For the Farm Wife and Family



Take A Can Of Soup

By Mrs. Richard C. Spence

Versatile canned soups come off the pantry shelf and into your menu plans with welcome frequency to vary autumn 3 dinner main dishes. The reason for this is that they are so wonderfully adaptable and represent a range of moods and flavors. You can use canned soups for everything from "soup

To make a quick cream of platter. Garnish with carrot into fine crumbs. Combine corn whites until stiff but not dry; pea soup, use a can of conden- curls and parsley. Slice and sed cream of pea soup and heat serve. Makes 8 servings. it with milk, butter and sea-

Another meat loaf -

eggs, beaten

cup ketchup

teaspoons salt

teaspoon pepper

cup miniced onion

cup milk

PARTY MEAT LOAF

teaspoon dry mustard

cups dry bread crumbs

tomato soup, undiluted

Place ground beef in large

rack in shallow loaf pan. Bake

pounds ground beef

JIFFY CREAM OF PEA SOUP

sonings.

- 1 tablespoon butter cup finely chopped onion
- teaspoon marjoram
- can condensed cream of pea soup

1% cups (soup can) milk

In a medium saucepan, melt butter; saute onion. Blend in 1/4 marjoram and pea soup. Gra- 11/2 dually add milk and simmer, stirring occasionally, until soup is hot. Serves 4.

Tomato Soup Meat Loaf, made with ground beef, is a chup, salt, pepper, dry mustard flaked for ground beef; omit meat loaf with rich flavor and onion, green pepper; add to onions. a rosy appearance Bake hal- ground beef; blend well. Add ved acorn squash to accompany bread crumbs; blend thorough- pound ground pork sausage the loaf, and with these serve ly Shape into loaf; place on for ground beef. erisp relishes, corn bread squa res and, for dessert, hot apple- for about 1 hour and 15 minsauce and ginger cookies.

TOMATO SOUP LOAF

- cup whole bran cereal egg
- 14 cups (10½ ounce can) condensed tomato soup
- pounds ground beef cup finely chopped onions cup finely chopped celery
- 11/2 teaspoons salt
- teaspoon pepper teaspoon dry mustaid

Combine cereal, egg and soup; beat well. Add remaining ingredients; mix thoroughly. Pack lightly into greased 91/2 x 51/4 inch loaf pan Bake in moderate oven (375 degrees) about 1 hour or until done Let stand in pan 5 minutes before removing to heated

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YOUR DOS DESERVES A SQUARE MEAL

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tuna or bulk pork sausage: dish-Featuring a corn flake crumbs crust and topping, the main 1.14 cups (101/2 ounce can) dish also includes rice and sharo Cheddar cheese.

THREE-WAY SUPPER DISH 1 cups corn flakes or 1 cup packaged corn flake 1/2 crumbs' tablespoons soft butter or ½

margarine pound ground beef

cup finely chopped onions cup cooked rice cup milk

cups (10½ ounce can) cream of celery soup eggs, slightly beaten

dar cheese

flake crumbs and butter; reser- fold into sauce. Pour into unve ½ of mixture for topping, greased 2-quart casserole. Bake and press remainder in bottom in slow oven (300 degrees) abof 8 x 8-inch baking pan. out 1 hour, or until knife in-Brown beef and onions; ar- serted near center comes out range on colin flake crumbs clean. Serve immediately. 6 crust. Top with rice. Heat milk servings. and soup together; add slowly to eggs. Stir in cheese; pour over rice. Sprinkle reserved tables make them extra-speccorn flake crumbs on top. Bake all ın moderate oven (350 degrees) about 45 minutes. Before serv cup minced green pepper ing, garnish with green pepper or pimiento strips, if desired. 10 1/2 ounce can condensed 6 servings.

VARIATIONS

Tuna: Substitute two 7bowl Combine eggs, milk, ket- ounce cans tuna, drained and

Pork Sausage: Substitute 1

Soup is used as a timesaver utes in a 425 degree oven. Pour in Tuna Souffle Just use cream tomato soup over meat loaf last of mushroom soup as the sauce 30 minutes of baking. Serves that is the base of the souffle. Stir Ceddar cheese into the soup before incorporating egg Three-Way Supper Dish can yolks and whites This puffy

be varied by using ground beef, souffie wins as a meatless main 1

TUNA SOUFFISE.

condensed cream of mush- 1/3 cup water room soup

teaspoon sauce

shanp Cheddar cheese tion concentrate cereal cup (7-ounce can) tuna, drained and flaked

eggs, separated Worcestershire sauce, cheese, heat. Serve as sauce over pencereal concentrate and tuna. per halves. Makes 6 servings Continue cooking, stirring concups grated sharp Ched- stantly, until cheese is melted. Beat egg yolks slightly. Stir 1 If using corn flakes, crush in sauce gradually. Beat egg

Canned soup added to vege-

RICE STUFFED PEPPERS-

large green peppers, halved lengthwise, seeded can (10 %-ounces) condensed cheese soup, undiluted

1/4 cup-ketchup

cup chopped celery cups cooked rice slices bacon, cooked, crun bled

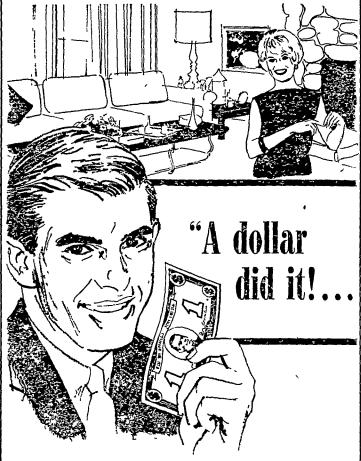
Heat oven to 350 degree Worcestershire Cook peppers in boiling, salte water 5 minutes or until ten cup (2 ounces) grated der; draint Combine soup an ketchup. Add celery and 1 cu cup ready-to-eat nutri- soup mixture to rice, blend Spoon approximately 1/2 cu mixture into each pepper half Bake 20 minutes in bakın dish. Combine remaining sou Heat soup slowly. Stir in mixture, bacon and water

> CABBAGE AU GRATIN medium head cabbage shredded (2 quarts) (Continued on Page 9)

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