

SOUPS

Cream of Pea Soup.

- $\frac{1}{3}$ can of canned peas.
- $\frac{1}{4}$ cup cold water.
- $\frac{1}{4}$ teaspoon sugar.
- $\frac{2}{3}$ cup scalded milk.
- $\frac{1}{4}$ tablespoonful butter.
- $\frac{3}{4}$ tablespoonful flour.
- $\frac{1}{8}$ teaspoonful salt, few grains of pepper.

Wash peas thoroughly, then strain, add sugar and cold water. Simmer ten minutes. Cook flour and butter together, add milk, salt and pepper, and cooked peas, strain and serve with croutons.

Mutton Broth.

- 3 pints cold water.
- 3 lbs. lamb or mutton.
- 2 tablespoonsful boiled rice or barley.

Salt and pepper.

Mint leaves or sprig of parsley to give flavor.

Put meat and bones in saucepan, add water, allow to come to boiling point, let simmer till meat is tender. Remove fat and meat, strain, add cooked rice or barley. If cooked in broth it absorbs a large quantity of the liquid.

Tomato Soup.

- $\frac{1}{4}$ cup tomato.
- $\frac{1}{2}$ cup water.
- 1 teaspoonful Bovril.
- Small piece of onion.
- 1 clove.

Salt and pepper.

Cook all together and strain.