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## Hints for Homemakers

by SONDRA REID

## INGREDIENTS FOR SALAD

It is most important in selecting salad ingredients to consider how the salad is to be used in the day's menu. If it is to be a main dish, ingredients with a high calorie content must be chosen, such as meat, fish, cheese



or eggs. Certain vegetables, such a s celery, tomatoes, cucumbers and peas, combine well with these and present a contrast in color, texture and flavor. All ingredients should be fresh to ensure that the salad will be delicate and

proteins safe for use.

Greens and other Vegetables: . The markets offer a wide choice of salad greens and vegetables throughout the year. Greens for salads should contrast in taste, texture, shape of the leaves and color. Some appropriate combinations are:

- 1. Raw spinach and iceberg lettuce.
- 2. Chopped parsley and green cabbage.
- Romaine and watercress.

Vegetables and other foods may be combined for salad in many ways, including the following:

- 1. Tomatoes, cucumbers, lettuce.
- Potatoes, onions, diced egg, green and red peppers
- Carrots, celery, raisins.
- 4. / Cabbage, pineapple, peanuts.
- Chives, cottage cheese, watercress. Fruits: Variety in flavor and texture are added to the diet by using fruits in salads. There is a wide choice of fresh, canned, frozen and dried fruits. If a salad is to be frozen, raw grapes should not be

used since they tend to become soft and

unappetizing when frozen. Appetizing combinations of fruits with

Apples, celery, nuts.

other foods are as follows:

- 2. Pineapple, cottage cheese, pimento.
- 3. Melon balls, mint leaves, oranges.
- 4. Avocados, grapefruit, watercress.

To save time and work in making salads, put all the ingredients, seasonings and utensils together in one work center, preferably near the refrigerator.

The greens used in salads must be washed thoroughly, then drained. Excess water will dilute the dressing and prevent the leaves from becoming coated with the seasonings. After being washed and drained, the greens should be refrigerated.

Foods that do not cut easily with a fork should be cut into pieces convenient for

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be diced; raw cabbage, carrots and lettuce may be shredded; raw carrots may be grated, diced or sliced.

Canned fruits and vegetables should be drained and chilled thoroughly before they are used in salads. To ensure freedom from harmful microorganisms, nonacid, homecanned vegetables must be boiled for 10 minutes.

If canned meats are flaked before using, the texture of the salad is improved.

The making of attractive salads requires

eating. Raw celery and cold potatoes may care in planning, in combining the ingredients, and in arranging. For best results, follow the suggestions below:

- 1. A large bowl, individual plates or individual salad bowls may be used for serving salads.
- The foods used in salads and salad dressings should be left in the refrigerator until just before using.
- For attractive servings it is important that you put salad ingredients together neatly and simply.
- 4. Avoid using too much dressing.

## ES RACIAL ROLES

SIDNEY POITIER, who may become the first Negro to win an Academy Award as best actor of the year for his work in "Lillies of the Field', has decided to reject roles in motion pictures dealing with racial issues.

Poitier emphasized, however, that his decision does not mean that he will not continue to support the civil rights movement.

"I don't want anyone to get the wrong impression," Poitier said. "I intend to help raise money for the civil rights cause whenever I am able to do so. I consider such activity just as important as taking part in demonstrations. Picketing has its place, but I feel that I can accomplish more good by raising money on the stage.

"I'm not getting out of the fight," he said. "I endorse the civil rights struggle one hundred per cent. But I can't permit myself to be used indescriminately. I feel that I can contribute the most by being as fine an artist as possible."

Elaborating on his decision to avoid films with a "racial message", Poitier pointed out that he had an obligation to himself and his career in seeking broader roles. By so doing, he said he felt he also would be "elevating" the Negro image.

"RACIAL CONFLICT has been the central theme of most of the pictures I have made," he said. "Unless I can get away from this sort of thing I eventually will become professionally limited-typed, as they say. I would like to do more roles that require the expression of emotions common to men of every color."

Poitier said he thought his part as a wandering handyman in "Lillies of the Field" who builds a church in the desert for





SIDNEY POITIER Still in Civil Rights Fight

nuns met such requirements.

"That man's positive qualities are found in people all over the world," he said. "They are not merely qualities inherent in Negroes or even other Americans."

Poitier expressed gratitude to his fellow Academy members for recognizing his talents with an Academy Award nomination.

