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The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence, "The Country Cook, Grain Growers' Guide, Winnipeg."

Jellied Apples

Two of the recipes for older children were not published last week owing to lack of space. The jellied apples I have found especially useful; children and grown-ups as well relish them. Make a thin syrup, about $\frac{1}{2}$ of a cup of sugar to 3 cups water, add 1 whole clove and the juice of half a lemon; peel and quarter three apples, put in the syrup and cook until tender; soak 2 teaspoonfuls granulated gelatine in a little cold water, remove the apples to a dish, and if the syrup has simmered away much add a little more water, put in the gelatine and stir until dissolved. Do not boil. Pour over the apples, and set aside to cool. Serve with either plain or whipped cream.

Tapioca Cream

Tapioca is a starch that lends itself to a great variety of make-up. The following is a good recipe for children: One-third cup tapioca, $\frac{3}{4}$ cups milk, 2 eggs, 1 cup sugar, 1 teaspoon lemon extract.

Soak tapioca in cold water for several hours, drain and put to cook in 3 cups hot milk; cook in a double boiler until the tapioca is soft and transparent. Beat the eggs, add the sugar and remaining milk. Turn the tapioca and hot milk into these ingredients, add the lemon extract and bake in a slow oven until set.

Soups

If we are to get all the nutriment necessary from our various food supplies we must have a certain amount of soup. There are so many varieties of soup one can have a different one nearly every day in the year. Soups may be divided into four classes: the thick milk soups which contain a good deal of nourishment, the clear soups moderately nourishing, the thin clear soups, without vegetables and the fruit soups. The Swedes and Germans are fond of fruit soups, using them for luncheon. A Swedish woman I once knew used to make a soup of a few prunes, a few raisins or figs, a little milk and sugar and thickening of flour and butter. I think one has to be brought up on that sort of thing to really enjoy it, at any rate my tastes were too "set" to cultivate a liking for fruit soups.

Almost any kind of meat, except pork, may be used in making stock. If the stock is to be made from raw meat, cut the meat in small pieces and chop the bone up, so that as much of the surface as possible may be exposed and a larger amount of juice extracted. Let the meat and bone stand in the water some time before cooking. Put on the stove and heat very slowly to simmering point, and simmer for several hours. Cool and remove the grease. The stock will absorb a certain amount of fat in cooking. Fortunately the cheaper cuts of meat make the best soups. To make brown soup stock, brown the meat slightly before cooking. To clarify stock for clear soups or aspic jelly add the white or the shells of eggs in the proportion of the crushed shell and slightly beaten white of one egg to every three cups of stock. Mix with the stock and set over the fire stirring constantly until the liquid boils, the albumen coagulates and collects the various fine particles that may be floating in the soup. Let boil for five minutes, skim and strain thru cheese cloth.

The centre bones of steak, bones from roasts and the carcasses of poultry all make excellent stock for soups, and for split pea soup there is nothing quite equal to a ham bone, to give just the desired flavor.

Clear Soup with Suet Balls

Two ounces suet, 2 quarts stock, 8 tablespoonfuls flour, 1 saltspoon salt, a dash pepper. Remove the membrane from the suet, chop fine, add the flour, and the salt and pepper, mix and add sufficient ice water to just moisten enough to make it wet. Make into tiny

balls, drop them into the boiling stock and cook slowly for five minutes. Put them into the soup tureen and pour over the hot stock. This is a good supper dish and may be used in place of a meat course at dinner.

Soup with Force Meat Balls

Four table spoonfuls chopped cold meat, $\frac{1}{2}$ teaspoon onion juice, $1\frac{1}{2}$ quarts stock, 4 tablespoonfuls bread crumbs, 1 teaspoon chopped parsley if you have it; yolk of 1 egg, 1 saltspoon of salt, a dash of pepper. Chop fine any bits of chicken, lamb, beef or veal that you may have left over. Add the bread crumbs and season with the salt, pepper, and onion juice and parsley. Add the yolk of the egg and mix carefully until the bread is moistened from the egg, make into tiny balls and drop into the boiling stock. Cook slowly for five minutes; if they cook too quickly they will fall to pieces. If parsley is dried in the summer and put in a glass jar it may be used for soups all winter.

Nutritious Soups

Soups made of split peas, beans or lentils may form the chief course of the dinner. In many of the European countries, these soups form the hearty meal of the day, and the peasants are not hungry immediately after as we are apt to be after a meal of soup only.

Lentil Soup

Half-pint lentils, 1 small onion, a bit of parsley or bay leaf, if you have it, $\frac{1}{2}$ teaspoon (level) salt, 1 quart stock or $1\frac{1}{2}$ quarts water, 1 tablespoon flour, 1 tablespoon butter, a little pepper. Soak the lentils over night, in the morning drain and add to the stock or water, simmer slowly until the lentils are soft, press thru a colander, return to the kettle, add the butter, flour and the onion grated, heat again and serve.

Split pea soup may be made in the same way, or as follows:—Take a ham bone, or if that is not available, a bit of salt pork. Add 2 quarts of water and 14 cups split peas that have been soaked overnight, let simmer for 3 hours, add 1 onion, pepper and salt, cook slowly for $\frac{1}{2}$ hour and serve. It is very difficult to cook peas beans and lentils in the hard water we have in the West. A little soda added to the water in which they are soaked and boiled helps to make them soluble.

Cream Soups

Cream soups are very nourishing and easily made.

Cream of Potato Soup

Four medium-sized potatoes, 1 small onion, 1 stalk of celery or a saltspoon of celery seed, 1 tablespoon butter, 1 tablespoon flour, 1 quart milk, 1 level teaspoon salt, pepper.

After the potatoes are pared drop into boiling water, and boil rapidly for five minutes, drain and add 1 pint boiling water, add the onion, celery, and if you have it, a bay leaf or bit of parsley. Cook until the potatoes are tender, press thru a colander, water and all, add the milk, pepper and salt, rub the flour and butter together and stir until smooth with a little of the soup, add to the soup, stir until the mixture thickens, and serve.

Cream of Corn Soup

One can corn, 1 pint boiling water, 1 pint milk, 1 onion, 2 level tablespoons flour, 2 level tablespoons butter, salt, pepper and $\frac{1}{2}$ cup rich cream. Chop the corn, add the water and cook twenty minutes, rub thru a sieve, scald milk and onion, remove onion and add milk to corn. Thicken with the flour and butter, season, and just before serving add $\frac{1}{2}$ cup cream. A can of corn added to potato soup is sometimes relished.

CROUTONS AND BREAD STICKS

CROUTONS and bread sticks are good served with any of these. To make the croutons, cut stale bread in cubes and toast until very dry in a moderate oven. The bread sticks are made in the same way, cutting the bread in strips instead of cubes.

The Country Cook.