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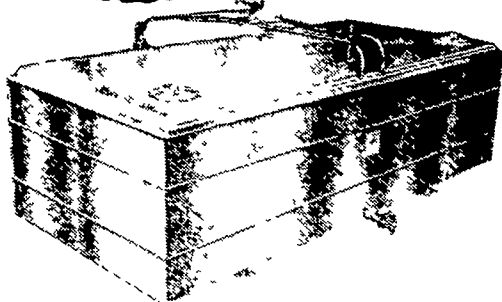
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Cheese adds extra flavor to soup

SYRACUSE, N.Y. — If you're persuaded there's nothing like soup to cure any number of ills, then cheese soup made with chicken stock is your dish. Even if you are not, soup is still a flavorful, nutritious and filling food.

Cheese, of course, contains the nutrients of milk in concentrated form. Thus, creamy soups like Cheese-Chicken and Swiss-Onion have extra protein and vitamins because they're made with both cheese and milk. For a hearty lunch or supper, either of these has the satiety value for a main dish.

In the case of both soups, vegetables are sauteed until tender, then flour is added for a roux to which is added the chicken or beef broth. After this has thickened slightly, milk is stirred into the mixture.

Cheese-Chicken Soup has cheese in the soup as well as atop for the garnish. Swiss Onion Soup has the traditional French bread, toasted and buttered with cheese sprinkled on top.

Canned soup is used as a convenience for both soups, but if you have your own chicken or beef broth made in advance and frozen, do, of course, substitute that.

These delicious, easy to make soups were tested in the kitchens of United Dairy Industry Association and brought to you by the American Dairy Association and Dairy Council of Syracuse, N.Y.

CHEESE-CHICKEN SOUP

- 1/4 cup butter
- 3/4 cup finely chopped celery
- 1/2 cup thinly sliced carrot
- 1/4 cup chopped onion
- 1/4 cup all-purpose flour
- 1 can (10 3/4 oz.) condensed chicken broth
- 3 cups milk
- 2 cups (8 oz.) shredded Cheddar cheese

Chopped parsley
Shredded Cheddar cheese

Melt butter in 2-quart saucepan; add celery, carrot and onion and saute until tender. Stir in flour; cook 1 minute, stirring constantly. Gradually stir in broth. Boil and stir 1 minute. Stir in milk. Heat to simmering point, stirring constantly.

Remove from heat and stir in cheese until melted. Return to low heat to finish melting cheese, if necessary. (Do not boil).

Sprinkle each serving with parsley and shredded cheese.

Yield: about 5 1/2 cups.

SWISS-ONION SOUP

- 1/4 cup (1/2 stick) butter
- 7 cups diced onions (about 2 pounds)
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 4 cups beef bouillon
- 4 cups milk
- 8 thick slices French bread, buttered, toasted
- 2 cups (8 oz.) shredded Swiss cheese

Melt butter in 4-quart saucepan; add onions and saute until tender, about 15 minutes. Stir in flour and salt, cook 1 minute, stirring constantly. Gradually stir in bouillon. Bring to a boil; reduce heat, cover and simmer 30 to 40 minutes. Stir in milk. Heat to serving temperature. (Do not boil).

To serve, ladle soup into ovenproof mugs or bowls. Top each with 1 slice French bread and 1/4 cup Swiss cheese. Place in preheated 325°F. oven 10 minutes or until cheese melts.

Yield: 8 servings (about 9 cups soup).

Grow vegetable plants from seed

FLEMINGTON, N.J. — There is a great deal of satisfaction in growing your own plants from seed. Although some gardeners can produce quality plants at home, most home gardeners are not successful.

Gardeners who try to grow their own vegetable transplants usually have three strikes against them from the start, namely light, humidity, and temperature.

Light intensity at home is often too low to grow healthy, stocky vegetable plants. Few homes have windows that receive full sunlight all day. The sunlight comes from one direction causing the plants to become spindly and lean in the direction of the sun.

The relative humidity in

most homes is below 20 percent while humidity in greenhouses is generally maintained at 30 percent or higher.

The temperature in most homes is too high to produce rugged vegetable plants even though thermostats are being turned down during the energy crisis. This is especially true for cold-season crops such as lettuce, broccoli, and cabbage.

There are some things that can be done to improve growing conditions at home. Ardent gardeners often rig lights over the plants to supplement the sunlight. Such lights should be kept a few inches above the seedlings to avoid burning.

One of the simplest ways to get the maximum use of

sunlight is to staple aluminum foil to a piece of heavy cardboard and stand it upright behind the seedlings. This will back radiate the sun and help correct the problem of the seedlings leaning toward the sun.

A piece of clear plastic attached to a frame and placed over the seedlings will help increase humidity. The side toward the sun should be left open for ventilation. The leaves will scorch if the tent becomes too hot. Care should also be taken to keep the plastic from touching the plants.

If you decide to start your own frost-sensitive vegetable transplants from seed, DO NOT START THEM TOO EARLY.

Tomatoes should not be seeded sooner than 6 to 8 weeks before the last frost in your area. Peppers and eggplants require 8 to 10 weeks to produce good transplants. Frost danger can vary greatly in a relatively small area.

After all is said and done, you'll probably have a better garden if your buy your vegetable plants from a professional plant grower. Good transplants should be bright green with stocky stems. Fruiting crops such as tomatoes should not have any small fruits on them at the time of purchase. Whatever you pay for your plants the cost is very small compared to the total value of the food you harvest.

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