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Summer Salad Possibilities

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and for body activity. Milk also supplies three other substances which, altho they are present in very small quantities, are very, very necessary, for without them in the food the baby will cease growing and will not gain in weight. These three substances are called vitamins and are designated as vitamins A, B and C. Most people have little knowledge of them has been obtained in the last six years, and have yet much to learn about them, but that they are absolutely essential in the babies diet, we do know.

Where do all these materials in milk come from? From the food the mother eats. For this reason it is important that the mother consider her diet. First, the milk shall have sufficient in amount. Since the materials for the milk is obtained from the food which she eats, it is necessary that the mother eat more than is needed for her own energy requirements. Some foods are better for furnishing an adequate milk supply than others. In some experiments conducted by Hoobler at one of the hospitals in Toledo not long ago, he found that wet nurses, who received adequate protein in their diet gave a larger milk supply than those who received inadequate protein in their diet. Milk is one of the best foods for giving adequate protein. Milk also furnishes a large amount of calcium and phosphorus, which are necessary for the bone growth of the baby. These reasons it is essential that the diet of every nursing mother contain milk. Meat gives adequate protein, but has very little calcium and often contains phosphorus in the intretines, so that milk is better than meat. If the diet of the mother is deficient in calcium, nature tries to do her work by calcium from the bones of the mother in order to make good the deficiency in the baby's diet. A diet deficient in calcium and its consequent withdrawal from the teeth of the mother may be a cause for the frequent decay of the mother's teeth during pregnancy and lactation.

Milk is richer in vitamins when the diet of the mother contains foods, which are rich in vitamins and it is poor in vitamins when her diet is poor in vitamins. The same diet that seems to be able to build up vitamins itself must obtain them from the food that is eaten.

Foods that contain vitamin A and which should be in the mother's diet are butter, cream, whole milk, egg yolks, tomatoes, carrots, sweet potatoes, pumpkin, yellow corn, spinach, swiss chard, lettuce and cabbage. Looking over this list it will be noticed that foods rich in vitamin A are either yellow or green in color. Of meats, liver and kidney contain most of A but are not so desirable for other reasons.

Vitamin B is found in a large variety of foods than A or C. It has been found in all natural foodstuffs as fruits, nuts, vegetables and seeds, that have been tested for it. Some foods contain more than others. Yeast and the germ of cereals are rich in it. A variety of fruits and vegetables insure having sufficient of it in the diet.

If one vitamin can be more important than another in the diet, then B is the vitamin that is most essential. Some of the foods richest in B are oranges, grapefruit, lemons, prunes and other fruits. Some vegetables are spinach, carrots, cabbage, onions, lettuce, peas, tomatoes, potatoes and asparagus. The germ in the bread have G, but when the germ is removed for improving the keeping quality as in white flour, bread meal, etc., so very little is very little of vitamin B found in these vegetables. These do not contain B or have so small amounts that they were not noticeable in feeding experiments.

Vitamin C is rather limited in distribution in food stuffs but is found in living cells of both animal and vegetable tissues. It is destroyed by heating unless heating takes place in an acid medium, so it is not lost when the food is cooked. Fruits and vegetables are rich in vitamin C, other fruits and vegetables rank below the ones listed.

Summing up the foods that should be in the nursing mother's diet, we have milk and a variety of fruits and vegetables. Also additional table salt is needed for the heat and energy they give. The large amount of fruits and vegetables also help in preventing constipation.

The mother needs daily exercise, but very strenuous exercise takes so much food to furnish energy for it that the amount of milk is lessened. She should have rest each day and be as free from worry as possible. During times of worry, stress and fear the amount of milk secreted is very much lower.

The mother may keep herself in condition and still not have the baby properly nourished, if she fails to feed it regularly. Very young adults can live for a short time on a diet of tea, bread, and a strawberry or an orange. A baby's digestive system is so delicate when compared with an adult's that it is not at all strange that it has colic and digestive disturbances when it is not fed regularly. In fact the digestive tract of the baby is so easily upset that it may have some digestive disturbances even when fed regularly, but irregular feeding only makes the trouble worse. The interval between feedings should be at least three hours and not five at times for the food to be digested before another feeding. Many babies do better with a four hour interval between feedings.

The baby should have water offered it between feedings, as they need more water in proportion to their size than an adult person. Here tells us that babies need water weight is grams per pound of body weight, while an adult needs eighteen grams of water per pound of body weight.

Orange juice is one of the first foods offered the baby. It may be given as early as the fourth day, or the second week. About one teaspoon of strained orange juice is diluted with one teaspoon of water. The amount can be gradually increased and the dilution lessened. By the time the baby is four months old it can take one fourth cup of orange juice daily. The orange juice furnishes vitamins B and C which may be rather low in the mothers' milk.

A breast fed baby should double its birth weight in five months and treble its birth weight at 12 months of age. A breast fed baby's minimum gain should be four ounces or one fourth pound per week and during the first five months it is often as much as eight ounces per week. When the weight is stationary or the gain is less than four ounces per week it means that something is wrong, and the defect is often found in the lack of certain ingredients. A healthy baby is a happy one and a large part of the health of the nursing baby depends upon the health and diet of its mother.

**Summer Salad Possibilities**

By BETH BAILEY

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L**ET ME see your ice box and I can tell you the kind of meals you serve! I can tell you what you eat and I can tell you what your family eats and I can tell you what your family eats and I can tell you what your family eats for your family these hot summer days. Will the inspection excite the fagged summer appetite? In other words what are the salad possibilities of your ice box now? The refreshing flavors of summer vegetables and fruits and in what more appetizing way can one serve fruits and vegetables or a combination of both, than in a summer salad.

And now, what do I mean by the salad possibilities of the ice box? Well. Your ice box should contain, first of all some cleaned, crisp lettuce rolled up in a cloth ready for use. This may be leaf or head lettuce but it must be crisp and not wilted. If you cannot get lettuce there are many other salad greens which will do to add variety, as curly endive, French endive, chicory, and other similar greens. If edible greens are preferable, if none are available, other kinds of leaves may be used as a salad garnish. For instance one may use parsley, nasturtium leaves and flowers, geranium leaves, a bit of fern, grape leaves or even maple or oak leaves. One most attractive bowl of salad which I once saw was lined with a big jucy jucy braised cause bean. With the widening selection of salad greens the ingenious cook is never nonpulsed at a lack of lettuce. Whatever greens she uses she may improve the flavor by dressing a damp cloth in the ice box so that they will be crisp when needed.

Next there must be salad dressing possibilities in your ice box such as a jar of mayonnaise. Then there must be the liquid for an oil dressing. Of course, olive oil is kept at room temperature, but the cotton and corn oils may be kept in the ice box. A simple French dressing to give, oil and seasoning is beaten up in no time with a Dover egg beater. Even the
one time much dreamed mayonnaise dressing is but a five minute operation with the one used in making these salads. Wash and cream, either sweet or sour, when seasoned with sugar, salt and mustard, makes good dressing for fruit salad. Pineapple, pear or berry juice thickened with corn starch and cooled may be mixed with whipped cream and used with fruit mixtures.

So the appetizing ice box has a roll of chilled salad green and some salad dressing, and also as big a variety of fruits, vegetables, eggs, meats and cheese, as possible. Right here I had better say that by salad I do not mean the proverbial cabbage, waldorf and potato salad served for company use only. These summer salads are of daily occurrence and are ever changing, and the summer menu is no bugbear to one who has mastered the art of making them. Such a person needs no recipes for her salads, for at best a recipe is but a suggestion. What one needs is a keen appreciation of combinations of flavors.

Most all vegetables may be used alone or in combination for these salads. Washed over cream peas or string beans are washed free from the sauce and put into the ice box to reappear in a vegetable salad. Carrots, raw or cooked, beets, asparagus, lima beans, cauliflower, turnips and radishes make quite as excellent ingredients as do green peppers, tomatoe, celery, cucumbers, pimientos and cabbage. Often several small dishes of left over vegetables may be used by placing in separate piles on individual plates or on a big serving plate. Just before serving, place a spoonful of salad dressing on each serving or let each one help himself to the dressing from a bowl passed at the table.

Don't mix salad ingredients in a bowl until soft and mushy. It is only meat and fish salad that need to be marinated in dressing for some time before serving. One prerequisite of a successful salad is that it must not look handled. The ingredients must be uniformly cut—not mashed or crushed. For this purpose a pair of scissors is invaluable. Chopping knives add speed when a quantity is to be prepared. But, a meat grinder does not appear in salad equipment.

When to a vegetable salad one adds cooked eggs, nuts, meat, fish or cheese, one may have—in one dish—a well balanced meal. It is this type of salad that is so desirable for the hot weather days. It is for these ingredients that I look when I inspect an ice box.

Most any kind of cheese may be used to make the one dish luncheon salad. Cheddar and swiss cheese may be cut into small cubes or grated over the other ingredients. In summer, one often has enough sour milk to make a small amount of cottage cheese. Good cottage cheese makes a delicious salad when combined with fruits such as pineapple or apple, or with hard cooked eggs, nuts, raw or chopped carrots, green peppers, pimentoes, peas, celery, asparagus, tomatoes and in fact most any vegetable combination. Cottage cheese may be mixed with cream or salad dressing, rolled into balls or heaped into mounds and served. Green peppers or pimentoes stuffed with cottage cream and cheese while the cut into slices makes a most attractive salad.

A small amount of left over meat or fish is nicely served with most vegetables. For example, on a large platter arrange crisp lettuce leaves. In the center, place a mound of uniformly cut pieces of cold roast pork that has stood one-half hour in a marinade of vinegar, oil, salt and paprika. In one mound place cubed cooked carrots, in another place pile salted cucumber, make a fourth pile of peas and for the fifth pile diced onions. For a dressing serve mayonnaise or a cooked dressing. To do this quickly, use a small deep bowl and a Dover egg beater. Use 1 egg, 3 tablespoons vinegar, 1 teaspoon mustard, 1 teaspoon powdered sugar, 1 teaspoon salt and one-fourth teaspoon paprika. Beat well, add 1 teaspoon oil, continue beating and adding oil, a teaspoonful at a time, until one-eighth cup of oil has been used. Then slowly pour in one and one-fourth cups of oil, beating vigorously. The success of this method of making mayonnaise depends upon the thorough beating.

Mayonnaise dressing may be made in quantity and kept in the ice box without refrigerating if the above is pure and a cooked cornstarch paste. Mix 3 tablespoons cornstarch with one-fourth cup cold water, add one cup boiling water and cook until thick. Beat as the paste cools, and be sure that it is neither lumpy nor too stiff. When cool, beat the paste into the mayonnaise.

Many people prefer a cooked salad dressing which may be made as follows: Use 2 eggs, 1 teaspoon mustard, 1 teaspoon salt, 2 tablespoons sugar, 1 teaspoon paprika, one-half cup vinegar and one-half cup water. Cook in a double boiler, beating with a Dover egg beater. When thick add 2 tablespoons butter. This dressing keeps easily.

For fruit salads, one may add whipped cream just before serving. For meat or vegetable salads the dressing is improved by beating in one-half cup oil.

To serve this luncheon or supper salad, place the platter in front of the host's plate together with a bowl of dressing. As each guest serves himself he is given some of the various kinds of vegetables and meat and some of the dressing. It a member of the family does not eat particular vegetables it is easily omitted from his serving. To complete this salad meal one needs but to add cold or hot bread, butter and a simple fruit dessert.

It is not necessary, perhaps, to say that one must not overlook the question of color combination in planning a salad of this sort. The laws of color are of even more importance in the food we eat than in the clothes we wear or in the house furnishings about us. Make your salads a problem in good color harmony just as you do your costumes. In planning a salad, consider not only the colors of the materials to go into it but also the colors of other foods to be served during the same meal. Beware of using two shades or the same color together as pimento and lemons or apple and celery, but use a salad color rarely looks well, and if a salad gives such a splendid chance for a pretty color harmony that it would be a shame to limit the colors used in making it, try one or two.

As for fruit salads, just a word. All ingredients must be fresh, cold, and cut, not mashed. If handled, fruit becomes soft and the juices run out over the plate. If a salad must be prepared several hours in advance, it is better to pour over the mixture a cold liquid lemon or ginger soda just enough to cover the fruit. This prevents discoloration and softening.

In arranging fruit salads, the simple and natural combination seems to be desired than the complex. Tomatoes cut in petal shapes or pineapple rings made to simulate flowers are attractive but beware of imitating plants which is undesirable to eat. A pear and almond salad is very pleasing but it becomes distasteful when the almonds are stuck in the pear to represent a pomegranate.

Summer is here! Greens are plentiful, eggs cheap, vegetables are to be had in quantity and fruits are at their best. As one successful housewife said to me a few weeks ago, "Come on home with me to dinner. I don't know what we'll have but I have lettuce and two kinds of salad dressing—so why worry!"