

SOUPS

The onion is a homely plant,
And rank as most that grows,
And yet it beats to mix with soup
The lily or the rose.

"For soup is but the first of those delights which go to make the coming bill of fare."

A great French authority says that soup bears the same relation to the dinner that a doorway bears to a house, and it is safe to say, also, that no other dish is capable of such variations. Always use cold water in making soups, that the juice may be more readily extracted from the meat; cut the meat into small pieces, take out the marrow, lay the bones in the bottom of the stock pot, and put the cut meat on top, and stand until juices of meat begin to color it, then put on to simmer for four or five hours on the back of the stove. When vegetables are used they should be added only in time to become thoroughly cooked, as if in too long they absorb a portion of the richness of the soup. Bay leaf is among soups and meats what vanilla is among sweets. Only a small piece is wanted in a soup for a family dinner.

Soup is so nutritious, wholesome, palatable and economical that as an article of diet it should rank only second to bread, and to make it with flavors properly commingled, is an art which all should master; it requires study and practice. The best basis for soup is lean, uncooked meat, a pound of meat (with the bone) to a quart of water, being a generally accepted rule to which may be added chicken, turkey or mutton bones, well broken up; a mixture of beef, mutton, and veal, with a bit of ham bone with the meat cut fine, makes a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup, although not adding any special nutriment to it.

It is very essential that the meat be perfectly fresh, as the least taint, or even if a little old impairs the flavor of the soup. There are two classes of soup. A thin or clear