

## MODERN SOUP

**T**HE day of the "Stock-pot" is long-past, and most present-day house-keepers have never even known it. It had its advantages in the day of the big, ever-hot kitchen range, when for hours, day after day, the huge oval iron pot could be kept simmering, and into which went most of such left-overs as the bones from the joint, outside leaves of vegetables, and remnants of gravies and sauces, as well as good fresh shins of beef and soup bones. It had some obvious disadvantages, too, besides the big present-day one of the use of fuel, whether gas, electricity or coal.

Modern soups are quickly made, with due regard for maximum value, and a substantial soup, in which tiny savoury dumplings have been boiling for the last 20 minutes, is now quite fashionable as a main dish, followed by a mixed salad of raw vegetables and fruit, and "topped off" with a cup of coffee and a sweet biscuit or hot scone.

Clear, thin soups are really only appetisers, stimulating the flow of digestive juices, but we may make good, nourishing vegetable soups with or without meat, besides fish-soup and cream (or milk) soup. Here are some suggestions for vegetable soups. A dash of sugar brings out the flavour of all vegetable soups.

### Leek Soup

Melt 1oz. butter in a saucepan, add 2 medium-sized potatoes, washed and sliced, but not peeled, and 4 good-sized leeks, cut up small. Cook in butter with lid on saucepan for a few minutes, without browning. Add 1½ pints of hot water, and boil for three-quarters hour. Strain through sieve, pressing well; add equal quantity of hot milk, and 2 tablespoons fine sago. Season to taste. Simmer till sago is cooked, and serve.

### Cream of Parsnip Soup

Lightly take the outside skin off 3 medium parsnips, and mince them. Simmer for half an hour with 1 cup of water. Press all through a sieve and return the pulp and liquid to the saucepan. Add salt to taste, and 1 pint of milk. Thicken with cornflour (or flour), add 1 or 2 tablespoons finely-chopped parsley, and serve very hot.

### Vegetable Soup Without Stock

Two large potatoes, 1 small cauliflower, 1 small turnip, 1 onion, 2 sticks of celery, 2 pints of water, 1 pint milk, 1oz. butter, 2 level tablespoons cornflour, salt. Wash and cut the potatoes into thin slices, wash and break the cauliflower into small pieces. Cut the other vegetables and boil all in the water till tender. Push through sieve and return to the saucepan with the milk, butter and salt. Add the cornflour, previously mixed with a little cold milk, and boil for five or six minutes, stirring all the time.

### Another Vegetable Soup

Peel and slice an onion, scrub and cut up 6 fair-sized potatoes, a turnip, a parsnip, the white part of some silver beet, 2 carrots and a good-sized piece of pumpkin. Cook all these for a few minutes in sufficient butter or margarine,

but do not brown. Season with pepper and salt. Then cover with water, and boil till tender. Mash the vegetables, and return to the water in which they were cooked, add an equal quantity of milk, or enough to make the required

### Home-made Cream Cheese

Fill a muslin bag with thick, sour milk. Allow it to drip into a basin placed underneath for 24 hours. This whey may be used in soups or for mixing cakes. Remove the "cheese" from the bag, add seasoning (including chopped chives if liked). Mash well with a fork, and fill small jars. Use as a sandwich spread.

thickness, or thicken with a little cornflour. Simmer for a few minutes. May flavour with a little meat-extract for a change. Serve with very thin, dry toast.

### Artichoke Soup

Melt 1oz. butter in stew-pan, add 2 onions cut up, and simmer a few minutes without browning. Add about 2 pints water and 6 or 8 artichokes, cut up finely. Cook all gently till very soft. Strain through sieve, pressing well. Return to pan, add equal quantity of milk, bring to the boil, and thicken with flour or cornflour. Season to taste.

### MORE SOUPS NEXT WEEK

## FROM THE MAIL BAG

### Mildew on White Clothes

Dear Aunt Daisy,

Can you help me to restore a badly mildewed tablecloth? I've tried endless bleaches and soakings in various solutions hoping for a miracle, but the mildew still persists. Of course it was my own fault for leaving it so long in a damp condition before ironing, but that is no consolation, is it?—"Waiuku."

### Javelle Water

I wonder if you tried the old-fashioned Javelle Water? I think it never fails, and it is so easy to make at home. Just leave half a pound of chloride of lime to stand in 2 quarts of cold water overnight. Dissolve 1lb. washing soda in a quart of boiling water, and when cold, add to the lime water, which has been well strained through muslin. Mix equal quantities of this Javelle Water and fresh water, and soak the clothes for a few hours. Then boil or wash the clothes as usual. Use only on white clothes, as it is a bleach.

Another and easier method, is just to dissolve a quarter-pound of chloride of lime in a gallon of soft water, and soak the clothes in that for an hour or two. Then wash in water containing a little vinegar, to neutralise the lime. One woman, when using this method for a badly mildewed cloth said she saw the mildew disappear before her eyes.

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because it's made with

**Bournville cocoa**

### Chocolate Date and Nut Cake

½ lb. butter, 1 lb. flour, ½ lb. sugar, ½ lb. walnuts, ½ lb. dates, 2 good teaspoons vinegar, 2 teaspoons golden syrup (warmed) or 1 dessertspoon raspberry jam, 2 small teaspoons soda, 1 cup milk, 2 teaspoons Bournville Cocoa. Cream butter and sugar, add soda dissolved in milk, slowly and alternately with dry ingredients. Add nuts and dates (chopped up) and then the golden syrup or jam. Beat all together and add vinegar last. Bake 1 hour in a moderate oven.

### Youngsters love this Pudding

1 dessertspoon Bournville Cocoa, 1 tablespoon sugar, 2 teaspoons gelatine, ½ pint cream, 1 teacup milk, 2 eggs. Warm the milk and mix in cocoa and egg yolks. Place in double saucepan till nearly boiling, stirring all the time. Add dissolved gelatine and set aside to cool. Whip whites and cream separately and when mixture is cold add beaten whites and cream lightly. Pour into glass dish.

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