

## SOUPS .

"Too many cooks spoil the broth."

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CORN SOUP. -1 can corn, 2 qts. water, 1 pt. milk, 2 beaten eggs, salt and pepper, 2 tblsp. flour. Moisten with cold water. Add to boiling soup 1 tblsp. butter. Mrs J. I. Logie

CREAM OF TOMATO SOUP.—In a saucepan melt 2 tblsps. butter, add 2 tblsps. flour. Stir to smooth paste. Add 2 cs. tomatoes, gradually blending with flour mixture. Add  $\frac{1}{2}$  tsp. soda, 1 sp. salt, slice of onion, cook five mins. Strain, cool. When cold, add  $1\frac{1}{2}$  cs. cold milk. Heat and serve. Mrs T. Behan

BEAN SOUP.—Soak beans overnight. Boil till the skins slip off easily. Throw into cold water and rub till the skins are all removed. Then boil beans till perfectly soft, allowing two qts. of water to one qt. of beans. Mash beans, and add flour and butter rubbed together, seasoning with pepper and salt. Pass the soup through colander, rubbing all thick portion through with wooden spoon. Serve with squares of toast. Mrs E. R. Butler

ARTICHOKE SOUP.—Boil artichokes until soft. Strain and pass artichokes through colander. Rub a tblsp. flour and lump of butter together, adding the artichokes. Add two cs. of hot milk, and boil two mins. Season to taste. Mrs Downton

CREAM OF PEA SOUP.—To  $\frac{1}{2}$  can peas add 1 tsp. sugar,  $\frac{1}{2}$  tsp. salt, 1 c. cold water, 1 slice onion. Simmer 20 mins. Rub through sieve. Melt 1 tblsp. butter. Add 1 tblsp. flour. Rub till smooth paste. Add gradually 1 c. hot milk. Stir constantly till thick. Add peas, dash pepper. Heat thoroughly, serve. Mrs F. W. Andrew

WAR SOUP.—1 c. peas, 1 large carrot, 4 stalks celery, 1 white turnip, 2 tblsp. parsley, qt. tomatoes, 1 onion, 1 large potato. Soup greens, salt and pepper to taste. Thicken with tblsp. of flour. Mix in tblsp. melted butter just before serving. Mrs K. S. Hogg