

SELECTED COOKING RECIPES.

SOUPS.

Beef Stock.

To make this merely for the stock, get a knuckle of beef and separate the beef from the bones, cutting it into small pieces. Break the bones also and add to this 1 quart of water for each pound of meat. When it begins to boil, remove the scum, being careful to do this so long as it rises. Set the soup kettle where it will simmer for 5 or 6 hours, or until the substance of the meat is thoroughly extracted. Then add salt sufficient to season it, and skim out the meat. Strain the liquid, and put it away to cool and for the fat to rise. When entirely cold, remove the fat and there will remain a firm, gelatinous mass, which can be used in soups, gravies, etc.

 The very best Hair Dressing in the world—BEARINE.

Beef Soup.

Put into beef stock made as above, 3 carrots, 2 turnips, 2 onions, 1 head of celery, cut into small pieces; a little thyme, salt and pepper to taste, and simmer slowly until the vegetables are done. Serve at once.

Chicken Soup.

Boil a pair of chickens with great care, skimming constantly, keeping them covered with water. When tender, take out the chicken and remove the bones. Put a large lump of butter into a spider, dredge the chicken-meat well with flour, and lay in the hot pan; fry a nice brown, and keep hot and dry. Stir into 1 pint of the chicken water 2 large spoonfuls of curry powder, 2 of butter, 1 of flour, 1 teaspoonful of salt and a little cayenne; then mix it with the broth in the pot. Simmer five minutes, add the browned chicken, and serve.

Celery Soup.

Make a good broth of a shank of beef, skim off the fat, and thicken the broth with a little flour mixed with water. Cut into small pieces 1 large bunch of celery, or two small ones; boil them in the soup till tender. Add 1 cup of rich cream, with pepper and salt.

Bean Soup.

The small white field beans are preferable. Put them to soak the evening before in cold water. In the morning set them on to boil in the soaking water, or enough of it to keep them cooking well, without burning. Boil slowly until they have all bursted, then add them to the meat designed for the soup. A shin of beef, cut into small pieces, is good for this purpose. Add 1 quart of water for each pound of meat. One must watch this last process carefully, or the beans will burn. Put some small pieces of toasted bread into a soup tureen, and pour the soup over it. Split pea soup may be made in the same way as the above.

 An American lady says she has found perfection at last in Standard Baking Powder.

Beef Tea.

Cut 1 pound of perfectly lean beef into small pieces, half an inch square; put them into a wide-mouthed jar, and cork tightly. Set the jar into a kettle of cold water placed on the stove where it will heat gradually until it boils. Keep it boiling an hour. Take out the jar, and when cooled a little, strain the juice through a piece of coarse linen. Add no water or seasoning excepting a small pinch of salt.

Tomato Soup.

To 1 pint tomatoes canned, or 4 large raw ones, cut up fine, add 1 quart boiling water, and let them boil. Then add 1 teaspoonful of soda, 1 pint of sweet milk, with salt, pepper and plenty of butter. When this boils, add 8 small crackers rolled fine.