FLORIDA SALADS

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649416394

Florida Salads by Frances Barber Harris

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd. Cover @ 2017

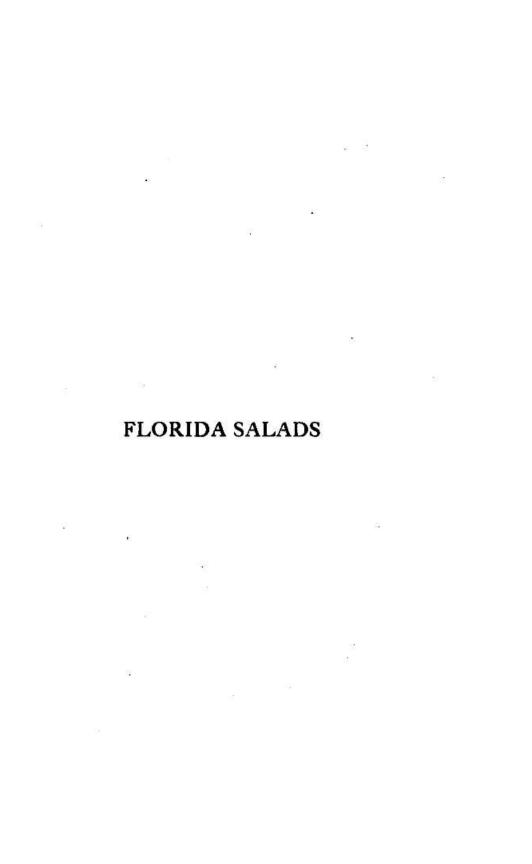
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

FRANCES BARBER HARRIS

FLORIDA SALADS





82.1 E 10 IA.

FLORIDA SALADS

A COLLECTION OF DAINTY, WHOLESOME SALAD REC-IPES THAT WILL APPEAL TO THE MOST FASTIDIOUS.

FRANCES BARBER HARRIS

Jacksonville, Florida

1918

Copyright 1914, 1915 and 1918 By FRANCES BARBER HARRIS

JACKSONVILLE PRINTING CO. JACKSONVILLE, PLA. 232162 JAN 21 1920 REX GX .H WA

Mildred Corinne

"Nothing lovelier can be found in woman than to study bousehold good."
—Milton

Preface

If the writer can impress upon the readers of this little salad book the importance of eating salads, the writing of it will not be in vain.

The addition of a pretty salad to a menu not only gives a refined, attractive appearance to the table, but is appetizing, and, I might say, almost a necessity in this climate, speaking from a health standpoint. Fruits and vegetables contain a large amount of the necessary salts required by the system, and as for olive oil, the many benefits derived from the use of pure olive oil are so great that it is considered by good authority a positive beautifier. We all know that celery and onions are soothing to the nerves.

"The tender lettuce brings on softer sleep."

Pineapple aids digestion, and will, it is said, sweeten the voice; and oranges,