

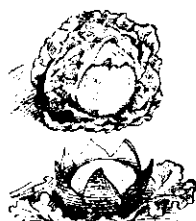


*For your very good
health this summer*

**SERVE
SALADS
OFTEN**



A good salad is more than a few wisps of lettuce and a slice of tomato — it is crisp, colourful and pleasing to both the eye and the palate. Like this it will not only be good for the appetite but Good for You, for salads are full of those important minerals and vitamins you need for summer fitness. They are kind to the figure, too.



To make your salads worthwhile always include:

- 1 A green vegetable. Use lettuce leaves whole or shredded* or cut the heart into quarters and serve each segment as a portion. In place of lettuce finely shredded cabbage can be used. Use coarsely chopped parsley and liberal quantities of mint and chives.
- 2 A coloured vegetable, e.g. raw root vegetable grated or cooked and diced; tomatoes, radishes.
- 3 Add to these basic ingredients anything your imagination tells you will look and taste well in a salad — left-over potatoes, diced and sprinkled with onion and parsley, cooked peas and beans, chopped red apples and nuts.
- 4 For the main meal dish—add meat, fish, eggs or cheese.

When salad is served as the only vegetable in a meal allow at least 1 cup per person — $\frac{1}{2}$ of this should be green vegetable or tomato.

* Toss shredded vegetables with salad dressing immediately after shredding—this helps to preserve Vitamin C.

For crispness and food value use only the freshest vegetables — and prepare just before serving.



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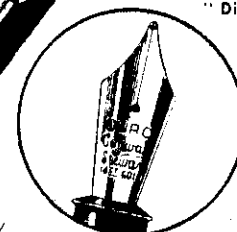
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