

flour. When the roux is cooked add to it the mashed potato and pass the whole through a strainer. Return it to the fire for a few minutes to heat and blend it. Season with pepper and salt. Sprinkle on the soup when it is in the tureen, a teaspoonful of chopped parsley and a few croutons. If soup is too thick, add a little more milk or hot water. The soup can be made richer by using more milk and stirring into it, just before serving, the beaten yolks of two eggs. This soup may also be made of sweet potatoes.—Mrs. Frederick Field.

GREEN PEA SOUP.

Shell 1 qt. green peas, cover with water, boil till tender, pour into colander and mash through with masher, then add 3 pts. milk and 1 pt. cream (sweet), butter the size of an egg, salt and pepper to taste, let it come to a boil and serve.—Mrs. M. Fisher.

TOMATO SOUP.

Put 1 qt. can of tomatoes in stew kettle, let come to a boil, add 1 heaping teaspoon baking soda, strain through a sieve to remove seeds, put back on stove and add 2 qts. sweet milk, 1 tablespoon of corn starch 2 oz butter, pepper and salt to taste, let it come to a boil and serve with celery.—Mrs. M. Fisher.

RICE & TOMATO SOUP.

Use one can or its equivalent in fresh tomatoes, $\frac{1}{4}$ of cupful of rice, a large onion, a large slice of carrot, 1 qt. of water, 3 tablespoons of butter, 3 teaspoons salt, $\frac{1}{2}$ teaspoon pepper, 2 tablespoons flour. Cut the onion and carrot very fine and put into a small frying pan with the butter, cook slowly for 20 minutes. Put the tomato and qt. of water into a stew pan and bring to a boil, skim the vegetables from the butter and add them to the tomato and water, put flour with the butter remaining in the pan and cool until smooth and frothy stirring all the while, then add the mixture in the stew pan and set the pan where its contents will simmer for half an hour. Then rub this mixture through a sieve pressing everything through except seeds and skins. Wash the rice and put it in the soup pot pouring the strained mixture over the rice. Add the salt and pepper and set the pot where its contents will cook slowly for 1 hour. Stir several times to prevent scorching.—The Misses Battell.