

Then others, a little more advanced, spoil the stock itself by piling in all the seasoning they can find, and with commendable but mistaken economy, everything they have no other use for, into the same stock-pot from which all their soups are evolved, with the result that no matter what the soup is called, the flavor is one and the same. Stock should never be over-seasoned, either with spice or vegetables ; in fact, for the more delicate soups it is better not flavored at all. Game and fish, as a rule, should not be mixed into the ordinary stock, but will always make a pleasant change if used separately. Recipes for the different stock will be found in their right place.

The bones of a cooked joint should always be made use of in this way, or boiled up with water and vegetables it will make a stock good enough for many soups and gravies, where a rich stock is not necessary—such as tomato, kidney, etc.

In buying fresh meat, the most economical for brown stock is the shank of beef, and for white, the knuckle of veal. The meat and bone should be used together and both cut up into small pieces, so as to extract the juices as much as possible. For the same reason the water used should be cold, and brought as slowly as possible to the boil, and then only allowed to actually boil a few minutes, after which it must cook as slowly as possible. If put into boiling water, the pores of the meat are at once closed and the juices kept in.

Soups may be divided into three chief divisions, clear, thick and purées. The difference between a thick soup and a purée, is that the first is thickened by the addition of a starchy matter, and a purée with the in-