

sufficient for a family for two days—for sixpence. Too often bones, bacon rinds and trimmings, dripping, the water in which the vegetables and even beef have been boiled, and other items, are thrown to the dog or poured down the sink, instead of helping to make a good pot of soup. So long as the cult of the oven and the frying-pan prevails things will not improve; but I am not without hope that the lessons inculcated at an increasing number of public elementary schools will soon begin to tell, and that the wife of the English working-man will, in time, follow the good example which has been so long set her by her sisters in Scotland and France.

But the customers of the licensed victualler require a soup of a better class than that I have alluded to, particularly if his house is in a good neighbourhood or thoroughfare. This can be done satisfactorily and profitably with very little trouble.

The basis of most soups is what is generally called "stock." To make this, take shin, leg, shoulder, or top-rib of beef in the proportion of 1lb of beef to one quart of water. Take out the bones and chop them into small pieces, add any scraps of fresh meat or bacon there may be, salt slightly, and set the whole in cold water to boil. Skim carefully, and just before it attains boiling point add a pint of cold water, removing the scum as it rises. Let it simmer gently at the side of the fire, and add (for ten gallons soup) four carrots, two turnips, one parsnip, four leeks, a head of celery, two onions—into one of which stick two cloves—and a little pepper and salt. See that the soup boils very gently. It is a great mistake to cook the meat all to shreds. From three to four hours is quite sufficient to give the necessary body and nutriment to the soup, while the meat is left in such a condition as to permit of its being afterwards employed in stews, hashes, and many excellent dishes. When the meat is cooked take it out of the saucepan at once. The vegetables should also be taken out at the same time, and, as they are far better than those boiled in water, they can be used to great advantage. The beef and vegetables having been removed, the stock must be allowed to stand for a few minutes to permit any deposit to settle. After the scum is removed it must be passed through a cloth into a basin, and placed in the open air or in a cool larder until it is quite cold. It should be boiled up daily while it lasts, and should never be kept overnight in the pot in which it is boiled. When required at short notice an excellent stock can be prepared with Bovril as a basis in the place of beef.

I will now proceed to give the recipes

of some popular soups that can be easily prepared from this stock.

#### Julienne Soup.

Take two quarts of stock, two carrots, two turnips, an onion, half a head of celery, and any other vegetable in season. Cut the vegetables into strips of 1½ in long and let them all be of the same thickness. Fry the carrots in 2oz butter, but do not let them get brown; add the boiling stock and the other vegetables, and let all simmer gently for at least an hour. Skim and serve. This soup has a better appearance if each vegetable is boiled separately and then added to a good clear stock.

#### Mulligatawny Soup.

Slice a large onion and fry it a golden brown in 1oz butter, add three tablespoonfuls mulligatawny paste (Edmunds), stir in half pint stock gradually; add a tablespoonful of red currant jelly, the juice of half a lemon, and dessertspoonful of chutney. Mix well, add a quart of stock, and leave it to simmer half an hour. Melt 4oz butter in a stew-pan, add 2oz flour, keep stirring all the time; gradually add the soup, stir till it boils, add salt if necessary. Skim carefully, strain through a sieve, and serve with boiled rice in a separate dish.

#### Giblet Soup.

Take two sets of giblets, scald them well, put them in a saucepan with two quarts of stock. Add a small carrot and two onions, sliced, and a stick of celery, along with a bunch of parsley and herbs, peppercorns and salt. Simmer gently for three hours, skim well, strain into a basin, and when cold remove the fat. Pound the livers in a mortar, mix with 1oz butter and a little flour, fry it a few minutes, put it in the saucepan, and gradually mix in the soup. After it has boiled up add a glass of sherry and the juice of half a lemon. Season to taste.

#### Macaroni Soup.

Take 3oz macaroni, drop it into boiling water, and let it boil for twenty minutes. Drain, and cut into inch lengths. Have ready two quarts of clear stock, boiling hot, into which throw the macaroni, and simmer for about ten minutes. Serve with grated cheese in a dish; Parmesan is the best, but any hard cheese may be utilised for this purpose.

Many soups do not require the aid of the stock-pot in their preparation, such as tomato soup, pea soup, Scotch broth, and ox tail soup, of which I will now give the recipes.

#### Tomato Soup.

Take a tin of tomatoes, or eight fresh tomatoes, a sliced onion, and a small bunch of parsley, and put in a saucepan

with two quarts of water, and pepper and salt to taste. Simmer for three-quarters of an hour, rub through a sieve, add two tablespoonfuls of cornflour smoothly blended with half pint of milk, and boil for another seven minutes, stirring constantly. It should be of the consistency of cream.

#### Pea Soup.

This is one of the most nourishing and universally popular of soups. Soak a quart of split peas all night in cold water. Put them in a saucepan with three quarts of water, a ham-bone well cracked, two onions, a head of celery, two grated carrots, and pepper and salt to taste. Let it boil till the peas are quite tender; pass through a wire sieve. Boil it up again, and if too thick add a little milk. Serve with dried mint and sippets of toast.

#### Scotch Broth.

Take the scrag-end of a neck of mutton and put it into four quarts of cold water, with ½lb of Scotch barley and a little salt. Let it come to the boil, and simmer gently for an hour. Put in two carrots (one cut into small dice and one whole), one turnip, and one onion sliced; let it boil another hour. Then take out the mutton and put in two pints of green peas. Let it simmer another hour. Serve in a tureen. The mutton may be served separately with some of the vegetables round it. Should green peas not be available, dried ones will serve the purpose, but they must previously have been soaked overnight, and must be put in with the barley.

#### Ox Tail Soup.

Melt 2oz butter in a stewpan, cut 4oz ham and two onions into dice, and fry them in the butter for seven or eight minutes, then add an ox tail, disjointed, and three pints of water. Heat to boiling point and skim carefully. Add two carrots cut into dice, a sprig of parsley and one of thyme, twelve peppercorns, and half teaspoonful salt, and let all simmer gently for four hours. Take out the tail, remove all the meat from it, and cut it in dice. Strain the soup into a fresh saucepan, add a teaspoonful of arrowroot and wineglassful of sherry mixed smoothly together, and stir over the fire for a few minutes until it slightly thickens; then put in the pieces of ox tail, let them heat slowly in the soup by the side of the fire, and serve the soup very hot. A few drops of brownning will give the desired brown colour. In this and in other cases a little Bovril added to the soup is a great improvement.

#### HOW DIFFERENT NATIONALITIES DRINK.

Drinking habits and drinking resorts of men of different nations differ almost as

essentially as their dress and amusements. For style and cost there is no bar equal to the American, because money is spent more lavishly there than elsewhere. If you want a drink, and have no time to waste, there is nothing to compare with the first-class American bar. Neither London nor Paris can compare with it. But persons with whom time is no object prefer institutions of the foreign class. In London people in the swell set rarely drink outside their clubs.

The barmaid is a British article. She was introduced in New York more than once, but she never prospered, because she couldn't learn how to prepare cocktails, cobblers, or flips, and altogether she was too slow. But London couldn't exist without her.

At the Criterion or St. James' in Piccadilly, or the Gaiety in the Strand, there are half-a-dozen or more golden-haired goddesses before whom you can plank down your "tuppence" and ask for a glass of "bittah beeah," or "arf and 'arf," according to your inclination, and if you want to go one better you can call for a "bwandy and sodah." There is no handing out the bottle, no help-yourself and make-yourself-at-home kind of business in any place in London.

This only one of many types of London drinking places. There are many quiet little little resorts like the "Pig and Whistle" of Cockspar Street, or, like the "Cock," near Temple Bar, immortalised by Tennyson. Then there is the typical corner "pub," where cabby gets his gin and bitters and Tommy Atkins slakes his thirst, besides the East End gin palace, with its flaring lamps and filthy odour.

There is no stand-up drinking done in Paris except by foreigners—principally Americans. The Frenchman takes his beverages seated at a little table in his cafe, or in front of it if the weather is fine. The American does so if he is a stranger. But the man who is initiated goes to the American bar on the Rue Daunou or the English bar on the Boulevard des Italiens. He may be induced to patronise the Cafe American or the Cafe Julien, where he will find a miscellaneous assortment of men and women.

But give the Boulevard cafe to the Frenchman. Here monsieur, madame, and bebe sit together, add watch the passers-by. Monsieur takes absinthe and sucks it leisurely through a straw. Madame drinks a glass of bottled beer or a little cognac and seltzer, and bebe gulps down a long tumbler of sirop de groseille. The bigger the crowd the better they enjoy themselves.

When the bebe is in bed a different set takes possession of the chairs and tables; some become hotbeds of canards, and heated discussions end in free fights. In the others actors, poets, painters, and

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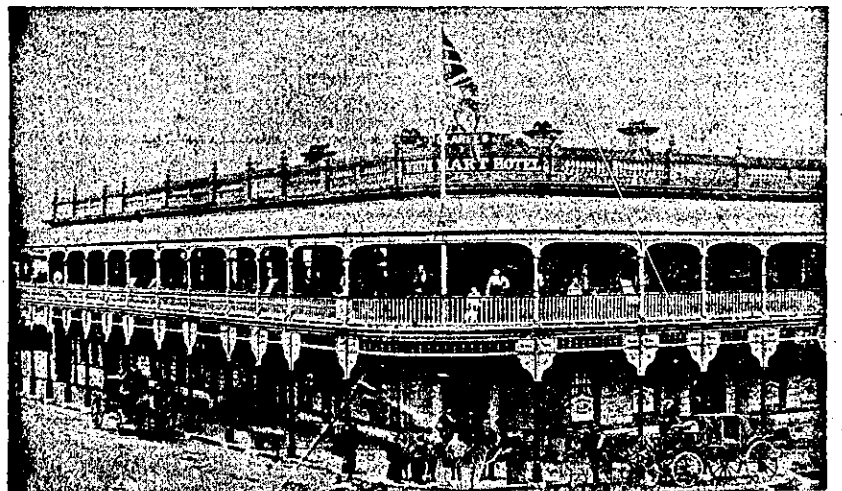
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