

them in slices; also cut celery and onions in pieces. Place them with the butter in the stewpan, and stir for a few minutes, but do not allow the vegetables to discolor. Pour in stock, and allow to boil gently until potatoes are soft. Then pour into a sieve, rubbing the vegetables through with back of wooden spoon into a basin, adding a little stock to help to get the vegetables through. Put soup into clean pan; add cream, pepper and salt; still till it boils. Serve with fried sippets of bread.

Pumpkin Soup.—Ingredients: 2 lbs. flesh of pumpkin, 6 tablespoonfuls salt butter or fat, 2 tablespoonfuls flour, 3 pints skim milk, milk or water, 2 teaspoonfuls salt, 2 teaspoonfuls sugar, a little pepper, 1 cupful water, toasted bread. Pumpkin soup is a very favorite dish in many parts of France, especially with the juveniles; and when in season, there is not a school, college, hospital or convent where it is not made—a proof that it must be very wholesome. In this country, where the climate will not allow its arriving at the same size as on the continent, the vegetable marrow, the American butter squash and the mammoth gourd will replace them.

Cut about 2 lbs. of the flesh of the pumpkin or gourd into large dice; put it into your pan with the salt butter or fat. Add salt, sugar, a little pepper and water. Set on the gas and stew gently for 20 minutes. When in pulp, add 2 tablespoonfuls flour, stir round, and moisten with three pints of either milk, skim milk or water; boil ten minutes longer, and serve with fried or toasted bread cut in dice. Bread fried from the fat of bacon is very good.

Strong, Rich Stock.—Ingredients: 3 lbs. slice of beef, 3 lbs. knuckle of veal, 6 ozs. lean ham, $\frac{1}{4}$ cupful butter, 2 onions, 2 carrots, 1 turnip, $\frac{1}{2}$ head celery, 1 oz. salt, bunch of herbs consisting of sprig of thyme and lemon thyme, sprig of parsley and bay leaf all tied together, 10 peppercorns, 4 cloves, 3 blades of mace, 4 quarts of water. Cut the meat into small pieces, break the bones, take out marrow and cut the ham into slices; put the butter and marrow into stewpan, add the ham and pieces of veal and beef. Let this brown gently. When the meat is equally browned, pour in the cold water and add the bones. Just before it comes to the boil, skim well, adding a little cold water. Now put in the vegetables, cut small, and rest of ingredients, and simmer slowly five hours; then strain through sieve or cloth.

Scotch Mutton Broth.—Ingredients: 3 lbs. neck of mutton, 3 carrots, 1 turnip, 3 quarts of water, 4 ozs. barley, 2 onions, little parsley, pepper and salt. Put the mutton in saucepan, add the water, wash the barley and place it in also; allow to boil. Carefully take off scum as it rises. Prepare vegetables by cutting them up in small, neat pieces. The vegetables should not be added but just in sufficient time to cook them.

This broth may be made with beef and rice substituted instead of barley. When green peas are in season, a few added is a great improvement.