

Soup Stock

25 lbs. of beef joints and bones containing marrow, 1 shank of veal or some veal bones, 6 large carrots sliced or chopped, 1 cup of chopped parsley, 6 bay leaves, 12 whole cloves, 1 large head of celery, 25 pepper corns, 2 large onions chopped.

Place in a large kettle with five gallons of water (cold) and simmer six or seven hours. Do not boil and do not salt it while simmering. Strain through a thin cloth and set aside to cool. Skim off all fat. This stock should now measure about five gallons. Return to the fire and bring to boiling point. Pack hot in jars. Put on rubbers and tops. Place the filled jars in the boiler, sterilize for forty minutes, and follow directions for sealing as given on page 8. The stock is now ready for use either as a clear consommé soup or in combination with vegetables and may be used as the basis for canning all vegetable soups.

Bean Soup

4 cups of beans, 4 parsnips, 4 large onions, 4 large carrots, salt and pepper to taste.

Method—Soak the beans overnight. Pour off the water and add four quarts of fresh water. Chop up the vegetables and put all on to boil. Boil for two hours or until the skins slip from the beans. Run through a sieve, return to the fire and reheat to boiling point. Pour into jars completely filling the jars. Put on rubbers and tops. Place the filled jars in the boiler, sterilize for one and a half hours, and follow directions for sealing as given on page 8. This amount should make four quarts of soup.

To serve—Heat two cups of the canned bean soup with one cup of milk, and a small lump of butter. Boil up once and serve very hot.

Chicken Soup Stock

Put thirty pounds of chicken in ten gallons of cold water and simmer five hours. Remove meat and strain. Add sufficient water to make ten gallons of stock. Fill into jars. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8. This stock is used to make soup where the recipes call for "chicken soup stock."

Canned (Mixed) Vegetables for Soup

It is sometimes impossible to secure your soup stock in the summer, but when vegetables are plentiful in the gardens they should be canned, and added to the soup stock in the winter whenever the stock is available. It makes the preparation of soup a simple matter in the winter.

16 lbs. fresh carrots, 6 lbs. cabbage, 3 lbs. celery (use leaves and stems), 6 lbs. turnips, 6 lbs. Lima or small white beans, 1 lb. onions, 4 lbs. parsley, 4 lbs. dry peas, salt and pepper to taste.

Method—Soak the beans and peas overnight. Chop up the vegetables after blanching, for a few minutes in boiling water and cold dipping. Boil the beans and peas for half an hour. Chop the onions and celery extra fine. Mix all thoroughly and season

to taste. Pack in jars filling up completely with boiling water. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8.

Chicken Gumbo

5 gallons chicken soup stock, 3 lbs. minced chicken, 2 lbs. ham, $\frac{1}{2}$ lb. onions, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. salt, $\frac{1}{2}$ lb. flour, 3 ozs. rice.

Method—Soak the rice and boil half an hour. Cut up the ham into small cubes and boil half an hour. Mince the chicken and chop the onions. Add to the stock, and make a smooth paste of the flour and add it. Add the butter and salt and boil ten minutes. Add the rice mixed with one pint of water. Add the ham and mix all thoroughly. Fill into jars while hot. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8.

Cream of Vegetable Soup

Cream soups are very nourishing and may be made at any time by using home-canned vegetables combined with white sauce. Cream of vegetable soup may be made from one vegetable, or from a combination of several vegetables.

Proportion—For one-quarter cup vegetable pulp use one cup of liquid. For starchy vegetables use half a tablespoon flour for one cup of liquid. For non-starchy vegetables use one tablespoon flour to one cup of liquid. One cup measures sixteen tablespoons; cheese, macaroni and salmon may be used in place of vegetables in making cream soups.

One cup of canned vegetables or cooked fresh vegetables, two cups vegetable water, two cups milk, two tablespoons flour, two tablespoons fat (butter or any soup fat) salt and pepper to taste.

To prepare the sauce—Melt the butter, add the flour and stir until frothy, add the milk and water gradually, stirring all the time. Cook until it thickens, and boil a few minutes, stirring occasionally. Add the salt and pepper, press the vegetables through a sieve. Add to the white sauce, and serve in hot plates.

Vegetable Soup

$\frac{1}{4}$ lb. Lima beans, 1 lb. rice, $\frac{1}{2}$ lb. pearl barley, 1 lb. carrots, 1 lb. onions, 1 potato, 1 red pepper, $\frac{1}{2}$ lb. flour, 4 oz. salt, 5 gallons soup stock.

Method—Soak the beans and rice overnight. Boil the barley two hours. Blanch the carrots, onions, potato and red pepper for three minutes, and then cold dip them. Cut up these vegetables into small cubes and mix them thoroughly with the beans, rice and barley. Make a smooth paste out of the flour, and stir carefully into the soup stock, boil three minutes and add the salt. Fill jars three-quarters full with the vegetable mixture and fill up the jars with the thickened soup stock. Place rubbers and tops in position. Place jars in the boiler, sterilize for one and a half hours and follow directions for sealing as given on page 8.