

## CREAM OF PEA SOUP.

MISS RUTH SCOTT.

One tin of peas and one pint of water, a very small piece of onion, let it boil about twenty minutes, strain and mash through sieve. Two tablespoonfuls of butter, and one of flour, well blended together. Add that to the peas. Last of all add a pint or *more of boiling milk*. Put on the stove till it thickens, but be careful not to let it boil.

## PALESTINE SOUP.

MRS. W. COOK.

Wash and pare two pounds of artichokes and put them in a stewpan with a slice of butter, two or three strips of bacon rind, which have been scalded and scraped and two bay leaves. Put the lid on the stew pan and let the vegetables "sweat" over the fire for eight or ten minutes, shaking the pan occasionally to keep them from sticking. Pour on water to cover the artichokes and stew gently till soft. Rub them through a sieve, mix the liquor they were boiled in with them, make the soup hot and add boiling milk until it is as thick as double cream. Add pepper and salt to taste. Just before serving, mix with the soup a quarter of a pint of hot cream. This addition will be a valuable one, but may be dispensed with.