



GLAMOUR ADDITION—Souper drinks for any weather. That old standby canned soup becomes a glamour addition to breakfast, lunch or dinner when served hot or chilled in interesting, unusual containers. Soup combinations, seasonings and service are discussed in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Seasoned Canned Soups, Combinations Add Interest

That old standby canned soup has taken on a new look. Many new looks to be exact. The always popular soup part of soup and sandwiches for a quick lunch is now served in many guises. For instance: it is served as a hot satisfying breakfast addition; hot or icy-cold for a glamorous luncheon accompaniment; as a break in the mid-morning or afternoon; in the living room as a before dinner appetizer.

New combinations of soups and savory seasoned long-time favorites are being presented in unusual receptacles. Soup lovers are drinking them cold from goblets, glasses, tasters; hot from mugs, demitasse, regular or jumbo-size cups, and heat-proof glassware with handles or other holders.

Cold Days-Hot Soups
With the weather still a bit precarious we'll consider first some new ways for spicing-up hot soups. One can soup diluted makes approximately three servings.

Hot Spiced Cream of Celery Soup. Dilute contents of one can of condensed cream of celery soup with one can water or milk; add a generous dash of nutmeg and heat as directed.

Hot Buttered Black Bean Soup. Combine one can condensed black bean soup with one cup water and heat to a simmer. Add a dash of Angostura bitters for a subtle flavor flourish. Pour into cups and float a pat of golden butter on each serving. We like wedges of lemon for squeezing with this.

Hot Sherried Onion Soup. Dilute one can condensed onion soup with one cup water and one-fourth cup dry sherry. Heat to simmering and serve in mugs or cups.

Other Hot Ideas. Add sherry to any of the canned or frozen fish soups after preparing according to label instructions. . . . Serve beef broth as a breakfast beverage or as a low calorie energy giver for mid-morning or afternoon snacks. . . . Spice beef broth with a bit of curry powder, Worcestershire sauce or crushed tarragon leaves. . . . Add dash of thyme or marjoram to cream of chicken soup. . . . Celery seed added to cream of celery soup makes for extra-bodied flavor.

Hot Days-Cold Soups
The service of chilled soups on hot days is becoming the rage. These souper-drinks may be served as long tall potables, marbled or mixed potables, soup shakes, or just over the rocks. Naturally, you serve them in suitable containers. One can soup diluted makes approximately three servings.

Celery-Asparagus Soup Shake. Combine contents of one can chilled condensed cream of asparagus soup, one can chilled condensed cream of celery soup and two soup cans cold milk. Add a dash of Worcestershire or other seasoning if desired. Shake or blend smooth. Serve in pre-chilled pottery mugs or tall glasses.

Puree Mongol Soup Shake. Take one can each of chilled condensed tomato and green pea soup; dilute with two cans cold milk. Add dash of favored seasoning, one teaspoon lemon juice and a dash of Angostura bitters if you wish. Shake smooth. Pour into chilled tall glasses.

Souper Striped Frosted. Combine contents of one can chilled condensed cream of chicken soup with one can cold milk. Shake or blend smooth. Season with dash of seasoned salt. Thin one-half can condensed black bean soup with one-third cup water. Pour chicken soup into goblet or tall glass until about one-third full. Pour a little black bean soup mixture into the center. Repeat until goblet is nearly full. With a knife carefully spiral the dark center towards the side of the glass until you achieve a marbled effect.

Hot Spiced Cream of Celery Soup. Dilute contents of one can condensed cream of celery soup with one can water or milk; add generous dash of nutmeg and heat as directed. Serve in cups, mugs.

Beef Broth on the Rocks. Pour beef broth just as it comes from the can over ice cubes or chips in Old-fashioned glasses.

Bananas Bargains in Good Eating
Bananas are a banner buy as the biggest crop in five years is harvested and available in fine quality as well as quantity. Eighty-eight calories is average for a banana, thus making it a favorite on low-calorie diets. Low in fat, moderate in carbohydrates, bananas possess vitamins A and C, a good balance of minerals and other nutrients. Let the children eat all they want.

Mostly eaten out-of-hand, bananas are also favored sliced over cereals and puddings. You can also bake them, broil them, fold them into an omelet to go with broiled ham or bacon; and you can fix them like this.

Banana Fritters
This is one of our favorite desserts when topped with slightly sweetened whipped cream or rolled in powdered sugar. Also excellent when served plain as a vegetable. Choose bananas that are quite firm (all yellow skins with no brown spots).
3 to 4 firm bananas
1/4 cup flour
1 cup sifted flour

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2 teaspoons baking powder
1 1/4 teaspoons salt
1/4 cup sugar
1 egg, well beaten
1/3 cup milk

2 teaspoons melted shortening
Peel bananas and cut each crosswise into three or four diagonal pieces. Roll in the one-fourth cup flour. Make fritter batter by sifting together the one cup flour, baking powder, salt and sugar in a mixing bowl. Combine egg, milk and shortening; add to dry ingredients and mix until batter is smooth. Now dip floured bananas into batter and fry in deep or shallow fat which has been heated to 375 degrees or until a one-inch cube of bread will brown in about 40 seconds. Cook four to six minutes or until well-browned, turning frequently to brown evenly. A hot fruit sauce or syrup may be served with these. Makes six to eight servings.

Another Banana Suggestion:
Peel and slice ripe bananas (those with yellow peel flecked with brown). Arrange in a dessert dish or small bowl. Top with spoonfuls of sour cream. Sugar may be sprinkled on top, if desired. Serve immediately.

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