

Miss Camp "Prescribes" Lettuce For Spring Fever

Early Spring Diet Outlined By Vepco Authority On Food

By MISS JOHNNIE CAMP
Home Service Director
Virginia Electric & Power Co.

Beware! "Spring Fever" is contagious—and most of us have it in one form or another. Maybe you caught it with the first robins song—The first symptom of an attack is the very human wish that we could stop work and enjoy this delightfully lazy feeling. But we can't for most of us are busy people in our world of home making or business—so we must find a remedy for this distracting malady.

I cannot promise an entire cure for "spring fever"—but these suggestions should help.

"Get plenty of sleep—go to bed early and get up early."

"Spend as much of your time out of doors as is possible!"

"Eat a very light diet; less of the meats, pies and heavy desserts and more of the fresh fruits and vegetables."

By this time of the year we have grown so tired of the winter diet, even the man of the house wants something other than steak and potatoes and the children have to be coaxed. I know of no more inviting dish than lettuce with the many things that we have learned to combine with it. with lettuce we serve other vegetables, fruits, meats, cheese, mayonnaise and French dressing with their dozens of varieties.

Lettuce and all salads should be crisp and cold when served; of course, there always have to be exceptions to prove the rule, and there is now being served a wilted lettuce salad. A hot French dressing is poured over the cut lettuce. My mother used to make a delicious wilted salad by tossing the chopped outside lettuce leaves in a bowl with a bit of vinegar and hot bacon drippings which was served with sliced hard cooked eggs.

A lady pointed out to me the fact that Moses was the first salad eater. By way of explanation she stated that—"He led the Israelites through the deserts and wilderness and pointed out to them which leaves and herbs they should eat."

Somewhere I read that the early Romans gathered baskets of grasses and herbs and prepared unique salads. It was not an uncommon thing to see them sitting beside a salt lake and dip the leaves into the salt water. If back that far they were wise enough to eat salads, certainly we must realize their value.

For years people who argue about etiquette have discussed whether or not you should dare use a knife in eating a quarter of a head of lettuce served with some delicious dressing. Personally I know of nothing more disappointing than to get just two or three mouthfuls of such a salad when all the time you are longing to use your knife and eat it all. I am sure all the men will agree with me on this, that it is much nicer to have a knife to use than have it land in the lap next to you or do without, and Emily Post sanctions using a knife in this instance.

I am going to give you some basic recipes for dressing. See how many tempting ways you can combine these with other ingredients to serve with lettuce and help the family through the "Spring fever" days.

French Dressing

- 1 teaspoon salt
- 1 teaspoon sugar

1-4 teaspoon paprika
3 teaspoons cider vinegar
3-4 cup olive or salad oil.
Mix salt, sugar and paprika together. Add vinegar and oil and beat thoroughly with a mechanical mixer.

French dressing is the only dressing in which we marinate salad materials.

To "marinate" means to mix the ingredients with French dressing a sufficient length of time to allow them to become well coated. May be varied with Roquefort cheese, chopped anchovies, etc.

Mayonnaise Dressing

1-2 teaspoon mustard
1-2 teaspoon salt
1-8 teaspoon pepper
1-8 teaspoon paprika
1 egg yolk
2 tablespoons vinegar or lemon juice.

1 cup olive or vegetable oil.
Beat egg yolk, start by adding

one drop of oil at the time—continue beating. When half of oil has been added—mix well with other ingredients; add remainder of oil slowly. Beat with mechanical beater.

To prevent separating, add one tablespoon of boiling water at last and beat well.

Mayonnaise should be kept in the "warmest" part of your electric refrigerator.

Remember, get plenty of sleep, out-door exercise, and curtail your diet. You'll be happier, peppier, and more full of the joy of living.

Five Cabinet officers and scores of senators and diplomats saw the world premier of the motion picture, "Looking Forward" in Washington recently.

Schweidnitz, Germany, has been selected as the site of a new Frederick the Great Museum.

Announce Dates For Pre-School Clinics

The Pre-School clinic will be held at Rosemary School Monday and Tuesday from 9:30 to 12:00 and from 1:30 to 4:30.

On Wednesday and Thursday the clinic will be held at Central School from 9:30 to 12:00 and from 1:30 to 4:30.

On Friday Dr. Mitchell will be at Central School in the morning and at Rosemary School in the afternoon to accommodate any parents who could not attend the clinic on previous days. We suggest that you attend the clinic which is most convenient for you.

All children who are expecting to enter school before Christmas should attend the clinic. It is necessary that one of the parents come with the child.

Anti-small-pox vaccine and dip-

theria toxoid will be given free to all children whose parents desire it.

The clinic held last year was very successful and we ask that you co-operate with us this year in making it even more successful than it was last. Children who attend clinics and have physical corrections made before entering the school usually have a satisfactory year in the first grade.

Declaring: "All my life I have been dry, I see no reason to change now. It's a matter for the host to say, isn't it?" Josephus Daniels announced the U. S. Embassy in Mexico City would remain dry despite advent of 3.2 beer and wine.

"Beer is re-opening the pianos of the nation" declared Gene Buck, president of the American Society of Composers, Authors and Publishers.

"Even the Children Have to be Coaxed"

... Says Miss Johnnie Camp, Famous Diet Authority Whose Articles and Recipes Appear Weekly on this Page. But You Can "Coax" Children's Appetites—and "Grown-Ups" too, by carefully selecting your foods at the "M" System Grocery and Market!

Specials For Friday and Saturday - April 28th - 29th



Large Stalks
CELERY

7½c

PEANUT BUTTER

2-lb. Jar **19c**

TEA

¼-lb. Pkgs. **10c**



3 Pkgs. of
CORN FLAKES

23c

1-Package Whole Wheat Biscuit FREE



SNAP BEANS

Nice, Fresh and Tender

2 Pounds 15c

PORK CHOPS per lb. **12½c**

WEENIES 2 pounds **25c**

EGGS Fresh Country—Doz. **15c**

CREAM Guaranteed to Whip In 1½ Minutes. Half-Pts. **12c**



Large Heads
LETTUCE

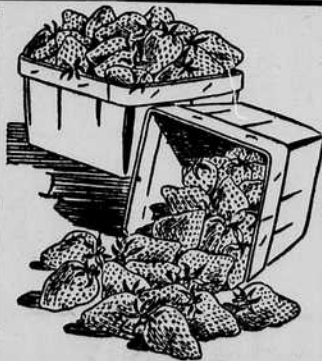
10c

Sweet
Potatoes

Per Peck **20c**

WALDORF TISSUE

5-Rolls For **25c**



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