

SOUPS

One morning in the garden bed
The onions and the carrots said
Unto the parsley group:
"Oh! when shall we three meet again,
In thunder, lightning, hail or rain?"
"Alas!" replied in tones of pain
The parsley: "In the soup."

SOUPS may be divided into two great classes—soups with stock and soups without stock. Stock soups (among which brown soup stock and consomme stand pre-eminent) are chiefly valuable for their extractives, and act as a stimulant rather than as a nutrient, and the solid foods which follow are much more readily digested. Soups without stock, among which the cream soup purees and bisques stand foremost, are so nutritious that with a liberal supply of bread and butter they furnish a satisfactory meal.

TO CLEAR SOUP STOCK

Remove fat and put quantity to be cleared in stew-pan, allowing the white and shell of one egg to each quart of stock. Beat egg white slightly and add to stock with egg broken in small pieces. Place in front of range and stir constantly until boiling point is reached; then let boil two minutes, set back on range, where it may simmer twenty minutes. Remove scum and strain through a double thickness of cheese-cloth placed over a fine strainer.
—Sara J. Gibb.

WHITE SOUP

Ingredients—Take 4 or 5 medium sized potatoes, boil and mash, add pepper, salt, and butter, strain through a collander into 1 quart of hot milk, put two hard-boiled eggs and half a lemon cut up into the tureen, and pour soup over.—Mrs. W. O. Herald.

TAPIOCA CREAM SOUP

Ingredients—1 qt. milk, 2 pts. water, 1 onion, 2 stalks celery, 1-3 cup tapioca, 1½ spoons butter, small piece mace, salt and pepper.

Soak tapioca over night in the water, cook in the milk one hour, add onion and celery chopped fine, boil fifteen minutes and add other ingredients.—E. P. S.