Salads and dressings

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The Original Caesar Salad is world-famous for its zesty flavor!
Salads

They’re brimming with sunshine and vitamins—crisp, colorful, delicious!

Pointers for perfect salads

- Use fresh, crisp greens, peak-of-the-season vegetables, full-flavored fruits.
- Have all salad ingredients clean and chilled ahead of time.
- Use a variety of greens in addition to head and leaf lettuce. Try romaine, Bibb or Boston lettuce, curly endive, escarole, watercress, tender spinach leaves.
- Slice or chunk salad ingredients in generous-size pieces for the luscious look.
- Thoroughly drain fruits and vegetables before use. Dry greens so dressing can cling.
- To give cooked vegetables added flavor, marinate in French dressing ½ to 1 hour.
- Keep your salad simple and casual.
- Toss ingredients lightly or arrange on lettuce. Never stir.
- Chill salad plates or bowl ahead—slide into refrigerator till ready to use.
- Use simple trims: tomato wedges, onion or green pepper rings, radish roses, pimiento strips or cutouts, egg slices, whole or sliced olives, small fruits, nuts, pickles.

The salad bowl

Easy to make, easy to serve—a salad bowl can be as plain or fancy as you please.

Start by chunking or tearing a variety of greens into a salad bowl. Add sliced or chopped vegetables, perhaps meat or cheese strips or hard-cooked egg slices. Toss lightly with dressing—usually a piquant French type. (Make dressing in the bowl or shake it in the bottle and then pour over salad.)

The salad bowl may be served either as a dinner accompaniment or as the main dish, depending on its heartiness.

The salad platter

Several well-chosen salad combinations, arranged separately in large lettuce cups, make most of the meal for from 4 to 8 persons. With the platter, serve crisp crackers, quick breads, or fancy rolls.

Border platter with relishes—gherkins, tomato wedges, radishes, carrot curls, stuffed celery, deviled eggs.

- In 3 large lettuce cups, serve shrimp or crab salad, a vegetable salad, and cottage cheese with chopped radishes, chives.
- Mound potato salad in center. Circle with separate lettuce cups holding cold sliced chicken, tomato and cucumber slices, olives.
- Arrange three nests of curly endive. Fill one with orange and grapefruit sections and avocado slices, one with Bing cherries and honeydew balls, and one with fresh strawberries and pineapple chunks. Pass a sweet fruit dressing, dainty chicken sandwiches.
- Center platter with chive-flecked cottage cheese. Circle with four lettuce cups holding: Sliced luncheon meat and hard-cooked egg, marinated cooked peas, celery fans, and carrot curls. Add “dividers” of marinated green beans circled with pimiento strips.

The salad plate

It’s a whole luncheon or supper for one, on a plate. Include one or two salads, some fruit or vegetable trims. Add deviled eggs; slices of luncheon meat, ham, or chicken; and potato chips or crackers, as desired.

- Unmold individual chicken salad on lettuce; trim with ripe olives, cucumber sticks. Circle with cherry tomatoes, green onions, cantaloupe balls in a lettuce cup. Tuck in crisp rye wafers or potato chips.
- Center plate with chilled cooked shrimp atop diced celery. Add lemon wedges, spicy cocktail sauce, a mound of coleslaw, tomato and egg slices, olives, pickles. Pass rolls.
- With tomato aspic, serve deviled eggs, sliced ham or chilled sea food, hot rolls.
- Top lettuce leaf with serving of frozen fruit salad. Add honeydew slices (with lime wedge and mint), grapes, pineapple spears topped with sliced strawberries, and ham-cheese roll-ups. Pass banana bread, iced tea.
Take care of salad greens

Buy crisp, top-quality greens, then give them the best of care.

Shower greens before storing them. Discard any discolored or wilted leaves, then rinse well under cold water—but don’t soak.

Drain and dry. Drain head lettuce on rack or paper towels. Toss leafy greens—romaine, leaf lettuce, escarole, curly endive—in a clean kitchen towel or in paper towels. Or shake or whirl dry in a wire salad basket.

Store head and leafy greens in crisper in refrigerator. If it’s full, put them in plastic bags or wrap in foil or clear plastic wrapping before storing on lower shelves. Slip paper towels into bags of greens to absorb any moisture left after draining; replace towels when damp.

Water cress and parsley are fragile. Wash, then pat dry with paper towels or a clean kitchen towel. Store in covered jars in refrigerator—no crushing.

Buy chives in a pot. Add soil if necessary. Place pot in warm water. Chives will grow awhile; snip off as needed.

A word about your salad bowl: Never soak it. Rinse with lukewarm water—no soap—promptly wipe it dry. Or, if you want your bowl to become seasoned, don’t wash. Simply wipe it with paper towels after each use.

Fix romaine French-style for tossed salad. Cut out rib of each leaf with two knife strokes. To trim bowl, snip points in leaves with scissors, tuck in around salad.

To core lettuce: Smack head stem end down on counter top. You can twist core right out! For lettuce cups, run water through core. Leaves peel off! Drain before using.

Give greens a break—tear them into the bowl in bite-size chunks. Your tossed salad will look and taste fresher than if the greens were cut with a knife.

Bibb lettuce—use whole or cut up. Quarter these tiny rosette heads for tossed salad. Or serve whole in individual bowls, tucking in sliced vegetables; pass dressing.
**Fruit salads**

**Banana-Nut Salad**

Split bananas in half lengthwise; dip in lemon juice. Arrange on greens. Spread Peanut-butter Mayonnaise down centers of banana halves; sprinkle with broken walnuts.

*Peanut-butter Mayonnaise:* Blend 1 tablespoon peanut butter and 1 tablespoon honey; stir in ¼ cup mayonnaise.

**Pineapple Towers**

- On lettuce, stack a pineapple ring, a slice of mild red onion (quartered), a slice of pickled beet, parsley. Pass French dressing.

- On each plate, stack a pineapple slice, an orange slice, and a thin slice of jellied cranberry sauce. Add a mound of cottage cheese, and a sprig of water cress for trim.

**Grapefruit-Avocado Salad**

Pare and section 3 pink grapefruit (or use one 1-pound can grapefruit sections); drain, reserving juice. Peel and slice 1 ripe avocado; brush with reserved grapefruit juice.

Arrange grapefruit sections and avocado slices on small plates. Add water cress trim. Sprinkle with pomegranate seeds or sweetened halved cranberries (about ½ cup). Pass Celery-seed Dressing. Makes 4 to 6 servings.

**Stuffed Prune Salad**

On each lettuce-lined plate, arrange three orange slices topped with stuffed prunes.

*To stuff prunes:* Plump and pit prunes; fill with cottage cheese; top with walnut halves.

**Melon Refreshers**

- On greens, line up a trio of honeydew slices with lime wedges between. Add peach slices, bunch of grapes. Pass Lime Honey.

- Line a bowl with wedges of pared cantaloupe. Heap center with strawberries or blueberries. Trim with mint. Nice idea: Circle bowl with ice.

Dazzlers, these luscious salad beauties!
The showpiece is Summer Fruit Bowl—refreshing, cool! Pretty Strawberry Cream Squares are deliciously tart-sweet, easy—
Summer Fruit Bowl

It’s the chilly treat in the picture!—

In large bowl, arrange small pared watermelon wedges as dividers, as shown.
Fill between with separate mounds of peach slices, banana cuts, halved avocado rings, cantaloupe and watermelon balls, orange sections, and halved pineapple rings.
Center salad with flaked coconut. Tuck in mint sprigs. Pass Marshmallow Dressing.

Watermelon Basket

Pick a short, plump watermelon to fit your serving tray. Chill. Cut lengthwise, slicing off top third. Use larger piece for fruit holder. Scoop out melon balls with melon-ball cutter or measuring teaspoon.
Mark big scallops around top edge, using rim of teacup as a guide; cut. Fill “bowl” with watermelon balls mixed with other chilled fruits. Tuck in grape leaves or mint.

Winter Orange Bowl

1 small head lettuce
\( \frac{1}{2} \) head curly endive
2 oranges, pared and sliced
\( \frac{1}{2} \) mild white onion, sliced and separated into rings
Walnut Croutons
Italian dressing

Tear lettuce and endive (bite-size pieces) into bowl. Add orange slices, onion rings, and hot Walnut Croutons. Toss with enough Italian Dressing to coat greens. Makes 6 to 8 servings.

Walnut Croutons: Melt 1½ teaspoons butter or margarine in skillet; add ¼ teaspoon salt. Add \( \frac{1}{2} \) cup walnut halves; brown over medium heat, stirring constantly.

Ambrosia Salad

\( \frac{3}{4} \) cup diced orange
2 ripe bananas, sliced
\( \frac{1}{2} \) cup seedless grapes
\( \frac{3}{4} \) cup pitted dates, cut up
3 tablespoons lemon juice
\( \frac{1}{2} \) cup flaked coconut
Creamy Mayonnaise

Combine fruits; sprinkle with lemon juice; chill. Fold in Creamy Mayonnaise (or Cooked Dressing). Serve on lettuce. Sprinkle with the coconut. Makes 4 to 6 servings.

Color keeper for fresh fruits:

To keep apple, banana, avocado, and fresh peach or plum slices pretty and bright, use a color keeper (ascorbic-acid mixture—the same product used when freezing blond fruits); follow label directions for fresh cut fruit.
Or, dip in lemon juice mixed with a little water or canned-fruit syrup.

Sunny Avocado Bowl

Tear 1 small head lettuce and \( \frac{1}{2} \) head curly endive in bite-size pieces into salad bowl. Peel 2 ripe avocados and slice into bowl; add 1 cup each grapefruit and orange sections. Add pomegranate seeds if desired. Toss with enough clear French dressing to coat. Makes 8 servings.

Classic Waldorf Salad

2 cups diced tart apples
1 tablespoon sugar
\( \frac{1}{2} \) teaspoon lemon juice
Dash salt
1 cup 1-inch julienne celery sticks
\( \frac{1}{2} \) cup broken California walnuts
\( \frac{1}{2} \) cup mayonnaise
\( \frac{1}{2} \) cup whipping cream, whipped


Date-Marshmallow Waldorf: Reduce celery to \( \frac{1}{2} \) cup; add \( \frac{1}{2} \) cup cut-up pitted dates and 4 marshmallows, quartered.

Red Grape Waldorf: Add 1 cup halved and seeded Emperor grapes to recipe above.

Pink Pears

Drain chilled canned pear halves; dry on paper towels. Add a few drops water to red food coloring; daub on pears with a bit of paper towel to tint. Fill hollows with softened cream cheese mixed with a little finely chopped candied ginger.
Seal 2 pear halves together with cream cheese; pipe cream-cheese ruffle. Add tiny stick-cinnamon stem. Serve on greens.
Twenty-four Hour Salad

3 beaten egg yolks
2 tablespoons sugar
2 tablespoons vinegar
2 tablespoons pineapple syrup
1 tablespoon butter or margarine
Dash salt

2 cups drained canned pitted white cherries
2 cups drained canned pineapple tidbits
2 pared oranges, cut up, drained
2 cups tiny marshmallows or 16 large ones cut in eighths
1 cup whipping cream, whipped


Frozen Cocktail Slices

2 3-ounce packages cream cheese
1 cup mayonnaise
1 No. 2½ can (3½ cups) fruit cocktail, well drained
½ cup drained maraschino cherries, quartered
2½ cups tiny marshmallows or about 24 large marshmallows, cut up
1 cup whipping cream, whipped

Soften cream cheese; blend with mayonnaise. Stir in fruit, marshmallows. Fold in whipped cream. Tint with few drops red food coloring or maraschino-cherry juice, if desired. Pour into two 1-quart round ice-cream or freezer containers or two No. 2½ cans (or use refrigerator trays). Freeze firm, about 6 hours or overnight. To serve, let stand out a few minutes, then remove from containers. Slice; serve on greens. Trim with cherries (stems on). Makes 10 to 12 servings.

Coconut Fruit Bowl

1 No. 2 can (2½ cups) pineapple tidbits, drained
1 11-ounce can (1½ cups) mandarin oranges, drained
1 cup Thompson seedless grapes
1 cup tiny marshmallows
1 3½-ounce can flaked coconut
2 cups dairy sour cream
¼ teaspoon salt


Ginger Fruit Freeze

Soften one 3-ounce package cream cheese; blend in 3 tablespoons mayonnaise, 1 tablespoon lemon juice, and ¼ teaspoon salt.

Stir in ½ cup chopped preserved kumquats, ½ cup dates, cut up, ¼ cup quartered maraschino cherries, one 9-ounce can crushed pineapple (drained), and 2 tablespoons finely chopped candied ginger.

Fold in 1 cup whipping cream, whipped. Pour into 1-quart refrigerator tray. Sprinkle ¼ cup toasted slivered blanched almonds over top. Freeze firm. Makes 6 to 8 servings.

Pineapple-Carrot Toss

Drain one No. 2 can pineapple tidbits, reserving syrup. Mix pineapple, 2 cups shredded carrots, and ¼ cup plumped raisins. Chill. Blend a little pineapple syrup and mayonnaise; toss with salad. Serves 6.

Sparkling Citrus Salad

1 1-pound can grapefruit sections
1 9-ounce can crushed pineapple
¼ cup sugar
2 envelopes unflavored gelatin
Dash salt
½ cup broken pecans or walnuts
2 7-ounce bottles (about 1½ cups) ginger ale, well chilled


Hawaiian Pineapple Salad

Cut pineapple in half, keeping leafy top intact. Leaving shells ½ inch thick, hollow out. Cut our core and discard. Dice remaining pineapple; mix with orange sections and strawberries; refill shells. Chill. Trim with mint. Pass with Fruit French Dressing.
Double Apple Salad
Bring 1 cup cider or apple juice to boiling; remove from heat. Add one 3-ounce package orange-flavored gelatin and ½ teaspoon salt; stir until all of the gelatin is dissolved. Add 1 cup cider or apple juice; chill till partially set.
Add 1 cup small strips of apple, ¼ cup diced celery, and ¼ cup coarsely broken walnuts. Spoon mixture into a 3-cup ring mold. Chill salad several hours or overnight till firm. Makes 4 to 6 servings.

Cranberry-Avocado Ring
Dissolve two 3-ounce packages lemon-flavored gelatin in 2 cups hot cranberry-juice cocktail. Add 2 cups cold cocktail, ¼ teaspoon salt. Spoon thin layer into 6½-cup ring mold. Chill till partially set. Peel 1 ripe avocado, slice lengthwise; arrange along sides of mold, ends in gelatin. Chill.
Chill remaining gelatin till partially set. Add 1 cup finely diced unpared apple, 1 cup finely diced celery, ½ cup chopped walnuts. Spoon into mold. Chill firm. Serves 8 to 10.

Cranberry Relish Mold
1 9-ounce can crushed pineapple
1 3-ounce package cherry-flavored gelatin
½ cup sugar
1 tablespoon lemon juice
1 cup ground fresh cranberries
1 small unpeeled orange (seeds removed), ground
1 cup chopped celery
½ cup chopped walnuts


Strawberry-Cream Squares
Dissolve two 3-ounce packages strawberry-flavored gelatin in 2 cups boiling water. Add two 10-ounce packages frozen strawberries; stir occasionally till thawed. Add one 13½-ounce can crushed pineapple and 2 large ripe bananas, finely diced.

Greengage Plum Squares
1 No. 2½ can greengage plums
1 3-ounce package lemon-flavored gelatin
1 3-ounce package lime-flavored gelatin
1 cup finely chopped celery
1 3-ounce package cream cheese, softened
3 tablespoons light cream
1 tablespoon mayonnaise

Drain plums, reserving syrup; sieve plums. Add water to syrup to make 3½ cups; heat. Add gelatin, stir to dissolve. Add plums.
Chill till partially set; stir in celery. Turn into 8×8×2-inch pan. Blend remaining ingredients. Spoon atop; swirl through to marble. Chill firm. Cut in 9 or 12 squares.

Cinnamon Applesauce Salad
Dissolve two 3-ounce packages lemon-flavored gelatin and ½ cup red cinnamon candies in 3 cups boiling water. Stir in 2 cups unsweetened applesauce, 1 tablespoon lemon juice, and dash salt.

Jellied Cherry Cups
Drain one 1-pound can (2 cups) pitted Bing cherries, reserving syrup. Add water to syrup to make ½ cups. Heat; add to one 3-ounce package orange-flavored gelatin; stir to dissolve. Add ½ cup lemon juice.
Chill till partially set. Add cherries, a 9-ounce can seedless grapes, ½ cup chopped pecans, and ½ cup sliced stuffed olives. Chill in 6 individual molds till firm.

To unmold gelatin salad: Dip mold to rim in warm water a few seconds. Loosen edges with spatula. Pick up mold and tilt it; with hand, ease gelatin away from one side to let air in, then rotate mold so air can loosen gelatin all around. Place plate over mold; invert; lift mold straight up.
Cherry Jubilee Ring

1 1-pound can (2 cups) pitted Bing cherries
\frac{1}{2} cup currant jelly
\frac{3}{4} cup cooking sherry
1 3-ounce package black cherry-flavored gelatin
\frac{3}{4} cup lemon juice
\frac{1}{4} cup chopped pecans

Drain cherries; reserve \frac{3}{4} cup syrup. Combine syrup, jelly, and sherry. Bring just to boil; remove from heat. Add gelatin; dissolve. Add cherries, lemon juice; chill till partially set. Add nuts. Chill in 3-cup ring overnight. Unmold on greens. Makes 6 servings.

Raspberry-Melon Ring

3 10-ounce packages frozen raspberries
2 envelopes unflavored gelatin
\frac{3}{4} cup lemon juice
1 \frac{1}{4} cups boiling water
\frac{3}{4} cup sugar
\frac{3}{4} teaspoon salt
\frac{3}{4} cup melon balls

Thaw berries. Drain; reserve 2 cups syrup. Soften gelatin in lemon juice; dissolve in boiling water. Stir in sugar, salt, and reserved syrup. Chill till partially set. Add melon balls. Chill in 5-cup ring mold till firm. You may fill with chicken salad.

Spiced Orange Mold

1 11-ounce can (1 \frac{1}{2} cups)
mandarin orange sections
\frac{1}{4} teaspoon salt
6 inches stick cinnamon
\frac{1}{2} teaspoon whole cloves
2 3-ounce packages orange-flavored gelatin
2 cups cold water
3 tablespoons lemon juice
\frac{1}{4} cup broken California walnuts


Italian Salad Bowl

1 head romaine
1 bunch leaf lettuce
2 tomatoes, cut in wedges
\frac{1}{2} cup celery slices
\frac{1}{2} cup diced green pepper
\frac{1}{2} cup radish slices
\frac{3}{4} cup sliced green onions
1 2-ounce can anchovies, chopped
1 recipe Herbed Dressing

Tear greens in bite-size pieces in bowl; add vegetables and anchovies. Toss lightly with Herbed Dressing. Makes 6 to 8 servings. Herbed Dressing: Sprinkle salad (no need to mix dressing!) with 3 tablespoons olive oil, 2 tablespoons each tarragon vinegar and chopped parsley, \frac{3}{4} teaspoon salt, dash pepper, and \frac{1}{2} teaspoon whole basil.

French Green Salad

1 clove garlic, cut
\frac{1}{2} teaspoon salt
\frac{1}{4} teaspoon dry mustard
\frac{1}{4} teaspoon paprika
\frac{1}{4} cup salad oil
4 cups greens, any combination
2 tablespoons vinegar
2 tablespoons lemon juice


Blue-Cheese-Vegetable Bowl

Separate 1 small head cauliflower in flowerets; slice; add to \frac{1}{2} cup each onion rings and sliced stuffed olives. Marinate in \frac{2}{3} cup clear French dressing \frac{1}{2} hour. Add \frac{1}{2} cup crumbled blue cheese and \frac{1}{2} head lettuce, in pieces. Toss. Serves 8.

Calico Salad Bowl

Combine 1 cup each diced cooked potatoes, diced cooked carrots, and cooked peas. Add 1 canned pimiento, chopped, and 2 tablespoons each chopped onion and chopped parsley. Add \frac{1}{2} cup French dressing; chill 1 hour. Add \frac{1}{2} head lettuce, in bite-size pieces. Toss lightly. Pass mayonnaise. Serves 6.
The Original Caesar Salad

3 medium heads romaine lettuce, chilled, dry, and crisp  
About ½ cup Garlic Olive Oil  
2 to 3 tablespoons wine vinegar  
1 lemon, halved  
1 or 2 1-minute coddled eggs  
Salt  
Dash Worcestershire sauce  
Freshly ground pepper  
6 tablespoons grated Parmesan cheese  
About 1 cup Caesar Croutons

Break romaine leaves in 2- or 3-inch widths. At last minute before serving, place romaine in chilled salad bowl. Drizzle with Garlic Olive Oil, then vinegar. Squeeze lemon over, using fork to help free juice (see picture). Break in eggs.  
Season with salt and Worcestershire. Grind pepper over all. Sprinkle with Parmesan cheese. Roll-toss 6 or 7 times, or till dressing is well combined and every leaf is coated. Add Croutons; toss once or twice. Serve at once on chilled dinner plates. Garnish with rolled anchovies, if desired. Makes 6 servings as main course.

Garlic Olive Oil: Prepare one to several days early. Slice 6 cloves of garlic lengthwise in quarters; let stand in 1 cup olive oil (or you may use salad oil or half of each).

Caesar Croutons: Cut each slice of bread in 5 strips one way, then across 5 times to make squares. Spread out on cooky sheet; pour a little Garlic Olive Oil over. Heat in extremely slow oven (225°) 2 hours. Croutons should be so dry they’d float on water! Sprinkle with grated Parmesan cheese. Store in jar in refrigerator.

Chafing-dish Spinach Salad

1 pound fresh spinach  
4 green onions and tops, sliced  
Coarsely ground black pepper  
5 slices bacon, diced  
2 tablespoons wine vinegar  
1 tablespoon lemon juice  
1 teaspoon sugar  
½ teaspoon salt  
1 coarsely chopped hard-cooked egg

Wash spinach, discarding stems. Pat dry on paper towels, then tear in bite-size pieces in bowl. Add onions and sprinkle with pepper. Chill.  
At serving time, slowly fry bacon bits in deep chafing dish or electric skillet till crisp-cooked. Add vinegar, lemon juice, sugar, and salt. Add spinach; toss just till leaves are coated and wilted slightly. Sprinkle with egg. Serves 4 to 6.
Wilted Leaf Lettuce

- 2 large bunches leaf lettuce
- 2 teaspoons sugar
- 2 green onions, sliced
- 4 slices bacon
- ¼ cup salad vinegar
- 2 tablespoons water
- 2 hard-cooked eggs, quartered

Tear lettuce into bowl; season with salt and pepper; add sugar, onion, and bacon. Fry bacon crisp; crumble. Add vinegar and water to drippings; heat to boiling, pour over lettuce. Toss till wilted. Add bacon and eggs. Makes 4 servings.

Stuffed Tomatoes

Cut tomatoes in Cups, Fantans, or Daisies. At serving time, salt cut surfaces; fill. Cup: Peel if desired. Cut thin slice from top; scoop out center. Invert and chill. Fantan: Turn tomato stem end down. Cut down, not quite through, making 5 slices. Daisy: Turn tomato stem end down. Cut down, not quite through, in 5 or 6 wedges. Scoop out some of center. Invert and chill.

Fillings for Stuffed Tomatoes

- Tuna or any sea-food salad. Serve with lemon wedges; trim with parsley.
- Ham, chicken, or egg salad. Trim with hard-cooked egg slices.
- Combine 2 cups cream-style cottage cheese, 1 cup shredded sharp process cheese, ½ cup sliced stuffed olives, and ¼ cup chopped walnuts. Fills 6 to 8 tomatoes.

Marinated Three-bean Salad

Drain one 1-pound can each cut green beans, cut wax beans, and kidney beans. Combine; add ½ cup chopped green pepper. Combine ¾ cup sugar, ⅔ cup vinegar, and ⅓ cup salad oil; pour over vegetables. Add 1 teaspoon each salt and pepper; toss. Chill overnight. Before serving, toss to coat beans with marinade; drain. Serves 6 to 8.

Cucumber in Sour Cream

Thinline slice 1 cucumber; sprinkle with 1 teaspoon salt; let stand 30 minutes. Drain. Combine ½ cup dairy sour cream, 1 tablespoon vinegar, 1 to 2 drops Tabasco sauce, 2 tablespoons chopped chives, 1 teaspoon dill seed, and dash pepper; pour over cucumbers. Chill about 30 minutes. Serves 4 to 5.

Coleslaw

Shred 3 cups cabbage extra fine using chef’s knife or grater. To avoid last-minute fuss, toss cabbage with ice cubes; hold in refrigerator 1 hour. Remove ice; drain. If desired, add ½ cup chopped green pepper or minced onion, or 1 cup grated carrot and ½ cup raisins. Toss with one of these slaw dressings:

- Cooked Dressing or salad dressing.
- Mix 2 to 3 tablespoons sugar, 3 tablespoons vinegar, 2 tablespoons salad oil, and 1 teaspoon salt; stir till sugar dissolves.
- Combine ½ cup mayonnaise or salad dressing, 1 tablespoon vinegar, 2 teaspoons sugar, ½ teaspoon salt, and ⅓ teaspoon celery seed; stir till sugar dissolves.
- Blend ½ cup salad dressing, 2 tablespoons vinegar, and 1 teaspoon prepared mustard.

Potluck Potato Salad

¾ cup clear French dressing
5 medium potatoes, cooked in jackets, peeled, cubed (4 cups)
1 cup chopped celery
1 onion, chopped
4 hard-cooked eggs, sliced
1 ½ teaspoons salt
½ cup salad dressing or mayonnaise

Pour French dressing over warm potatoes; chill 2 hours. Add celery, onion, egg, and salt. Add salad dressing and mix carefully. Add 1 teaspoon celery seed, if desired. Chill 4 hours. Makes 8 servings.

Sour-cream Potato Salad

⅔ cup clear Italian dressing
7 medium potatoes, cooked in jackets, peeled, sliced (6 cups)
⅔ cup sliced celery
⅔ cup sliced green onions, tops
4 hard-cooked eggs
1 cup mayonnaise
⅓ cup dairy sour cream
1 ½ teaspoons prepared horseradish mustard

Pour dressing over warm potatoes; chill 2 hours. Add celery, onion. Chop egg whites; add. Sieve yolks; mix with mayonnaise, sour cream, and horseradish mustard; fold into salad. Add salt and celery seed to taste. Chill 2 hours. Add ⅔ cup diced pared cucumber, if desired. Makes 8 servings.
**Potato Salad**


**Hot Potato Salad**

1/2 pound bacon
1/2 cup vinegar plus water to make 1/2 cup
1 slightly beaten egg
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon pepper
5 cups diced cooked potatoes
1/2 cup chopped onion


**Green-bean Garden Loaf**

2 3-ounce packages lemon-flavored gelatin
3 1/2 cups hot water
3 tablespoons vinegar
1/2 teaspoon salt
9 to 12 canned whole green beans
3 or 4 strips pimiento
1 cup cooked cauliflowerets
1/4 cup diced carrots
1 cup cooked sliced carrots
1/4 cup sliced celery
1/4 cup sliced radishes
1/4 cup sliced green onions

Dissolve gelatin in hot water; add vinegar and salt. Pour 1/2 inch gelatin into 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Chill till set. Top with 3 or 4 bundles of beans circled with pimiento. Chill remaining gelatin till partially set; pour enough over beans to cover; chill firm.

Mix remaining gelatin with rest of vegetables (but don't chill). Pour over firm gelatin; chill firm. Unmold. Serves 8.

**Potluck Potato Salad** has trim of parsley, tiny tomatoes.
Perfection Salad

2 envelopes (2 tablespoons) unflavored gelatin
\( \frac{1}{2} \) cup sugar
1 teaspoon salt
1 1/2 cups boiling water
1 1/2 cups cold water
1/2 cup vinegar
2 tablespoons lemon juice
2 cups finely shredded cabbage
1 cup chopped celery
1/4 cup chopped green pepper
1/4 cup chopped pimiento

Mix gelatin, sugar, and salt. Add boiling water and stir till gelatin dissolves. Add cold water, vinegar, and lemon juice; chill till partially set.

Add vegetables; pour into 6 1/2-cup ring mold. Chill till firm. Unmold on greens. If desired, fill ring with tiny whole cooked or canned carrots that have been marinated in French or Italian dressing overnight.

Olive trim: Chill gelatin till partially set; pour 1/2 cup of gelatin into mold. Arrange trios of stuffed green-olive slices in mold and chill till firm. Add vegetables to remaining gelatin and pour over. Chill till set.

Old-time Perfection Salad—
just right for a buffet!
Tumble marinated carrots in center; add trim of olives.

Sunshine Salad

Dissolve one 3-ounce package lemon-flavored gelatin in 1 cup hot water. Drain one No. 2 can (2 1/2 cups) crushed pineapple; reserve syrup. Add water to syrup to make 1 cup; add to gelatin, with 1 tablespoon vinegar, 1/2 teaspoon salt. Chill till partially set.

Fold pineapple, 1 cup grated carrot, and 1/2 cup chopped pecans into gelatin. Turn into a 10x6x1 1/2-inch pan. Chill till firm.

Tomato Aspic

4 cups tomato juice
1/4 cup chopped onion
1/4 cup chopped celery leaves
2 tablespoons brown sugar
1 teaspoon salt
2 small bay leaves
4 whole cloves
2 envelopes unflavored gelatin
3 tablespoons lemon juice
1 cup finely chopped celery

Mix 2 cups of tomato juice with next 6 ingredients. Simmer uncovered 5 minutes. Strain. Meanwhile, soften gelatin in 1 cup of remaining cold tomato juice; dissolve in hot mixture. Add remaining tomato juice and the lemon juice. Chill till partially set.

Add celery. Pour into 5-cup ring mold. Chill till firm. Makes 8 to 10 servings.
Tangy Tomato Ring

Combine 2 1/2 cups tomato juice, one 6-ounce can tomato paste, 2 tablespoons tarragon vinegar, 1 cup minced onion, 1 tablespoon finely chopped green pepper, 1 teaspoon salt, dash pepper, and 1 bay leaf. Bring to boil. Soften 2 envelopes unflavored gelatin in 1 1/2 cups cold water; add to hot mixture. Add 3/4 teaspoon grated lemon peel, 1 1/2 tablespoons lemon juice, and 1/4 teaspoon basil; stir well. Remove bay leaf.


Crab-meat Aspic: Chill aspic till partially set. Add one 6 1/2- or 7 1/2-ounce can crab meat, flaked, and 4 stuffed olives, sliced. Pour into mold and chill firm.

Sparkling Beet Cups

1 3-ounce package lemon-flavored gelatin
1 1-pound can (2 cups) diced beets
2 tablespoons vinegar
1 teaspoon Worcestershire sauce
1 teaspoon horseradish
1 teaspoon grated onion
1/2 teaspoon salt
4 drops Tabasco sauce
1/2 cup chopped celery


Cucumber-Cheese Ring

1 3-ounce package lime-flavored gelatin
2 3-ounce packages cream cheese, softened
1 cup salad dressing
1 teaspoon prepared horseradish
1/4 teaspoon salt
2 tablespoons lemon juice
3/4 cup drained shredded or ground unpared cucumber
1/4 cup finely sliced green onions


Chicken Salad

3 cups cubed cooked chicken
1 1/2 cups diced celery
3 hard-cooked eggs, quartered
3 sweet pickles, chopped
1 teaspoon salt
Mayonnaise

Combine chicken, celery, eggs, pickles, and salt. Moisten with mayonnaise; serve on lettuce. Trim with egg slices, olives. Serves 8.

Turkey-Green Grape Salad

Combine 1 1/2 cups diced cooked turkey, 1 cup thinly sliced celery, 1/2 cup green seedless grapes, and 1 1/2 cup mayonnaise. Season to taste with salt and pepper. Toss lightly. Serve on greens, trim with grapes. Serves 6.

Chicken-Cranberry Toss

Lightly toss 1 cup each cubed cranberry sauce, cubed cooked or canned chicken, and diced celery with 3 tablespoons French dressing. Serve in lettuce cups. Garnish with 1/4 cup chopped walnuts. Serves 4 to 6.

Chicken-Cranberry Layers

Cranberry Layer:
1 envelope unflavored gelatin
1 1-pound can whole cranberry sauce
1 9-ounce can crushed pineapple
1/2 cup broken walnuts
1 tablespoon lemon juice

Soften gelatin in 1/4 cup cold water. Dissolve over hot water. Add remaining ingredients. Chill firm in 10x6x1 1/2-inch baking dish.

Chicken Layer:
1 envelope unflavored gelatin
1 cup mayonnaise or salad dressing
1/2 cup water
3 tablespoons lemon juice
1/4 teaspoon salt
2 cups diced cooked chicken
1/2 cup diced celery
2 tablespoons chopped parsley

Soften gelatin in 1/4 cup cold water. Dissolve over hot water. Blend in mayonnaise, 1/2 cup water, lemon juice, and salt. Add remaining ingredients. Pour over first layer; chill till firm. Cut in 6 to 8 squares; invert on greens. Top with mayonnaise, walnuts.
Jellied Chicken Salad

2 envelopes unflavored gelatin
3 cups hot chicken broth
¼ cup lemon juice
½ teaspoon salt
1 9-ounce (1 cup) can pineapple tidbits, drained
2 cups diced cooked chicken
½ cup chopped celery
¼ cup chopped green pepper
3 stuffed green olives, sliced

Soften gelatin in ½ cup cold water, dissolve in hot broth. Add lemon juice and salt. Chill till partially set. Stir in remaining ingredients; pour into 8 to 12 individual molds or a 5½-cup ring mold. Chill till firm. Unmold. Pass mayonnaise. Makes 8 to 12 servings.

Chef's Salad Bowl

Rub salad bowl with cut clove of garlic. Separate leaves of 1 head romaine or 1 bunch leaf lettuce. Arrange in bowl, lining sides.

Group atop lettuce: 2 cups cooked ham strips, ½ pound sharp Cheddar cheese, cut in strips, and 3 hard-cooked eggs, sliced.

Sprinkle with salt and cracked pepper. Serve with Italian Dressing. Makes 6 servings.

Fluffy Ham-Cheese Mold

1 3-ounce package lemon-flavored gelatin
½ cup mayonnaise
1 to 2 teaspoons vinegar
1 to 2 teaspoons prepared horseradish
½ teaspoon salt
Few drops Tabasco sauce
1 cup diced cooked or canned ham
½ cup shredded sharp process American cheese
¼ cup diced green pepper
2 tablespoons diced pimiento
1 teaspoon grated onion

Dissolve gelatin in 1 cup hot water. Add ½ cup cold water and next 5 ingredients; blend well with electric or rotary beater.

Pour into refrigerator tray. Quick-chill in freezing unit 15 to 20 minutes, or till firm about 1 inch from edge, but soft in center. Beat fluffy. Fold in remaining ingredients.

Pour into 1-quart mold. Chill till firm, 30 to 60 minutes. Unmold. Makes 6 servings.

Sea-food Salad

3 tablespoons lemon juice
2 cups flaked tuna or crab, cooked cleaned shrimp, or lobster
1 cup chopped celery
3 hard-cooked eggs, sliced


Note: For tuna salad, add 4 sweet pickles, chopped, if desired.

Crab Louis

Line four large plates with lettuce leaves from large head. Shred remainder of head atop. Prepare 2 to 3 cups cooked crab meat (or use 2 6½- or 7½-ounce cans). Remove bony bits. Reserve claw meat. Leave remaining meat in chunks and arrange on lettuce.


Louis Dressing: To 1 cup mayonnaise, add ¼ cup heavy cream, whipped, and ¼ cup each chili sauce, chopped green pepper, and chopped green onion. Add 1 teaspoon lemon juice. Salt to taste. Chill. Makes 2 cups.

Green Goddess Salad

½ head romaine
1 bunch leaf lettuce
1 cup cooked cleaned shrimp
1 stalk French endive, sliced
3 medium tomatoes, quartered
½ cup julienne-style cooked beets, drained and chilled
1 recipe Green Goddess Dressing

Break up romaine and leaf lettuce in bite-size pieces. Place on 6 to 8 salad plates. Arrange chilled shrimp, endive, tomatoes, and beets atop. Spoon dressing over.

Green Goddess Dressing: To 1 cup mayonnaise, add 2 tablespoons anchovy paste, 1 teaspoon Worcestershire, ½ teaspoon dry mustard, and 1 clove garlic, minced. Stir in 3 tablespoons chopped chives, 2 tablespoons finely chopped cooked shrimp, and 1 hard-cooked egg, finely chopped. Chill. Makes 1½ cups.
**Summer Tuna Mold**

1 envelope unflavored gelatin
1 can condensed tomato soup
1 8-ounce package cream cheese, cut in chunks
1 cup salad dressing
\( \frac{1}{2} \) cup diced green pepper
\( \frac{1}{2} \) cup diced celery
\( \frac{1}{2} \) cup chopped onion
\( \frac{1}{4} \) cup drained pickle relish
1 6\( \frac{1}{2} \)-, 7-, or 9\( \frac{1}{4} \)-ounce can tuna, drained

Soften gelatin in \( \frac{1}{2} \) cup cold water. Heat soup; add cream cheese; heat, beating with rotary beater till smooth. Add gelatin, stir to dissolve. Stir in salad dressing. Chill till partially set. Add remaining ingredients. Chill firm in 5\( \frac{1}{2} \)-cup mold. Serves 6 to 8.

**Egg Salad**

6 hard-cooked eggs, chopped
\( \frac{1}{4} \) cup chopped green pepper
\( \frac{1}{4} \) cup sliced green onions
\( \frac{1}{4} \) cup chopped ripe olives
\( \frac{1}{8} \) cup mayonnaise

Combine first 4 ingredients. Blend mayonnaise with 1 teaspoon salt and pinch pepper; add; toss lightly; chill. Makes 6 servings.

Use for Stuffed Tomatoes; or nest in lettuce—with ham, cucumber slices, olives.

**Old-time Egg Salad**

Break \( \frac{1}{2} \) small head lettuce and \( \frac{1}{2} \) bunch leaf lettuce in bite-size pieces in bowl. Top with 6 hard-cooked eggs, sliced, and 1 onion, sliced thin and separated in rings. Sprinkle with \( \frac{1}{2} \) cup shredded sharp process cheese; dash with paprika. Pour Vinegar-Oil Dressing over; toss lightly. Serves 8.

**Vinegar-Oil Dressing**

Combine \( \frac{1}{4} \) cup salad oil, 2 tablespoons vinegar, 1 teaspoon Worcestershire, 1 tablespoon minced parsley, \( 1 \frac{1}{2} \) teaspoons salt, and \( \frac{1}{4} \) teaspoon pepper.

**“One-cup” Cheese Ring**


Fold in 1 cup each chopped celery, diced green pepper, and large-curd cream-style cottage cheese. Pour into 4-cup ring mold. Chill till firm. Unmold. Makes 6 servings.

**Blue-cheese Salad Squares**

Soften one 3-ounce package cream cheese; add \( \frac{1}{2} \) cup mayonnaise or salad dressing and 1 tablespoon lemon juice; beat till light. Stir in 4 ounces blue cheese, crumbled, \( \frac{3}{4} \) cup chopped celery, and \( \frac{1}{4} \) teaspoon salt. Fold in \( \frac{1}{2} \) cup heavy cream, whipped.

Pour into 1-quart refrigerator tray; freeze firm. Before serving, let stand at room temperature 5 to 10 minutes. Cut in 1-inch cubes. Serve with assorted fresh or canned fruits—pears, peaches, pineapple, berries.

**Molded Cheese Snowcaps**

Mash together one 12-ounce carton small-curd cottage cheese, and two 3-ounce packages cream cheese till well blended.

Add 1 cup green seedless grapes, halved, \( \frac{1}{2} \) cup broken pecans, and 2 tablespoons chopped chives. Fold in 1 cup heavy cream, whipped. Spoon into individual molds.

Chill 4 to 6 hours. Unmold on pineapple slices and arrange on lettuce. Serve with assorted fruits. Makes 6 to 8 servings.

**Chili-Cheese Mold**

Soften one envelope unflavored gelatin in \( \frac{1}{4} \) cup cold water; dissolve over hot water.

Combine 1 cup chili sauce, 1 cup cream-style cottage cheese, \( \frac{1}{2} \) cup mayonnaise, and \( \frac{1}{2} \) teaspoon salt; add gelatin. Fold in \( \frac{1}{2} \) cup heavy cream, whipped.

Turn into 1-quart mold. Chill till firm. Unmold on greens. Serve with shrimp or ham and crisp relishes. Makes 6 servings.

**Macaroni-and-Cheese Salad**

3 ounces 7-minute macaroni, cooked, drained, and cooled
1 12-ounce can chopped ham, cut in strips
1 cup cubed sharp Cheddar cheese
\( \frac{1}{4} \) cup bias-cut celery slices
\( \frac{1}{4} \) cup chopped green pepper
\( \frac{1}{4} \) cup sliced green onions, tops
2 tablespoons chopped pimiento
\( \frac{1}{4} \) cup drained pickle relish
\( \frac{1}{2} \) cup mayonnaise
1 tablespoon prepared mustard
\( \frac{1}{4} \) teaspoon salt

Relishes, meat accompaniments

Radish Relishes

Radish Roses: Cut off root, then cut four or five thin petals around radish, using tip of paring knife. Chill in ice water to “open.”

Radish Accordions: Cut long radishes not quite through in 10 to 12 narrow slices. Chill in ice water—slices will fan out.

Radish Dominoes: Cut radish at root end to make a deep X. Now slice off thin circle of red peel in center of each fourth. Leave on tops. Chill before serving.

Stuffed Celery

Fill celery sticks with mixture of cream cheese and drained crushed pineapple or pimiento cheese and chopped ripe olives.

Celery Fans

Cut tender celery stalks in 3- or 4-inch lengths. Make parallel cuts close together from one end almost to the other. Or slit both ends almost to center. (To make fans that curl on top and bottom sides, make another cut crosswise through strips, to split each one in two.) Chill in ice water.

Carrot Curls or Zigzags

Cut thin lengthwise strips of carrot with parer—rest carrot on board; pare away from you. Roll up long slices and fasten with toothpicks; or spear zigzag-style on toothpicks. Chill in ice water to crisp.

Flower Basket Salad

Make salad of shredded lettuce, celery slices, thin unpared cucumber slices, and diced green pepper. Toss with clear French dressing to coat. Line individual salad bowls with crisp lettuce cups. Fill with salad.

Cut a green pepper in ⅛-inch rings. Slit ring to make strip; push a toothpick in each end as an extension and to give firmness. Insert in lettuce cup as basket handle.

Tuck in 3 or 4 cherry tomatoes and Carrot Flowers on green toothpick stems; add parsley fluffs for leaves.

Carrot Flowers: Choose fat carrots. Cut out four shallow wedges full length of each carrot. Then slice carrot crosswise in thin rounds. Chill in ice water to cup or curl.

Antipasto Garden

Use a cabbage as a pincushion in which to anchor relishes, each on a long toothpick or skewer: green and ripe olives, carrot sticks, cherry tomatoes, green onions, lemon cuts, pickled artichoke hearts and peppers, and leafy celery sticks. Hide base of cabbage with salami rollups, slices of red onion, and more stuffed green olives.

Herbed Tomatoes

6 ripe tomatoes, peeled
1 teaspoon salt
½ teaspoon coarse black pepper
Few leaves fresh thyme or marjoram
or ½ teaspoon of dried
¼ cup finely snipped parsley
¼ cup snipped chives
½ cup salad oil
¼ cup tarragon vinegar

Place tomatoes in bowl; sprinkle with seasonings, herbs. Combine oil and vinegar; pour over. Cover, chill an hour, spooning dressing over a few times. Drain off dressing to pass. Snip more parsley or chives over.

Fresh Relish Slices

Thinly slice tomatoes, cucumbers, and onions; separate onions in rings. Pour Italian salad dressing over. Season. Chill a few hours; spoon dressing over again.

Marinated Artichoke Hearts

Cook a package of frozen artichoke hearts; drain. Mix 2 tablespoons each lemon juice and olive oil, 1 clove garlic, crushed, ¼ teaspoon salt, and dash pepper; pour over artichokes. Chill, spooning marinade over a few times. Drain; dash with paprika. Arrange with lemon slices to serve.

Confetti Corn Relish

Drain one 12-ounce can whole-kernel corn; add ¼ cup pickle relish, 2 tablespoons chopped green pepper, 1 tablespoon each minced onion and chopped pimiento, ¼ teaspoon salt, and 2 tablespoons clear French dressing. Chill. Makes 1½ cups.
**Speedy Relishes**

**Hot Chop-Chop:** Combine ½ cup each chopped green pepper, chopped onion, and chili sauce. Chill if you like. Makes 1½ cups.

**Currant Chutney:** Mix ½ cup chutney, cut up, ½ cup red currant jelly, 3 tablespoons dried currants, and 2 tablespoons cooking sherry. Serve with curries.

**Avocado Cuts with Salami:** Dip slices of ripe avocado in bottled tomato French dressing. Alternate with thin slices of salami.

**Cranberry Sauce**

- 4 cups fresh cranberries
- 2 cups sugar
- 1 to 2 cups water

Combine ingredients in a large saucepan. Heat to boiling, stirring until sugar dissolves. Then boil rapidly until berries all pop open (5 to 10 minutes). Remove from heat. Serve sauce warm or chilled. Makes 4 cups.

**Spiced Peaches**

- 1 No. 2½ can (3½ cups) peach halves
- 1 tablespoon mixed pickling spices
- or 3 to 6 inches stick cinnamon
- 1 teaspoon whole cloves
- 1 tablespoon vinegar

Combine ingredients; heat to boiling. Simmer 5 minutes. Drain before serving. Stud with whole cloves. Serve warm or chilled.

**Cinnamon Apple Rings**

In skillet, combine ¼ cup sugar, 2 cups water, and ½ cup red cinnamon candies. Stir over medium heat till sugar and candies dissolve. Core 4 apples, cut in ½-inch rings, and add to syrup.

Simmer gently till transparent but not soft, turning occasionally. Cool in syrup.

**Pickle Relish Cups**

- 1 3-ounce package lemon-flavored gelatin
- Dash salt
- 2 tablespoons vinegar from pickled onions
- ½ cup sweet pickle relish, drained
- 2 tablespoons small sweet pickled onions, halved

Dissolve gelatin in 1 cup hot water. Add ¾ cup cold water, salt, and onion vinegar. Chill till partially set.

Stir in pickle relish and pickled onions. Chill in 9 small individual molds till firm.

**Horseradish-Mustard Ring**

Dissolve one 3-ounce package lemon-flavored gelatin in 1 cup hot water. Add 1 teaspoon salt. Divide mixture in half.

Stir ¼ cup prepared horseradish into one part, ¼ cup prepared mustard into the other part, beating till smooth. Chill both till partially set. Whip 1 cup heavy cream, fold half into each part of gelatin mixture.

Divide a 3-cup ring mold in 2 semicircles by fitting 2 pieces of doubled foil crosswise in mold. Pour one gelatin mixture into each half of mold. Carefully remove foil.

Chill till set. Unmold and trim with greens. Serve with ham, ham loaf, corned beef.

**Try Skewered Relishes**

Any combination goes! Our skewers boast—pitted olives, pickle fans, triple triangles of cheese, slices of tomato, onion, and fluted cucumber—perfect for a barbecue.
Salad dressings

French Dressing

Clear French—piquant, paprika-red—

\[
\begin{align*}
\frac{1}{2} & \text{ cup salad oil} \\
2 & \text{ tablespoons vinegar} \\
2 & \text{ tablespoons lemon juice} \\
1 & \text{ teaspoon sugar} \\
\frac{1}{2} & \text{ teaspoon salt} \\
\frac{1}{2} & \text{ teaspoon dry mustard} \\
\frac{1}{2} & \text{ teaspoon paprika} \\
\text{Dash} & \text{ cayenne}
\end{align*}
\]

Put ingredients in jar; cover and shake well before using. Makes \(\frac{3}{4}\) cup.

*Blue-cheese French Dressing:* Add 2 ounces blue cheese, crumbled, to recipe above. Shake just before using.

Snowy French Dressing

\[
\begin{align*}
\frac{3}{4} & \text{ cup salad oil} \\
\frac{3}{4} & \text{ cup white vinegar} \\
3 & \text{ tablespoons sugar} \\
1 & \text{ teaspoon salt} \\
1 & \text{ teaspoon dry mustard} \\
\frac{1}{2} & \text{ teaspoon white pepper} \\
\frac{1}{2} & \text{ teaspoon onion juice} \\
\frac{1}{4} & \text{ cup crumbled blue cheese} \\
& \text{(optional)}
\end{align*}
\]

Combine ingredients in jar. Cover and shake.

Italian Dressing

\[
\begin{align*}
1 & \text{ cup salad oil} \\
\frac{3}{4} & \text{ cup vinegar} \\
1 & \text{ teaspoon salt} \\
\frac{1}{2} & \text{ teaspoon white pepper} \\
\frac{1}{2} & \text{ teaspoon celery salt} \\
\frac{1}{4} & \text{ teaspoon cayenne} \\
\frac{1}{4} & \text{ teaspoon dry mustard} \\
1 & \text{ clove garlic, minced} \\
\text{Dash} & \text{ Tabasco sauce}
\end{align*}
\]

Combine ingredients in jar; cover and shake.

Garlic French Dressing

In jar, combine 1 1/2 cups salad oil, 1/2 cup vinegar, 1 1/2 teaspoons salt, 1 teaspoon sugar, 1/2 teaspoon dry mustard, and 5 garlic cloves, halved. Cover, shake vigorously. Let stand 4 or 5 days to mellow. Shake again.

Creamy French Dressing

\[
\begin{align*}
1 & \text{ tablespoon paprika} \\
1 & \text{ teaspoon salt} \\
1 & \text{ teaspoon sugar} \\
\text{Dash} & \text{ cayenne} \\
\frac{1}{4} & \text{ cup vinegar} \\
1 & \text{ egg} \\
1 & \text{ cup salad oil}
\end{align*}
\]

Combine dry ingredients. Add vinegar and egg; beat well. Add oil in slow stream, beating constantly with electric or rotary beater till thick. Makes 1 2/3 cups.
Celery-seed Dressing

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} \\
1 \text{ teaspoon dry mustard} \\
1 \text{ teaspoon paprika} \\
1 \text{ teaspoon celery seed} \\
\frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{4} \text{ cup honey} \\
\frac{1}{4} \text{ cup vinegar} \\
1 \text{ tablespoon lemon juice} \\
1 \text{ teaspoon grated onion} \\
1 \text{ cup salad oil}
\end{align*}
\]

Mix dry ingredients; blend in honey, vinegar, lemon juice, and onion. Add oil in slow stream, beating constantly with electric or rotary beater. Makes 2 cups.

Fruit French Dressing

1 cup salad oil
\frac{1}{4} \text{ cup orange juice} \\
2\frac{1}{2} \text{ tablespoons lemon juice} \\
1 \text{ tablespoon vinegar} \\
\frac{1}{2} \text{ cup sugar} \\
1 \text{ teaspoon salt} \\
1 \text{ teaspoon paprika} \\
1 \text{ teaspoon grated onion}

Combine ingredients in jar; cover and shake vigorously. Makes 1\frac{3}{4} cups.

Tomato Soup Dressing

In jar, combine 1 cup \textit{each} salad oil and vinegar, 1 can condensed tomato soup, and 1 tablespoon Worcestershire. Add 1 tablespoon sugar, 1 teaspoon \textit{each} salt, dry mustard, and paprika, 1 clove garlic, minced, and 1 small onion, chopped. Cover, shake. Makes 4 cups.

Shawano Dressing

Combine \frac{1}{2} cup salad oil, \frac{1}{2} cup \textit{each} catsup and sugar, \frac{1}{4} cup vinegar, 1 teaspoon \textit{each} salt and paprika, \frac{1}{2} teaspoon dry mustard, 2 teaspoons grated onion, \frac{1}{2} teaspoons bottled steak sauce, and 1 clove garlic, minced. Blend thoroughly with electric or rotary beater. Serve with fruit. 1\frac{1}{2} cups.

Vinaigrette Dressing

In jar, combine 1 cup clear French dressing, 2 tablespoons chopped stuffed green olives, 1 tablespoon \textit{each} chopped pimiento and chopped chives, and 1 hard-cooked egg, chopped. Cover and shake. Makes 1\frac{1}{4} cups.

Lime Honey

Blend 6 tablespoons honey with 3 tablespoons lime juice. Add dash salt. Tint with a drop of green food coloring, if desired.

\textbf{Lemon Honey:} Blend 6 tablespoons honey, 3 tablespoons lemon juice, 1 teaspoon ginger.

Mayonnaise

1 teaspoon salt
\frac{1}{2} \text{ teaspoon dry mustard} \\
\frac{1}{4} \text{ teaspoon paprika} \\
Dash cayenne \\
2 egg yolks \\
2 tablespoons vinegar \\
2 cups salad oil \\
2 tablespoons lemon juice

Mix dry ingredients; blend in egg yolks. Add vinegar and mix well. Add salad oil, 1 teaspoon at a time, beating with rotary or electric beater, till \frac{1}{4} cup has been added. Add remaining oil in increasing amounts, alternating last \frac{1}{2} cup with the lemon juice. Beat in 1 tablespoon hot water to cut oil appearance. Makes 2 cups.

Variations with Mayonnaise

\textbf{Thousand Island Dressing:} To 1 cup mayonnaise, add \frac{1}{4} cup chili sauce, 2 hard-cooked eggs, chopped or sieved, 2 tablespoons \textit{each} chopped green pepper and chopped celery, \frac{1}{2} tablespoons finely chopped onion, 1 teaspoon paprika, \frac{1}{2} teaspoon salt. Makes 1\frac{1}{2} cups.

\textbf{Chili Mayonnaise:} Stir \frac{1}{2} cup chili sauce into 1 cup mayonnaise. Makes 1\frac{1}{2} cups.

\textbf{Creamy Mayonnaise:} Whip \frac{1}{2} cup heavy cream; fold into 1 cup mayonnaise.

\textbf{Marshmallow Dressing:} To \frac{1}{2} jar marshmallow creme, add 1 tablespoon \textit{each} orange juice and lemon juice; whip very fluffy, with electric or rotary beater. Fold in \frac{1}{4} cup mayonnaise. Makes 1\frac{1}{4} cups.

\textbf{Pink Fruit Mayonnaise:} Stir \frac{1}{2} cup bottled cranberry-juice cocktail and dash salt into 1 cup mayonnaise. Chill. Add 2 tablespoons toasted chopped blanched almonds.

\textbf{Blue-cheese Topper:} To \frac{1}{2} cup mayonnaise, add \frac{1}{8} cup dairy sour cream, 2 to 3 tablespoons orange juice, and 1 envelope blue-cheese dressing mix. Makes about 1 cup.

\textbf{Yogurt Dressing:} Mix 1 cup yogurt, 2 tablespoons mayonnaise, 1 teaspoon sugar, dash lemon juice, and dash salt.
Salad Dressing Fix-ups

**Herb Dressing:** To 1 cup salad dressing, add 1/4 cup finely chopped onion, 1/2 teaspoon grated lemon peel, 2 tablespoons lemon juice, 2 cloves garlic, minced, 1 tablespoon cooking sherry, 2 teaspoons Worcestershire and 1/2 teaspoon dried mixed salad herbs or 2 teaspoons fresh. Chill. Makes 1 1/2 cups.

**Blue-cheese Dressing:** Soften one 3-ounce package cream cheese. Blend in 1/2 cup crumbled blue cheese. Slowly add 1/2 cup salad dressing, 1/2 cup light cream, and 1 tablespoon lemon juice. Beat smooth. Chill.

**Creamy Salad Dressing:** Combine 1/2 cup salad dressing and 1 1/2 cup dairy sour cream. Stir in 1 tablespoon each lemon juice and orange juice, and 2 teaspoons sugar.

**Avocado Dressing**

1/2 cup mashed ripe avocado
1 tablespoon lemon juice
2 teaspoons sugar
1/4 teaspoon salt
1/2 cup heavy cream, whipped

Blend first 4 ingredients. Fold in whipped cream. Sprinkle with 1/2 teaspoon grated lemon peel. Chill. Serve within a few hours.

**Cooked Dressing**

2 tablespoons enriched flour
2 tablespoons sugar
1 teaspoon salt
1 teaspoon dry mustard
Few grains cayenne
2 slightly beaten egg yolks
1/4 cup milk
1/4 cup vinegar
1 1/2 teaspoons butter or margarine

Mix dry ingredients in top of double boiler; add egg and milk; cook and stir over hot, not boiling, water till thick. Add vinegar and butter; mix. Cool. Makes 1 cup.

**Fluffy Citrus Dressing**

In saucepan, beat 1 egg; add 1/2 cup sugar, 1 tablespoon grated orange peel, 2 teaspoons grated lemon peel, and 2 tablespoons lemon juice. Cook and stir over low heat till thick (5 minutes). Cool well. Fold in 1 cup heavy cream, whipped. Chill. Makes 2 1/8 cups.

Pineapple Dressing

Combine 1/4 cup sugar, 4 teaspoons cornstarch, and 1/4 teaspoon salt in saucepan. Blend in 1 cup unsweetened pineapple juice, 1/4 cup orange juice, and 3 tablespoons lemon juice. Cook and stir till clear, 5 to 8 minutes. Slowly stir into 2 beaten eggs. Return to saucepan; cook and stir over low heat 3 to 5 minutes, or till thickened slightly. Cool 5 minutes. Beat into two 3-ounce packages cream cheese (softened). Chill. Makes 2 cups.

**Russian Dressing**

1/4 cup sugar
3 tablespoons water
1 1/2 teaspoons celery seed
1/2 teaspoon salt
1/2 teaspoon paprika
2 1/2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon vinegar
1 cup salad oil
1/2 cup catsup
1/4 cup grated onion


Low-calorie Dressings

**Dairy Bar Dressing:** Combine 2 teaspoons minced parsley, 1/4 cup dry small-curd cottage cheese, and 1 teaspoon catsup. Stir in 1/2 cup buttermilk or yogurt. Add dash each salt, paprika, and marjoram. Cover; chill. Stir and serve. Calories per tablespoon: 10.

**Gourmet Dressing:** Pour 3 tablespoons vinegar into cruet; add 1 envelope French salad-dressing mix and shake well. Add 2 tablespoons salad oil and 3/8 cup tomato juice. Shake. Calories per tablespoon: 20.

**Tomato Dressing:** In jar, combine one 8-ounce can seasoned tomato sauce, 2 tablespoons tarragon vinegar, 1 teaspoon onion juice, 1 teaspoon Worcestershire sauce, and 1/2 teaspoon each salt, dill seed, and basil. Shake. Chill. Calories per tablespoon: 5.

**Curried Yogurt Dressing:** Combine 1 cup yogurt, 1 tablespoon prepared mustard, 1 teaspoon seasoned salt, and 1/2 to 1 teaspoon curry powder. Snip parsley atop. Chill. Makes about 1 cup. Calories per tablespoon: 10.