



# Summer Time is Salad Time and SOUP Time, too

--time for the ONE HOT DISH everybody loves

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TODAY let's be frivolous! Or at least let's *seem* to be!

Let's plan meals that are gay, appetizing and *nourishing!* Meals that let us off "kitchen-duty" *quickly!* That means, of course, salads—lots of 'em. But it means something else, too! And here's the news:

Good soup can be just as satisfying on hot summer days as the crispiest of salads... the coolest of drinks.

You can prove it *yourself!* Put bowls of delicious soup on the table with your cool summer foods. You will get most pleasing rewards. By contrast, hot soup makes cool dishes taste better. It helps your stomach to relax—to digest the meal—because your stomach works best in a warm environment.

So plan your summer-eating around appetizing, *nourishing* soup. Serve it for that *one hot dish* so many nutrition experts recommend. It's the dish *everybody* loves! Make summer days *SOUP* days!



### A Summer Meal to Perk You Up

Perfect eating! Cream of chicken soup... rich chicken stock, heavy cream, tender pieces of chicken. Just right!

- Cream of Chicken Soup
- Summer Tomato Aspic
- Potato Chips
- Iced Coffee

### QUICK 'N' GOOD! NEW Salad Dressing You Shake Up in a Jar!



Put into a quart jar, then cover and shake well together:

- 1 can of Campbell's Tomato Soup
- 1/2 soup can of salad oil
- 1/2 soup can of vinegar
- Salt, pepper, sugar to taste

(Add onion, dry mustard or blue cheese, if desired.) Keep a jar of this dressing in your refrigerator, always ready! Especially good with green salads, fruit salads.



### For Refreshing Hot Weather Eating

Vegetable-hungry folks love vegetarian vegetable soup. Fresh-cut garden vegetables in zesty vegetable broth. M-m-m!

- Vegetarian Vegetable Soup
- Summer Fruit Salad
- Cheese and Olive Sandwiches
- Iced Tea



### Perfect Lunch for a Summer Day

So easy to get—so good to eat! Flavorful beef noodle soup—rich beef broth, golden egg noodles and pieces of beef!

- Beef Noodle Soup
- Summer "Veg" Salad
- Berry Pie
- Cold Milk

