

Women's Page



from the KELVIN KITCHEN by Joan Adams

TOSSING A SUMMER SALAD

A Russian laquer bowl and "virgin-oil of the month of May" from the olive groves of Italy may help salad-mixing, but fortunately we can do without them. Few of us lavish the care and artistry in making a salad that the people of France and the continent do. Yet if we use the choicest ingredients our means afford, a discriminating hand at the vinegar and oil and a dash of imagination, we can still toss a salad worthy of a French chef. As summer ripens, our salad sense is taxed to the utmost, preparing two and often more salads in a single day, and most homemakers are in search of ideas for varying the salad course when July comes around.

Let's watch the chef a moment, while he assembles and Frenchily dresses a salad of the simplest greens. Under his treatment, the mixture actually becomes a cornerstone of the salad-mixing art. He rubs the inside of a large wooden bowl with a clove of garlic, breaks

a head of lettuce into it in crisp, irregular sections, adds diced celery, thinly sliced radishes, slivers of cucumber, watercress, all crisp but free from moisture, and two chopped, hard-boiled eggs. Pouring in a dressing made of pure olive oil, fragrant vinegar and seasoning, he mixes the dressing by tossing the vegetables lightly with a wooden spoon and fork. He might add a few tablespoons of meat gravy or better still, chicken gravy, for extra savor. On a hot day he's apt to anoint the vegetables with the separate ingredients of the dressing, one by one, being careful to use vinegar first, for its refreshing piquancy. And if he must be scant with the oil, he patiently paints each leaf with it to obtain a perfect blend.

Epicures claim that a salad cries for the taste and fragrance of vinegar. The French custom of eating a "sour" or vinegar-dressed salad once every day might well be adopted, for it is a most healthful one. A tart dressing has a good effect

on digestion, tending to neutralize fats and offset rich foods by stimulating the pancreatic juice.

The fruits and vegetables in full blush and flavor during July are a challenge to salad-mixers. Use vegetable salads with French dressing as a substitute for hot vegetables. Fruit salads with mayonnaise in place of desserts, and a combination salad like the recipe given below, for a luncheon main dish. And remember an artistic garnish, for it's the little extra touches, parsley and pimento, curly endive and radish roses, pepper rings and celery curls, riced egg-yolks and paprika, that lift your salad to distinction.

SUMMER SALAD

2 cups Lima beans.
1 cup celery.
Salt.
Dressing.
2 quartered tomatoes.
Combine beans, celery, tomatoes, and salt. Marinate with French dressing, chill and garnish with paprika and parsley.

SHRIMP GRAPEFRUIT SALAD

1 cup grapefruit (sections freed from white membrane).
1 cup shrimps.
1-3 cup cucumber (diced).
¾ cup celery (finely chopped).
1-3 cup French dressing.
Tossing ingredients together lightly. Chill. Serve on crisp lettuce or water cress. Serves 6. This salad may be varied by substituting 1 cup flaked crab meat for shrimps.

COMBINATION SALAD

1 cup peas.
1 cup shredded raw carrots.
1 cup celery (cut in slivers).
1 cup cucumbers (sliced thin).
¾ cup mayonnaise.
2 cups of cold boiled ham (cut).
½ cup radishes (sliced fine).
Salt and pepper.
Make up as individual salads on lettuce nest. Do not combine ingredients other than placing a layer of cucumbers, then carrots, ham, celery, etc. Serve mayonnaise to one side. This makes a delicious luncheon dish when served with toasted English muffins. Make sure that vegetables are crisp and thoroughly chilled before making salad.

FRENCH DRESSING

4 thin slices onion.
2¼ teaspoons salt.
1 cup oil.
Cayenne.
5 tablespoons vinegar.
½ teaspoon paprika.
2 tablespoons sugar.
Few drops tabasco sauce.
Combine ingredients which have been chilled thoroughly in Kelvinator and shake well for total emulsion. This dressing may be stored for a period of time if kept cold. It must be well shaken before using.
(Editor's Note) If you have a question on home-management, send it with a stamped, self-addressed envelope to Joan Adams in care of this newspaper. Miss Adams will answer your question personally.)

ON INSPECTION TRIP

E. C. Brown, of the Bureau of Public Roads, and Art Loforth, Construction Engineer for the State Highway department made an inspection trip to this end of the state during the past week.

Rainbow's Keno Parlor Enlarged

The enlarged and re-decorated Rainbow club has instituted a new and novel form of Four Card Draw. The horseshoe table has been enlarged and 250 cards are on the table to select from.

The drawing of the cards is done by the various players who toss baseballs into a large hopper which moves back and forth between the tables on rails laid on the floor. In the center of the hopper are 52 small boxes, each designating a different playing card of the standard deck. The baseballs roll down the beveled sides of the hopper into the small boxes and as each ball comes to rest in the various compartments the floorman calls off the number and suit of the card in that particular box. Four cards across any of the playing cards which have 15 numbers, is a winner.

Russ Barrett and C. H. Griffey are the owners of the popular resort and are enjoying a large patronage.

VISIT GRAND CANYON

Mr. and Mrs. D. C. Dodge enjoyed a tour of the Utah parks and the north rim of the Grand Canyon last week. Wednesday and Thursday of this week they visited friends at Deer Creek and Charleston Park.

At the PALACE — Sunday



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Palace

-- Sun.-Mon.



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