
the carrots, celery, onions, beens,
water, salt and pepper. Mash and
add rest of ingredients. Simmer
10 minites. Any vegetable makes good
soup and the nice thing about soup is that you can make al-
most any combination. Vegeta-
bles, meat, fish. They all taste good cogether.
Theress a difference of opinion
as to the type of soup to be eatas to the type of soup to be eat-
en. Some women 1 ile eto make
ciear soup for their families, others always add cream. Some like the chowder type with meat or
vegetables lett pin fa ir I l large
pieces, so the mixture borders on
stew.
Then there's what goes in the cup. Rice, noodles, barley,
cracker, croutons or sour whip-
ped cream (the Russians ent ped cream (the Russians eat the
latter on their cabbag e-beet But whether it's thick soup or
thin, meat -soup or vegetable, broth or chowder, it is still good,
and $f 111 \mathrm{ing}$ and if we haven't and it's ang and in we haven't
made
wtrih our while to do it so. will be Today's Menu $\underset{\substack{\text { Meat balls that make a little } \\ \text { meat go a long way, will be the } \\ \text { day's main dish. }}}{\text { main }}$ 's main dish.
Lettuce-carrot salad
Swedish meat
balls Noodes
Chocotated peas SWEDISH MEAT BALLS
WITH
NOODLES $1 / 2$ pound ground beef
1
1
ounce
ground 1
1
1
smaaspoon sand satit
tablespon flour 1 teaspoon salt
1 tablespoon flour
tat. Combine beef, suet, onion and
salt. Shape into 1 1inch balls,
coll in flour and ron in flour and brown balls, slowl
tn hot fat until cooked. Remove In hot fat until cooked. Remove
trom pan. Make a brown gravy
with remaining with remaining fat, using 2
tablespoons of flour and 1 cup
of milk or water to each 2 tablespoons of fat in pan. Season
to taste. Serve gravy and meat
balls on top of hot cooked nooRATION CALENDAR





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TEXTURE

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Soldiers' "Cigs" Purchased New Campaign


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