work, he finds nothing sets him up better than five or six of these brandied cherries. The effect is that they make him feel wonderfully soothed and quieted; and he has never experienced any bad results from them.

**CREAM AND CURACOA OR MARASCHINO.**

*(AS A SUBSTITUTE FOR COD-LIVER OIL.)*

When cod-liver oil cannot be swallowed, or is strongly objected to, a teaspoonful of Curacao or Maraschino added to a wineglassful of cream, forms a highly effective and delicious substitute. The Curacao made by Wynand Fockink, at Amsterdam, has a great reputation; and the Maraschino of Zara (Dalmatia, Austria) is considered to be of the best.

**EGG CORDIAL.**

Beat the white of an egg to a froth, add a tablespoonful of cream and a tablespoonful of brandy. Suitable in conditions of debility, exhaustion, and prostration, when a powerful stimulant is required.

**HOME MADE BEER.**

The following recipe is highly recommended as forming an excellent home made beer:—Take 6 lbs. of raw sugar, 5 oz. of hops, 4 oz. of ginger, boil these together for two hours (the hops and ginger being enclosed in bags) in 9 gallons of water. Then place in a pan to cool, and while still warm add 2 tablespoonfuls of yeast; next morning skim off the yeast and put the liquid into a barrel, and allow it to "work" two days and two nights; then add 3 oz. of isinglass and bung up the barrel. After standing for three days, the beer will be fit for use. Dr. Burney Yeo says that the addition of a little burnt sugar (caramel) would give it an attractive colour. Of course the foregoing ingredients might be reduced by one half, or even one quarter, when trying it for the first time.

**PORT WINE JELLY.**

Into one-eighth part of a pint of water put half an ounce of isinglass—setting it on the fire till the latter