UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat Thursday, April 11, 1929.

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Subject: "Salads and Salad Dressings." Menu and recipe from Bureau of Home Economics, U. S. D. A.

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Would you know one of the secrets of long life and good health? It's very simple--- that is, it sounds very simple: Keep your weight normal.

"The woman of normal weight," says an authority on the subject, "has an advantage both in appearance and health, over her sisters who are too heavy or too thin. The overweight person has difficulty in buying clothes to fit, and in dressing well; she is uncomfortable, inclined to be anemic, and has lowered resistance to disease.

"The underweight person may have low resistance, little reserve strength, digestive difficulties caused by lack of the necessary protective covering of fat, or she may be nervous, and easily upset."

What's the best remedy, for both these conditions? Correct diet. To cut down weight, safely, effectively, and comfortably, it is necessary to go further than follow a light diet. The danger of some light diets is that the body runs short of minerals and vitamins which are necessary for health. The correct diet, for the person who wants to cut down weight, includes fruits, vegetables, eggs, milk, and other foods which supply health, but contain few energy foods.

The underweight woman who is anxious to gain weight starts out resolutely to cultivate a larger appetite, to eat foods containing body essentials, as well as high-calorie foods.

For either the heavy or light persons, the rules of wholesome living should include emphasis on sleep, rest, and fresh air.

The chief topic of conversation today is salad making and a recipe for mayonnaise dressing. If there's time, I'll give you a menu.

In the first place, all salad greens should be served crisp. Wash them thoroughly, first in running water, or by lifting them out of two or three waters. Then wrap them in a cloth, or put them in a clean paper bag. Set them on ice, or in a cool place, to "crisp."

Salads are always more appetizing, when they contain something succulent, to crunch between the teeth -- something crisp like lettuce, celery, cabbage, apples, pickles, watercress, and so forth.

The big secret of a crisp, tasty salad lies in having the ingredients fresh; cold, with no drops of water clinging to the leaves; and carefully combined. When vegetables or fruits are cut up, or diced, the pieces should be large enough so the salad won't be mushy, when the dressing is added. Is there anything more uninteresting, than a soggy, boggy salad? As a general rule, the dressing should not be mixed with the other materials, until just before serving. The dressing tends to wilt the vegetables, and salad greens, (Of course there are exceptions to this rule -- potato salad, for example.)

The kind of salad dressing to use depends largely upon when the salad is to be served. A light salad, with a heavy dinner, usually needs a light dressing, such as a French dressing. Luncheon or supper salads, or those served with party refreshments, may have the richer dressings, such as mayonnaise, cooked dressing, or cream dressing.

If you have a copy of the Radio Cookbook, you know it contains about two dozen salad recipes, and directions for making cooked salad dressing, sour cream salad dressing, and cheese dressing. However, the cookbook does not include a recipe for mayonnaise. That's why I'm going to broadcast the recipe today, for mayonnaise dressing.

Seven ingredients, for Mayonnaise Dressing:

1 egg yolk
3/4 to 1 cup oil
2 tablespoons lemon juice or vinegar
1/2 teaspoon salt
1/4 teaspoon pepper
Paprika, and
1/2 teaspoon sugar

Seven ingredients for Mayonnaise Dressing: (Repeat)

Mix the spices. Add one tablespoon of the acid, which may be either vinegar or lemon juice, or a combination of the two. Add the egg yolk, and beat slightly. Then begin adding oil, about a teaspoon or two at a time, and beat thoroughly. Continue adding oil until a heavy mixture is formed. The remainder of the acid may be worked in, as the mixture becomes very thick. Don't use more than one cup of oil, because that is all that can be satisfactorily combined with one egg yolk.

There are many ways to vary this standard Mayonnaise dressing. It's a good idea to make up a supply of mayonnaise, put it in the ice box, and add special seasoning to the amount used for one meal. Russian dressing is excellent on a crisp green salad. Russian dressing is mayonnaise plus a little tomato chili sauce, or tomato catsup and lemon juice.

Thousand Island dressing is a standby, for salads. Thousand Island dressing is nothing but mayonnaise, to which chopped, highly flavored materials are added. Often as many as a dozen different ingredients are added in small quantities, cut up in very small pieces. Some suggestions are pickles, olives, celery, green peppers, pimentos, capers, and onion. Use a combination of any of these materials you have on hand.

If you are serving a fruit salad with mayonnaise, add whipped cream to the mayonnaise, and a little extra sugar and salt.

I won't discuss salads any more today, except to remind you again that there are about two dozen recipes in the salad section of the Radio Cookbook.

I believe we'll have time for our chili con carne. That's the feature of today's dinner. Did you ever make chili con carne, at home? It's really very easy. When I read this recipe, you'll notice it calls for two kinds of herbs -- Cornia (C-o-r-n-i-a) and Oregano (O-r-e-g-a-n-o). If you cannot buy these herbs from your grocer, omit them from the chili con carne.

Ten ingredients, for chili con carne:

1 pound round steak	1/4 pound chopped suet
3 garlic buttons	1 medium sized onion
2 teaspoons salt	1/2 teaspoon paprika
2 teaspoons Cornia herbs	1/2 pound chili or pink beans, and
2 teaspoons Oregano herbs	1/2 teaspoon chili paste

Ten ingredients: (Repeat).

Soak the beans overnight, in one quart of water. Add one teaspoon of salt. Cook until almost tender. Grind the meat. Grind the suet, and cook the garlic and onion in it until golden brown. Mix all the ingredients. Simmer about one hour, until the mixture is thick.

The Menu Specialist suggests spinach to go with this dish. That suits me fine, if I may have vinegar on the spinach. Chili con carne, Spinach, Hot Baked Apples, and Hot Gingerbread a la Mode. That's the menu. Gingerbread a la Mode is simply hot gingerbread, with a dip of vanilla ice cream on top. And if you want a recipe for gingerbread, turn to page 72 in the Radio Cookbook.

Friday: "Homes for Birds." Program will include menu and recipe.

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