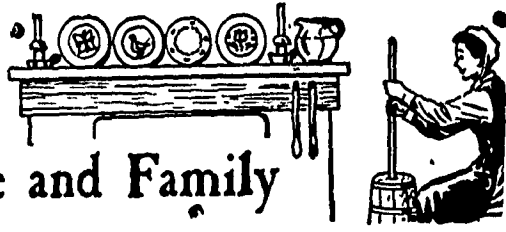


# For the Farm Wife and Family



By Mrs. Richard C. Spence

## SOUP'S ON!



SPENCE

"Soup's On!" means good eating any time of year, especially when the weather's cold and blustery. Let your family enjoy the hearty nourishment of good hot homemade soups. Whether you make your soup from "scratch" or use the already-prepared frozen or canned soups, you can serve your family nourishing dishes that will satisfy the hearty appetites that come from being out in the snappy weather of winter. Be different with the soup you serve, whether it's for a pair of toddlers or a whole family. Try something new and delicious like Chicken Asparagus Soup, easy to make and delightful to eat.

**CHICKEN ASPARAGUS SOUP**  
 1 1/2 cups (10 1/2 ounce can) cream of chicken soup  
 1 1/2 cups (10 1/2 ounce can) cream of asparagus soup  
 2 cups milk  
 Chopped parsley

In saucepan blend cream of chicken and cream of asparagus soups. Gradually add milk; heat to serving temperature. Garnish with chopped parsley. Makes 6 1/2 cups.

For a hearty quick lunch or Saturday night supper, make old-fashioned Potato Carrot Soup. Chopped onion and carrot steamed in butter enhance the flavor of frozen potato soup.

**POTATO CARROT SOUP**  
 1/2 cup (1 stick) butter  
 3/4 cup chopped onion  
 1 1/2 cups shredded carrot  
 1 can (10 1/2 ounces) cream of potato soup

your family to eat spinach; put it into a tasty soup. With onion and diced potato, milk and cheese and Worcestershire sauce, it's a hearty, hot meal they'll enjoy.

### POTATO & SPINACH SOUP

1/4 cup chopped onion  
 2 tablespoons butter  
 1 cup water  
 1/2 teaspoon salt  
 2 cups diced potato  
 2 cups chopped fresh spinach  
 2 cups milk  
 1 teaspoon Worcestershire sauce  
 1/4 teaspoon monosodium glutamate  
 Shredded Cheddar cheese

In a saucepan combine onions and butter; saute until onions are transparent. Add water, salt and potato; cover and cook 15-20 minutes or until potatoes are tender. Add spinach, bring to boil and cook 1 minute. Add milk, Worcestershire sauce and monosodium glutamate; heat to serving temperature but do not boil. To serve, top with Cheddar cheese. 4-6 servings.

### CREAM OF PEA SOUP

2 tablespoons butter  
 1/4 cup finely chopped onion  
 1 package (10 ounces) frozen peas  
 2 tablespoons flour  
 1/2 teaspoon salt  
 1/2 teaspoon marjoram  
 2 1/2 cups milk, scalded

In a medium saucepan, melt butter; simmer onion and frozen peas (not necessary to thaw) until tender (about 10 minutes). Blend in flour, salt and marjoram. Gradually add milk and cook, stirring constantly, until soup is slightly thickened. 3 1/2 cups.

### CHEESE CHICKEN CHOWDER

2 tablespoons butter  
 3 tablespoons minced onion  
 1 1/2 teaspoons salt

Dash of pepper  
 1 cup water  
 1 cup diced raw potato  
 1 package (10 ounces) frozen whole kernel corn  
 1 cup (5-ounce jar) cooked, diced chicken  
 1 1/2 teaspoons Worcestershire sauce  
 1 cup (4 ounces) shredded Cheddar cheese

In saucepan melt butter; add onion and cook until tender. Add salt, pepper, water and potatoes. Cover, bring to steam, reduce heat and simmer until potatoes are tender. Meanwhile, cook frozen corn in a small amount of water until tender. Add undrained corn, hot milk, chicken and Worcestershire sauce to potato mixture. Cook, stirring constantly, until mixture reaches simmering point. Remove from heat, add cheese and stir until cheese melts. Serve immediately. Makes about 5 cups.

To stay young, try associating with young people; to grow old faster, try keeping up with them!

In saucepan melt butter. Stir in onion and carrots. Cover, bring to steam, reduce heat and simmer over low heat 10-15 minutes, until carrots are almost tender. Stir in potato soup, milk, celery salt, salt and pepper; heat to serving temperature. 4 to 5 servings.

Treat your family to Cream of Pea Soup, an old-fashioned bowl of goodness that's so easy to make now. Simmer onion and frozen peas in butter, season with salt and marjoram, thicken with a little flour and blend with milk for a soup that really satisfies on a chilly winter day.

Here's a new way to get

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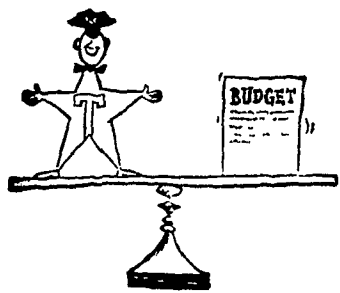


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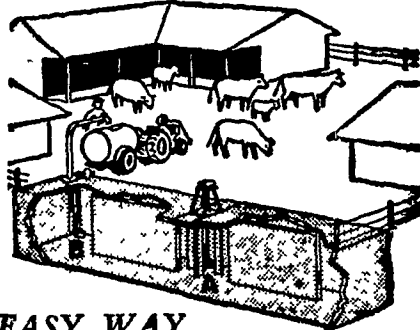
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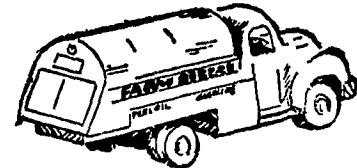
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