

# FOOD & FAMILY

## Soups Prove Basis Of Nutritious Meal

**By BEA WEBB**  
Southern Calif. Gas Co.  
Home Economist

Soups provide good nutrition as well as variety. Serve hot and hearty soups as main courses for lunches or Saturday evening suppers. Green salads, bread sticks or French bread rolls make good accompaniments and would complete the meal. For real quick meals start with canned soups and personalize them with your own variations, perhaps adding a favorite herb or spice or combining two different kinds of canned soup. For those of you with more available time here are three good recipes from our files that we think you will enjoy trying.

**BALDON POTATO SOUP**  
4 medium sized potatoes  
4 slices bacon, cut in small pieces  
1 large yellow onion, diced  
1 clove garlic  
1 tsp. celery salt  
1/2 tsp. black pepper  
small pinch thyme  
1 qt. milk  
1 1/2 cup light cream  
1 bunch green onions, minced  
2 Tbsp. flour

Boil potatoes until tender in water to cover. Save liquid. Dice potatoes and set aside. Fry bacon until crisp in the bottom of a large soup kettle on your modern gas range, using the automatic top burner set at 275 deg.

Remove bacon and saute onion in drippings. Turn off the burner. Hash garlic to a paste with celery salt and add to onions along with po-

3/4 cup peas  
1/3 cup macaroni, broken in very small pieces  
1 to 2 cups tomatoes, stewed or canned  
1 cup red kidney beans, cooked  
1 Tbsp. parsley, chopped (optional)  
1 1/2 cups American or parmesan cheese, grated

Cook bacon or salt pork slightly; add onion, leeks, carrots, turnips, cabbage, celery and garlic; simmer about five minutes or until soft but not browned. Add soup stock and seasonings; boil gently about 15 minutes; add potatoes and cook 10 minutes longer. Add peas and macaroni; cook 10 to 15 minutes or until all vegetables and the macaroni are tender. Add tomatoes, kidney beans and parsley. Just before serving add grated cheese; stir over low flame until cheese is melted. Makes about eight servings.

**SIMPLEST CLAM CHOWDER**  
2 slices salt pork or bacon  
1 qt. milk  
1 onion, chopped  
3 or 4 potatoes, pared and diced  
water  
1 to 2 cups fresh clams  
7 oz. can minced clams  
salt and pepper

In a heavy kettle fry the salt pork or bacon. Heat milk using the automatic top burner set at 170 deg. When pork is browned, remove and set aside.

To the fat in the kettle add the onion and let simmer until soft; then dice the pork or bacon and add with the diced potatoes, barely cover with water, cover kettle and cook until tender.

If you are using fresh clams, grind them coarsely in the food chopper, or cut them up with scissors; whether fresh, or canned, add the clams with their liquid to milk and let heat at 170 deg. When the potatoes are tender, add the hot milk and clams, season to taste, heat just to boiling and serve. Serves two to three.



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tato liquid, seasoning, milk and cream. Heat thoroughly on automatic top burner set at 180 deg., do not boil. Add cubed potatoes and finely minced green onions and keep just below the boiling point (180 deg. to 200 deg.) for 8 to 10 minutes. Mix flour with a little water in a small saucepan, add 2 cups of the soup and cook until thick and creamy; then stir into soup. Serve with a lump of butter in each dish. Serves 6 to 8.

**MINESTRONE**  
1/4 cup bacon or salt pork, diced  
3/4 cup onion, chopped  
1/2 cup leeks, chopped  
3/4 cup carrots, diced  
3/4 cup turnips, diced  
1 cup cabbage, shredded  
1/2 cup celery, sliced  
1/2 clove garlic, chopped (optional)  
2 qt. soup stock  
1 tsp. salt  
1/4 tsp. pepper  
1 1/2 cup potatoes, diced

## Vanilla Sweetens

Reminder to the calorie counters—a little pure vanilla extract added to fruit brings out natural flavor, reduces the need for added sweetening. Try it with this fresh-as-a-daisy spring dessert. Yield six servings. Calories, 97 per serving.

**VANILLA MULLED FRESH FRUIT**  
1 cup fresh orange sections  
1 cup fresh grapefruit sections  
1 unpeeled apple, sliced  
1 medium size pear  
3 tablespoons sugar  
2 teaspoons fresh lemon juice  
1/2 teaspoon pure vanilla extract  
1 tablespoon butter or margarine

Arrange fruit in layers in a 1-quart baking dish, sprinkling each layer with sugar. Combine lemon juice and pure vanilla extract and sprinkle over the top. Dot with butter or margarine. Cover and bake in a preheated moderate oven (350 deg. F) 20 to 30 minutes. Serve hot.



LEMON CARAWAY CASSEROLE BREAD in confectioners' sugar frosting. has hint of lemon in the loaf, more lemon

## No-Knead Batter Breads Feature Flavor, Texture

Specialty breads have a way of perking up an otherwise pedestrian meal—and most homemakers find that occasionally, meals could stand a little perking up!

If you're a beginner at the art of meal-planning, you probably have several main dish favorites that you rely on company meals. Take a look at the following recipes for Thyme Luncheon Loaf and Lemon Caraway Casserole Bread and see if they don't look good. Both are easily made no-knead batter recipes, and both feature unusual and delicious flavor.

**Rough Texture**  
Batter breads have a characteristic rough texture which many people find more interesting and more "home-made" looking than the traditional kneaded loaves. They can be baked in a round casserole dish or in regular bread pans, as shown.

This menu including Thyme Luncheon Loaf may give you some good serving ideas for company meals.

**Chaffing Dish Menu**  
Orange Fruit Cup  
Chicken Divan  
Thyme Luncheon Loaf  
Relish Platter  
Sponge Cake  
Coffee

Chicken Divan can be prepared and served easily in a chaffing dish. Place slices of breast of chicken in the blazer and top with cooked broccoli. Heat undiluted condensed cream - of - chicken soup and grated cheddar cheese thoroughly; pour over chicken and broccoli and keep warm until ready to serve.

**Thyme Luncheon Loaf**  
(Makes 1 loaf)  
1 1/4 cups warm water (105 deg. - 115 deg. F.)  
1 package or cake Fleischmann's Yeast, active dry or compressed  
2 tablespoons Fleischmann's Margarine, softened  
2 tablespoons sugar  
1 1/2 teaspoons salt  
1 teaspoon leaf thyme  
2 3/4 cups unsifted Gold Medal Flour  
Melted Fleischmann's Margarine

Measure warm water into large warm bowl. Sprinkle or crumble in Fleischmann's Yeast; stir until dissolved. Stir in Fleischmann's Margarine, sugar, salt, thyme and half the flour. Beat 2 minutes at medium speed on electric mixer, or 150 vigorous strokes by hand; scrape

**VISIT DISNEYLAND**  
Temple Menorah's Senior Youth Group will visit Disneyland Saturday where they will meet with temple youth groups from San Diego. The chartered bus will depart at 1 p.m. and return at 10 p.m. Reservations chairman is Mike Cole, FR 5-1413.

sides and bottom of bowl frequently. With spoon beat in remaining flour until smooth. Scrape batter down from sides of bowl. Cover; let rise in warm place, free from draft, until doubled in bulk, about one hour.

Stir down batter by beating 25 strokes. Turn into greased 1 1/2 quart casserole, or a greased 9 x 5 x 3 - inch bread pan. Bake in moderate oven (375°F.) 45 to 50 minutes or until done. Brush top of loaf with melted Fleischmann's Margarine.

**Delicate Flavor**  
A hint of lemon and a sprinkling of caraway seeds add delicate flavor to this casserole bread. If you love lemon-y flavor, substitute making the confectioners' sugar frosting.

**Lemon Caraway Casserole Bread**  
(Makes 1 loaf)  
1 cup milk  
1/2 cup sugar  
1 teaspoon salt  
1/2 cup (1 stick) Fleischmann's Margarine  
1/2 cup warm water (105° - 115°F.)

2 packages or cakes Fleischmann's Yeast, active dry or compressed  
3 3/4 cups unsifted Gold Medal Flour  
2 teaspoons caraway seeds  
1 teaspoon lemon extract  
Confectioners' sugar frosting

Scald milk. Stir in sugar, salt and Fleischmann's Margarine; cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in Fleischmann's Yeast; stir until dissolved. Stir in lukewarm milk mixture. Add flour, caraway seeds and lemon extract; beat well. Batter will be stiff. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Stir batter down. Turn into well-greased 1 1/2 quart casserole, or a greased 9 x 5 x 3-inch bread pan. Bake in moderate oven (350°F.) 40-50 minutes or until done. Remove from casserole. Frost while hot with confectioners' sugar frosting to glaze loaf.

Stir into well-greased 1 1/2 quart casserole, or a greased 9 x 5 x 3-inch bread pan. Bake in moderate oven (350°F.) 40-50 minutes or until done. Remove from casserole. Frost while hot with confectioners' sugar frosting to glaze loaf.

Stir into well-greased 1 1/2 quart casserole, or a greased 9 x 5 x 3-inch bread pan. Bake in moderate oven (350°F.) 40-50 minutes or until done. Remove from casserole. Frost while hot with confectioners' sugar frosting to glaze loaf.

## Sewing Circles

By Becky Schaeffer

It has been estimated that in every other home in the land there is a sewing machine. Yardage stores spring up everywhere and the department stores have a wide range of fabrics. Why is it, then, that I hear so many women say that they do not sew? I have heard many reasons for not sewing. It requires patience. It is time consuming. Patterns are complicated and sewing classes are crowded. My answer to these ideas is that sewing, like good cooking, is a skill acquired by experience.

Learning to sew, or building on what you already know, need not be tedious or frustrating. My personal formula for combating the "Housewife blues" is a length of material and a sewing machine. It provides what we all need, — a feeling of being useful and creative.

Many women make the mistake of trying to make a suit before they have made an apron. While this approach is destined for failure, it does not necessarily mean that long, uninspired training is needed. While many mothers no longer

have the time to teach their daughters the art, there are many people — our senior citizens, for example, — who not only have the time, but would enjoy having the opportunity to pass on their skills.

A club has been formed here in Torrance to bring about such opportunities. But for those who do not find a club convenient, we hope that this column will serve as a source of useful information.

We will discuss ideas of interest to both the novice and the experienced seamstress, and give an occasional helpful hint that may both make your work faster and more efficient.

Questions addressed to me, care of Torrance Press, will be answered if we can. Your ideas are welcome, as well as your comments, concerning this column.

### HELPFUL HINT FOR TODAY

When sewing on outing flannel, you may find buttons pull off easily. Try a one inch square of muslin or interlining inside the facing at the point where you sew the button. Its stiffness will hold the thread without tearing.

## Chocolate, Cherries Hide in Treasure Chest Bars

Chocolate and cherries team up as flavor treasures in treasure chest bars, rich chocolate cookies topped with brown butter frosting.

**TREASURE CHEST BARS**  
Bake at 325 degrees for 25 to 30 minutes. Makes about 3 dozen.

Sift together 2 cups sifted all purpose flour, 1 1/2 teaspoons double-acting baking powder and 1/2 teaspoon salt. Set aside.

Add 1/2 cup firmly packed brown sugar and 1/2 cup sugar gradually to 1/2 cup butter, creaming thoroughly.

Blend in 2 unbeaten eggs; beat well after each, and 1 teaspoon vanilla. Beat until fluffy.

Add dry ingredients, alternately with 3/4 cup milk; begin and end with dry ingredients. Blend well after each addition.

Stir in 1 cup salted mixed nuts, broken in large pieces, 1 cup well-drained maraschino cherry halves and 1 large (4 1/2 oz.) chocolate candy bar, cut in small pieces, or one 6-oz. (1 cup) semi-sweet

chocolate morsels. Turn into 15x10x1-inch jelly roll pan or two 9x9-inch pans, greased and floured on bottom.

Bake at 325 degrees for 25 to 30 minutes. Frost warm. Cool. To serve, cut in bars or squares. To store, cover with waxed paper.

**Brown Butter Frosting**  
Brown 1/4 cup butter over medium heat until deep brown. Remove from heat. Blend in 2 cups sifted powdered (confectioners) sugar and 1/2 teaspoon vanilla. Add 2 tablespoons milk; beat until smooth.

**360 SCHOOL TEACHERS**  
The USA has 360,000 school teachers, trained under the GI Bill of Rights, according to the Veterans Administration.

**360,000 DOCTORS**  
More than 360,000 doctors, nurses and dentists were trained under the GI Bill of Rights, according to Veterans Administration figures.

## COOK OF THE WEEK

Cook of the week is Mrs. A. Dehn of 1522 252nd St., Harbor City, whose recipe for Extraordinary Cake uses a mix as the basis for a chocolate nut pudding cake. Mrs. Dehn receives \$5 for her winning recipe.

If you have a favorite recipe you would like to share with readers of the PRESS send it to the Food Editor, Torrance Press, 3238 W. Sepulveda Blvd., Torrance.

**EXTRAORDINARY CAKE**  
1 cup brown sugar  
1/4 cup cocoa  
2 cups water  
12 marshmallows, quartered  
1 pkg. devil's food cake

mix  
3/4 cup broken nut meats  
In a 13x9x12 pan mix brown sugar and cocoa. Add water and stir until blended. Scatter marshmallows over mixture. Make cake mix according to directions and pour over the cocoa mixture. (Some of the marshmallows will rise to top.)

Sprinkle nut meats over all and bake at 350° 50 to 55 minutes. Cake is done if it springs back when touched lightly in center. A rich pudding forms under cake. Serve in individual pieces of cake topped with its own "sauce" and ice cream or whipped cream.



THYME LUNCHEON LOAF is flavorful bread to serve with Chicken Divan for a "special company" meal