

Aboriginal Pastor joins Anglican Missions

Pastor Frank Roberts, a Churches of Christ minister from Lismore, has been appointed to work among Aborigines as the representative of the Australian Board of Missions of the Anglican Church.

He will begin his work early in 1969. His task will be to assist Aborigines, the community or

the church in promoting advancement of Aborigines, and to foster mutual acceptance of Aboriginal and European peoples.

Pastor Roberts is married and has four children of school age. He has travelled in all States of Australia in a ministry to white and Aboriginal Australians, and has visited New Zealand and the U.S.A.

After theological training he was minister of two Sydney Churches of Christ, and later joined his father, the late Pastor Frank Roberts senior, in the northern rivers district of N.S.W.

"Pastor Roberts has deep understanding of the needs and feelings of Aborigines in their present situation," said Canon Frank Coaldrake, chairman of the Australian Board of Missions. "We are sure that he will give the Board much assistance in serving the Aboriginal people."

Summer's Time for Salads

A crisp, cold salad on a hot, summer day makes good sense—for the housewife who makes it and those who eat it. Salads are easy to make, and you don't need to spend a long time in a hot kitchen.

Salads taste good, and are very nutritious, too, says the Department of Public Health. Salad vegetables are nutritious because they provide minerals, vitamins (especially vitamin C) and roughage.

Salads are good for you—not just in summer—but in winter, too. To provide the protein or body building material the body needs you should include either meat, fish, cheese or eggs in the salad. In winter you can serve the protein part hot, with a side salad.

The vegetables used in salads are generally very low in calories, and have a valuable place in a reducing diet; you can eat more without worrying too much about putting on weight.

If you are on a reducing diet, exclude or limit salad oil in dressing; but you can add interest to meals by preparing a savoury dressing using vinegar or tomato juice.

If you are going to serve salads often, make them interesting and tasty by varying the ingredients as much as possible. If you usually use lettuce as the basis of your salad, make a change to cabbage sometimes. Cabbage is very tasty if finely shredded and mixed with french dressing, chopped chives, and salt and pepper.

Always try to prepare salads just before serving—otherwise you lose vitamins if the vegetables are prepared much in advance.

Garnishes

Garnishes add interest to your salads; try strips of green and red pepper, sprigs of parsley and celery curls, or radishes, cucumbers and tomatoes cut in fancy shapes.

If weight-watching is not your problem, you can select from a wide variety of dressings used to add interest to a salad meal.

Try to make exciting, different salads. Your family will then ask for salads all year round, making all the time salad time.