

In the Kitchen

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will answer the purpose if you have no sherry, but it is not quite so good.

You then take a pint of perfectly fresh creamy milk and pour it gently into saucepan. Placing it on the gas half turned on, you slowly warm it up to blood-heat, with two well-washed leaves of the bay tree floating on its surface.

Directly the milk arrives at blood-heat—you can test this by dipping the tip of your little finger into the saucepan—you lift it off the gas and pour it slowly into your bowl. A wooden spoon lies beside the bowl with which you stir in a little rennet. Then leave it in a warm place to set.

Just before luncheon or tea grind a little nutmeg on to the junket and then with a large spoon spread portions of Devonshire or whipped cream all over the top, a portion for each person.

Cooling Drinks

What to drink is always a consideration in warm weather, because many refreshing thirst-quenchers are very lowering to the system if indulged in too frequently. It is well, therefore, to observe a certain amount of caution, and not to serve

day by day the same liquid refreshment.

No apology is offered for inserting a recipe for home-made lemonade, as, although this is so ordinary a beverage, there one or two points which should be insisted upon and are shown in the following method:

Lemonade

Put one pint and a half of cold water into a clean saucepan, add three-quarters of the thinly pared rind of a lemon, and from two to three ounces of loaf sugar, according to taste. Have ready a quart jug, and into this squeeze the juice of two lemons and one orange. Bring the water in the saucepan slowly to the boil, simmer for four minutes, and then pour it upon the juice in the jug. Stir well, cover the mouth of the jug with a piece of kitchen paper, and when quite cold strain into a glass jug. Another method, which slightly differs from the above, is to pare off all the white pith from the fruit and cut each into thin slices, removing the pips. The slices should be placed in the jug in place of juice, and the procedure is then the same as in the first recipe. The orange may be omitted if a more economical lemonade is desired.

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