

At Home With Trudy McNeil



Lettuce

Trudy McNeil is seen daily, Monday through Friday, on "Home Cooking" from 9:30-10 a.m. on WROC-TV.

Lettuce is probably the shipping method that is available all year around.

The homemaker uses lettuce in many different ways—on sandwiches, in salads, as a garnish for other dishes and even as a hot vegetable.

The man of the house may make cute little remarks about "rabbit food," but he's enjoying his lettuce. Did you know that we were out about 2 1/2 times as much lettuce as we did at the end of World War I? To begin with modern growing and

Lettuce from the Southwest markets every month of the year and California and Arizona have the required growing conditions for lettuce the year around and supply most of the

There are Five Main Varieties of Lettuce: Crisphead, Head Lettuce or Iceberg are all common names for the most popular type of lettuce found on the market. The outer leaves are medium green and slightly fringed; the inner leaves are pale green and fold tightly.

BUTTERHEAD OR BOSTON Lettuce is in greatest demand throughout the eastern part of the country. It has a small, soft head with smooth thin leaves. The outer leaves are light green while the inner leaves are light yellow and have an oily or buttery feel. The leaves are tender and less crisp than the Iceberg type.

Cos or Romaine Lettuce is distinguished by its cylindrical shape and stiff leaves. The leaves are usually medium dark to dark green on the outside, becoming greenish-white near the center. Although somewhat coarse, the leaves have a sweet taste.

The famous "Bibb" lettuce, a delicate little head was origi-

ated in Frankfurt, Kentucky, as alices or quartered with a favorite dressing. It combines well with other greens, vegetables or fruits. Butterhead or Boston lettuce is good used in tossed salads and as a garnish because of its dark green color but the leaves become moist and limp when combined with heavy vegetables and fruits. Leaf lettuce has many of the same uses as Boston lettuce. Romaine peels to you as being more delicate. Leaves are stiff and tender and retain their crispness in tossed salads.

TO KEEP LETTUCE at its best refrigerate it as soon as it comes from the market. Hold the lettuce, upside down, under the cold water faucet. This is not only a quick preliminary washing, but protects crispness by helping to prevent loss of moisture. The head can then be placed in a film bag, with or without ventilating holes, or in a hydrator.

You may want to remove the core immediately or you can wait until you use the lettuce. When the core is removed the lettuce leaves separate easily. Store lettuce away from other fruits and vegetables. Even if the lettuce doesn't have brown spots when you buy it, they appear after several days of storage. This is known as russet spotting and occurs when lettuce is stored in 38 to 44 degree temperatures.

Thus your refrigerator is a perfect medium for russet spotting because most refrigerator vegetable compartments have a temperature around 40 degrees. It is well to know that other fruits and vegetables give off vapors which lead to increased russet spotting. If possible store lettuce away from other fruits and vegetables.

KEEP IN MIND "use" intended when you buy lettuce. Iceberg lettuce is compact and will hold its shape to serve American governments in put-

... a mere 47 per pound. That means it can be dressed with some kind of detectable dressing and the calorie total should not be high.

Nutritionists tell us that the darker green the leaves the higher its vitamin A and C content, so use every bit of those outer leaves, even though they are somewhat bitter. Refrigerate until ready to serve. 3 to 4 hours. Cut head into quarters and serve as a main-dish luncheon salad with tomato wedges and French dressing.

ANCHROY CHEESE STUFFED LETTUCE
1 large head lettuce
8 ounces cream cheese
1 T. milk
2 T. anchovies, washed
1/2 T. chopped onion
1 T. pepper
Tomato slices
French dressing.

SCALLOPED LETTUCE AND TOMATOES
1 1/2 quart shredded lettuce
3 medium tomatoes, sliced
1 large onion, thinly sliced
1 t. salt
1/2 t. pepper
1/2 t. soft bread crumbs
2 T. melted butter

Arrange alternating layers of lettuce, tomatoes and onion in casserole. Sprinkle each layer with salt and pepper. Cover and bake 10 minutes at 400 degrees. Remove cover and sprinkle with bread crumbs combined with butter. Bake uncovered for 10 minutes or till brown. Yield 8 servings.

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THE WEEKLY NOTE FROM MR. PEPSI
August is officially "Ice Cream Festival Month."
From the small fry with half his chocolate cone on his white Sunday shirt and half on his face... to the smart hostess who knows ice cream is always the preferred dessert... this frosty food has become typically American!
Pepsi salutes the American Ice Cream Industry. Don't forget that your favorite ice cream flavor swimming in ice cold Pepsi-Cola is the right way to beat the summer heat!
(Incidentally, have you tried saying "Pepsi-Please" without smiling lately?)
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FROM MARCH 1, 1959

Venezuela Walks Out Of Cuba Youth Meet
HAVANA — (NC) — The communist-organized first Latin American Youth Congress here is showing initial signs of a split.
The first crack was the walkout of representatives of Venezuela's Catholic-oriented Social Democrat Party. Other delegates to the Congress were reported considering similar action.
THE VENEZUELA group's withdrawal followed the refusal of officials of the Congress to open the meeting to the public and also to guarantee "absolute liberty" during debates.
Principal speaker at the Congress was Ernesto Guevara, Marxist-oriented Cuban economic chief, who was filling in for Premier Fidel Castro whose illness has stirred up a rash of rumors in Havana.
In his Congress speech, Mr. Guevara denounced the governments of Venezuela, Argentina, Guatemala and Nicaragua, and called for a quicker use of firing squads by all Latin American governments in put-

Rites To Be In Zulu
Vatican City — (NC) — The Sacred Congregation of Rites has authorized the use of the Zulu language in liturgical rites in parts of Africa.
The congregation has also announced that similar rituals in other native African languages are being prepared, as well as for Afrikaans, the language of the white South Africans of Dutch-French descent.

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