

Of Interest to Women



Nearly all soup recipes call for "stock," and the housekeeper is advised to keep a "stock pot" on the stove, putting into it, from time to time, such bits of cooked or uncooked meat as they may happen to have, but this method is not practicable, except in boarding houses and in large families, where meat appears on the table three times a day. The making of fresh "stock" requires at least a day, with many steps and much careful watching; and, even then, the soup may not be clear. For those who wish to make the conventional stock, the following recipe is given:

Ten pounds of lean beef cut from the shoulder or under part of the round, one large onion, one large carrot, a thick slice of turnip, three sticks of celery, three dozen pepper corns, six cloves, a stick of cinnamon, three bay leaves, a sprig of sage, a bit of parsley, thyme and summer savory, three teaspoonfuls of salt. Rid the beef of all fat, and cut into small pieces. Put it into a soup kettle and cover with cold water. Heat slowly, watching it all the time, and as soon as the water begins to boil, skim it carefully, repeating the operation until the liquid has been thoroughly skimmed and no more scum rises. Keep the soup at the boiling point for six hours. A slight bubbling is enough. At the end of the six hours, add the spices, salt and herbs, and simmer one hour longer. When the hour has passed, strain the soup through a cloth, and let the soup boil rapidly for one minute, strain through a piece of coarse muslin, and set away to cool. In the morning remove the fat, and put the stock on the stove with a pound of lean, raw beef, chopped very fine. Heat slowly to the boiling point, stirring often. Beat the whites of three eggs light, but not stiff, add to the soup and keep at the boiling point one hour. Strain through a cloth ready to serve.

This gives one not only the soup, but the remnants of eleven pounds of beef, with all the nutritious properties removed. The meat itself has cost from sixty-six cents to a dollar, and there has been a large amount of fuel used. Without counting the seasoning, flavoring and time, the soup has actually cost from twenty-five to thirty cents a quart, and the meat is a total loss, since it has been cooked to rags. Happily there is an easier way.

Two hours before the soup is wanted, slice a large onion into a deep granite-ware pan. Add a thick slice of turnip, cut fine, a large carrot, sliced, three stalks celery, including the green tops, three dozen pepper corns, six cloves, a stick of cinnamon, three bay leaves and sprigs of parsley, sage, thyme and summer savory. Cover with cold water, bring to the boiling point and simmer slowly until the vegetables are cooked to pieces—probably about an hour and a half. Strain through coarse muslin and measure the liquor. For each quart of liquor use one heaping teaspoonful of beef extract. Dissolve the extract in a little of the liquor and add to the rest. Boil up once and serve. This method does away with all waste of meat, fuel and time, and is an actual saving of money. It would take an expert to tell the two soups apart.

With the simple beef stock as a foundation, any number of good soups can be made, using almost any left-over vegetables.

Barley Soup.—Use half the amount of seasoning given above, two quarts of water and an extra pint, and two heaping teaspoons of beef extract. In a separate pan cook one cup of barley slowly until soft, drain and add to the soup just before serving.

Sago Soup.—To two quarts of beef stock add one cup of cooked sago. Serve at once.

Spaghetti Soup.—To two quarts of beef stock add one cup of cooked spaghetti, cut into inch pieces.

Rice Soup.—To two quarts of beef stock add one cup of cooked rice, a dash of curry-powder is an improvement.

Kidney Bean Soup.—To two quarts of beef stock add one cup of cooked kidney beans, or black beans. Left-overs can be used.

Pea Soup.—To two quarts of beef stock add one cup of cold cooked peas, either fresh or canned.

Tomato Soup.—To two quarts of beef stock add one cup of tomato pulp, either fresh or canned, through a sieve that will keep back the seeds. There should be a large cup of the pulp. Add the tomato pulp to two quarts of beef stock.

Carrot Soup.—To two quarts of beef stock add one cup of minced cooked carrots.

Corn Soup.—Add one cup of sweet corn, either fresh or canned, to two quarts of beef stock.

Macaroni Soup.—To two quarts of beef stock add one cup cold cooked macaroni, cut fine.

Rice-tomato Soup.—One-half cup cold boiled rice and one-half cup tomato pulp, added to two quarts of beef stock.

Beef-celery Soup.—One cup celery, cut fine, cooked slowly until tender in two quarts of beef stock.

Vermicelli Soup.—One cup vermicelli, cooked slowly until tender in two quarts of beef stock.

Beef-tapioca Soup.—One cup cold cooked tapioca added to two quarts of beef stock.

Onion Soup.—One cup boiled shredded onion, added to two quarts of beef stock.

Lentil Soup.—One cup lentils, boiled slowly until tender, added to two quarts of beef stock.

Lima Bean Soup.—One cup cold cooked lima beans added to two quarts of beef stock.

Turnip Soup.—One cup turnip, cut into small dice, boiled until tender, and added to two quarts of beef stock.

If any particular flavor is especially liked, it may predominate in the soup. If a thicker soup is wanted, more than a cup of cooked material may be added to the stock, or less water, or more beef extract may be used. Two quarts of soup will bountifully serve six persons. Dice of toasted bread, or a grating of cheese may be put into the soup just before serving. Among the additions to soups are:

Cheese Balls.—Half a cup of flour, half a cup of milk, a tablespoon each of butter and grated cheese, a pinch of salt and a dash of cayenne. Mix in a double boiler and cook until thick and smooth, add a well-beaten egg, cook a little longer and set aside to cool. Form into balls the size of hickory nuts, drop into boiling soup and cook five minutes.

Egg Balls.—Four hard-boiled eggs finely chopped, a teaspoon of chopped parsley, two tablespoons grated cheese, a cup of dry bread crumbs, a pinch of salt and a dash of red pepper. Bind with yolks of two raw eggs. Make into small balls, dip in egg, then in crumbs, fry in deep fat and add to clear soup before serving.

German Soup Balls.—Make cracker crumbs and butter into firm balls the size of a marble. Drop into the soup on its way to the table.

Egg Custard.—Beat three eggs thoroughly and add half a cup of beef stock. Butter a small pan and pour the mixture into it. Set the pan in another of warm water and place in a moderate oven for half an hour. Let cool in pan, turn out into small squares and add to soup the last thing.

Delicious soups may be made of the water in which chicken has been boiled, or the chicken juice which comes in cans, and needs only the addition of hot water. Clam broth also comes in cans. Either chicken or clam juice may be used advantageously in cream soups.

Following the rules given above, chicken juice may be used in place of beef stock to make barley, sago, spaghetti, rice, vermicelli, pea, noodle, celery, tapioca and tomato soup. The clam juice may be used in the same way, with barley, rice, vermicelli, sago, spaghetti, macaroni and tomato. The bones of a left-over chicken may be cooked slowly until the meat is in rags, the liquor strained and used for soup. Thick chicken soup is made by adding the yolk of one egg, well beaten, to each pint of soup, and stirring constantly. Minced chicken giblets are an addition to any chicken soup. Any of the meat soups may be thickened with the well-beaten yolk of one egg, mixed with a little of the liquor, returned to the kettle and stirred constantly.

The water in which mutton has been boiled may be saved, made a little richer with beef extract and used in combina-

tion with almost any vegetable, but it does not pay to buy meat or chicken especially for soup. Sometimes a soup may easily solve the problem of left-overs, but vegetables, milk and beef extract are the mainstay of the soup maker.

In summer time the clear beef soup is delicious, when a heaping tablespoonful of gelatine, dissolved in cold water, has been added to it and dissolved by gentle heat. This is done in the morning, and when the gelatine is thoroughly dissolved the soup is put into the cups in which it is to be served and placed on ice to harden. The rich aspic jelly, ice cold, is tempting and nourishing.

THE CREAM SOUPS.

The cream soup can be made throughout the year, using any vegetable in season. A heaping tablespoon of whipped cream, unsweetened, dropped into each plate just before serving, is a delightful addition to any one of them, but it is essential. Canned vegetables and fish may be used when the fresh article is difficult to obtain. Vegetables which are too tough and old to cook in other ways may be used in soups to advantage.

Cream of Clams, or Clam Bisque.—One heaping tablespoon butter, two heaping tablespoons sifted flour rubbed to a cream. Melt in a saucepan over the stove and add, slowly, a quart of milk, stirring constantly. When it thickens, add salt, pepper and a sprinkle of celery salt, and one cup of boiled clams, minced fine. Let boil up once and serve with crackers. If the soup is liked thicker, use less milk, or a little more flour and butter. Canned clams may be used, and a cup and a half of them will make the soup richer.

Observing the same proportions and following the above directions, delicious cream soups are made of rice, squash, celery, peas, asparagus, cucumber, spinach, peanuts, potato, corn, lima beans, cauliflower, beets, tomato, salsify, shrimps, chestnuts, mushrooms, onion, baked beans, lentils, macaroni, spaghetti, lobster, lettuce, water cress, string beans, salmon, sago, tapioca, barley, cheese, carrots, crabs and oysters.

Child Labor

The question of child labor, which is agitating many sections of the country, is one to which Montreal can hardly claim to be indifferent. She is not exempt more than any other modern city from the problems and difficulties that attach to large communities, where congestion in poor districts and lack of support on the part of parents force children to go out into the world of industry, at an early age, to help keep the wolf from the door with small pittance, in the shape of weekly earnings.

The factories and department stores get the majority of these child laborers, many of whom should be at school. The cash girls, the majority of them not appearing to be more than ten or twelve years of age, are employed in our stores by hundreds. The factory includes among its throngs of workers mere children, who are obliged to put in long hours in close and crowded rooms, at some tiring mechanical labor. And even the offices of the city include many employees who have arrived at no more advanced age than twelve or fourteen years.

That in many cases, the families need the money of these child workers, is, of course, not denied. This is the part of the industrial problem that must receive most delicate consideration. A widowed mother has no alternative than to put her child to work, to earn money to help support the family. But where there is one instance of this kind, not in dire need of the children's wages, there are a dozen where the family is and the child should be at school.

A scheme has been suggested and has in some cases been tried, where the state pays to the mother who needs her child's wages the amount that would come in weekly, and sends the child to school. This, of course, is only possible where a system of factory inspection has been established, which enforces the factory laws and keeps a continual watch over the employers of child labor.

Bakers' strike still on.

CULLINGS.

"Fine words butter no parsnips."

"War is bad in that it makes more bad people than it takes away."

"Half a loaf is better than none."

"Virtue is its own reward."

Compromise is the mother of defeat.

—J. Spargo.

One of the advantages of war is that you can have a very little for a very great deal of money.—John Bright.

The remedy for the evils of democracy is more democracy.—De Tocqueville.

"But alas!" said a shrewd philosopher, "nations give themselves more trouble to gain Hell than it would cost them to Heaven."

"If there be anyone that makes many poor to make a few rich, that suits not a commonwealth."—Oliver Cromwell.

"We have a common enemy, the world of man. The next great step the world can take is to abolish war—the killing of man by man."—Andrew Carnegie.

EIGHT HOURS ASSURED

Number of cities where I.T.U. has eight-hour and closed shop agreements in effect

428

Number of cities where Typothetae has established nine-hour day and open shop

0

Typothetae Tricked

Chicago and New York printers are chuckling over a little trick played by Windy City prints on Secretary McIntyre of the United Typothetae. McIntyre recently sent an agent to Chicago to recruit a lot of "rat" printers for New York City. Big wages were offered, and pending the recruiting of a goodly bunch the recruits were to be entertained at a first class hotel. The agent spent a couple of weeks in getting about twenty men to consent to work in New York. As fast as he got them he took them to a hotel, paid their board and gave them carte blanche at the hotel bar. Needless to say the men took full advantage of their opportunities.

When he had about twenty men in tow the agent loaded them on a train and started them to New York. Arriving in Gotham he proceeded to distribute them among the struck print shops. And then came the climax.

Every mother's son of the imported men flashed union hodgecarriers' cards and stood pat on the proposition that they never said they were printers.

Then the Chicago printers cheerfully paid the fare of the hodgecarriers back to Chicago and left McIntyre and his agent to take it out in swearing.

REMEMBER THE BUTTERICKS

The Butterick Company depends upon the patronage of the wives and families of wage-earners for its future existence. That patronage should be withdrawn immediately. The cowardly action of this great corporation in locking out its employees without cause and without warning should be resented in the home of every union man, and in the home of every union man's friend.

No copy of "The Delineator," no copy of "The Designer," no copy of the "New Idea Magazine," or any other Butterick publication deserves your support. The Butterick and Standard dress patterns, the Martha Dean, La Belle, Little Folks and Banner should equally be avoided.

Since the Butterick Company managers prefer the services of scabs, let them look to scabs to buy their publications and patterns.

It is announced that as a result of the open-shop agitation among the employing electrotypers in New York City, a new association of employers has been organized. This is called the Electrotypothetae, and will take in the independent firms which are running open shops, as well as the members of the Typothetae who have electrotyping plants. Electrotypothetae! Funny how great minds run in a similar vein, is it not?

Trades Unions' Fees

Of all the organizations on earth there are none so little understood as the trades unions, and being not only voluntary organizations, but militant bodies, taking the active part—yes, really constituting the labor movement—they consequently come in for all the abuse, ridicule and antagonism of the avaricious, the ignorant and the presumptuous.—Samuel Gompers.

PHONE MAIN 1999

Windsor Hotel

LAURENCE SHEA, PROP.
Cor. Church and Richmond
Toronto, Ont.

KING EDWARD RINKS

QUEEN, MASSEY AND SHAW STS.
Open Every Afternoon and Evening with Band

A Fancy Dress Carnival, Wednesday
February 7th—Good Prizes

EVERY THURSDAY BAND CONCERT
Continuous Music—G. G. B. G. Band

2 Hockey Rinks

Largest in the City. A few good hours left for Matches and Practice
Phone PAck 1609. W. E. GENNO, Mgr.

Tele. Main 378.

Rates \$1.50 Per Day

POPLAR HOUSE

JAMES McFARLANE, PROP.
COR. QUEEN & SAULTER STS.

We Sell as Cheap as Anybody

—AND—

We Are Friends of Labor

The Label on everything we can put it on.

WE CAN DRESS YOU

Suits, Overcoats, Underwear, Hats,
Caps, Ties, Shirts, Collars, Etc.

10% OFF TO UNION MEN.

G. STEVENSON

110 QUEEN EAST.

Phone Main 2255

336 YONGE ST.

J. NEWTON

"Empire Hotel"

Rates: \$1.50 to \$2.00 per day.

SEE THAT

THIS

LABEL

IS ON THE

WAGON



THIS IS

THE

COAL

DRIVERS

LABEL

Subscribe to the Tribune.

TELEPHONE MAIN 3016

NEW CENTURY HOTEL

JAS. E. GIBSON, PROP.
460 QUEEN ST. W. TORONTO

DAY OR NIGHT

Why attend our school? Because it is the largest and best in the Dominion; it is the only one equipped with a Model Training Office for Bookkeepers, Stenographers and Telegraph Operators. It is the only school placing in the hands of each commercial student a complete loose-leaf ledger system; it is the only school in which stenographers are trained in invoicing, rapid and accurate calculation, trade discounts, business customs and office work. Because over one thousand business firms apply to us every twelve months for our graduates. Because we have 20 teachers and equipment of 125 typewriters. Because our school is the only one in Central Ontario which is in affiliation with the Institute of Chartered Accountants. Because our fees are as moderate as is consistent with first-class instruction, and because we guarantee a position to every graduate. We have a Day School catalogue, a Night School catalogue, and a special Telegraphy catalogue. Let us send you one. Winter term, Day School, January 2nd, Night School, January 3rd.

CENTRAL BUSINESS COLLEGE

Yonge and Gerrard Sts.

A. F. SPROTT, Secretary W. H. SHAW, Principal