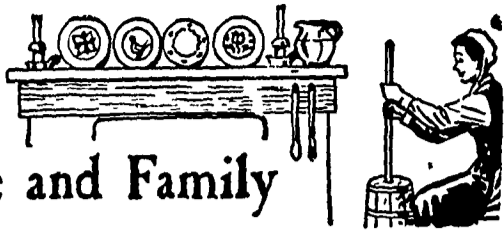


# For the Farm Wife and Family



## From The Soup Kettle

By Mrs. Richard C. Spence



SPENCE

The anticipation of a good meal is always realized when your cry "Soup is on" is heard. Hearty homemade soups are no longer the time-consuming chore they once were. Convenience foods cut preparation time and improve results. Canned soups or bouillon cubes provide a well-seasoned base that needs only your own creative genius to complete. Soup can be an easy meal in a bowl, needing only the accompaniments of a fresh salad or fruit and crisp crackers to round out the meal. Don't forget too, that soup can be served for any course of a meal — appetizer, main dish or even as a dessert as we shall show you later on in this column. Chilled soups are quite popular as a summer-

time dish.

### FISH SOUP

- 1/4 cup butter or margarine
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2 4-ounce cans sliced mushrooms
- 1 clove garlic, crushed
- 1 1-pint 2-ounce can tomato juice
- 1 cup water
- 2 chicken bouillon cubes
- 1/2 teaspoon oregano
- 1 5-ounce can lobster
- 2 5-ounce packages frozen, cooked shrimp (2 cups)
- 1 6 1/2 ounce can crabmeat

Melt butter or margarine. Saute next four ingredients 5 minutes. Stir in tomato juice, water, bouillon cubes and oregano. Cook over low heat 15 minutes. Add lobster, shrimp and crabmeat. Heat. Serve with crackers. 6 to 8 servings

### SPLIT PEA SOUP

- 1 pound (2 cups) split peas
- Ham shank bone and meat (about 1 1/2 pounds)

- 2 2 1/2 quarts water
- 1/2 cup chopped onion
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 cup diced carrots

Cover split peas with water overnight. Drain. Place ham bone, water, onion, salt and pepper in Dutch oven. Cover and cook about 1 hour. Remove bone and cut ham off

it. Dice the meat and return it to the broth. Add peas and carrots. Cover and cook another hour or until peas are tender. Sprinkle summer savory in the soup. Serves 8.

NOTE: A delicious hearty soup can be made by adding dumplings to it.

### VEGETABLE SOUP

- 2 10 1/2 ounce cans condensed tomato soup
- 2 10 1/2 ounce cans condensed beef broth soup
- 4 soup cans water
- 1 cup sliced carrots
- 1/2 cup shredded cabbage
- 1/3 cup sliced onions
- 1 10-ounce package frozen peas
- 1 10-ounce package frozen green beans
- 1 teaspoon salt
- 1/2 teaspoon pepper

Combine condensed tomato and beef broth soups with water in a large saucepan. Add carrots, cabbage and onions. Boil gently until vegetables are tender. Add frozen peas, green beans, and seasonings. Continue to cook for about 15 minutes. Serve steaming hot with lots of saltine crackers. Serves about 6.

For tasty snacks to go with the soup, spread crackers with deviled ham or crabmeat, top with cheese and boil until cheese melts. Serve hot.

### SHRIMP BISQUE

- 2 7-ounce packages frozen shrimp
- 1/2 cup chopped onion
- 4 ounce can sliced mushrooms, drained
- 2 tablespoons butter or margarine
- 2 10 1/2 ounce cans condensed cream of celery soup
- 1 1/2 soup cans milk
- 1 cup heavy cream
- 1/4 cup chopped pimiento
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 1 tablespoon Worcestershire sauce

Prepare shrimp according to package directions. Saute onion and mushrooms in melted butter or margarine in a large saucepan. Add condensed celery soup, milk and cream, blend well. Add shrimp and next four ingredients. Simmer gently about 10 minutes, stirring frequently. Serves about 8 people.

### SCOTCH BARLEY

- 1 1/2 pounds neck of mutton, cut up
- 3 pints water
- 3/4 cup pearl barley
- 1 large onion, sliced
- 2 10 3/4 ounce cans condensed vegetable soup
- 1 tablespoon salt
- 1/2 teaspoon ground black

pepper. Wash meat. Place in a large saucepan. Add water, pearl barley, onion, vegetable soup, salt and pepper. Bring to a boil. Skim. Cover and simmer 2 1/2 to 3 hours or until meat is tender. Remove meat from broth. Take meat off the bone and chop slightly. Return meat to the broth. Skim off all the fat from the top of broth. Makes about 2 quarts, 8 servings.

### JIFFY SOUP

- 3 cups water
  - 3 beef bouillon cubes
  - 1 cup vegetable juice cocktail
  - 1/4 teaspoon ground marjoram
  - 1/4 teaspoon ground thyme
- Bring water to a boil. Add beef bouillon cubes. Stir until dissolved. Add vegetable juice, marjoram and thyme. Simmer about 10 minutes to blend spices. Serve immediately to 4 to 6 people. For variation, substitute chicken bouillon cubes and 1/8 teaspoon ground basil and 1/8 teaspoon ground rosemary or rosemary leaves.

### SALMON CHOWDER

- 1 medium onion, chopped
- 1/2 green pepper, chopped

(Continued on Page 9)

**SUPER**  
Self Service  
**SHOES**  
220 W. King St.  
Lanc. Co.'s Largest  
Shoe Store  
All 1st Quality  
Super Low Prices

# IT'S SO

# CONVENIENT

**To Use Our DRIVE-IN Try It!**

3 1/2 % Interest Paid On Certificates of Deposit for 1 Year

2 1/2 % Interest Paid on Savings Accounts

Use Our Convenient Drive-In Window One-half block from Penn Square on South Queen Street — Rear of Main Bank.	<b>FREE PARKING</b> 25 S. Queen Street — Swan Parking Lot — Vine & S. Queen Sts. Stoner Parking Lot — S. W. Corner Vine and Queen Sts.
--	---



"Serving Lancaster from Center Square since 1889"

LITITZ SPRINGS BRANCH Broad & Main Sts., Lititz  
 MILLERSVILLE BRANCH 302 N. George St.

Maximum Insurance \$10,000 per depositor  
 Member Federal Deposit Insurance Corporation

## WATER - FOOD - SOIL

## FEED - FERTILIZER

**Our Specialties!**

**LANCASTER LABORATORIES, INC.**

2425 New Holland Pike Lanc., Pa.

PHONE 656-9043

E. H. Hess, Ph.D. — Director

## CAN YOU RUN FAST ENOUGH?

Every now and then a family should sit down, talk over income and outgo... and then think about the future. And when you do...

A savings account that you add to regularly, one that earns a good return, will hasten the day when Dad can slow down, take it easy. In any amount, your account is welcome.

**ACCOUNTS INSURED TO \$10,000**



**25 North Duke St.**

Phone 393-0601

\*\*\*\*\*

**Automatic deliveries!**

We keep a chart of your "degree day" needs, based on daily temperatures. In this way, we know when you need oil, and make delivery without your call. You never run short of Texaco Fuel Chief Heating Oil.

We Give S & H Green Stamps

**GARBER OIL CO.**

MOUNT JOY, PA.  
Ph. 653-2021  
105 Fairview St.

\*\*\*\*\*