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CONDUCTED BY LAURA WILLIS LATHROP.

HOW TO MAKE SOUP.—SOME USEFUL HINTS.—RECIPES FOR SOUPS. —FOOD FOR INVALIDS.

THE practice of commencing dinner, daily, with a small portion of soup (even on unpretentious tables), has as much to commend it, not only in the noticeable reduction of the meat bill, but in economizing various "left overs," possessing much nutriment relatively, while in quantities too scanty to be utilized in any other way. It is to be regretted that so many of our American housekeepers while skillful in compounding rich cakes and desserts are so inexperienced in making good soups.

Too little value is attached to this course, as a hygienic food. Let any one, coming to the table "too exhausted to eat," or as we often hear it expressed "too hungry to eat," partake of a few spoonfuls of really good soup, and note how soon the feeling of exhaustion is succeeded by a pleasurable demand for the food which follows. Good authorities tell us that nothing else so tends to restore the tone of the stomach, and so aid digestion. This does not apply to many of the insipid watery dishes which have little else than their coloring, and fluidity, to entitle them to the name.

In making soup, the main point is to extract as completely as possible all the soluble properties of the meat or bone. When the latter is used, it should be broken into small pieces and boiled several hours. They are rich in calcareous matter, and an eminent physician and chemist asserts that three pounds of bone will produce a soup containing the nutritive power of a pound of meat, as far as carbon is concerned, and half a pound of meat as to nitrogen. But in order to render them more highly nutritious, a small proportion of meat should be added that the saline, albuminous and other of its constituents may lend their aid in forming what is so essential—a highly nutritious food in a condensed form. If a quarter of a pound

of minced raw meat, be allowed to infuse for an hour in a teacupful of cold water, to which a teaspoonful of vinegar has been added before placing it over the fire, a larger proportion of albumen is obtained. Bones after being broken should be allowed to stand in cold water the same way before placing to boil, when all should be allowed to heat slowly, and simmer for hours. Then strain, set aside to cool, remove the fat (which should be clarified for other uses), add the meat and other ingredients, which may have been simmering away meanwhile in a sauce-pan within the required distance of the fire.

The selection of ingredients for seasoning must depend upon the character of soup desired. Certain kinds require especial flavorings. Curry-powder is essential to the flavor of mulligatawny (an East India soup,) onion and tomato to some forms of mutton, basil to mock turtle, and so through the list. In the way of flavors, no one should predominate. There should be a delightful commingling of the whole. This is secured by judicious selection, and by causing the whole to become thoroughly incorporated by prolonged cooking. If too little time is allowed the stronger and more undesirable flavors will predominate.

Patience and practice are required to produce good results, but it is surprising from what unpromising materials a delicate and nutritious dish can be made. It is one of the marks of a good cook to have always a supply of stock on hand, as it is in constant demand as the basis of every description of meat sauce, soup or gravy.

Directions for "setting up a stock-pot" were given in the January, 1889 number of our Magazine. Add to your "stock-in-trade" all the remnants of roasts, carcasses of roast fowls, the bones from boiling pieces, the bones and trimmings from your steaks,

ham bones, in fact everything in the way of bone and meal, except, of course, scraps from individual plates. Besides these, utilize the teacup of stewed tomato left over, or the bit of mashed turnip or potato. Do not throw away a couple of spoonfuls of rice or the bit of macaroni, the trifle of hominy; even the dry crusts may add its nutriment to soup-stock before straining, or even after.

The waste one sees in many families does not always arise from carelessness or slovenliness, but from false education in such matters, thrift being regarded as synonymous with miserliness. The "newer education" in culinary schools is fast dissipating this mistaken idea. When we read that the salaried *chef*, of \$5000 or \$10,000 a year, saves his millionaire employer the amount of his salary in the rigid economy he enforces in the pursuit of his vocation, we may well consider it worth the while of the housewife to cultivate this desirable qualification, especially if she be compelled by sheer necessity to attend to every detail of household duties. Swift says: "I have no other notion of economy than that it is the parent to liberty and ease." We append several recipes from which we hope the inexperienced housewife may gain an idea of the various ways of multiplying her resources to secure variety.

Recipes for Soups.

COLORING FOR SOUPS.—Caramel is frequently employed for coloring soups, and is made by putting a quantity of sugar into a granite saucepan, and stirring it over the fire until it melts and becomes a rich brown. Next add water sufficient to form a syrup, stirring until the sugar is all dissolved, and allowing it to simmer until of the right consistency. When using it add only a few drops at a time, as a trifle too much will impart a sweet taste, and thus ruin a delicate soup. Little boxes of caramels (twenty-five in each) come for the purpose of coloring soups. One is sufficient for two quarts. They come at twenty-five cents a box. Another way is to roast an onion a rich brown, and use the outside layer, which imparts also a delightful flavor. The pods of green pease, if browned in the oven to a rich color, are fine for this purpose, and will keep all winter in a bag hung in a dry place.

ROUX.—A thickening for soups and gravies. Butter and flour — a tablespoonful of flour for each tablespoonful of butter. Melt butter in frying pan. When it simmers, stir in flour, and continue stirring till it is of a deep straw color. Butter and flour, equal quantities, may be rubbed together for thickening without heating, but are not so fine.

HOW TO ADD EGGS TO SOUP.—Beat until white and yolk are well mingled (no longer). Add a tablespoonful of water for each egg. Pour a pint of the boiling soup into the eggs, stirring constantly, then add this mixture to the soup, stirring steadily. Leave over the fire a moment, but do not allow to boil. With care the egg will never curdle.

VEGETABLE SOUP.—Two quarts of beef, mutton, or mixed stock. Add a teacupful of chopped raw cabbage, an onion finely minced, a small carrot, a potato and a turnip, each cut into cubes. Boil slowly for an hour. Add pepper and salt, a scant handful of cracker crumbs or cerealine, and, if you like, a hard boiled egg cut into cubes. Add water to keep up quantity.

GAME SOUP.—Take the meat left from cold cooked game. Pound it in a mortar. Break up the bones, and pour on a quart of good stock, and boil for an hour. Strain, and add the pounded meat and a half cup of mashed turnip. Add a tablespoonful of mushroom or other catsup and two beaten eggs, not allowing to curdle. If eggs are scarce, substitute other thickening—roux, cracker, or pour soup over little cubes of bread fried brown in butter.

POTATO SOUP.—Slice half a dozen mealy potatoes (pared), and add a chopped onion. Boil in water till tender. Drain, and press through a fine colander or purée sieve. Add a pint of boiling water during the process. Return to the fire. Season with butter, salt, and pepper, and add a cupful of chopped celery, stewed tender, with a pint of rich cream or milk. Do not allow to boil after adding cream.

CHICKEN SOUP.—Stew a chicken till the meat will slip off the bones. Remove the bones, break them fine, and return to the broth in which the chicken was boiled. Boil them an hour, strain, cool and skim. Set aside most of the chicken to serve as croquettes, or in any way desired. Pound a small portion fine, add it to the broth, with a

spray of parsley, a stalk of celery (remove the latter two before serving), a spoonful of cooked rice, a spoonful of cream beaten with an egg, salt, pepper and butter. If you wish it very attractive, reserve the pounded meat, bind with egg, roll it into balls the size of a marble, dip them into melted butter and brown in the oven, or simply fry them in butter. Drop them hot into the soup just as it is sent to the table. Serve very hot.

BROWNEB CHICKEN SOUP.—Make as above, omitting the rice. Brown minced cold chicken in butter, and add with some soup coloring just before serving. Pour over sippets of bread fried in butter.

CHICKEN AND CORN SOUP.—Add a pint of very tender green corn to a quart of chicken broth, and boil twenty minutes; add cup of cream or milk, butter, salt and pepper.

VEAL SOUP.—Two quarts veal stock from knuckle of veal, trimmings or remnants. Season with celery, parsley, tomato, soy or catsup; add cup cerealine, butter, salt and pepper.

VEAL SOUP.—Add to two quarts stock, cup of stewed tomato, a little rice, an onion, celery, butter, salt and pepper.

MUTTON SOUP.—Add onion fried brown, two cups stewed tomato, carrot and turnip cut in cubes, cucumber, catsup, celery, pepper and salt.

MULLIGATAWNY SOUP.—Use three quarts stock, pint stewed tomato, half cup rice, onion fried in butter, half teaspoonful curry powder, tiny bit each of lemon rind and red pepper, three cloves, walnut catsup, salt.

Lack of space compels us to postpone further recipes in this line until some future issue.

Food for Invalids.

There is no more desirable accomplishment for women than to know how to contribute to the comfort of the sick, not only by judicious nursing but by the preparation of nutritious and palatable dishes. Much greater variety is allowed invalids now than a quarter of a century ago, and many a dish becomes almost a specific in some cases, from its adaptation to the requirements of the system and from the keen relish which is induced by "something new," insuring almost invariably perfect digestion. Avoid above everything else the daily repetition of the in-

spid and hackneyed gruels with which some very well meaning persons are inclined to victimize the helpless invalid. Do not ask the patient to think of something he would like. Provide some dainty dish, without previous intimation of its nature; serve in the most attractive manner. The pleasant surprise will constitute half the feast.

BROILED BACON.—Cut in slices so thin as to be almost transparent. Broil over clear coals till it assumes a clear color, from three to five minutes according to thickness. Soothing and appetizing when the stomach is in an inflamed condition, also useful in laxity of bowels.

BROILED BIRDS.—Split down the back, remove the entrails and wipe the bird dry. Sprinkle with fine salt. Broil over clear coals for ten or fifteen minutes. Spread a little melted butter over it; serve on toast or wafer like slices of tenderest brown bread.

BROILED FISH.—Take a thick slice of some kind of white fish. Remove the skin (avoid a piece with bones), sprinkle with a mixture of flour and salt. Place on buttered broiler and cook fifteen minutes, if it be very thick. Add a teaspoonful each of cream and butter, spread over it, if the patient be not very sick.

PORK SOUP.—A delightful variation from "standard" dishes, and one which is very useful in extreme debility, is found in the following: Cut into pieces a leg of fresh pork, and remove every particle of fat and skin. Cover with cold water, let stand one hour, simmer four hours, let cool and remove every trace of fat. Re-heat and strain into cups. Keep in cool place. Heat as wanted, a gill or half cup at a time, sweetened like calves' foot jelly, or with salt and other seasonings, as desired. Should be taken three or four times in twenty-four hours.

OATMEAL COFFEE.—Moisten oatmeal with just enough of cold water to allow its being patted into little flat cakes, and quite thin. Brown slowly in the oven, until as brown as you would wish coffee. Pour a cup of cold water over two or three of these, and allow to stand an hour in a cold place before drinking. An irritable stomach will retain this beverage when everything else is rejected.

OATMEAL MUSH.—Moisten one-half cup "steamed" (a particular brand) oatmeal with lukewarm water, stir this into two cups of boiling water, stirring steadily until well

mixed. This method is a safeguard against lumps. Add one half teaspoonful of salt, and move the mush back where it will just bubble for half an hour. Stir it two or three times only, and in the first ten minutes that it is cooking.

LEMON SHERBET. — One-half of a cup of lemon juice, scant half cup of sugar, two cups cold water. Strain and freeze. Any kind of fruit juice may be made into sherbet.

CUP CUSTARD STEAMED. — This is easily digested and nutritious. Recipe has appeared in Magazine.

CHOCOLATE. — This may be made very nourishing by adding a raw egg to a cup of boiling chocolate, after the manner of adding eggs to soups.

EGG AND MILK. — Beat together the yolk of an egg and a level tablespoonful of sugar. Add the frothed white of an egg. Pour into this three-quarters of a cup of boiling milk, stirring rapidly all the time; flavor with nutmeg or cinnamon as preferred. Hot water may be used instead of milk.

CHICKEN JELLY. — Cut a chicken into joints, remove skin and fat, cover with two quarts cold water, and simmer slowly down to one pint. Season with salt. Strain, cool, remove fat. May be eaten cold.

Contributed Recipes.

BOSTON OATMEAL COOKIES. — One-half cupful lard or butter, one and one-half cupfuls brown sugar, one cupful milk, one egg, two cupfuls fine grade oatmeal, one and one-half teaspoonfuls dry yeast, seasoning. Flour to thicken. Roll thin and bake quick.

Mrs. A. E. F.

The following: are contributed by "Mrs. A. S. R.," Worcester, Mass.

PEACH PUDDING. — Put into a deep baking dish, one pint of raw sliced peaches, sprinkle

with sugar, let stand several hours before needed. Beat one cup of sugar, and half a cup of butter to a cream, add one egg well beaten, then one cup of milk. Sift one teaspoon cream of tartar, and one-half teaspoon soda with flour enough to make as stiff as ordinary cake batter. Flavor with vanilla. Canned peaches may be substituted. Pour the batter over the peaches in a deep dish.

[NOTE. — Our correspondent does not state whether this pudding is to be baked or steamed. Either mode of cooking may be employed. For the inexperienced, we will say that about two and a half cups of a good brand of flour will be sufficient, measured after sifting. — Ed.]

PEACH PUDDING, No. 2. — Beat together in the usual order, three eggs, one cup powdered sugar, one-half teaspoon cream of tartar, one-fourth teaspoon saleratus. Vanilla to flavor. Bake in two round tins. Spread prepared peaches between. Cover top cake with a soft icing made of one white of egg, frothed, with ten teaspoonfuls sugar. Vanilla.

PEACH DUMPLINGS. — In this recipe, the quantity of milk is not given, but the ingredients are those used in making biscuits of baking powder, an excellent recipe for which appeared in February number of INGALLS' HOME MAGAZINE. Our correspondent further says: Roll dough one-fourth of an inch thick, cut into rounds, and upon each round place a mound of raw sliced peaches, adding a little sugar. Pinch the edges together, completely enveloping the peaches, and place this side undermost upon a buttered baking pan. Brush over with melted butter, and bake slowly to a nice brown. Eat with common sweet pudding sauce. We know from experience that the above are very nice, though we prefer the crust rather richer than for biscuits.

HINTS TO GIRLS ON HEALTH AND PERSONAL APPEARANCE.

V.

ELSIE.

IT seems to me that there nothing more worthy of praise in the way of dress, next to a comfortable corset, then the "common sense" shoe, and blest be the originator of

so much comfort and health to womankind. Health! Why yes, do you not know that the want of exercise is very often due to uncomfortable foot-gear? How do you suppose a