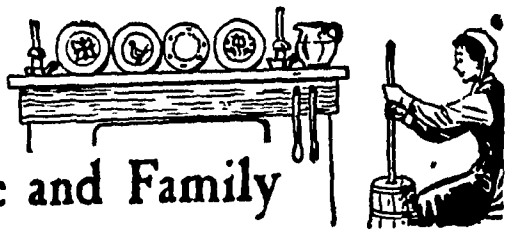


# For the Farm Wife and Family



## Greet The Heat With A Salad

By Mrs. Richard C. Spence



SPENCE

Summertime is salad time. And it's a logical choice since most people prefer light meals in the summer — and homemakers, eager to avoid hot stoves, are in search of meals that are cooling, quick and easy to prepare.

Colorful touches to any meal can be found in molded, arranged or tossed fruit and vegetable salads. Salads offer plentiful nutrients, often with fewer calories, whether they be used as a refreshing accompaniment to a meal, or as the main course. Chilled summer fruits enhance other flavors and are just as well suited for main course as for dessert.

Don't limit yourself to lettuce when selecting greens for leafy salads. Some others you might choose are spinach, escarole, endive, watercress, romaine and cabbage. Nutritionally, watercress provides four times the vitamin A found in lettuce, spinach has nine times more vitamin A than an equal serving of lettuce. Greens that are darker in color, tender and crisp have the best taste — and the most vitamins and minerals for your family.

Wash salad greens, thoroughly dry with a towel or in a lettuce basket and store them in plastic bags or containers to insure crispness. Be sure greens are dry when assembling salad so dressings will not be diluted.

Homemakers who prepare salads in the cool of the morning or evening favor molded salads which include fruit, vegetables, meat or cheese. For family-size or individual servings, fruits, vegetables and cottage cheese provide innumerable combinations for your creative touch.

Meat, fish or eggs offer the basis for a main course salad. Salads are gaining popularity with men as mid-day and evening meals. Tuna, salmon, shrimp and crabmeat are perennial seafood favorites. Ham, chicken, pork and beef salads can be prepared to suit heavy appetites.

with a mound of fresh fruit for contrast.

### LEMON CREAM

- 1 package (3 ounces) lemon-flavored gelatin
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1 cup boiling water
- 1 can (6 ounces) frozen lemonade concentrate
- 1 cup whipping cream
- Watermelon balls
- Cantaloupe balls
- Strawberries

In a mixing bowl blend gelatin, sugar and salt. Add boiling water and stir until dissolved. Stir in lemonade concentrate. Chill until jelly-like consistency. In a chilled bowl whip cream until soft peaks form. Fold into lemon mixture. Pour into 4 1/2 cup ring mold which has been rinsed with cold water. Chill until firm. Unmold onto chilled tray. Fill center of mold with melon balls and strawberries. Garnish with mint leaves.

NOTE: The mold is quite tart which contrasts with the sweet fruit. If desired, more sugar may be added.

The first fresh apples of the season are the inspiration for this vivid red and white Apple

Swirl Salad. Its flavor will complement ham, ham loaf, chicken, or any meat you serve. It's pretty enough to stand alone as a luncheon salad, too. Serve it with sandwiches or crackers and salad nuts.

### APPLE SWIRL SALAD

- LAYER 1:
- 2 cups unsweetened fresh or canned applesauce
  - 1/4 cup red cinnamon candies
  - 1 package (3 ounces) lemon-flavored gelatin
  - 2 tablespoons lemon juice
  - Few drops red food coloring, if desired

- LAYER 2:
- 1 package (3 ounces) lemon-flavored gelatin
  - 1 cup boiling water
  - 3/4 cup instant nonfat dry milk
  - 1 package (3 ounces) cream cheese, softened
  - 1/2 cup dairy sour cream
  - 2 tablespoons lemon juice

LAYER 1: Cook applesauce with cinnamon candies until candies are dissolved. Remove from heat and add gelatin. Stir

until gelatin is dissolved; then add lemon juice and blend well. Turn into dish. Chill until the consistency of egg white.

LAYER 2: In a small mixing bowl, dissolve gelatin in boiling water. Chill until partially set. Add nonfat dry milk, cream cheese, sour cream and lemon juice; beat until fluffy. Turn into dish over apple layer. Stir once or twice until

(Continued on Page 11)

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Fluffy-light in texture, Lemon Cream ring mold might be served as a buffet salad or a light-any dessert. It is centered

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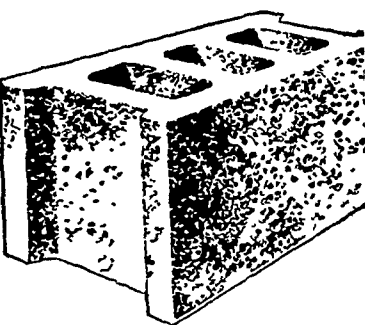
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