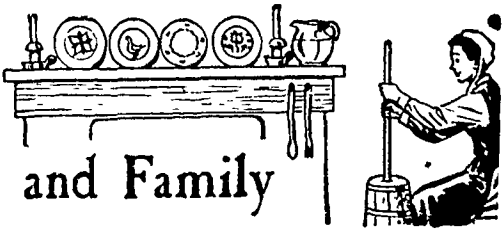


## For the Farm Wife and Family



### Main Dish Soups For Spring

By Mrs. Richard C. Spence

Spring housecleaning and gardening in themselves are work enough but preparing breakfast lunch and dinner besides can be a problem on those days. Often homemakers prepare the first and last meal of the day omitting the between meal which is just as essential for energy and good health.

Snacking, which occurs instead, relieves hunger but only temporarily. For this only results in an unsatisfied feeling and exhaustion at the end of the day. Enjoying a nourishing lunch is time well-spent.

A quickly made and savory main-dish milk soup supplies the valuable proteins, minerals and vitamins needed for extra pep. Cream soups made from scratch are wonderful if time is available. But combinations of canned condensed soups and package dry soup mixes can be just as interesting and nourishing when milk is used to increase their flavor and heartiness and when a variety of piquant toppings are used for garnish.

Cream of Chicken Tomato Soup uses prepared tomato vegetable soup mix and canned cream of chicken soup along with plenty of milk. It takes but minutes to prepare and so do the toppings. A choice of crumbled Blue cheese, chopped salted peanuts, chopped chives, shredded or cubed Cheddar cheese, bite-sized wheat biscuits, sliced pimiento olives are a few in-

teresting innovations. No doubt you have many other favorites you like to sprinkle atop a bowl of piping hot soup. A big green salad tossed with your favorite dressing and crunchy-hard rolls spread with butter go well with this soup and with other cream soups easily whipped up with canned or left over vegetables.

#### CREAM OF CHICKEN TOMATO SOUP

- 1 package (2-1/2 ounce) prepared tomato vegetable soup mix
- 2 cups boiling water
- 1 can (10-1/2 ounce) cream of chicken soup
- 2-3 cups milk (2 soup cans full)

Empty package of soup mix into boiling water and cook covered for 10 minutes. Blend in 1 can of cream of chicken soup until smooth gradually add 2-3 cups milk and stir constantly until hot. Serve with a choice of crumbled Blue cheese, chopped salted peanuts, chopped chives, shredded or cubed Cheddar cheese, bite-sized wheat biscuits or sliced pimiento olives. 1 to 6 servings.

Cream of Baked Bean Soup is a tasty way to use homemade or canned baked beans. Puree the beans blend with scalding hot milk and serve with zesty frankfurter slices or crisp bacon bits.

#### CREAM OF BAKED BEAN SOUP

- 2 cups (1 pound can) pork and beans in tomato sauce OR homemade baked beans
  - 2 cups milk
  - 2 slices bacon, cooked and crumbled OR 1 frankfurter sliced
- Puree beans through a sieve or in a blender. Heat milk to scalding then gradually add pureed beans blending well. Serve hot garnished with a sprinkling of bacon or frankfurter slices. 1 servings.

Pungent Cheddar Corn Chowder can simmer to goodness while you continue with

your chores. Potatoes and milk cook slowly together before shredded Cheddar cheese and cream style corn are added. Cheese, like every milk product makes a good dish better, increasing the nutritive value and flavor of the dish.

#### CHEDDAR CORN CHOWDER

- 2 tablespoons butter
- 1 cup (1 medium) sliced onion
- 1/2 cup chopped celery
- 3 cups (about 1 pound) diced peeled potatoes
- 2 cups milk
- 2 cups shredded Cheddar cheese

(Continued on Page 15)

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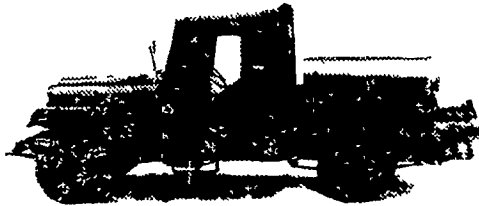
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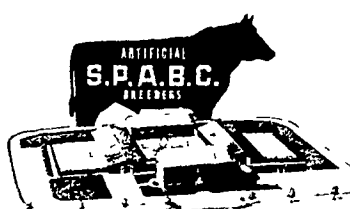
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