

Good to Look At and Beneficial to Eat

Vegetables Nature's Own Health Food

By MARY MEADE

NO ARTIST need look for more beautiful colors than are found in summer and fall garden vegetables. He has the orange red of a shining tomato, the clear red of radishes, the violet red of beets, the dusky purple of eggplant. He has the light and bright tones of yellow present in wax beans, carrots, and pumpkins. And he has dozens of light and darker tones of green—leaf lettuce, peppers, dark Hubbard squash.

No artist need look for lovelier shapes than are found in many vegetables. There is the regular pattern of a scalloped squash, for example; the graceful curved handle of the crookneck squash, and the full roundness of the globe artichoke.

Beauty alone would justify the existence of these gay fruits of the soil, and for beauty alone many of them are finding themselves arranged as table centerpieces or other home decoration. But it's for their incomparable qualities of health and beauty giving that vegetables are most prized. They are a better regulator of bodily functions than tonics. They are a cheaper

source of face and figure beauty than cosmetics, and they are plentiful enough for all.

Late summer and early fall bring a rich harvest of vegetables, most of which may be eaten raw, in their most valuable form. Others need only slight cooking to make them palatable. The housewife who fails to visit the markets often to select vegetables in wide variety is like one who ignores a deep well of health-giving water in her own back yard.

Each vegetable has its own particular vitamin and mineral properties, and each has its own individual flavor. Look them over, choose many, and bring to your table each night some unfamiliar vegetable until you have progressed from artichoke to zucchini. The American housewife has believed too long that the only vegetables extant are beets, beans, peas, carrots, and lettuce!

The proprietress of a large New York beauty salon thinks so highly of the beautifying properties of raw vegetables that she has established lunch-rooms which serve vegetable and fruit meals to her patrons. Her special feature



Can you identify vegetables in this group photographed by The Tribune's color camera? Don't confuse zucchini squash (left front) with cucumber (right).



Above: The painting, "Roadside Market," by Frances Buholz, portrays a scene of late August and early September.



At left: This is a luncheon prescribed for women who want clear skins and slender figures. Raw peas and corn and grated raw summer squash are only a few of the vegetables in these salads.

(Modern Science Institute photo.)

At right: Deviled egg halves topped with cross sections of stuffed olive bring the cucumber and tomato salad from left-hand position to front and center as a fairly substantial lunch.

is a plate which contains salads made up of twenty-one grated raw vegetables, including even peas, corn, and summer squash. Only a light olive oil and lemon juice dressing is served with these. Raw fruits round out the meal. Such a diet she recommends to women who want to keep their figures slender and their skins clear and young.

In case you haven't been able to identify all the vegetables in the colored picture at the top of the page, here is the list: Asparagus, celery, carrots, head lettuce, spinach, red radishes, parsley, chicory, scalloped or pattypan squash, tomatoes, green pepper, zucchini or Italian squash, peas, beets, cucumber, eggplant, icicle radishes, onion, kohlrabi.

These are only a few of the fresh summer vegetables which may be found in the markets. They are awaiting our selection. Let's all go shopping for health and beauty.



This girl is lunching, not at home, but in a famous beauty salon where raw fruits and vegetables are prescribed as a diet for the attainment of beauty.

