

RECIPES.



GENERAL PRINCIPLES OF SOUP MAKING.

Soup is one of the most economic and nourishing ways of preparing food for young children, invalids and the aged. In the first place, it converts into food many odd meats that would otherwise be wasted. When people sit down to dinner tired and weary, it does not give the digestive organs too much to do to begin with, as well as partly satisfying the appetite, before the more expensive and often more indigestible dishes come on. All sorts of liquors in which fresh meat, fish or vegetables have been boiled help to make up light, nourishing soups.

For people troubled with sleeplessness a good authority says: "That the warm liquid enters the blood quickly and draws it away from the head, in order to assist the stomach to perform its functions, and so causes drowsiness."

The utmost nicety is required in its preparation. An enameled stock pot is best as it does not flavor the food. The meat and vegetables should be perfectly fresh and clean, the fat removed, etc.

A good general proportion of meat for stock is one pint of water to each pound of meat and bone, and one pint over, say, 4 lbs. shin of beef or knuckle of veal and ham or chicken bones; 5 pints of cold water; 1 carrot, turnip, stick of celery, onion with brown skin on, a leek or two, a few peppercorns and **a pinch of salt to make the scum rise**. Let come to boil, skim, put aside to simmer slowly for 5 hours or more; now strain carefully by placing a china colander in a basin, and over the colander a double piece of butter cloth. Allow to stand all night. Next day remove the fat carefully. It should be quite clear and firm.

To Make Beef Tea.—Ingredients: 1 lb. lean beef from the round hock, 1 pint cold water, salt for seasoning. Remove all fat, sinew and skin and cut up the meat very finely. Put it in an earthenware jar and pour 1 pint of cold water over it; let it soak for an hour, when the water will be red and the meat white. Now put the jar, closely covered, into a saucepan with boiling water, to come up two-thirds of its depth; simmer on gas burner on asbestos mat for two or three hours, then pour off the liquid and remove all fat, which has risen to the surface, with a spoon. If any particles remain, take them off with a sheet of kitchen paper; season with salt as desired.

When invalids tire of beef tea, chicken or mutton tea made in exactly the same manner, is often welcomed, and tea made from mutton, beef and veal in equal quantities is a welcome and delightful variety, being both pleasant and very nourishing.

The great desideratum is slow, gentle cooking in a covered jar, and absolute freedom from fat. To ensure the latter, it is well,