

# A MONTH of lunch MENUS

Complete meals averaging 19½ cents a person  
... built around Soup as the main dish!

by Anne Marshall



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To meet the budget these days is a problem, isn't it? But here's one good way: Serve soup for lunch. You know, every day 27 million Americans eat soup for lunch, according to a U. S. survey. Simple

meals built around soup, folks find, are so appealing, so delightfully varied and so quick to fix. Economical, too, and that's important, as we all know. Here are suggestions I've prepared

for 28 budget lunches—four weeks of tasty, nourishing noon meals built around soup. Each lunch offers substantial portions — including a 7-ounce bowl of soup. Do try them!

(Cost of meals based on August 1950 prices)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Time Velvet Soup*</b> <b>&amp; Vegetable Slaw</b> (1 can pineapple, carrot) <b>Plate Cake Coffee</b></p> <p><i>Time I can chicken soup with 1 can of mushroom. Add water—heat. Here's one that goes well with Sunday papers!</i></p> <p>(21c a person)</p>	<p><b>Cream of Vegetable Soup</b> <b>Strawberry Jam and Bacon Sandwich</b> <b>Hot Chocolate</b></p> <p><i>Did you ever taste cream of vegetable soup? Just add milk, instead of water, to your soup. No better way to assure that quota of milk!</i></p> <p>(19c a person)</p>	<p><b>Chicken Gumbo Soup</b> <b>Banana Fritters with Orange Sauce</b> <b>Milk</b></p> <p><i>You'll love this deliciously different chicken-and-vegetable soup—adapted from an Old New Orleans recipe. (That orange sauce makes your fritters extra tasty!)</i></p> <p>(18c a person)</p>	<p><b>Consommé</b> <b>Pear and Cottage Cheese Salad</b> <b>Rye Crisp Tea</b></p> <p><i>Lunch alone and like it, lady, and not a pound you'll add with this satisfying, yet calory-conscious lunch. Consommé, you know, is so invigorating.</i></p> <p>(21c a person)</p>	<p><b>Ox Tail Soup</b> <b>Bologna and Relish Sandwich</b> <b>Fig Cookies Tea</b></p> <p><i>Let's hope there's a husband or a growing boy—or both—sitting down to this lunch. For that ox tail soup has a way with everybody!</i></p> <p>(19c a person)</p>	<p><b>Cream of Tomato Soup</b> <b>Tuna Fish Sandwich</b> <b>Lemon Gelatin Tea</b></p> <p><i>"The soup most folks like best"—served in the favorite way: prepared with milk. Any green pepper left over? Chop and add to your sandwich to lend it piquancy.</i></p> <p>(22c a person)</p>	<p><b>Vegetable Soup</b> <b>Hamburger Sandwich</b> <b>Relish Coffee</b></p> <p><i>So the family will lunch at odd hours today? No matter. Just keep your soup a-simmering. Here's a meal to set you up for "the big game"! Run along, now, and have a good time!</i></p> <p>(20c a person)</p>
<p><b>Beef Noodle Soup</b> <b>Asparagus Salad</b> <b>Coffee</b></p> <p><i>Two or two of raking after church, does it whip up all appetites. Lady, here's where to please 'em. Pimiento in your salad for a day touch!</i></p> <p>(21c a person)</p>	<p><b>Pepper Pot Soup</b> <b>Cold Meat Sandwich</b> <b>Stewed Fruit Milk</b></p> <p><i>Full days are no days for an all-cold lunch, no ma'am! That pepper pot soup is a heart-warmer, adapted from a Colonial Philadelphia recipe. You're going to love it!</i></p> <p>(20c a person)</p>	<p><b>Cream of Asparagus Soup</b> <b>Scrambled Egg on Toast</b> <b>Cup Cake Tea</b></p> <p><i>No meat in this lunch, but don't be fooled. It's a nourisher, and that soup is delicious with asparagus tips. Chili sauce with the eggs will add zip, if you have some on hand.</i></p> <p>(17c a person)</p>	<p><b>Chicken Noodle Soup</b> <b>Peanut Butter and Jelly Sandwich</b> <b>Canned Peach Milk</b></p> <p><i>This is frankly a lunch for the youngsters. That chicken noodle soup's a big favorite with them. But it'll please the young-in-appetite of every age.</i></p> <p>(21c a person)</p>	<p><b>Bouillon (Beef Broth)</b> <b>Veal Loaf Sandwich</b> <b>Hard Cooked Egg Apple</b></p> <p><i>When your menfolk carry lunches, here's a tempting noon meal for them. Hot bouillon is so stimulating and so welcome at this time of year.</i></p> <p>(22c a person)</p>	<p><b>Vegetarian Vegetable Soup</b> <b>Pineapple Cheese Spread on Nut Bread Milk</b></p> <p><i>You'll never miss meat today if you build your lunch around this soup. A rich, pure vegetable stock. A great children's lunch.</i></p> <p>(21c a person)</p>	<p><b>Chicken-Clam Chowder*</b> <b>Platter Cold Cuts</b> <b>Rolls</b> <b>Pitcher Tomato Juice</b></p> <p><i>All right! So kick-off time is 2 o'clock. This lunch is still a cinch! *Combine 1 can cream of chicken soup—1 can clam chowder. Add 2 cans water—heat.</i></p> <p>(24c a person)</p>
<p><b>Beef and Tomato*</b> <b>Roast Beef on Toast</b> <b>Coffee</b></p> <p><i>Just for Sunday I can bouillon—1 tomato soup. Add 2 water—heat. This is a reason to wear that lunch-coat and be a lady!</i></p> <p>(22c a person)</p>	<p><b>Cream of Celery Soup</b> <b>Frankfurter Sandwich</b> <b>Cole Slaw Coffee</b></p> <p><i>Even though you're lunching alone, there's nothing blue about a Monday when you have this new cream of celery soup. Rich cream and tender pieces of celery. Mmm—Good!</i></p> <p>(20c a person)</p>	<p><b>Chicken (with Rice) Soup</b> <b>Toasted English Muffins</b> <b>Quince Jelly</b> <b>Cup Custard Tea</b></p> <p><i>Feeling fit? Here's a soup to see you through. Under the weather with a cold? What better dish than tempting chicken soup!</i></p> <p>(18c a person)</p>	<p><b>Tomato Soup</b> <b>Sardine Sandwich</b> <b>Potato Chips</b> <b>Cinnamon Buns Milk</b></p> <p><i>Ho! You teen-agers. So Mom's out shopping. So you've got to get lunch. So here it is. Good—and good and easy! (Mom had ordered the buns!)</i></p> <p>(18c a person)</p>	<p><b>Cream of Mushroom Soup</b> <b>Tea Sandwiches (meat &amp; cheese spreads)</b> <b>Sherbet Tea</b></p> <p><i>Have the girls in for lunch, why don't you? A wonderful soup—dainty sandwiches—and then canasta or sewing. You don't have to break the bank to entertain.</i></p> <p>(20c a person)</p>	<p><b>Green Pea Soup</b> <b>Crackers</b> <b>Grapefruit Salad</b> <b>Buttermilk</b></p> <p><i>Friday again and you on a diet! Here's a green pea soup to talk about! Not an unessential calory in the whole meal, either. So enjoy yourself, lady!</i></p> <p>(18c a person)</p>	<p><b>Vegetable-Beef Soup</b> <b>Crackers</b> <b>Apple Pie Coffee</b></p> <p><i>The men come first on Saturday. Beef and apple pie have been a man's dishes since the Garden of Eden. Okay—so now he's set for chores, eh, lady! "Seconds" on the soup!</i></p> <p>(22c a person)</p>
<p><b>Scotch Broth</b> <b>Beef Salad Mold</b> <b>Crackers</b> <b>Strawberry Pudding</b> <b>Coffee</b></p> <p><i>Make your salad and broths on in a jiffy. Scotch broth is no broth—hearty soup.</i></p> <p>(19c a person)</p>	<p><b>Cream of Chicken Soup</b> <b>Apple Butter Sandwich</b> <b>Celery Sticks</b> <b>Outmeal Cookies Tea</b></p> <p><i>This is the newest type of chicken soup—rich cream and chicken pieces. If you haven't tried it, do so. Build a meal around it and rejoice!</i></p> <p>(16c a person)</p>	<p><b>Purée Mongole*</b> <b>Cottage Cheese Salad</b> <b>Toasted Garlic Roll</b> <b>Fruit Juice</b></p> <p><i>*The most popular of all soup combinations. I can tomato soup—1 can green pea soup—1 can milk—1 can water. Combine soups; stir in milk, water—heat.</i></p> <p>(21c a person)</p>	<p><b>Black Bean Soup</b> <b>Grilled Cheese Sandwich</b> <b>Sweet pickles</b> <b>Vegetable Juice</b></p> <p><i>Again you're going it alone. The soup is one you used to have to go to an expensive restaurant for. Perhaps you'll float a lemon slice on your soup.</i></p> <p>(16c a person)</p>	<p><b>Beef Soup</b> <b>Crackers</b> <b>Rice Pudding</b> <b>Coffee</b></p> <p><i>Husbands do bring along he-manly appetites. This is "his" soup—lots of beef! Double portion for him is included in costs.</i></p> <p>(18c a person)</p>	<p><b>Clam Chowder</b> <b>Welsh Rabbit</b> <b>Lettuce Coffee</b></p> <p><i>Unexpected company needn't wreck your budget. You can say, "Do stay!" and really mean it. Appetizing sea-tang in that clam chowder.</i></p> <p>(17c a person)</p>	<p><b>Bean with Bacon Soup</b> <b>Cranberry Salad Mold (cranberries, celery, nuts)</b> <b>Coffee</b></p> <p><i>Whole beans and bacon flavor in the soup. Make your cranberry mold with orange gelatin—a delightful flavor!</i></p> <p>(17c a person)</p>



*And especially for the Children*

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Soup is ideal for all children, especially when prepared with milk, so that the child gets the nourishment of the soup plus the milk benefits.

Doctors recommend soups when the baby is ready for his first chewing foods. These eight Campbell's Soups, prepared with milk, are especially suitable: cream of asparagus, beef, chicken with rice, green pea, tomato, vegetable, vegetarian vegetable, and vegetable-beef.