

## SOUPS

Left-overs of meat, fish, vegetables and cereals can be used advantageously in making soups. The heavy vegetable pulp soups, such as split pea or bean soup, the cream of vegetable soups and the milk chowders are rich in food value. The thin meat stocks are valuable chiefly as appetizers. The plain vegetable soups contain the food value of the vegetables they contain. If cereals are added, it increases the food value.

Meat stock is water in which meat and meat bones have been cooked. When dark meat is used, it is called brown stock; when light meat is used, it is called white stock. Vegetable stock is water in which vegetables have been cooked.

## SCOTCH BROTH

3 pounds mutton from the neck	1 sliced carrot	3 tablespoons rice or 3 tablespoons barley soaked overnight or 2 tablespoons flour for thickening.
2 quarts cold water	2 sliced onions	
2 tablespoons salt	4 stalks celery	

Remove the skin and fat from meat that has been wiped with a damp cloth. Cut the meat into small pieces, put into the kettle with the carrot, onion and water. Heat gradually to boiling point and cook until meat is tender, strain and remove any fat. Reheat to boiling point, add the rice or barley and cook until the rice or barley is soft. The meat should not be thrown away, but used in stews, croquettes or meat cakes. If combined with a little broth, the flavor is restored.

## TOMATO SOUP

1 can tomatoes	$\frac{1}{2}$ teaspoon cloves	$\frac{1}{2}$ teaspoon soda
1 pint rice water	1 tablespoon sugar	2 tablespoons flour
1 tablespoon whole peppers	1 slice onion	2 tablespoons fat
Bit of bay leaf	1 teaspoon salt	$\frac{1}{2}$ cup boiled rice

Cook first 7 ingredients 20 minutes. Strain. Add salt and soda. Mix the flour with an equal amount of water until smooth, add more water until thin enough to pour. Stir soup while adding gradually the flour mixture, called thickening; boil 5 minutes. Strain, add boiled rice, fat, and serve.

Rice may be omitted. The flour may be omitted.

## VEGETABLE SOUP

$\frac{1}{2}$ cup carrot	$\frac{1}{2}$ onion	1 teaspoon salt
$\frac{1}{2}$ cup turnip	$\frac{1}{2}$ cup fat	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup celery	$\frac{1}{2}$ tablespoon parsley	2 quarts water
1 $\frac{1}{2}$ cups potato		

Cut vegetables into cubes. Cook the vegetables, except the potatoes and parsley, 10 minutes, in the suet. Add water and potatoes and cook 1 hour. Add parsley and seasonings. A soup bone may be added. Barley