For the Farm Wife and Famil



By Mrs. Richard C. Spence, Food Editor

Salads For A Late Summer Lunch



SPENCE

Do you often wonder what to serve with $\bar{1}_{4}$ soup or a salad? Cut thin slices of refriger- 2 ator rye bread, spread with softened butter 1 and sprinkle with Parmesan cheese Toast until crisp and serve with soup or salad OR cream butter with a dash of mustard, a squeeze 1/8 of lemon and a little chopped parsley; then spread it lavishly on small sandwich slices.

Here is a perfect dressing for fruit salad:

FRUIT SALAD DRESSING

- tablespoons flour
- teaspoon salt
- 11/2 teaspoons dry mustard tablespoons sugar
- 1½ cups buttermilk
- eggs, beaten
- tablespoon butter
- tablespoons vinegai Dash of basil

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Mix together the flour, salt, dry mustard and sugar. Blend in pait of the butiermilk and stir until smooth Add remaining buttermilk and the beaten eggs Cook over low heat, stir- lid; shake well Serve cool, ring constantly until thick-Do not boil Remove from heat and add butter, and stored in refrigerator unvinegar and basil Cool and serve with colorful fruit salad of apples, oranges, grapes and

SWEET AND SOUR COLE SLAW

- tablespoons sugar teaspoon salt teaspoon pepper
- cup evaporated milk cup vinegar

tablespoon lemon juice 3 to 4 cups finely shredded cabbage

Mix sugar, salt and pepper in a small bowl. Blend in evap- 2 orated milk. Let mixture stand about 5 minutes. Stir occasion- 1 ally to dissolve sugar. Gradu- 3 ally blend in vinegar and lemon juice. Chill. Mix with finely shredded cabbage to make 15 cole slaw. 6 servings.

LOW CALORIE

- LEMON FRENCH DRESSING teaspoon unflavored gela-
- tablespoon cold water cup boiling water
- to 3 tablespoons sugar teaspoon salt
- teaspoon grated lemon peel
- cup lemon juice
- teaspoon garlic salt teaspoon pepper
- teaspoon dry mustard teaspoon Worcestershire sauce

Soften gelatine in cold water. Add boiling water and until gelatine dissolves. 1/2 Stir in sugar and salt until 2 dissolved. Combine mixture with remaining ingredients in 1 a container with a tight fitting but not chilled over crisp salad greens. May be covered til needed If refrigerated, before serving place container of dressing in pan of hot water for 5 minutes to soften the gelatine 1 tablespoon 12 to 13 calories Makes about 1 cup

NEW LOOK POTATO SALAD cups cubed cooked pota-

toes

teaspoon salt

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teaspoon freshly ground black pepper tablespoons salad or olive oil

to 3 tablespoons mayonnaise

tablespoon vinegar oranges, peeled, cut into bite-size pieces (11/4 to 2

cups) cup chopped green onion 1/4 tops

cup chopped parsley Salad greens

Sprinkle potatoes with salt and pepper; add oil and toss 2 lightly to coat Add mayon- 2 naise and vinegar, tossing to blend. Mix in remaining in- 1/3 gredients. Refrigerate 1 hour 1/3 to blend flavors. Serve on crisp salad greens to 4 people.

FRESH-ORANGE **CUCUMBER SALAD**

- Iarge cucumber, peeled, thinly sliced
- 3/4 teaspoon salt
- teaspoon pepper
- bite-size pieces
- cup plain yogurt
- teaspoon thyme, crushed Salad greens.

Sprinkle cucumber with salt pepper, add oranges,

green pepper and pareley. Combine yogurt and thyme and spoon over salad. Toes lightly to mix. Refrigerate 1. hour to blend flavors. Serve on crisp salad greens. 4 serv-

CHEESE POTATO SALAD

cup dairy sour cream tablespoons Italian-style dressing

cups diced, cooked potatoes

hard-cooked eggs, diced cups cottage cheese

cup sliced celery

cup diced ripe olives cup sliced radishes cup sliced green onions

teaspoon salt Salad greens

In a large mixing bowl blend together sour cream and dressing; add potatoes and eggs and allow to marinate while preparing rest of ingredients. Then, fold in cottage cheese, oranges, peeled, cut into celery, olives, radishes, onions and salt; pack into mold which cup chopped green pepper has been rinsed with cold, watablespoons chopped pars- ter. Chill. When ready to serve, unmold on salad greens and fill center with vegetable stick relishes, if desired. Makes 6 to 8 servings.

(Continued on Page 15)

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