# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

### VARIETY IN SALADS



The use of fruits and vegetables in salads is a good way to increase the use of these of whipped cream or light colorful toods. It also provides a pleasant cheese dressing. They are simiway to get vitamins and nunerals into your liar to the dessert salad since

For a pleasing salad choose good quality greens, fruits and vegetables Clean and chill salad ingredients thoroughly before preparing

There are many types of salads to choose from appetizer, accompaniment, main

greens, tossed with highly seasoned, spicy or ing salad ingredients When tart dressings They can be garnished with making a large salad, build it fruits and vegetables but remember to serve up in layers in the salad bowl.

purpose is to stimulate the ap | foods with which they are serv- ing | Add the dressing and lift

tossed or individual salad units gentle mixing. on a background of greens They might be molded or unmolded type salads.

Main dish salads are made of substantial foods like meat. tish, poultry, cheese, eggs and vegetable combinations This type will make a full meal, or a good share of the meal.

Salad plates are almost al v'ays served on a bed of greens Choose the greens carefully so the combination of flavors goes together because

or crackers.

at the end of a heavy meal, unappetizing. If the rest of the meal takes a lot of preparation, the salad can be simple and perhaps be prepared ahead of time. Keep in mind that light flavor is more refreshing than a foreign, unknown flavor.

fruit or gelatin with a touch of whipped cream or light guests may have eaten a meal before hand They are a hospitality gesture on your part and therefore should have a light, refreshing flavor.

Use two vorks or a fork and a spoon to pievent mashing or dish, salad plate dessert of a party salad a spoon to prevent mashing or Appetizer salads can be made of salad crushing the greens when tossthem in small portions. Their petite for more substantial Chill thoroughly before servor turn the greens gently two Accompaniment salads are or three times for quick and

to make each leaf shiny. A gelatin in the pineapple juice

way of serving fruit or gelatin salad looks lost or too full and set. Ummold on lettuce.

flavor to meals.

Party salads are basically ful, glamorous and easy to 135 with yoghurt. make. Here's a recipe that has these ments and uses pears developed for an alternate for the cleam cheese for low calorie counters.

MOLDED FRUIT SALAD

ounces cream cheese OR 1 cup yoghurt

cup lemon juice teaspoon salt

can (8 ounces) pineapple tidbits

tablespoon unflavored gelatın

package (10 ounces) frozen 1 strawberries, thawed cup fresh or canned pears, drained

Allow cream cheese to soften at room temperature Combine In adding dressing to a salad, cream cheese or yoghurt with mix and add just before serv- lemon juice and salt; blend and chopped cold turkey with

your guests may want to eat drippy salad spoils the appetite and heat until dissolved. Stirboth the salad and the greens, and appearance. For good ap- into cream cheese or yoghura This type can be a combina pearance of any salad, don't mixture. Add berries. Beat with tion of fruits, vegetables and over fill the bowl or salad rotary beater. Chill until mixprotein garmshed with toast plate. Have enough greens to ture begins to thicken. Stir in satisfy or frame the salad, but pineapple and pears. Pour into A dessert salad is a good not so many that an individual 1-quart mold and chill until

NOTE: Use only canned With a little imagination and pineapple in gelatin salads. creation, a salad can add crisp- Natural enzymes in fresh and ness, color, texture and good flozen pineapple prevent gelatin from setting.

Calories per serving: About Molded salads can be color- 160 with cream cheese; about

Cooked pears do not darken which are plentiful. It was when they stand for a normal serving time. Raw pears need the protection of a coalting of citius or prneapple juice to prevent the familiar darkening caused by enzymes in the fruit. These juices also enhance flavor.

### APPLE SALAD

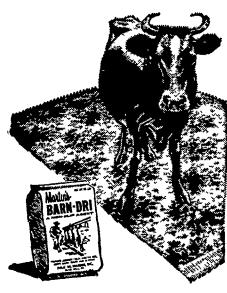
cup diced raw apple cup diced celery cup chopped, cooked, cold

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tui key Mayonniaise to moisten and hold ingredients together Salt to taste

Paprika for garnish

Mix dired apples, celery, ing. Add only enough dressing well Drain pineapple Soften enough mayonnaise to moisten-(Continued on Page 15)



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