

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	¼ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	½ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	½ c. or 2 1¼" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	½ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	½ c.	2.4	31
Celery	¾	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¾" th.	.7	17
Eggplant	2	Sl. 3½" dia. x ¾" th.	.8	11
Endive, French	2	2 stalks	.8	11
Green pepper	¼	¼ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	½ c. (diced)	2.1	36

IDEAL WEIGHTS FOR ADULTS* Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	¾	1 leaf	.2	3
Leaf	¾	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	¾	3 med.	.2	7
Parsley				
		2 sprigs	.1	1
Pumpkin	3½	¼ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	½ c.	1.1	41
Sauerkraut	3½	½ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	½ c.	1.1	35
Yellow (see rutabagas)				

PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	¾	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1¼" dia.	.3	7
Sweet	¾	1 pkle. 2½" lg. x ¾" dia.	.2	21

BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	¾	½ c.	2.5	67
Cornflakes	¾	½ c.	1.3	56
Farina,				
enriched	¾	¼ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	½	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	¾	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	¾	1 sl. (com'l) thin	1.6	50
Whole wheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	¾	1 cracker 3" sq.	1.0	54
Saltine	¾	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2¾"	.6	25
Zwieback	¾	1 pc. 3¼" x 1¼" x ½"	.9	33

BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS				
Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	¾ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ½" dia.	1.2	87
Grapefruit	3½	½ med. 3½" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	¾ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	½ c.	.6	49
Orange	4	½ c.	.7	66
Pineapple, can'd	4	½ c.	.4	65
Tomato (see vegetables)				

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal, label, freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<u>Fruits and vegetables</u>		<u>Meat—Continued</u>	
Fruits:	<i>Months</i>	Cooked meat:	<i>Months</i>
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		<u>Poultry</u>	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners (sliced meat and gravy).....	6
<u>Baked goods</u>		Chicken or turkey pies... ..	6
Bread and yeast rolls:		Fried chicken.....	4
White bread.....	3	Fried chicken dinners....	4
Cinnamon rolls.....	2		
Plain rolls.....	3	<u>Fish and shellfish</u>	
Cakes:		Fish:	
Angel.....	2	Fillets:	
Chiffon.....	2	Cod, flounder, had-dock, halibut, pollack.....	6
Chocolate layer.....	4	Mullet, ocean perch, sea trout, striped bass.....	3
Fruit.....	12	Pacific Ocean perch.....	2
Pound.....	6	Salmon steaks.....	2
Yellow.....	6	Sea trout, dressed.....	3
Danish pastry.....	3	Striped bass, dressed.....	3
Doughnuts:		Whiting, drawn.....	4
Cake type.....	3	Shellfish:	
Yeast raised.....	3	Clams, shucked.....	3
Pies (unbaked):		Crabmeat:	
Apple.....	8	Dungeness.....	3
Boysenberry.....	8	King.....	10
Cherry.....	8	Oysters, shucked.....	4
Peach.....	8	Shrimp.....	12
		Cooked fish and shellfish:	
<u>Meat</u>		Fish with cheese sauce... ..	3
Beef:		Fish with lemon butter sauce.....	3
Hamburger or chipped (thin) steaks.....	4	Fried fish dinner.....	3
Roasts.....	12	Fried fish sticks, scallops, or shrimp.....	3
Steaks.....	12	Shrimp creole.....	3
Lamb:		Tuna pie.....	3
Patties (ground meat)....	4		
Roasts.....	9	<u>Frozen desserts</u>	
Pork, cured.....	2	Ice cream.....	1
Pork, fresh:		Sherbet.....	1
Chops.....	4		
Roasts.....	8		
Sausage.....	2		
Veal:			
Cutlets, chops.....	9		
Roasts.....	9		

How To Convert To Metric System

Length

When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

Weight

When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

Volume

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters
quarts	0.95	liters
gallons	3.8	liters

Temperature

When You Know:	Multiply by:	To Find:
degrees Celsius	9/5, and add 32	degrees Fahrenheit
degrees Fahrenheit	5/9 (after subtracting 32)	degrees Celsius

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary **BEFORE** drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains. **CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.**

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:

I admit I made a mistake.

The five most important words: You did a good job.

The four most important words: What is your opinion?

The three most important words: If you please.

The two most important words: Thank you.

The one most important word: We.

The one least important word: I.

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.

Just about the time you think you can make ends meet, somebody moves the ends.

Be careful how you live — you may be the only bible some people read.

A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face.

Tuesday's child is full of grace.

Wednesday's child is loving and giving.

Thursday's child works hard for a living.

Friday's child is full of woe.

Saturday's child has far to go.

But the child that is born on the Sabbath day

Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters				Month							Dominical Letter							
Year of the Century	Centuries			Month							Dominical Letter							
	1700, 2100	1800, 2200	1900, 2300	2000, 2400	January, October	Feb., Mar., Nov.	Jan., Apr., July	May	June	February, August	Sept., Dec.	A	B	C	D	E	F	G
0	*28	*56	*84	C	E	G	A	B	C	D	E	F	G	A	B	C	D	E
1	29	57	85	B	D	F	G	F	E	D	C	B	A	C	D	E	F	G
2	30	58	86	A	C	E	F	E	D	C	B	A	C	D	E	F	G	A
3	31	59	87	G	B	D	F	D	C	B	A	C	D	E	F	G	A	B
*4	*32	*60	*88	E	G	B	C	C	B	A	C	D	E	F	G	A	B	C
5	33	61	89	D	F	A	B	B	A	C	D	E	F	G	A	B	C	D
6	34	62	90	C	E	G	A	A	C	D	E	F	G	A	B	C	D	E
7	35	63	91	B	D	F	G	F	E	D	C	B	A	C	D	E	F	G
*8	*36	*64	*92	G	B	D	E	F	E	D	C	B	A	C	D	E	F	G
9	37	65	93	F	A	C	D	D	C	B	A	C	D	E	F	G	A	B
10	38	66	94	E	G	B	C	C	B	A	C	D	E	F	G	A	B	C
11	39	67	95	D	F	A	B	B	A	C	D	E	F	G	A	B	C	D
*12	*40	*68	*96	B	D	F	G	F	E	D	C	B	A	C	D	E	F	G
13	41	69	97	A	C	E	F	E	D	C	B	A	C	D	E	F	G	A
14	42	70	98	G	B	D	E	D	C	B	A	C	D	E	F	G	A	B
15	43	71	99	F	A	C	D	C	B	A	C	D	E	F	G	A	B	C
*16	*44	*72		D	F	A	B	B	A	C	D	E	F	G	A	B	C	D
17	45	73		C	E	G	A	A	C	D	E	F	G	A	B	C	D	E
18	46	74		B	D	F	G	F	E	D	C	B	A	C	D	E	F	G
19	47	75		A	C	E	F	E	D	C	B	A	C	D	E	F	G	A
*20	*48	*76		F	A	C	D	C	B	A	C	D	E	F	G	A	B	C
21	49	77		E	G	B	C	B	A	C	D	E	F	G	A	B	C	D
22	50	78		D	F	A	B	A	C	D	E	F	G	A	B	C	D	E
23	51	79		C	E	G	A	F	E	D	C	B	A	C	D	E	F	G
*24	*52	*80		A	C	E	F	E	D	C	B	A	C	D	E	F	G	A
25	53	81		G	B	D	E	D	C	B	A	C	D	E	F	G	A	B
26	54	82		F	A	C	D	C	B	A	C	D	E	F	G	A	B	C
27	55	83		E	G	B	C	B	A	C	D	E	F	G	A	B	C	D

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A." and in line with 1 is Saturday.

FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison.) Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:
 - Patient is unconscious or is having fits.
 - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
 - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
 - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
 - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

Doctor's Home Phone

Doctor's Office Phone

IF YOUR DOCTOR IS NOT AVAILABLE CALL

POISON CONTROL CENTER _____ HOSPITAL _____

POLICE _____ RESCUE SQUAD _____

Be sure to have 1-oz. Syrup of Ipecac in your home.

FIRST AID IN HOUSEHOLD EMERGENCIES



POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- Dilute poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds—**Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) $\frac{1}{2}$ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*
Business is poor—*Ps. 37, 92; Eccl. 5.*
Discouraged—*Ps. 23, 42, 43.*
Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*
Friends seem to go back on you—*Matt. 5; I Cor. 13.*
Sorrow overtakes you—*Ps. 46; Matt. 28.*
Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*
Things look "blue"—*Ps. 34, 71; Isa. 40.*
You seem too busy—*Eccl. 3:1-15.*
You can't go to sleep—*Ps. 4, 56, 130.*
You have quarreled—*Matt. 18; Eph. 4; James 4.*
You are weary—*Ps. 95:1-7; Matt. 11.*
Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*
Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*
Are jealous—*Ps. 49; James 3.*
Are impatient—*Ps. 40, 90; Heb. 12.*
Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*
Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*
Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*
Satisfied with yourself—*Prov. 11; Luke 16.*
Seeking the best investment—*Matt. 7.*
Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*
You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*
Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*
You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*
Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*
The Shepherd Psalm—*Ps. 23.*
The Birth of Jesus—*Matt. 1, 2; Luke 2.*
The Beatitudes—*Matt. 5:1-12.*
The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*
The Sermon on the Mount—*Matt. 5, 6, 7.*
The Great Commandments—*Matt. 22:34-40.*
The Great Commission—*Matt. 28:16-20.*
The Parable of the Good Samaritan—*Luke 10.*
The Parable of the Prodigal Son—*Luke 15.*
The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*
The Last Judgment—*Matt. 25.*
The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*
The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*
Have experienced severe losses—*Col. 1; I Peter 1.*
Have been disobedient—*Isa. 6; Mark 12; Luke 5.*
Need forgiveness—*Matt. 23; Luke 15; Philemon.*
Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*
Think God seems far away—*Ps. 25, 125, 138; Luke 10.*
Are leaving home—*Ps. 119; Prov. 3, 4.*
Are planning your budget—*Mark 4; Luke 19.*
Are becoming lax and indifferent—*Matt. 25; Rev. 3.*
Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*
Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*
Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*
Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*
Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*
Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

Favorite Family Recipes



Expression of Appreciation

The Soul Searchers Class wishes to thank all who have helped in the preparation of this cookbook by way of sharing their favorite recipes with us. We hope that this book will be a treasured keepsake of our church family.

**APPETIZERS,
PICKLES AND RELISH**

**SOUPS, SALADS,
DRESSINGS AND SAUCES**

**MAIN DISHES -
MEAT, SEAFOOD
AND POULTRY**

**MAIN DISHES -
EGG, CHEESE,
PASTA AND CASSEROLE**

VEGETABLES

**BREAD, ROLLS,
PIES AND PASTRY**

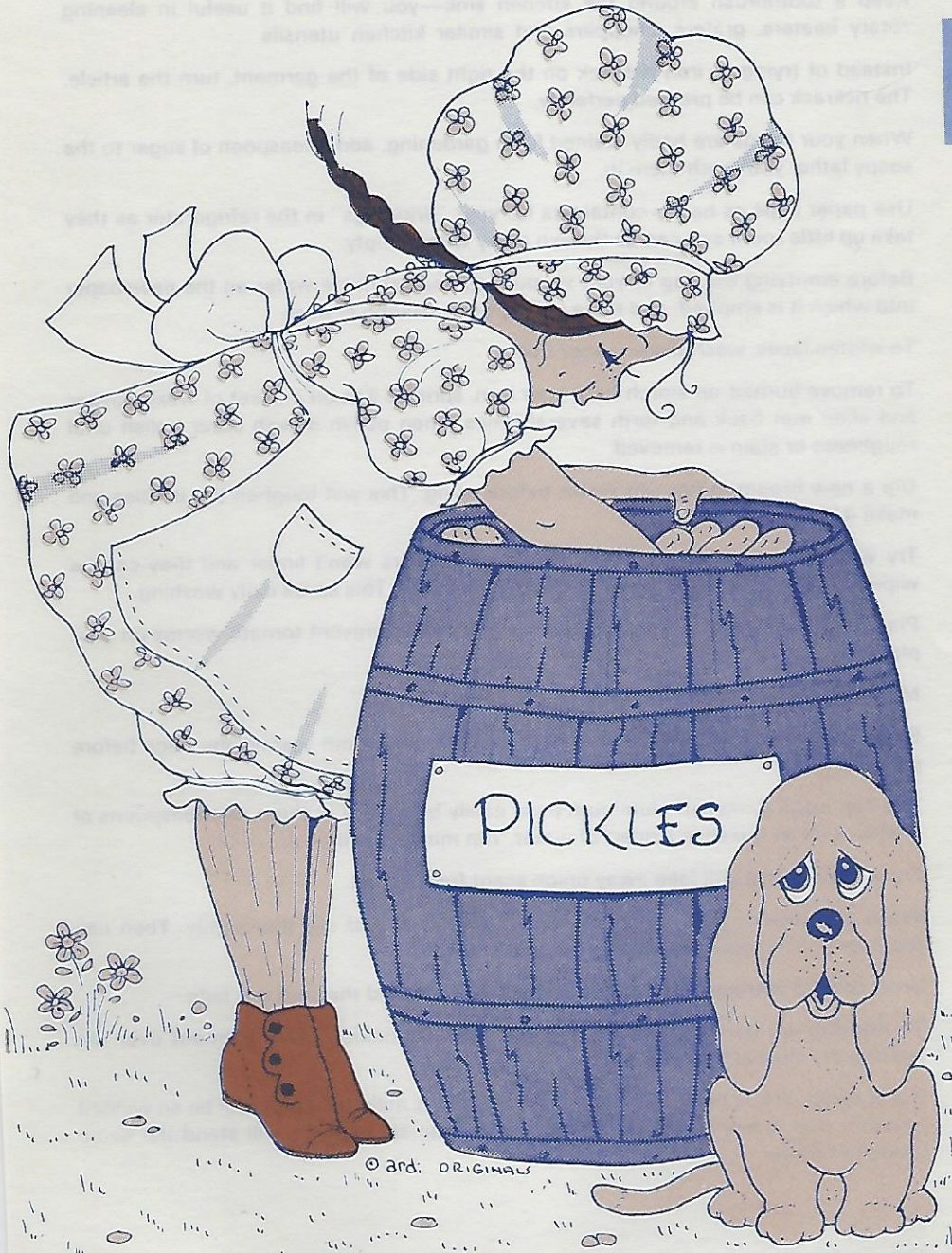
**CAKES, COOKIES
AND ICINGS**

DESSERTS

**CANDY, JELLY,
JAM AND PRESERVES**

**BEVERAGES
AND MISCELLANEOUS**

APPETIZERS PICKLES • RELISH



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Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES AND RELISH

CHEESE BALL

Jennie Hoover

2 (8 oz.) pkgs. cream cheese	2 tsp. Lawry's seasoned salt
1 pkg. hickory smoke cheese	2 tsp. Worcestershire sauce
1/2 tsp. garlic salt	1 pkg. dried beef, shredded
	2 tsp. onion flakes

Mix by hand. Chill and form in balls. Roll in chopped pecans or parsley flakes.

HOT CHEESE DIP

Kathi Kinney

1 lb. hamburger	1 c. Hunt's Manwich
1 clove garlic	1 lb. Velveeta cheese

Brown hamburger and garlic. Drain off fat and remove garlic clove. Add Manwich and cheese. Heat until melted. Serve warm with corn chips.

CHEESE SAUCE

Jane Whetstone

1 1/2 Tbsp. butter	3/4 c. milk
1 1/2 Tbsp. flour	3/4 c. cheese (diced)
1/4 tsp. salt	

1. Melt butter in top of double boiler over boiling water.
2. Add flour and salt. Stir.
3. Add milk slowly.
4. Stir until cheese melts. Can double or triple recipe if needed.

MEXICAN CHEESE DIP

Janet Marner

2 lbs. Velveeta	8 oz. can jalapeno relish
1 lb. hamburger	1 pkg. prepared taco seasoning

Brown hamburger and drain. Follow directions on taco seasoning package (or season as you would for tacos).

Melt Velveeta and add jalapeno relish and hamburger mixture. Serve hot.

SANDY'S DELIGHT CHEESE SPREAD**Sandy Moriarty**

1 (8 oz.) cream cheese	dash garlic salt
1 (4 oz.) Kraft pimento cheese	add olives and chipped beef and dash
2 Tbsp. mayonnaise	lemon juice
dash Worcestershire sauce	

Serve. Spread on small rye bread squares or crackers.

SPINACH VEGETABLE DIP**Marlene Nellans**

1 c. Hellmann's mayonnaise	1/2 pkg. frozen, chopped spinach, thawed and drained
1 c. sour cream	1 pkg. Knorr's dry vegetable soup mix

Mix together and let set at least 1 hour.

PEG'S DEEP FRIED CHICKEN SQUARES**Cindy Spitler**

3 whole chicken breasts, skinned, deboned, skinned and cut into 1 x 1 1/2 inch pieces	1/2 c. water 3/4 tsp. salt 2 tsp. sesame seeds 1/2 c. flour
1 egg, slightly beaten	1 qt. (about) Mazola corn oil

Mix egg, water, salt, sesame seeds and flour. Dip chicken pieces into batter and drain.

Pour corn oil into heavy, sturdy flat bottom saucepan (3 quart pan or deep fryer), filling no more than 1/3 full. Heat over medium heat to 375°F.

Carefully add chicken, 1 layer at a time. Fry 3 to 5 minutes or until golden. Drain.

Serves 6.

GO LICK A LIZARD**Joy Engle**

1/2 lb. ground beef	garlic powder to taste
1 chopped onion	1 can chili
1 chopped small green pepper	1 lb. Velveeta cheese 1/2 c. tomato juice

Brown ground beef. Pour off drippings. Combine all ingredients in crock pot.

Simmer in crock pot, stirring occasionally. Serve hot as a dip with chips.

HAM ROLL

Lee Ann Rock

1 can Spam
8 oz. cream cheese
1 Tbsp. mustard
1 tsp. minced onion
1 tsp. horseradish

Grind Spam. Mix everything together. Roll in fine pecans in ball shape. Serve with crackers.

HOLIDAY MIX

**Betty Fawley
Iris Anderson**

1 pkg. Hidden Valley original salad dressing
1 tsp. garlic powder
1 tsp. dill weed
1 c. Wesson oil
2 (12 oz.) pkgs. oyster crackers

Mix all ingredients together. Put oyster crackers in a large bowl. Pour the above mixture over the crackers. Stir every so often, so the crackers will absorb the flavors.

Make a day before using.

OPEN FACE SANDWICH

Ellener Manwaring

1 lb. hamburger
1 lb. sausage
1 lb. Velveeta cheese
salt and pepper to taste

"Scramble" hamburger and sausage in a skillet until slightly brown. As it cooks, chop with spatula to make it fine. Drain off excess fat.

Add cheese, melt. Spread on slices of party rye or party pumpernickel bread. May be frozen, and used as needed.

While still frozen, place on cookie sheet and bake in 375° oven for 10 minutes.

CRYSTAL PICKLES

Eva Mae Haist

25 dill size cucumbers
1 pt. salt to 1 gal. water

Put in crock and leave 2 weeks in cool place. Wash and chunk or slice. Cover with fresh water and add 1 chunk alum size of walnut. Stand 24 hours. Pour off. Make syrup.

(Cont.)

Syrup:

1 qt. vinegar
2 sticks cinnamon
2 qts. white sugar
1 Tbsp. whole cloves

Put spices in sack. Pour over pickles hot, for 3 mornings. Use the same syrup each time, reheat and seal and can.

APPETIZERS, PICKLES, ETC.

Mary Teel

Cut 2 quarts regular dills (NO GARLIC) into chunks, wash and drain.

Dressing:

4 c. sugar
1 c. cider vinegar
1/2 c. water
4 cinnamon sticks
6 bay leaves

Bring to a boil 5 to 10 minutes. Let cool before pouring over pickles.

DIANA (SARBER) ROMINE'S SWEET DILL PICKLES

Fay Whitstone (Diana's Aunt)

Slice pickles in jar. Add a head of dill at top and center also. Add a slice of onion.

Heat together and pour over pickles:

3 c. sugar
2 c. vinegar
2 c. water
2 Tbsp. salt

Seal and cold pack. Bring to hard boil, then turn off and let set till cold. Enough syrup for 3 quarts.

COCKTAIL MEAT BALLS

Jacque Bradley

Meat Balls:

1 lb. ground beef
2 eggs, beaten
1 c. crushed crackers
2 Tbsp. instant onions
2 Tbsp. sweet pepper flakes
9 drops Tabasco
1/4 tsp. garlic salt
dash salt

Mix meat ball ingredients together. Shape into 1 inch balls, place in oven and bake at 325° until done.

Sauce:

3/4 c. catsup	1 tsp. mustard
1/2 c. water	1 1/2 tsp. salt
1/4 c. vinegar	4 tsp. Worcestershire
1/3 c. brown sugar	sauce
1 1/2 Tbsp. minced onion	6 drops Tabasco

Combine sauce and put in crock pot, add cooked meat balls and simmer for as long as desired.

SHRIMP DIP

Debi McFadden

8 oz. whipped cream cheese	1 can small shrimp
8 oz. cocktail sauce	Parmesan cheese (grated)
	garlic powder (optional)

Spread cream cheese on glass plate. Layer with cocktail sauce and small shrimp. Sprinkle with Parmesan cheese and garlic powder. Serve with crackers.

SHRIMP DIP

Jacque Bradley

1 pkg. (8 oz.) cream cheese	2 cans (tiny cocktail) shrimp, drained
1 c. sour cream	1/4 c. catsup
	1 tsp. horseradish

Combine and mix thoroughly. Serve on crackers or vegetables.

STUFFED MUSHROOMS

Cindy Spitler

1 pkg. fresh button mushrooms	onion
1 stick butter	celery
	bread crumbs

Wash and remove stems from mushrooms. Set stems aside. Hollow out caps of mushrooms.

Next melt 1 stick of butter in saucepan. Chop stems and saute in butter with a little onion and celery. Season with salt and pepper.

Now add enough bread crumbs till mixture resembles dressing. With a little bit of cooking oil, oil inside of mushroom caps and stuff with dressing mixture. Place in a baking dish and bake at 350° for 20 to 30 minutes.

SWEDISH MEAT BALLS

Cindy Spitler

2 lbs. ground beef	1 1/4 c. dried bread crumbs
1 envelope onion soup mix	2 (14 oz.) bottles Brooks tangy ketchup
1 egg	1/2 jar apple jelly
2 tsp. mayonnaise	1/2 jar grape jelly

Mix and shape into bite sized meat balls. Cover and refrigerate. When ready to serve, heat ketchup, apple and grape jelly together. Put meat balls in oven on broiler pan at 350° for 30 minutes.

Next place meat balls and sauce in a crock pot to keep warm.

Makes 50.

TACO BEAN DIP

Dawn Williams

1 can refried beans	8 oz. grated Cheddar cheese
1/2 jar taco sauce	chopped lettuce
4 oz. sour cream	chopped tomato

Mix refried beans and sour cream. Add at least 1/2 jar taco sauce. Mix, add more to your taste. The more sauce, the hotter the dip.

Spread on a rectangle dish. Put grated cheese, then lettuce and tomato. Use Tostito chips to dip.

TOMATO RELISH

Julia A. Teel

3 qts. peeled, chopped tomatoes	2 c. onions, chopped
3 c. celery, chopped	1 c. mangos, chopped
	1/4 c. salt

Let set overnight. Drain 1 hour or more.
Add:

2 c. sugar	1 1/2 tsp. mixed pickling spices (in bag)
1/4 c. brown sugar	1 c. vinegar
1 1/2 tsp. pepper	

Bring to a boil and simmer 15 minutes uncovered. Put in jars. Cold pack 10 minutes per pint.

SOUPS
SALADS
SAUCES
DRESSINGS



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.