"The place to get viatmins is in the market, in the grocery store, from the milkman and from the garden and not from the drug store. The only exception to this is in regard to vitamin D which is best secured from cod liver oil."- Nutrition by Walter H. Eddy-page 216. Pub. 1928

How to Make
VEGETABLES
Popular with the Family

Shopping for Vegetables

Select vegetables that are *fresh*, firm and ripe. Old vegetables that are withered, bruised or over-ripe are a loss of both money and food value. Head vegetables should be solid with few waste leaves; leafy vegetables green and fresh; cauliflower firm and white and without blemishes; peas and beans with crisp pods. Vegetables of medium size and regular shape are easier to prepare and more attractive.

It is wise to buy vegetables in quantities that will be used up in a short time, since after picking they deteriorate quickly in quality and flavor.

Informally introduce yourself to new vegetables occasionally and gather courage to spring them on the family. They're all really friendly acquaintances.

Wash all vegetables upon their arrival in the kitchen. Green vegetables that are not prepared at once should immediately be stored in the refrigerator, either in the hydrator, in an oil silk bag or wrapped in a damp cloth. A short time at room temperature and delicious crisp vegetables become weak, limp creatures because their natural moisture evaporates. Roots and tubers should be kept in a cool, well-ventilated place.

-Content provided by *Guardian Service Tested Recipes*, 1950s