

# Tried and Tested Recipes

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## SOUPS

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*"One sip of this  
Will bathe the drooping spirits in delight  
Beyond the bliss of dreams."*

—Burns.

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*"There is no higher art than that which tends towards the  
improvement of human food."*

—H. W. Beecher.

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A great French authority on cooking says that soup bears the same relation to a dinner that a doorway bears to a house. When made of good material and in a proper manner they are more nourishing than almost any other kind of food.

### STOCK FOR SOUPS.

To six pounds of lean beef, with bones well cracked, add six quarts cold water. Put in a enamel-lined kettle and boil slowly for six hours, then strain and set aside well covered until the next day. Before needed, remove the fat. Set the soup over the fire and throw in a little salt. Stew in sufficient water to cover them, two carrots, two onions, one turnip, one head of celery; when tender, add vegetables and water in which they were cooked to the stock, boil slowly for one-half hour, strain. A bay-leaf added to the stock before cooking the second day adds greatly to the flavor.—[F. L. E.]

### NOODLES NO. 1.

Use one egg, one-half an eggshell of water, pinch of salt. Mix stiff with flour, roll. Cut thin as wafers and boil.