

5.—Dried vegetables are used in soup, and deliciously-flavoured thick puree may be made of them. Four ounces of dried soup vegetables (sliced carrots, potatoes, cabbage, onions, etc.), will be sufficient to make three quarts to one gallon of vegetable soup.

MISCELLANEOUS RECIPES

BEETS.—Soak two hours in cold water. Cook till tender, in the same water, (about one and one-half hours). Drain. Serve hot with butter, pepper and salt, or with vinegar, allowing the beets to cool in the water in which they were cooked, then drain and add vinegar, also spices if desired.

CARROTS.—Soak from four to six hours, or overnight. Cook slowly in the water in which they were soaked, until tender (about one and one-quarter hours). Drain, serve hot, with butter, pepper and salt, or with white sauce.

CABBAGE.—Requires no soaking. Add seven times as much water as cabbage. Bring slowly to a boil and boil steadily for thirty minutes, add salt. Drain well, and serve hot with butter, pepper and salt, or with white sauce.

CORN.—Soak from two to four hours, cooking in water in which they were soaked until tender (about one hour). Season with butter, pepper and salt, and if desired a very little sugar also. Milk may be added to the water in which the corn is cooked if desired.

PEAS.—Soak overnight. Cook in same water until tender, (about one and one-quarter hours). Drain well. Serve hot with butter, pepper and salt, or with white sauce.

POTATOES.—Soak overnight. Cook in the same water about twenty or thirty minutes. Drain well, mash, add salt, pepper, butter and a little hot milk, beat until light and serve very hot.

SOUP MIXTURE.—Soak one hour in a small quantity of water, and add soup about one hour before serving. It is sometimes necessary, especially when the vegetables are mature, to soak the mixture overnight.

SWISS CHARD.—Soak two to six hours. Cook in same water until tender (about one and one-quarter hours). Add salt. Drain well, add butter, pepper and salt. Serve hot.

APPLES.—Soak overnight in three times as much water as apple. Cook till tender in the same water (about thirty minutes). Press through sieve, add sugar to taste, then re-heat to dissolve sugar thoroughly.

CHERRIES.—Soak six to eight hours, or overnight, using four pints of water to one pound of cherries, or three parts of water to one part of cherries.

STEWED CHERRIES.—Cook slowly in the same water and sweeten to taste. One pound of dried cherries will serve 15 people.

CHERRY PIE.—Soak one-half cup of dried cherries in one pint of water six to eight hours. Heat in the same water 15 minutes. Drain off the juice and use the cherries in the pie in the same way as fresh cherries. Add a little sugar to the juice drained off, boil down to a syrup and pour over the pie hot as it is served.

RASPBERRIES.—Soak four to five hours, using 6 pints of water to one pound of raspberries, or one and one-half parts of water to one part of raspberries. Cook in the same water 20 minutes and sweeten to taste. Use in the same way as fresh raspberries.