

shire sauce, may be combined in various proportions. Bay leaf is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article.

One bay leaf will flavor two gallons of soup, and only a small piece is wanted in a soup for a family dinner. For both coloring and flavoring soups, use caramel, browned flour, meat with cloves in it, or browned with butter and sliced onions, fried with butter and flour till they are browned, then rub through a sieve.

Rich Stock.

4 lb. shin of beef.	4 lb. knuckle of veal.
½ lb. lean ham or bone.	1 lb. calf's foot.

With the vegetables or not as wished.

White Stock.

Cut up five pounds shin of veal and one chicken, one gallon and a half of water. Some fry meat in the pot with a little butter fifteen or twenty minutes before adding the water. Simmer two or three hours, add three stalks of celery, one onion, white turnip, blade of mace, or any other vegetable given in the list for white stock.

Clarifying Stock.

To clarify a gallon of stock, take whites and shells of two or three eggs, with tablespoonful of cold water to each egg, break up shells and beat with the whites and cold water, place in a saucepan, pour the cold stock upon them, set over the fire, and let slowly reach the boiling point, stirring it four or five times to loosen the egg from the bottom; as it boils the eggs will harden and rise to the surface. When the stock appears quite clear under the scum pour it very gently into a folded napkin laid in the colander, which must run through without squeezing. This clarified stock is also called clear soup or consommé.