

### **Cream Soup or Corn Soup.**

Mrs. D. A. McTavish.

Take a can of corn and rub it through the colander with the potato-masher, using about a cup of water to get all the good out of the skins. Make a sauce with one quart of milk, one and one-half tablespoonfuls of flour, two tablespoonfuls of butter rubbed together. Season to taste with a little onion, salt, pepper and Worcestershire sauce. Let the corn boil about half an hour slowly, then add it to the sauce and strain all through a fine sieve and squeeze all but the coarsest part through with a spoon. It can then stand for a few minutes on the fire before sending to table, but not too long, or it may curdle. Just before taking from the fire add one-half to a cup of cream.

### **Tomato Soup.**

Mrs. D. A. McTavish.

It is made the same way, only the sauce wants to be made a little thicker and the tomatoes are strained in the first place through a fine strainer and then boiled well. Before adding them to the sauce put about one-quarter of a teaspoonful of soda in them to kill the acid but not enough to make them sweet. Three-quarters of a can of tomatoes is enough for a quart of milk. It is well to let the sauce boil for about an hour in the double boiler, as that takes off any floury taste.

### **Spinach Soup.**

Mrs. D. A. McTavish.

Is the same, only the sauce needs to be a little thinner and takes more milk, as the spinach has not much juice. A quart of nice little spinach leaves boiled for about six or seven minutes in just enough water to keep them from burning, and then strained from the water. The spinach is then rubbed through a fine sieve and added to the sauce; if not enough of the spinach flavors, add some of the water the spinach was boiled in. It would do just as well to make the sauce as thick as for the other soups, and add the water the spinach was boiled in, or at any rate part of it. This makes a very pretty soup, and is nice for company, with fried toast. Add a cup or a half cup of cream to each soup.