

# Low-Cost Salads for Summer Easy to Make

Midsummer days call for salads. A salad can be made without cooking, it can be made of almost any kind of food. Therefore it can be very cheap; and of many different combinations. The very word suggests cool freshness, and the salad itself makes good the promise with a stimulating tang and a crisp store of nutrients besides.

The word salad comes, the dictionary says, from the Latin word meaning salted, and it has been applied since early history to green vegetable foods with salt-sour seasoning. We use more vegetables and fruits in salads nowadays than our grandmothers did, however, and we broaden the term to cover almost any cold mixture of foods, with an acid, or an acid and oil dressing. To the modern housewife, moreover, as to the food scientist, the salad is a convenient means of balancing a meal otherwise too heavy with fat or protein or starch.

Consider the salad, suggests the Bureau of Home Economics of the U. S. department of agriculture, for its vitamins and minerals. Almost every salad includes green leaves, usually lettuce, cabbage, watercress, romaine, or endive, according to the local market and the price. Even if it has no other ingredient, a salad provides in any one, or any combination, of these leaves a rich store of vitamin A, vitamin B, vitamin E, and vitamin G, some iron, some calcium and other mineral salts. Vitamin A is the member of the vitamin family that helps to protect the human body against a number of troublesome infections, especially in the eyes, ears, sinuses, mouth, and throat.

Vitamin B promotes appetite and good digestion, and is this vitamin is easily destroyed by heat, green salads are a valuable source because they are not cooked. Vitamin E is essential to the reproductive functions of the body.

Thus the simplest green-leaf salad supplies four vitamins and several minerals. Add raw tomatoes to the green leaves and you have enriched the salad in vitamins A and B, and added one of the richest of all sources of vitamin C. Vitamin C is that highly essential vitamin which prevents sore gums, sore joints, and other conditions which in the acute stages are the disease called scurvy, hence vitamin C is known as the anti-scurvy vitamin.

Cabbage salad, made of shredded cabbage on a cabbage or lettuce leaf, or in the form of cole slaw, is rich in vitamins A and B, and particularly vitamin C, cabbage being one of the best sources of this vitamin. Shredded cabbage with chopped or grated or sliced carrots makes a salad which gives double value, for carrots are nutritious too. Green pepper, chopped or cut in rings, onions chopped or sliced, add their bit of food value, with their distinctive flavor and crispness. Because some vitamins are destroyed by heat, raw salads are richest in vitamins.

The salad of cooked vegetables is of course a most convenient method of using up left-overs. Beans, peas, peas, carrots, cauliflower, and potato, alone or in combination, with something raw for crispness, and lettuce or cream or celery leaves for greens, make an easy substitute for hot vegetables on hot days, and with no loss to the meal in food value.

Cottage cheese, or eggs, or meat, or fish in salad increase the nutritive value greatly. All these foods are rich in excellent protein; cheese is especially valuable as a source of calcium and phosphorus. Eggs are also rich in calcium and phosphorus and in addition supply vitamins A, B, and D; meat and eggs are rich in iron and vitamin G; tuna fish, salmon, and sardines are rich in vitamin A.

In other words, the salad, especially the vegetable salad or the salad made of citrus fruits, besides being a cool and appetizing dish for summertime, is probably the most attractive, convenient, effective, and the cheapest way to provide the family with most of the "protective foods" other than milk and butter. The vitamins and mineral salts, which are abundant in green vegetables, in carrots and in tomatoes, in grapefruit and oranges, are served with least loss in these foods eaten raw.

### MENU FOR ONE DAY

- Breakfast**  
Fresh fruit; Plums, Pears, or Muskmelon  
Cooked Cereal — Toast  
Tomato juice for youngest children  
Coffee (adults) — Milk (children)
- Dinner**  
Liver and Cucumber Salad  
 Parsley Potatoes—Corn on Cob  
Whole Wheat Bread and Butter  
Milk for Children
- Dinner**  
Mixed Vegetable Salad (peas, grated raw carrots, shredded cabbage)  
American Cheese or Cottage Cheese  
Creamed Potatoes  
Hot Muffins  
Milk for Children
- Supper**  
Crisp Bacon—Panned Cabbage  
Banana Butter Cakes — Sirup  
Milk for all

### Suggested Combinations for Vegetable Salads

1. Diced cooked beets, cooked snap beans, chopped dill pickles.
  2. Shredded cabbage, chopped green pepper, chopped onion, chopped peanuts.
  3. Cooked or canned snap beans, diced cooked carrot, chopped onion or chopped celery.
  4. Cooked green lima beans, diced tomato, diced cucumber, chopped onion.
  5. Cooked or canned peas, grated raw carrots, shredded cabbage, Liver and Cucumber Salad
  - 1 1/2 pounds liver, broiled and chopped.
  - 1 medium sized cucumber, diced.
  - 1 onion, diced.
  - Mayonnaise
  - Use chilled, broiled liver cutting it into fine pieces. Mix with the other ingredients and serve on crisp lettuce.
- Mayonnaise Variations**
1. Mayonnaise, chopped pickle, finely chopped celery.
  2. One cup mayonnaise, 1/2 cup chili sauce, catsup, or cooked tomato. If desired, add a little chopped celery or green pepper, or pickle if catsup is used.

### PHOTO PROVES STORY OF TWO-HEADED FISH

**DULUTH, Minn. — (AP) —** Earl De Rooster's fish story was so hard to swallow that he has brought forth photographic proof of it.

He hooked a bluegill sunfish and discovered it had two mouths. But nobody would believe him, so he took a picture of it.

The two openings are normal and lead into the gullet. The second mouth, was below the regular opening.

Fruit Tally Cards for packers or pickers, already printed, in any quantity, for sale at the Job Department of the Mail Tribune, 28-30 N. Grape.

Broken windows glazed by Trowbridge Cabinet Works.

## PROPHETIC MONK OF OLDEN TIMES MOSTLY IN ERROR

**PARIS. — (AP) —** Prophecies of Father Theodosius, a Franciscan monk, who in the year 932 predicted what the world would be like a thousand years later, were mostly wrong.

Professor Charles Richet, member of the French Institute, recently read the manuscript which has been preserved by the University of Ravenna. "In 1,000 years," wrote Father Theodosius, "the human race will still be on earth, contrary to the prevailing superstition that the world will end in 1000 A. D."

From that point on the learned monk went wrong. In fact he overlooked Columbus, for the world he foresaw was about what prevailed prior to Queen Isabella's historic tip to the pavnbroker.

"Man will be unable to penetrate the jungle, the desert or the icy wastes," he wrote. "He will never know the lands beyond the routes of Alexander the Great."

Father Theodosius having thus shut out Dayton, O. from his vision, failed to see the Wright brothers, for he said:

"It is folly to believe that man ever will conquer the air."

Nor was he much better in conjuring up a world ruled in 1932 by benevolent monarchs or one in which "Mohammedanism will have disappeared and the Koran will be forgotten."

## WHITE AND BLACK PERISH IN CHAIR

**McALESTER, Okla., Aug. 19. — (AP) —** A white man and a negro, convicted murderers, were put to death in the electric chair at the Oklahoma penitentiary here early today.

J. Alder, the white man, a 50-year-old farmer, was convicted of slaying his brother-in-law, Tom McDonald, because he was not served enough pie at a family dinner. Alder also killed Mrs. McDonald.

The negro, Fillmore Davis, was sentenced for killing Guy Jarvis, Blaine county undersheriff, when the officer tried to arrest him on a gasoline theft charge.

## GARNER HITCH HIKES WHEN FORCED DOWN

**SAN ANTONIO, Tex., Aug. 19. — (AP) —** John N. Garner, Democratic vice-presidential nominee, hitch-hiked into San Antonio early today on his way to his home in Uvalde to resume a vacation interrupted by political conferences in the east.

The speaker of the house traveled by airplane yesterday from Cincinnati to Austin, where the plane was grounded last night by a rainstorm. The Texan traveled the 80 miles between Austin and San Antonio in a motorcar, with two young men whose names were not learned.

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## 'HAPPY BIRTHDAY,' MR. PRESIDENT



President Hoover celebrated his fifty-eighth birthday by putting in one of the busiest days of his presidential career, but the event was not forgotten by well wishers and friends. Among the gifts received was a birthday card carrying the signatures of 40,000 persons including those of governors of all the states. It was presented of Brandon Finn (left) of Somerville, Mass., and Charles W. Stevens (right) of New Brunswick, N. J. (Associated Press Photo)

## Fliers Hit House Four Are Killed

**PONTE SAN PIETRO, Bergamo, Italy, Aug. 19. — (AP) —** Two unidentified fliers were killed today when their plane crashed through the roof of a farmhouse. The building caught fire and two children were burned to death. A woman and another child were injured.

Desirable houses always in first class condition for rent, lease or sale. Call 105.

## DANES CONFIDENT OF HAGUE COURT'S GREENLAND AWARD

**COPENHAGEN. — (AP) —** Denmark is confident that the permanent court of international justice at The Hague will award her undisputed sovereignty over all Greenland.

Denmark's rule over sections of eastern Greenland is disputed by Norway and the case is expected to be decided in late December.

Both countries have promised to abide by the finding.

For Denmark, the question is, apart from prestige, principally that of reserving Greenland for the Eskimo, over whom the Danes claim an altruistic guardianship.

Materially, the question is hardly worth debating. In the whole of eastern Greenland it would be impossible for more than 100 white men to live the year around, and then only with supplies from other lands.

Greenland produces no food except fish and meat from occasional bears and musk ox. Neither Danish nor Norwegian expeditions have been paying concerns and could not operate without financial backing.

The "historical rights" in the case go back to the time of Erik the Red, reputed discoverer of America about 1000 A. D. Norwegians or Icelanders of Norwegian extraction were undoubtedly the first settlers. But the line was broken, Denmark argues, in the 13th century when Norwegian ships failed to call with food, as agreed, and the colony starved.

When Norway came under the sway of Danish kings, Greenland automatically became a Danish colony. After the Napoleonic wars,

Denmark, as penalty for siding with the Corsican, was forced to give up Norway, but was allowed to retain Greenland.

In 1806 and after the World war the movement took on a national character. Denmark in 1924 granted trading privileges to Norwegians in certain parts of Greenland.

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"Home-Perfected" Means Uniformly Perfect Results

Drifted Snow "Home-Perfected" Flour represents what is probably one of the greatest developments of modern milling science. It is the one flour that always works the same way. Always gives the same perfect results.

Using the same recipe, it works perfectly no matter what weather conditions prevail. Failures ordinarily due to variations in flour are banished altogether. This is largely due to "Home-Perfecting," which simply means that Drifted Snow "Home-Perfected" Flour is tried and proved "right" in home ovens under identical conditions of the average home before it comes to you.

Another important point is that it possesses the valuable and rare property of acting equally well with either yeast or baking powder. And—it is unexcelled for making sour dough or cream bakings as proven by actual "Home-Perfected" baking tests under the direction of Martha Meade, the distinguished cooking authority.

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Probably one of the greatest points that recommends Drifted Snow "Home-Perfected" Flour to the intelligent housewife is that it will make all types of baked goods equally well. The reason is that it contains just enough hard wheat for flavor, delicate texture, and golden crusts—and just enough soft wheat for airy lightness and snowy whiteness. The result is that pies, cakes, muffins, pastries, or whatever you bake, always turn out perfect—every time.

This scientific blending of the finest wheats grown in Western America makes Drifted Snow "Home-Perfected" a perfect all-purpose flour—and the largest selling family flour in the West.

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lb. 5c
- Beef Short Ribs**  
lb. 7c
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lb. 9c

- Lard**  
Home Rendered.  
3 lbs. 25c
- Choice Beef Steaks**  
lb. 15c
- Fresh Side Pork**  
lb. 12c
- Bacon Squares**  
lb. 10c
- Fresh Ground Hamburger**  
2 lbs. 19c

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