

minutes, and strain it through muslin. Some add lemon peel and juice, cloves, and nutmeg. For table, colour it with cochineal.

Arrow-root Jelly.

If genuine, this is very nourishing. Put $\frac{1}{2}$ pint of water into a saucepan, with a wine-glass of sherry, or a table-spoonful of brandy, sugar, and grated nutmeg; let it come quickly to a boil; rub smooth a dessert-spoonful of arrow-root in two table-spoonful of cold water; stir this by degrees into the wine and water, put it all into the same saucepan, and boil it three minutes.—*Or*: pour *boiling* (not merely *hot*) water over the arrow-root, and keep stirring; it will soon thicken. Add brandy, lump sugar, and, if approved, lemon juice.

Tapioca Jelly.

Wash well, and soak it five or six hours, changing the water two or three times; simmer it in the last water, with a piece of lemon peel, until clear; add lemon juice, wine, and sugar to taste.

Sago to Boil.

Put a large table-spoonful into $\frac{3}{4}$ of a pint of water. Stir and boil very gently, till it is as thick as you require. Add wine, sugar, and nutmeg to taste.—*Tapioca* in the same way. Soak both these two or three hours before they are boiled. They may be boiled in milk, like rice.

Gruel.

Put 2 table-spoonful of the best grits into $\frac{1}{2}$ pint cold water; let it boil gently, and stir often, till it is as thick as you require. When done, strain, and serve it directly; or, if to be put by, stir till quite cold. Boil in it a piece of ginger, and, if for caudle, lemon peel also. *Barley Gruel*—Wash 5 oz. of pearl barley, boil it in two quarts of water, with a stick of cinnamon, till reduced half; strain, then warm it with 2 wine-glassfuls of wine.