



## TWELVE SUMMER BEVERAGES.

By AMY S. WOODS.

WHEN the long summer days have again brought to us their array of summer pleasures—tennis and cycling, picnics and boating—our thoughts turn naturally to the question of summer drinks.

True, we may not desire to adopt the American fashion of indulging in unlimited quantities of iced water, cobbler, slings, juleps and all the other delicious compounds which our cousins across the Atlantic are so clever in preparing. Yet at the same time it is an undoubted fact that in hot weather it is necessary for us to drink more, and therefore it behoves us to see that we drink well, and that the beverages we indulge in are the best and most wholesome we can procure, and by "best" I do not by any means imply they must necessarily be expensive.

Much has been written and said of late against the too common custom of indulging in iced drinks when the body is over-heated through exercise or exertion. Too much can hardly be said, when we consider how injurious is the result of this indulgence, and in how many cases the shock given to delicate internal organs has produced inflammation and other serious disorders, many of which have ended fatally.

Tempting as a glass of iced lemonade or "cup" certainly is when we are hot and tired, let us wisely exercise temporary self-denial, and in common parlance "cool down" a little before we allow ourselves to take the refreshing draught.

We will now turn our attention to the manufacture of these tempting drinks, taking first those that are not strictly "temperance" beverages, such as claret and champagne cups, sherry cobbler, mint and pineapple juleps.

For the first on our list take a bottle of claret, and I may remark in passing that a cheap wine answers every purpose; to it allow two bottles of soda-water, about half-a-pound of crushed ice, and four tablespoonfuls of pounded sugar, ten or twelve slices of cucumber and a finely-sliced lemon. A glass of maraschino is an improvement, but is not actually needed. Mix all the ingredients well together in a bowl or jug, cover with a folded cloth and leave for an hour or two, stirring occasionally that the sugar may be dissolved. When needed, pour the cup into glass or other ornamental jugs and add a few ripe strawberries, a slice or two of peach, or tiny slices of pineapple just before serving. An excellent cup may be made in the same way by omitting the lemon, substituting burgundy for the claret and lemonade for the soda-water. Instead of the cucumber add a sprig of green borage.

For champagne cup take a quart bottle of champagne, two bottles of soda-water, a wine-glassful of brandy, or one of sherry or liqueur, four tablespoonfuls of powdered sugar, a pound of crushed ice, and a few slices of peach, apricot or pineapple.

Empty the champagne into a jug, add

the sugar, fruit and ice, and leave for an hour or two. Just before serving add the soda-water and liqueur, float a spray of borage or verberna on the top and serve.

Sherry cobbler is made by placing in a soda-water tumbler one wineglassful of sherry, a tablespoonful of powdered sugar, three slices of orange, and half the depth of the glass in pounded ice. Fill up with soda-water and serve with straws to drink through.

For mint julep two large tumblers are required. Into the first of them strip the young and tender leaves of two or three sprigs of mint, and add a wineglassful of sherry or two tablespoonfuls of brandy, whiskey or gin. Half fill the second tumbler with pounded ice at melting point and pour it on to the mint and wine or spirit; continue pouring the mixture from one glass to another until the whole is sufficiently flavoured with the mint, add a tablespoonful of powdered sugar, thoroughly mix and then set the glass containing the julep inside a larger vessel containing some powdered ice, which will cover the glass with a dainty frost-work. Remove the tumbler when this is accomplished and serve with straws as directed in the preceding recipe.

Pineapple julep is a rather expensive beverage but very delicious, and highly to be recommended to the fortunate individuals to whom economy is not a serious consideration.

Into a glass or china punch-bowl slice a fine ripe pineapple, add the juice of two oranges, quarter of a pint of raspberry syrup, and the same quantity of gin, a glass of maraschino, a bottle of sparkling moselle, and one pound of finely-chopped ice. Thoroughly mix the ingredients and serve at once with a silver ladle into flat champagne glasses.

A very simple and delicious cup for picnics or other occasions when an inexpensive beverage is desired, is made by placing in a deep jug six ounces of lump sugar on which has been rubbed the rind of two lemons, add the juice of one lemon and a half, and when the sugar is dissolved pour in a bottle of good cider and two or three wineglassfuls of sherry; add nearly half a small nutmeg, grated, and a handful of pounded ice, and serve with a few sprigs of borage floating in the cup.

First on the list of temperance drinks stands lemonade—the universal favourite—and happily one of the most wholesome of summer or winter beverages.

To make lemonade for immediate use, take two lemons and rub off the yellow rind on part of half-a-pound of loaf sugar and put all the sugar into a large jug. Add the juice of the two lemons, carefully removing all the pips, and two more cut into fine slices, pouring over the whole a quart of boiling water. When cold it is ready for use, but will be greatly improved by the addition of a lump of ice, and by the white of an egg being beaten up in it to clear it.

For those who do not care for the daily

trouble of making fresh lemonade, I would recommend the following recipe, which has been used in our household for several years, and has been much appreciated.

Boil together two pounds of lump sugar and two pints of cold water, stirring occasionally lest the syrup should burn. Add the yellow rind of two lemons being thinly peeled; remove all the white pith, and slice them finely, removing the pips, and boil all together for fifteen minutes. Dissolve two ounces of citric acid in a little of the syrup, put into a jug and pour over it the remainder, stirring thoroughly until the acid is incorporated with the whole. When cold, bottle and tightly cork. It will keep good for several months. Use a tablespoonful or more to a tumbler of cold or iced water, placing the syrup in the glass first.

By the addition of a couple of tablespoonfuls of this syrup to a bottle of soda or seltzer water a delicious and wholesome effervescent lemonade is produced, while by adding the same quantity of syrup to a wineglassful of claret or burgundy and filling up the tumbler with soda-water, with a lump of ice, if procurable, a delicious and quickly made claret cup can be had.

For economical but delicious ginger-beer I can also personally recommend the following recipe, the proportions given in it making one gallon.

Put into a jar or earthen pan one pound of sugar, half an ounce of tartaric acid, and half an ounce of bruised ginger, and a lemon finely sliced. Pour on three pints of boiling water and stir until the sugar is dissolved, when five pints of cold water must be added. Place on a slice of toast two tablespoonfuls of brewer's yeast, or an ounce of German yeast made into a thick cream with a little lukewarm water. Float the toast on the top of the liquid, and cover the pan with a cloth. As soon as a head is formed with the yeast, remove the toast, strain the beer through a cloth, bottle and cork, tying down the corks securely. It will be ready for use in about twenty-four hours, effervescing more rapidly if the bottles are placed on their sides; but in hot or thundery weather care must be taken that the beer does not become too lively and burst the bottles.

Raspberry and strawberry vinegar make very pleasant summer drinks, especially for children. Care must be taken to procure the purest and best white vinegar for the purpose, and only freshly-gathered and perfectly ripened fruit should be used.

Fill glass jars or wide-necked bottles with fresh raspberries, from which the stalks have been removed, cover them with white vinegar and leave them to infuse for a week or ten days; then pour off the vinegar and turn the fruit on to a sieve placed over a basin, as the juice will drain from it for some hours; put fresh raspberries into the bottles and pour back

the vinegar, and when it has infused the same length of time as the first lot, drain all the vinegar away from the fruit, pass it through a jelly-bag and boil it gently for four or five minutes with its weight of roughly-powdered sugar, carefully removing all scum as it rises. Pour into jugs and cover with a thickly folded cloth, and the next day pour the vinegar into glass bottles, corking them tightly at first, and after four or five days pressing the corks in closely and storing in a cool dry place.

A spoonful or two of this vinegar in a glass of water makes a delightful summer drink, and is also often acceptable to invalids. It may also be used as a sauce to custard and other simple puddings.

Strawberry vinegar is made in the same way, only the brightest red preserving strawberries being used for the purpose. A little lemon-juice will be found to improve the flavour.

Raspberry acid is preferred by some people to raspberry vinegar.

To make it allow to every quart of raspberries one pint of cold water, and a quarter of an ounce of tartaric acid. Let them stand together for twenty-four hours, strain through a fine sieve and to every pint of liquor allow one pound of sugar. When the sugar is fully dissolved, bottle the acid and keep it in a cool dry place.

In conclusion I would suggest that really good iced coffee is always appreciated at a picnic or garden-party.

The coffee should be made clear and strong, allowing to each breakfastcup a tablespoonful of powdered sugar, two tablespoonfuls of milk and two of rich cream. The sugar, milk and coffee should be mixed at just below the boiling-point, and left to cool and then the cream added, taking care, by the way, that the

milk is strained so that no skin gets in. Place the mixture in a deep stone jug and set in a wooden or zinc pail, if you do not possess a proper freezing-machine; surround the jug with a mixture of salt and roughly-chopped ice, taking care that it is not more than three parts of the way up the jug; lay a saucer over the top of the jug, and leave for half-an-hour, stirring the coffee frequently lest it should freeze to the sides. For a picnic the coffee may be placed in bottles and set in a pail of ice till needed.

Serve in china jugs, or if you prefer to have it served in cups, which must be small "after-dinner" ones, omit the cream when freezing, and having whipped it to a stiff froth place a spoonful on the top of each cup just before serving. Ice wafers should be handed round with coffee made in this manner, as they are generally preferred to richer cakes.

## SOME ONE ELSE.

By IDA LEMON.

*Marion to Eva.*

The Limes,  
Stanham,  
Sept. 1st.

H, Eva, how I miss you! I don't believe I realised how fond I was of you till I saw you vanish round the turn in the drive; and I had no idea how really the life of the home depended on

you till we tried doing without you. If I had gone away to be a governess instead of you, it would have been wiser, I do believe; but I always was selfish, and besides we all thought I was the useful one for home. I may be useful, but I must be surely very dull. These last few days no one seems to have

laughed, and I would be so glad to hear a door slam, or have something fall with a crash, as happened sometimes when you were here. And the flowers! You used to throw them into the vases, and they invariably looked nice; I arrange them very carefully, but there is something the matter with them that spoils them. You always said, in self-defence, that careless people had their merits, and I believe it is the truth. Certain defects and certain virtues seem inseparable. But away with moralising!

Father is no better. I suppose we can hardly expect he will be. But he is no worse, and that is something. The doctors say we must avoid all anxiety for him. But, I think to myself, "Every time he sees you, he knows you must be paid, and isn't that anxiety?" Still if we can keep off another stroke, we shall all be thankful.

Speaking of doctors reminds me of Dr. Cuthbert. The day after you left he came to see father, and stayed for a long time, afterwards talking to mother and me. I have never known him so nice. He had much more to say for himself than usual. And he asked us to call on his sister, and have tea with her. We shall go, of course. Anything to relieve the monotony of our present life.

It is a curious thing I have never looked upon him with much interest before. He was just the "doctor;" now he seems a man as well. I have awakened to the fact that he is nice-looking; rather too serious, but when he

laughs he appears younger. He is more human than I had ever thought him. Do you remember the night we met him at the Levers', shortly after he had come, and how you shocked him by talking nonsense nearly the whole time? But I don't believe he is prim, really, only rather heavy. There he is.

He thinks father slightly better. Dr. Manners is to come again to-morrow. Dr. Cuthbert is still with mother. I just ran in to close this, or else I shall lose the post. With love and kisses,

I am, dear,  
Your loving sister,  
MARION.

*Marion to Eva.*

Sept. 3rd.  
WE have just got back. "We" doesn't mean, as you might think, mother and I, but it means me and—the doctor. He actually walked home with me himself. He need not have done so, as it is not dark yet, and I have been in quite half an hour. Mother could not go with me—as you may guess, I have been to tea with Miss Cuthbert—because she did not like to leave father with Hodges; he seemed fidgety. I went alone, therefore, and as no one else was there, Miss Cuthbert and I became quite friendly. She is a very nice—I was going to say "girl," but I suppose she is more than a girl. She has been about to different places, and is very interesting. She will be quite an acquisition to us. I think she would be your sort, rather. She has a touch of eccentricity, or, as you would say, individuality. She surprised me by saying, "I am very glad to see you, Miss Curtis; I have often heard my brother speak of you." As you may imagine I was not a little flattered to think that the great Dr. Cuthbert had mentioned me to her. Men don't usually speak of other young women to their sisters, do they? He must even have written, because she has only been here a week. I asked her if she was always going to live with him. She said, "I think so, unless he marries." Somehow the idea gave me quite a shock. That is the sort of man one always thinks of as a bachelor. But he will, probably, marry some elderly bluestocking.

Well, I stayed for quite an hour, and was on the point of going, when in came the doctor himself. His name is Giles. I heard her call him Giles. Another relief. I had quite made up my mind G stood for George. Giles reminds one a little of "Giles Hobbins" certainly, but it might be worse. His sister is

evidently very fond of him. They were so nice to each other. And he seemed different in his own house; nice people are generally nicer at home I think, don't you?

When I spoke of going, they both said "no," so I stopped a little longer, and then Dr. Cuthbert said he would see me home. I said I was used to going about alone, but he either did not hear me, or paid no attention. So there, if you can conceive it, were we two walking along the streets together. And we talked too. At first I wondered whatever I should say to him, but it all came naturally enough before long. He asked about father, and so I gradually found myself telling him things—how he had overworked, and how he had lost money, and what a lot of worry mother had had, and about your being such a brick, and going to be a governess. Oh, he knows Lady Overton. She used to be a Miss—I forget the name—an heiress, and came from the part of the country where his father was rector. Yes, his father is a clergyman. Miss Cuthbert had told me that. When they were children she, Lady Overton I mean, used to play with them. He says she is very nice. He seemed glad to hear you were there.

The dinner-bell! Dear me! This letter is all about the Cuthberts. I suppose you will despise me. I know you are always scornful of people who only talk of other people, and especially about men. You will think I am becoming like the Becket girls. But you need not fear. To you I talk as I would not to anyone else.

That reminds me. I had a letter from Bertie yesterday. I am glad to say it was nothing more than cousinly, so I hope he is getting over his foolish attachment to me.

In haste, your  
MARION.

*Marion to Eva.*

Sept. 10th.

MY DEAR GIRL.—Your last letter was a regular "lecture." What is the reason? Are you becoming the prim governess? You wrote as if something had annoyed you. Of course I shan't "attach importance to trifles," and as to the world seeming larger to you in London, that I can well understand. What a dear little girl Marjorie must be—so original. And you are going with Lord and Lady Overton to her father's. You will enjoy that. How funny! You will be in the very place where Dr. Cuthbert used to live. He brought us a brace of partridges yesterday. He is certainly very kind to us. Father likes him so much. It is a pity he only began to be