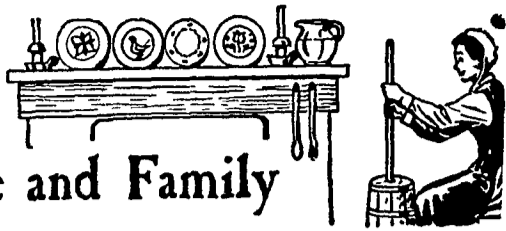


# For the Farm Wife and Family

## The Art Of Salad Making



By Mrs. Richard C. Spence

An attractive main dish salad for luncheon, a pretty fruit salad for your dinner, or luscious frozen dessert salad when you're party planning—How easy it is to find just the right salad for every occasion. The almost limitless ways to combine the mineral and vitamin-rich foods which go into a salad make their preparation easy and fun. From a nutritional standpoint, and because salads are such delicious foods by themselves, they are becoming more and more important in the daily menu picture.

There are certain basic principles of salad making that are well worth keeping in mind. Learn these simple salad preparation techniques and salad making will become an art you'll always enjoy.

### SERVE SALADS LIKE THIS

As an "accompaniment salad" to be eaten with the main course, or to garnish the meat platter. Sometimes salads are served as a first stand texture contrast when

course appetizer. As a "main dish salad" or "salad plate." As a "dessert salad" or "party salad."

**REMEMBER THESE SALAD POINTERS** — Use only chilled and crisped salad greens.

Greens should never extend beyond the edge of the plate. Excess greenery can dwarf a salad.

Try for color, flavor, form contrast when

combining salad ingredients. Always chill canned fruits and vegetables.

Drain canned fruits thoroughly on paper towels; vegetables in a sieve.

Arrange any salad on a chilled plate (or bowl) in a simple manner. Avoid a cluttered effect.

Combine or arrange salads just before serving for a fresh, appetizing appearance.

### MAKE PRETTY MOLDED SALADS

Use the sirup from canned fruits as part of the liquid in gelatin salads for added flavor.

For large molds cut the liquid to 1 3/4 cups for 1 package fruit-flavored gelatin or 1 envelope unflavored gelatin.

Chill gelatin until slightly

thickened (unbeaten egg white consistency) before adding the solid ingredients. Carefully fold the well-drained fruits and vegetables into the thickened gelatin, distributing them evenly.

A gelatin salad may be molded in several ways: in a large ring or fancy mold, in individual molds, or in a shallow pan.

To mold fruits or vegetables in a definite pattern, arrange in a thin layer of slightly thickened gelatin. Chill until firm, then add the balance of the gelatin.

To make molded layered salads, be sure each layer is firm before adding the next layer.

Prepare large gelatin molds a day ahead of serving, so they will be thoroughly set

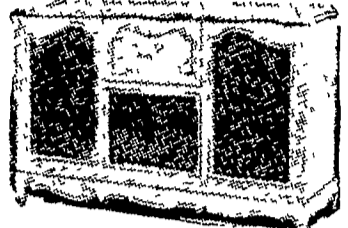
before unmolding. Fill molds as full as possible for easy unmolding.

To unmold, loosen edge of mold with spatula or a small knife which has been dipped

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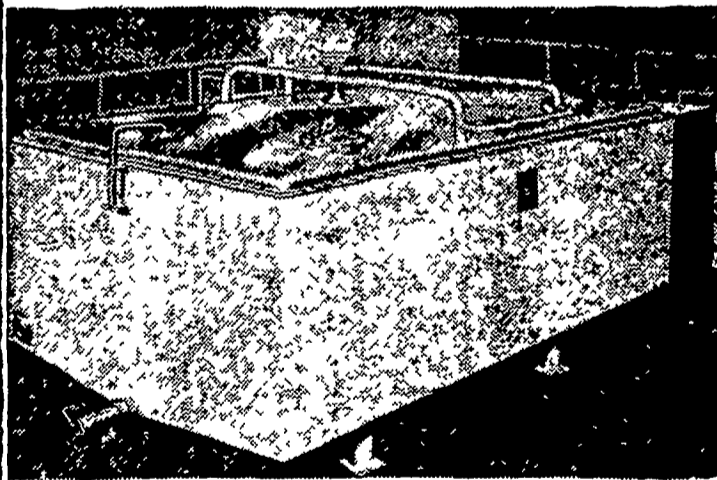
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1958	\$14,828,924.17
1960	\$22,680,597.96

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