

# UNIVERSITY OF KENTUCKY

COLLEGE OF AGRICULTURE

Extension Division

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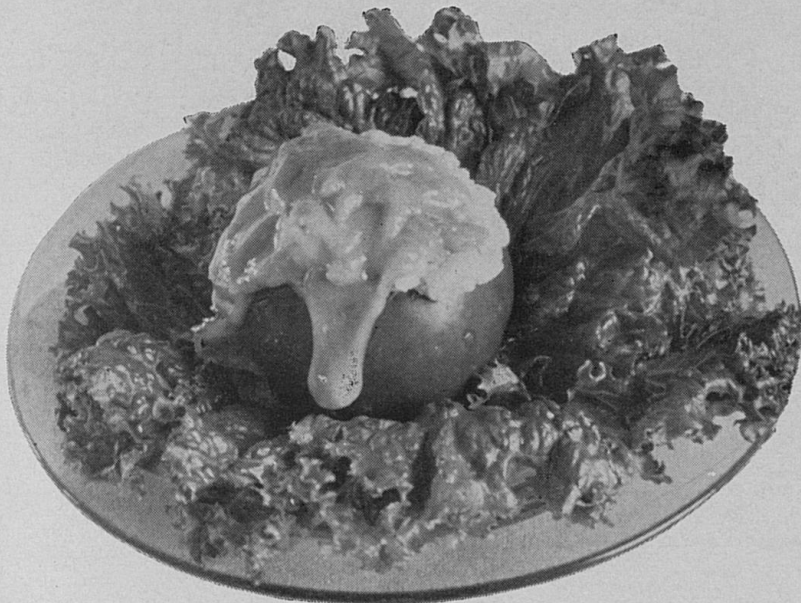
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CIRCULAR NO. 234

(Revised)

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SALADS



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A Fresh Vegetable Salad

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### SALADS

By FLORENCE IMLAY

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Salads offer the housewife a field in which to exercise her ingenuity and taste for variety. A few olives, a little onion or chive, a dash of spice, a bit of cheese or a new garnish, may transform an old dish into a new one. Salads can be made simple or elaborate to suit the occasion, and are an excellent way of using left-overs.

#### REQUIREMENTS OF A GOOD SALAD

Altho there are no basic recipes for salads from which a housewife can build new ones, there are certain definite standards to which all salads must comply in order to be interesting and appetizing. They must be cold, have a pleasing combination of flavors, be colorful and attractively arranged, have the food ingredients in such a form that all the components can be identified and have all the salad greens crisp.

#### PREPARATION OF SALAD

1. Clean carefully and wash fresh vegetables before chilling.
2. Chill all ingredients before using. Wrap lettuce, celery, Chinese cabbage and other vegetables in a towel or place in a vegetable bag, and keep on ice or in a cool place. Cabbage which is not crisp, should be kept in cold water one-half to three-quarters of an hour before chilling.
3. Use only the more tender and desirable parts of vegetables for salads.
4. Dice, slice or quarter vegetables and fruits but never mash them. Tomatoes should be sliced or quartered, as they are too watery to cut in small cubes. Meat and fish should be cooked and then cut in small cubes or flaked. (All skin, gristle and bones should be removed.)
5. Dry all fresh vegetables to prevent making the salad dressing watery.

6. Mix ingredients and salad dressing together by tossing with a fork, to preserve the form of the individual pieces of food in the salad. Use just enough salad dressing to coat all ingredients thoroly.
7. Marinate such foods as potato, macaroni, chicken or fish and let stand until well seasoned.\*
8. Use shredded lettuce, cabbage or spinach or a leaf of lettuce as a bed for the salad.
9. Give color to a salad by the addition of green or red peppers, pimientos, grated carrots or beets, maraschino cherries, unpeeled apples, etc.
10. Keep apples from discoloring by squeezing lemon juice over them.
11. Preserve the crispness of salads by combining ingredients just before serving.

#### ARRANGEMENT AND SERVING OF SALADS

Much of the success of a salad depends upon the arrangement and serving of it. Delicious ingredients may be thrown together in such an unattractive way or served so carelessly as to make the salad actually unpalatable. The ingenious housewife always can find some material to use as a base for a salad or invent some method of serving the salad that makes it interesting and different. The following suggestions are only a few of the ways in which salads may be made attractive and unusual.

1. Finely shredded salad greens may be arranged on a plate as a bed for the salad. (A little salad dressing sprinkled over the bed of salad greens helps to make them more palatable.) The following salad greens may be had at different seasons of the year.

Cabbage	Leaf lettuce
Basil leaves	Nasturtium leaves
Carrot tops	Parsley
Celery leaves	Romaine
Chinese cabbage	Spinach
Chives	Swiss chard
Dandelion leaves	Savory
Endive	Turnip tops
Head lettuce	Verbena

2. Individual lettuce leaves are more attractive, as a base for a salad, when the coarse center rib is cut about one-half the length of the leaf and one side of the leaf folded over the other side to form a cup for the salad mixture.

\* To marinate. Mix ingredients with French dressing and let stand for 20 to 30 minutes before using, or until every portion of ingredients is well seasoned.

3. The center of tomatoes, cucumbers, cooked young beets or turnips may be scooped out and filled with a salad mixture.
4. Garnishes help to make the salad colorful and attractive. The following are a few suggestions for garnishes.

Cherries	Pimiento	Hard-cooked eggs (sliced)
Cinnamon apple strips	Green pepper	Egg daisies
Sliced peaches	Grated carrots	Hard-cooked egg colored with pickled beet juice
Mint jelly	Grated beets	Paprika
Mint leaves	Pickled beets	Grated cheese
Parsley	Sliced radishes	Stuffed olives
Rose geranium leaves	Radish roses	

5. Salad is more attractive when just enough dressing is used to coat the ingredients than when so much dressing is used that the mixture is watery or mushy.
6. Salad should be prepared or arranged so that each serving has a contrast of color and texture and an intriguing flavor.
7. Salad should be piled lightly on an individual plate or in a serving bowl.
8. An interesting and delicate seasoning may be obtained by rubbing the bowl with garlic or onion.
9. Glass, wooden, pottery or dainty china plates give an interesting background for a salad.
10. Individual salads may be placed in lettuce cups and arranged on a large platter or in a flat-bottomed salad bowl, to serve buffet style.
11. A salad mixture, such as chicken, tuna, potato or Waldorf, or a combination vegetable may be piled lightly on a large platter or in a salad bowl, garnished attractively and served buffet style.

#### SALAD ACCOMPANIMENTS

Crisp wafers or cheese straws may be served with the salad, when it is served as a separate course. When served as the main course or alone as refreshments, cheese biscuit, cheese rolls or dainty sandwiches may be used.

#### PLACE OF SALAD IN THE MENU

Salad should have a prominent place in every day's menu, during all seasons of the year. The kind of salad used with any one meal should be planned in relation to the rest of the menu. Chicken, tuna or potato salad should be used as the main protein or starchy dish of the meal, not as a supplementary dish to a heavy

meat course. A light salad, such as lettuce, fresh vegetable, or fruit, with a French dressing, is suitable to serve with the heavy meat course. Fruit salad should not be served when fruit cocktail and a fruit dessert are included in the menu.

From a nutritional point of view, salads are valuable for the following reasons:

1. Salad prepared with fresh raw vegetables is an excellent source of vitamin C. Vegetables canned by the hot pack method according to directions in Circular 220\* are also fair sources of vitamin C. Since vitamin C is one of the essentials for growth and health and plays an important role in the development of bones and teeth, it is readily seen that salads have an important place in the daily menu.
2. Many vegetables, particularly green, leafy vegetables, are excellent sources of iron which is necessary to keep the blood in good condition.
3. Vegetable and fruit salads furnish cellulose and mild acids needed for regulating the body processes.
4. Salads prepared from meat, cheese or eggs furnish protein for tissue building.
5. The attractiveness of a colorful salad, especially one prepared with vegetables and fruits rich in vitamin B, is a means of stimulating the appetite.
6. The crispness of fresh vegetables and fruits gives "chewiness" to the food.

#### SALADS FOR CHILDREN

Most salads contain foods or condiments which young children should not eat. However, they can be prepared so that any normal young child can eat them without harmful results. The tender parts of lettuce and new cabbage, with all the coarse or woody parts removed, the tiny, tender celery hearts can be given to young children who are at least three years of age. Children can also be served molded fruit salads, made with finely chopped cooked fruit. A dressing can be made of oil, lemon juice, a little salt and sugar or, if oil is not used, of diluted lemon juice, salt and sugar.

Most children will be satisfied to have their salad prepared in this manner and not tease to have one like the adults are eating.

\* Extension Circular 220, "Canning Fruits and Vegetables," College of Agriculture, University of Kentucky.

## RECIPES

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### SPRING VEGETABLE SALAD

1 head lettuce	1 c. cooked, diced asparagus
12 button radishes	1 c. chopped celery
6 green onions	French dressing

Mix asparagus, celery and chopped onion. Divide lettuce into six parts and pull loosely apart. Arrange on plates with asparagus, celery and onion. Serve with French dressing. Garnish with sliced radishes.

**Note.** The salad may be prepared to serve from a bowl, by breaking the lettuce in small pieces and mixing all vegetables and dressing together lightly with a salad fork.

### SLICED BEET SALAD

12-15 small beets	Lettuce
Hard-cooked egg	Horseradish dressing

Bake beets in a moderate oven until tender or cook in boiling salted water, peel and chill. Slice beets and marinate with French dressing. Arrange sliced beets on a bed of shredded lettuce. Serve with horseradish dressing and garnish with hard-cooked egg.

### STUFFED BEET SALAD

18 small beets	3 T. finely chopped mint
2 c. shredded cabbage	Lettuce
Mayonnaise	French dressing

Bake beets in a moderate oven until tender, peel, marinate with French dressing and chill. Mix shredded cabbage and chopped mint with mayonnaise. Scoop out the center of beets and fill with cabbage mixture. Arrange three beets on a bed of lettuce and serve.

### ENDIVE SALAD

Endive	Green pepper	French dressing
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Separate stalks of endive, wash and chill. Arrange endive on salad plates, garnish with strips of green pepper and serve with the French dressing.

### STUFFED CELERY

Celery	Mayonnaise
Cream cheese grated	Paprika
Chopped olives	

Wash celery and cut in about six-inch lengths. Mix grated cheese and chopped olives with a little mayonnaise. Fill celery with cheese mixture and sprinkle with paprika.

**STAR SALAD**

6 medium tomatoes	1 small pepper
2 cucumbers	Lettuce
1 small onion	Mayonnaise
Paprika	

Peel tomatoes and cut in five sections nearly to the bottom so that the sections fall apart and form a star. Place a tomato on a bed of lettuce. Chop cucumbers, onion and pepper and mix with small amount of mayonnaise. Fill centers of tomatoes with vegetable mixture and sprinkle with paprika.

**SHREDDED VEGETABLE SALAD**

2 c. shredded cabbage	1 c. shredded raw turnips
1½ c. shredded raw carrots	¼ c. finely chopped parsley
2 T. chopped onion	French dressing

**Note.** Celery, raw cauliflower, spinach or beets may be used.

Mix onion with shredded cabbage and arrange on plates. Place shredded carrots and turnips in piles on the cabbage. Sprinkle with parsley and serve with French dressing.

**TOMATO ASPIC**

2½ T. gelatin	2 whole cloves
¼ c. cold water	2 slices onion
2 c. strained tomato juice	⅛ t. paprika
1 c. boiling water	½ t. salt
1 bay leaf	1 t. sugar

Cook onion and spices in boiling water until well seasoned. Strain and add liquid to boiling tomato juice. Soften gelatin in cold water and add to hot tomato juice. Pour into well-buttered molds and place in a cool place until congealed.

**Note.** ¾ c. celery cut in small pieces and ¾ c. diced raw carrots may be added to tomato aspic.

**TOMATO ASPIC, COTTAGE CHEESE AND LIME SALAD**

2 c. tomato aspic	2 T. cold water
2 c. cottage cheese	2 T. boiling water
1 package lime Jello	2 c. boiling water
1 T. gelatin	Lettuce
	Mayonnaise

Make tomato aspic, chill and, when consistency of thick cream, pour into well-buttered molds and place in a cool place until congealed. Add cold water to gelatin and when the gelatin is soft add 2 T. boiling water. Place dish which contains the gelatin in a pan of boiling water and allow to stand until gelatin is dissolved. Add gelatin to cottage cheese and chill. When tomato aspic is congealed, cover with cottage cheese and allow salad to stand in a cool place until cottage cheese is congealed.



Add 2 c. boiling water to the lime Jello, chill and when consistency of thick cream pour over cottage cheese. When lime Jello is congealed remove salad from mold, cut in slices and serve on a lettuce leaf with mayonnaise.

#### APPLE-POTATO SALAD

1½ c. diced cooked potatoes	2 sliced hard-cooked eggs
1½ c. diced apples	French dressing
1 c. chopped celery	Salad dressing
2 T. chopped green pepper or pimiento	Parsley

Marinate potatoes with French dressing and chill. Add the other ingredients except parsley, and mix with salad dressing by tossing with fork. Garnish with parsley.

#### CINNAMON APPLE SALAD

2 large apples	Red fruit coloring
1 c. sugar	1 c. cottage cheese
1 c. water	Lettuce
1 stick cinnamon	Mayonnaise

Select apples which will not go to pieces in cooking, pare, cut in thick slices and remove core. Add cinnamon and red fruit coloring to syrup made of sugar and water. Cook slices of apples carefully in syrup, remove, drain and chill. Arrange chilled apples on a bed of lettuce, fill the center with cottage cheese and serve with mayonnaise.

**Note.** Pitted prunes, halves of peaches, pears, apricots or tomatoes may be substituted for the apple rings.

#### PINEAPPLE AND CARROT SALAD

1 c. crushed pineapple	1 c. boiling water
1 c. chopped carrots	1 T. vinegar
1 c. pineapple juice	½ t. salt
1/3 c. celery cut in small pieces	1 package lemon Jello

Dissolve jello in boiling water. Add pineapple juice, vinegar and salt. Cool and, when the consistency of thick syrup, add pineapple and carrots and turn into well-buttered molds and chill until firm. Serve with a boiled dressing to which whipped cream has been added or mayonnaise.

**Note.** The carrots may be either put thru a food chopper or cut in very small pieces. Two tablespoons shredded pimiento and ½ c. diced cucumbers make a tasty addition to this salad combination.

#### CHERRY AND BLACKBERRY SALAD

2 c. large cherries	1 c. chopped celery
2 c. blackberries	Lettuce
1 c. nuts	Mayonnaise

Drain fruit well. Arrange cherries, blackberries and celery in piles on a bed of lettuce. Sprinkle with nuts and serve with mayonnaise.

#### CANTALOUPE SALAD

5 c. diced cantaloupe or cantaloupe balls  
 French dressing  
 Mint leaves  
 Lettuce

Chill cantaloupe and arrange in piles on beds of lettuce. Serve with French dressing and garnish with mint leaves.

#### STRAWBERRY SALAD

2 c. chilled diced fresh pineapple  
 2 c. strawberries  
 2 T. chopped mint  
 Lettuce  
 French fruit dressing

Wash, hull and chill strawberries. Put pineapple and strawberries on a bed of lettuce, sprinkle with chopped mint and serve with French fruit dressing.

#### GRAPEFRUIT SALAD

2 large grapefruit  
 Lettuce  
 French dressing  
 Paprika

Peel grapefruit and remove the pulp, carefully keeping each section whole. Arrange sections on bed of lettuce, serve with French dressing and sprinkle with paprika.

#### PEAR AND LIME SALAD

12 small halves of canned pears  
 1 package lime Jello  
 2 c. water  
 $\frac{3}{4}$  c. cottage cheese  
 $1\frac{1}{2}$  T. preserved ginger  
 Lettuce  
 Mayonnaise

Mix cottage cheese with finely chopped ginger. Scoop out the center of pears, fill centers with cheese mixture and place halves together. Dissolve jello in boiling water, and cool until about the consistency of thick cream. Pour a small amount of jello into buttered molds and allow it to congeal. Place a pear in the center of each mold, cover with jello and place in a cool place until jello is congealed. Remove from molds, serve with mayonnaise in lettuce cups.

#### CRANBERRY SALAD

2 c. fresh cranberries  
 $1\frac{1}{2}$  c. boiling water  
 $\frac{1}{4}$  c. cold water  
 $\frac{3}{4}$  c. sugar  
 $1\frac{1}{4}$  T. gelatin  
 $\frac{1}{2}$  c. chopped nuts  
 $\frac{1}{2}$  c. shredded pineapple  
 1 c. celery cut in small pieces

Cook cranberries in water until tender. Add sugar and cook 5 minutes. Soften gelatin in cold water. Cool and when the consistency of thick syrup

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add the other ingredients. Turn into molds and when firm serve with a boiled salad dressing.

#### FROZEN FRUIT SALAD

1 orange	$\frac{3}{4}$ c. pineapple cubes
$\frac{1}{2}$ medium grapefruit	1 c. fruit salad dressing
1 banana	1 c. whipping cream
$\frac{3}{4}$ c. white grapes or Royal Ann cherries	12 maraschino cherries

Remove the rind and the fiber from the orange and grapefruit and cut in small pieces. Peel and seed the grapes; cut the cherries and banana into small pieces. Chill the fruit, whip the cream and combine with the salad dressing. Combine fruit with the salad dressing mixture. Pour into a mold and pack in ice and salt for three hours, using three parts of ice to one of salt or freeze in a mechanical refrigerator.

When frozen, cut in cubes and serve on a lettuce leaf.

#### MOLDED FRUIT SALAD

2 T. gelatin	$\frac{1}{2}$ c. diced canned peaches
$\frac{1}{3}$ c. cold water	1 c. diced bananas
2 c. boiling water	$\frac{1}{2}$ c. grapes cut in halves
$\frac{1}{4}$ c. lemon juice	1 c. chopped nut meats
$\frac{1}{2}$ c. diced apples	Fruit salad dressing

Soften the gelatin in cold water and dissolve in boiling water. Add the lemon juice. Cool. When the consistency of thick syrup add the prepared fruit and nuts. Pour into molds and chill until firm. Serve on a lettuce leaf with fruit salad dressing.

#### CHICKEN SALAD

4 c. cold diced chicken or turkey	1 T. shredded pimiento
3 hard-cooked eggs	1 t. salt
$\frac{1}{2}$ c. sliced cucumbers	Parsley
$1\frac{1}{2}$ c. celery	Mayonnaise dressing

Mix chicken and celery and cucumbers together carefully and marinate with French dressing. Let stand until thoroly chilled. Add eggs and pimiento to chicken, celery and cucumbers. Mix well with mayonnaise dressing to which chopped parsley has been added. Serve on lettuce.

**Note.** Veal or pork tenderloin may be substituted for the chicken.

#### MOLDED CHICKEN SALAD

2 T. gelatin	$\frac{3}{4}$ c. peas
$\frac{1}{4}$ c. cold water	2 T. shredded pimiento
2 c. chicken broth	2 hard-cooked eggs, sliced
2 c. chicken (cut in cubes)	Cream mayonnaise dressing
$\frac{1}{2}$ c. celery, cut in small pieces	

Soften gelatin in cold water and dissolve in hot chicken broth. Cool and when the consistency of thick syrup add chicken, celery, peas and pimiento. Turn a little of mixture into molds and then add sliced eggs. Finish filling molds. Chill until firm. Serve with cream mayonnaise or boiled dressing.

#### HAM SALAD

2 c. cooked ham (diced)	2 hard-cooked eggs
$\frac{3}{4}$ c. cooked peas	Horseradish dressing
1 c. celery, cut in small pieces	

Mix ham, peas and celery together and marinate with French dressing. Chill. Arrange on a lettuce leaf. Serve with horseradish or Russian dressing.

#### TONGUE SALAD

2 c. cold tongue (diced)	3 T. chopped green pepper
$\frac{3}{4}$ c. celery, cut in small pieces or	Chiffonade dressing
$\frac{3}{4}$ c. finely shredded cabbage	

Mix all ingredients together and marinate with French dressing. Chill. Arrange on a lettuce leaf and serve with chiffonade or horseradish dressing.

#### TUNA FISH SALAD

1 can tuna fish	$\frac{1}{2}$ c. chopped nuts
1 c. celery, cut in small pieces or	1 T. pimientos
1 c. shredded cabbage	Mayonnaise dressing

Place tuna fish in strainer and pour hot water over it to remove oily taste. Chill.

Mix all ingredients together and marinate with French dressing. Arrange on a bed of shredded lettuce or cabbage. Serve with chiffonade dressing or mayonnaise and garnish with sliced stuffed olives.

**Note.** Salmon may be substituted for the tuna.

#### SHRIMP SALAD

2 c. shrimp, flaked	Parsley
1 c. celery, cut in small pieces	Mayonnaise dressing
1 c. diced pineapple	

Marinate the fish and celery with French dressing. Chill. Drain pineapple. Combine pineapple, shrimp and celery. Serve with a mayonnaise dressing. Garnish with parsley.

**Note.** Lobster or crab meat may be substituted for the shrimp.

**STUFFED EGG SALAD**

6 hard-cooked eggs	6 stuffed olives
1/3 c. ham, diced in very small pieces	Paprika
	Mayonnaise dressing

Cut eggs in halves lengthwise. Remove yolks and mash. Add ham and diced olives to egg yolks. Mix with enough mayonnaise dressing to soften. Pile mixture in egg whites. Sprinkle paprika over the top. Arrange on bed of shredded lettuce or spinach.

**Note.** Meat, fish, or egg salads should be used as the main protein dish of the meal and not with a meat course of the meal.

**INTERESTING SALAD COMBINATIONS****1. Cabbage Salads**

Cabbage, apple, celery and nuts.  
 Cabbage, pineapple, white grapes and marshmallows.  
 Cabbage, grated carrot, onion and chopped green pepper.  
 Cabbage, raisins and celery seed.  
 Cabbage, grated turnip, onion and pimiento.  
 Cabbage, tomato and cucumber.

**2. Tomato Salads**

Tomatoes, cucumbers and lettuce.  
 Tomatoes, onions, radishes and lettuce.  
 Tomatoes, celery and green pepper.  
 Tomatoes stuffed with cottage cheese.  
 Tomatoes stuffed with shredded cabbage and nuts.  
 Tomatoes stuffed with cream cheese, chopped onion and green peppers.  
 Tomatoes stuffed with chicken salad.

**3. Potato Salads**

Diced cold potatoes, onion, hard-cooked eggs and celery seed.  
 Diced cold potatoes, cucumbers and celery.  
 Diced cold potatoes, celery, string beans, tomatoes, onion and hard-cooked egg.  
 Diced cold potatoes, celery, onion, cooked crisp bacon or cooked ham.  
 Diced cold potatoes, celery, peas and cooked beets.

**4. Apple Salads**

Apple, celery and nuts.  
 Apple, celery and dates.  
 Apple, celery, white grapes and marshmallows.  
 Apple, celery and finely chopped mint.  
 Apple, celery and raisins.  
**Note.** Finely shredded cabbage may be substituted for the celery.

**5. Cottage Cheese**

Cottage cheese and diced cucumbers.  
 Cottage cheese and diced peppers.  
 Cottage cheese, sliced stuffed olives and nuts.

Cottage cheese balls in canned peach halves.  
Cottage cheese balls in pear halves.

### SALAD DRESSINGS

The kind of salad dressing used depends much upon the taste of the individual and upon the place the salad has in the menu. If served with the meat course a French, boiled or cream dressing is preferable, but if the salad is the main dish of the meal a heavy mayonnaise dressing supplements the fat which is lacking in the rest of the menu.

### FRENCH DRESSING

$\frac{1}{2}$ c. salad oil	$\frac{1}{4}$ t. paprika
$\frac{1}{4}$ c. vinegar	1 t. sugar
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ t. onion juice

Mix dry ingredients with lemon juice or vinegar and beat well. Add oil and onion juice. Beat or shake until oil and vinegar are well blended.

Variations of French dressing may be made by the addition of any of the following foods:

Chopped onion	Chopped pickle
Chopped celery and nuts	Chopped parsley
Finely chopped egg	Curry powder
Chopped green pepper	Whole cloves
Ground horseradish	Equal parts French dressing and sour cream well shaken together
Chili sauce	Rub bowl in which dressing is made with garlic
Tomato catsup	Lemon or grape fruit juice substituted for vinegar
Grated cream or minced roquefort cheese	
Mustard	
Worcestershire sauce	

A combination of French dressing and two or more things such as chopped pepper, onion, parsley, celery and minced hard-cooked egg gives a delightful dressing which adds piquancy to ordinary salad green.

### COOKED SALAD DRESSING

1 c. water	$1\frac{1}{2}$ t. brown sugar
$\frac{1}{4}$ c. vinegar	2 T. flour
1 t. mustard	2 egg yolks
$\frac{1}{4}$ t. salt	1 T. butter

Mix dry ingredients, add water and vinegar. Cook until thick, pour slowly over well-beaten egg yolks. Cook two minutes longer and add butter. Chill. One-third cup whipped cream added just before serving gives a smooth, fluffy texture.

**FRUIT SALAD DRESSING**

3 T. orange juice	2 eggs
3 T. lemon juice	1/3 c. sugar
4 T. pineapple juice	1/2 c. heavy cream
1 T. flour	

Heat fruit juices. Mix sugar and flour and slowly add the hot fruit juices. Cook in double boiler fifteen minutes. Pour slowly over well-beaten eggs. Cook for two minutes longer. Cool. Just before serving add 1/2 c. cream (whipped) and beat until fluffy.

**MAYONNAISE DRESSING**

2 egg yolks	Paprika
1 t. salt	2 T. vinegar
1 t. powdered sugar	2 T. lemon juice
3/4-1 t. mustard	1 1/2-2 c. salad oil

Mix the dry ingredients and add to the egg yolks. Beat until thick and lemon colored. Mix the lemon juice and vinegar. Add 1 tablespoon of the liquid to the egg mixture and beat thoroly, then add oil gradually, beating constantly until it begins to thicken. Then continue adding liquid and oil alternately, beating constantly, until the mixture is stiff, fluffy and will stand alone. Keep in a cool place.

**VARIATIONS OF MAYONNAISE**

**Russian dressing.** 1 c. mayonnaise and 1/2 c. thick chili sauce.

**Thousand Island dressing.** 1 c. mayonnaise, 2 T. chopped olives, 1 T. chopped pimientos, 1 T. chopped green peppers, 2 mashed hard-cooked egg yolks and 1/3 c. chili sauce.

**Cream mayonnaise.** 1 c. mayonnaise and 1/3 c. whipped cream.

**Chiffonade dressing.** 1 c. mayonnaise, 2 T. chopped parsley, 1 T. chopped green pepper, 1 T. chopped pimiento and 2 T. chopped onion.

**Peanut mayonnaise.** 1 c. mayonnaise, 3 T. peanut butter, 2 T. lemon juice.

**Horseradish dressing.** 1 c. mayonnaise, 2 T. grated horseradish, 1 T. vinegar.

**Note:** Mineral oil may be substituted for salad oil for those who wish to use a mayonnaise with a low calorie value.

**QUICK CREAM DRESSING**

1/2 c. sweet cream	3 T. vinegar
1 T. sugar	1/2 t. celery seed
1/2 t. salt	

Add sugar, salt and celery seed to cream and slowly add vinegar, beating constantly. This is a very good dressing to use with slaw.

**Note.** Whipped cream or sour cream may be substituted for sweet cream.



Materials for Salad Dressing

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