

**Nourishing Soup.**

Stew two ounces of the best well-washed pearl sago in a pint of water till it is quite tender and very thick, then mix it with half a pint of good boiling cream and the yolks of two fresh eggs. Blend the whole carefully with one quart of essence of beef, made according to number 3. The beef essence must be heated separately, and mixed while both mixtures are hot. A little of this may be warmed up at a time.

**Sago Soup, 2.**

An ounce and a half of sago, one pint of stock.  
Wash the sago in boiling water. Put one pint of stock on the fire, and bring it to the boil; add the sago by degrees, and simmer till it is entirely dissolved. When cold, it will form a jelly.

**Rice Soup.**

Three ounces of Patna rice, the yolks of two eggs, half a pint of cream or new milk, one quart of stock.

Boil the rice in the stock, and rub half of it through a tammy, put the stock in a stewpan, add the rest of the rice whole, and simmer gently for five minutes. Have ready the cream or milk, boiled. Beat the yolk of the eggs, and mix them gradually with the cream. Take the soup off the fire, add the cream and eggs, stirring them well together as you mix them. Heat it up gradually, but *do not let it boil*, or the eggs will curdle, and the soup be spoiled.

**Semolina Soup.**

Drop an ounce of semolina into one pint of boiling stock, and stir constantly to prevent burning. Simmer gently for half an hour. Season with salt to taste.

Thirst in fevers can be assuaged by the use of whey, or water acidulated with currant jelly or raspberry vinegar, or a light infusion of cascarilla, acidulated with a small quantity of muriatic acid.

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