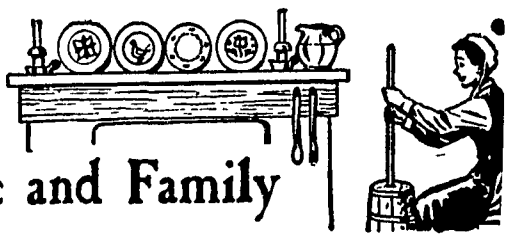


For the Farm Wife and Family



Springtime Menu Items

By Mrs. Richard C. Spence

Chilly weather always brings to mind the soup kettle simmering gently on the back of the range or Grandmother's combination coal-wood stove. Hearty Vegetable Soup made with elbow macaroni is so appetizing with beef, celery, carrots, and tomato.

HEARTY VEGETABLE SOUP

2½ pound soup bone and meat
3 quarts water
1 tablespoon salt
¼ teaspoon pepper
1 bay leaf
2 stalks celery, cut in 1-in. pieces
1 large carrot, cut in 1-in. pieces
3 cups tomato juice
1 cup diced celery
2 cups sliced carrots
8 ounces elbow macaroni
Put soup bone and meat, water, salt, pepper, bay leaf, 1 in. celery and 1-in. carrot pieces in large pan. Cover and bring to boiling. Reduce heat and simmer about two hours. Strain. Remove meat from bone and cut into pieces. Add to soup stock. Then

add tomato juice, diced celery and sliced carrots. Simmer 15 minutes. Add macaroni and cook 15 minutes longer. Makes 4 to 6 servings.

Another version of vegetable soup—

VEGETABLE CHOWDER WITH CHEESE-TOPPED DUMPLINGS

1 cup finely shredded sharp cheddar cheese
4 teaspoons cornstarch
2 cups tomato juice

1 cup canned whole kernel corn
1 cup canned diced carrots
1 cup canned green beans
1 beef bouillon cube
1 cup finely chopped celery
1 bay leaf
½ teaspoon celery salt
1 cup sifted flour
1½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons shortening
½ cup milk

Place cornstarch in deep heavy kettle. Blend in tomato juice. Drain canned vegetables, reserving 2 cupfuls liquid. Heat vegetable liquid to boiling. Drop in Bouillon cube. Remove from heat and stir until dissolved. Pour in-

to tomato juice mixture. Add corn, carrots, green beans, celery, bay leaf, and celery salt. Cover and cook 15 minutes.

Sift together flour, baking powder, and salt. Cut in shortening until mixture is consistency of corn meal. Gradually add milk to form a soft dough. Drop by spoonfuls on top of vegetable mixture. Cover tightly and cook 12 to 14 minutes. Sprinkle cheese over dumplings and serve. 6 servings.

chives or onions
3 cups milk
½ teaspoon dry milk
¼ teaspoon paprika
Toasted bread cubes
Melt margarine in double boiler or in saucepan over low heat. Add chives or onions and until tender. Add margarine. Heat, stirring occasionally, until cheese is melted. Stir in mustard and serve hot. Top each with toasted bread. Serve with a chilled fruit salad. 5 to 7 servings.

SAVORY CHEESE SOUP

1 pound process American cheese, cubed
½ stick (¼ cup) margarine
2 tablespoons chopped

MACARONI AND CHEESE PUFF
¾ cup grated sharp cheddar cheese

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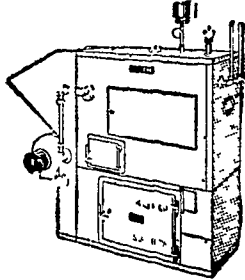
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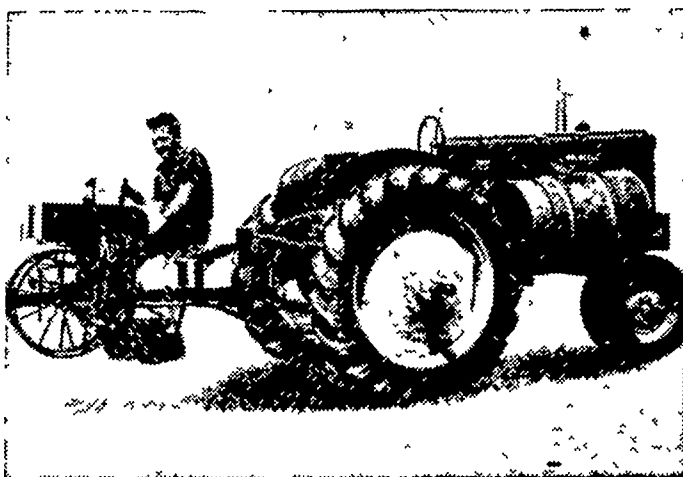


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