

To each $\frac{1}{2}$ lb. of bones take 1 onion—1 small carrot—a piece of celery—1 leek—a very small turnip—a few mushrooms or 1 tablespoon of mushroom ketchup—1 tomato—a few pepper-corns and cloves—2 oz. ham—1 quart second stock.

Fry the sliced vegetables, bones and ham in butter for about twenty minutes, add the spice, etc., and cook slowly two hours; then strain, and when cold remove the fat from the top.

FISH STOCK.

Take any white fish bones and skin, and to each pound add 1 quart cold water—1 sliced onion—a bunch of herbs—1 teaspoon lemon juice—a few pepper-corns and cloves and a pinch of salt.

Bring slowly to the boil, skim well and cook slowly one hour.

TOMATO SOUP.

1 tin of tomatoes—1 quart stock—2 oz. butter—1 $\frac{1}{2}$ oz. of flour—1 gill cream—pepper, salt and cayenne.

Boil together stock and tomatoes fifteen minutes, rub through a sieve. Melt the butter in a saucepan, add the flour and seasoning, then by degrees the stock; boil two minutes, and when the boil has gone off, add the cream.

CRÈME DE POIS.

1 pint green peas—1 $\frac{1}{2}$ pints white stock—1 gill cream—2 yolks of eggs—1 spray of mint.

Simmer stock and peas twenty minutes, rub through a sieve. Mix together cream and yolks of eggs, add