

DOMESTIC

By MAUREEN.

At the present time, when sickness is widespread, the following invalid recipes are recommended:—

Barley Water (Thin).

Two ounces of pearl barley, 1 pint of boiling water, rind and juice of one lemon, 4 teaspoonfuls of sugar. This makes enough for four drinks. Put the barley in a jar, add boiling water, sugar, and lemon peel, and strained juice. Cover the jug, and when cold strain. It can be reheated.

Barley Water (Thick).

Two ounces of barley, 1 pint of water, 1 teaspoonful of lemon juice, 4 teaspoonfuls of sugar. Put the barley in a saucepan with water, sugar, and lemon juice, and boil until the water is reduced to about two-thirds of the original quantity. Strain it, and use for diluting the milk. Barley is blanched by covering it with cold water, bringing it to the boil, and straining it.

Orangeade.

Three oranges, 1 tablespoonful of sugar, 1 pint of cold water. Squeeze the juice of the oranges into a jug, and add the sugar and a little of the rind. When the sugar has dissolved pour in the water. Strain before serving.

Beef Tea (Quick).

One pint of water (cold), 1lb of lean beef, $\frac{1}{2}$ teaspoonful of salt (enough for four persons). Remove fat and skin from meat, shred finely, put in a saucepan with water and salt, and let it soak for 15 minutes. Put the saucepan over a very moderate heat, and stir with a fork for half an hour. Strain through a fine strainer. Add more salt if necessary. Serve hot.

Beef Tea (Slow).

Same quantities of meat and put in a jar with the water and salt. Stand jar in a saucepan of simmer-

ing water or in a very moderate oven for two or three hours. Strain, remove any fat, and serve.

Mutton Broth.

1lb mutton, 1 onion, very small quantity pepper and salt, tablespoonful barley. Cut meat very small, just cover with water, and soak half an hour. Put on to fire and bring slowly to the boil. Add other ingredients, and simmer very slowly two or three hours. Strain, and be sure all shreds of meat are removed. Serve hot.

A Nourishing Jelly.

Half-ounce gelatine, $\frac{1}{2}$ cup water, 1 cup milk, 1 lemon, $\frac{1}{2}$ cup sugar (small), 2 eggs. Soak gelatine in water until soft; place on fire until gelatine dissolves; beat yolks of eggs and sugar together; add milk, and when gelatine and water are nearly cold add to the milk mixture. Stir in the whites stiffly beaten, and lastly lemon juice. Pour into a mould and set.

Apple Cream.

One cup soft apples peeled and sliced, tablespoonful of sugar, 1 egg. Beat apples until soft, add yolk of egg, and beat to a pulp, or rub through a sieve. Place over fire and let thicken without boiling, add stiffly-beaten white of egg, and serve hot or cold, with cream if available.

Household Hints.

Before trying to break a coconut place in a warm oven. When it is heated a light blow will crack it so that the shell will come off easily.

To break a glass jar or bottle evenly soak a cord in turpentine and tie it around the jar where you wish to have it broken. Fill the glass with cold water up to the string and then set fire to the string.

When beating eggs be careful to see that there is no grease of any kind on the whisk, or it will prevent the eggs from frothing.

When making cakes with dripping if a few drops of lemon juice are beaten up with the dripping the cake will taste as well as if butter had been used.

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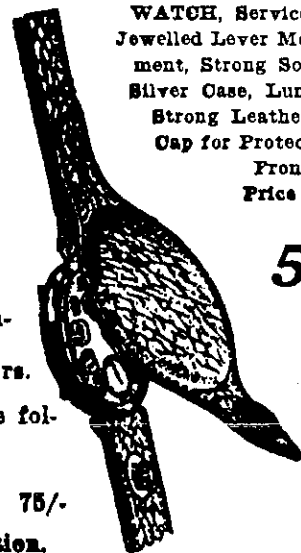
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