

1928

EC928 Revised 1928 Salads and Salad Dressings

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

"EC928 Revised 1928 Salads and Salad Dressings" (1928). *Historical Materials from University of Nebraska-Lincoln Extension*. 2352.
<http://digitalcommons.unl.edu/extensionhist/2352>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Nebraska

COOPERATIVE EXTENSION WORK

IN AGRICULTURE AND HOME ECONOMICS

Extension

Circular

928

Revised
1928U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
H. G. Gould, Acting Director, Lincoln

SALADS AND SALAD DRESSINGS

"To make a perfect salad
There should be a spendthrift for oil,
A miser for vinegar
A wise man for salt
And a madcap to stir the ingredients up
And mix them all together." - Spanish Proverb

Salads are cold foods - cooked or uncooked - served with seasoned dressings. They are made from meat, fish, vegetables, fruits, eggs or any combination of foods having harmonious flavors.

A salad well prepared is an excellent food. Salads supply water, mineral nutrients, acids, bulk and flavor to the diet. The dressings may contain oil and acid and some other ingredients as egg and milk. Salads are especially good as a means of serving raw vegetables or fruits attractively. They make economical dishes because left-over food may be used. The common dressings are French, cooked, mayonnaise, and whipped cream. There may be variations of each.

Some Points to be Considered in Making Salads

1. Ingredients fresh and cold.
2. Pleasing in appearance and in flavor.
3. Green vegetables should be crisp, cold and dry when served.
4. Salad dressing should not be added to fresh foods until just before time of serving as the salad material wilts if allowed to stand after the dressing has been added.
5. To marinate means to add salt, pepper, oil and vinegar to a salad ingredient or mixture, then allowed to stand until well seasoned. Cooked vegetables, meats, and fish are usually better if marinated.
6. Crisp crackers, cheese crackers, cheese straws, small sandwiches or nut bread are good to serve with salads.

SALAD DRESSINGS

Cooked Salad Dressing

3 t. sugar		1 T. flour
1 T. butter	2 eggs or 4 yolks	$\frac{1}{2}$ t. mustard
1 c. vinegar (if strong, $\frac{1}{2}$ water)	1 t. salt	Spk. of red pepper

Heat the vinegar in the upper part of a double boiler over direct heat. Sift the dry ingredients thoroughly, add to the slightly beaten eggs, and beat well together. Pour the boiling vinegar gradually upon the mixture, stirring constantly. Return to the upper part of the double boiler and cook over hot water until it thickens, stirring all the time. Add the butter and remove from the fire. Serve when cold, with or without the addition of cream, depending upon the kind of salad. Omit mustard if it is to be used for fruit salad.

Cheese Dressing

Soft pimento cheese softened with cream and beaten until the consistency of thick heavy cream makes a delightful dressing for fruit salad as pear, pineapple, etc.

Mayonnaise Dressing

$\frac{1}{2}$ t. salt
1 t. sugar
 $\frac{1}{2}$ t. mustard
 $\frac{1}{4}$ t. paprika

1 egg or 2 yolks
1 pt. salad oil
3 T. vinegar or lemon juice

Mix dry ingredients. Add egg and beat until light. Add oil gradually, beating steadily until emulsion is well formed. Oil then may be added more rapidly. Thin with vinegar as necessary.

Variations of Mayonnaise Dressing

Add enough tomato catsup or chili sauce to give pink color. Add chopped cucumber pickle, chopped olives and bits of pimento, finely chopped hard cooked egg, nuts and a few drops of onion juice. A half cup of heavy cream beaten until thick may be folded in before serving and more seasoning added.

French Dressing

$\frac{1}{4}$ t. celery salt
1 t. salt

$\frac{1}{2}$ t. pepper
 $\frac{1}{4}$ t. paprika
4 T. olive oil

4 T. catsup
4 T. vinegar or
lemon juice

Mix dry ingredients and stir or beat until well blended and slightly thickened. The ingredients may be combined by shaking in a tightly stoppered bottle. A few drops of onion juice may be added. French dressing is more easily prepared than any other, and is almost always prepared at the table, as greens soon wilt if allowed to stand in the dressing. Variations may be made by the addition of any of the following: Catsup, chili sauce, chopped ingredients or celery salt. Tarragon vinegar gives a nice flavor. The bowl in which the dressing is made may be rubbed with a clove of garlic, if desired.

Pineapple Salad Dressing

$\frac{1}{4}$ c. lemon juice $\frac{1}{4}$ c. pineapple juice $\frac{1}{2}$ c. sugar 2 eggs

Add beaten eggs to the fruit juice and sugar. Cook in a double boiler, stirring constantly. Add a pinch of salt just before removing from the stove. This is especially good served with fruit. Whipped cream may be added.

Russian Salad Dressing

Boil until a heavy syrup, 1 c. sugar, 1 c. water and 2 lemons. Cool, beat and slowly add (continue beating) 2 c. oil, 1 c. catsup, 2 T. Worcestershire sauce, 2 T. grated onion, 1 T. celery salt, 1 t. paprika, and salt to taste.

Sour Cream Salad Dressing

1 c. sour cream whipped stiff 1 T. lemon juice 1 T. pineapple juice
(if on hand)

Add lemon and pineapple juice during the whipping. Season with salt and a dash of curry powder when it is to be served with vegetable salads. Use only the fruit flavoring for fruit salad. Suggestions: Sour whipped cream can be substituted for sweet cream in any boiled salad dressing recipes.

Thousand Island Dressing

1 c. mayonnaise dressing 1 T. tarragon vinegar $\frac{1}{4}$ t. paprika
1 T. chopped chives 1 T. catsup 1 T. chopped pimentos 1 T. chopped green
1 cooked egg yolk grated 1/3 c. chili sauce peppers

To the mayonnaise add the chopped pimento, green peppers, egg yolk, finely chopped white chives, chili sauce, catsup, and paprika. Mix thoroughly, then add

the vinegar. If the dressing is too thick, add some olive oil or cream and stir vigorously.

Asparagus Salad

Arrange cooked or canned asparagus which has been thoroughly chilled and marinated on a bed of crisp lettuce leaves and arrange the following mixture to represent a band across the middle of the bunch: To the white of one hard cooked egg finely chopped add 1 T. each of pickle and pimento finely chopped and $\frac{1}{2}$ t. finely chopped parsley. Serve with French dressing.

Asparagus and Cheese Salad

Arrange marinated asparagus tips on a nest of lettuce; sprinkle with grated cheese and garnish with mayonnaise and strips of pimento.

Beet Salad

1909 - 1910

1/2 c. chopped nuts	1 quart diced beets
---------------------	---------------------

Combine with the following dressing:

1 c. vinegar	1 T. butter	1/8 t. celery salt
1/2 c. sugar	1/2 t. pepper	1 t. salt.
	2 t. cornstarch	

Combine all the dry ingredients; add vinegar. Boil until the consistency of salad dressing. Add butter. This may be served on the beets hot or chilled and combined with nuts and beets. Serve on lettuce leaf.

Beet Salad

1 qt. sweet pickled or cooked beets, diced	$\frac{1}{2}$ c. chopped nuts 3 hard cooked eggs	1 doz. sweet pickles, diced
---	---	--------------------------------

Peel hard cooked eggs and let stand in beet juice until colored a deep red. Drain and cut in small pieces. Mix all ingredients together and blend with salad dressing. Serve on lettuce or nasturtium leaves.

Beet and Cabbage Salad.

1 pt. chopped, cooked beets 1 pt. chopped cabbage $\frac{1}{2}$ c. grated horseradish
Mix thoroughly. Make a dressing of 1 cup of vinegar, $\frac{1}{2}$ teaspoon of salt,
4 to 8 tablespoons of sugar, pepper. Pour over salad and let stand 20 or 30 minutes.

Whole Beet Salad

Mix chopped cabbage, chopped hard cooked eggs, chopped sweet pickle with mayonnaise or French dressing. Hollow out the center of a large beet which has been marinated in hot vinegar and then chilled. Fill center of beet with the above mixture and arrange on a nest of lettuce. Garnish with a salad dressing.

Variation: (a) Crumbled roquefort or cream cheese may be added.

(b) Cottage cheese may be used as a filling.

Cabbage Salad with Mayonnaise

(a) 2 c. cabbage, 1 c. peanuts, $\frac{1}{2}$ c. chopped raw carrots.

(b) 2 c. cabbage, 2 c. cooked beets.

(c) 2 c. cabbage, 1 c. diced apple, $\frac{1}{2}$ c. shredded cocoanut.

(d) 2 c. cabbage, 2 c. diced celery, nuts.

- (e) Cabbage and canned pears
- (f) 2 c. shredded cabbage, 1 c. diced pineapple
- (g) 2 c. cabbage, 1 c. salted peanuts
- (h) Cabbage, chopped onion, green sweet pepper or pimento

Cabbage and Meat Salad

Equal parts of shredded cabbage, nuts and salmon, tuna fish or diced cold meat, as tongue, pork, beef, etc. Marinate meat in French dressing a while before mixing with other ingredients.

Cucumber Salad

Peel cucumber and chill. Dice, then season and combine with sliced onions. Serve with well seasoned mayonnaise or French dressing.

- Variations:
- (a) Add diced tomatoes
 - (b) Use shredded lettuce instead of onions.

Carrot Salad

Wash and scrape or peel carrots. Grind, and add to them chopped nuts, raisins, dates, prunes, coconut or pineapple. Serve with cooked salad dressing on lettuce leaf.

Cranberry Salad

4 c. cranberries 2 c. water 2 c. sugar

Boil the cranberries in the water for about twenty minutes. Strain through a sieve, add the sugar and boil for five minutes, mold in individual molds. Serve on a bed of lettuce, curls of celery, sliced stuffed olives, chopped nuts and salad dressing.

Creole Salad

Sliced cucumbers	Sliced tomato
Sliced stuffed olives	Head lettuce
Green pepper	Mayonnaise

Arrange the different sliced vegetables which have been marinated on a bed of lettuce. Dress with mayonnaise and garnish with chopped green peppers.

Endive Salad

Use young tender leaves with a cooked mayonnaise, or French dressing.

Gelatin Salad

Gelatin, or jello make a good basis for many salads. If gelatin is used, sugar is added.

Cardinal Salad

Dissolve a package of prepared lemon gelatin* in one pint, less one-half cup, of boiling water and add one-half cup of juice of canned beets. When cool add one cup celery shredded, one cup beets diced, one-half cup Spanish onion chopped fine, one green pepper shredded, one-fourth teaspoon salt. Mold in individual molds, turn out on lettuce and serve with mayonnaise dressing. The onion may be omitted.

*Jello or Jiffy Jell or Royal Gelatin, etc.

Health Salad

Dissolve a package of prepared lemon gelatin* in one cup of boiling water and add one cup of juice from a can of crushed pineapple. Cool and add one cup of the crushed pineapple, one cup raw carrot, one-fourth cup sugar, one teaspoon salt. Serve on lettuce with salad dressing.

Horseradish Relish

Dissolve a package of prepared lemon gelatin* in a scant pint of boiling water and two tablespoons vinegar. Add one pimento, one-half green pepper cut fine, and a half a cup grated horseradish. As it begins to thicken mold in sweet green peppers, and when set cut in slices. Serve with meat or fish.

Imperial Salad

Drain juice from half a can of pineapple, add one tablespoon of vinegar and water to make a pint. Heat to boiling point and dissolve in it one package of prepared lemon gelatin*. Just as it begins to set add three slices of canned pineapple diced, one-half can Spanish pimientos shredded, six sweet pickles salted and cut fine. Mold in individual molds or in one large mold and slice. Serve with cream salad dressing. Cucumbers may be used instead of pickles, if desired.

Italian Salad

1 c. macaroni cut in small pieces (or shell macaroni)	$\frac{1}{2}$ c. chopped green pepper
1 c. chopped sweet pickles	$\frac{1}{2}$ c. crumbled or grated American or cream cheese.
$\frac{1}{2}$ c. chopped nuts	Slices of tomato
	Head of lettuce

Marinate macaroni and chill, drain and combine with other ingredients which have been marinated except lettuce. Arrange on lettuce leaves and decorate with salad dressing.

Lettuce Salad with Cheese Balls

2 pkgs. Neufchatel cheese	2 T. lemon juice	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ t. onion juice	2 t. pecans, chopped	$\frac{1}{4}$ t. paprika
1 T. parsley		

Mix all the seasonings with the cheese. Make into small balls with butter paddles, and serve with head lettuce covered with French dressing. For variation do not put the parsley into the balls but chop more of it very fine and roll the balls in it very lightly.

Hot Potato Salad

Wash 6 medium sized potatoes, and cook in boiling water. Cool, remove skins, and cut in very thin slices. Cover bottom of baking dish with potatoes, season with salt and pepper, sprinkle with finely chopped celery, then with finely chopped parsley. Mix two tablespoons each tarragon and cider vinegar and 4 tablespoons olive oil, and add one slice lemon cut $\frac{1}{3}$ inch thick. Bring to boiling point, pour over potatoes, cover, and let stand in oven until thoroughly warmed.

Potato and Celery Salad

To 2 cups boiled potatoes cut in $\frac{1}{2}$ inch cubes, add $\frac{1}{2}$ cup finely cut celery. Serve with mayonnaise. Arrange in a mound and garnish with celery tip. Cucumbers or cooked diced carrots may be used in place of the celery.

*Jello or Jiffy Jell or Royal Gelatin, etc.

Green Pea Salad

Mix 1 pint green peas (drained) canned or left over, with 1 pint cream cheese cut in tiny cubes, and a good salad dressing. Serve on lettuce leaves.

Perfection Salad

1 pkg. gelatin	1 c. boiling water	1 c. finely shredded cabbage
$\frac{1}{2}$ c. cold water	1 t. salt	2 c. celery, cut in small pieces
$\frac{1}{2}$ c. mild vinegar	Juice 1 lemon	
1 c. sweet red peppers chopped fine	$\frac{1}{2}$ c. sugar	

Soak gelatin in cold water 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set, add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with salad dressing. Serve with chicken or veal.

Southern Salad

Cook then cool, green peas, string beans, carrots and asparagus. Marinate separately and arrange on a nest of lettuce. Add mayonnaise.

String Bean Salad

1 c. cooked string beans	$\frac{1}{4}$ c. nuts	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. chopped sweet pickles	2 hard cooked eggs sliced	

Cover with salad dressing and serve on lettuce leaves. Cooked string beans and onions make a very good salad served with dressing suggested for beet and cabbage salad.

Tomato Salad

Choose smooth, firm, medium-sized tomatoes. Wash and remove skin, cut in eights, not cutting thru the bottom, so when laid upon a lettuce leaf or on a plate the sections will fall apart at the top and be held together at the bottom, thus forming a flower. Sprinkle with salt. Put a spoonful of salad dressing in the center. This is a very pretty salad as well as very delicious. Whole canned tomatoes with salad dressing make a good winter salad. Diced celery makes a good addition.

Tomato and Cheese Salad

Arrange sliced tomatoes on lettuce leaves or beds of shredded lettuce and serve with good salad dressing. Small cottage cheese balls arranged on the sliced tomatoes make an attractive as well as palatable salad.

Stuffed Tomato Salad

Choose firm, medium-sized tomatoes. Peel, remove seeds and inside meaty part. Sprinkle on inside with salt and turn mouth down on plate to drain. Keep as cool as possible. Before serving fill with diced cucumbers, tomatoes, and nuts mixed with salad dressing. Garnish top with salad dressing and a nut.

Variation:

- (a) Chopped cream cheese, nuts, salad dressing.
- (b) Chopped or shredded pineapple, nuts and tomato meat.
- (c) Cabbage, tomato and salad dressing.
- (d) Chopped cold meats and celery.

Tomato Jelly Salad

1 pkg. plain gelatin	1 T. tomato catsup	4 fresh tomatoes or 2 c. canned tomatoes
1 cucumber	1 t. salt	1 T. vinegar
2 c. boiling water		

Soak gelatin in cold water and then dissolve in hot water. Add seasonings. Slice tomatoes and cucumbers, place in a mold and cover with the cool gelatin mixture. When firm, place on a lettuce leaf and serve with salad dressing.

Spring Salad

Arrange slices of tomatoes, and cucumbers which have been marinated on a bed of lettuce. Add mayonnaise dressing and a generous amount of chopped green pepper.

Tomato, Orange, and Onion Salad

3 tomatoes	Lettuce
3 oranges	Mayonnaise
1 small onion	

Peel and slice tomatoes and remove peel and membrane from oranges. Cut in pieces. Add finely chopped onion. Serve on a crisp lettuce leaf with salad dressing.

Spinach Salad with Asparagus Tips

3 c. cooked spinach	$\frac{1}{4}$ t. paprika
$\frac{1}{4}$ c. lemon juice	Lettuce
$1\frac{1}{2}$ t. onion juice	Asparagus tips
$\frac{3}{4}$ t. salt	Mayonnaise

Drain spinach well so as to remove excess moisture. Add lemon juice, onion juice and seasoning. Mix thoroughly. Pack into custard cups greased with salad oil and chill. Mold on lettuce and decorate with cooked asparagus tips and mayonnaise.

White and Gold Salad

Cut blanched stalks of celery in pieces 3 to 4 inches long, with a sharp knife. Feather the ends. Let remain $\frac{1}{2}$ hour in acidulated water - (2 T. vinegar to 1 c. of water.) Peel orange and divide in sections, remove seeds and membranes. Put all onto lettuce leaf and serve with mayonnaise dressing.

White Salad

$\frac{1}{2}$ c. chopped celery	2 slices pimento	2 t. sugar
$\frac{1}{2}$ c. shredded cabbage	4 t. gelatin	2 t. salt
$\frac{1}{2}$ c. nut meats (blanched almonds)	2 t. lemon juice	2 c. water

Make a liquid lemon jelly. Add celery, cabbage, nuts, and pimentos. Mold and serve on white lettuce leaf with white salad dressing. In absence of white lettuce, salad may be garnished with parsley, cabbage leaf, or celery leaves.

Sweet White Salad

1 can sliced pineapple cut in bits	1 lb. almonds (blanched and chopped)
1 lb. white grapes cut and seeded	$2\frac{1}{2}$ doz. marshmallows cut in quarters.

Dressing for Sweet White Salad

Cook to custard the following:

1 c. milk	$\frac{1}{8}$ t. mustard
Yolk 4 eggs	$\frac{1}{4}$ t. salt

Do not boil or it will curdle. When cold add the juice of one lemon and a cup of

whipped cream. Mix with the other ingredients and let stand at least 6 hrs. before serving.

Vegetable Salad

Cut firm, tart apples into strips $1\frac{1}{2}$ inches long and $1/8$ of an inch wide. Cut celery into pieces of same size. Mix equal portions of celery and apples with cream dressing or mayonnaise. Serve on crisp lettuce leaves and garnish with strips of pimento. Green peppers which have had seeds removed and then scalded may be cut in strips and used instead of pimentos. Nuts if desired.

Variations: Apples with cottage cheese (form in balls)

Apples and dates

Apples and pineapple (nuts)

Apples and prunes

Apples and oranges (nuts)

Apple, oranges, raisins

Apple, banana, raisins

Cocoanut Fruit Salad

$3/4$ c. diced tart apples

4 T. butter

$3/4$ c. diced celery

4 T. orange juice

$1/2$ c. shredded cocoanut

2 T. sugar

2 T. lemon juice

Lettuce

Mix apples, celery and cocoanut. Sprinkle with lemon juice. Add a fruit salad dressing made from butter, orange juice and sugar. Serve on lettuce.

Butterfly Salad

Arrange lettuce leaves, head lettuce preferred, on a salad plate. Cut a slice of pineapple in halves and place on the lettuce with the rounded edge together. This will form the wings of the butterfly. Slice a banana lengthwise and place between the rounded edges of the pineapple, this represents the body. For eyes put in tiny bits of raisins. Cut very narrow strips of pimento for the antenna. The decorations on the wings may be represented by finely chopped nuts and cocoanut sprinkled over them. Serve with cooked salad dressing which is placed on the lettuce leaf beside the butterfly. This idea may be worked out with other foods such as a date for the body, sliced stuffed olives for spots on wings, sections of grapefruit for wings, etc.

Date Salad

24 dates

$1/4$ c. cream cheese

$1/4$ c. raisins

1 t. cocoanut

$1/4$ c. salted almonds

Lettuce

Mayonnaise

Split dates and stuff with mixture of chopped raisins, almonds and cheese, blended with salad dressing. Roll in cocoanut and serve on bed of lettuce.

Fruit Salad

1 c. pineapple

$1/2$ c. walnut meats

2 c. white grapes

$1/4$ c. apples

1 c. celery

Dice pineapples, half and seed grapes, dice celery and apples. Serve with salad dressing.

Prune Salad

Cut head lettuce in six slices and place on individual plates. Put a spoonful of pineapple mayonnaise (recipe below) in center, sprinkle with paprika, surround with a narrow border of chopped nut meats; place outside of that line of finely chopped celery and outside that on edge of lettuce a border of cooked prunes, stewed and cut in pieces. Have ingredients marinated.

Pineapple Mayonnaise Dressing

1/3 c. cream
1/3 c. mayonnaise dressing

1/3 c. crushed pineapple

Whip cream until stiff, beat in mayonnaise dressing and fold in crushed pineapple drained from its juice.

Prune Salad

Arrange cooked prunes (with seeds removed) and sections of grape fruit (all membrane removed) on a nest of lettuce. Garnish with nuts and serve with grape fruit French dressing.

1 t. salt

3 T. grape fruit juice

1/2 t. paprika

1/2 c. salad oil

Mix seasonings well, add the fruit juice and oil and shake or beat until slightly thickened.

Orange and Raisin Salad

Pare oranges and remove pulp from each section. Cook raisins in boiling water until plump and tender, drain, remove seeds and chill; marinate in dressing. Then add prepared orange and arrange on lettuce leaves. Serve with boiled dressing or mayonnaise.

Pepper, Grapefruit and Tomato Salad

Cook two green peppers in boiling water one minute; cool and shred. Remove pulp of one large grapefruit and cut three small, ripe tomatoes in quarters lengthwise. Arrange on head lettuce in a salad bowl and pour French dressing over all.

Prune Salad

Soak and cook the prunes until tender. Then remove the stones from a cut in the side of each. Stuff with grated cheese or cottage cheese and serve with mayonnaise dressing on a lettuce leaf. Chill thoroughly before serving.

Use of Canned Fruits and Salads

1. Serve canned pears on lettuce with cream cheese dressing or French dressing.
2. Halves of pears or peaches filled with a mixture of chopped crystallized ginger and nuts and served with cream cheese dressing or French dressing.
3. Fill halves of pears with cottage cheese moistened with onion juice. Sprinkle with paprika and serve with French dressing.
4. Fill halves of pears with chopped nuts and dates, sprinkle with grated cheese and serve with French dressing.
5. Whole canned pears colored red, by coloring juice with vegetable coloring, serve on nest of shredded lettuce, garnish with mayonnaise and nuts.
6. Black cherry and cabbage salad:
2 T. vinegar
1 can black cherries
4 T. milk
1 pt. chopped white cabbage
1 t. sugar
2 eggs, beaten
1/2 t. celery seed
1/2 t. salt

Drain cherries. Put eggs into a small sauce pan, add vinegar, milk, and seasonings and cook until thick. Mix with cabbage, then chill and place in serving dish. Cover with cherries, stoned, and serve. Sufficient for 6 to 8 persons.

Cottage Cheese Salad

Season dry cheese well with salt, pepper, and a dash of cayenne or paprika. Add chopped nuts, olives, pimientos, or cucumbers cut in dices. Horseradish, onion juice, and parsley make a good combination. Form mixture into balls and roll in finely shredded radish peeling, parsley or chopped nuts.

Stuffed Egg Salad

Hard cook eggs. Cut lengthwise and remove yolk. Fill centers with filling made of minced sweet pickle, egg yolk, nuts and mayonnaise. Serve on bed of lettuce and garnish with mayonnaise.

Grapefruit and Crab Salad

2 c. grapefruit	French dressing
2 c. crab meat	Lettuce
3/4 c. diced cucumbers	Mayonnaise
1 1/4 c. chopped celery	

Peel grapefruit and remove membrane from the pulp. Mix with crab meat, cucumber and celery and marinate in sweetened French dressing. Serve on lettuce with mayonnaise.

Lenten Salad

1 c. flaked fish (tuna, crab, shrimp or any kind of left-over white fish)	1/2 c. stuffed olives Headlettuce Tomato
1/2 c. cucumber Mayonnaise	Lemon

Flake fish lightly, marinate, combine with cucumbers, olives and well-seasoned mayonnaise. Garnish with slices of tomatoes and lemons sprinkled with paprika.

Oyster Salad

Parboil oysters and cut in pieces. Combine with an equal quantity cucumbers cut in small pieces. Serve with dressing on lettuce leaf.

1 c. whipped cream	1 T. vinegar	1/2 t. salt
2 T. lemon juice	1/4 c. grated horseradish	1/4 t. paprika

Pineapple and Shrimp Salad

Clean two dozen shrimp and let stand in French dressing for one hour, then drain. On a salad platter arrange heart leaves of lettuce, on the lettuce, twelve half slices of pineapple, and on the pineapple arrange the shrimp. Add one cup and a half of celery, cut in thin slices, and two hard-boiled eggs, cut in quarters lengthwise. Serve with salad dressing.

Salmon Salad

1 can salmon (red preferred)	3 hard cooked eggs
1 c. chopped English walnuts	1/4 c. vinegar
8 small pickles	

Chop egg whites, mash yolks and mix with vinegar. Season to taste. Pick the salmon to pieces and mix with chopped pickles, pour vinegar and yolks over the mixture.

Veal Salad

1 1/4 lb. veal or pork tenderloin	1/2 can peas	2 large sour pickles
1/2 doz. hard cooked eggs	1 stalk celery	1/4 c. pecans

Cook meat until tender. When cool dice and add the diced celery, egg, pickle, peas and pecans. Serve with mayonnaise dressing on lettuce.