

Salad more than lettuce, tomato

Do you have any suggestions to add variety to my salads in this hot weather?

If you're like most of us, you think of salad as lettuce, some tomato, maybe a few shreds of purple cabbage of carrot and some salad dressing.

But these are dozens of others: egg salad, tuna salad, potato salad, pasta salad, rice salads, taco salad, cheese salad, antipasto salad, marinated salad, hot salad, even sweet salad.

However, green leafy salads since Nebuchadnezzar's time are thought of as THE salad.

THE FIRST recorded salads were called "sallet of herbs" and were used as medicinal spring tonics.

Due to their mistrust of eating a lot of lettuce, the Romans contributed hot salads made of green vegetables blanched and stewed with seasonings, such as onion, thyme and

coriander. The lettuce was cooked with mint, onion, celery seed, stock, brine, wine and oil.

The French were the first to mix fresh salad greens with herbs. By 1500 the Royal Salad of the English contained as many as 35 ingredients, including fennel roots, wild chervil leaves, violet leaves, red sage, tarragon and marjoram. As you can see, early salad eaters made no distinction between wild and cultivated greens.

SUMMER SALAD suggestions:

- Add a squeeze of lemon and dill to egg or tuna salad.
- Add fresh chopped herbs, such as thyme, marjoram, parsley, to salads.
- Leave potatoes unpeeled for potato salad. Chop the potatoes before cooking. Use the potato water for soup.
- Substitute yogurt cream cheese for mayonnaise, sour cream or



Terry Glbb

cream cheese in salad recipes.

EASY CARROT SALAD (4 Servings)

8 carrots (two cups shredded)
1/4 cup raisins
1/4 cup mayonnaise (more or less can be used to suit your taste).

(Also reduced calorie dressing can be used for weight watchers.) Soak raisins in warm water for 10 minutes (omit soaking if making salad ahead of using.) Grate carrots. Drain raisins and combine all ingredients. Store in covered container in refrigerator. Variations: Celery or nuts can be added or substituted for raisins.

Note: Carrots can be stored in the refrigerator for "instant" salad anytime.

The Consumer Mailbag answers your questions. Address Mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit 48226.

Sun poses skin cancer risk

Dear Jo:

Do you recommend regular skin examinations for those of us who have fair skin? My mother, who was fair like me, developed skin cancer when she was older. I would like to prevent this from happening to me.
Mrs. T.T.

Dear Mrs. T.T.:

Skin cancer is the most common of all cancers. The best way to prevent it is to stay out of the sun. Those who are most at risk (like you) have fair skin, fair hair and light-colored eyes.

You and others who are fair can reduce the risk of getting skin cancer by establishing a monthly routine whereby you carefully examine your skin.

Self-examination isn't difficult. Just set a time (the first day of each month) and look for the following:

- A sore that doesn't heal. Have it checked if it hasn't healed after three weeks and if it crusts, bleeds or oozes.
- A persistent reddish patch. If it may be painful, or crust and itch; or



gerontology

A. Jolayne Farrell

It may not bother you at all.

- A smooth bump indented in the middle. The borders will be rolled; as it grows, blood vessels appear on the surface.

- A shiny, translucent growth. White, pink or red or common colors for this growth on fair-haired people. Those with dark hair may observe mole-like shades of black, brown or tan.

- A shiny, waxy, scar-like spot. It may be yellow or white, without reg-

ular borders.

- And any change in any moles, particularly if a mole has become asymmetrical or enlarged, changed color or has developed irregular smudged edges. Also check them for ulceration and bleeding.

If you have any of these signs, see your doctor at once.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 1J3.

7 win OCC scholarships

Seven students at the Auburn Hills Campus of Oakland Community College have won fall scholarships, according to John Sloan Jr., dean of student services.

They are Joseph Haddad and

Ronald Rich of Troy, Beverly Allen of Hazel Park, Thomas Blumenschein of Holly, Mary Christensen of Lake Orion, Rose McKinnis of Oxford and Susan Torgerson of Pontiac.

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