

thoroughly, and should be carefully skimmed to prevent it from becoming turbid; never allow to boil fast at any time, and if more water is needed, use boiling water from the tea-kettle; cold or lukewarm water spoils the flavor. Never salt it before the meat is tender (as that hardens and toughens the meat), especially if the meat is to be eaten. Take off every particle of scum as it rises, and before the vegetables are put in.

Allow a little less than a quart of water to a pound of meat and bone, and a teaspoonful of salt. When done, strain through a colander. If for clear soups strain again through a hair sieve, or fold a clean towel in a colander set over an earthen bowl, or any dish large enough to hold the stock. As stated before, stock is not as good when made entirely from cooked meats, but in a family which requires a large joint roasted every day, the bones and bits and underdone pieces of beef, or the bony structure of turkey or chicken that has been left from carving, bones of roasted poultry, these all assist in imparting a rich dark color to soup, and would be sufficient, if stewed as above, to furnish a family, without buying fresh meat for the purpose; still, with the addition of a little fresh meat it would be more nutritious. In cold weather you can gather them up for several days and put them to cook in cold water, and when done, strain, and put aside until needed.

Soup will be as good the second day as the first if heated to the boiling point. It should never be left in the pot, but should be turned into a dish or shallow pan, and set aside to get cold. Never cover up, as that will cause it to turn sour very quickly.

Before heating a second time, remove all the fat from the top. If this be melted in, the flavor of the soup will certainly be spoiled.

Thickened soups require nearly double the seasoning used for thin soups or broth.

Coloring is used in some brown soups, the chief of which is brown burnt sugar, which is known as caramel by French cooks,

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