

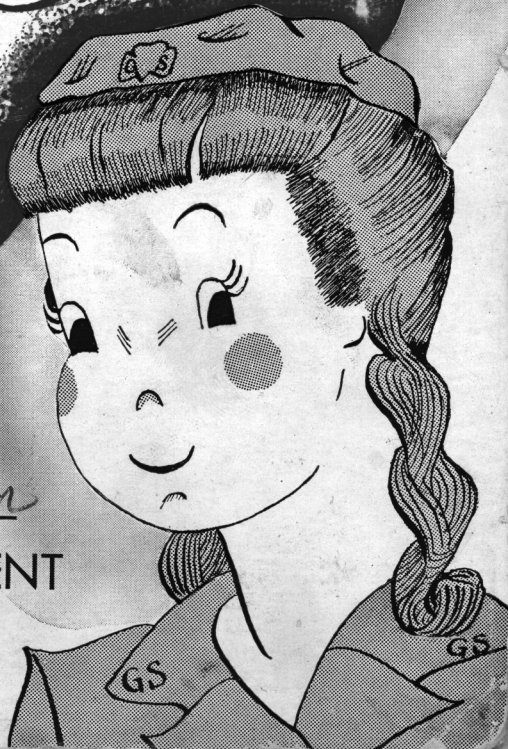
Girl Scout Cook Book

GS

Presented to

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HOME SERVICE DEPARTMENT
OHIO EDISON COMPANY



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TRUDY TENDERFOOT

ENJOYS ALL VEGETABLES

Shop carefully when buying vegetables and fruits. Be sure they are crisp and fresh. If wilted, they have undoubtedly lost many vitamins. Place fruit and vegetables in refrigerator immediately after purchasing.

Give care and thought to preparation of food. Some vitamins are destroyed if exposed to air, others object to continued high heat, and others are lost if cooked in large quantities of water. Therefore, the most important maxims that we as homemakers can follow are:



- (a) Use a minimum of water in cooking all foods ... just enough to cover the bottom of the pan.
- (b) Bring to the boiling point as rapidly as possible. Cook with slow, gentle heat. Finish cooking foods in as short a time as possible.
- (c) Use utensils with tight-fitting lids.
- (d) Do not stir food unless absolutely necessary.
- (e) Do not add soda to water when cooking vegetables.
- (f) Do not let shredded vegetables stand. If vegetables are to be shredded, start cooking at once. Vitamins are apt to be lost in the air or in juices which run out.
- (g) Do not prepare vegetables in advance and let them stand in water until ready to cook. Some vitamins are water soluble and soak out into the water.
- (h) Do not allow frozen foods to thaw before cooking them. Cook frozen vegetables as soon as they are taken from the freezing compartment of the refrigerator.