

BEEF JUICE.

Heat a slice of the round of beef a few seconds over a clear fire, to start the flow of the juices; turn frequently. Cut meat in pieces and express the juice, using a lemon squeezer or meat press. Season with salt, and serve in a cup or colored glass.

HOW TO CLEAR SOUPS.

Whites of eggs, slightly beaten, are used for clearing soup stock. The albumin effects the clearing by drawing to itself some of the juices which have been extracted from the meat and, by action of heat, have been coagulated. Some rise to the top and form a scum, others are precipitated.

Cool stock and remove fat. Allow white and shell of 1 egg to each qt. of stock. Beat eggs slightly, crush shells and add to stock. Heat gradually to boiling point, stirring all the time; boil 5 minutes. Remove to back of range, add $\frac{1}{2}$ c. cold water (for 2 qts. stock). Let stand 5 minutes, then strain through cotton placed over a strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added before clearing.

BEEF STOCK.

2 lbs. meat and bone.

3 pts. cold water.

Cut the meat into small pieces and soak with bone in the cold water 1 hour; then cook at a low temperature for 3 hours. Strain through a cloth. The trimmings and bones of fresh meats, bones or pieces from roasts cut into small pieces, may be used for stock, but no smoked or charred pieces should be used. Stock may be colored with caramel.

CLEAR SOUP.

4 lbs. meat and bone.

3 qts. cold water.

$\frac{1}{2}$ c. onion.

$\frac{1}{2}$ c. carrot.

$\frac{1}{2}$ c. turnip.

6 cloves.

10 pepper berries.

1 tsp. mixed sweet herbs.

1 bay leaf.

1 sprig parsley.

1 piece celery root.

Whites of eggs.

Cut the meat into small pieces and soak with bone in the cold water 1 hour. Cook gently 3 hours, then add the vegetables, finely chopped, and seasonings. Cook 2 hours longer; strain, cool, remove fat and clear. Several pieces of lemon rind may be heated with the stock if that flavor is desired. If part of the meat and vegetables are browned the color and flavor of stock are improved.

TOMATO SOUP.

1 can tomatoes.

1 tbsp. butter.

1 tbsp. sugar.

3 soda biscuits rolled.

Size of a pea of baking soda.

Salt and pepper to taste.

1 pt. milk.

Boil tomatoes with soda and strain. Add butter, sugar, salt and pepper, and last the milk, boiling hot. When it comes to boiling point add the rolled biscuits and serve.