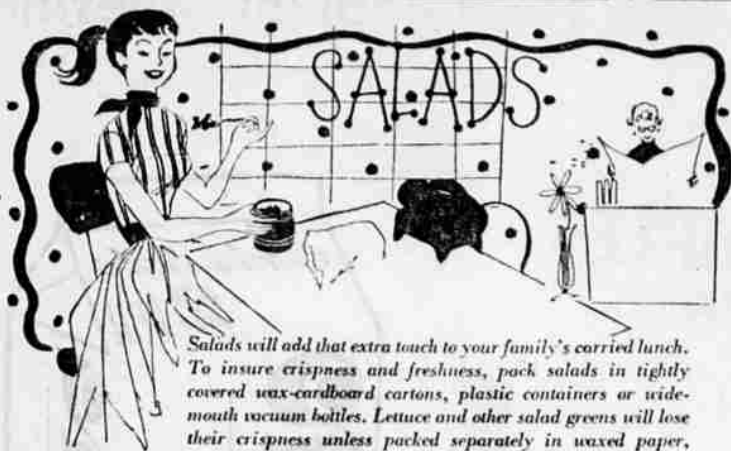




Salads will add that extra touch to your family's carried lunch. To insure crispness and freshness, pack salads in tightly covered wax-cardboard cartons, plastic containers or wide-mouth vacuum bottles. Lettuce and other salad greens will lose their crispness unless packed separately in waxed paper, moisture-vaporproof paper or aluminum foil.

GARDEN FRESH VEGETABLES

Buy vegetables that are blemish-free and firm—and keep them fresh. Store less perishable vegetables in a cool place without beforehand washing. Wash other vegetables before storing, drain thoroughly and place into refrigerator in vegetable compartment or plastic bags, or wrap tightly in waxed paper, moisture-vaporproof material or aluminum foil.

Leave edible peel on the vegetable or use vegetable parer or sharp knife to keep parings

thin. Judge size of vegetable pieces by the intended use—large pieces for salads, or minced or finely chopped vegetables for fillings and seasonings.

Never soak vegetables when washing them. If necessary, crisp them by placing them for a short time in ice water. Before using, remove every bit of moisture left from washing or crisping—drain well and then pat gently with a soft, clean towel or absorbent paper.

CABBAGE—Discard bruised and wilted outside leaves, rinse, cut into quarters and remove core. **Chopped**—Chop into pieces of desired fineness with food chopper, grinder or French knife. Use medium or coarse blade of grinder.

Shredded—Cut quarters into fine shreds with vegetable shredder or French knife.

CARROTS—Scrub with a vegetable brush; scrape or pare. **Chopped or Diced**—Cut lengthwise into quarters or halves; hold on flat surface and slice with French knife. **Shredded or Grated**—Use vegetable shredder or medium-blade grater.

Cauliflower—Discard outside leaves and woody base. Trim any blemishes from flowerets. Let stand top down in cold salted water about 30 min. to remove any dust or small insects which settle in the cauliflower. Rinse, drain and dry. **Flowerets**—Break apart clusters of the head.

CELERY—Clean. **Chopped**—Split wide stalks lengthwise one or more times. Line up several stalks on a flat surface; cut desired length, slicing through all stalks at once.

CUCUMBER—Rinse and dry; cut off and discard seedless ends; pare if desired. **Diced**—Lay on flat surface; cut into cubes with French knife. **Fluted Slices**—Draw lines of a fork lengthwise over entire surface of cucumber. Cut into thin slices.

LETTUCE (head)—Discard bruised and wilted leaves; rinse; drain. **Cups**—Remove core with sharp, pointed knife; let cold water run into core cavity to loosen leaves; drain; gently pull leaves from head; cut off heavy, coarse ends; pat dry.

ONIONS (dry)—Clean. **Chopped or Minced**—Slice into halves crosswise. Score surface of onion by cutting into small squares; slice thin pieces off scored surface. Or hold thin onion slices on cutting surface and chop into small pieces, extra-fine for minced onion. **Grated**—See Grated Carrots; use finest blade of grater. **Juice**—Scrape cut surface of onion with sharp knife.

PARSLEY—Discard coarse stems and bruised leaves; wash gently but thoroughly in cold water; drain and shake off excess water. Pat dry with soft, clean towel or absorbent paper. Store in tightly covered jar or plastic bag in refrigerator. **Chopped or Minced**—Hold parsley in hand and pull stems down to form a close-packed bunch; snip leaves into fine bits with scissors. Or, chop leaves with French knife on flat surface. Chopped parsley may also be dried for use in stuffings, soups and sauces. **Sprigs**—Trim long stems and

separate the parsley into sprays of desired size. **PEPPERS (green)**—Clean. **Chopped**—Cut pepper lengthwise into narrow strips and then cut crosswise into small pieces. **Slices**—cut pepper lengthwise into thin short strips.

Rings—Cut thin slice from stem end of whole pepper. Carefully remove all white fiber and seeds; slice crosswise keeping rings intact.

RADISHES—Scrub firm red or white radishes with a brush; gently scrape or trim away any discolored spots; trim roots and stems leaving a short piece of stem and a tiny, fresh leaf or two. **Roses**—With a sharp knife, mark petals on firm red radishes. Pare each petal thinly from tip almost to stem. Chill in ice water until petals spread apart. Drain before serving.

SCALLIONS (green onions)—Cut off roots and trim green top to 2 to 3 in., discarding any wilted or bruised parts. Peel and rinse. **Chopped**—Split large bulbs. Hold several scallions on a flat surface and chop with a French knife; include the green as well as the bulb if desired.

SPINACH—Trim off any tough stems and bruised or wilted leaves. Wash leaves thoroughly by lifting up and down several times in a large amount of cold water. Lift spinach out of water each time before pouring off water; repeat in clean water until all sand and gritty material is removed. Drain. **Chopped**—Cut on flat surface with French knife into small pieces. Or, hold leaves tightly together and snip with scissors.

TOMATOES—Rinse and pat dry. With tip of a sharp knife, cut out stem end and any blemishes. To peel, rinse tomatoes and put into boiling water about 1/2 min., or until skin loosens. Peel, remove stem ends and chill. **Sliced or Cut into Wedges**—Place firm tomato on flat surface; cut crosswise slices about 1/4 in. thick, or cut lengthwise into six or eight wedges.

TURNIPS—Remove stem and roots; scrub and pare. **Diced**—Stack several thin slices on flat surface; cut into small cubes with a French knife. **Sticks**—Cut thick slices into strips.

WATER CRESS—See Parsley. Water cress also may be stored before it is washed. Stand a tied bunch in a jar or bowl holding enough cold water to reach about halfway up stems. Cover and store in refrigerator. When using, snip off amount needed, rinse, drain and shake off excess water. Or, store cleaned water cress in a plastic bag in refrigerator.



NEW PERSPECTIVE—A new eye-level "picture window" oven is a principal feature of the General Electric American electric range, shown here by Fred Floetke, HAPCO manager. The range also has a full size standard master oven.

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