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Exit Tonic-Enter Fruit...

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Exit Tonic—Enter Fruit . . .

By Vivian Ritchie

JUST around the corner Lady Spring is waiting expectantly until the time comes for her to shower the winter-ridden earth with her many blessings. In past years “little Johnny” would be taken by the nose and the time honored spring tonic, sulfur and molasses, would be administered to him “just to tone up his system.” The beauties of spring always became somewhat dulled to Johnny about this time. However, since more knowledge is being accumulated concerning the qualities and possibilities in foods we now can take our ‘tonics’ in the shape of juicy ripe fruits and crisp, crunchy salads, and nothing can lessen our appreciation of the gaieties of spring time.

Even now, the steaming dishes that were so appetizing on the cold winter nights seem to have lost their fascination, and our attention turns to the sections of our cook book that is devoted to greens and salads, and to the grocery advertisements that deal with early fresh vegetable prices. Many of those vegetables have been available throughout the winter months, both canned and fresh, but somehow it is not until the “smell of spring” is in the air, and our garden planting fever is beginning, that we really take a serious, almost feverish interest in their utilization.

ABOUT the first food that we find in our gardens in the spring is an appetizer, the common horseradish. One of the methods used in the serving of horseradish is in sandwiches. To make the filling, take two large tablespoons of horseradish, which had been drained well before it was measured; mix well with 3 tbsp of sweet mayonnaise and 1 cup of stilly whipped cream. This mixture is then spread thinly on buttered bread slices, which are cut into finger strips. This recipe will make two dozen sandwiches and if it is kept in a cool place will not deteriorate for several days.

Next in order from our gardens we get pears. They, too, have been on the market during much of the winter, but somehow, that which we get from our own garden seems more of a treat, and we immediately begin our search for a new way to serve them. One of the older methods which still holds favor is to boil the vegetable in salted water until tender, then fry in butter and season with salt and pepper, or mash like potatoes and serve with butter. Or, one may make them into patties with the addition of butter, egg and seasoning, and fry in fat. They are often creamed, also, or served in combination with peas or carrots. In any case the pearspice presents an invigorating spring vegetable dish.

Shortly after the pears we find numerous vegetables and fruits coming into evidence, rhubarb, peas, carrots, onions, radishes, beets, cauliflower, corn, beans, cabbage, mushrooms, peppers, spinach, tomatoes and on and on, that present a colorful and healthful parade across our diets and serve to tone us up in a thoroughly enjoyable manner.

If your old fruit and vegetable salads no longer stir the imagination, you might “tone” up the salad dressings for a pleasant change. To do so one has only to take some of the commercial mayonnaise and add to it an extra squeeze of lemon juice or flavored vinegar or stir in some chopped cappers or peppers or some ginger syrup. If it is for a fruit salad, one might add some of the fruit juice to the dressing, or bits of the crushed fruit itself. A fluffy dressing may be obtained by beating in a little marshmallow cream, and adding a spoon or two of whipped cream.

Salads, cocktails and appetizers—pleasantly blended colors and flavors of delicious and healthful fruits and vegetables are certainly a more pleasant source of spring tonic than those our grandmothers had to offer.

SPEAKING of tomatoes, although we are not able to get them from our own gardens very early, they can be bought at the market, either fresh or in cans. This modest fruit has lately come into favor with the modern hostess in the guise of a cocktail, which is delicious and simply made.

TOMATO JUICE COCKTAIL

1 c. tomato juice
1 tbsp. mild vinegar
2 tsp. sugar
Tiny bit bay leaf
1 brusied celery stalk
1 slice onion, making 1 tsp. when grated or minced
1 tbsp. lemon juice

Mix ingredients, let stand 15 minutes and strain through cheese cloth. Chill and serve in small glasses.

SURROUND a child’s life with beauty if you would have him appreciate the fine arts."

That is the creed advanced by Lorado Taft, world-famous American sculptor. Let the child study the beauties of nature, says Mr. Taft; point them out to him if need be. "The world can never be a dull place for one brought up to notice beauty and appreciate it, for there are new beauties to discover every day."

Mr. Taft, know as well for his advocacy of beauty in living as for his Fountain of Time on the Chicago Midway and his other magnificent sculptures, recently told an Iowa State audience of his "dream museum"—"a museum to consist of properly lighted and placed plaster casts of masterpieces of sculpture from Phidias to St. Gaudens. Just after his lecture, he explained his theory of bringing beauty to the child.

"I have seldom had children under my direction, except now and then when they come to the studio," continued Mr. Taft, "but it seems to me that the time for children to begin their actual instruction in the fine arts would be when they first showed a desire to create. For instance, children seem to have an innate desire to model in mud."

A person who has gone through life blindly, missing the beauties about him, still has a chance to cultivate a sensitivity to this loveliness if he actually desires to do so, Mr. Taft said.

"I find, however," he said, "that there are very few people who do not feel and see beauty, even though reticent about expressing it."

Mr. Taft stressed again the point which he had brought out so strongly in his lecture—that his fondest wish is that every college and city might have a museum containing correctly illuminated copies of works of sculpture. "This," he said, "would be the finest way to study and gain an appreciation of the work of the masters."

"An inestimable inheritance of treasures of literature and arts has come down to us from the past," said Mr. Taft, "but we Americans are oblivious to this wealth. I would beg for a greater recognition of these treasures in our school life. Needless to say, I do not mean the perfunctory dissections which have made so many school children hate the greatest poems in our language, but a sympathetic approach to all of the arts."

Mr. Taft told of an article in which

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