

Lemonade For Invalids

Ingredients

1/2 lemon, lump sugar to taste, 1 pint of boiling water.

Method

Pare off the rind of the lemon thinly; cut the lemon into 2 or 3 thick slices, and remove as much as possible of the white outside pith, and all the pips. Put the slices of lemon, the peel, and lump sugar into a jug; pour over the boiling water; cover it closely, and in 2 hours it will be fit to drink. It should either be strained or poured off from the sediment.

Source: Mrs Beeton's Book of Household Management (1861)

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