

BEEF SOUP.—Three pounds beef, three onions, three quarts water, one-half pint pearl barley. Boil beef slowly about an hour and a half, then add onions, sliced, and pearl barley (previously well washed and soaked half an hour); then boil about an hour longer. More water may be added, sufficient to have two quarts of soup when done. Season to taste with pepper.

CREAM OF CAULIFLOWER SOUP.—Heat one pint of chicken or veal stock, one pint of milk, and half a cup of sweet cream. When boiling, thicken with one tablespoon of fine whole wheat flour, add salt and white pepper to taste. Cook half a cauliflower in boiling salted water about twenty minutes. Cut off the little flowerets, using none of the stalk; Put in enough to thicken the broth.

CLAM SOUP.—Chop fine, a pint of round clams; put in a stewpan with a pint of water, and when it boils add the same amount of milk and boil up again; season with butter, pepper and salt, and two Crackers rolled fine are to be put in when the soup is dished.

CHICKEN TEA.—Cut a quarter of a chicken in small pieces, take off the skin and remove all the fat, add to it a pint of cold water; cover it, and let it simmer till reduced one-half. Strain it and serve warm with toast slightly browned. Add salt to suit.

ONE DAY SOUP.—Half a can of tomatoes, five or six cold boiled or baked potatoes, half an onion, one stalk of celery or a few celery tops. Boil all together until the vegetables are very soft. Put through a colander, add pepper and salt and a pinch of sugar. Just before serving pour in one cup of hot milk with a pinch of soda dissolved in it. Sift over the top a few very dry bread-crumbs.

MUTTON SOUP.—Take the water that remains in the steamer after the mutton is cooked; there should be about three quarts; add one-half cup English split peas, nicely washed, one small onion, and cook gently three hours, adding a little more water if it cooks away much. Before taking from the fire add salt and pepper to taste.

POULTRY SOUP.—Take the carcass and bones of any poultry, turkey particularly, and put in a kettle of plenty of water, and boil all the forenoon, filling up with hot water if necessary, and at dinner-time you will find to your surprise a most savory soup; season with salt and pepper.

BEAN SOUP.—Put one quart of beans to soak overnight in luke-warm water. Put over the fire next morning with one gallon cold water and about two pounds salt pork. Boil slowly about three hours, add a little pepper. It is better to shred into it a head of celery. Strain through a colander and serve with slices of lemon to each guest.

I was looking for an opportunity to spend my spare time when I saw the advertisement of the International Correspondence Schools. I immediately enrolled in the Complete Stenographic Course, and I soon secured a position with the Penn. Fire Insurance Company, of this city. Shortly after this, I bettered myself still more by accepting another position at a better salary. I think the International method of teaching is a splendid one, and I advise all that wish to better themselves to enroll in the Schools at once. If one is ever in doubt about any point covered by his lessons, the desired information can be obtained from the handy Bound Volumes furnished with the Schools's Courses.—ALICE E. BOOTH, *E. Schofield Ave. City Island, N. Y.*

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