

Put tomatoes, water, sugar, salt, pepper, etc., on to boil in a double boiler, if possible, till it thickens. A little more flour can be added if not thick enough. As in all soups, a little celery, celery seed or celery salt is an improvement. It is not necessary to strain for ordinary use.

If only each reader would try faithfully for a month or two till she gets the knack of soup making, she will be doing an immense good in the nourishment of her family, in the saving of scraps, and so the saving of money, and incidentally help win this war.

### **CORNMEAL.**

Another habit that is of vital importance to that end is a cornmeal one. The taste can be acquired after a little time, and the dislike quite lost, but, of course, those that don't care for it must go through an apprenticeship. As in the case of all cereals except white flour (for which it is equally as good), soda and sour or butter milk is very much better than milk and baking powder, and far cheaper.

All cornmeals have the same foundation. Use a small tablespoon of lard or dripping to a cup of meal, placed in the centre, enough actually boiling water poured on it till over half is made mush, then a little more to dampen the whole.

**Dinner Loaf.**—Practically every southern family has this for dinner every day in the year.

1 (or more) cups of cornmeal. 1 teaspoon salt.  
Tablespoon of lard.

Make only a very small proportion of the meal into mush, and only moisten the whole enough to make it form into little pones, pressed and shaped in the hollow of your two hands. Sprinkle hot pan with a little meal, put in the pones, and bake in not too hot an oven about a half hour, or possibly more.

**Hoe Cake.**—After scalding the meal as above, add enough milk or water and a scant teaspoon of soda, less if water is