

SOUPS

NOODLES FOR SOUP—Use one egg, one-half egg shell of water, pinch of salt; mix stiff with flour, roll out very thin, dry, and cut in narrow strips. Cook half an hour.—Mrs. Bruce.

NOODLES FOR SOUP—Take two eggs, butter size of walnut, three table-spoons sour cream, flour to make a stiff dough, roll out very thin and cut in narrow strips.—Mrs. Bruce.

POTATO SOUP—Three potatoes, one-half teaspoon salt, 1 quart milk, one-quarter teaspoon celery salt, two slices onions, pinch pepper, two teaspoons of flour, few grains Cayenne, one teaspoon butter, one teaspoon chopped parsley.—Mrs. French.

CHICKEN SOUP—Cut up fowl and put it in a stew pan with four quarts of water (cold). Stew until there are about three quarts left. Take out chicken, season the liquor and add a small cupful of rice. Cook rice tender. If you like add a cup of milk and one or two beaten eggs just before serving. Stew, not boil, the chicken.—Mrs. D. Stephenson.

BEAN SOUP—Take bones and scraps of meat left from steaks and chops, boil with pint of beans until beans are tender. Season to taste and just before serving add a cup of milk and let it boil up and put through a sieve.—Mrs. D. Stephenson.

SCOTCH BROTH—Two pounds beef, pepper and salt, two large carrots, one large turnip, three quarts cold water, one onion, one tablespoon chopped parsley, one-half cabbage, one-quarter pound pearl barley. Wash the barley and put it in a pot with the meat and water. Wash the vegetables; cut them into small squares, when the broth has boiled for an hour add the vegetables and boil all together for two hours, skinning frequently; season with pepper and salt and add parsley. Dish the meat separately.—(Mrs.) Jessie C. Galloway.

TOMATO SOUP—Boil chicken or beef four hours, then skim. Add to the soup one can of tomatoes that has been put through a sieve, and boil all half-hour. This will make about four quarts of soup.—M. King.

CORN SOUP (Or Use Peas)—Press through a sieve one can of corn, add one pint of boiling water, boil twenty minutes. Now add one quart of hot milk and two tablespoons each of butter and flour. Stir until thick and creamy; add salt and pepper to taste. Just before serving stir in the stiffly beaten whites of two eggs.—M. King.

CELERY SOUP—One pint of stock, one pint of rich milk, one tablespoon salt, one-half saltspoon pepper. Wash celery and cut into small pieces, put into boiling stock until very soft; cook onion with milk ten minutes and add to celery, rub all through strainer and put on to boil again. Cook butter and flour together until smooth but not brown and stir into boiling soup. Add salt and pepper and boil five minutes.—Mrs. D. M. Geddes.

FISH

SALMON LOAF—One tin of salmon, 1-2 lemon, juice and rind, 1 cup bread crumbs (fine) 1 tablespoon Worcester sauce, 3 beaten eggs, 1-2 cup milk, 1-2 teaspoon salt, pinch cayenne pepper. Bake or steam 30 minutes.—Mrs. French.