

shred in your onions, and stir with a wooden or iron spoon till fried lightly brown; have ready washed and sliced your turnips, celery, and leeks, add them to the rest over the fire, and stir about for ten minutes. Now add one quart of cold water, and the half pound of barley or rice, and mix all well together. Then add five quarts of hot water, made ready in the kettle, season with your salt, stir occasionally till boiling, and then let simmer on the hob for three hours, at the end of which time the rice or barley will be tender.

This soup will keep two or three days if poured into a flat pan, but it is best made every other day. You must stir till nearly cold when you take it off the fire, which will prevent its fermenting. A little bread or biscuit eaten with it makes a supporting meal, much better than a cup of tea, and would go far to prevent the craving for gin.

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