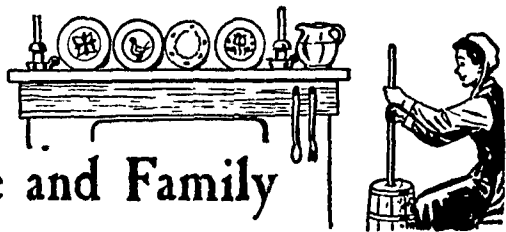


For the Farm Wife and Family



Seasonal Salads

by Mrs. Richard C. Spence

Chilled summery-ight salads are the makings of a meal—make you think cool even if you don't feel it. Cool accompaniment to charcoal grilled meats and fowl is a chilled fruit salad. It might be made of fresh ripe berries combined with luscious pears, peaches, melon balls and a whipped cream dressing, or a juicy ripe melon ring capped with a scoop of creamy rich cottage cheese. Charcoal steak or cheese topped hamburgers team tastily with a tossed leafy salad boasting red ripe tomatoes, cucumber slices and zesty radishes—with a whisper of chives or scallions for onion lovers.

Treat of all is the dressing. Well blended and subtly spiced it gives character to an ordinary salad. An exciting salad dressing is not hard to make; takes just a pinch of imagination and a spoonful of ingenuity.

For the tastiest salad, use a variety of greens. There are so many to choose from head and bib lettuce, leaf lettuce, water cress, curly endive, romaine and escarole, young raw spinach, Chinese cabbage, etc. Prepare ingredients in advance by washing, drying and chilling them till ready to serve. Never soak greens but simply rinse under running cold water; drain or shake off excess water and refrigerate in a covered container. Breaking lettuce into bite-sized pieces by hand makes it look fresher and prettier than lettuce cut with a knife. Chilling individual salad bowls or plates helps to keep the salad fresh tasting.

Spicy garlic croutons are a welcome crunchy topping for leafy salads. They can be made ahead, if you like, refrigerated and oven heated just before serving. To make croutons: cut bread into small cubes, leaving crusts

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A large salad fork and spoon make the job easier. Go to the bottom of the bowl with the spoon as you go up and over with the fork—the fork goes under, while the spoon goes up and over, till tossing is done.

We often forget that our bodies must be as adequately nourished in summer as in winter. Protein-rich foods, calcium and other essential minerals and vitamins are just as necessary during this season. A tray of assorted cheeses, cold cuts and a hearty but cooling salad supplies adequate nutrition yet blends with the mood of the day. Slices, wedges, and cubes of Cheddar, Swiss, Muenster, Gouda, Edam or any cheese that particularly pleases your palate go well with delicatessen foods like spicy salami, bologna, summer sausage, baked ham, etc

We're all accustomed to mainstay salads like potato, so for a salad with a difference serve zippy Cheddar Mac. This delightful dish features grated Cheddar cheese with elbow macaroni, hard-cooked eggs and chopped summer vegetables. The dressing is sour cream heightened by a touch of lemon juice, prepared mustard and seasoned salt. Weight watchers will be pleased to know it's so much lower in calories than salads made with a mayonnaise base. Garnish

the salad tray with relishes; accompany with assorted breads and crackers, with plenty of butter for spread and with tall, tall glasses of icy cold milk.

CHEDDAR MAC SALAD

1½ cups uncooked elbow macaroni
4 hard-cooked eggs, chopped
¾ cup diced celery
½ cup sliced radishes
¼ cup chopped stuffed olives
2 tablespoons chopped parsley
1½ cups shredded sharp cheddar cheese
1 cup dairy sour cream
1 tablespoon lemon juice
1 teaspoon prepared mustard
2 teaspoons seasoned salt
½ teaspoon salt
Cook macaroni in boiling salted water until tender, ac-

ording to package directions. Rinse and drain. Put celery, radishes, olives, parsley and cheese in mixing bowl with macaroni. Combine sour cream, lemon juice, mustard, seasoned salt and salt. Pour over macaroni mixture and toss until lightly blended. Chill before serving.

Slaw prepared with a new wine vinegar now on the market will be a hit with the men. Try this Deviled Red Cabbage Salad. If red cabbage is not available, you may substitute green

DEVILED RED CABBAGE SALAD

2 cups shredded red cabbage
¼ cup chopped green pepper
½ cup chopped celery
1 tablespoon minced onion

Place in shallow pan and toast in slow oven (275-300 degrees) till golden brown and dry. Melt butter in skillet with a peeled clove of garlic. The quantity of butter you use will depend on the amount of croutons you are preparing. Add toasted bread cubes and toss until all are butter coated. Remove garlic and serve croutons hot.

To toss greens and dressing with a professional air: use a large enough bowl to be able to toss thoroughly.

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