

FLORIDA SALADS

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Florida Salads by Frances Barber Harris

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FRANCES BARBER HARRIS

**FLORIDA
SALADS**

FLORIDA SALADS

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FLORIDA SALADS

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

BY
FRANCES BARBER HARRIS
Jacksonville, Florida
1918

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FRANCES BARBER HARRIS

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To
Mildred Corinne

"Nothing lovelier can be
found in woman than to
study household 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,