

one, and a thick or rich; the former precedes a heavier course of meats, etc., at dinner, and refreshes one, acting as an appetizer for the rest of the meal, while the latter, with only a few additional dishes makes a very satisfactory and easily prepared dinner.

Thick soups require more seasoning than thin ones and if wanted very delicate may be strained, and should be about the consistency of cream, while clear soups should be perfectly transparent. For all soups a pinch of sugar should be added. The variety of soups is without limit, and by adding "here a little, and there a little," one can produce a new and distinctive variety whenever wished.

Making Soup.

Always use cold water in making all soups, that the juice may be more readily extracted from the meat; skim well, especially the first hour, and cook slowly. There is great necessity for thorough skimming, and to help the scum rise, pour in a little cold water now and then, and as it reaches the boiling point skim it off. Use salt very sparingly, seasoning with salt and pepper when done. For using fresh meat throw the pieces as cut into required quantity of cold water and stand until juices of meat begin to color it, then put on to boil. When soup is desired for a daily course, a stock pot should be especially provided with a faucet to draw off the clear soup to be seasoned and flavored each day; and all meats left after dinner can be thrown into the kettle, also bits of vegetables and bread, and gravies. Every two or three days, however, the contents of the kettle should be turned out, after all liquid has been drawn off. The kettle should be washed clean and scalded, for if this is not attended to the soups will lose their piquant flavor and become stale.

Seasoning Soup.

Seasonings for soups may be varied to suit tastes. The simplest may have only pepper and salt, while the richest may have a little of every savor so delicately blended that no one is conspicuous. No measure can be given, as the good soup maker must be a skillful taster. There must be a warm tone from the pepper, but not the taste of pepper. In short the spicing should be delicate rather than profuse. Mushroom catsup, Harvey's sauce, Chili sauce, Worcester-