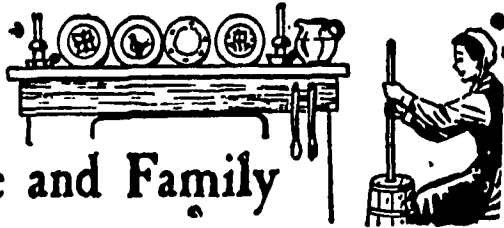


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

SUMMERY SALADS



SPENCE

Salads are popular on any menu, any time of year, but they really score in summer. With families so much on the move these days it's a wise cook who keeps her family well-fed with meals adapted to quick preparation and easy travel. For those times when everybody packs up for an outing at the beach or the park, have this Carry Along Salad ready in the refrigerator. In a well-chilled dish wrapped in newspaper or packed in the picnic cooler along with a refreshing drink and relishes, it's cool and tasty when you're ready to eat.

- CARRY ALONG SALAD** Spread over gelatin. Makes 9 servings.
- 1 can (1 lb. 14 oz.) fruit cocktail
 - Water
 - 1 package (3 oz.) celery flavor gelatin
 - 1 cup cottage cheese
 - ½ cup finely diced celery
 - ½ cup chopped walnuts
 - 1 package (3 oz.) cream cheese
 - 2 tablespoons dairy sour cream
 - 1 teaspoon lemon juice
- Drain fruit cocktail reserving syrup; add enough water to make 2 cups. Heat 1 cup of syrup-water mixture to boiling, stir into gelatin until gelatin is dissolved. Add remaining 1 cup syrup-water mixture. Chill until jelly-like in consistency. Fold in fruit cocktail, cottage cheese, celery and walnuts. Turn into 8-inch square pan and chill until firm. Beat together cream cheese, sour cream and lemon juice until smooth.

Enjoy the fresh flavor combination of chicken and fruit in this delicious Baked Gourmet Chicken Salad.

- BAKED GOURMET CHICKEN SALAD**
- 3 cups cut-up, cooked chicken
 - 1½ cups coarsely chopped celery
 - ¼ cup French dressing
 - 1½ cups shredded Cheddar cheese
 - 1½ cups halved and seeded green grapes
 - ½ cup toasted, slivered almonds
 - 1½ cups dairy sour cream
 - 1½ teaspoons prepared mustard
 - ½ teaspoon salt
 - 1 cup crushed potato chips
 - 1 cup shredded Cheddar cheese
- Marinate chicken and celery in French dressing for 1 hour; drain if necessary. In large bowl combine chicken, celery, 1½ cups Cheddar cheese, grapes and almonds. Blend together sour cream, mustard and salt; pour over chicken mixture and toss lightly to blend. Divide into 8 individual baking dishes. Combine potato chips and 1 cup shredded Cheddar cheese; cover each baking dish with ¼ cup mixture. Bake in preheated 300 degree oven 30 minutes or until heated

through. Serve immediately. Makes 8 servings.

- APRICOT WHIRL SALAD**
- 4 cups (two 1 lb. cans) apricot halves
 - 2 tablespoons (2 envelopes) unflavored gelatin
 - ½ cup water
 - 1 cup apricot juice
 - ½ cup sugar
 - 3 tablespoons lemon juice
 - ½ teaspoon salt
 - 1½ cups cottage cheese, sieved
 - Salad greens
 - Cottage cheese
- Drain apricots, reserve liquid and 4 apricot halves. Puree remaining apricot halves. In a saucepan soften gelatin in water; add apricot juice and heat until gelatin

is dissolved. Blend in apricot puree, sugar, lemon juice and salt; remove from heat. Stir in 1½ cups cottage cheese; pour into 8-inch square pan or 12 individual molds, 4-ounces each; chill until firm. Unmold salads onto greens; garnish with slice of apricot. Serve with cottage cheese. Makes 12 servings. Note: Cooked dried apricots may be used in place of canned; then sugar must be increased from ½ cup to ¾ cup.

Ever try to freeze a molded gelatin salad? Chances are it came out watery after freezing and thawing. It doesn't have to if you follow these simple directions: Simply use one-fourth less liquid (Continued on Page 9)

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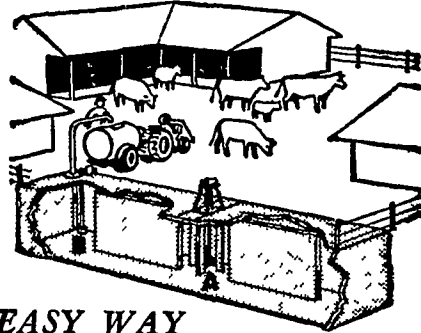
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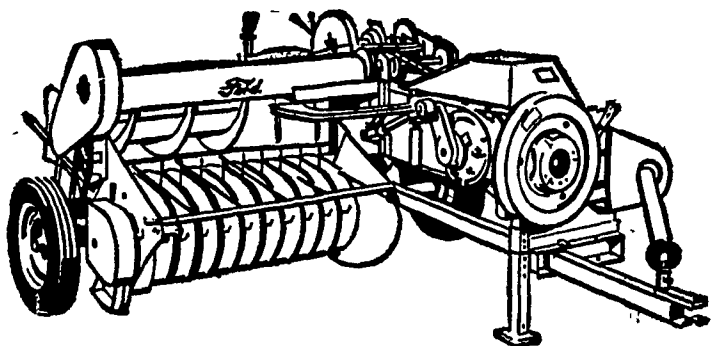
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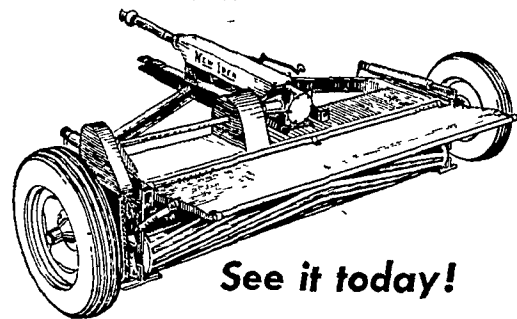
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