

9-1945

EC9970 The Whole Meal Salad

May Stanek

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The Whole Meal Salad

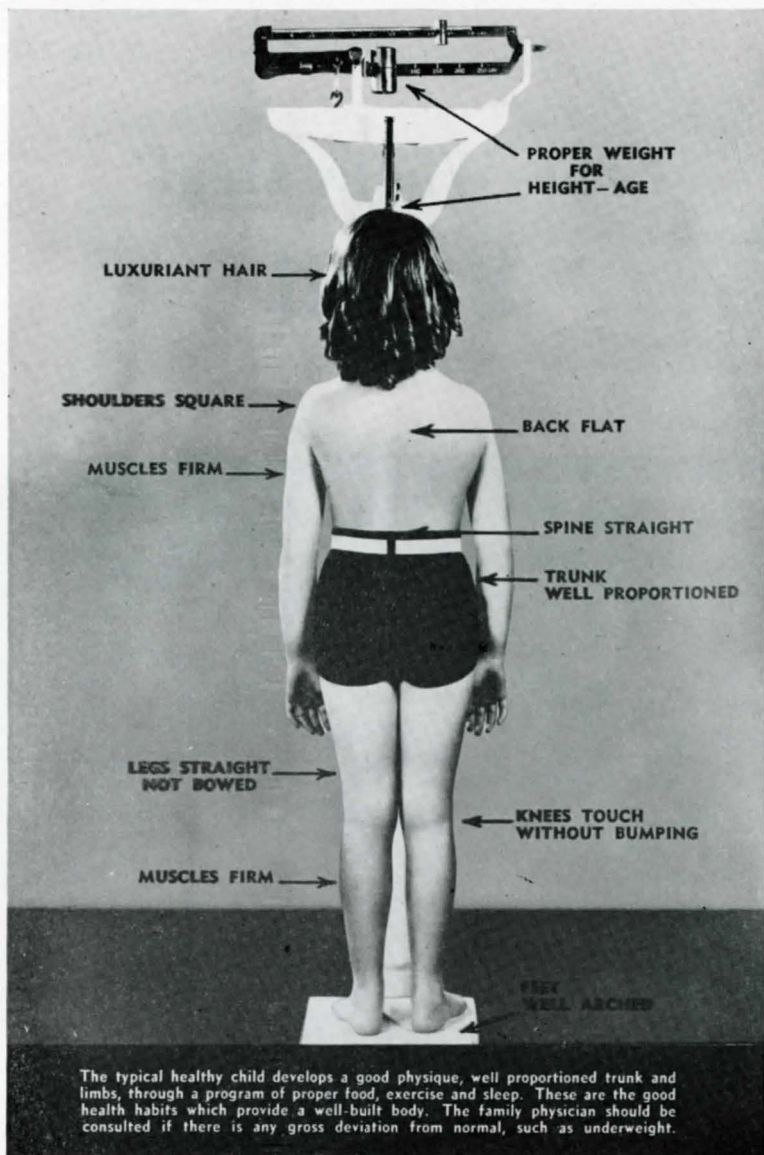


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—Sunkist Photo

In addition to the characteristics given in the picture of a healthy child, other characteristics are:

Eyes—clear and bright; no dark hollows or blue circles.

Teeth—well formed; sound.

Gums—firm; light pink; no bleeding.

Skin—smooth; firm; good color.

Blood—red; good supply (outward sign is pinkish color of linings in mouth and eyelids, and in the ears as seen against the light.)

Appetite—hearty.

Elimination—regular, no constipation.

Sleep—sound, refreshing.

Disposition—good natured; full of pep.

Expression—alert; cheerful.

General Health—vigorous; low “absentee” record at school.

The Whole Meal Salad

May Stanek

Nebraska farms and gardens produce most of the essential foods necessary for use in everyday meals. Meal planning for healthful eating is one of the homemaker's many responsibilities. She chooses the food and decides how it shall be cooked and served for her family's enjoyment and welfare. From the various dishes prepared in the home are formed the family's eating habits. Most of these habits, whether good or poor, are learned in the early years of a child's life.

A study of the food habits of rural school children showed that the diet of many Nebraska boys and girls needs to be improved. The survey was conducted in 1944 as one of the activities of the Nebraska School Health Project in the State Department of Public Instruction. Five-day food consumption records were kept by approximately 700 children in 70 rural schools in five widely separated counties in the state. Using the basic seven chart as the basis of comparison, the results revealed the following information:



were eating an adequate supply of green and yellow vegetables.



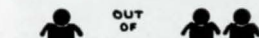
were eating enough citrus fruits or tomatoes.



were getting the minimum amount of five servings of all fruits and vegetables, including potatoes, daily.



were getting four servings of milk or milk products daily.



reported two servings of meat, poultry, fish, eggs or legumes daily.

Although almost all of the children were apparently eating plenty of bread, there was no way of determining what proportion of these foodstuffs were whole grain or enriched products.

THE WHOLE MEAL SALAD IN THE DIET

The homemaker plans a variety of dishes for the three meals every day, her purpose being:

1. to feed wholesome, nutritious, health-giving food;
2. to avoid monotony;
3. to keep the family interested.

She realizes too, that whether it is a whole meal salad or a hot main dish, it takes a variety of food to provide all the nutrients. No one meal is likely to contribute all the essentials to good health.

Because of the wide choice of foods available and the unlimited salad combinations, the whole meal salad may serve as an excellent way of adding variety to the diet. The whole meal salad may be the central theme of the meal and, in addition, it may be relied upon as a substitute for the meat dish at a dinner, supper, or luncheon. In a salad, the cook may combine foods from a cellar stock of canned meat, vegetables and fruit. She may use leftovers that are just as delicious in salads as when first cooked. Raw fruits and vegetables may be combined with well-cooked food and served attractively. Because of the ease of preparation, a whole meal salad may be a time and energy saver for the busy homemaker.

Since the whole meal salad can be made with a protein, vegetable or fruit base, it may contribute valuable food nutrients found in groups 1, 2, 3, 4, and 5 of the basic seven. It may be a means or a help in providing the two servings of protein, the three servings of vegetables and the two servings of fruits daily. The war has, of necessity, brought many changes in our eating habits. One of these is the source from which protein needs are derived. Formerly the greater part of protein in the diet came from meat. But the situation has changed and more of this food element is now being provided by eggs, milk products, legumes, and nuts—all of which may be used wisely as alternates for meat. It takes wise planning on the part of the homemaker to choose the foods that will give a maximum return in health from the store of home-produced food or from the money she has to spend.

Since the serving of a whole meal salad is usually a large-sized portion that is hearty and filling, hot soup, crackers, and dessert may be all that is needed to complete the meal. In other cases, a hot vegetable and dessert, or sandwiches, dessert and a hot beverage may round out the meal.

Small and moderate-sized salads are used as appetizers, accompaniments, or as a dessert to the main course of the luncheon or supper meal.

TYPES OF WHOLE MEAL SALADS

The principal ingredient of a whole meal salad may determine what it should be called. A salad made mostly with meat, fish, eggs, and cheese or a combination of two or more of these may be the foundation for a protein whole meal salad. Vegetables and fruit in small quantity may be added for contrast in color and flavor.

The vegetable whole meal salad made with potatoes, lima or soy beans, peas, or a combination of raw and cooked vegetables may, with the addition of lettuce, make a sturdy and nutritious meal.

For lunches and suppers, fruit whole meal salads may be made of canned peaches, pears, apples, raw fruits or combinations of both, supplemented with nuts and cheese. Sandwiches with meat, cheese, or peanut butter make a satisfying accompaniment to the whole meal fruit salad.

MEAT, FISH, EGGS, AND CHEESE FOR SALADS

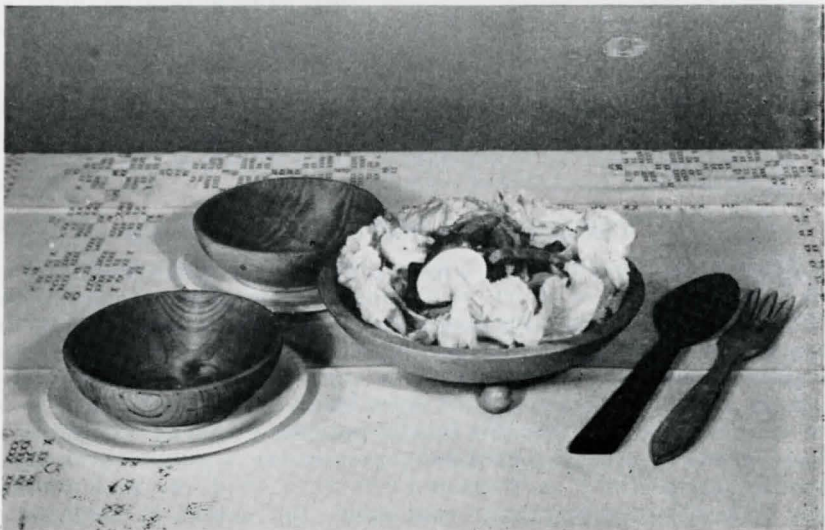
Most Nebraska farms produce some or all of the above foods. One or two of these products combined with a whole grain bread, a cup of milk, a vegetable or fruit or both, butter and a sweet would provide many of the food nutrients essential for positive health. It is essential to know why these foods are important in daily meals, and to understand how one may be substituted for the other.

The primary function of protein foods is:

1. To build firm muscles.
2. To stimulate the appetite.
3. To keep the blood in good condition.

Eggs may be used in place of meat to furnish protein. The yolk of an egg contains vitamins A, B, G, and D. It also contains minerals, particularly phosphorous, iron and sulphur. The nutrients of egg white are chiefly proteins and vitamin G. An egg a day for each child or adult is a good rule to follow.

Cheese is a good source of protein and is as acceptable as eggs for a meat alternate. Small amounts of cheese add a pleasing flavor and



nutritive value to salads and vegetables. When it is to take the place of meat, cheese should be used in larger quantities and combined with some bland starchy food such as bread or with vegetables or fruit. An example of this would be cottage cheese peach salad with whole wheat sandwiches.

If the protein salad is to be cold, all meats, eggs, chicken, or fish should be thoroughly chilled as well as properly cooked. Leftover meats such as ham, tongue, lamb, veal, chicken, duck, turkey etc., may be combined in this salad.

Meat and fish are more palatable if they are cooked at low temperatures for a long period of time. Prolonged heat at high temperatures results in excessive loss of moisture and causes dryness. To hard cook eggs in the shell, cover the eggs with boiling water and remove pan to place where water will remain hot but not boil. Twenty to thirty minutes are needed to hard cook eggs. The eggs should be plunged into cold water immediately when removed from the stove. This will help prevent dark ring from forming next to the yolk and the shell can be removed more easily.

Meat Combinations for a Whole Meal Salad Are:

1. Shredded salami-Swiss cheese, tongue, and cold boiled potatoes.
2. Sardines with chopped hard-cooked eggs, potatoes, and beets.
3. Slivered ham, diced apples, and celery. Leave skin on diced apples.
4. Chicken livers, hard cooked eggs, canned peas, pickled beets.
5. Diced lamb, cucumbers, cooked peas, shredded lettuce.
6. Diced cooked veal, and orange sections.
7. Diced cooked liver, minced onion, chopped cabbage, and grated carrot, mayonnaise.
8. Cooked meat or fish, macaroni, spaghetti or rice, minced onion, shredded carrot, mayonnaise.
9. Chicken, ham or veal cut in cubes combined with lettuce, hard-cooked eggs, and chopped olives and celery.
10. Shrimp, tuna or salmon combined with chopped lettuce or cabbage, hard cooked eggs, olives, pickles or relish, tomato or celery.
11. Salmon, macaroni, sliced apples with peelings.
12. Swiss chard, hard-cooked eggs, bacon.

VEGETABLES FOR THE SALAD

The diet in the winter has much to do with the individual's health in the spring. Lack of variety in the diet is more likely to occur during the winter than at any other time because some of the protective foods are out of season. It is the protective foods, particularly fruits and vegetables especially the green leafy type, that may be difficult to obtain. Nevertheless, a variety of vegetables is needed in the diet. **Two or more servings of vegetables besides potatoes including a raw and a leafy green vegetable, is a good rule to remember in planning the day's meals.** Legumes such as beans and peas are a good source of protein and may substitute for meat occasionally. In the seed of the legume

is stored the valuable protein that promotes growth for the plants. This protein also makes for good animal growth. A good way to vary the vegetable in the diet and to work in the required raw and leafy green vegetables is to put them into salad. The salad serves as a change from the cooked, boiled, or baked vegetable routine. Meals that are planned with a liberal amount of leafy green and yellow vegetables are an aid to building good red blood. Green vegetables are especially valuable as sources of iron. They provide also the copper essential for iron absorption and the use in building the hemoglobin of the blood.

Yellow and green vegetables are excellent sources of vitamin A. Thin green leaves are rich in vitamin A, B, and G, but as a rule fruits and vegetables need to be supplemented by other sources of vitamins B and G. These vitamins help build up resistance to infection, and protect normal vision. Although the small child may not understand what raw carrots contribute to the diet, he can understand why soldiers in the air corps are urged to eat raw vegetables—so that they can see in the dark.

Vegetables for a salad may be leftovers or cooked especially for the salad. If they are cooked especially for the salad, they should be cooked with as much care as vegetables that are to be served hot from the kettle. Vegetables should be dropped into small amounts of boiling, lightly salted water and cooked only until tender. The following instructions may be useful: Bring the water to the boiling point quickly after the vegetable is put in; then lower the heat until it just boils. Do not boil too long nor rapidly as prolonged rapid boiling causes too much loss of liquid and cooks the vegetables to pieces. Place cover slightly ajar to permit the first steam that rises to push the air out of the pan; then put the cover on tight to keep the air out, and finish cooking. When left-over cooked vegetables are used, they should be cold, firm, and not mushy. Home canned vegetables should be boiled at least five minutes in a covered pan before serving as a safe-guard against botulinus poisoning. The raw vegetables should be cold, crisp and free from water.

Macaroni and spaghetti should not be confused with vegetables since they are made of cereal and mainly furnish energy or calories to the diet.

Vegetable Whole Meal Salad Combinations Are:

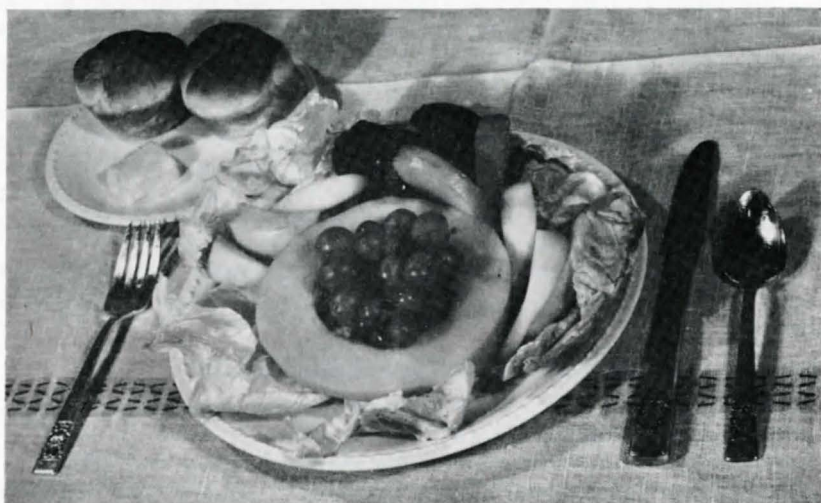
1. Cooked cauliflower, carrots, peas, sliced stuffed olives, chopped lettuce and cheese slivers.
2. Cooked lima beans and carrots, chopped celery and onion.
3. Chopped raw spinach, tuna fish, onion, cooked potatoes garnished with stuffed olives.
4. Cooked potatoes, hard cooked eggs, chopped celery, cheese, grated carrot, diced cucumber, and lettuce.
5. Green beans, pimienta strips, hard cooked eggs, and cooked potato.
6. Quartered tomatoes, cottage cheese, green pepper, lettuce.

7. Chopped cabbage and peanuts, toasted bread crumbs.
8. Quartered tomatoes, stuffed with tuna fish salad, hard cooked eggs.
9. Make a salad loaf of potato salad, tomato aspic, garnish with cheese slivers.

FRUITS FOR SALADS

Fruit that is sound, ripe and firm gives zest to a meal. When it is combined with other ingredients it appeals to the eye as well as the palate. Pears, peaches, crisp juicy apples, well ripened bananas, many kinds of berries and other fruits are most attractive when served simply. Fruit that is little handled is more attractive than that which has been worked over. Neatly arranged whole sections of orange or grapefruit make a much more attractive salad than could be made from pulp which has been crushed and broken by much handling.

Cut fruits should be prepared in as short a time as possible before serving. If it is necessary to cut fruit beforehand, lemon juice will keep the slices from darkening. Dried fruits make an excellent contribution to a salad. Dried fruit absorbs more water, and gives best results in cooking, if it is first washed in warm water, and then soaked in hot water for a short time. The fruit in this way regains as nearly as possible, its original size, shape, and texture. After soaking, the dried fruits may be cooked in a short time. Cook dried fruits in the water in which they are soaked since this utilizes the minerals.



The value of fruits in the diet lies in their being excellent carriers of minerals and vitamins. In addition they give needed bulk and roughage. A number of fruits contribute vitamin C, but the citrus fruits and tomatoes that can be eaten regularly in considerable quantities are the best sources of vitamin C. **A very good practice to keep**

in mind is to serve at least two fruits daily, one of which should be fresh and uncooked. Fresh fruits and vegetables may become expensive at a certain time of year. Even so, they are cheap because they are essential for the sake of other food elements that they carry. These elements are needed to balance the diet and to make it adequate for all the needs of the body.

Whole Meal Fruit Salad Combinations Are:

1. Sliced peaches (fresh) and bananas, white seedless grapes and peanuts.
2. Pear halves filled with cream cheese balls, sliced cantaloupe.
3. Figs or prunes stuffed with cottage cheese balls, and arranged on pineapple slices.
4. Chopped apples, oranges and dates stuffed with cheese.
5. Cherries, pineapple wedges, cream cheese balls, and pecan meats.
6. Canned peach halves and pears, cheese sticks, blue plums.

PREPARATION OF GELATIN FOR SALADS

Many whole meal salads are a combination of cooked or raw vegetables and fruits molded together with flavored or plain unflavored gelatin. Plain unflavored gelatin is different from the flavored gelatin in that it is more granular and creamy in color. One tablespoon of unflavored gelatin will congeal two cups of liquid. Each tablespoon of plain unflavored gelatin should be softened by using $\frac{1}{4}$ cup of cold water or other liquid for about five minutes. Then dissolve in hot mixture. Since gelatin is made of animal protein, instant heat causes a rubbery or lumpy product.

The flavored gelatin is dissolved in hot liquid which is not boiling. Boiling temperature will cause part of the flavor to be carried away in steam.

To distribute fruit or other foods evenly through a gelatin mixture, let the gelatin chill until it starts to congeal and is like a heavy sirup. Then stir in the remaining ingredients. If not stirred, some foods will float and some will sink. Fresh fruit, for example, will float and canned fruit (heavier because of the added sugar) will sink to the bottom. Only canned or cooked pineapple should be used in gelatin mixtures because raw pineapple contains an enzyme which digests the gelatin so it will not congeal.

POINTS TO REMEMBER IN MAKING A WHOLE-MEAL SALAD

1. Arrange attractively with as little handling as possible.
2. There should be a variety of foods with pleasing flavor combinations.
3. The salad should provide contrast in color using dark and light greens, shreds of ham, chicken, carrots and cucumbers.
4. To avoid mashed or finely shredded ingredients, cut into distinct pieces. When salad foods are cut too fine they lose their texture and identity. Dicing is a good way to give variety.

5. The lettuce and greens must be crisp, cold and dry. Lettuce cups are most easily made by cutting out the core and letting cold water run through the head. The leaves separate easily and get additional cleaning. They should be drained on a towel.
6. Three or four ingredients are usually enough for a salad combination.
7. Prepare salad ingredients in advance if possible. Most ingredients taste better when cold.
8. Fruits that darken should be mixed with a little acid fruit juice.
9. Chopped raisins and nuts tend to darken mixtures, so add them last.
10. Get the cooperation of the family and let them combine the ingredients at the table. This may prove a big help to the home-maker.
11. For the individual salad there should be a green leafy base of lettuce, endive or cabbage leaves. The base should be left whole as in lettuce where cups may be formed, or the leaves may be broken, or cut with shears.
12. Select a dressing that blends with, or brings out, the flavor of the salad. Vegetables and meat salads blend best with mayonnaise or a cooked salad dressing. French dressing is good on fruit and greens, however, individual taste determines what shall be used. The 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.
13. Cooked vegetables are more tasty if marinated with plain french dressing. To marinate means to mix the ingredients with the dressing and allow it to stand until every portion is well coated. This takes about one-half hour or longer.
14. To store dressings, place in a jar in a cold place. If stored in the refrigerator put in the less cold part which is usually the lower shelf near the outer wall of the refrigerator so that the salad dressing will not be likely to separate.

HOW TO SERVE THE WHOLE MEAL SALAD

In a Salad Bowl. The ingredients that make up the salad may be brought to the table in a single large bowl or wood, glass, china, or pottery. The ingredients are tossed lightly with a large fork and spoon so that all will be well covered with dressing without becoming bruised. To season the wooden salad bowl, rub well with salad oil. Rinse out quickly after use and wipe dry to prevent cracking. To give a tang to the salad, rub the bowl with a clove of garlic before filling with greens. If desired, the salad may be mixed in another bowl and then transferred to a salad bowl lined with lettuce leaves. Simpler yet, the salad ingredients may be put into the bowl, tossed, and served. This method of serving is especially suitable for family serving and intimate social

gatherings. This method is preferable when second helpings may be desired.

On a Large Platter. For a buffet supper or luncheon, cold meats, deviled eggs, raw vegetables, or even a gelatin salad may be arranged on a large platter.

On Individual Plates. The dinner or salad plate may be used for individual servings of the whole meal salad. The ingredients are arranged on a lettuce leaf or shredded greens. Salad dressing may be added or passed in a bowl.

GARNISHES AND SALAD TRICKS

Suitable garnishings for meat and vegetable salads are sliced cucumbers, quartered or sliced tomatoes, canned beets cut into cubes, sticks, or slices, hard cooked eggs, green and red pepper, stuffed olives, carrot sticks, sliced or diced pickles, and cheese strips, cubes or slices.

Fruit salads may be garnished with maraschino cherries, melon balls, mint leaves, herbs, strawberries, dark fruits, ripe olives, nuts, cocoanut, shredded dates, figs and pitted prunes.

Cream Cheese Balls. Use neufchatel cheese or cut a 3-ounce cake of cream cheese into 6 squares. Press corners of the squares in, using the backs of 2 spoons. Roll each cream cheese square into a ball between two well chilled butter paddles. For each salad portion, place a cream cheese ball in the center of a pear half, on lettuce, and garnish with watercress.

Fluted Cucumbers. Either peeled or unpeeled cucumbers may be fluted. To do this, draw a fork the length of the cucumber, repeating the process completely around the length of the cucumber, then slice and use as desired.

Egg Slices. Place whole hard-cooked egg into a special egg slicer, or put it on a cutting board and slice very thin. Quartered hard-cooked eggs also make an attractive garnish; or sprinkle a salad with minced hard-cooked egg white or crumbled hard-cooked yolk. Yolk may be pressed through a sieve.

Lettuce Cups. To get the lettuce cups to lie well on the plate, cut each leaf up from the stem end about two or three inches. Fit two leaves together on each plate, interlocking the slits.

Onion Juice. Peel and cut an onion in half. Holding one of the halves over a small bowl or cup, scrape downward with a knife until the desired amount of juice is obtained.

Sectioning Oranges and Grapefruit. First remove, with a sharp knife, all of the peeling, including the white membrane. To remove sections slip a sharp knife down one side of each dividing membrane and bring the knife back up the other side so that each section slides out as you work. When all sections have been removed, squeeze out remaining juice from this pulp. Use this in the salad being made, in fruit salad dressing or in a beverage.

Pickle Fans. Cut pickle in very thin slices to within $\frac{1}{4}$ inch of the stem end. Spread slices slightly to resemble a fan.

Cucumber-Radish Fans. Cut ends of two cucumbers. Cut cucumbers in quarters, slash each quarter in $\frac{1}{8}$ inch slices. Do not cut all the way through. Slice 8 large radishes. Insert slices in slashes in cucumber.

Radish Roses. Wash radishes and cut off tops to $\frac{1}{4}$ inch of the radish. Cut off the root end. With a sharp paring knife make about five petal cuts about $\frac{3}{4}$ the length of the radish, just under the red coating. Drop into ice water and let stand 30 to 45 minutes, or until they fan out.

Cucumber Boats. Remove the seeds and pulp from a cucumber. Fill with cream cheese. Cool, slice again if desired. Beets and carrots may be cooked until just done and then filled with cottage cheese.

SANDWICH SPREAD SUGGESTIONS

Cheese Spreads. Cottage cheese with peanut butter, jam or honey; equal parts cream cheese, mayonnaise, ground nuts and raisins; grated cheese, minced, cooked bacon, few drops onion juice and mayonnaise; cottage cheese and chopped dates.

Carrots. Grated raw carrots with raisins, nuts and salad dressing, or shredded cabbage.

Eggs. Chopped hard cooked eggs with crisp bacon, celery, lettuce, tomato, or olives; hard cooked eggs, minced onion, olives and mayonnaise minced tongue, and pickles; diced chicken, celery and chopped eggs; hard cooked egg yolk, minced ham, mayonnaise, butter and cream.

Beans. Cold baked or cooked beans with onion, mayonnaise, lettuce and tomato.

Peanut Butter. Moisten peanut butter with milk, add raw crisp vegetable or chopped crisp bacon; combine with honey, jelly or orange marmalade.

Meat and Chicken Fillings. Thinly sliced pork with a trace of apple butter; ham with peanut butter, chopped pickles and mayonnaise, liverwurst mixed with relish; sliced meat or chicken spread lightly with catsup; minced chicken, celery and a touch of green pepper moistened with dressing; frankfurters ground with mustard pickle relish; ground liver and bacon moistened with onion juice, catsup and cream; slices of chicken with dill pickle slivers.

Fish. Flaked salmon and chopped cucumber moistened with mayonnaise; flaked sardines, chopped hard cooked egg yolks moistened with lemon juice.

RECIPES

Chicken Vegetable Salad

- | | |
|---------------------------------------|-------------------------------|
| 2 c. cold chicken | 1 t. salt |
| $\frac{1}{2}$ c. cooked carrots diced | 1 t. paprika |
| $\frac{1}{2}$ c. cooked peas | $\frac{1}{2}$ c. cooked beets |
| 1 t. chopped parsley | $\frac{1}{2}$ c. string beans |

Mix chicken and vegetables. Add salt, paprika and parsley. Marinate in French dressing. Chill thoroughly. Arrange on lettuce leaves. top with mayonnaise and garnish with beets and asparagus tips.

Meat Salad Bowl

- | | |
|----------------------------------|---|
| $\frac{1}{4}$ c. sliced onions | $\frac{1}{4}$ c. sliced, stuffed olives |
| 1 small head lettuce | 1 c. cooked meat cut in strips |
| 2 tomatoes, cut in wedges | 1 t. salt |
| 2 c. fresh-cooked or canned peas | 1 c. French dressing |

Separate onion rings; break lettuce in bite-sized pieces. Arrange vegetables and meat on lettuce; sprinkle with salt; add dressing; toss lightly. Tongue, beef, veal, lamb, duck, turkey, liver or chicken may be used for the meat. One half cup of ham may be used with 1 cup of any of the meats suggested. Cabbage may be used in place of the celery. Use tuna or salmon in place of the meat and omit onion and add 1 cup chopped celery.

Jellied Chicken Salad

- | | |
|--------------------------------------|---------------------------------------|
| $\frac{1}{2}$ c. cold cooked rice | $\frac{3}{4}$ c. mayonnaise |
| 1 c. diced cooked chicken | $\frac{3}{4}$ c. heavy cream, whipped |
| $\frac{1}{2}$ c. cooked string beans | 1 envelope plain unflavored gelatin |
| $\frac{1}{2}$ c. stuffed olives | 2 T. cold water |
| $\frac{1}{2}$ c. diced celery | 8 marinated tomato slices |

Combine rice, chicken, string beans, olives, and celery. Combine mayonnaise and whipped cream. Soak gelatin in cold water for five minutes. Dissolve over hot water, and cool. Combine all ingredients except tomatoes and turn into a mold. Chill. Cut into squares and serve on tomato slices, on individual bed of lettuce. Use any salad dressing desired.

Roast Beef and Vegetable Salad

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|--|----------------------------|
| $\frac{1}{4}$ c. mayonnaise | $\frac{1}{8}$ t. paprika |
| $\frac{1}{2}$ t. prepared horse-radish | 1 c. diced cooked potatoes |
| 1 T. grated onion | 2 c. cooked string beans |
| 1 T. vinegar | 1 c. diced roast beef |
| $\frac{1}{4}$ t. salt | Lettuce |
| $\frac{1}{8}$ t. pepper | Radishes |

Add perkiness to the mayonnaise by combining the first seven ingredients. Blend this mixture with the chilled potatoes and beans. After this has stood for an hour add meat. Serve on lettuce. Garnish with radishes.

Hearty Pork Salad

- | | |
|--------------------------------|-----------------------------|
| $1\frac{1}{2}$ c. diced apples | 1 c. cooked peas |
| 1 c. diced celery | 1 c. diced fresh roast pork |
| 1 c. cooked carrots, diced | Cooked dressing |
| 2 slices green pepper | Lettuce |

Combine the apples, vegetables, and diced cooked pork. Add salad dressing to hold the mixture together. Serve the salad on lettuce, garnish with strips of green pepper and a red-skinned, cored apple cut into sixteenths. Do not pare the apple used for garnish.

Cottage Cheese Jellied Salad

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|-------------------------------|---|
| 1 box lime flavored gelatin | $\frac{1}{2}$ c. nut meats |
| 2 c. cottage cheese (drained) | $\frac{1}{4}$ c. chopped stuffed olives |

Put 1 cup of hot water over the flavored gelatin, when dissolved, add 1 cup of cold water. Combine gelatin with cottage cheese, nut meats, and chopped olives. Chill. Serve on lettuce.

Oven Baked Bean and Egg Salad

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|-----------------------|---------------------------------|
| 2 c. oven baked beans | 4 sweet pickles |
| 3 hard cooked eggs | $\frac{1}{2}$ c. chopped celery |
| 2 T. chopped onion | 1 t. salt |
| Mayonnaise | |

Combine ingredients and serve on lettuce leaf. This salad may be served in tomato shells.

Winter Vegetable Salad

- | | |
|-----------------------------------|-----------------------|
| 1 c. well drained canned tomatoes | 1 c. shredded cabbage |
| chopped | 1 t. scraped onion |
| $\frac{1}{2}$ c. diced celery | 1 T. vinegar |
| $\frac{3}{8}$ T. salad oil | Salt and pepper |

Combine vegetables; season with salt and pepper; sprinkle with vinegar and salad oil. Toss lightly. May be served in cornucopias made of sliced cold meat.

Potato Salad

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|-------------------------------|--|
| 3 c. diced potatoes | $\frac{1}{4}$ c. diced sweet pickles |
| 2 hard cooked eggs | 2 T. vinegar |
| $\frac{1}{2}$ c. diced celery | $\frac{1}{2}$ c. mayonnaise or cooked salad dressing |
| 2 T. minced onion | |

Marinate potatoes in French dressing. Add other ingredients. Mix thoroughly and chill.

Hot Potato Salad

- | | |
|---------------------------------|--------------------------|
| 6 medium potatoes | $\frac{1}{2}$ c. vinegar |
| 4 strips bacon | $\frac{1}{2}$ t. sugar |
| $\frac{1}{4}$ c. chopped onion | $\frac{1}{2}$ t. salt |
| $\frac{1}{4}$ c. chopped celery | $\frac{1}{8}$ t. paprika |
| 1 dill pickle | $\frac{1}{4}$ t. mustard |
| $\frac{1}{4}$ c. water | |

Peel and slice potatoes. Heat the bacon. Saute the onion, celery and dill pickle until brown. Heat remaining ingredients and combine this with the bacon and potatoes and serve at once.

Vegetable Ring Mold

- | | |
|--------------------------------------|-----------------------------|
| 1 envelope (1 T.) unflavored gelatin | $\frac{1}{4}$ c. cold water |
| 3 T. vinegar | 1 c. hot vegetable juice |
| $\frac{1}{4}$ c. sugar | 1 T. lemon juice |
| 1 c. chopped celery | $\frac{1}{2}$ t. salt |

Soften gelatin in water. Add vegetable juice, sugar and salt; stir until dissolved. Add vinegar, lemon juice; chill until sirupy. Fold in raw vegetable. Pour into mold which has been rinsed in cold water. Chill until firm. Unmold on lettuce: fill center with potato salad. Garnish with deviled eggs.

If tomato is used for the vegetable juice use 2 t. chopped green pepper and 1 t. onion juice.

If beets are to be used for vegetable—use only $\frac{1}{4}$ c. beet juice and $\frac{3}{4}$ c. water. Add 1 c. diced beets and 2 T. horseradish.

If celery is used in potato salad omit the celery in vegetable mold.

Jellied Apricot-Peach Cheese Salad

1 T. unflavored gelatin	$\frac{1}{2}$ c. cream cheese
$\frac{1}{4}$ c. cold water	Paprika
$\frac{1}{2}$ c. boiling water—fruit juice	1 green pepper chopped
2 T. sugar	lettuce
$\frac{3}{4}$ c. diced canned apricots	mayonnaise

Combine first four and cool. Divide into two parts when one-half is partially congealed, add the apricots. Pour into a mold. When firm spread the softened cream cheese over it. Add the green peppers to the second half. When sirupy, pour this on top of the cheese set in a cold place until firm. At serving time unmold. Surround with lettuce. Serve with mayonnaise.

Luncheon Fruit Salad

Lettuce cups	Melon balls
Fresh or canned pear slices	Lemon juice
Peach slices canned	French fruit dressing
Orange sections	Salted nut meats
Seeded grapes	

(Any fresh and canned fruit that gives a pleasing flavor combination may be used in place of the above.)

Arrange lettuce cups, placing one on each plate. Fill with peach and pear slices, orange sections, grapes, and melon balls. Dress with lemon juice to prevent the fruit from darkening. Serve with dressing. Place a few salted nut meats on each plate.

Sweet French Dressing

1 t. mustard	1 t. onion grated
1 t. salt	1 t. celery seed
1 t. paprika	$\frac{1}{2}$ c. sugar or corn syrup
1 c. salad oil	6 T. vinegar

Mix dry ingredients. Add onion, then vinegar and oil alternately. Beat until thick. This makes one pint of dressing.

French Dressing

$\frac{1}{4}$ t. dry mustard	$\frac{1}{4}$ t. paprika
$\frac{1}{8}$ t. pepper	1 t. sugar or corn syrup
$\frac{3}{4}$ t. salt	$\frac{3}{4}$ c. salad oil
$\frac{1}{4}$ c. vinegar	

Measure all the ingredients into mixing bowl or glass jar. Beat with rotary beater or shake to mix thoroughly. Shake or beat just before serving. Makes 1 cup dressing.

Sour Cream Dressing

11 egg yolks	$\frac{1}{4}$ c. water
or	$\frac{1}{3}$ c. sugar or syrup
5 whole eggs	1 tsp. cornstarch
1 c. thick sour cream	1 tsp. mustard
$\frac{3}{4}$ c. vinegar	1 tsp. salt

Beat the eggs and combine with sour cream, vinegar and water. Heat in double boiler and add remaining dry ingredients and cook until thick. Store in covered jar in a cool place.

Mayonnaise

1 egg or 2 egg yolks	cayenne pepper
1 t. dry mustard	dash of paprika
1 t. salt	$1\frac{1}{2}$ c. cold salad or olive oil
1 t. syrup	2 T. vinegar or lemon juice
pepper	

Beat thoroughly the first seven ingredients. Add the oil one tablespoon at a time beating thoroughly after each addition until $\frac{1}{2}$ c. of oil has been added. Then add remaining oil in larger quantities and last the vinegar or lemon juice. Makes 2 cups.

Modified Mayonnaise

1 t. mustard	2 egg yolks
1-2 T. sugar or syrup	4 T. vinegar
1 t. salt	cayenne pepper
1 c. salad oil	1 c. water
$\frac{1}{3}$ c. flour	

Mix flour and water and cook 8 to 10 minutes. Then add remaining ingredients which have been mixed together.

Cooked Salad Dressing

4 T. butter	$\frac{1}{2}$ c. sugar
2 T. flour	1 c. water
2 t. salt	$\frac{1}{2}$ c. vinegar
1 t. dry mustard	4 eggs

Melt butter; add dry ingredients and blend well. Add water and vinegar and cook until smooth and thick, stirring constantly. Beat eggs, add some of cooked mixture to them, blend, and pour back into cooked mixture. Cook until thick, stirring constantly. Remove from heat, and cool. Makes about two cups of dressing.

$\frac{1}{2}$ c. corn sirup may be used in place of the sugar. Use only $\frac{3}{4}$ c. water.

Russian Dressing

1 c. water	1 c. sugar
1 c. catsup	1 t. celery seed
1 c. salad oil	2 t. grated onion
$\frac{1}{2}$ t. salt	1 t. paprika
2 t. lemon juice	

Boil sugar and water until they form a syrup. Combine other ingredients and add to syrup.

1 c. corn syrup may be substituted for the sugar. Do not use any water.