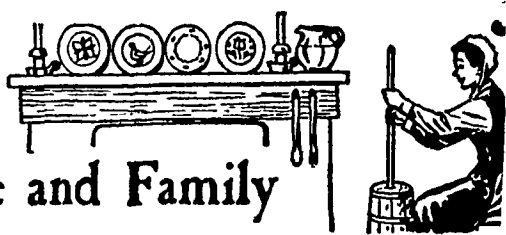


For the Farm Wife and Family



The Art Of Salad Making

by Mrs. Richard C. Spence

A main dish salad is a meal in itself—hearty and nutritious. Such a salad is usually built around meat, fish, eggs, or cheese in combination with salad greens and a zesty dressing. However, a light main course salad may be just a generous serving of canned fruit topped with cottage cheese or sherbet. Menus featuring main dish salads may be planned for luncheon, supper, or dinner.

MAIN DISH SALADS

They're perfect for spur-of-the-moment meals too, since preparation and service are so easy. A general pattern for a main dish salad goes like this: hot soup, the salad of your choice, a bread accompaniment, dessert, and beverage.

Because canned meats are so often used for main dish salads, remember these tips. For easy slicing of canned meats, chill well, remove both ends from the can, push the contents out in one piece and slice as desired. Canned meats may be cut several hours ahead of serving if the slices are tightly wrapped and refrigerated. Cube, slice, or slice these meats and add to tossed green salads, potato, macaroni, or cabbage salads.

Serve muffins, biscuits, or yeast breads often, using a packaged mix as a time-saver. Vary bakery hard rolls and French bread with garlic butter, a topping of grated cheese, or a sprinkling of poppy seeds.

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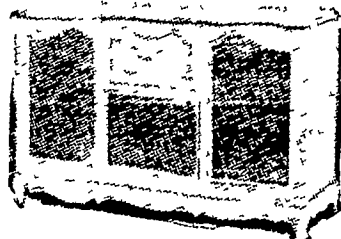
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with 2 3-ounce cans deviled ham, 1½ teaspoons grated onion, ½ cup chopped celery, ¼ cup chopped green pepper, and ¼ cup chopped sweet pickles. Pour mixture into a pint mold; chill until firm.

Unmold Deviled Ham Mousse in the center of a large serving plate; surround with water cress. Arrange slices of canned corned beef and pairs of Vienna sausage around the Mousse. Serve with iced pineapple juice.

TOMATO ASPIC WITH CABBAGE SLAW

TOMATO JUICE ASPIC: (For an eight-inch ring mold make three times this basic tomato juice aspic recipe). Soften 1 envelope unflavored gelatin in ¼ cup cold tomato juice. Heat ¾ cups tomato juice to a boil. Add 1 teaspoon grated onion, 1 teaspoon salt, & softened gelatin, stirring until the gelatin is dissolved. Pour into individual molds and chill until firm. 4 servings

Unmold a Tomato Juice Aspic Ring on a serving plate. Fill the center with cabbage slaw to which corned beef, cut in cubes, has been added. Garnish with salad greens. Other fillings are cottage cheese, potato salad, egg, chicken, or salmon salad.

VIENNA'D MACARONI SALAD

VIENNA'D MACARONI SALAD: Cook 1 8-oz. package elbow macaroni just until tender. Drain, blanch in cold water, and drain thoroughly. Combine with 1 cup chopped celery, 1 cup chopped sweet pickles, 2 tablespoons grated onion, and 1 can Vienna sausage cut into thin slices. Blend 1 cup mayonnaise with 2 tablespoons

juice from pickles, 1 teaspoon salt, and ¼ teaspoon pepper. Add to macaroni mixture. Chill. 6 servings.

Heap Vienna'd Macaroni Salad on salad greens in the center of a large serving plate. "Spoke" Vienna sausages over the top. Arrange halves of deviled eggs around the salad.

ACCOMPANIMENT SALADS

Accompaniment salads, eaten with the main course, are probably the most popular and most often served of all salads. Sometimes an accompaniment salad is used to garnish a main course serving platter; occasionally it is served as a first course appetizer. All of these salads are made in small to middle-sized portions, and keyed in flavor, color, and texture to the rest of the menu. They are easily varied by the dressing; topping or garnish, thus may be adapted to many luncheon, dinner, or supper menus.

Accompaniment salads may be served several ways. Crisp tossed salads or canned fruit or vegetable arrange-

ments garnished with salad greens are attractively served from a large salad bowl. Individual salads arranged on greens on a single large platter may be passed. A small salad for each person helps make an attractive place setting. Arrange on small side plates or in little wooden or pottery bowls and place to the left of the dinner plate.

Bread sticks or appetizer crackers are especially good when the salad is served at the beginning of the meal. Assorted breads, quick hot breads, or dinner rolls are eaten when the salad is served with the main course.

ACCOMPANIMENT SALAD SUGGESTIONS

Pineapple slices topped with sliced and scored bananas and peanuts.

Peach halves topped with cottage cheese and chopped chives or onion.

Pear halves put together with cream cheese and topped with watercress.

Apricot halves topped with softened cream cheese and chopped dates.

Canned peas combined with sliced celery, cheese

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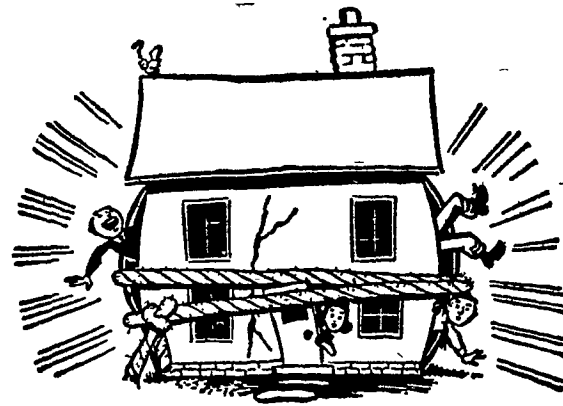
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