

Salad Recipes

Collection of Easy to Follow Salad Recipes

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VARIETIES OF SALADS AND THEIR PREPARATION

VEGETABLE SALADS

With the knowledge already obtained of the food value of the vegetables that are generally used as ingredients in vegetable salads, the housewife ought to have no difficulty in determining whether she is giving her family a salad that is high or low in food value. For instance, she should know that the food value of a plain lettuce or cucumber salad is lower than that of one made from potatoes because of the different values in the vegetables used.

GREEN VEGETABLE SALAD.

There are a number of green vegetables that are much used for salad either alone or with other vegetables. All of them are used in practically the same way, but a point that should not be overlooked if an appetizing salad is desired is that they should always be fresh and crisp when served. Any salad dressing that is preferred may be served with them. Chief among these green vegetables come lettuce, including the ordinary leaf lettuce, head lettuce, and romaine lettuce, which is not so common as the other varieties. Several kinds of endive as well as watercress may also be used for salad.

MIXED VEGETABLE SALAD -1

One pint of cold boiled potatoes, cut in slices; one-third the quantity of cold boiled beets cut fine; one-third the quantity of green peas (winter beets and canned peas are as good as fresh ones); sprinkle with salt and pepper, then pour over it a French dressing made of a saltspoonful of salt, one of black pepper, a teaspoonful of onion juice or grated onion, three tablespoonfuls of olive oil and one of vinegar; mix thoroughly and set aside. When ready to serve spread over it a thick mayonnaise dressing and garnish with slices of beet, cut in shapes, hard boiled egg and parsley; if made in summer a border of crisp lettuce leaves is an additional garnish. If the quantity of vegetable is increased the amount of dressing must also be doubled or the salad will be dry.

MIX VEGETABLE SALAD -2

1 cup finely cut red cabbage
1 cup cold boiled beets
1 cup cold boiled carrots
1 cup cold boiled potatoes
1 cup chopped celery
1/2 cup pimentos
1 head lettuce

1 cup French dressing

Soak cabbage in cold water 1 hour; drain and add beets, carrots and potatoes cut into small pieces; add celery. Mix well together, season with salt and pepper and serve on lettuce leaves. On top put strips of pimento and serve with French dressing, to which may be added one teaspoon onion juice.

CUCUMBER SALAD -1

Besides serving plain slices of cucumber on a lettuce leaf, as may be done at any time, cucumbers may be used as an ingredient in the making of many salads.

3 medium-sized cucumbers

1 c. diced tomato

1/2 c. diced celery

Salad dressing

Lettuce

1 pimiento

Peel the cucumbers, cut them into halves, and with a small spoon scoop out the cucumbers in chunks, so that a boat-shaped piece of cucumber that is about 1/4 inch thick remains. Dice the pieces of cucumber which have been scooped from the center, and place the cucumber shells in ice water so as to make them crisp. Mix the diced tomato, celery, and cucumber together, and just before serving drain them carefully so that no liquid remains. Mix with salad dressing, wipe the cucumber shells dry, fill them with the salad mixture, and place on salad plates garnished with lettuce leaves. Cut the pimiento into thin strips, and place three or four strips diagonally across the cucumber. Sufficient to Serve Six

CUCUMBER SALAD -2

Pare thickly, from end to end, and lay in ice-water one hour; wipe them, slice thin, and slice an onion equally thin. Strew salt over them, shake up a few times, cover and let remain in this brine for another hour. Then squeeze or press out every drop of water which has been extracted from the cucumbers. Put into a salad bowl, sprinkle with white pepper and scatter bits of parsley over them; add enough vinegar to cover. You may slice up an equal quantity of white or red radishes and mix with this salad.

CUCUMBER SALAD -3

Peel and slice a cucumber, mix together 1/2 a teaspoonful of salt, 1/4 of a teaspoonful of white pepper, and 2 tablespoonfuls of olive oil, stir it well together, then add very gradually 1 tablespoonful of vinegar, stirring it all the time. Put the sliced cucumber into a salad dish, and garnish it with nasturtium leaves and flowers.

CUCUMBER & TOMATO SALAD.

A salad made of cucumbers and tomatoes is very attractive because of the contrasting colors of the vegetables, and it is at the same time extremely palatable. When such a salad is to be made, small, firm tomatoes and rather large cucumbers that do not contain very large seeds should be selected. Peel the cucumbers and tomatoes and cut them into slices of any desired thickness. Garnish salad plates with lettuce, and on this place a ring of the slices, alternating the tomatoes with the cucumbers. In the center, put a slice of cucumber or tomato and serve with any desired salad dressing.

SLICED CUCUMBER & ONION SALAD.

An attractive way in which to serve sliced cucumbers and onions. A single large cucumber should be selected for this salad.

With a sharp knife, peel the skin from the cucumber in narrow strips back to the stem end, but do not cut the strips loose from the end. After the peeling has all been removed, place the cucumber on a board and cut it into thin slices. Place on a small platter, as shown, arrange slices of onion around the edge, and pour French dressing over the whole. Dust with paprika and serve. A number of slices of cucumber and one or two slices of onion should be served to each person.

ONION SALAD -1

To persons who are fond of the flavor of onions, the salad given in the accompanying recipe is very agreeable, but it is a wise plan not to serve onions or salads containing onions unless every one who is served is certain to enjoy them. When a salad is made from onions, a mild onion should be selected.

3 onions
French dressing
Parsley
Lettuce

Peel the onions and slice them into thin slices. Chop the parsley and add it to 1 or 2 tablespoonfuls of French dressing. Use comparatively coarse leaves of lettuce and shred them. Arrange the slices of onion on a bed of the shredded lettuce, pour the French dressing with the parsley over all, and serve. Sufficient to Serve Six.

ONION SALAD -2

1 large boiled onion (Spanish), 3 large boiled potatoes, 1 teaspoonful of parsley, pepper and salt to taste, juice of 1 lemon, 2 or 3 tablespoonfuls of olive oil. Slice the onion and potatoes when quite cold, mix well together with the parsley and pepper and salt; add the lemon juice and oil, and mix well once more.

TOMATO SALAD -1

Fresh tomatoes make a delightful salad because of their appetizing appearance and color. In fact, when they are placed on a bed of green garnish, nothing can be more delightful. Tomatoes may be served whole on a lettuce leaf or they may be sliced. Then, again, they may be cut from the center into sections that are allowed to fall part way open. In any of these forms, they may be served with French dressing, mayonnaise, or any cooked salad dressing.

TOMATO SALAD -2

Six tomatoes, one-half cup of mayonnaise dressing, the crisp part of one head of lettuce. Peel the tomatoes and put them on the ice until they are very cold; make the mayonnaise and stand it on the ice until wanted; wash and dry the lettuce. When ready to serve, cut the tomatoes in halves, make twelve little nests with two or three salad leaves each, arrange on the dish, place half a tomato in each nest, put a tablespoonful of mayonnaise on each tomato and serve immediately.

TOMATO SALAD -3 (With Canned Tomatoes)

Rub through a coarse sieve one can of tomatoes; cover with cold water a half box of Cox gelatine and let it stand a half hour or more; then pour in enough hot water to thoroughly dissolve it; then mix with one full pint of the strained tomatoes; add a little salt; pour into small round moulds and put in a cool place to harden. Serve on lettuce leaves with mayonnaise dressing.

TOMATO SALAD -4

Select perfectly ripe tomatoes, and peel at least an hour before using. Slice, and place on ice or in a cool place. Serve plain or with lemon juice or sugar as preferred.

TOMATO SALAD -5

Use one half small yellow tomatoes and one half red. Slice evenly and lay in the dish in alternate layers. Powder lightly with sugar, and turn over them a cupful of orange juice to a pint of tomato, or if preferred, the juice of lemons may be used instead. Set on ice and cool before serving.

STUFFED TOMATO SALAD.

An attractive salad in which vegetables of almost any kind, fresh or canned, may be used to advantage is the stuffed tomato salad. Medium-sized, well-ripened tomatoes are best to select. The vegetables that may be used for the stuffing are celery, radishes, onions, cucumbers, cooked asparagus, green peas, and string beans. Any one or any desirable combination of these vegetables will make a satisfactory filling.

6 medium-sized tomatoes

French dressing
1 1/2 c. diced vegetables
Mayonnaise dressing

Cut out the stem and blossom ends of the tomatoes and hollow out the center so as to leave a shell. Dice the contents of the tomatoes and mix with the other diced vegetables. Marinate the diced vegetables with French dressing and put into the tomato shells, heaping each one as shown. Place on lettuce leaves and serve with mayonnaise.

TOMATO & STRING BEAN SALAD.

Besides being appetizing in flavor and appearance, tomato and string-bean salad has the advantage over some salads in that it can be made of either fresh or canned vegetables. For the salad here shown, tomatoes and beans canned by the cold-pack method were used. If it is desired to duplicate this salad, place a canned tomato or a peeled fresh tomato in the center of a plate garnished with lettuce and around it place several piles of three or four canned or freshly cooked beans. Serve with French dressing or any other desired salad dressing.

BEET SALAD -1

Cold boiled or baked beets, chopped quite fine, but not minced, make a nice salad when served with a dressing of lemon juice and whipped cream in the proportion of three tablespoonfuls of lemon juice to one half cup of whipped cream, and salt if desired.

BEET SALAD -2

Chop equal parts of boiled beets and fresh young cabbage. Mix thoroughly, add salt to taste, a few tablespoonfuls of sugar, and cover with diluted lemon juice. Equal quantities of cold boiled beets and cold boiled potatoes, chopped fine, thoroughly mixed, and served with a dressing of lemon juice and whipped cream, make a palatable salad.

BEET & BEAN SALAD.

An excellent winter salad and one that may be made from canned or left-over vegetables is beet & bean salad. If string beans happen to be left over or only part of a can remains, they may be combined with beets that are canned or freshly cooked for the purpose. This salad should be carefully combined just before serving.

1 c. string beans
Lettuce
1 c. beets

Salad dressing

Cut the string beans into half-inch lengths and cut the beets into half-inch dice. Season each well with salt and pepper. Just before serving, garnish salad plates with lettuce, combine the two vegetables, and place in a heap on a lettuce leaf. Pour French dressing or any other salad dressing desired over them, but do not mix the salad dressing with the vegetables. Sufficient to Serve Four.

BEET AND CAULIFLOWER SALAD

Take some thin slices of cooked beets, some cold cooked potatoes, some cold cooked cauliflower, and a little chopped parsley. Pour over the following dressing and add salt and pepper to taste:

Put one level teaspoon of mustard, one teaspoon anchovy sauce, one tablespoon of milk or cream, and one dessertspoon of vinegar. Mix the mustard with the anchovy, then add the milk, and lastly the vinegar.

STRING BEAN SALAD -1

Either string or wax beans may be used for string bean salad and they may be cooked freshly for the purpose or be home canned or commercially canned beans. To make this salad, place a neat pile of beans on a lettuce leaf resting on a plate and moisten with a few drops of vinegar or lemon juice. Serve with mayonnaise or cooked salad dressing. If desired, the beans may be cut into inch lengths and mixed with the dressing, but this does not make so attractive a salad.

STRING BEAN SALAD -2

String and remove the ends from one quart of beans. Cut into short lengths. Cover with boiling water, add one level tablespoon of wilt and cook until tender, but not soft. Drain and save one cup of the liquor. Cream one tablespoon of flour with two tablespoons of butter. Pour the liquid over the flour and butter, stirring constantly. Cook this sauce for five minutes, remove from stove and stir in two tablespoons of strained lemon juice. Pour this over the beans and serve.

STRING BEAN SALAD (FRENCH STYLE)

String the beans and boil them whole; when boiled tender and they have become cold, slice them lengthwise, cutting each bean into four long slices; season them an hour or two before serving, with a marinade of a little pepper, salt, and three spoonfuls of vinegar to one spoonful of oil. Just before serving, drain from them any drops of superfluous liquid that may have collected and carefully mix them with a French Salad dressing. This makes a delicious salad.

CABBAGE SALAD -1

A salad that always finds favor is made by combining cabbage with a boiled salad dressing or with an uncooked sour-cream dressing. To make cabbage salad, select a firm head of cabbage, pull off the outside leaves, and wash. Cut the head in half down through the heart and root and cut each half into quarters. place each quarter on a cutting board and with a sharp knife shave off the cabbage. If desired, however, the cabbage may be shredded with a cabbage cutter. If the cabbage, upon being cut, is found to be wilted, place it in cold water and let it stand until it becomes crisp. Drain off the water carefully and allow the cabbage to drip in a colander or dry it between pieces of old linen. With the cabbage thus prepared, season it with salt and mix it with the desired dressing. Serve on lettuce in a salad dish, on individual salad plates.

CABBAGE SALAD -2

Mix together one-half cup of sugar, one teaspoonful of mustard, one teaspoonful of salt, one-half teaspoonful black pepper; then add three well beaten eggs, one-half cup of vinegar, six tablespoonfuls of cream, three of butter. Cook the same as boiled custard in a kettle of water; when cold add the cabbage chopped fine.

CHOPPED CABBAGE SALAD

Take one pint of finely chopped cabbage; pour over it a dressing made of three tablespoonfuls of lemon juice, two tablespoonfuls of sugar, and a half cup of whipped cream, thoroughly beaten together in the order named; or serve with sugar and diluted lemon juice.

CABBAGE & CELERY SALAD.

Cabbage and celery combine very well, for they are similar in color and crispness. They can be procured at the same time of the year, and while celery is not cheap, cabbage is a comparatively inexpensive food and the two combined make an inexpensive salad. Because the color of both is very much the same, pimienta is added to give a contrasting color.

1 cup cabbage
1 cup celery
1 pimienta or green pepper
1/2 teaspoon. salt
2 Tablespoon. vinegar
Lettuce
Salad dressing

Select a firm head of cabbage, pull off the outside leaves, and wash. Cut the head in half down through the heart and root and cut each half into quarters. Cut the celery into thin pieces across the stem, and dice the green pepper or pimienta or both into very small dice. Measure each of these, combine them, season with

the salt and vinegar, and just before serving drain carefully. Serve on lettuce with any desired salad dressing. Sufficient to Serve Four.

CARROT AND CABBAGE SALAD

1 medium-sized carrot
2 cupfuls cabbage
1/2 cupful roasted peanuts
French or Cream Salad Dressing

Clean and scrape the carrot. Wash the cabbage. Put the carrot (uncooked), cabbage, and peanuts through the food chopper. Mix with French or Cream Salad Dressing. Add more seasoning if necessary. Serve at once.

BREAKFAST SALAD

2 Tomatoes
1 Cucumber
1 tablespoonful Oil
1 Spring Onion
Half a Lettuce
2 tablepoonsful Vinegar

Scald the tomatoes and take off the skin, and put them into cold water or on to the ice until quite cold. Cut them up the same as an orange; peel and cut up the cucumber into very thin slices and mince up the onion. Sprinkle these with pepper and salt, pour over the oil and vinegar. Shred up the lettuce and lay on the top, it is then ready to serve.

WINTER SALAD -1

A salad made entirely of winter vegetables may be prepared when there are no fresh vegetables in supply. If any of the vegetables are left over, the others may be prepared to use with the left-over ones. A good plan to follow when carrots, turnips, or potatoes are being prepared for a meal is to cook more than is necessary for the one meal and then set aside part of them for a salad to be served at another meal.

1 cup turnips, diced
1 cup carrots, diced
1 cup. potatoes, diced
1 Tb. chopped onion
French dressing
Lettuce

Salad dressing

Cook turnips, carrots, and potatoes whole in boiling water until tender enough to be pierced with a fork. If they have not been peeled before cooking, peel and cut into small dice. Mix, add the onion, marinate with French dressing, and allow to stand for a short time. Garnish salad plates with lettuce leaves, pile the salad on the lettuce, and serve with any desired salad dressing. Sufficient to Serve Six.

WINTER SALAD -2

INGREDIENTS: Endive, mustard-and-cress, boiled beetroot, 3 or 4 hard-boiled eggs, celery.

The above ingredients form the principal constituents of a winter salad, and may be converted into a very pretty dish, by nicely contrasting the various colours, and by tastefully garnishing it. Shred the celery into thin pieces, after having carefully washed and cut away all wormeaten pieces; cleanse the endive and mustard and cress free from grit, and arrange these high in the centre of a salad-bowl or dish; garnish with the hard-boiled eggs and beetroot, both of which should be cut in slices; and pour into the dish, but not over the salad.

SUMMER SALAD.

INGREDIENTS: 3 lettuces, 2 handfuls of mustard-and-cress, 10 young radishes, a few slices of cucumber.

Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them over, remove any decayed or wormeaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin slices; arrange all these ingredients lightly on a dish, with the mustard and cress, and pour under, but not over the salad. Add souce as necessary. Do not stir it up until it is to be eaten. It may be garnished with hard-boiled eggs, cut in slices, sliced cucumbers, nasturtiums, cut vegetable-flowers, and many other things that taste will always suggest to make a pretty and elegant dish. In making a good salad, care must be taken to have the herbs freshly gathered, and thoroughly drained before the sauce is added to them, or it will be watery and thin.

CAULIFLOWER SALAD -1

Cauliflower makes a rather unusual salad, and for a change it will be found to be delightful. It does not combine with other vegetables very readily, but a cooked floweret or two may often be used to garnish another vegetable salad.

Cauliflower
Lettuce
Salad dressing

Prepare a head of cauliflower for cooking as usual. Then cook in boiling salted water until tender, but quite firm. Drain and cool. Arrange the flowerets on a salad plate garnished with lettuce and serve with French dressing or any other desired salad dressing. Sufficient to Serve Six.

CAULIFLOWER SALAD -2

1 Cauliflower
Half a Lettuce
2 Eggs
1/2 gill Oil and Vinegar

Boil the cauliflower by directions given elsewhere and branch it carefully. Boil the eggs hard, separate the whites from the yolks; chop the whites small and cut the yolks in slices. Shred up the lettuce in a bowl and put the branches of cauliflower all round it, and the slices of yolk of egg outside as a border. Pour on the salad dressing and put the white of egg in little heaps on the lettuce. It is then ready to serve.

CAULIFLOWER & TOMATO SALAD.

A salad in which cauliflower and tomatoes are combined is attractive in appearance if it is nicely made. It also has the advantage of being simple to prepare. When cauliflower is cooked for salad, care must be taken not to cook it so long as to discolor it or cause it to fall to pieces.

3 tomatoes
Lettuce
6 cauliflower flowerets
Dressing

Select firm, ripe, medium-sized tomatoes. Place them in boiling water to scald them, and then dip them quickly into cold water and remove the skins. Cut out the stem ends and slice each tomato half way between the stem and blossom ends. Place each half tomato on a salad plate garnished with a lettuce leaf, stick a stem of the cauliflower into the center, and serve with boiled salad dressing or mayonnaise. Sufficient to Serve Six.

CELERY SALAD -1

One means of using stalks of celery that are just a little too coarse to serve nicely on the table is to combine them with radishes and make a salad. The more tender celery, of course, makes a better salad. If the radishes selected for the salad are of the red variety and they are used without peeling, they add a touch of color to the dish.

1-1/2 c. diced celery

1/2 c. diced radishes
2 Tb. chopped onion
Salad dressing
Lettuce

Cut the celery into fine dice, and dice the radishes more finely than the celery. Mix the two together, add the onion, and just before serving mix with any desired salad dressing. Serve on salad plates garnished with lettuce. Sufficient to Serve Five.

CELERY SALAD -2

1 Head of Celery
1 Lettuce
Salad Dressing

Pull the celery to pieces, wash it, and cut into small pieces; shred up some lettuce and lay it at the bottom the dish. Stir the celery into the dressing and lay it on the top of the lettuce. Cover with more lettuce, and serve.

BOILED CELERY ROOT SALAD

Pare and wash the celery roots (they should be the size of large potatoes), put on to boil in a little salted water, and when tender remove from the water and set away until cool. Cut in slices about an eighth of an inch thick; sprinkle each slice with fine salt, sugar and white pepper; pour enough white wine vinegar over the salad to cover. A few large raisins boiled will add to the appearance of this salad. Serve cold in a salad bowl, lined with fresh lettuce leaves.

PEAS & CELERY SALAD.

Peas may be freshly cooked for this salad, but canned peas will do just as well. Left-over peas not prepared with cream sauce may also be utilized nicely in this way, or if a portion of a can of peas is needed for the meal, the remainder may be used for a smaller quantity of salad than here stated. Boiled salad dressing will be found to be best for this combination of vegetables.

1 c. peas
Boiled salad dressing
1 c. diced celery
Lettuce

Drain canned peas as dry as possible and mix with the diced celery. Just before serving, add the salad dressing and mix thoroughly. Serve on salad plates garnished with lettuce.

POTATO SALAD -1

Potato salad is usually considered to be an economical salad. It may be made with left-over potatoes or potatoes cooked especially for this purpose. If there are in supply a large number of small potatoes, which are difficult to use in ordinary ways, they may be cooked with the skins on and peeled to be used for salad when they have cooled. A boiled salad dressing is perhaps the most desirable for such a salad.

Cut into dice six medium sized potatoes boiled); three medium onions; salt and pepper them to taste; pour over and mix well the following dressing:

Three well beaten eggs, three large tablespoonfuls of strong vinegar, a lump of butter size of a walnut, pinch of salt, pepper and mustard (unmixed); put on the stove and cook to a thin custard, stirring constantly. For serving four to six people.

POTATO SALAD -2

2 c. diced potatoes
Salt
1 medium-sized onion
Boiled salad dressing
1/2 tsp. celery seed
Lettuce
1 Tb. parsley, chopped
1 hard-cooked egg

Dice the potatoes into 1/2-inch dice, chop the onion fine, and mix the two. Add the celery seed and parsley and season the whole with salt. Just before serving, mix well with boiled dressing. Garnish a salad bowl or salad plates with lettuce, place the salad on the lettuce, and then garnish with slices of hard cooked egg. Sufficient to Serve Four.

POTATO SALAD -3

INGREDIENTS: 10 or 12 cold boiled potatoes, 4 tablespoonfuls of tarragon or plain vinegar, 6 tablespoonfuls of salad-oil, pepper and salt to taste, 1 teaspoonful of minced parsley.

Cut the potatoes into slices about 1/2 inch in thickness; put these into a salad-bowl with oil and vinegar in the above proportion; season with pepper, salt, and a teaspoonful of minced parsley; stir the salad well, that all the ingredients may be thoroughly incorporated, and it is ready to serve. This should be made two or three hours before it is wanted for table. Anchovies, olives, or pickles may be added to this salad, as also slices of cold beef, fowl, or turkey.

POTATO SALAD -4

Slice up some cold boiled potatoes. Sprinkle with salt, pepper, and chopped parsley. Mix the oil and vinegar together in the proportion of two of oil to one of vinegar; pour this over, let it stand for an hour, and serve.

POTATO SALAD -5

1 1/2 c. diced potatoes
Salt
1/2 c. diced cucumber
Boiled salad dressing
1/2 c. diced celery
Lettuce
1 medium-sized onion

Prepare the vegetables in the usual way, dicing them carefully, and just before serving mix them together, season well with salt, and add the salad dressing. Boiled dressing is preferable. Place in a salad bowl or on salad plates garnished with lettuce.

GREEN SALAD

Imported or domestic endive, chicory, escarole and Romaine or lettuce must be washed, made crisp in cold water, and dried in a bag on the ice. Serve them with French dressing. Imported endive may, however, be served with mayonnaise, if desired.

LETTUCE SALAD -1

The French style of making lettuce salad is as follows: After dressing the salad, mix it in one tablespoon of oil, then take only two tablespoons of white wine vinegar, mixed with a very little pepper and salt, and just turn the lettuce over and over in this mixture.

LETTUCE SALAD -2

2 Lettuces
1 tablespoonful Condensed Milk
2 teaspoonful Mustard
2 Eggs
1/2 gill Vinegar
1/4 gill Oil
Pepper and Salt

Boil the eggs hard; take the yolk of one and put it into a basin and work it quite smooth with a spoon. Then add the mustard made with vinegar instead of water, the condensed milk, pepper, and salt, and then the oil

slowly; last of all the vinegar. Mix it all very thoroughly. Cut off the outside leaves of the lettuce, and pull it all to pieces, wash in cold water and dry thoroughly in a cloth. Break into small pieces and put into a salad bowl, pour over the dressing. Garnish with the other egg and the white that was not used in the dressing. These should be cut into slices and placed round. A few of the best pieces of lettuce should be laid over the dressing.

CHIFFONADE SALAD

Lettuce, dandelion, chicory, a little chopped beet, chopped celery, a bit of tomato are mixed and covered with French dressing. The dressing is usually flavored both with onion and garlic.

ASPARAGUS SALAD -1

Boil the asparagus in salted water, being very careful not to break the caps; drain, and pour over it when cold a mayonnaise dressing, with some chopped parsley. Serve each person with three or four stems on a plate, with a little mayonnaise dressing. Do not use a fork; take the stems in the fingers and dip in the dressing.

ASPARAGUS SALAD -2

Salad in which asparagus is the chief ingredient is one that may be served during the entire year, for either freshly cooked or canned asparagus may be used; in fact, the canned asparagus is considered by many persons to be better than that which is freshly cooked.

Lettuce
1 pimienta
1 can asparagus
Salad dressing

Garnish salad plates with the lettuce. Place the asparagus tips in an orderly pile on the lettuce leaf. Cut a thin strip of the pimienta, and place this across the tips in the center. Just before serving, pour a spoonful or two of any desired salad dressing over this or place the salad on the table and serve the dressing, allowing each person to take what is desired. Sufficient to Serve Five.

BEETROOT AND MACARONI SALAD

3 oz. Macaroni
2 tablespoonsful Oil
1 bunch Beetroot
Pepper and Salt
2 tablespoonful Vinegar

Boil both the macaroni and the beetroot by directions given elsewhere. When quite cold, peel and slice up the beetroot and cut the macaroni into pieces about two inches long; arrange them in alternate layers on a dish. Blend the oil and vinegar with the salt and pepper and pour it over; let it stand for an hour, basting continually with the oil and vinegar. By that time it should be of a bright red colour. It is then ready to serve.

TURNIP SALAD

4 Young Turnips
2 Spring Onions
2 Boiled Potatoes
Half a Lettuce
Salad Dressing

Peel and slice up the turnips and boil them for twenty minutes, or until soft. Let them get quite cold. Shred up very small the onions, and slice up the potatoes. Break up half a lettuce. Arrange these neatly in a bowl and pour over a simple salad dressing or remoulade sauce.

ENDIVE SALAD

Take a head of endive, wash it and dry it well, and put it into a salad-bowl. Pour over it three tablespoons of good olive-oil. Mix one tablespoon of honey (or sugar), one of vinegar, and salt and pepper in a cup, and pour over the salad just before serving.

ITALIAN VEGITABLE SALAD

Cut one carrot and one turnip into slices, and cook them in boiling soup. When cold, mix them with two cold boiled potatoes and one beet cut into strips. Add a very little chopped leeks or onion, pour some sauce over the salad, and garnish with watercress.

ALLA POLLASTRA SALAD

Chop up six lettuce-leaves and three stalks of celery, cut up the remains of a cold fowl in small pieces, and mix with one tablespoon of vinegar and salt and pepper in a salad bowl. Pour a cup of mayonnaise sauce over, and garnish with quarters of hard-boiled egg, one tablespoon of capers, six stoned olives, and some small, tender lettuce-leaves.

ALLA MACEDOINE SALAD

Cut into small pieces one cold boiled beet and half an onion. Add some cold boiled string-beans, some cold boiled asparagus tips, two tablespoons of cold cooked peas, one cold boiled carrot, and some celery. Mix them together, and pour over all a mayonnaise sauce. Add the juice of a lemon and serve.

case canned pineapple is used for the salad, the juice from the fruit may be utilized in making a fruit salad dressing.

1 grapefruit
2 oranges
1 banana
2 apples
2 slices pineapple
Salad dressing
Lettuce

Prepare the grapefruit and oranges according to the directions previously given. Slice the banana crosswise into 1/4-inch slices and cut each slice into four sections. Dice the apples and cut the pineapple in narrow wedge-shaped pieces. Mix the fruit just before serving. Add the salad dressing, which may be fruit-salad dressing, French dressing, or some other desirable salad dressing, by mixing it with the fruit or merely pouring it over the top. Serve on salad plates garnished with lettuce leaves. Place a maraschino cherry on top. Sufficient to Serve Six.

MIXED FRUIT SALAD -2

Take sweet, ripe oranges, apples, bananas, and grapes. Peel the oranges, quarter them, and remove skin and pips. Peel and core the apples and cut into thin slices. Wash and dry the grapes, and remove from stalks. Skin and slice the bananas. Put the prepared fruit into a glass dish in alternate layers. Squeeze the juice from 2 sweet oranges and pour over the salad. Any other fresh fruit in season may be used for this salad. Castor sugar may be sprinkled over if desired, and cream used in place of the juice. Grated nuts are also a welcome addition.

MIXED FRUIT SALAD -3

Slice one pineapple, three oranges, and three bananas. Pour over it a French mayonnaise, put on lettuce leaves and serve at once. For those who do not care for the mayonnaise, make a syrup of one cup of sugar and one-half cup of water, boil until thick, add juice of lemon, let slightly cool, then pour over fruit. Let stand on ice for one hour. Another nice dressing is one cup of claret, one-half cup of sugar, and piece of lemon. Always use lemon juice in preference to vinegar in fruit salads. All fruits that go well together may be mixed. This is served just before desert.

FRUIT SALAD (ICED)

Make one quart of lemon or orange water ice and stand it aside for at least one or two hours to ripen. Make a fruit salad from stemmed strawberries, sliced bananas cut into tiny bits, a few very ripe cherries, a grated pineapple if you have it, and the pulp of four or five oranges. After the water ice is frozen rather hard, pack it in a border mold, put on the lid or cover and bind the seam with a strip of muslin dipped in paraffin or suet, and repack to freeze for three or four hours. Sweeten the fruit combination, if you like, add a tablespoonful or two of brandy and sherry, and stand this on the ice until very cold. At serving time, turn the mold

of water ice on to a round compote dish, quickly fill the centre with fruit salad, garnish the outside with fresh roses or violets, and send at once to the table.

FRUIT AND NUT SALAD

Slice two bananas, two oranges and mix them with one-half cup of English walnuts and the juice of one-half lemon with French dressing. Serve on lettuce leaves.

HUNGARIAN FRUIT SALAD

Mix together equal parts of banana, orange, pineapple, grapefruit and one-half cup of chopped nuts. Marinate with French dressing. Fill apple or orange skins with mixture. Arrange on a bed of watercress or lettuce leaves. Sprinkle with paprika.

RUSSIAN FRUIT SALAD

Peel and pit some peaches, cut in slices and add as much sliced pineapple, some apricots, strawberries and raspberries, put these in a dish. Prepare a syrup of juice of two lemons, two oranges, one cup of water and one pound sugar, a half teaspoon of powdered cinnamon, grated rind of lemon, add one cup red wine and a half glass of rum. Boil this syrup for five minutes, then pour over the fruit, tossing the fruit from time to time until cool. Place on ice and serve cold.

SUMMER MIX FRUIT SALAD.

Any agreeable combination of fruits which may be obtained during the same season will be suitable for summer mix salad. The combination given in the accompanying recipe includes strawberries, pineapple, and cherries. However, pineapple and cherries may be used alone, or strawberries and pineapple may be used without the cherries, or red raspberries may be used to garnish such a salad.

3/4 c. strawberries, cut into halves

3/4 c. pineapple, cut into dice

3/4 c. sweet cherries, seeded

Lettuce

Fruit-salad dressing

Prepare the fruits just before serving. Put them together, place on salad plates garnished with lettuce, and serve with the fruit-salad dressing.

FILBERT & CHERRY SALAD.

If something different in the way of salad is desired, cherries that have been seeded and then filled with filberts will prove a delightful change. With this salad, any salad dressing may be served, but fruit-salad dressing makes it especially delicious.

DATE & WALNUT SALAD.

Persons who are fond of dates will find a salad made of dates and walnuts very palatable. In addition, such a salad is high in food value. Select firm whole dates, wash, and dry between clean towels. Cut a slit in the side of each date and remove the seed. Place half an walnut meat inside and press the date together. Garnish salad plates with lettuce and serve five or six of the dates in a star shape for each serving. In the center, pour a spoonful or two of cream salad dressing, boiled salad dressing, or any other dressing that may be desired.

APPLE AND NUT SALAD

- 4 tart apples
- 1 cupful of pecan meats
- 24 blanched almonds
- 2 sweet Spanish peppers
- The rule for French dressing

Peel the apples, cut them into dice, squeeze over the juice of one or two lemons, and stand them aside until wanted. The lemon juice will prevent discoloration. Chop the nuts. At serving time line the salad bowl with a layer of chopped celery or cabbage or lettuce leaves, then a layer of apples, nuts, celery, apples and nuts. Baste with the French dressing, and, if you have them, garnish with the sweet peppers cut into strips, and use at once.

APPLE, DATE & ORANGE SALAD.

The combination of fruits required by the accompanying recipe is an easy one to procure in the winter time. Apple and date salad is a combination much liked, but unless it is served with a rather sour dressing, it is found to be too bland and sweet for most persons. The addition of the orange gives just the acid touch that is necessary to relieve this monotonous sweetness.

- 1 c. diced apples
- Lettuce
- 3/4 c. dates, seeded
- Salad dressing
- 2 oranges
- Lettuce
- Salad Dressing

Peel the apples and dice them into fine pieces. Wash the dates, remove the seeds, and cut each date into six or eight pieces. Prepare the oranges as directed for preparing oranges for salad, and cut each section into

two or three pieces. Just before serving, mix the fruits carefully so as not to make the salad look mushy, pile in a neat heap on garnished salad plates, and serve with any desired dressing. Sufficient to Serve Six

ORANGE SALAD.

INGREDIENTS: 6 oranges, 1/4 lb. of muscatel raisins, 2 oz. of pounded sugar, 4 tablespoonfuls of brandy.

Peel 5 of the oranges; divide them into slices without breaking the pulp, and arrange them on a glass dish. Stone the raisins, mix them with the sugar and brandy, and mingle them with the oranges. Squeeze the juice of the other orange over the whole, and the dish is ready for table. A little pounded spice may be put in when the flavour is liked; but this ingredient must be added very sparingly.

CALIFORNIA SALAD.

During the months in which California grapes can be found in the market, a very delicious salad can be made by combining them with grapefruit and oranges. Either Malaga or Tokay grapes may be used.

1-1/2 c. grapes
2 oranges Salad
1 grapefruit
Lettuce
Salad Dressing

Prepare the grapes by washing them in cold water, cutting them into halves, and removing the seeds. Remove the sections from the oranges and grapefruit in the way previously directed, and cut each section into three or four pieces. Mix the fruits and drain carefully so that they contain no juice or liquid. Pile in a heap on salad plates garnished with lettuce and serve with any desired dressing.

APPLE & CELERY SALAD.

If an excellent winter salad is desired, apple and celery salad should be selected, for both celery and apples are best during the winter months. As they are very similar in color, they are not especially appetizing in appearance when combined for a salad, but they make a very popular combination with most persons.

1 c. diced apples
Boiled salad dressing
1 c. diced celery
Lettuce

Prepare the apples and celery as short a time before serving as possible, but if it is necessary that the apples stand for any length of time, sprinkle them with a little lemon juice and water to keep them from turning brown. Just before serving, mix them with the salad dressing. Place on salad plates garnished with lettuce and serve. Sufficient to Serve Four.

WALDORF SALAD.

1 c. diced apples
Boiled salad dressing
1 c. diced celery
Lettuce
1/2 c. chopped English walnut meats.

Prepare the apples and celery as short a time before serving as possible, but if it is necessary that the apples stand for any length of time, sprinkle them with a little lemon juice and water to keep them from turning brown. Add 1/2 cupful of chopped walnut meats is added, what is known as Waldorf salad will result. The nuts, which should be added to the mixture just before placing it on the table. Nuts that are to be used for such a purpose should not be run through a grinder, but should be cut with a knife or chopped with a chopping knife and bowl. Just before serving, mix them with the salad dressing. Place on salad plates garnished with lettuce and serve.

GRAPEFRUIT & CELERY SALAD.

Celery is sometimes used with grapefruit to make a salad. This combination is most often served with French dressing, but any other desirable dressing may be used as well. Prepare the grapefruit in the same way as oranges are prepared for salad, and cut each section into three or four pieces. Add to this an equal amount of diced celery and serve on a lettuce leaf with any desired dressing.

BANANA SALAD -1

Peel and scrape bananas. Place them on lettuce leaves or surround with a border of shredded lettuce. Cover with Cream Salad or Mayonnaise Dressing and sprinkle chopped peanuts or California walnuts over them. Serve at once.

Banana Salad may be varied by serving it with Cream Salad Dressing to which peanut butter is added,(1/2 cupful salad dressing and 1/4 cupful peanut butter). Do not use the chopped peanuts with this combination. A mixture of sliced apples and bananas served with the peanut butter dressing makes a pleasing salad.

BANANA SALAD -2

For this use the red bananas. Roll them out of the skin rather than strip the skin from them, and cut them into slices a half inch thick. Cover the bottom of your salad bowl with crisp lettuce leaves, then put over the bananas, allowing one banana to each two persons. Squeeze over the juice of a lemon, and, when ready to serve, baste with French dressing.

BANANA & PEANUT SALAD.

A very good fruit-and-nut combination for a salad consists of bananas and ground peanuts. The bananas, after being cut in half lengthwise, are rolled in the peanuts, placed on a lettuce leaf, and served with dressing. If it is desired to improve the flavor, the bananas may be dipped into the salad dressing before being rolled in the peanuts.

Peel the required number of bananas, scrape the pithy material from their surface, and cut in half lengthwise. Grind the peanuts rather fine and roll each half of banana in them. Place on a garnished salad plate and serve with boiled dressing.

BANANA AND ORANGE SALAD

Peel and slice up some ripe bananas and oranges, removing the pips from the oranges, but saving the juice. Take a deep glass dish, lay at the bottom some bananas, then a layer of oranges. Sprinkle well with sugar, then some more bananas and oranges and sugar, until all the materials are used up. Cover and let it stand for an hour, then serve as a sweet.

COSMOPOLITAN SALAD

Take any fruits in season, such as oranges, mandarins, passion fruit, apricots, nectarines, pineapples, bananas, etc. Peel and slice them up, and put them into a glass dish in layers, with plenty of sugar between each layer. Stand in a cool place for an hour covered over, and it is ready to serve.

FRUIT IN CANTALOUPE SHELLS.

During cantaloupe season, a delightful fruit salad can be made by combining several different kinds of fruit with the meat of cantaloupe and serving the mixture in the cantaloupe shells. Such a salad is an excellent one to serve when dainty refreshments are desired or when something unusual is wanted for a nice luncheon.

Cut cantaloupes in half crosswise, and, using the French cutter, cut some of the meat into round balls. Dice the remainder and mix with any combination of fruit desired. Place this in the cantaloupe shells after cutting points in the top edge. Garnish with the balls cut from the cantaloupe and serve with any desired dressing.

PINEAPPLE & NUT SALAD.

Because of its refreshing flavor, pineapple makes a delicious salad. It may be combined with various foods, but is very good when merely nuts and salad dressing are used.

Place slices of canned pineapple on salad plates garnished with lettuce leaves. Mix whipped cream with salad dressing until the dressing becomes stiff, and place a spoonful or two of this in the center of each slice of pineapple. Sprinkle generously with chopped nuts, English walnuts or pecans being preferable.

MARSHMALLOW SALAD

Cut up one-quarter pound of marshmallows into small squares, also contents of one-half can of pineapple. Let the marshmallows be mixed with the pineapples quite a while before salad is put together; add to this one-quarter pound of shelled pecans. Make a drip mayonnaise of one yolk of egg into which one-half cup of oil is stirred drop by drop; cut this with lemon juice, but do not use any sugar; to two tablespoons of mayonnaise, add four tablespoons of whipped cream. Serve on fresh, green lettuce-leaves.

HIGH PROTEIN SALADS

Salads that are made with cheese, eggs, fish, or meat may be classed as High Protein Salads, for, as has already been learned, these foods are characterized by the protein they contain. Of course, those made almost entirely of meat or fish are higher in this food substance than the others. However, the salads that contain a combination of cheese and fruit are comparatively high in protein, and at the same time they supply to the diet what is desirable in the way of a fruit salad.

EGG SALAD

6 Eggs
1 Lettuce
1 bunch Watercress
Mayonnaise or Salad Dressing
1 Beetroot

Put the eggs into boiling water and boil fifteen minutes. Plunge into cold water till quite cold, peel and cut into quarters. Wash and cleanse the watercress and lettuce and cut into pieces. Put a layer of this at the bottom of the bowl, then one of eggs dipped in the dressing, then another of lettuce and egg until all are used up, leaving plenty of lettuce for the top. Garnish with sprigs of watercress and slices of beetroot alternately.

EGGPLANT SALAD (TURKISH STYLE)

Use small eggplants. Place on end of toasting fork under broiler gas flame until the peel is black; remove the skin. The eggplant will then be tender; chop with wooden spoon, add lemon juice, parsley chopped fine, and olive oil.

EGG SALAD WITH MAYONNAISE.

1 lb. of cold boiled potatoes, 6 hard-boiled eggs, the juice of 1/2 a lemon, pepper and salt to taste. Cut the potatoes and eggs into slices, dust them with pepper and salt, add the lemon juice, and mix all well together. Cover with mayonnaise and garnish with watercress.

CHEESE SALAD.

Put some finely shredded lettuce in a glass dish, and over this put some young sliced onions, some mustard and cress, a layer of sliced tomatoes, and two hard-boiled eggs, also sliced. Add salt and pepper, and then over all put a nice layer of grated cheese. Serve with a dressing composed of equal parts of cream, salad oil, and vinegar, into which had been smoothly mixed a little mustard.

PEACH & CREAM CHEESE SALAD.

An excellent way of using canned peaches is to combine them with cream cheese for a salad. If a smaller salad is desired, half a peach may be used and the cheese placed on top of it. Firm yellow peaches are the best ones to use for this dish.

- Lettuce
- Salad dressing
- 8 halves of pecans or walnuts
- 2 Tb. cream
- 1/4 tsp. salt
- 1 pkg. Cream cheese
- 8 halves canned peaches

Mix the cream and salt with the cheese and shape into balls. Place a ball between two peach halves, and press them together tightly. Place on garnished salad plates, pour salad dressing over the top, and garnish with two halves of the nuts. If desired, the nuts may be chopped and sprinkled over the top. Sufficient to Serve Four.

PEAR & CHEESE SALAD.

- 2 Tb. cream
- Lettuce
- 1/4 tsp. salt
- 4 halves English walnuts
- 1 pkg. cream cheese
- Salad dressing
- 8 halves canned pears

Mix the cream and salt with the cheese and shape into balls. Place one-half of a pear with the hollow side up on a salad plate garnished with a lettuce leaf and the other half with the hollow side down beside it. Put a ball of the cheese in the hollow of the upturned half and

press half an English walnut on top of that. Add the dressing and serve. French dressing is recommended for this salad.

MACARONI & CHEESE SALAD

1/4 lb. Macaroni
1/4 lb. Cheese
1 teaspoonful French Mustard
3 tablespoonsful Oil
3 tablespoonsful Vinegar
1/2 Head of Celery
1/2 Lettuce

Boil the macaroni, or use any cold that may be in the larder. Cut it into pieces about three inches long, cut the cheese into very thin slices, and cut the celery into very small pieces. Lay these alternately in a bowl with some shredded lettuce. Make a dressing of the mustard, oil, and vinegar, and pour it over. Garnish with a little beetroot, and serve.

Green Pepper & Cheese Salad.

vegetable and cheese combination in the form of a salad can be made of green pepper and cheese. To make this kind of salad, select firm green peppers, one being sufficient if a large one can be obtained. Season cream cheese well with paprika and a little additional salt if necessary. Cut the top from the pepper, clean out the inside, and pack tight with the cheese. Cut the filled pepper into thin slices, place two or three of these slices on a salad plate garnished with lettuce leaves, and serve with French dressing.

PEPPER & CHEESE SALAD

Fill green peppers with a mixture of cream cheese and chopped olives. Set on the ice and then slice the peppers and serve a slice (shaped like a four-leaf clover) on a leaf of lettuce. Small brown bread sandwiches go well with this.

DAISY SALAD.

This salad resembles a daisy. To make it, cut celery into strips about 2 inches long and trim one end of each round. These strips will serve to represent the daisy petals. Place them on salad plates garnished with lettuce, laying them so that they radiate from the center and their round ends are toward the outside of the plate. Then, for the center of the daisy effect, cut the yolks of hard-cooked eggs into halves and place one half, with the rounded side up, on the ends of the celery. Serve with French dressing.

HUMPTY DUMPTY SALAD.

or beetroot on the point. Anchovy and gherkin, cut into small diamonds, may be placed between, or cut gherkins in slices, and a border of them laid round.

OTHER SALADS

BREAD SALAD

5 slices Stale Bread
1/2 gill Oil
3 Pickled Onions
1 piece Pickled Cauliflower
2 Eggs
1 Beetroot
2 slices Cold Mutton
1 tablespoonful Vinegar
Mustard and Cress

Trim off the crust and cut the bread into dice, put into a bowl and pour over the oil. Let it stand till all the oil is absorbed; then mince up the onion, cauliflower, eggs, and meat, and strew them over. Season with pepper and salt. Well wash the mustard and cress and arrange on the top. Cut the beetroot into neat shapes and arrange as a garnish.

CHESTNUT SALAD

Equal parts of boiled chestnuts and shredded celery are combined. Bananas, apples, celery and chestnuts. Dress with mayonnaise and serve on lettuce leaves.

SWEETBREAD SALAD

Take cucumbers and cut lengthwise to serve the salad in; scrape out the inside and salt well, then squeeze and use this to mix with the filling. Take a pair of sweetbreads, or calf's brains, wash well, and boil; when done, throw in cold water at once and skim them; chop fine, add bunch of celery, one can of French peas, scraped part of cucumber; mix all together and season. Make a mayonnaise, mix with it, and fill the cucumber shells; keep all cold, and serve on lettuce leaf.

NEAPOLITAN SALAD

Take some white meat of a turkey, cut up fine, cut up a few pickles the same way, a few beets, one or two carrots, a few potatoes (the carrots and potatoes must be parboiled), also a few stalks of asparagus; chop up a bunch of crisp, white celery; a whole celery root (parboiled), sprinkle all with fine salt and pour a mayonnaise dressing over it. Line the salad bowl with lettuce leaves or white cabbage leaves. Add a few hard-boiled eggs and capers; garnish with sprigs of fresh parsley.

SPANISH SALAD.

Put into the centre of the bowl some cold dressed French beans or scarlet runners, and before serving pour over some good mayonnaise. Garnish the beans with three tomatoes cut in slices and arranged in a circle one overlapping the other.

VARIOUS SALAD DRESSINGS AND THEIR PREPARATIONS

Various salad dressings may be made to serve with salads. The kind of dressing to select depends both on the variety of salad served and on the personal preference of those to whom it is served. Some of these contain only a few ingredients and are comparatively simple to make, while others are complex and involve considerable work in their making. Whether simple or elaborate, however, the salad dressing should be carefully chosen, so that it will blend well with the ingredients of the salad with which it is used.

A number of recipes for salad dressings are here given. They are taken up before the recipes for salads so that the beginner will be familiar with the different varieties when they are mentioned in connection with the salads. As many of the recipes as possible should be tried, not only for the knowledge that will be gained, but also for the practical experience.

FRENCH DRESSING -1

Mix 1 tablespoon lemon juice or vinegar, 1/2 teaspoon salt, 1/8 teaspoon pepper or few grains cayenne pepper in bowl; add 3 to 4 tablespoons olive oil, beating constantly. Place on ice until ready to serve.

FRENCH DRESSING -2

A dressing that is very simply made and that can probably be used with a greater variety of salads than any other is French dressing. For instance, it may be used with any vegetable salad, with salads containing almost any combination of fruit, and with meat, fish, and egg salads.

3/4 tsp. salt
1/4 tsp. mustard
1/4 tsp. pepper
3 Tb. vinegar
1/4 tsp. paprika
1/2 c. oil

Measure the dry ingredients and place them in a bowl. Measure the vinegar and oil and add them to the dry ingredients. If possible, place a piece of ice the size of a walnut in the bowl. Beat with a fork until the ingredients are thoroughly mixed and the oil and vinegar form an emulsion that will remain for a short time. The ingredients will

separate if the dressing is allowed to stand, but the colder they are, the more easily will the emulsion form and the longer will it remain. If ice cannot be used, have the ingredients as cold as possible before mixing them.

CREAM SALAD DRESSING -1

A simple dressing that requires very little time or skill in preparation and that affords a means of using up cream that has soured is the one given in the accompanying recipe. Sweet cream may also be used in the same way if desired, and this makes an excellent dressing for cabbage salad, plain cucumber salad with lettuce, or fruit salad. If the dressing is to be used for fruit salad, lemon juice may be used in the place of vinegar.

1 c. sour cream
1/2 tsp. salt
2 Tb. sugar
1/4 c. vinegar

Whip the cream with a rotary beater until it is stiff. Then add the sugar, salt, and vinegar, and continue beating until the mixture is well blended. Cool and serve.

Cream Salad Dressing -2

Two eggs, three table-spoonfuls of vinegar, one of cream, one teaspoonful of sugar, one-fourth of a teaspoonful of salt, one-fourth of a teaspoonful of mustard. Beat two eggs well. Add the sugar, salt and mustard, then the vinegar, and the cream. Place the bowl in a basin of boiling water, and stir until about the thickness of rich cream. If the bowl is thick and the water boils all the time, it will take about five minutes. Cool, and use as needed.

SOUR CREAM DRESSING -1

Sour-cream dressing is not a very economical one to make unless there happens to be sour cream on hand. It is, however, a very good dressing for both fruit and vegetable salad.

2 Tb. butter
1/3 c. vinegar
3 Tb. flour
1 c. sour cream
2 Tb. sugar
2 eggs

1 tsp. salt
1 c. whipped cream

Melt the butter in the upper part of a double boiler, add the flour, sugar, salt, vinegar, and sour cream. Cook together over the flame until the mixture thickens. Beat the egg yolks and add them to this. Place in the lower part of the double boiler and cook until the egg yolks thicken. Beat the egg whites and fold them with the whipped cream into the salad dressing. Cool and serve.

SOUR CREAM DRESSING -2

Mix one cup of sour cream and three eggs, well beaten. Dissolve two tablespoons of sugar and one tablespoon of mustard in one-half cup of vinegar; salt, pepper and paprika to taste, and then stir this slowly into the cream and eggs. Put in double boiler, cook until thick, then add butter the size of an egg and cook about five minutes longer. Take from fire and bottle; this dressing will keep for months.

MAYONNAISE DRESSING -1

Although mayonnaise dressing is prepared without the application of heat, it is not one of the simplest dressings to prepare. It meets with much favor, being used almost as extensively as French dressing, but it is perhaps less desirable with fruit salads than with others. It is also much used as a basis for numerous other dressings. Before serving, it may be thinned by beating either sweet or sour cream into it. It may be made fluffy and light and its quantity may be increased by beating whipped cream into it.

1/2 tsp. salt
2 egg yolks
1/4 tsp. pepper
1-1/2 c. oil
1/4 tsp. mustard
4 Tb. vinegar or lemon juice

Mix the dry ingredients in a bowl. Separate the eggs and add the yolks to the dry ingredients. Beat these with a rotary egg beater until they are well mixed. To this mixture, add a few drops of oil and continue to beat. Add a drop of the vinegar or lemon juice, a few more drops of oil, and beat constantly. Gradually increase the quantity of oil added each time, but do not do this rapidly. As the oil is added and the beating is continued, it will be noted that the mixture grows thicker, but when vinegar is added the mixture is thinned. The quantity of vinegar is so much less than that of oil that the oil may be added in small amounts two or three times in succession before vinegar is added.

This process is rather long and slow, but if the mixing is done correctly, the result will be a thick, smooth mixture that will not

separate for possibly 6 or 7 days. Mayonnaise mixers, which may be procured for making this dressing, make the work easier, but they are not at all necessary. Mayonnaise may be made as successfully with a bowl and a rotary beater, if it will just be remembered that the liquid ingredients must be added slowly and that they must be as cold as possible.

MAYONNAISE DRESSING -2

1 egg yolk
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/16 teaspoon cayenne pepper
1 cup salad oil
2 tablespoons vinegar or lemon juice

Utensils and ingredients should be very cold. Put egg yolk into shallow bowl; add, seasoning and mix well; add oil slowly, almost drop by drop, beating continually until very thick. Thin with vinegar; continue adding oil and vinegar until all is used.

MAYONNAISE DRESSING -3

1 egg
juice of 1 lemon or 4 tablespoons vinegar
1 teaspoon salt
1/4 teaspoon paprika
few grains cayenne
2 cups salad oil

Put egg with vinegar or lemon juice and seasoning into bowl and beat with rotary egg beater. Add oil a tablespoonful or more at a time, beating constantly. Well covered, this mayonnaise will keep for three or four weeks.

COOKED MAYONNAISE.

A dressing that is very similar both in texture and taste to the mayonnaise just explained and perhaps a little easier to make is known as cooked mayonnaise. This dressing, as will be noted from the accompanying recipe, may be made in larger quantities than the Uncooked mayonnaise.

2 Tb. oil
1/4 tsp. mustard
4 Tb. flour
1/4 tsp. paprika
1/2 c. vinegar
2 eggs
1 c. boiling water
2 c. oil
1 Tb. salt

Mix the 2 tablespoonfuls of oil and the flour and pour in the vinegar. Add the boiling water and stir the mixture until it is perfectly smooth and well mixed. Place over the fire and cook for about 5 minutes. Remove from the fire and cool. When completely cooled, add the salt, mustard, and paprika. Separate the eggs and beat the yolks and whites separately. Add the egg yolks to the mixture. Add the 2 cupfuls of oil a little at a time, beating thoroughly with a rotary beater each time oil is added. When all of this is completely mixed and thoroughly beaten, fold in the stiffly beaten egg whites.

MAYONNAISE WITH WHIPPED CREAM

When you are in want of a large quantity of dressing, mayonnaise or French, add one pint of whipped cream to your prepared dressing, stirring thoroughly, just before ready to serve.

WHITE MAYONNAISE

To make white mayonnaise, follow the ordinary directions, using lemon juice instead of vinegar, omitting the mustard and adding, when finished, a half cup of whipped cream or half an egg white beaten very stiff.

Red Mayonnaise Dressing.

Lobster "coral" is pounded to a powder, rubbed through a sieve, and mixed with mayonnaise dressing. This gives a dressing of a bright color. Or, the juice from boiled beets can be used instead of "coral."

Green Mayonnaise Dressing.

Mix enough spinach green with mayonnaise sauce to give it a bright green color. A little finely-chopped parsley can be added.

RUSSIAN SALAD DRESSING

Make one-half pint of mayonnaise dressing and add to it the following: Two hard-boiled eggs chopped fine, two to four tablespoons of tomato catsup, one tablespoon of finely chopped parsley, one teaspoon of finely chopped or grated white onion or shallot, after these ingredients are mixed, fold them into one cup of mayonnaise and serve. Enough for ten people.

BOILED SALAD DRESSING -1

1/2 tablespoon salt
1-1/2 tablespoons sugar
1 teaspoon mustard
1/2 tablespoon flour
few grains cayenne
1/2 cup vinegar
2 eggs
3/4 cup milk
1 tablespoon butter or other shortening

Mix dry ingredients in top of double boiler; add vinegar and beaten egg yolks and mix; add milk and butter. Cook in double boiler until thick and smooth. Take from fire and add beaten egg whites. Cool and serve.

BOILED SALAD DRESSING -2

Although boiled salad dressing is not so great a favorite as the uncooked mayonnaise dressing, it has the advantage of being less expensive. Then, too, it is one of the dressings that may be made without oil, and so finds favor with those to whom oil is not agreeable. However, oil may be substituted for the butter that is given in the recipe. It will be noted that the preparation of this dressing is similar to that of a custard with the addition of flour. Since the flour requires longer cooking than the eggs, they are added last so that there will be no danger of overcooking them. If the dressing curdles, it may be known that the eggs have cooked too long, but this condition may be remedied by placing the pan containing the dressing in a pan of cold water as soon as the curdling is observed and then beating vigorously with a rotary beater.

2 Tb. butter
1 tsp. mustard
2 Tb. flour
1 c. milk
1 tsp. salt
2 eggs
2 tsp. sugar
1/4 c. vinegar

Melt the butter in the inner pan of a double boiler, add the flour, salt, sugar, mustard, and milk. Cook over the flame until the mixture is thickened. Beat the eggs, stir them into the mixture, and add the vinegar, beating rapidly. Place in the large pan of the double boiler and allow this to cook until the eggs have thickened. Cool and serve.

THOUSAND ISLAND DRESSING.

By using the cooked or the uncooked mayonnaise dressing as a basis and adding to it the ingredients listed here, a very delightful salad dressing, called Thousand Island dressing, is the result. All the ingredients need not be added if it is inconvenient to do so, still the dressing is better when they are all used. This dressing is particularly good when served with plain lettuce salad, with lettuce and tomatoes, with lettuce, tomatoes, and cucumbers, or with any other plain-vegetable salad.

1 c. mayonnaise dressing
2 Tb. chopped green pepper
1/4 c. chilli sauce
1 Tb. chopped onion
2 Tb. chopped pimento
1 hard-cooked egg

Into the mayonnaise stir the chilli sauce, pimiento, pepper, and onion, and lastly, add the hard-cooked egg chopped into fine pieces. Chill and serve.

MUSTARD DRESSING

Take yolk of one hard-boiled egg and rub smooth in a bowl. Add two teaspoons of French mustard, salt, pepper, and little sugar. Add a little oil, and then a little vinegar. Garnish top with the white, cut in pieces.

Salad Dressing Without Oil.

The yolks of four uncooked eggs, one table-spoonful of salt, one heaping teaspoonful of sugar, one heaping teaspoonful of mustard, half a cupful of clarified chicken fat, a quarter of a cupful of vinegar, the juice of half a lemon, a speck of cayenne. Make as directed for mayonnaise dressing.

Salad Dressing made with Butter.

Four table-spoonfuls of butter, one of flour, one table-spoonful of salt, one of sugar, one heaping teaspoonful of mustard, a speck of cayenne, one cupful of milk, half a cupful of vinegar, three eggs. Let the butter get hot in a sauce-pan. Add the flour, and stir until smooth, being careful not to brown. Add the milk, and boil up. Place the sauce-pan in another of hot water. Beat the eggs, salt, pepper, sugar and mustard together, and add the vinegar. Stir this into the boiling mixture, and stir until it thickens like soft custard, which will be in about five minutes. Set away to cool; and when cold, bottle, and place in the ice-chest. This will keep two weeks.

EAST INDIAN SALAD SAUCE

- 2 Eggs.
- 1 teaspoonful Curry Powder
- 1/2 gill Oil
- 1/4 gill Vinegar

Boil the eggs hard; put the yolks into a bowl and work them till they are quite smooth. Work in gradually the curry powder, oil, and vinegar. Blend well, and it is ready. It may be used sometimes instead of mayonnaise or ordinary salad dressing.
