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The Vegetarian Magazine May 1904

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 Rub one heaping tablespoonful of butter and two of sifted flour to a cream; melt in a saucepan over the fire, and add slowly four cups milk, stirring constantly. When it thickens add salt and whatever seasoning and ingredient is desired to make the soup.

NOODLES FOR SOUP.
 Beat one egg till light, add a pinch of salt and flour enough to make a stiff dough. Roll out very thin; sprinkle with flour to keep from sticking. Then roll up into a scroll, begin at the end and slice into strips as thin as straws. After all are cut, mix them lightly together and to prevent their sticking together keep them floured a little till you are ready to drop them into the soup, which should be done a few minutes before serving. If boiled too long they will go to pieces.

VEGETABLE BOUILLON.
 Two quarts vegetable soup stock, two cups cooked and strained tomatoes, two bay leaves, one tablespoonful salt, two onions, grated, medium size. Mix all the ingredients together, and let simmer slowly two or three hours. There should be about one quart of soup when done; strain, reheat and serve.

PLAIN VEGETABLE SOUP.
 For soup stock. Six cups water, two cups strained tomatoes. Shave into fine shreds, add to soup stock, and cook moderately for two hours.

One carrot, one potato, one leek, one turnip, two onions, one celery stalk. Add a little sage and thyme. When done run through puree sieve or colander and add a little chopped parsley and salt to taste.

TOMATO SOUP.

Three cups soup stock, one tablespoonful nut butter, two cups strained tomatoes, salt. Add tomatoes to soup stock, also the nut butter mixed smooth and thin in a little of the tomato. Heat to boiling, salt and serve.

RICE SOUP.

One-fourth cup rice, one teaspoonful salt, three tablespoonfuls milk, three cups water, one egg yolk, two teaspoonfuls flour. Boil the rice in the water for forty minutes, or until perfectly soft, adding salt; add sufficient boiling water from time to time to keep the original amount; press through a sieve and thicken with well beaten yolk of egg, milk, flour and butter. Add a little more salt if necessary. Serve with toasted crackers or zwieback sprinkled with crumbs of cottage cheese.

VEGETABLE OYSTER PIE.

One quart vegetable oysters, one quart potatoes, two and one-half cups cream sauce, pie paste sufficient to cover, one teaspoonful chopped parsley, one cup parsnips, salt. Boil the vegetables separately until tender then mix with the other ingredients and put in a shallow baking pan. Cover with the pie paste and bake a light brown. Serve hot.

TOMATO PIE.

Six tomatoes, chopped parsley, salt, one-third cup cooking oil, pie paste. Peel and slice the tomatoes and place in a small baking pan. On top of this put some chopped parsley, a pinch of salt and cooking oil. Cover with thin pie paste and bake.—*Selected from Fulton's (New) Vegetarian Cook Book.*

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