

bright again. And, as we helped our medical adviser into the gig, we saw not that the step was broken or his horse sprung in the knees. For the first time in our life we realized what doctors are worth. In some of our minds among the tenderest of all memories is that of the old family physician.

SOUP.

At this season of the year particularly, soup is always in order. When well made it is nutritious, and easily assimilated by the nutrient organs. *The Caterer*, London, gives the following on making soup: "There is a remarkable difference of opinion as to the quantity of cold water to be added to beef and beef-bone in order to make broth or *bouillon*. A pound of water is exactly a pint; whereas some authorities (Liebig, Dubois, and Bernard the latest) declare that a good broth requires equal quantities of solid and liquid—a pound of the one to a pint of the other—the most recent authority of all, and a very great one, too (Jules Gouffé), recommends in one recipe $2\frac{3}{4}$ pints, in another $3\frac{1}{2}$, and in a third no less than 4 pints or pounds of water to the pound of beef. Here is an immense range; and between these extremes there is endless variety of opinion. The difference is incalculable between a broth made by adding a pint of water and one made by adding four pints, to every pound of beef. And observe that the difference goes further than the simple broth or *bouillon*: it affects the character of the double or consumed broth which ensues. * * *

A good deal must be left to the judgment of the cook, who has to take into account the result which he or she desires to obtain. A middle rule was laid down by the French chemist, Parmentier, in the last century: let the water be double the meat—a quart for every pound. This is

the ordinary practice of French kitchens. If the *bouillon* is wanted very light, re-double the water; if strong, reduce it.

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"The secret of making soup is to begin with cold water, to bring it slowly to the boiling point, a mere ripple on the surface, to let it simmer gently and continuously for hours—never boiling up and never ceasing to simmer. On these three points—the gradual production of the heat, the moderation of the boiling, and keeping it up to the end—the flavor and the clarification of the broth largely depend; and it is easy to manage this in an earthen vessel. But it is just as possible with an iron or copper stock-pot.

"Soup should never be greasy. Every particle of fat should be removed. It is tedious to do so, however, by the ordinary process of skimming; and so we are sometimes advised to make the broth beforehand, and to make a supply for two days. When the broth cools the fat will cake on the surface, and may then be easily removed. The advice is good up to a certain point. It saves labor to make a good supply of broth at a time; it loses nothing in two days, even in hot weather, if kept in clean, fresh vessels. But there is a simple mechanical contrivance to get rid of grease, which ought for ever henceforth to render the little eyes which appear on the surface of soup an impossibility. All the fat rises to the top of the stock-pot; if there is a tap at the bottom of it, the broth will flow out without a particle of grease.

"Common sense will tell the cook to beware of salt. It is well to put it into the stock-pot from the beginning, because it helps to make the scum rise; but what is barely enough for a full stock-pot may be a great deal too much when the liquid boils down to half. The liquid flies off in steam, but the salt remains."

In making vegetable soups, a tablespoonful or two of beef peptonoids, of Reed and Carnick, New York, obtainable of most druggists, added to each pint or more of the soup, improves it surprisingly, gives it a "body" and makes it very much more nutritious. We advise the readers of this journal to try it.