

the meat, bones, and vegetables from the strainer, and press the rice through the sieve; stir this into the soup; season with salt and pepper, and heat again before serving; a little cream may also be added. This soup is also good thickened with a little roux or with cornstarch. For the latter, take two tablespoonfuls of the cold stock; stir into it one tablespoonful of cornstarch; then stir it into the soup, and let cook for ten minutes to take away the raw taste of the starch, and to make it clear. Pieces of the breast cut into dice may also be added.

VEGETABLE SOUP.

To one quart of common stock add one pint of parboiled mixed vegetables cut into small dice. Simmer until the vegetables are tender but not pasty. Season with salt, pepper, and one teaspoonful of sugar. Serve without straining.

TOMATO PUREE.

Put into a granite-ware saucepan a quart of canned or of fresh tomatoes; add a pint of water or of stock;—the soup will be better if stock is used;—add also one bay-leaf, a sprig of parsley, a stick of celery, six peppercorns, and a teaspoonful of sugar; simmer until the tomato is thoroughly soft. In another saucepan put a tablespoonful of butter; when it is hot add a sliced onion, and fry, but not brown it; then add a tablespoonful of flour, and cook, but not brown the flour. To this roux add enough of the tomato to dilute it, and then mix it well with the rest of the tomato, and season with salt. Pass the whole through a fine sieve or strainer. Heat it again before serving, and sprinkle over the top small croutons.

SPLIT-PEA OR BEAN SOUP.

One cupful of split peas, or one cupful of dried beans, one tablespoonful of butter, two quarts of water, one-half teaspoonful of sugar, one tablespoonful of flour. Salt and pepper to taste. Let the peas or beans soak over night in three quarts of cold water. Put the soaked peas or beans into a saucepan with two quarts of water and a ham-bone, if you have it, otherwise it may be omitted. Let simmer for four