



CANNED CONDENSED SOUPS are the base of these recipes. For a large tureen, Chicken "Soup-Reme" made with cream of celery, cream of chicken and chicken gumbo soups; Puree Mongole in mugs combines green pea and tomato; Gazpacho uses tomato. All good and colorful for summer eating from a new recipe booklet, "Wonderful Ways with Soups" for a dime from Campbell Soup Company, Box 666, Camden 1, New Jersey.

Soup Talk

Canned condensed soups really show off their many advantages in this recipe booklet. Whether you cook bachelor-style or family-style, the more than 200 recipes, serving ideas, garnish suggestions and menus will fit your kind of living. Easy, economical and rewarding ideas, one and all.

Future year-round menus are here... old favorites with new twists, new pots with "rave notices"... a wonderful array with guaranteed results! Here is just a sampling of some of the ideas. Your pantry or refrigerator holds the necessary ingredients. Canned condensed soups, of course, are the bases. From here, you can explore... soup as soup is always good, and good for you. Soup in casseroles, skillet dishes, salads, and even dessert means celebrated eating.

CHICKEN "SOUP-REME"
1 can (10½ ounces) condensed cream of celery soup
1 can (10½ ounces) condensed cream of chicken soup
3 soup cans water
1 can (10½ ounces) condensed chicken gumbo soup
Combine cream of celery and cream of chicken soups in large saucepan; stir until smooth. Blend in water and chicken gumbo soup. Heat thoroughly. Makes six to eight servings.

PUREE MONGOLE
1 can (10½ ounces) condensed green pea soup
1 can (10½ ounces) condensed tomato soup
1 cup milk
1 cup water
Blend soups, milk, and water in saucepan. Heat, but do not boil. Makes four servings. Add a dash of curry powder, if desired.

GAZPACHO
1 can (10½ ounces) condensed

tomato soup
1 soup can water
1 cup thinly sliced cucumber (1 small cucumber)
½ cup finely chopped green pepper
¼ cup minced onion
¼ cup olive oil
2 tablespoons wine, vinegar
1 small clove garlic, minced
Dash Tabasco
Dash salt
Dash black pepper

Combine all ingredients in large bowl. Cover and place in refrigerator for at least four hours (longer if possible). Stir gently. Serve in well chilled bowls; or in bowls set in containers of crushed ice. Garnish with lemon or lime slice. Makes four servings.

SALAD RING

Slim Jane Salad Ring is a recipe weight - watchers will like. Though it tastes rich, it's made from foods relatively low in calories - flavorful canned fruit cocktail, cottage cheese, gelatin and evaporated milk. You'll find canned fruit cocktail a timesaver in salad making because it gives you five luscious fruits - cling peaches, pears, pineapple, grapes and cherries - cut into convenient bite-size pieces.

SLIM JANE SALAD RING
1 (No. 2½) can fruit cocktail
1 package lemon-flavored gelatin
¼ cup fresh lemon juice
1 pint cottage cheese
½ cup chilled evaporated milk (or whipping cream)
Salad greens

Drain one cup syrup from fruit cocktail; heat, and dissolve gelatin in it. Blend in lemon juice. Cool. Stir in cottage cheese. Chill until thickened. Whip chilled milk in chilled bowl until thick. Fold in cheese mixture and ½ cups drained fruit cocktail. Turn into 8-inch ring mold. Chill until firm. Unmold and garnish with salad greens and fruit cocktail. Makes six to eight servings.

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

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TAKE IT EASY now that summer is here. Plan meals for two or three so there is only one dish that requires much preparation and serve with a heated frozen vegetable or sliced ripe tomatoes.



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EASY SUMMER COOKING

Cooking for two and avoiding extensive leftovers — sometimes takes a little figuring. For some reason or other, leftovers are a little easier to dispose of in the winter months than during the hot summer when appetites are inclined to be a little finicky, anyway.

Frozen vegetables are usually packaged to serve four. Saw the portion in two and quickly return one half to the freezing compartment. Cook the half package according to directions — and don't overcook vegetables.

One hot dish makes a meal, usually, but a casserole of macaroni

and cheese or a noodle casserole usually calls for one vegetable in addition to the salad.

Eye appeal goes a long way in the summer time in the struggle to get the family to eat well. Plenty of nourishing food is just as important when the thermometer soars as when it is cold. It takes energy to resist heat. So don't forget rich, nutritious meat pies, meat loaves, stews and even baked beans during summer. Do serve sliced ripe tomatoes, lots of other raw vegetables, fruits and salads and lighter desserts.

Macaroni and cheese makes an excellent main dish for a summer lunch or dinner. Add sliced mushrooms if you want to be fancy and a topping of buttered bread crumbs with grated parmesan sprinkled over all. Many of you will not want bread with such a meal.

Jellied consomme (put canned consomme in the refrigerator and it jells beautifully) served with wedges of lemon make a good starter for the meal. Wafers and sherbet are a light and satisfying dessert.

Cinnamon Surprise

Delicate, fluffy and refreshing describes Cinnamon Surprise. It's a simple-to-serve and sure-to-please dessert featuring California Rose wine. There's only a light touch of cinnamon but it picks up the other flavors in delightful fashion. Try this fine California wine as a pleasant beverage, either lightly chilled with your meals or in combination with fruit juices as a warm weather punch.

CINNAMON SURPRISE

1 envelope plain gelatin
¼ cup water
¼ cup orange juice
¼ cup California Rose wine
1-3 cup sugar
2 tablespoons fresh lemon juice
½ teaspoon cinnamon

Soften gelatin in water. Heat orange juice to boiling; add softened gelatin, stirring until it dissolves. Add all remaining ingredients and stir until sugar dissolves. Chill until mixture mounds on a spoon. Beat with a rotary beater until fluffy. Spoon into sherbet glasses. Chill until firm. Makes four servings.

COLORFUL SALAD

A pretty pastel fruit salad dressing is made quickly just by blending a tablespoon or so of red currant jelly into Tang or your favorite salad dressing. Try it with crisp shredded cabbage if you like a touch of sweetness with cold slaw.

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