

SOME NOURISHING SOUPS

WITH the approach of the cooler days of fall and winter a tasty soup is one of the most tempting of lunch or supper dishes. A clear soup, made from boiling meat, has no real nourishment but is an excellent stimulant; if, however, suitable additions are made, a soup can be sufficiently sustaining and nourishing to form the main dish at the meal. Some suggestions in the way of appetizing and nourishing soups will be found in the following recipes.

Cream of Onion Soup: Materials, two cups of onions, two cups of milk, one tablespoon of butter, one tablespoon of flour, one teaspoon salt, a third of a teaspoon of white pepper, a quarter of a teaspoon of grated nutmeg, one tablespoon chopped parsley. Put the onions into a saucepan with four cups of water, and boil until tender, without a cover; mash through a strainer and return to the onion water (there should be two cups of the water). Put the milk in the top of a double boiler and as soon as it boils add the onion water. Add the butter and flour rubbed together; salt, pepper and nutmeg; boil for five minutes; add the parsley and serve.

Cream of Barley Soup: Materials, two tablespoons of barley, two cups of milk, one teaspoon salt, one teaspoon butter, one teaspoon flour, one teaspoon chopped parsley, a quarter of a teaspoon grated nutmeg. Wash the barley through several waters; put over the fire with one quart of boiling water, and boil slowly for one hour; add water as it is necessary, (there must be two cups of water at the end of the hour). Have the milk in the top of a double boiler; add the barley and barley water, salt, nutmeg, flour and butter rubbed together, and a pinch of pepper; boil two minutes and serve.

Mulligatawny Soup: Use the liquor in which meat or fowl has been boiled, or fish liquor from boiled fish will do just as well. Slice and fry brown four onions; quarter but do not peel, two sharp apples, boil them in three pints of the liquor until tender, then rub through a sieve to a pulp. Boil this up in the soup, skimming well; add a quarter of an ounce of gelatin, and stir in two ounces of flour and some curry powder which have been mixed smooth in a half pint of milk; add the onions. Any little pieces of meat may be added as an improvement to the soup. The amount of curry powder used varies with the individual taste and the strength of the powder used. Just before serving taste the soup and regulate the quantity of curry powder by adding more if not sufficiently hot. A little lemon juice or vinegar may also be added.

Cottage Soup: Materials, half a pound of raw meat, one onion, one carrot, one ounce of rice, half a pint of dried peas, pepper and salt, two quarts of water. Slice the meat and lay one or two slices at the bottom of an earthenware jar or pan, lay on it the onions, sliced, and the peas, previously soaked overnight, and the gallon of water. Cover the jar and put it into a hot oven for three or four hours.

Mutton Broth: Materials, two and a half quarts of water, quarter of a pound of barley, half of a small turnip, one carrot, a little parsley, a small onion and a half teaspoon each of salt and pepper. Put the meat into the pot and bring to the boil, taking off the scum as it rises; then add the vegetables cut into small pieces, and the barley, and simmer together for three hours.

Potato Soup: Materials, four pounds of meaty potatoes boiled or steamed very dry, pepper and salt, and two quarts of medium stock. Mash the boiled potatoes thoroughly with a fork and gradually put

them to the boiling stock; pass it through a sieve, season, and simmer for five minutes. Skim well and serve with fried bread.

Rice Soup: Materials, two ounces of rice, salt, cayenne pepper, and pounded mace to taste, one quart of soup stock. Throw the rice into boiling water, let it boil five minutes; then pour it into a sieve, and allow it to drain. Now add it to the boiling stock, and allow it to stew until tender; season to taste.

Pea Soup: Carefully pick over and wash a pint of split peas and soak them overnight in a pint of water. Three hours before the soup is wanted add a quart more water and about a half a pound of salt pork (less if the soup is not desired to be very rich). Boil steadily, and be careful to stir it often to prevent it from burning. More water may be needed, and the soup can be made of any desired thickness.

Turtle-Bean Soup: Soak a teacup and a half beans in a little water overnight. To boil add two quarts more water. When soft strain through a sieve; add stock or water in which roast-beef bones have been boiled; also an onion, turnip, carrot, salt, sweet marjoram, thyme, and four cloves. Boil an hour longer. If too thick add water. Take out the vegetables before serving. It can be made without stock but needs more seasoning.

Tomato Soup: One quart of fresh tomatoes, one onion, four ounces of butter, one tablespoon of flour, two teaspoons of salt, a third of a teaspoon of cayenne pepper, half a pint of rich milk, three pints of water. Boil the tomatoes and onions for three-quarters of an hour; add salt, pepper, and three pints of hot water, the butter and flour rubbed smoothly with a little of the soup, to aid in mixing, and a little more to make it like thin cream. Boil ten minutes, and when ready to serve pour in the milk, which must be boiling to prevent curdling the soup.

Purée of Celery: Wash and scrape a head of celery and cut it into half inch pieces. Put it into a pint of water and cook until very tender. Mash in the water in which it was boiled. Chop fine a tablespoon of onion and cook it in a pint of milk for ten minutes; then add the milk to the celery. Pass all through a fine strainer and return to the fire. Cook together a tablespoon of butter and a tablespoon of flour until smooth, but not brown. Stir it into the boiling soup season with salt and pepper, strain into the tureen and serve.

Clam Soup: Put one quart of fresh milk into a double boiler with a small onion and a few slices of carrot. Heat to the boiling point, then remove the onion and carrot, add one heaping tablespoon of cornstarch wet in a little cold milk, a heaping tablespoon of butter, a dash of cayenne and a tablespoon of chopped parsley. Chop twenty-five clams very fine, and heat to the boiling point in their own liquor. Skim carefully. When ready to serve add the clams to the soup and serve at once.

Meatless Soup: Take four large red potatoes, two onions, two carrots, and two stalks of celery; cut them all up and fry brown in butter. Then put all into one quart of hot water and boil until the vegetables are soft, after which press them all through a sieve or colander. Return to the fire, add two cloves, a teaspoonful of sugar, salt and pepper to taste, a tablespoon of butter and a few parsley leaves.

Beef Tea: Remove all the fat and skin from one pound of fresh beef, then cut it up into small pieces, and put it into a stone jar with a pint of water and a little salt. Replace the lid and let it stand all night. Next morning place the jar in a saucepan of boiling water and let it simmer gently but never boil, for five hours. Strain the fluid through a colander, but instead of throwing away the residue of the meat, pound it in a mortar to a pulp, pass it through a wire sieve, and add it to the beef tea. Beef tea made according to this recipe contains all the fibre and albumen of the meat, and is therefore much more nutritious than beef tea in the form in which it is usually given.

SONNET No. XII

THIS morning, when that homely, long-legged clerk
Came in he had a rose he got somewhere:
He went and kind of leered against her chair,
Instead of going on about his work.
And stood around and talked to her awhile,
Because the boss was out—and both took care
To watch the door; and when he left her there
He dropped the flower with a slyish smile.

I snuck it from the glass of water she
Had stuck it in, and tore it up and put
It on the floor and smugly it with my foot,
When neither him nor her was watchin' me—
I'd like to rub the stem across his nose,
And I wish they'd never be another rose.

—From "Love Sonnets by an Office Boy,"
by Samuel Ellsworth Klier.

LONG DRIVING IN GOLF
NOT ALL DUE TO
PHYSIQUE

PLAYERS SMALL OF STATURE
HAVE BEEN SUCCESSFUL

WHAT is the secret of the long drive in the game of golf? That it is not entirely due to physical power has been proven time and again, but the answer proves the most elusive of things when one seeks to drive it to its lair. Let one say what he will about the feeling of satisfaction over a mashie pitched well to the green, or a long iron sent speeding toward the flag, or even the putt of twenty feet that lands in the cup—when all this is said and done, there is no exhilaration in golf quite comparable with that which follows a drive well over 200 yards sent straight down the middle of the field.

There is an approach to it, one must admit, in the exultation that succeeds a brassie shot of 200 yards or more, for there is certain surprise mingled with delight at picking the ball out of the grass and sending it on its way like a bullet, and the element of surprise is lacking in the drive where the teed ball presents a suggestion of certainty which is not to be found out on the fairway. Still as the tee shot begins the play of the hole, the sentiment that "well begun is half done" cannot but be associated with the initial shot, since if it is poorly made, there is a handicap established at once that must be overcome in the succeeding shots.

It is very easy for some to say that a bad drive can be made up by a fine iron, whereas a bad iron shot is a good drive presents a larger element of misfortune, but the psychology of the game enters here to go a long way in refutation of this claim. For if depression counts anything in the play of a hole, certainly the depression that begins with a bad first shot is likely to affect all the subsequent play of that hole, whereas, with a bad second, there has been at least one good shot got off free from any suggestion of gloom and despair.

MORE THAN PHYSICAL POWER

When one considers Bobby Jones, the youngster from the South, it behooves all golfers who desire to understand the secret of long driving to watch this lad whose out drives ranging between 220 and 250 yards with the ease of a man nearly twice his size. Then the golfer will find that there is something more in getting a long ball off the tee than physical power. Every golfer of experience has heard it repeatedly said, "Timing, not strength, is the thing that gets a long ball off the tee," but there must be something even beyond that reason to account for the tremendous tee wallops of this youngster. In studying Jones's driving the question asked is, "How does he do it?" It is true that little men like Louis Teller, Jack Dowling, and others, get off a long ball, but these are grown men with muscles of manhood, whereas, Jones, who may not be any taller than they, has the soft muscle of boyhood.

The theory as expounded by Harold H. Hilton, winner of both the amateur and open titles of Great Britain and of the amateur event in this country, is that height is an advantage, but not a necessary one. He contends that the small man also has his compensations, and, being not over five feet five inches in height himself, he may be regarded as speaking from a personal knowledge. After pointing out that Braid, Vardon, Massey, Duncan, and Ray are much above the average height, Hilton says: "Height is an undoubted advantage in the play of all shots in which force has to be applied. It enables the player to stand well over the ball and, at the same time, get all the power required into the stroke without the aid of the acrobatic contortions of the small man when he considers it necessary to apply a little more force than is customary."

"The tall man finds the task of playing out of rough places off the course much simpler than does the small man. In playing such strokes it is necessary that the club be brought down vertically upon the ball and the man of more than average height can employ this method without losing freedom of power. Those below average height, when employing an exceptionally vertical swing, lose both. Again, the tall man, with his length of arm, can utilize a comparatively short club and still impart all the force he wishes to. The short man must use a club of at least average length and more

Minard's Liniment used by Physicians.

The low cost
per cup

It is hard to believe that a cup of good, rich tea only costs about a fifth of a cent, but, you see, Red Rose consists chiefly of Assam teas—the richest, strongest teas in the world.

Red Rose easily yields 250 cups to the pound. And it's a tea of rare economy and flavor.

Kept Good by
the Sealed
Package

When you want
Pretty Patterns

in
Linoleums and Matting
see Ours.



Dear Mary:—

I've just finished "putting down" my new linoleums and matting. How neat and clean my kitchen looks! How cool my bedrooms are and how easy to sweep and keep tidy!

My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own.

When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.

Come over—HELEN.

P.S. You get yours where I got mine—from

BUCHANAN & CO.

Water Street

St. Stephen

For Sale!

Middlings
Cotton Seed Meal
Oatmeal Feed
Bran
Young Pigs

H. O'Neill

LUMBER

We have on hand at the present time over a

MILLION FEET

of lumber of all kinds, but principally in Spruce, Pine, Hardwood and Hemlock, in various qualities and thicknesses, also

Shingles, Laths and
Clapboards

Send us your orders and
enquiries

Haley & Son
St. Stephen, N. B.

TRY "THE OVERLAND"
PAYNE'S
THE NEW TEN CENT CIGAR FOR
FIVE CENTSWhat is
Crushed Coffee?

Briefly, Crushed Coffee is coffee that has had the beans crushed between steel rollers with just enough pressure exerted to break the beans into clean, even grains from which the bitter chaff and dust are easily separated by air suction—

Resulting in a coffee so pure that no egg is needed to settle it. Red Rose Coffee is as easy to make as Red Rose Tea, and its flavor, aroma and smoothness are a delight as compared with the ordinary ground coffees.

Sold only in double-sealed air-tight cans to keep it good.

The same price as it was three years ago.

Red Rose
Coffee

