

SALAD DRESSING

ADDS DISTINCTION

The right dressing adds distinction to a good salad. The kind of dressing that is "right" depends on what is in the salad, and the tastes of the family, states Aneta Beadle, extension nutritionist of Purdue University.

The homemaker who has on hand or can make up as needed, French, mayonnaise, and cooked dressing, is prepared for any salad she may concoct. From these basic dressings she can get countless variations by changing the seasonings.

There are no set amounts for ingredients for French dressing. Three parts to one of vinegar or lemon juice is a good proportion to start with. Paprika, salt, onion juice, a suggestion of garlic and sugar are conventional seasonings. A French dressing enthusiast will add a bit of curry powder, horseradish, chili sauce or numerous other highly flavored materials.

Mayonnaise has more oil in proportion to acid than French dressing. The protein of the egg serves to prevent the fat and acid from separating after they have been beaten together. One egg yolk is required for 3-4 to 1 cup, of most oils and usually 2 tablespoons of vinegar or lemon juice. Have all at room temperature before mixing.

Cooked salad dressings are somewhat related to custard and white sauce. If part of the thickening is starch and part eggs, cook the starch thoroughly before adding the eggs. Lower the temperature to cook the eggs. Cooked salad dressings are used in much the same way as mayonnaise. They are inexpensive.

The time to add most salad dressings to salads is the last possible moment before they are served.

All dressings—cooked or uncooked, homemade, or commercial—should be kept covered, in the refrigerator. Discard at once any with an "off" odor.

PURDUE SPORTS DOPE

Jack Brown, Purdue senior halfback, might be termed a "quadruple threat" man. In addition to running and kicking, Jack throws forward passes with both his right and his left hand. A surprise left-handed toss by Brown provided one of the highlights of last fall's Indiana game.

Albert Berg, who launched Purdue in intercollegiate football as its first coach back in 1887, suffered a severe fall near his home at Mt. Airy, Philadelphia, Pa., some time ago, and broke the upper part of the femur in his right leg just below the hip. Berg, a native of Lafayette, Ind., who lost his hearing as a youngster as a result of cerebro-spinal meningitis and resorted to pad and pencil in communicating with the hearing is one of the real pioneers of American football. He was an outstanding star at Gallaudet College from which he was graduated in 1886. The fact that he was not injured more severely in his fall and is reported to be well on the road to recovery is ascribed to the fact that the football training in his youth had something to do with his "falling gracefully."

Although advance sales continue to break all records for the Purdue-Notre Dame game at South Bend on September 30, plenty of good seats are still available.

The battle of the "B's" and the "S's" should provide an interesting sidelight of the Purdue-Notre Dame game. The Boilermakers'

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TRY JOURNAL CLASSIFIED

Lou Brock, Jack Brown, and Mike Byelene will be matched against Bob Saggau, Harry Stevenson, and Ben Sheridan of the Irish.

Italo Rossi, promising Purdue sophomore tackle, has reduced approximately 40 pounds since he first reported for football as a yearling last fall. In rounding slowly into top-notch physical form, Rossi has dropped in a year from approximately 265 pounds to between 220 and 225 pounds. He is a brother of Al Rossi, who won his major letter as a sophomore tackle last year.

A brilliant duel for quarterback blocking honors is in prospect between Steve Sitko, of Notre Dame, and Ted Hennis, of Purdue, when the two Hoosier rivals meet in the nation's early grid headliner at South Bend on Sept. 30. Coach Mal Elward regards Hennis as one of the greatest blockers in the game, while Elmer Layden feels the same way about Sitko.

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EGGS ARE IMPORTANT IN CONSUMERS' DIET

Many Indiana people fail to recognize the value of eggs in the diet, says Miss Eva I. Buel, extension nutritionist of Purdue University. If this value were recognized, all persons would include at least one egg daily in their bill of fare.

Besides being a leader among Hoosier produced products, the egg represents one of our most economical and best sources of iron and vitamin A as well as of protein. The egg yolk is especially important for its iron and vitamin A content because these two items are so often deficient in the diet. In addition, with the exception of calcium and vitamin C, eggs may be considered a good source of all food substances necessary for growth and development of the human body.

Best of all, eggs' importance does not stop with their food value. The egg lends itself to the wide variety of recipes either alone or in combination with other foods. Thus may they appear often in the diet in a palatable form. Fortunate is the family that recognizes and enjoys the many virtues of the egg.

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