

BONE STOCK SOUP

2 lbs. of bones	2 quarts water (cold)
1 carrot	1 onion
Salt	

Wipe the bones, remove all fat. Saw into small pieces, and put them into a saucepan with the salt and water; bring them slowly to the boil and skim off all scum; then add the vegetables washed, peeled and scraped and cut up into good sized pieces. Simmer slowly for 4 or 5 hours, strain through a sieve, and when cold remove the fat.

Stock may be kept a day or two, but in warm weather should be boiled up every day.

MEAT STOCK SOUP

2 lb. shin of beef	3 pints cold water
Salt	1 onion
1 small carrot	$\frac{1}{2}$ a turnip

Cut the meat into small pieces; wash the bones. Put all into a saucepan with the cold water and salt; bring to the boil; skim well, then add the vegetables cut into small pieces.

Simmer for 4 hours, strain through a sieve, when cold remove the fat.

STOCK FOR CLEAR SOUP

This is a simple way to clear any cloudy stock.

Peel, wash and cut up small the following vegetables:

Put these into a clean and dry stewpan with a sprig of thyme and marjoram, a sprig or two of tarragon, chervie, 6 peppercorns, the white and shell of an egg, a