

# Soups



## CABBAGE SOUP

1 strip of sparerib  
1 small head of cabbage  
1 can of sauerkraut  
1 cup of diced carrots  
1 chopped onion  
salt and pepper to taste  
1 can of tomatoes  
couple of bay leaves  
Slice the cabbage and add to a pot of water. Add spareribs and other ingredients. Bring to a boil and simmer for 3 hours. Serve with thick slices of french stick.

Mrs. Jean Colvin,  
1 Billy Joel Cr.  
Markham, Ont.

## OLD TIME CHICKEN SOUP

(Ready in just 20 minutes)  
Dissolve 4 Oxo chicken bouillon cubes in 4 cups boiling water. Add 1 cup thinly sliced celery  
1 tsp. parsley flakes. Simmer 15 minutes. Add 6 oz. frozen mixed vegetables  
1 tsp. chopped onion. Simmer 5 minutes. Add 1 cup cooked chicken cut thin in strips. Pinch of salt and pepper. Simmer one minute and serve immediately.

Mrs. J. Colvin,  
1 Billy Joel Cr.  
Markham

## HEARTY WINTER SOUP

2 medium onions, peeled and sliced  
3 large carrots peeled and cut in 3/4" pieces  
3 stalks celery, cut in 3/4" pieces  
2 large potatoes, peeled and cubed  
2 lbs. beef chuck cut in 1 1/2 inch cubes  
1/3 cup flour  
2 teaspoons salt  
1/2 teaspoon pepper  
3 tablespoons butter or margarine  
2-12 oz. cans vegetable juice cocktail  
2 cups water

**Method:**  
Combine flour with half the salt and pepper, dredge cubed meat well in the flour mixture. Sauté in the butter until browned. Add vegetables, toss lightly. Add remaining salt and pepper, vegetable juice cocktail and water. Simmer gently until meat and vegetables are tender. Serve with crusty rolls.

Mrs. Elizabeth Jones,  
Stouffville

## POTATO SOUP COUNTRY STYLE

4 cups or 3 peeled medium potatoes  
1 cup chopped onion  
1 tsp. celery salt  
1/2 teaspoon pepper  
1/4 teaspoon salt  
1 cup water  
2 cups Milk  
1/4 cups chopped parsley  
1 tsp cheddar cheese

Cut potatoes lengthwise into quarters then slice thinly and measure 4 cups. Place in a large heavy saucepan and add onions, celery, salt, pepper, salt and 1 cup water. Bring to boil cover and simmer 30 minutes or until vegetables are tender. Add milk and parsley, simmer for ten minutes. Season to taste. Sprinkle shredded cheese on top, should serve six people.

Mrs. Bert Clarkson,  
Box 640  
Stouffville

To prevent jelly from molding, place circles of tissue paper the size of the jar and soaked in vinegar on top of jelly or jam.

# Main Dishes and luncheons

## GERMAN STYLE LIVER AND APPLES

1 lb. beef or calf liver  
1/4 cup of dry bread crumbs  
1 teas. salt  
1/4 teas white pepper.  
1/2 cup butter or margarine

2 cups thinly sliced onions.  
3 apples peeled and sliced 1/2 inch thick.  
5 tablespoons sugar.  
Preheat oven to 375 degree. Put the apples in baking tray with 4 tablespoons butter, sprinkle with sugar, and place in oven for 20 mins. Meanwhile rinse the liver under cold water, cut into pencil-thin 2 inch pieces. Put on paper towel to dry. Put the breadcrumbs, salt & pepper into a paper bag, and toss the liver pieces until they are well coated. Remove from the bag, shaking off any excess crumbs and set aside until needed.  
Melt 5 or 6 tablespoons of butter or margarine in a frypan and gently sauté the onions until they are soft and browned. Add the remaining butter or margarine to the frypan, turn up the heat and quickly brown the coated liver pieces (about 3 minutes), turning them frequently.

Arrange the apples over the liver, and onions. Serves 4 to 5.

Mrs. H.G. Jones,  
R. R. 2 Markham

## WILD DUCK DINNER

Wash ducks under cold water and dry with paper towels. Place a chunk of onion at the far end of the cavity. Stuff with oatmeal dressing. Place on rack in roaster and add 1/2 cup of water. Cover and cook in 450 oven for 15 minutes. Reduce heat to 325 and continue cooking for approximately 2 hours and 15 minutes. Uncover during last 20-30 minutes to brown, when ducks may also be basted with orange glaze.

## Oatmeal Dressing

(enough for 2-3 ducks)  
Melt 1/4 lb. butter. Chop 1 medium onion and simmer in butter (don't brown). Add 2 Cups Quick Cooking Oats, salt and pepper to taste, sage or poultry seasoning. Mix well.

## Orange Glaze

In a saucepan mix together the following ingredients and cook over medium heat:  
2 tbsp. melted butter  
3/4 c. brown sugar  
1 tsp. orange peel  
1/4 tsp. Allspice  
1/2 tsp. dry mustard  
1/2 tsp. Ginger (optional)  
Enough orange juice to get the right glaze consistency.  
Serve with wild rice and crabapple jelly.  
Sauté chopped celery and mushrooms in butter and add to wild rice or combination of wild and long-grain rice for a delicious dish.

Irma Melville,  
Palatin Ct.  
R.R. No. 2 Markham

## FORGET IT CHICKEN

2 or 3 lbs cut-up chicken  
1 1/2 cups brown rice  
1/2 cup milk  
1 can mushrooms, 4 oz.  
1 can cream of celery soup  
1 can cream of mushroom soup.  
1/2 envelope dry onion soup mix  
salt & pepper to taste, stuffed olives, optional for party garnish.  
Heat together rice, milk mushrooms (with liquid) and soups. Pour into buttered casserole or baking dish. Season chicken pieces with soup mix, salt & pepper & arrange over rice. Cover & bake 1 1/2 hrs. at 350 degrees.

Mrs. H. G. Jones,  
R. R. 2 Markham

## SWEET AND SOUR MEATBALLS

1 1/2 cups brown sugar  
3/4 cup vinegar  
3/4 cup water  
1 tablespoon dry mustard  
1 cup ketchup  
1 onion, minced  
2 lbs. ground chuck  
Mix meat and onion, form into 1" balls. Place in large casserole dish. Cut cabbage in quarter and remove core. Cover with boiling water and cook 10 minutes. Drain cabbage.  
Mix all ingredients except last two. Put a layer of cabbage in bottom of loaf pan, then a layer of meat mixture, a layer of cabbage, and then meat ending with cabbage on top. Mix tomato sauce and brown sugar and pour over top.  
Bake in preheated oven at 350 for 2 hours.

Ginny Carmichael,  
53 Wooten Way N  
Markham

## SWEET CHICKEN WINGS

1 lb. chicken wings cut half.  
1 cup soya sauce  
1 cup brown sugar  
Place chicken wings in roasting pan and sprinkle with brown sugar.  
Bake at 200 an hour.  
Pour soya sauce over wings and bake until sauce sticks to wings (evaporates) Serve wing over rice.

Mrs. J. Colvin,  
1 Billy Joel Cr.  
Markham

## CABBAGE MEAT LOAF

1 small head cabbage  
1 lb. minced beef  
1/2 tsp. salt  
1/2 tsp. pepper  
1 tsp. garlic powder  
1 tsp. worchestershire sauce  
1 cup bread crumbs  
1 tsp. parsley flakes  
1/2 cup chopped onions  
1 can Tomato sauce with tomato bits  
1 tsp. brown sugar  
Cut cabbage in quarter and remove core. Cover with boiling water and cook 10 minutes. Drain cabbage.  
Mix all ingredients except last two. Put a layer of cabbage in bottom of loaf pan, then a layer of meat mixture, a layer of cabbage, and then meat ending with cabbage on top. Mix tomato sauce and brown sugar and pour over top.  
Bake in preheated oven at 350 for 2 hours.

Mrs. J. Colvin,  
1 Billy Joel Cr.  
Markham

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