

when possible, to make the beef or other tea the day before it is wanted, as fat is much more easily removed from cold than from hot liquid.

For very strong beef tea make as above, but fasten the lid of the jar down with a strip of water paste. Boil for five hours, then strain and squeeze out all the liquid.

Beef Essence.—This is made without the addition of water at all. The finely minced beef must be put in a jar with a very little salt, and the cover of the jar fastened down with paste to keep in all steam. Place the jar in the oven for four hours, then strain through a coarse sieve. It is an excellent restorative administered frequently in small quantities a teaspoonful at a time.

Beef Tea in Haste.—Ingredients: 1 lb. lean beef, 1 pint water. With a sharp knife scrape the beef into fibres (this should be done on a board). Place the scraped meat into a saucepan and pour $\frac{1}{2}$ a pint of boiling water over it. Cover closely, and with the gas turned very low, simmer 10 minutes. Pour into a tea cup, place it in a basin of ice-cold water, remove all fat from the surface, pour into a warmed cup and put in another basin of hot water; warm again and serve.

Browning for Soups, Gravies, Etc.—Put in an old saucepan $\frac{1}{2}$ cup granulated sugar. Let it melt and brown; add $\frac{1}{2}$ cup boiling water and boil till it forms a syrup. Pour into a bottle and it will keep for a long time.

Consomme.—Ingredients: 2 lbs. shin of beef; 1 turnip, 1 carrot, 1 onion (cut in pieces); 15 black peppercorns, 2 cloves, 6 allspice, 2 teaspoonfuls salt, beef or other bones, 1 leek, 1 clove, or garlic, sprig celery, branch of parsley (chopped), 1 bay leaf, 1 teaspoonful lemon, 1 teaspoonful thyme. Wipe the meat with a damp cloth and cut into small pieces. Put into a saucepan with the parings and bones of chickens, or beef bones; add the remaining ingredients and almost cover the meat with cold water. Stand the saucepan on one side to allow it to infuse for one hour; place on the gas and gently stir the contents for five or ten minutes. Put the lid on and let it simmer gently for two hours and a half; strain the consomme through a napkin. It may be served in cups or in a tureen. This consomme may serve as a basis for making many delicious soups.

Consomme in Bouillon Cups.—Soup at luncheon, whatever the variety, is properly served in cups; at dinner, in plates.

To Clarify With Meat.—If desired particularly clear for Julienne soup, etc., put two quarts of stock in an enamelled pan, add to it $\frac{3}{4}$ lb. of gravy meat cut very fine (or 1 lb. of meat to every 5 lbs. of which stock is made a good average proportion), one carrot, turnip and white part of leek or onion, also chopped fine. Put all together over a quick fire and whisk constantly until it comes to the boil. Let it rise high, then stop at once and stand aside for 15 or 20 minutes. The albumen in the raw meat will have gathered all the impurities, and the meat acts as a filter. Strain carefully