

Homemade soups:

Quick, easy with handy appliances

Making a homemade, delicious cream soup can be a cinch with the help of two handy kitchen appliances...the blender and the microwave oven.

That's right, with the cooking ease of a microwave oven, the ingredients for soup can be cut up and cooked in a microwave safe container. After they're cooked, simply pour the ingredients, liquid and all, into the container of a blender. Add milk or cream (or vegetable juice for a lower calorie version), cover and blend. It's that simple!

When blending hot ingredients, be sure to remove the built-in feeder cap in the blender cover in order to allow steam buildup to escape. Soups will blend more easily if the liquid is placed in the container first...then the solid ingredients.

Because the ingredients were blended while hot, just pour the delicious, hot soup into cups or bowls for a tasty light lunch. Or, allow soup to cool and serve chilled for an elegant prelude to dinner. Homemade soup has never been easier.

Try these appetizing soup recipes from the Home Economists in the Oster Test Kitchens.

RICH ZUCCHINI SOUP

- 1½ pounds zucchini, cut into 1" pieces
- 1½ cups water
- ½ small onion
- ½ clove garlic
- 2 teaspoons chicken bouillon granules
- ¼ teaspoon dried thyme
- Salt and pepper to taste
- ¾ cup light cream

Place all ingredients except cream in 1½ quart glass bowl. Cover and microwave at HIGH 13 minutes, stirring twice. Allow mixture to cool.

Place mixture into Osterizer blender container, cover and process at LIQUEFY until smooth. Return mixture to glass bowl, stir in cream and microwave at HIGH two minutes to heat through. YIELD: Two to four servings.

CREAM OF TOMATO SOUP

- 1 cup milk
- 1 can (28 ounces) tomatoes
- 2 tablespoons all-purpose flour
- 1 tablespoon sugar
- 1 thin slice onion
- Dash pepper
- 2 tablespoons butter or margarine

1945, there were huge celebrations in large cities. Why were people so happy? Mainly, of course, because peace meant no more long casualty lists and no more sad telegrams.

But Canadians were also happy because they knew that their lives could once more return to normal. They also knew that the sacrifices of the war years were behind them.

The poppies that Canadians wear every year during the Royal Canadian Legion's Poppy Campaign are one way of showing that these sacrifices haven't been forgotten.

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- 1 teaspoon salt
- Dash garlic

In two-cup glass measuring cup, microwave milk on HIGH for two minutes. Put remaining ingredients into Osterizer blender container.

Cover and process at PUREE until smooth. Add to milk; cover and microwave on HIGH six minutes, stirring every two minutes.

YIELD: Four servings.

VICHYSOISE

- 2 cups chicken broth
- 2 cups cubed potatoes
- ¾ cup leek pieces
- 1 cup milk
- 1 teaspoon salt
- Dash white pepper
- 1 cup light cream

Put broth, potatoes, leek and butter in 1½ quart glass bowl. Cover and microwave at HIGH nine to 11 minutes, stirring once. Cool.

Put potato mixture, salt, pepper and milk into Osterizer blender container. Cover and process at LIQUEFY until smooth. Chill thoroughly. Before serving, stir in cream.

YIELD: Five to six servings.

Thank You

To those who sent cards and donations to the Heart & Stroke Foundation.

Doug May & Family

Likes and dislikes

(continued from page 4)

one in the United States should kill themselves."

Talk about confidence in the new vice-president.

Here's a final list of my likes: photography, Molson Canadian, cats, dogs fish, reading (Stephen King and the like), the Toronto Maple Leafs (who will win the Stanley Cup three years after Harold Ballard dies), and rock 'n' roll.

I don't like: disco or punk music, running out of gas (or any car problems for that matter).

One last thing I don't like is Free Trade. There are too many unanswered questions about the whole deal. For example, last week, the Conservatives announced an \$850 million aid package to Western farmers. Would this be allowed under Free Trade or would the U.S. consider this an unfair subsidy? And why tie ourselves down to the most in debt nation in the world (two to three trillion dollars). Industry technology in the U.S. is falling behind that of other nations and that will only make the situation worse.

Since I'm writing this before the election I'll make a prediction. PCs 141 votes, Liberals 110 and NDP 44. Result, a Conservative minority.

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Remembrance Day

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The term rationing might be unfamiliar to many today, but it was very well known during the war. Canada had a small population when the Second World War started.

It was about half of what it is today, and most of our factories were busy producing the arms and ammunition and ships our Armed Forces needed.

That meant there weren't enough factories to make the foods, the cars and the other goods to which we are presently accustomed.

Because goods were scarce, the government decided that the only way to ensure that people got their fair share was to ration them. Canadians were given coupons that allowed them to buy a certain amount of butter, gasoline and food each week.

Without the coupons, prices would have risen drastically. Rationing also meant that many of the things which had been taken for granted, like Sunday drives and large meals, were no longer possible.

There were more serious inconveniences too, because there could be problems getting to work, or to a doctor's appointment.

When the war finally ended in

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