

SALADS FOR HEALTH

By
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Salads tend to increase the consumption of fruits and vegetables and for that reason increase the mineral and vitamin content of the diet. This is important because diets tend to be deficient in this respect.

One of the outstanding deficiencies of diets is thought to be

vitamin C, which is found largely in raw fruits and vegetables. In order to obtain enough of this important substance nutrition authorities recommend that the daily diet include at least one raw food - better two. Salads offer one of the most attractive and delicious ways of using these health-giving foods. In order to increase the use of them these salad recipes are offered.

Essentials of a Good Salad

1. Salads should be cold, crisp, and free from surplus water.
2. They should be pleasing to the eye. This may be accomplished by careful preparation and good color combination.
3. They should harmonize in color and flavor with the rest of the menu.
4. They should be perfectly seasoned and the ingredients should be well blended.

Preparation of Salad

1. The green vegetables for salad should be carefully washed, wrapped in a damp towel and put on ice or in a cool place. Salad greens may be revived or kept fresh by sprinkling with cold water and putting in an air-tight container. They will remain fresh for a long time when treated in this way.
2. Canned fruits and vegetables should be well drained before being mixed with the salad dressing.
3. Salads should not be mixed until ready to serve. In order to preserve the crispness of green vegetables, do not add the salad dressing until ready to serve.
4. Do not use a vegetable or fruit in a salad that is used in any other way in the meal.
5. In order to prevent discoloration of fruits, prepare fruit salads just before serving. Discoloration may be prevented by dropping peeled fruits into water to which a bit of lemon juice or vinegar has been added.
6. Garnishes should be used with care. They should enhance the color of the salad and should blend in flavor with it. The following are suggested for garnishes: parsley, red and green pepper, cherries, radishes, pickle, hard-cooked eggs, cheese, red and green crystallized watermelon rind, a bit of jelly or mint.

Serving of Salads

1. Salads are used as the main dish in the meal, as an accompaniment to the main course or as a separate course following the main course in a dinner.
2. Salad plates may be served before being placed on the tables. The salad may be served by the hostess or it may be arranged on a serving dish and passed to each person who serves himself.
3. If the salad is used as a separate course, everything pertaining to the former course should be removed before the salad is served.
4. When the salad forms a separate course, an accompaniment should be used. For this, one may use crisp crackers, bread and butter sandwiches, cheese straws, cheese biscuit, Boston brown bread sandwiches, or any other dainty sandwich.

SALAD DRESSINGS

French Dressing:
1 teaspoon salt
1 teaspoon sugar
3 tablespoons vinegar
¼ cup oil
Paprika
Mix all the ingredients and beat thoroughly just before serving. French Dressing is used with any kind of vegetable salad.

Vinaigrette Dressing
To the above French Dressing recipe add 2 tablespoons tomato catsup, two teaspoons chopped pickle and 1 teaspoon chopped onion.

Mayonnaise Dressing
1 teaspoon mustard
2/3 teaspoon sugar
2/3 teaspoon salt
2/3 teaspoon paprika
1/2 teaspoon pepper
1 pint oil
4 tablespoons vinegar; or
2 tablespoons vinegar; and
2 tablespoons lemon juice
2 egg yolks or 1 whole egg.
Beat eggs well with a Dover or Beat egg well with a Dover or first, increasing amount gradually Beat until stiff as desired. Add the

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seasonings which have been dissolved in the vinegar. Mayonnaise is used with any type of salad.

Russian Dressing

To each cup of stiff Mayonnaise Dressing add one-fourth cup Chili Sauce, one-half tablespoons each finely chopped red and green pepper, one-half tablespoon Chow Chow. Mix well, serve at once. This dressing is delicious with any salad plant.

Thousand Island Dressing

1 cup stiff Mayonnaise
1 tablespoon minced onion
1 tablespoon chopped pimento
1 tablespoon chopped green pepper
1 hard cooked egg, chopped.
1 cup Chili Sauce
Paprika
Salt
Mix the above ingredients. This may be served with green vegetable salads or as a sauce for fish and meats.

Cooked Salad Dressing

2 eggs
2 tablespoons flour
1 tablespoon sugar
1/2 teaspoon salt
1/2 teaspoon mustard
2 tablespoons butter
3/4 cup sweet milk
1/4 cup vinegar

Mix the ingredients in the upper part of double boiler. Add milk slowly to dry ingredients and place over boiling water in bottom part of double boiler. Stir constantly to prevent lumping. Next add well beaten eggs. Cook to the consistency of thick cream. Add butter and vinegar and let cool. This dressing may be used with vegetable or meat salads.

Cooked Sour Cream Dressing

1 teaspoon dry mustard
1 teaspoon salt
2 teaspoons flour
2 teaspoons sugar
Dash of cayenne
1 egg yolk, beaten
1/3 cup vinegar
1 Tablespoon melted butter.
1/2 cup sour cream, whipped
Combine dry ingredients in top of double boiler, add egg and vinegar and cook over hot water 7 to 8 minutes, or until smooth and thick, stirring constantly; add

butter. Cool and fold into sour cream. Serve with meat, poultry and vegetable salads. Approximate yield 3/4 cup dressing.

Fruit Salad Dressing

1 egg yolk
1 teaspoon salt
2 teaspoons flour
1/2 cup syrup from canned pear or peaches.
1/2 cup cream
1 teaspoon melted butter.
Mix dry ingredients. Add butter, beaten egg yolk and canned fruit syrup. Cook in double boiler until thick. Remove from the fire. Cool and add cream which has been whipped.
(TO BE CONTINUED)

Warrenton Native Writes Book

The story of a child's growth to maturity under the influence of a delightful, remarkable and inconsistent father forms the background of a new book entitled *The Way We Were* by Mary Polk of Warrenton, North Carolina. The time was the beginning of the twentieth century and the place a small Southern town where the word aristocracy still held meaning, although a family's prestige was kept up mainly on its own personality. The book will be published June 30 by John F. Blair, Publisher, of Winston-Salem, North Carolina.

Mary Polk

Mary Polk's impressions of red-rose, a comfortable meal, the flight of dishwater, Fanny the cook, the maiden aunt, a higher education, and borderline aristocracy reflect the character of the people and of the age as well. Her father made the family's living practicing law, and occasionally he would be called upon to help the local law-enforcement officers ring in a wayward citizen. It was said of the townspeople that if they couldn't have Lawyer Polk defend them, would have Lawyer Bushes.

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He was an orator at heart and included in making speeches, as usually in conversation, members came to the chair of the wife, who simply had no patience with him but would send the author a-hunting to some public place to the soldier and the international U. S. ...

It was a time for leisure, the end of the war, the period which stretched between General Lee and Sergeant York. The city fathers would not let the railroad run through the town, and the population rarely changed except through fire and death. It was safe to let the children have the run of the town when they were quite small, imbibing wide-eyed its lights and shade and color, taking with its maximum of good its minimum of bad.

The author is a sister of the late William T. Polk, widely-known editor and writer of Greensboro, North Carolina, and a great-niece of President James K. Polk. Although a number of her short stories and poems have been published, this is her first full-length book.

TWILITE DRIVE-IN

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Clifton Webb
Plus Color Cartoon

OCCUPATIONAL TAX STAMPS DUE IN JULY

During July 1952, certain businesses must register and pay for occupational tax stamps for the fiscal year ending June 30, 1952, according to Mr. J. E. Wall, of the Internal Revenue office in Greensboro, N. C. This provision of Federal tax law applies to those who maintain for use or deal in or with:

- Coin-operated amusement devices — Use Form 11-B.
- Bowling alleys, billiard and pool tables — Use Form 11-B.
- Adulterated and process or renovated butter — Use Form 11.
- Filled cheese — Use Form

Card Of Thanks

The family of Mrs. Jefferson (Gannett) M. Herring of Mount Olive, N. C. would like to thank the many friends, relatives and everyone for the many kindnesses shown during her illness and recent death.

Remember that it is only this present, a moment of time, that man lives.
- Marcus Aurelius



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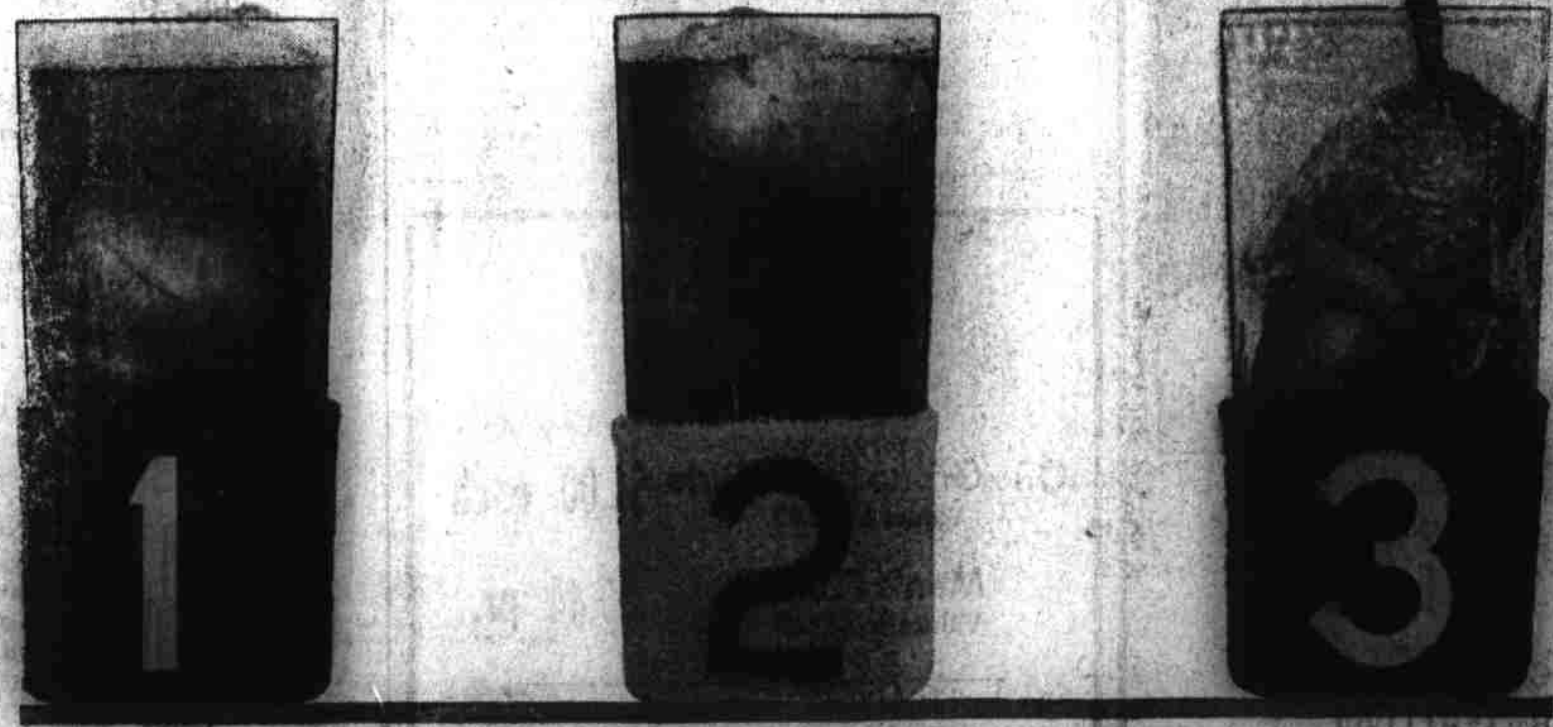
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