



BEVERAGES  
— *and* —  
DELICACIES

HORLICK'S  
MALTED MILK

RACINE, WISCONSIN.

HOW TO PREPARE

*Original - Genuine*

**HORLICK'S** Malted Milk

as

**A Delicious Food-Drink**

and

in the form of  
**Various Beverages  
and Delicacies**

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FOR ALL AGES

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"That's Meat and Drink to Me"

*—Shakespeare*

**Horlick's Malted Milk Co.**  
Racine, Wis., U. S. A.

## HORLICK'S Malted Milk

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**Composition** HORLICK'S Malted Milk is pure, full-cream milk, enriched and modified by the nutritive extracts of select malted grains, combined and concentrated in vacuo to a powder form, soluble in water. These nutritious ingredients are so treated by our special process, originated by ourselves, that the product is very easily digested and assimilated. Pure milk in this unique combination with cereals insures a complete food, requiring no further addition of milk and no cooking to prepare it.

**Purity** Our product is not made in the vitiated air of cities, but in the country, with abundance of pure air, and pure water from our natural springs. The milk is from our sanitary dairies, under the strict supervision of our veterinarian and chemists. The grain is obtained from the best sources, stored and malted on the premises. This careful selection of the ingredients, as well as the application of the best scientific methods in every detail of manufacture, imparts to HORLICK'S Malted Milk a standard of purity and reliability that is inimitable.

**The Original and only Genuine** We are the originators of Malted Milk, and have made a careful study of its manufacture for a quarter of a century. We possess the largest and the best equipped plant in the world for carrying out every detail of the preparatory process in accordance with the most approved methods. These years of experience, in connection with superb facilities for manufacture, have made HORLICK'S Malted Milk the standard food of its type, possessing nutritive properties and other qualities that no imitator can attain.

**How to Prepare** A perfect solution is always obtained if sufficient HORLICK'S Malted Milk powder be placed in a cup or glass, and first made into a smooth paste by rubbing with a spoon with a little water (preferably hot, not boiling), and then stirring briskly while sufficient water, hot or cold, is added to suit the taste.

2. If possible, use a lemonade shaker or rotary egg beater in preparing HORLICK'S Malted Milk, as it thoroughly dissolves and aerates it, much more quickly than with a spoon, and develops a delightful aroma.

3. To suit individual tastes, and to obtain that delicious flavor so much appreciated by those who know how to prepare HORLICK'S Malted Milk properly, it is of the greatest importance that a suffi-

cient quantity of the powder be used. (Usually two tablespoonfuls to a cupful of water suffices, but one's taste should regulate the quantity.)

4. Any desired flavor may be had when preparing the solution; if too sweet, a little salt or celery salt may be added; or a little vanilla, cinnamon, chocolate, etc., or a little sweet cream; or it may be mixed with an egg.

5. HORLICK'S Malted Milk is served in many delicious combinations in hotels, cafés, restaurants, dining cars, and at soda fountains. A large number of business men depend upon it exclusively for their noonday luncheon. It is very popular with ladies when shopping or calling, as its use removes the tired, jaded feeling sometimes incident to an afternoon's engagements.

**In the Household** A pure, delicious food drink can be made in a moment by simply stirring HORLICK'S Malted Milk powder in water. It is more healthful than tea, coffee or cocoa, since it not only stimulates, but also nourishes and sustains. It makes a delicious quick lunch when a full meal would ordinarily cause distress, and is very refreshing for those mentally or physically fatigued. A glassful hot will be found a grateful sleeping cup just before retiring, aiding in many instances in bringing about a sounder and more refreshing sleep.

**In the Sick Room** The high nutritive value of HORLICK'S Malted Milk, its ease of assimilation, and its convenience in serving, has made it a very important addition to the dietary of the sick room. It is especially valuable in typhoid and low fevers, in cases of impaired digestion, for convalescents, for nursing mothers, for the aged, and for all those who must receive much attention in the matter of diet on account of a weak stomach, complicating the problem of nutrition. It is very acceptable to the sick, assimilated with the minimum digestive effort, and therefore very efficient in maintaining the strength while the system is laboring under the strain of any exhausting disease.

**For Infants** HORLICK'S Malted Milk has been used with much success for many years in feeding infants, because it gives the advantages of a pure milk diet in which there is a proper ratio of malted cereal nourishment, and in which the casein of the milk is so modified that it forms fine light curds in the stomach, very easily digested. It contains none of the impurities that are so commonly found in market milk, is constant in composition, secure from contamination, and an ideal solution to the pure milk problem as it affects children.

**How to Feed the Baby** HORLICK'S Malted Milk should be given to a baby at blood heat, about 100° F., and when using it for the first time with an infant of any age, the minimum amount

should be administered, gradually increasing the strength and quantity, until that is attained which suffices for a child of its age and development. (See Feeding Schedule.)

A laxative condition of the bowels is sometimes brought about by overfeeding, and when such exists, the amount of HORLICK'S Malted Milk should be reduced, and the mixture as ready for feeding, brought to the boiling point, then cooled, and a pinch of salt added to each meal; or the HORLICK'S Malted Milk may be prepared with rice water or barley water, until conditions again become normal. In case of illness, the advice of a physician should be had.

Constipation in babies can be relieved by using an increased quantity of HORLICK'S Malted Milk, by adding sweet cream for a time to each meal, or by using oatmeal water in making the solution.

Do not dissolve more than is needed for a meal, nor use any left over or re-warmed. Keep all utensils scrupulously clean.

**Feeding Schedule** As feeding a baby the proper amount of HORLICK'S Malted Milk, at regular intervals, has much influence upon its temper and health, we believe the following schedule will be found helpful in attaining this very important end. In preparing these formulae, a tablespoonful of water corresponds to half an ounce. Use water which has been previously boiled.

First and second weeks—Use from a half to a level teaspoonful of HORLICK'S Malted Milk in from 1 to 1½ ounces of water, at intervals of two hours, with at least 10 feedings in the course of 24 hours.

Third and fourth weeks—Gradually increase to a rounded teaspoonful in from 1½ to 2 ounces of water, given at intervals of 2 hours, with about 10 feedings.

Second month—From 1 to 2 heaping teaspoonfuls in from 2½ to 3 ounces of water, at intervals of 2 hours, with about 10 feedings.

Third and fourth months—From 2 to 3 heaping teaspoonfuls in from 3½ to 4½ ounces of water, at intervals of 3 hours, with 8 feedings.

Fifth and sixth months—From 3 to 4 heaping teaspoonfuls in from 5 to 6 ounces of water, at intervals of 3 hours, with about 7 feedings.

Seventh, eighth and ninth months—From 4 to 5 heaping teaspoonfuls in from 6 to 7 ounces of water, at intervals of 3½ hours, with 6 feedings.

Tenth to twelfth months—Use from 5 to 6 heaping teaspoonfuls of HORLICK'S Malted Milk in from 7 to 8 ounces of water, with about 6 feedings in the course of the day.

After the twelfth month—During the second year, and especially during teething, HORLICK'S Malted Milk should be continued as the main portion of the

diet of a child, and, as a rule, 2 tablespoonfuls dissolved in half a pint of water will be sufficient, taken with regular meals and on two or three other occasions throughout the day.

It is not supposed that you can follow the above rules closely and to the letter, in every instance, because children differ from one another in the matter of diet as much as adults. Certain deviations may be necessary at times, in the amount of HORLICK'S Malted Milk used or the intervals of feeding, depending upon individual constitutions, which must be considered in the successful raising of children.

**Useful Hints** For the first month, infants are usually fed twice at night between 10 P. M. and 7 A. M., once during the same period till the sixth month, and then omitted.

A little water, previously boiled, should be given to the baby every day, as it often allays restlessness between meals.

The morning bath should be short for the first few months, the body quickly dried, and the water at a temperature of about 98° F.

The mouth and teeth should receive daily attention, being gently cleansed with a soft cloth and pure water.

Children should be trained to fall asleep of their own accord, and all devices that tend to hasten slumber should be used as little as possible.

An infant should be allowed from 15 to 20 minutes to a meal, and on this account it is very important to

see that the opening in the nipple of the bottle is not too large.

During the excessive heat of summer, less food and more water than customary should be the rule, as this is the season when overfeeding must be carefully guarded against.

Teething, which generally begins about the seventh month, is a period of much fretfulness with some children, but HORLICK'S Malted Milk greatly ameliorates the usual symptoms, because it is rich in phosphates and other mineral salts that make this function normal and easy.

Soothing syrups, sedatives and other drugs should never be given to infants, unless ordered by the family physician.

Mothers who use HORLICK'S Malted Milk freely as a table drink and for luncheon throughout the day, bring about a marked improvement in the quantity and quality of the nursing, reflecting favorably upon the condition of the child.

The nursing bottle should be graduated, so as to measure, without difficulty, the quantity of food given. The bottle and nipple should be carefully washed in soda and water after the feeding, the nipple being taken off and turned inside out.

**Lunch Tablets** HORLICK'S Malted Milk is also supplied in Tablet form, with chocolate flavoring. These tablets are readily dissolved in the mouth, contain much wholesome nourishment in a concentrated form, and may be eaten freely without

causing distress or discomfort. They are ideal for school children as a substitute for candy, and are very convenient to use as a light luncheon by golfers, automobilists, travelers, business and professional men, because a few tablets eaten at intervals will be found very sustaining.

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## Other Food Products

made by **HORLICK'S**

**HORLICK'S Food** is a cereal food prepared from wheat and malt after the formula of Liebig, but by greatly improved methods; unlike **HORLICK'S Malted Milk**, it requires the addition of milk to complete it, as a food for infants and invalids. In certain cases, where an alternate is desired for **HORLICK'S Malted Milk**, **HORLICK'S Food** will be found very serviceable. It contains no starch or cane sugar, and is freely soluble in water. It is simply dissolved in the water used in diluting the milk for a meal in quantities ranging from one to three teaspoonfuls to a feeding, rendering the addition of sugar unnecessary, enriching the milk with the important food elements of the grain, and preventing the casein from forming large, indigestible curds in the stomach. It is the cheapest and best prepared cereal food on the market for this special purpose.

**Diastoid** Diastoid is a malt extract in which the nutritive, the tonic and the digestive principles of the best barley malt exist in a concentrated, powder form. Taken after meals, it gives much relief in cases of fermentative dyspepsia; sprinkled upon breakfast cereals, it imparts an agreeable flavor and renders them more digestible. It may be taken in dry form, or dissolved in milk or water, and possesses features that make it far superior to liquid malts.

It is frequently so efficient in restoring normal intestinal action, that with many it has proven an excellent dietetic adjunct in chronic constipation.

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### Analysis of

## **HORLICK'S Malted Milk**

Fats .....	8.78
Proteids .....	16.35
Dextrine .....	18.80
Lactose and Maltose.....	49.15
(Total soluble Carbohydrates 67.95)	
Salts .....	3.86
Moisture .....	3.06

Holt on Infancy and Childhood. (Page 163, Edition 1902.)

## Beverages and Delicacies

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### HORLICK'S Malted Milk.

When properly dissolved, according to directions, HORLICK'S Malted Milk is a delicious nourishing food drink, appreciated by thousands, both well and ill. It is so nutritious, that it imparts to other preparations a fullness and body, that pleases and satisfies the palate, and is also susceptible to many flavors, hence we offer on the following pages for those who desire, various modifications and combinations of beverages and dishes as will suit the most fastidious.

### HORLICK'S Malted Milk Hot with Vanilla

HORLICK'S Malted Milk one tablespoonful, water to make a cup, sugar sufficient to sweeten, essence of vanilla ten drops.

### A Favorite Table Beverage

Prepare a cup of HORLICK'S Malted Milk in accordance with directions, add a tablespoonful of sweet cream, flavor to suit the taste. Serve hot.

### Malted Milk and Currants

Red currant jelly one tablespoonful, HORLICK'S Malted Milk one tablespoonful, water one cupful, cracked ice.

### HORLICK'S Malted Milk Ice Cream

HORLICK'S Malted Milk one pound, granulated sugar one pound, water three quarts, essence of vanilla two ounces, powdered chocolate two ounces, gelatin one ounce (or the whites of two eggs). Mix the HORLICK'S Malted Milk, sugar and water, stirring the same until dissolved. Add the essence of vanilla and the chocolate powder. Freeze in usual manner in an ice-cream freezer. If strawberry, coffee or other flavor is desired, it may be used in place of the vanilla and chocolate.

### Hot Malted Milk Coffee

Place  $\frac{1}{2}$  ounce of fresh coffee extract in a seven-ounce mug, add three teaspoonfuls of Malted Milk, and fill to within half an inch of the top of the mug with hot water, stirring all the time. Either a little sweet cream or whipped cream may be added when desired.

### HORLICK'S Malted Milk Cocoa or Chocolate

HORLICK'S Malted Milk one tablespoonful, powdered chocolate or powdered cocoa one teaspoonful, hot water to make a cup, sugar sufficient to sweeten. Mix the HORLICK'S Malted Milk, chocolate (or cocoa) and water, stirring well, and boil for three minutes. A drop or two of vanilla extract may be added as flavoring; add the sugar, also, if desired, and serve hot.

### **HORLICK'S Malted Milk Custard**

Yolks of two eggs, HORLICK'S Malted Milk two tablespoonfuls, water one cupful, salt and pepper to flavor. Dissolve the HORLICK'S Malted Milk in the water with stirring, and to this add the yolks of two eggs. Butter a large cup or jam-pot, pour the mixture into it, and let it stand in a pan of boiling water until the custard is set.

### **Malted Milk Coffee Blancmange**

HORLICK'S Malted Milk two tablespoonfuls, arrowroot two tablespoonfuls, cocoa or coffee extract one teaspoonful, sugar one tablespoonful, water to make two cups. Mix the arrowroot and HORLICK'S Malted Milk with a little water into a paste. Add gradually the balance of the water; bring the same to a boil, stirring it until it thickens sufficiently. Put it into a mold until quite cold.

### **HORLICK'S Malted Milk Demulcent**

Essence of vanilla twenty drops, isinglass (best) a pinch, three lumps of sugar, one dozen bruised sweet almonds, water one-half pint, HORLICK'S Malted Milk one tablespoonful. Bring to a boil the isinglass, sugar, almonds and water. 2. Mix the HORLICK'S Malted Milk with a little of the water into a paste. Gradually mix No. 1 with No. 2 and stir constantly. Flavor with twenty drops of vanilla.

### **HORLICK'S Malted Milk Jelly**

Phosphated gelatin one teaspoonful, HORLICK'S

Malted Milk two to four teaspoonfuls, sugar and flavoring to suit. Soak the gelatin in cold water for one hour, then dissolve in just sufficient hot water. Add the HORLICK'S Malted Milk dissolved in two cups of hot water, and sweeten and flavor to taste.

### **HORLICK'S Malted Milk with Iced Fruit**

HORLICK'S Malted Milk one heaping teaspoonful, crushed fruit one tablespoonful, crushed ice one tablespoonful, one egg, acid phosphate twenty drops, grated nutmeg to flavor, water to make a cup. Mix the HORLICK'S Malted Milk, crushed fruit and egg, beating the same for five minutes. Add the phosphate and crushed ice, stirring all for several minutes. Strain, and add ice-cold water or cold carbonated water, and grated nutmeg to flavor.

### **HORLICK'S Malted Milk with Wine or Brandy**

HORLICK'S Malted Milk one tablespoonful, water one cupful, port or sherry wine one teaspoonful, sugar if desired.

### **HORLICK'S Malted Milk Eggnog**

Sherry wine one tablespoonful, one egg, cream  $\frac{1}{2}$  ounce, sugar a teaspoonful, HORLICK'S Malted Milk one or two tablespoonfuls, water sufficient to fill an ordinary glass or cup. Put into shaker, shake thoroughly and strain.

### **HORLICK'S Malted Milk Shake**

HORLICK'S Malted Milk two tablespoonfuls, cracked ice two tablespoonfuls, plain milk eight

ounces, vanilla extract sufficient to flavor; put into shaker, shake thoroughly and strain.

#### **Malted Milk with White of Egg**

Beat up the white of an egg till light, add a good-sized pinch of salt and six ounces of HORLICK'S Malted Milk solution, cold. A little sugar may be added if desired.

#### **Effervescent Malted Milk**

Put some finely cracked ice into a glass. Fill it half full of Apollinaris, Vichy or Siphon water, and immediately add the desired amount of HORLICK'S Malted Milk in solution. Drink while effervescing. Brandy may be added if desired.

#### **HORLICK'S Malted Milk Bouillon**

Place in an empty cup (medium size), HORLICK'S Malted Milk two teaspoonfuls, Clam Bouillon one ounce. Mix and rub to a smooth paste, into which slowly stir sufficient hot water to fill cup. Serve with salt and pepper.

#### **HORLICK'S Malted Milk Oyster Stew**

Put one pint of oysters and four ounces of water into a tin pail, and set it into a kettle of boiling water. Let it boil till the oysters are cooked, then strain out the oysters into a tureen, and add to the liquor in the pail two heaping tablespoonfuls of HORLICK'S Malted Milk, dissolved in 4 to 6 ounces of water, set in water as before and heat boiling hot,

seasoning with salt and pepper. Add to the oysters a teaspoonful of butter, and pour the hot liquid on the oysters.

#### **HORLICK'S Malted Milk with Cream**

HORLICK'S Malted Milk one tablespoonful, plain cream one ounce, plain water sufficient to fill ordinary glass. Whipped cream may be used and a little nutmeg, if desired.

#### **HORLICK'S Malted Milk Toast**

Pour a cup of HORLICK'S Malted Milk, made by dissolving at least two heaping tablespoonfuls of Malted Milk powder, over two pieces of toast, and let stand on back of the stove for fifteen or twenty minutes. Zwieback can be used instead of the toast. Serve warm.

#### **HORLICK'S Malted Milk with Rum**

Eight ounces of HORLICK'S Malted Milk, made by dissolving at least two heaping tablespoonfuls of the powder, one egg, one teaspoonful of powdered sugar, grated nutmeg, one to two tablespoonfuls of good old Jamaica rum. Mix.

#### **HORLICK'S Malted Milk with Egg**

Eggs one or two, cracked ice sufficient. HORLICK'S Malted Milk one tablespoonful, water sufficient to fill an ordinary glass or cup. Shake thoroughly and strain.

#### **Cinnamon and Malted Milk**

One cup Malted Milk, stick cinnamon, sugar, ½ teaspoonful of brandy. Boil the Malted Milk with

sufficient cinnamon to flavor pleasantly, and sweeten. This may be taken cold, and more brandy added if desired.

#### **Malted Milk Sherbet**

One-half pound HORLICK'S Malted Milk, one cup granulated sugar, three pints water, one tablespoonful vanilla, two ounces chocolate, white of one egg. Make a smooth paste of the Malted Milk powder with a little of the water, then add the rest of the water gradually, the sugar, vanilla, and the chocolate, grated. Freeze. When partly frozen, add the well beaten white of egg and finish freezing.

#### **HORLICK'S Malted Milk Wafers**

Two tablespoonfuls HORLICK'S Malted Milk, six tablespoonfuls confectioner's powdered sugar, one-half the white of an egg, one-half teaspoonful of vanilla sugar or extract. Put the white of an egg on a shallow plate (do not beat it), and work in gradually the sugar and HORLICK'S Malted Milk and lastly the flavoring. Shape into balls about the size of a hickory nut, drop on waxed paper which has been well dusted with sugar. Flatten the balls somewhat. Let stand a half day to dry.

#### **HORLICK'S Malted Milk Pudding Sauce**

Two tablespoonfuls HORLICK'S Malted Milk, two tablespoonfuls pulverized sugar, two tablespoonfuls butter, one teaspoonful vanilla extract or sugar. Work the butter until creamy. Add the sugar gradually, beating constantly. Then work in the Malted Milk and flavoring. Stand in the refrigerator to

harden. Serve with baked apple or peach dumplings, cottage pudding, or any other plain pudding. If a more elaborate sauce is desired, add a tablespoonful of finely chopped English walnuts or pecans, and garnish the top with unbroken halves of the nuts.

#### **HORLICK'S Malted Milk and Almond Sandwiches**

Two tablespoonfuls HORLICK'S Malted Milk, two tablespoonfuls finely chopped blanched almonds, one tablespoonful rich cream. Mix the ingredients thoroughly. Spread between thin slices of white or graham bread.

#### **A Favorite Sleeping Cup**

Dissolve one or two heaping tablespoonfuls of HORLICK'S Malted Milk in hot water, by first rubbing up the powder to a paste with a little water, afterwards adding enough water to fill a cup. Some add a little salt to the solution, others prefer a little ground nutmeg or cinnamon as flavoring. Drink as hot as convenient.

#### **HORLICK'S Malted Milk Egg Sponge**

One egg, one tablespoonful of HORLICK'S Malted Milk, two teaspoonfuls of gelatin, one tablespoonful of sugar, flavor with vanilla, salt sufficient. Soak gelatin in small quantity of cold water twenty minutes. Mix the yolk of the egg and milk powder to a cream. Add sugar, flavor; dissolve gelatin in cup of hot water; let cool; then mix with yolk of egg, adding alternately cool gelatin and white of egg. Turn into molds to cool.

### **HORLICK'S Malted Milk Prune Whip**

One cup of prunes, two tablespoonfuls HORLICK'S Malted Milk, one tablespoonful sugar, lemon sufficient to flavor, white of egg. Wash well, and soak the prunes until tender. Boil with small piece of lemon until soft. Add sugar, remove stones, rub through colander; add the HORLICK'S Malted Milk, beat well; add the white of egg, well beaten. Cool, and serve with whipped cream. Flavor with vanilla if desired.

### **HORLICK'S Malted Milk Tomato Bouillon**

To a medium-sized cup, take two teaspoonfuls of HORLICK'S Malted Milk, one tablespoonful of concentrated tomato bouillon. Mix; rub to a smooth paste; add to this, stirring briskly, sufficient hot water to fill cup; season with salt and pepper. Serve hot.

### **HORLICK'S Malted Milk Clam Frappe**

One cup of hot water, two tablespoonfuls HORLICK'S Malted Milk, two ounces of concentrated clam bouillon. Mix HORLICK'S Malted Milk with clam bouillon; rub into smooth paste; add hot water. This may be seasoned with paprika or salt. Cool; freeze; serve with whipped cream.

### **HORLICK'S Malted Milk Ices**

#### **Orange Ice**

Two tablespoonfuls shredded gelatin, one-half cup cold water, one-half cup boiling water, two tablespoonfuls HORLICK'S Malted Milk, one-half tablespoonful sugar, three-quarters cup of orange juice, one-half juice of one lemon. Soak gelatin in cold water two-thirds hour. Add boiling water in which

the HORLICK'S Malted Milk has been dissolved, sugar, orange and lemon juice. Cool; strain; freeze in small freezer.

#### **Pineapple Ice**

One-half cup of grated pineapple, two teaspoonfuls of lemon juice, one-half cup of water, one tablespoonful sugar, two tablespoonfuls HORLICK'S Malted Milk. Dissolve the sugar in the water by boiling for about three minutes; add pineapple and lemon juice; lastly add HORLICK'S Malted Milk dissolved in small amount of water. Mix; strain the whole. Cool; freeze in small freezer.

### **HORLICK'S Malted Milk Frozen**

#### **Cherry Sponge**

Gelatin two teaspoonfuls, cold water two tablespoonfuls, hot water one-half cup, fruit juice one-half cup (cherry), fruit one tablespoonful, and white of one egg, HORLICK'S Malted Milk two tablespoonfuls, one tablespoonful sugar. Soak gelatin until tender, in cold water; dissolve HORLICK'S Malted Milk according to general directions; add the hot water, then the gelatin. Cool; add cherry juice and fruit. Freeze. When partly frozen, add the well-beaten white of egg.

### **HORLICK'S Malted Milk Frozen**

#### **Strawberry Sponge**

Gelatin two teaspoonfuls, cold water two tablespoonfuls, hot water one-half cup, juice of strawberries, one-half cup (using stewed fruit), one tablespoonful of berries, one tablespoonful sugar, HORLICK'S Malted Milk two tablespoonfuls. First soak

the gelatin in cold water; then dissolve gelatin in hot water, in which the HORLICK'S Malted Milk has been dissolved according to directions. Cool; add the strawberry juice and fruit, and freeze. When partly frozen, add the well-beaten white of an egg; finish freezing.

### **HORLICK'S Malted Milk Frozen** **Pineapple Sponge**

Gelatin two teaspoonfuls, cold water two tablespoonfuls, hot water one-half cup, HORLICK'S Malted Milk two tablespoonfuls, fruit juice one-half cup, one tablespoonful sugar, one tablespoonful shredded pineapple, white of one egg. Soak gelatin in the cold water until tender; dissolve the HORLICK'S Malted Milk according to general directions; add hot water, in which the gelatin has been dissolved. Cool; add fruit juice and fruit. Freeze. When partly frozen, add the well-beaten white of egg.

### **HORLICK'S Malted Milk Gelatin** **Charlotte Russe**

One-half pint of cream, whites of two eggs, two tablespoonfuls sugar, one-half box of gelatin, two tablespoonfuls of HORLICK'S Malted Milk. Soak gelatin in cold water until tender; dissolve gelatin in hot water, in which the HORLICK'S Malted Milk has been dissolved. Cool. Whip cream light; beat white of eggs to stiff froth; mix these and the sugar together. Flavor with vanilla and lemon. Beat in the gelatin and HORLICK'S Malted Milk, which

should be quite cold. Turn into molds, and cool on ice. This is very nice for those who can take something so rich.

### **Partially Digested Cereals Prepared** **at the Table**

To a saucer of well-cooked oatmeal, wheaten grits, or rice, at the customary temperature, add one or two teaspoonfuls of HORLICK'S Diastoid, a dry extract of malt which is very active in the digestion of farinaceous foods. Stir for a few minutes before eating.

### **Partially Digested Milk Gruel**

Take about half a pint of well boiled hot gruel made from arrowroot, flour, barley, or oatmeal, etc., and add half a pint of fresh cold milk. Mix thoroughly and strain. Add to it a tablespoonful of HORLICK'S Diastoid, and mix well. Let it stand in a warm place for about ten minutes, then place on ice. Serve hot or cold.

### **HORLICK'S Food with Milk**

HORLICK'S Food two heaping tablespoonfuls. Hot water two tablespoonfuls. Milk sufficient to make a pint. Dissolve the HORLICK'S Food in the hot water and mix with the milk.

### **HORLICK'S Food with Milk and Egg**

Two tablespoonfuls HORLICK'S Food. One egg. One pint milk. Beat the egg well, then add to it the HORLICK'S Food previously dissolved in a little warm water. Mix thoroughly and add the milk.

## The Seven Ages of Man

"All the world's a stage,  
And all the men and women, merely players:  
They have their exits and their entrances;  
And one man in his time plays many parts,  
His acts being **seven ages**. At first, the infant;  
Mewling and puking in the nurse's arms:  
And then, the whining school-boy, with his satchel,  
And shining morning face, creeping, like snail,  
Unwillingly to school: And then, the lover;  
Sighing like furnace, with a woeful ballad  
Made to his mistress' eye-brow: Then, a soldier;  
Full of strange oaths, and bearded like the pard,  
Jealous in honour, sudden and quick in quarrel,  
Seeking the bubble reputation  
Ev'n in the cannon's mouth: And then, the justice;  
In fair round belly, with good capon lin'd,  
With eyes severe, and beard of formal cut,  
Full of wise saws, and modern instances,  
And so he plays his part: The sixth age shifts  
Into the lean and slipper'd pantaloon;  
With spectacles on nose, and pouch on side;  
His youthful hose, well sav'd, a world too wide  
For his shrunk shank; and his big manly voice,  
Turning again towards childish treble, pipes  
And whistles in the sound: Last scene of all,  
That ends this strange eventful history,  
Is second childishness, and mere oblivion;  
Sans teeth, sans eyes, sans taste, sans everything."



From "As You Like It"  
*Shakespeare.*

