



**NEW TANG, ZEST**—Salad makers alert to possibilities for new tang and zest in dressings for greens and mixed vegetables will welcome sauerkraut juice as an ingredient. New salad dressings and other ways with plentiful greens in our columns today.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Vitamin-Packed Vegetables

August abundance of fresh vegetables piled high in local markets reminds us that we are among the world's favored few when it comes to variety and freshness of vitamin-packed good things to eat. The long growing seasons in our unequalled climates and soils keep most of the country supplied with fresh vegetables the year round; keep us supplied with all these good things . . . at amazingly small cost.

Years of experience and experimentation lie behind the production of all this fine fresh produce. Constant vigilance has developed present-day methods of harvesting, packaging and delivering field-fresh vegetables and melons to local markets for feeding our families handsomely and nutritiously.

### Prevent Vitamin Loss

Not visible to the eye but vital to family health are the vitamin values and minerals lost by many in cooking foods. To prevent these losses, experts have evolved these rules. Ordinarily your foods editor uses the positive approach but these "do not's" are an exception.

- Do not stir air into vegetables while cooking.
- Do not put vegetables through a sieve while still hot.
- Do not use soda in cooking green vegetables.
- When boiling vegetables, raise the temperature to boiling point as rapidly as possible.
- Use as little water as possible in cooking vegetables.
- Do not use long cooking such as stewing when shorter methods are feasible.
- Do not throw away water in which vegetables have been cooked. Either serve these natural juices with the vegetable or add to soup, broth or sauce.
- Prepare chopped vegetable (and fruit) salads just before serving.
- Start cooking frozen vegetables while they are still frozen.
- After food is cooked, serve it at once.

### Deep-Fry Vegetables

Cut stewed celery in 2-inch lengths, dip in batter and fry. Slice large onions across, 1/4 inch thick, separate the rings using only three or four outer ones for this (use others for something else). Cover rings with milk; soak one hour. Drain thoroughly on cloth or paper towels. Dip each ring in fritter batter and

fry in deep fat. Do not use basket as they will stick to it. Takes only about two minutes a batch.

French fry sweet potatoes (they'll be coming soon) just like you French fry white potatoes.

Very small squashes, raw, are dipped in batter and fried whole; takes three to four minutes.

Cut cucumbers in quarters or slice lengthwise about 1/2 inch thick. Dip in batter and fry two or three minutes.

### Broil Vegetables

Only delicate vegetables get broiled. Prepare as usual.

Potatoes for filling are pared and sliced rather thick. If pre-cooked, they'll take six minutes; if raw and in 1/2 inch slices, they'll take 25 minutes.

Slice tomatoes 1/2 to one inch thick or trim and cut in half. Unless the tomato is very firm, cover cut sides with crumbs. Sprinkle first with cayenne or prepared mustard or plan to serve with a hot sauce. Takes six to eight minutes.

### Vegetable Salad

Long popular as an appetizer, sauerkraut juice also has a place as an ingredient in salad dressings. Its zesty flavor adds special zip and is certain to get any salad talked about, favorably, that is. In addition to adding tang to summer salads, sauerkraut juice is a rich source of calcium and contains phosphorus, iron and vitamins B 1, B 2, and C which are so necessary for good health. Good news for weight-watchers is the fact that there are only 22.7 calories in one cup of kraut juice. Six servings from this salad.

- 1 head endive or romaine
- 2 cups torn spinach
- 4 cups torn chicory (or other mixed greens)
- 2 cups sliced carrots
- 1 egg beaten
- 1/2 cup sauerkraut juice
- 1/2 cup mayonnaise
- 1/4 cup salad oil
- Salt and pepper
- 1/2 teaspoon dry mustard
- 1/4 teaspoon paprika

Rinse and separate endive or romaine into leaves, refrigerate. Combine spinach with chicory or other mixed greens and carrots; toss lightly. Chill. Meanwhile, combine remaining ingredients and cook over low heat, stirring constantly, until thickened. Chill and toss with salad mixture. Turn into salad bowl and tuck endive or romaine

leaves around the edges for garnish.

### Kraut-Sour Cream Slaw

This refreshingly different salad slaw is easily, quickly made; will be relished. For six servings, combine two one-pound cans sauerkraut (drained), one cup sour cream, one medium sized green pepper, chopped, one cup grated carrots, salt, pepper, paprika; toss lightly. Chill and serve.

Here are suggestions galore for assorted sandwiches that may accompany a generous fruit salad as a luncheon party specialty or that can go on a picnic or to work with equal aplomb. They'll rate raves from lucky lunchers.

Fillings may be made up and stored in refrigerator. Each recipe makes enough for six sandwiches. Lettuce and fresh tomatoes where mentioned as a garnish are added at sandwich-making time.

### White Bread Fillings

White bread varieties are many. Try new ones.

Combine one cup cottage cheese, 1/2 cup chopped tomato, 1/4 cup chopped cucumber, 1/4 cup chopped green pepper, one tablespoon chopped onion, and one teaspoon salt. Garnish with shredded lettuce.

To 1/2 cup ground cooked meat add 1/2 cup grated carrots, 1/2 cup chopped celery, 1/4 cup chopped sweet-sour pickle, one teaspoon grated onion, 1/2 teaspoon salt, 1/4 cup salad dressing; mix well. Shredded lettuce goes well with this.

Mix together five chopped hard-cooked eggs, 1/4 cup chopped celery, two tablespoons chopped green pepper, one teaspoon salt, 1/2 cup salad dressing. Top with thin slices of tomato and shredded lettuce.

### Date Bread Fillers

Combine one cup cottage cheese with 1/2 cup chopped stuffed olives, 1/4 cup chopped nutmeats, 1/4 cup salad dressing. Garnish with shredded lettuce.

Combine five chopped hard-cooked eggs with 1/2 cup chopped peanuts, 1/2 cup salad dressing. Garnish with shredded lettuce.

Mix together 3/4 cup peanut butter, 1/2 cup chopped stuffed olives, 1/2 cup chopped celery, 1/4 cup salad dressing. Top with shredded lettuce.

### Raisin Nut Bread Fillers

1/2 cup peanut butter, 1/2 cup chopped raisins, 1/4 cup salad dressing. 1 cup peanut butter and 1/2 cup any favorite jam. 1/2 cups cottage cheese, 1/2 cup marmalade. Garnish with layer of shredded lettuce.

### Wandering Mailbox Baffles Postmaster

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