

potatoes, and half a cupful of milk; season with salt and pepper. Serve hot with diced pieces of toasted bread.

Brown Onion Soup

Four medium-sized onions, two cupfuls of milk, one cupful of water, three tablespoonfuls of flour, three tablespoonfuls of butter, one and a quarter teaspoonfuls of salt. Slice the onions and put them in a buttered pan. Add a little water, cover them and put them into the oven. When tender remove cover and allow them to brown. Rub the onions through a colander, add the water and white sauce (made by adding the hot milk to the butter and slightly browned flour rubbed together until smooth), cook ten minutes in a double boiler before adding the onion. Heat the whole, season it, and serve.

Corn Soup

Split the grains of a dozen ears of corn and scrape from the cob; boil the cobs for ten minutes in sufficient water to cover them, and use of this water one quart, carefully straining it before using; add to the water one quart of cream poured in slowly and follow with the corn. Cook for fifteen minutes and season to taste. If milk be used instead of cream it should be thickened with a tablespoonful of butter and a like quantity of flour mixed together.

Cream of Tomato with Rice

Take a pint of tomatoes; pick over and wash half a cup rice. Put the tomatoes in a soup kettle with a pint of cold water and let them gradually come to a boil; then add another pint of cold water, and when it comes to a boil add the rice, two teaspoons of salt and a saltspoonful of pepper; boil until the rice is tender, but not soft enough to break; then stir in a paste made by rubbing together two tablespoonfuls of butter and one of flour, a saltspoonful of soda and about a pint of hot milk, or enough to make the soup as thick as cream. Cook for a few minutes; then serve at once.

A Delicate Rice Soup

Put a quart of water in a large double boiler and let the water in both parts of the vessel come to a boil. Add a level teaspoonful of salt to the water in top boiler and gradually sprinkle in a cup of washed rice. Stir several times with a fork, then cover and let it boil for half an hour,

then cool a little, then put through a vegetable press or sieve, return to the kettle, add half a pint of heated milk, and salt and pepper to taste. Beat three eggs and add to a cup of thin cream. Stir until smooth, but not long enough to overcook the egg. Milk instead of cream may be used, adding a tablespoonful of butter to the hot rice after it is put through the sieve.

Macaroni Soup

One quart of stock, several sticks of macaroni broken into inch pieces, one small onion, chopped fine; boil twenty minutes. Just before serving add salt, pepper and butter to taste.

Cream of Vegetable Soup

Scrape and cut two small carrots into slices and cook in a pint of boiling water; add one cup of green peas, one potato cut in slices, one onion sliced, a bay leaf, and cook half an hour longer. Press through a strainer and put back in the saucepan. Scald four cups of milk in a double boiler and thicken with two level tablespoons of butter and one-quarter cup of flour. Cook until creamy, add the vegetable pulp and season with salt and pepper.

Sorrel and Spinach Soup

To one pint of sorrel add one-half a handful of spinach and six lettuce leaves. Cook them in a tablespoonful of butter until tender. Add one quart of boiling water, one teaspoon of salt, a dash of pepper, and just before serving add one egg well beaten into half a gill of cream. This is an excellent soup for invalids.

Corn Chowder

½ Lb. Salt 2 Boston
Pork Crackers
(sliced) (slit)
5 Potatoes ½ Pt. Milk
(sliced) Pinch Salt
1 Onion (sliced) Boiling Water
6 Ears Corn (grated)

Put the pork in a kettle and fry until crisp. Remove pork and add one quart boiling water, potatoes, onion and corn. Add boiling water as it is needed in cooking. When the potatoes are done add the crackers, salt and milk. This will serve six.

Green Pea Soup

Cover a quart of green peas with hot water, and boil with an onion until they will mash easily. (The time will depend on the age of the peas, but will be from twenty to thirty minutes.) Mash and add a pint of stock or water. Cook together two tablespoon-

fuls of butter and one of flour until smooth, but not brown. Add to the peas, and then add a cupful of cream and one of milk. Season with salt and pepper and let boil up once. Strain and serve. A cupful of whipped cream added the last moment is an improvement.

Tomato Bisque

1 Qt. Tomatoes 1 Tsp. Soda
(stewed or Salt, Pepper
canned) and pap-
2 Qt. Milk rika to
2 Tbsp. Butter taste
3 Tbsp. Flour A little allspice
1 Small Bay Leaf

Heat the tomatoes and add the soda to them. Heat the milk in a double boiler. Melt the butter, mix the flour smoothly with it. Return to a low fire and add the hot milk a little at a time, stirring constantly and allowing the mixture to thicken between each addition. Stir in the tomatoes, season and let the soup come to the boiling point. Put it through a soup strainer into the top of the double boiler and keep hot until time for serving.

Cream of Peanut-Butter Soup

One teaspoon peanut butter to one cup milk. Salt to taste. Heat required amount of milk. Add part of heated milk to peanut butter and work into a thin paste. Add the rest of heated milk. Season, strain and serve.

Asparagus Soup

1 Qt. White 1 Tbsp. Flour
Stock or ½ Cup Cream
Milk Salt and
15 or 20 Stalks Pepper
Asparagus 1 Tbsp. Butter

Cook the asparagus in stock or milk, saving the heads and cooking them separately to serve in the soup. When soft, press the asparagus and liquid through a strainer. Melt the butter, add the flour and seasoning, then gradually add the asparagus mixture. The cream may now be added and beaten in the soup with an egg-beater, or it may be whipped and served on individual cups of the soup. Add the asparagus tips before serving.

Tomato Soup

To one quart of beef stock add a pint of tomatoes and a small onion sliced and fried slightly in a little butter. Cook until the tomatoes are soft, then put through a coarse sieve and return again to the boiler, season to taste with salt and pepper. Break six sticks of macaroni into small bits and add to the soup and cook until soft. Then serve.