



**DEPENDS UPON DRESSING**—Every day is salad day. Whether you pique the palate with a first course salad or toss in meat, cheese and vegetables to make it as satisfying as a pot roast, much depends upon the dressing. Salad success secrets are included in today's food columns.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Ways to Get Appetite Appeal From Those Colorful Salads

Every year about this time we talk about tossed salads. Even though our part of the country is famed for its salads and your family may be enjoying them several times a week, we think you'll find some new salad notions here. Heat resistant salads are nutritionally valuable too because they're an easy way to load the family with important vitamins and minerals. Here are points for checking to be sure you get maximum appetite appeal in your summer salads.

Vary the greens. Try head of leaf lettuce, romaine, escarole, chicory, endive, water cress, tender spinach leaves, young cabbage and any combination of these.

Always have salad greens, clean, chilled and crisp. Pat dry before using; no moisture clinging to the leaves.

Consider color, texture and flavor contrast in planning ingredients.

Keep salads simple, never cluttered.

Use a light hand in arranging; a salad should never look "set." Green salads should be tossed lightly, never stirred or mixed with a heavy hand.

Garnish salads for eye appeal. A single green pepper ring, strawberry, radish rose or spring of parsley or watercress, well placed, will give beauty accent.

**Salad Dressings**  
Select the dressing best suited to the salad ingredients. Tart dressing with bland makings; bland dressing with tart foods.

Make dressings well in advance so that seasonings can blend well. This is true whether you mix your own seasonings or use one of the popular salad dressing mixes available in such accents as old fashioned garlic, old fashioned french, bleu cheese, California french or exotic herb mix.

In general, the dressing should be the last ingredient added to the salad. Exceptions are macaroni, potato and cooked vegetable salads. With these, the flavor improves with standing.

Another thing; it is a good idea to provide additional dressing for table service.

**Tossed Salad Ideas Galore**  
Some of these you've been doing for years. Others may be new and even exciting. To the greens variety add any one or two or more of the following:

Julienne (which means thin strips) from yesterday's roast, from cold cuts or canned luncheon meats. These often appear in combination with thin strips of American or Swiss cheese.

Fish fanciers will enjoy bits of anchovy, small sardines, tiny or cut-up shrimp, crabmeat, lobster meat, fork-flaked salmon or tuna. Fish salads like extra lemon.

Perhaps you've always thought of grapefruit and avocado salads as being arranged

on a plate. Try cut up segments from fresh grapefruit and bite-size avocado with greens.

Sliced or chopped hard-cooked eggs go with simply everything.

Vegetable additions might include tomato wedges, thinly sliced cucumber or cucumber chunks for that matter, red and/or green pepper rings or strips, diced pimiento, raw cauliflowerettes or radishes either whole or sliced.

Other crisp touches include shredded carrots, sliced green onions, red onion bits.

Try strips of roast chicken or turkey with thoroughly drained pineapple chunks and sliced almonds (take it easy; this is still a tossed "green" salad, you know).

Give salads new flavor with herbs using either fresh or dried but be light-handed in their use: chives, parsley, chervil, summer savory, basil, tarragon, marjoram or even thyme.

**Tart French With Variations**  
If you make your own, here's one of the very best standard recipes for a zesty dressing:

Measure all ingredients into bottle or jar; cover tightly and shake well. Chill several hours; remove garlic and shake thoroughly before serving. Makes 1 1/3 cups.

Combine one cup salad oil, one-fourth cup vinegar, 1 1/2 teaspoons salt, one-fourth teaspoon paprika, dash of celery salt, three-quarter teaspoon sugar, two tablespoons catsup, one tablespoon lemon juice, 1/2 teaspoon Worcestershire sauce, two cloves garlic.

**Blue Cheese.** Add one-third cup crumbled blue cheese.

**Curry French.** Add one-half teaspoon curry powder.

**Olive Dressing.** Add one-quarter cup sliced stuffed green or chopped ripe olives.

**Herb Dressing.** Add one teaspoon chopped parsley, 1 1/2 teaspoons chopped chives and one teaspoon chopped fresh marjoram.

**Jam Session Suggestions**

Now is the time to put up or shut up about many fine things in the market for putting into jams, preserves, jellies. Our only mission today is to make suggestions as to what to "put up." When you use modern time-and-energy-saving powdered or liquid pectins, manufacturers enclose with every package or bottle complete instructions for perfect results so there's no purpose served in our repeating the formulas here. One thing to remember, and that's for sure, is to follow the directions and measurements explicitly as given. These proportions are all designed for use of one package of powdered pectin.

**Apricots.** Make it snappy. They're going fast. For nine medium glasses of jam, you'll need three pounds apricots, two lemons.

**Berries.** For 11 medium glasses of blackberry, Boysenberry,

## Professional Selling Said To Be Cause of Monday Market Break

By **ELMER C. WALZER**  
United Press Financial Editor  
New York—Wall Street sleuths have determined the real cause for the market's break Monday, the widest decline since Feb. 11 in both industrial and railroad stocks.



It simply was this. Professional selling. The professionals dumped their holdings and once the market activity picked up on the downside the buyers evaporated. No one seemed to have a reason, although many were dreamed up.

Now that it has found out the cause of the break the street is relieved. It feels that the market has performed fairly well in the face of that selling. Excess Wiped Out

That drop, it is noted, wiped out some of the excesses the market has accumulated recently in the so-called growth stocks. One of the market men calls them imagination stocks.

Buying in these issues had got out of hand. Even the professionals were involved and some of the conservative insti-

dewberry, Loganberry, raspberry and Youngberry jam, you'll need two quarts berries. If you wonder why we capitalize some of those names it is because Mr. Boysen and Mr. Logan and Mr. Young perfected the varieties.

**Blueberries.** To get nine medium glasses, you'll need 1 1/2 quarts berries, one lemon.

**Gooseberries.** For 11 medium glasses you'll need 2 1/4 quarts gooseberries.

**Blackberry and Sour Cherry.** Here is a popular combination. For nine medium glasses, you'll want 1 1/2 quarts berries and 1 1/2 pounds cherries.

**Peach or Pear.** Peaches now, pears later. For nine medium glasses jam, three pounds of fruit.

**Peach and Plum.** For 11 glasses of this fine combination, start with two pounds peaches, 1 1/2 pounds plums. For plum jam alone, you'll get 14 glasses from four pounds plums.

**Peanut Butter Cookies**

Cookies made with peanut butter are tremendously popular. For distinction, add toasted sesame seed to the creamed mixture. Sesame seeds are toasted in a preheated moderate oven, 350 degrees, 22 to 25 minutes or until golden brown.

Thoroughly mix together one-half cup each any favored shortening and peanut butter. Blend in one cup light brown sugar and one-half teaspoon ground allspice. Beat in one egg. Sift one cup sifted all-purpose flour with one-half teaspoon salt, one-fourth teaspoon soda and one teaspoon double-acting baking powder. Add three tablespoons toasted sesame seed and add to the creamed mixture. Drop dough from a teaspoon onto ungreased cookie sheets. Sprinkle each cookie with one-fourth teaspoon toasted sesame seed. Bake in preheated oven, 375 degrees, 10 minutes or until edges have lightly browned. Around 40 cookies!

**Chilled Soups**

**Perfect Prelude**  
Perfect prelude for patio or any other summer party is a cup or old fashioned glass of chilled soup. Most famous of the chilled soups of course is Vichy-soisse. Here's an American adaptation of this smo-o-th soup; planned for five servings.

Cook one cup thinly sliced onions or leeks in two tablespoons butter until tender. Add two cups thinly sliced potatoes and two cups water; simmer covered 20 minutes or until potatoes are very soft. Stir in one can condensed cream of chicken soup (undiluted); simmer, covered, 10 minutes. Blend well either in blender or by putting through a fine sieve. Add one cup milk, 1 1/2 teaspoons salt, one-eighth teaspoon pepper. Chill thoroughly which will take at least four hours. Serve with garnish of chopped chives or parsley and sour cream.

**Coffee Jelly**

Hot coffee, iced coffee, coffee ice cream and now coffee jelly. Minimum fixing with maximum pleasure. One of the lightest desserts imaginable; sure treat for coffee lovers. Four servings.

Dissolve one package lemon or orange flavored gelatin in two cups hot coffee; pour into individual mold rinsed in cold water. Chill until firm. Unmold in dessert dishes. Serve with plain or whipped cream.

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Industrial and railroad sections. Few Adverse Factors

There are few adverse factors which the financial district doesn't like. The outstanding one is the profits pinch noted in many companies in the second quarter of the year. That had been anticipated. Hence, there was only moderate selling of the issues showing declines.

And, the street notes, there was no rush to buy the companies which were able to show gains, many to record highs.

The case of Chrysler is cited as an example of the market's neglect of big earners. Chrysler reported net profit of \$10.28 a share for the first half, against a more \$2.15 last year.

The experts said this high income was never discounted. It had been expected but no one wanted to buy stock on the ex-

Thursday, August 1, 1937

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Milwaukee — "Butch" Kootz has a souvenir today from out of this world. He was gazing at the horizon Wednesday when a meteor landed 20 feet away from him.

Colonial, N. J. — Louis Neuberger, 65, vice-president in charge of sales of the chemical divisions of the Food Machinery and Chemical Corp., died Tuesday night.

And when the report came out the price of the stock fell by more than \$2 a share.

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