

A little sugar develops the natural vegetable flavors

ANNOUNCEMENT has been made that two groups of women cooking experts recently released a report that the use of sugar in the cooking of vegetables (preferably cooked in little water). It should be made clear to everyone that the purpose of using this small amount of sugar is not to make the vegetables taste sweet. That is not the case. The only reason for using sugar is to restore, as the author of the report, a well-known authority—says, the sugar not only increases the delicacy of flavor but it brings out the full quality of the vegetables. She adds that it restores the freshness of flavor, in a large measure, that have become slightly wilted, and it helps to

all the distinctive qualities of the vegetables. She adds that a dash of sugar restores the freshness of flavor, in a large measure, to vegetables that have become slightly wilted, and it helps to brighten the color of the vegetables.

No one would advise making vegetable foods taste sweet. This proper use of sugar does not do that. The remarkable thing about a little sugar is that it develops the natural flavors of the foods and that it blends and accentuates the other seasonings used. It is so true that that which is unpalatable to women will be more willing than ever to follow the dictates of medical science and to encourage the members of their family to eat a varied, balanced diet. Most unflavored foods are bland and unpalatable. A little sugar makes fresh and stewed fruits, cereals, milk desserts, soups, vegetables and some meats delicious. Sugar is nature's perfect flavor. Good food promotes good health. The Sugar Institute.

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