

CHICKEN BROTH.

One fowl, four quarts of cold water, one-half cupful of rice, salt and pepper. Clean the fowl carefully; wash it with a wet cloth; cut it into pieces and remove the fat. Place the joints in a saucepan with a quart of water to each pound of fowl. Let it simmer until the meat is tender; then remove the breast; after four hours take it off and strain it through a sieve. Let the soup stand until the grease rises; then carefully remove it, and put the soup again in the saucepan; add the breast of the chicken, cut into dice, and the half cupful of rice; salt and pepper to taste, and cook until the rice is tender.

MUTTON BROTH.

The neck or shoulder-pieces may be used for broth. The meat should be cut into pieces and the fat removed. To each pound of meat add one quart of cold water; simmer for four or five hours; strain it into an earthen bowl; when ready to serve, remove the grease, and add to each quart of stock one stick of celery, two tablespoonfuls of rice, salt and pepper to taste, and boil until the rice is soft. The water in which a leg of mutton has been boiled will make a good mutton soup, but is not rich enough for a broth to be served to an invalid.

BROTH MADE QUICKLY FOR INVALIDS.

Broth may be made quickly by chopping lean meat to a fine mince. To a pound of meat add one pint of cold water; let soak for fifteen minutes; then let slowly boil for half an hour; season and strain.

CALF'S-HEAD OR MOCK-TURTLE SOUP.

Make a brown roux by putting in a saucepan one tablespoonful of butter, let it brown, add two tablespoonfuls of flour, and let that brown; then add, slowly at first, one and a half or two quarts of water in which a calf's head has been boiled, white wine instead of vinegar being used in the boiling. Add three or four strained tomatoes and simmer for one-half hour. Skim off any fat and season with salt and