

Outlook on Lifestyle

Soup, cuisine's kindest course



Cream of Green Bean Soup — elegant, easy appetizer.

Served as a first course or as the meal itself, the restorative powers of a colorful, steaming soup are universally appreciated. No food says "welcome and bon appétit" so eloquently as does soup.

Now that the days are cooler, it's time to bring out the soup pot and try new combinations to delight your family. Green Giant canned vegetables are an ideal ingredient for home-made soups. They eliminate time consuming preparation steps as well as seasonal variations in vegetable supply and quality.

Purée soups, such as this Cream of Green Bean Soup, are classic appetizers for multi-course meals. Few appetizers are as quick and easy to prepare as this soup. But don't limit this delicious soup to special occasions. It's just as wonderful served with a sandwich for lunch.

Cream of Green Bean Soup
1 can (398 mL/14 oz) Green Giant Cut Green Beans, undrained
2 tbsp finely chopped onion
1 tbsp butter or margarine

1 tsp chicken bouillon powder
1 cup half and half cream (18% B.F.) or milk
Seasoned croutons

In food processor bowl with metal blade or in blender container, purée green beans until smooth. In medium pan, sauté onion in butter until tender. Stir in puréed beans and bouillon; cook over medium heat just until soup begins to bubble. Add cream or milk. Heat gently, stirring frequently; do not boil. Garnish each serving with croutons. *Makes 3 to 4 servings.*

Meal-in-a-bowl
Soup which is a meal in itself thrives on a variety of components. Common sense and a bit of discretion usually yield a tasty concoction from foods on hand in your own kitchen. If you don't feel confident in creating such a "from scratch" soup, try this recipe. You'll find most of the ingredients already in your cupboard or refrigerator. The unique blend of colorful ingredients and flavors will make this recipe a family favorite.

Mexican Meatball Soup

Meatballs:
1 lb (500 g) ground beef
¼ cup uncooked rice
2 tsp chili powder
1 tsp salt
¼ tsp oregano
1 clove garlic, chopped

1 egg, beaten
Soup:
1 tbsp vegetable oil
½ cup coarsely chopped onion
½ cup sliced celery
1 clove garlic, chopped
4 cups beef broth
1 can (213 mL/7 ½ oz) tomato sauce
¼ tsp oregano
1 medium green pepper, cut into ½-inch squares
1 cup sliced zucchini
1 can (341 mL/12 oz) Green Giant Niblets Whole Kernel Corn, drained
1 can (398 mL/14 oz) Clark Beans with Pork in Tomato Sauce
1 large tomato, peeled, chopped coarsely
½ cup grated cheddar cheese

In large bowl, combine 7 meatball ingredients; mix well. Shape into 1-inch meatballs. In a large skillet, brown meatballs; drain on paper towels.

In large pot, sauté onion, celery and garlic in oil until tender. Stir in beef broth, tomato sauce and oregano. Bring to a boil; stir in meatballs and green pepper. Reduce heat; cover and simmer 20 minutes. Stir in zucchini, corn, beans and tomato. Simmer, uncovered, for an additional 8 to 10 minutes or until zucchini is tender-crisp. Serve sprinkled with cheese. *Makes 6 to 8 servings.*

No bake mincemeat cheese cake

1 cup (250 mL) vanilla wafer crumbs
1/4 cup (50 mL) butter or margarine, melted
1-3/4 cup (455 mL) Crosse & Blackwell Mincemeat
4 cups (1000 mL) miniature marshmallows
1/3 cup (75 mL) orange juice
2 pkg (500 g) cream cheese, softened
2 tsp (10 mL) grated orange rind
6 oz. (170 mL) Nestlé Pure Thick cream, chilled and well shaken
1/4 cup (50 mL) candied fruit

Combine crumbs and melted butter. Press onto the bottom of a 9" spring-form pan. Chill. Spread mincemeat over crust. Melt marshmallows with orange juice in a double boiler. Stir until smooth. Chill until thickened. Combine softened cream cheese and orange rind. Blend in marshmallow mix-

ture, fold in chilled Nestlé Pure Thick Cream. Pour over mincemeat. Chill until firm. Garnish with candied fruit before serving.
MAKES 10-12 servings.



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Ask Your Pharmacist

Nausea is undoubtedly one of the most unpleasant feelings a person can have. The desire to avoid it is understandable, but medication to deal with nausea should never be taken until the exact cause has been identified.

Doctors are often reluctant to prescribe antiemetics for the "morning sickness" associated with some pregnancies. Where this is not the cause of nausea, a pharmacist or doctor will still ask several questions before suggesting treatment.

Vomiting is an important defence mechanism for ridding the body of a poison - as in food poisoning or a drug overdose - and nausea must not be suppressed in cases where the body requires it.

In cases where vomiting is necessary, as when a child has swallowed something he or she shouldn't have, syrup of ipecac is the only safe means of inducing it. Using a finger to cause gagging can injure the throat while salt water can be toxic in the event it stays down.

If you know you're going to have trouble while travelling, ask your pharmacist to recommend a safe and effective anti-motion sickness drug. Make sure to have syrup of ipecac on hand if you have children in the "taste-test" years.

Beyond these two simple categories, nausea and vomiting should be referred to a professional who is trained to spot specific problems.

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Canning Tips

Boiling water canner

Processing home canned fruits, jams, jellies and pickles in a boiling water canner does not require purchase of a new piece of equipment. Any large metal container may be used as long as it is deep enough for the water to cover the jars by 1 to 2 inches and still have another 1 to 2 inches of space to allow for brisk boiling of the water. For optimum heating, the pot should be no more than 4 inches wider than the heating element.

Place a wire rack in the pan and fill with hot water. Place filled, closed jars on rack allowing space between jars for water to circulate. Add boiling water to cover jars by 1 inch. Cover pot and return water to a full rolling boil.

Processing time begins only when water is at a full rolling boil. This boil must be maintained for the entire processing time.

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