it the strained juice of the fruit; press the mixture into a jar,

and, when wanted for use, dissolve a table-spoonful of it in a glass of water; it will keep a considerable time.—If too sweet for the taste of the drinker, a very small portion of citric acid may be added when it is taken.—*Miss Acton's Modern Cookery.*

#### MOCK LEMONADE.—No. 1.

Tartaric acid, a quarter of an ounce; sugar, six ounces; essence of lemon, dropped on the sugar, about four or five drops; boiling water, two pints. This, allowed to stand till cold, makes a wholesome, cooling, summer beverage, economical in its cost, but the flavor is not equal to that prepared from lemon juice.

#### MOCK LEMONADE.—No. 2.

A mock lemonade of superior flavor may be made by using the acid prepared from lemons, citric acid, according to the following recipe:—Citric acid, a quarter of an ounce; essence of lemon, ten to twenty drops; syrup of capillaire (page 48), half a pint; boiling water, as much as may be required. This preparation is expensive, and is not equal to lemonade from fresh lemons, or from the syrup, which should always be preferred when they can be obtained.

#### PLAIN ORANGEADE.

Orangeade should be made in precisely a similar manner to lemonade, using China oranges instead of lemons; but, as there is less acid in

this fruit, a much larger proportion of juice is required, and, however prepared, this beverage is rather insipid, and is inferior to the following.

## ORANGE LEMONADE.

Take three China oranges, one large lemon, and two to three ounces of sugar; rub off some of the peel on to the sugar; squeeze on the juice, and pour on two pints of boiling water; mix the whole, and strain.

## IMPERIAL

May be regarded as a sort of mock lemonade. It forms a cheap, wholesome, cooling, summer beverage. Two recipes are added, the first being the better of the two:—

## No. 1.

Cream of tartar, half an ounce; one lemon cut in slices; white sugar, half a pound: boiling water, three pints; mix, and allow them to stand for an hour or two before use, as the cream of tartar dissolves but slowly.

## No. 2.

Cream of tartar, a quarter of an ounce; lemon peel and sugar, to suit the taste; boiling water, two pints; mix, and allow to stand until cold.

## LEMONADE A LA SOYER.

Put a quart of water in a stew-pan to boil; into which put two moist dried figs, each split in two; let it boil a quarter of an hour, then have ready the peel of a lemon, taken off rather thickly, and the half of the lemon cut in thin slices; throw them into the stew-pan, and boil two minutes longer; then pour it into a jug, which cover closely with paper until cold, then pass it through a sieve; add a tea-spoonful of honey, and it is ready for use.

## ORANGEADE A LA SOYER.

Proceed as for lemonade, but using the whole of the orange, a little of the peel included, sweetening with sugar-candy, and adding a tea-spoonful of arrow-root, mixed with a little cold water, which pour into the boiling liquid at the same time you put in the orange. The arrow-root makes it very delicate.

## LEMONADE A LA SOYER

## FOR PARTIES.

Take the peel of six lemons, free from pith, cut it up in small pieces, and put it with two cloves into a bottle containing half a pint of hot water; place the bottle in a stew-pan with boiling water, and let it stand by the side of a fire for one or two hours, taking care it does not boil; then take half a pint of lemon-juice, half a pint of syrup of capillaire (page 48);



if none, use plain syrup, or sugar in like proportion, adding a few drops of orange-flower water; add the infusion of the rind which has been previously made, and allowed to become cold; stir well together, and add two quarts of cold water.

#### BARLEY LEMONADE.

Put a quarter of a pound of sugar into a small stew-pan, with half a pint of water, which boil about ten minutes, or until forming a thickish syrup; then add the rind of a fresh lemon and the pulp of two; let it boil two minutes longer, when add two quarts of barley-water, made without sugar and lemon; boil five minutes longer, pass it through a hair sieve into a jug; which cover with a paper, making a hole in the centre to let the heat through: when cold, it is ready for use; if put cold into a bottle, and well corked down, it would keep good several days.

#### BARLEY ORANGEADE.

Barley orangeade is made in the same manner, substituting the rind and juice of oranges; the juice of a lemon, in addition, is an improvement.

## EFFERVESCING BEVERAGES.

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### SODA POWDERS.

*Blue paper*, carbonate of soda, thirty grains.

*White paper*, tartaric acid, twenty-five grains.

Dissolve the contents of each paper, separately, in one-third of a tumbler of water, mix the solutions, and drink.

The soda water produced by these powders is a solution of tartrate of soda; the effervescence is owing to the escape of the carbonic acid, previously combined with the soda. The bottled soda water of the shops is a solution of carbonic acid in plain water, or in a dilute solution of soda. The soda powders yield a cooling saline beverage very slightly laxative.

### GINGER BEER POWDERS.

*Blue paper*, carbonate of soda, thirty grains; powdered ginger, five grains; powdered sugar,

one drachm, or one drachm and a half; essence of lemon, one drop.

*White paper*, tartaric acid, thirty-five grains.

#### SPRUCE BEER POWDERS.

*Blue paper*, white sugar, three drachms; carbonate of soda, twenty-six grains; essence of spruce, five drops.

*White paper*, tartaric acid, half a drachm.

Ginger and spruce beer powders are simply soda powders, flavored with the additional ingredients.

#### SEIDLITZ POWDERS.

*Blue paper*, tartarized soda, (Rochelle salt,) two drachms; carbonate of soda, two scruples.

*White paper*, tartaric acid, half a drachm.

Dissolve the contents of a blue paper in water; stir in the acid powder, and drink during the effervescence.

#### REAL LEMON AND KALI.

Ground or finely powdered white sugar, two parts; dried and powdered citric acid, one part; powdered bicarbonate of potash, one part and a quarter; mix in a mortar, and keep in a very closely stopped bottle. One large teaspoonful to be stirred in two-thirds of a tumbler of cold water.

This preparation is expensive, and does not keep well; the following is usually substituted for it:—

LEMON AND KALI, OR SHERBET OF THE  
SHOPS.

Ground or finely powdered white sugar, half a pound ; powdered tartaric acid and carbonate of soda, of each a quarter of a pound ; essence of lemon, thirty to fifty drops ; all the powders should be well dried ; add the essence to the sugar, then add the other powders, and well mix. One tea-spoonful in a tumbler of water. This preparation must be kept very dry in a tightly stopped bottle.

## GINGER BEER. — No. 1.

## A VERY SUPERIOR KIND.

White sugar, five pounds ; lemon juice, one quarter of a pint ; honey, one quarter of a pound ; ginger, bruised, five ounces ; water, four gallons and a half. Boil the ginger in three quarts of the water for half an hour, then add the sugar, lemon juice, and honey, with the remainder of the water, and strain through a cloth. When cold, add the quarter of the white of an egg, and a small tea-spoonful of essence of lemon ; let the whole stand four days, and bottle. This will keep many months.

## GINGER BEER — No. 2.

White sugar, three pounds ; bruised ginger, two ounces ; cream of tartar, one ounce ; four lemons, shred ; boiling water, four gallons ; allow the whole to soak for two hours, then

strain, add eight ounces of yeast, and, after a few hours put into stone bottles tightly corked.

#### GINGER BEER—No. 3.

White sugar, one pound and a half; bruised ginger, one ounce; cream of tartar, three ounces; one lemon, shred; boiling water, one gallon and a half; yeast, one ounce. Prepare as number one.

#### SPRUCE BEER.

##### WHITE SPRUCE.

Sugar, six pounds; essence of spruce, six ounces; boiling water, ten gallons; yeast, eight ounces. Mix together, ferment for a few hours, and cork tightly down in stone bottles.

#### SPRUCE BEER.

##### BROWN SPRUCE.

Is made in the same manner, an equal quantity of molasses being used instead of the sugar.

#### EFFERVESCING FRUIT DRINKS.

By adding a small quantity of the fruit syrups (see page 45), such as syrup of lemon, raspberry, pine-apple, apricot, cherry, &c. to the water in which the acid of the soda powders is dissolved, a variety of the most delicious summer beverages may be made.

## FRUIT BEVERAGES.

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FRUIT drinks should be made with the juice of the fresh fruit, when it can be obtained, in preference to syrup or jam. These drinks are readily prepared according to the following directions :—

### RASPBERRY WATER.

Pick a pint of fresh raspberries, and rub them through a sieve ; mix the juice with as much syrup or sugar as may be required ; the juice of a lemon ; and a quart of cold spring water ; the quantity of either syrup or water may be varied at pleasure.

### STRAWBERRY WATER

Is made in the same manner.

### GOOSEBERRY WATER

In the same manner.

### CURRANT WATER

Is made from either red or white currants, but owing to the acid nature of the fruit, the lemon is unnecessary.

## CHERRY WATER

Is prepared in a similar manner, but the stones should be crushed, so as also to obtain the flavor of the kernels.

## APRICOT AND PEACH WATER

Are prepared in the same way,—or they may be made from the jam, using a few bitter almonds (peach-stone kernels) to give the required flavor.

N. B. Any of these drinks may be made by using jam instead of fresh fruit, or from the syrups, which merely require the addition of lemon juice and cold water. Many persons prepare these drinks by boiling the juice, obtained by pressing the fruit through a hair sieve; with a little water; straining it through a flannel bag, and adding as much syrup or sugar, lemon juice, and water, as may be required to make a palatable drink, which should be perfectly cold before use.

## SPRING FRUIT SHERBET.

Boil six or eight sticks of clean rhubarb, or spring fruit, ten minutes, in a quart of water; strain the liquor into a jug, on to the peel of a lemon cut thin, and a sufficient quantity of sugar; let it stand till cold, and it is fit to drink.

## APPLE DRINK.

Boil five or six ripe pippins when cut into six or eight pieces, in half a gallon of water, until quite soft; strain through a sieve, and sweeten with honey or sugar.

## BAKED APPLE DRINK.

Bake half a dozen apples, without peeling them; put them into a jug, and pour half a gallon of boiling water over them; whilst they are hot, cover the whole up until cold, when sweeten with honey or sugar.

## PIPPIN APPLE DRINK.

Cut up five or six Normandy pippins into small pieces; boil them for half an hour in a quart of water, with a little lemon peel, or clove if required; sweeten to the taste; strain, and drink when cold.

If Normandy pippins are soaked in cold water, they impart to it a most agreeable, sub-acid, refreshing flavor; a larger number of sliced pippins are, however, required than when they are boiled.

## FRENCH PRUNE DRINK.

Boil about a dozen French plums or prunes for half an hour, in a quart of water, and sweeten to suit the taste.



## FIG AND APPLE DRINK.

Into half a gallon of water, boiling, put eight figs cut open, and two or three apples cut up ; boil half an hour, and strain when cold.

## TAMARIND DRINK.

Pour a pint of boiling water on a spoonful of tamarinds, adding white-sugar and lemon-peel if required ; strain and cool for use. A most pleasant and refreshing drink in hot weather, or in cases of illness.

## CRANBERRY DRINK.

Put a tea-cupful of cranberries into a cup of water, and mash them. Boil, in the meantime, two quarts of water with one large spoonful of oatmeal, and a bit of lemon-peel ; add the cranberries, and sugar, (but not too much, otherwise the fine sharpness of the fruit will be destroyed,) according to taste ; boil for half-an-hour, and strain.

## FRUIT VINEGARS.

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### STRAWBERRY VINEGAR.

TAKE the stalks from the fruit, which should be a highly-flavored (English) sort, quite ripe, fresh from the beds, and gathered in dry weather ; weigh and put it into large glass jars, or wide-necked bottles ; and, to each pound, pour about a pint and a half of best fine wine-vinegar, which will answer the purpose better than the entirely colourless kind, sold under the name of *distilled vinegar*, but which is the pyroligneous acid, greatly diluted. Tie a thick paper over them, and let the strawberries remain from three to four days ; then pour off the vinegar and empty them into a jelly-bag, or suspend them in a cloth, that all the liquid may drop from them without pressure ; take an equal weight of fresh fruit, pour the vinegar upon it, and, three days afterwards, repeat the same process, diminishing a little the proportion of strawberries, of which the flavor

ought ultimately to overpower that of the vinegar. In three days drain off the liquid very closely, and, after having strained it through a linen or a flannel bag, weigh it, and mix with it an equal quantity of highly-refined sugar, roughly powdered; when this is nearly dissolved, stir the syrup over a very clear fire until it has boiled five minutes, and skim it *thoroughly*; pour it into a delicately clean stone pitcher, or into large China jugs; throw a folded cloth over it and let it remain until the morrow; put it into pint or half-pint bottles, and cork them lightly with new velvet corks, for, if these be pressed in tightly at first, the bottles would be liable to burst; in four or five days they may be closely corked, and stored in a dry and cool place.

Damp destroys the color and injures the flavor of these fine fruit vinegars, of which a spoonful or two, in a glass of water, affords so agreeable a summer beverage, and one which, in many cases of illness, is so acceptable to invalids.

Where there is a garden, the fruit may be thrown into the vinegar as it ripens, within an interval of forty-eight hours, instead of being all put in to infuse at once; and it must then remain in it a proportionate time: one or two days in addition to that specified will make no difference to the preparation. The enamelled German stewpans (so called) are the best possible vessels to boil it in, but it may be simmered in a stone

jar set into a pan of boiling water, when there is nothing more appropriate at hand ; though the syrup does not usually keep so well when this last method is adopted.

#### MIXED FRUIT VINEGARS.

Raspberries and strawberries mixed will make a vinegar of very pleasant flavor ; black currants also will afford an exceedingly useful syrup of the same kind.

#### STRAWBERRY ACID ROYAL.

Dissolve, in a quart of spring water, two ounces of citric acid, and pour the solution on as many quite ripe and richly-flavored strawberries, stripped from their stalks, as it will just cover. In twenty-four hours, drain the liquid closely from the fruit, and pour it over as many fresh strawberries as it will cover, keeping it in a cool place. The next day, drain the liquid again entirely from the fruit, and boil it gently for three or four minutes with its own weight of very fine sugar, which should be dissolved in it before it is placed over the fire. It should be boiled, if possible in an enamelled stewpan.\* When perfectly cold, put it into small dry bottles closely corked for use, and store it in a cool place. It is one of the most delicate and deliciously-flavored preparations possible, and of a beautiful colour. If allowed to remain longer

\* Brass and bell-metal kettles are improper on account of the verdigris collecting in them ; they have therefore been generally superseded by enamelled kettles of iron, lined with china, &c.

in preparation than twenty-four hours, before it is boiled, it commences to ferment.—*Miss Acton's Cookery.*

## RASPBERRY VINEGAR

Forms, when mixed with about eight parts of water, a most delicious, cooling, and wholesome beverage; it may be made according to either of the two following receipts:—

## No. 1.

Take fresh raspberries, picked from their stalks, three pounds; best white vinegar, two pints; steep the raspberries for a fortnight in a covered glass vessel, in the vinegar, and then strain without pressing, adding afterwards two or three pounds of loaf sugar, which is to be dissolved with a gentle heat in the water bath. By this method, which is unfortunately expensive, the beautiful aroma of the fruit is entirely preserved.

## No. 2.

Boil down the juice of raspberries with an equal weight of sugar, and add to the mixture an equal quantity of the best white wine or French vinegar. This method is by far the most economical.

## No. 3.

By adding half a pint of raspberry jelly to

one pint of the best white wine vinegar, raspberry vinegar may be formed instantaneously.

No. 4.

*Very fine.*

Fill glass jars, or large wide-necked bottles, with very ripe but perfectly sound, freshly-gathered, raspberries, freed from their stalks, and cover them with pale white vinegar; they may be left to infuse from a week to ten days without injury, or the vinegar may be poured from them in four or five. After it is drained off, turn the fruit into a hair sieve placed over a deep dish or bowl, as the juice will flow slowly from it for many hours; put fresh raspberries into the bottles, and pour the vinegar back upon them. Two or three days later, change the fruit again, and, when it has stood the same space of time, drain the whole of the vinegar from it; pass it through a jelly-bag or thick linen cloth, and boil it gently for four or five minutes with its weight of good sugar, roughly powdered, or a pound and a quarter to the exact pint; and be careful to remove the scum entirely as it rises. On the following day, bottle the syrup, observing the directions which we have given for the strawberry vinegar. When the fruit is scarce, it may be changed twice only, and left a few days longer in the vinegar.—*Miss Acton's Cookery.*

## SYRUPS.

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SYRUPS are made either with the juices of fruits, or with infusions or decoctions of vegetable substances, in which a sufficient quantity of sugar is dissolved to preserve them from change; if the quantity of sugar is too small, the syrup is apt to ferment and spoil; if too large, it crystallizes. As a general rule, it is found that the proportion of two parts, by weight, of sugar, to one part, by weight, of water, or other liquid, made into a syrup by boiling for a short time, neither ferments nor crystallizes.

### SYRUPS MADE WITH THE JUICES OF FRUITS

Are most advantageously formed by the aid of a water bath; that is to say, the vessel in which the syrup is being made should *not* be directly placed on the fire, but in another vessel of water; by this means, all danger of the flavor being injured by burning is prevent-

ed. All syrups are to be made with the best white sugar.

#### SIMPLE SYRUP.

White sugar, from two to three pounds ; water, one pint ; dissolve the sugar with a gentle heat.

#### RASPBERRY SYRUP.

Mash the fruit, and strain the juice through a flannel bag ; to every pint, add two pounds of loaf sugar ; dissolve with heat, stirring during the time ; remove it from the fire, and allow it to stand to cool ; take off the scum, and bottle.

#### RASPBERRY VINEGAR SYRUP.

To every pint of juice, add two pints of vinegar ; and dissolve, in a closely covered vessel, six pounds of sugar, by the aid of a gentle heat.

#### CHERRY SYRUP.

Morello cherries, stoned and mashed ; after standing a day, strain away the juice, and add to each pint, two pounds of sugar, finishing as before directed.

#### MULBERRY SYRUP.

One pint of the juice, strained from the mashed fruit, and two pounds of sugar.



## GOOSEBERRY SYRUP

Is made in precisely the same manner as mulberry syrup. It is improved by adding one pound of Morello cherries to every six pounds of gooseberries, before pressing out the juice.

## CURRANT SYRUP.

Currants, white or red, three pounds; raspberries, one pound; Morello cherries, without the stones, one pound; mash the fruits together, and let them stand in a warm place for a day; then strain away the juice, and, to each pint, add two pounds of sugar; dissolve in the water bath, or over a gentle fire; when cold, skim it, and cork down tightly.

## QUINCE SYRUP.

Grate the quinces; pass the pulp through a sieve; strain, and add a pound of sugar to every six or eight ounces of juice; boil up, and strain; remove the syrup from the fire, and, when cold, bottle for use. A table-spoonful of this syrup will flavor a pint of water.

## PINEAPPLE SYRUP.

To be made with the expressed juice of West Indian pines in the same manner.

## APRICOT SYRUP

Is made with the juice of bruised ripe apricots, in the same proportions.

## SYRUP OF LEMONS.

To a pint of fresh lemon juice, add one pound and three quarters of sugar; dissolve by a gentle heat, and skim the surface; add an-ounce of the peel cut or grated very thin; simmer for a few minutes; strain and bottle. If the flavor of the peel is not required, it may be omitted.

## SYRUP OF ORANGE

Is made in the same manner.

## SYRUP OF ORANGE FLOWERS.

Picked orange flowers, one pound; boiling simple syrup, one quart; pour the boiling syrup over the flowers in a closely-covered basin; let these remain until cold, when strain with pressure, and bottle.

## SYRUP OF GINGER.

Ginger, bruised, two ounces; pour on it one pint of boiling water; let this soak one day; then strain, and add two pounds of sugar, and dissolve.

## SYRUP OF CAPILLAIRE.

Infuse, in one quart of boiling water, four ounces of American capillaire; add four pounds of sugar, dissolving by a gentle heat; add a small quantity of orange-flower water; strain; and closely bottle, when cold.

## MOCK CAPILLAIRE.

To one quart of hot simple syrup, add a

wineglassfull of orange flower water, and cork closely in dry bottles for use.

#### SYRUP OF ORGEAT.

Sweet almonds, one pound ; bitter almonds, (peach stone almonds) four ounces ; water, three pints ; sugar, six pounds. Blanch the almonds by throwing them into boiling water, and beat them in a mortar to fine paste with a little water, and about a pound of the sugar, and the remainder of the water, gradually ; strain with strong pressure ; to the strained liquor add the remainder of the sugar, and dissolve by a gentle heat ; strain the orgeat through linen, and keep it, in well-corked bottles, in a cool place.

The gum and orange flower waters, directed in some recipes, are not recommended,—as the former is apt to become sour, and the latter frequently contains some lead. A tablespoonful of orgeat syrup, in a glass of water, makes a delicious drink ; it is soothing, and slightly sedative or assuaging, from the bitter almonds.

#### ALMOND MILK.

Sweet almonds, blanched, half an ounce ; powdered gum arabic, one drachm ; white sugar, two drachms ; and water, six ounces and a half ; beat the almonds with the sugar and gum, and add the water gradually. Almond milk agrees with animal milk in many of its properties, and is agreeable and nutritious.

## NUTRITIOUS DRINKS.

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### GRUEL.

**THIN** gruel. Mix well together, in a pint basin, one table-spoonful of oatmeal, with three of cold water ; have ready, in a stewpan, a pint of boiling water, or of milk ; pour this, by degrees, upon the oatmeal you have previously mixed with the cold water, stirring the whole time ; return the whole to the stewpan, and boil for five minutes with constant stirring ; skim, and strain through a hair sieve.—*Dr. Kitchener.*

### TAPIOCA MILK.

Soak an ounce of tapioca in cold water for an hour, until it has swollen ; pour off this water, and add a pint and a half of milk, and boil slowly until the tapioca is thoroughly done ; sugar, and such spices as are required, may be added at pleasure.

### TAPIOCA GRUEL.

Soak a table-spoonful of tapioca in a pint

and a half of water, until swollen ; then boil, until the tapioca is done, stirring it well to prevent burning ; add sugar, lemon juice, nutmeg, or ginger, as may be required.

#### TAPIOCA.

When made plainly, is perhaps better relished by infants than most other kinds of food, and it is less apt to disagree with them when the stomach is in an irritable state, than any other substance whatever, even arrow-root itself not excepted. But it should never be forgotten that these farinaceous diets,—namely, sago, arrow-root, and tapioca, &c. are not adapted to support life for any long period of time ; and that, however advantageous their occasional use may be, still, *alone*, they are not sufficient to sustain life ; and that a child, or an invalid, may be actually starved to death whilst crammed with arrow-root or tapioca.

#### SAGO MILK.

Soak one ounce (one table-spoonful) of sago in cold water, for an hour ; pour off this water, and add a pint and a half of milk ; boil slowly, until the sago is well incorporated with the milk ; sugar and nutmeg may be added, as wished.

#### SAGO GRUEL.

Wash a table-spoonful of the best clean pearl sago ; allow it to soak, in a pint of water, by

the side of the fire, for two hours ; then boil, for eighteen minutes, stirring it well in order to prevent it from burning ; sugar, lemon juice, nutmeg, or ginger, may be added as required.

These sago drinks are nutritious, light, easily digested, and are peculiarly adapted for persons whose stomachs are in an irritable state, as no substance is more bland and soothing.

#### BARLEY WATER.

Wash pearl barley, two ounces and a half, and boil, for one minute, in half a pint of water, which throw away ; then pour on to the barley four pints of water ; boil down to two pints, and strain. May be flavored with sugar and lemon peel, if required. Barley water is slightly nutritive, easy of digestion, and an excellent beverage in febrile and inflammatory cases.

#### BARLEY WATER

##### *Poor Xury's Recipe.*

Wipe very clean, by rolling in a soft cloth, two table-spoonfuls of pearl barley ; put it into a quart jug with a lump or two of sugar, a grain or two of salt, and a strip of lemon peel cut thin ; fill up the jug with boiling water, and keep the mixture gently stirred for some minutes, then cover it down, and let it stand till perfectly cold. In twelve hours or less it will be fit for use, but it is better made over night. If these directions be followed, the bar-

ley water will be comparatively clear, and very soft and pleasant to drink ; a glass of calves' feet jelly added is an infinite improvement ; the lemon peel may be omitted if not relished. After the barley water has been poured off once, the jug may be filled a second time with water. and even a third time with advantage.

#### COMPOUND BARLEY WATER.

Boil together the ingredients for making two pints of barley water as above, with the addition of two ounces and a half of shred figs ; half an ounce of fresh liquorice root, shred and bruised ; and two ounces and a half of raisins ; and strain for use.

Compound barley water is a pleasant emollient drink, and is very slightly laxative and pectoral.

#### LEMON BARLEY WATER.

Rub two ounces of sugar on the rind of a lemon, so as to extract its flavor ; press out the juice on the sugar, and pour on two pints of plain barley water, made without lemon or sugar. This compound is much more refreshing than the simple barley water, and is a very useful drink either as an ordinary beverage, or in cases of illness, where the use of acids is not interdicted.

#### ORANGE BARLEY WATER.

Rub two ounces of sugar upon the rind of a China orange, and afterwards press out the juice

upon the sugar, upon which pour two pints of plain barley water, made as before directed. This is a pleasant drink ; but for ordinary purposes it is much improved by the addition of a little lemon juice, which imparts a more pleasant sharpness than the orange alone. possesses.

#### LEMON MILK.

Boil a pint of milk with lemon-peel, and sweeten with white sugar.

#### RICE MILK.

Wash a table-spoonful of the best rice, and place it in a stew-pan, with a pint of milk, upon the fire ; when it boils, remove it from off the fire, so as to simmer until the rice is in a pulp, when sweeten for use.

#### RICE WATER.

Put into a quart of water, a handful of clean rice ; let the water boil gently, until the rice is quite pulpy ; rub it through a hair sieve ; and sweeten with honey or sugar ; lemon juice may be added if its use is not objectionable.

#### RICE WATER WITH APPLES.

Two apples, boiled with the above, make an exceedingly pleasant summer drink.



## WHEYS.

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### WHITE WINE WHEY.

MAKE a pint of milk boil ; put into it a glass of white wine ; just boil it up again ; then place it on one side, until the curd has settled ; pour off the clear whey, and sweeten.

### ACID WHEY.

Milk, three pints ; tartaric acid, powdered, one scruple ; add the acid to the milk just as it commences to boil ; and when curdled, strain. This whey should be turbid, of a yellowish white colour, but without any distinct acid taste.

### ORANGE WHEY.

Boiling milk, one pint ; add the juice of half or an entire orange, with a portion of the peel, cut thin ; when curdled, strain.

### TAMARIND WHEY.

Place a pint of milk in a perfectly clean, bright vessel over the fire, and, just as it commences to boil, add to it from half an ounce

to two ounces of tamarind pulp ; heat the whole until the milk is curdled, and then strain.

This whey forms a very pleasant, wholesome drink, in febrile diseases ; it is cooling, nutritive, and slightly laxative.

#### MUSTARD WHEY.

Boil half an ounce of bruised mustard seed in a pint of milk, until the latter is curdled, then strain. A useful drink in dropsy ; may be taken a teacupful at a time.

#### CREAM OF TARTAR WHEY.

Add a quarter of an ounce of cream of tartar to a quart of milk ; boil together, and, when curdled, strain. Cooling, and slightly laxative.

#### ALUM WHEY.

Boil a quarter of an ounce of alum in a pint of milk ; strain, and flavor with sugar, and nutmeg ; this is a pleasant mode of giving alum in disorders requiring this astringent medicine.

#### CITRIC ACID WHEY.

Five or six grains of citric acid added to a glass of milk, and allowed to stand, produce a pleasant acid whey, and, if undisturbed, a firm, solid curd.

## ARTIFICIAL MINERAL WATERS.

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THOSE artificial mineral waters only are described which can be readily made by any person. Those, which require a machine to impregnate them with gases, are omitted.

The mineral waters from Saratoga, Sharon, the Virginia and other of our medicinal springs, may be easily obtained at the shops in our chief towns and cities.

### ARTIFICIAL CHELTENHAM WATER.

#### *Pure Saline Spring.*

Sulphate of soda, (Glauber salts) . . . 34 grains.  
 Sulphate of magnesia (Epsom salts) 23 grains.  
 Common salt . . . . . 50 grains.  
 Mix, and dissolve in one pint of water.

### ARTIFICIAL CHELTENHAM WATER.

#### *Sulphur Spring.*

Bicarbonate of soda . . . . . 20 grains.  
 Sulphate of soda . . . . . 30 grains.  
 Sulphate of magnesia . . . . . 10 grains.

Chloride of sodium . . . . .	35 grains.
Sulphuret of sodium . . . . .	10 grains.

Mix, and dissolve in one pint of water.

#### ARTIFICIAL CHELTENHAM WATER.

##### *Chalybeate Spring.*

Sulphate of soda (Glauber salts)	120 grains.
Sulphate of magnesia (Epsom salts)	24 grains.
Carbonate of soda, crystallized	33 grains.
Common salt . . . . .	156 grains.
Sulphate of iron (Green vitriol)	12 grains.

Mix, and dissolve in three pints of warm water.

#### ARTIFICIAL HARROWGATE WATER.

##### *Chalybeate Spring.*

Chloride of sodium (Common salt)	250 grains.
Chloride of calcium (Muriate of lime), crystallized . . . . .	46 grains.
Chloride of magnesium, crystallized . . . . .	22 grains.
Sulphate of soda . . . . .	2 grains.
Bicarbonate of soda . . . . .	45 grains.
Protochloride of iron . . . . .	8 grains.
Water . . . . .	1 gallon.

Dissolve the bicarbonate of soda in half of the

water; the other salts in the remainder; and mix the two solutions.

## ARTIFICIAL HARROWGATE WATER.

*Sulphur Spring.*

Chloride of sodium (Common salt)	500 grains.
Chloride of calcium	150 grains.
Chloride of magnesium	90 grains.
Bicarbonate of soda	250 grains.
Sulphuret of sodium	120 grains.
Water	1 gallon.

Dissolve the sulphuret of sodium in half the water, and the other salts in the remainder, and mix the two solutions.

## ARTIFICIAL WICK CHALYBEATE WATER.

*Brighton.*

Sulphate of iron (Green vitriol)	3 grains.
Chloride of calcium	6 grains.
Sulphate of magnesia (Epsom salts)	2 grains.
Bicarbonate of soda	6 grains.
Water	1 quart.

Mix the salts, and dissolve in the water.

## BEVERAGES FOR INVALIDS.

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MANY of the beverages, given in the previous sections, are adapted for the use of invalids and the convalescent. Those included in this division are such as may be regarded as peculiarly fitted for the sick room.

### TREACLE POSSET.

*An English Remedy for Colds.*

Take half a pint of milk ; a wineglass full of white wine ; and two large tablespoonfuls, or one ounce of molasses ; mix, and heat in a saucepan, until the milk has curdled. This is to be drank very warm after going to bed. In cases where there is much feverishness, the wine is better omitted.

### SWEET LAIT DE POULE.

*A French Remedy for Colds.*

Put two eggs into a very large tea-cup, with two tea-spoonfuls of powdered sugar ; a few drops of orange flower water, or the eighth part of the rind of a lemon, grated ; beat the whole

well together for ten minutes, and then pour boiling water gradually over, stirring briskly until the cup is full. This is to be drunk very hot, when in bed.

#### SWEET WORT.

Sweet wort is a pleasant, nutritious, anti-scorbutic drink ; it is readily made in small quantities, so as to be used in a fresh state, before it has suffered any change from keeping, by boiling three ounces of bruised malt in a quart of water, and straining.

#### LIME WATER.

Take half a pound of fresh-burnt lime ; slake it by pouring a small quantity of water upon it ; when it has fallen to powder, mix it with twelve pints of water, and allow the excess of lime to settle by standing. Lime water should be kept in a closely-stopped vessel, and the excess of lime should be allowed to remain at the bottom, as it preserves the strength of a uniform degree, and supplies fresh lime for any portions which may be precipitated by the action of the air.

Lime water is taken as a beverage rather than as a medicine. It is found exceedingly useful in some cases of diarrhoea, and obstinate sickness, and particularly in that state of the system which is commonly called "a breaking up of the constitution ;" taken alone, however, it is exceedingly objectionable on account of its un-

pleasant taste, and it is usually therefore used with milk as directed in the following recipe ;—

#### LIME WATER AND MILK.

One part of lime water, mixed with one, two, or even three parts of fresh milk, which completely covers its disagreeable taste. Half a pint to be taken as a drink two or three times a day.

#### WATER SOUCHY,

Take two *small* flounders ; boil them in a quart of water, until it is reduced to less than a pint, which is long enough to reduce the fish to a pulp ; strain the liquor through a sieve ; and, having cut off the fins and heads of four other small flounders, put them into the liquor with a little salt, a few grains of cayenne pepper, and a little parsley ; boil just long enough to render the fish proper to be eaten. The fish and liquor should be eaten together ; small soles, or whittings, are no inferior substitutes for the flounders. Few kinds of diet are so much relished by persons recovering from fever and other acute diseases.

#### LINSEED TEA.

Linseed, three quarters of an ounce ; fresh liquorice root, one quarter of an ounce ; boiling water, one pint. Pour the boiling water on the other ingredients, and allow the whole to stand by the side of the fire for about three

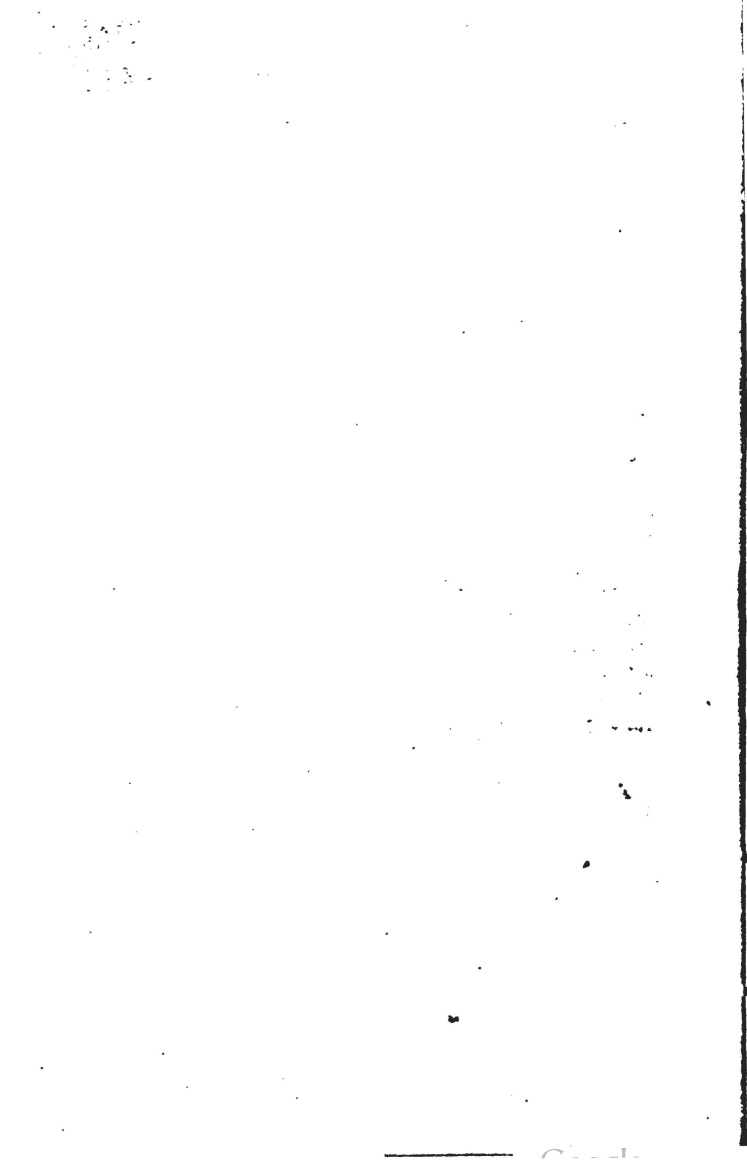


hours. The linseed should not be bruised, as in that case the tea is rendered unpleasant by the oil of the seed ; the mucilage is readily dissolved when the seeds are entire, as it is contained in the husk.

#### BEEF TEA.

The lean of beef, carefully deprived of every portion of fat, and cut in very thin slices across the grain, or chopped up, half a pound ; place this by the side of the fire in a covered earthenware, or very clean metal vessel, with two or three cloves, a small pinch of salt, and about a pint of warm (not boiling) water ; after remaining an hour, the whole may be heated to the boiling point. If the beef is boiled at first, it is hardened, and the most nutritious portions are not dissolved. The proportions, here recommended, make very good beef tea ; but, in cases of extreme weakness, where it is desirable to give as much nourishment in as small a bulk as possible, it may be made of double or even treble the strength directed ; in which cases the beef should be carefully pressed, to extract all the liquor before it is thrown away.

END.



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