

Ruth Current Says—

Be careful with vegetables. Save minerals and vitamins. Cut vegetables (and fruits, too,) just before using, whether they are for salads or for cooking. It's best to leave the pieces large; small pieces expose more surface, resulting in more loss in food value. Cook quickly as possible—only until tender—in a scant amount of boiling water, and serve at once.

Be economical: Some favorite vegetables are expensive. Try others that cost less. Prepare the old lower-cost standbys in new ways. They are good flavored with herbs. Try combining them with cheese sauce, or just grated cheese alone. Bake vegetables with meat, season them with meat drippings, or scallop them.

Garden fresh vegetables taste better and have more of their original flavor and food value. Serve them soon after buying or picking. Vegetables have an undisputed place in reducing because they are low calorie foods.

Fool Fallaces: There is no basis for the belief that fish and milk or fish and ice cream should not be eaten at the same meal. A good oyster stew is delicious, and ice cream for dessert often is served

with a fish dinner. The fallacy may have started when refrigeration was poor and people ate food which was not fresh.

Colored woman wants job as cook or maid. Can give good references. Write Mammie Staggs, 33 Blackstock Road, Inman, S. C., or call 247-W before 8:30 a. m., or after 5 p. m.—Adv. p.

E. J. Slemons Phone 5023

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