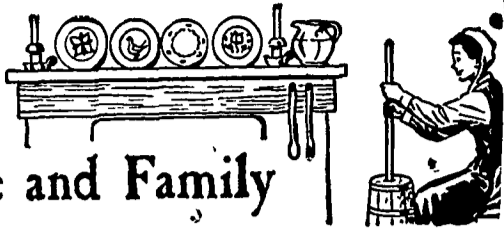


For the Farm Wife and Family



Keep Cool With A Salad

By Mrs. Richard C. Spence

Summer's heat getting the best of you? If so, revive lagging appetites with light, refreshing and low calorie salads.

An unusual combination of ingredients makes this simple-to-prepare tossed salad attractive and delectable.

- BERMUDA SALAD**
- 1 cup salad oil
 - 1/2 cup tarragon vinegar
 - 2 teaspoons sugar
 - 1 teaspoon salt
 - 1/2 teaspoon paprika
 - 1 small head cauliflower, separated into flowerets
 - 1/2 large Bermuda onion, thinly sliced, separated into rings
 - 1/2 cup sliced stuffed olives
 - 1/2 cup crumbled Roquefort or blue cheese
 - 1 small head lettuce, shredded

Combine first 5 ingredients in jar; shake well. Combine cauliflower onion and olives. Marinate in dressing in refrigerator 1 hour. Immediately before serving add cheese and lettuce, toss well. Serve in individual salad bowls. Makes 6 servings.

- SUMMER LETTUCE SALAD**
- 1/4 cup salad oil
 - 2 tablespoons cider or salad vinegar
 - 1 tablespoon chopped parsley
 - 1/2 teaspoon salt
 - 1/8 teaspoon ground thyme
 - Dash pepper
 - 1 cup medium grated carrots
 - 1/2 cup chopped sweet or dill pickles
 - 1/2 cup chopped celery
 - 1 pound dry or non-creamed cottage cheese
 - 3 cups salad greens, broken into bite-sized pieces

Blend salad oil with next 5 ingredients in large bowl. Add carrots, pickles and celery, toss lightly. Chill 1 hour. Just before serving, add chilled cottage cheese and salad

GOLDEN CROWNED GREEN BEAN SALAD

One and a half pounds fresh green beans (2 packages - 10 ounces each frozen French style green beans may be used. Start recipe at "cook until tender".)

- 1/2 cup salad oil
- 1/3 cup cider vinegar
- 2 teaspoons salt
- Dash pepper
- 3/4 cup chopped onions
- 6 slices bacon, cooked, crumbled
- 6 hard-cooked eggs, chopped
- 1/2 cup mayonnaise
- 1 tablespoon prepared mild mustard
- 1 tablespoon cider vinegar
- 1/2 teaspoon salt

Split beans lengthwise, then cut in half. Cook until tender in boiling, salted water; drain. Toss beans with next 5 ingredients; chill for several hours; drain off excess liquid. Just before serving, add bacon and place in salad bowl. Combine eggs and remaining ingredients! mound over beans. Makes 6 servings.

Cottage-Tomato Cups is a tasty main-dish salad that's easy to prepare in advance and refrigerate

COTTAGE-TOMATO CUPS

- 6 large tomatoes
- Onion salt
- 1/2 cup cooked, cut green

- beans
- 1/2 cup cooked, shredded carrots
- 1/4 cup chopped celery
- 3-4 tablespoons garlic salad dressing
- 1 1/2 cups cottage cheese
- Salad greens

While fresh tomatoes are at their best, try this Tomato Two-Decker.

TOMATO TWO-DECKER

Slice a tomato horizontally in thirds. Season slices to taste with salt and pepper. Top first slice with egg salad (chopped hard-cooked egg, daily sour cream and pickle relish); cover with middle slice of tomato and top with cottage cheese.

Cut out a large circle from center of third slice; place

on cottage cheese layer and fill with more cottage cheese. Garnish with parsley sprig.

A refreshing meal might center around Summer Cool Salad, a tasty two-layer mold.

SUMMER COOL SALAD

CHEESE LAYER:

- 1 tablespoon (1 envelope) unflavored gelatin
- 1/4 cup water
- 2 cups cottage cheese
- 3/4 cup dairy sour cream
- 1/2 cup crumbled Blue cheese

Soften gelatin in water. In a bowl combine cottage cheese, sour cream and Blue cheese; beat until smooth. Heat softened gelatin over hot water until dissolved; blend into cottage cheese mixture. Pour into 6 1/2 cup ring mold; chill until set

TOMATO ASPIC LAYER:

- 2 tablespoons (2 envelopes) unflavored gelatin
- 1/2 cup tomato juice
- 3 cups tomato juice
- 2 teaspoons salt
- 2 teaspoons sugar
- 2 tablespoons lemon juice
- 2 teaspoons grated onion
- Salad greens
- Marinated vegetables

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