

little lemon juice, and a teaspoonful of vinegar. Stir this with a whisk, and add about $\frac{1}{2}$ lb. lean beef, finely chopped, moistened with a little cold water. Then put in the stock (from 2 to 3 quarts) which should be cold and free from fat.

Bring to the boil while whisking; remove from the fire, and let it simmer for about 20 min.

Season to taste with salt, etc., and strain 2 or 3 times through a clean cloth.

ARTICHOKE SOUP

2 pints white stock or	1 pint milk
water	2 lbs Artichokes
2 onions	1 strip celery
1 bay leaf	1 teaspoonful curry
1 oz. butter	powder
Pepper and salt	

METHOD—Wash the artichokes; put a tablespoonful of vinegar in a bowl of water and keep the artichokes in it as much as possible to keep their colour.

Cut the onions, celery and artichokes into slices; melt butter in a stewpan, fry the vegetables a few minutes, being careful not to brown them; pour in the stock and boil till tender.

Rub through a fine sieve, add the milk, curry powder and season. Bring to the boil and serve.

Time 1 $\frac{1}{4}$ hours.

CABBAGE SOUP

1 cabbage	1 teaspoonful pars-
1 oz. butter	ley (chopped)
1 small onion	1 pint milk
1 $\frac{1}{2}$ pint stock	1 tablespoonful
1 slice toasted bread	sago

Seasoning to taste