



FOR THE
FARM
WIFE
AND
FAMILY

Salads Make Life Simple

by Mrs. Richard C. Spence

Sometimes the best way out is the easy way. A case in point: serving a supper of cold cuts and a zesty garden salad mold on a busy or hot summer day. A supper such as this is one that will appeal to your family as much as it does to you.

A tempting array of fresh vegetables is to be found in this Garden Patch Salad Mold. Use carrots, celery or cucumbers, green pepper, tomatoes, whatever you have in the way of red and green vegetables. Cottage cheese and buttermilk add cool creaminess to the salad. Serve this salad with assorted breads and butter, cold meats, a dessert, and beverage. It makes an easy, but nourishing meal.

GARDEN PATCH
SALAD MOLD

- 1 tablespoon (1 envelope) unflavored gelatin
- 1/2 cup tomato juice
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 1/4 teaspoon Tabasco sauce
- 1 cup buttermilk
- 1 cup cottage cheese
- 1/2 cup shredded carrots
- 3/4 cup chopped celery, OR

- 2 cucumber (drained)
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped red pepper, OR tomato

Salad greens

In a saucepan sprinkle gelatin over tomato juice to soften; dissolve over low heat. Stir in sug-

ar, salt and Tabasco sauce; remove from heat. Add buttermilk and cool to jelly like consistency. Then, whip gelatin mixture until fluffy; beat in cottage cheese. Fold in carrots, celery, green and red pepper, turn into four-cup salad mold. Chill until firm. Turn out onto greens and garnish with additional vegetable relishes, if desired. Makes four to six servings.

Here is another type of vegetable salad

VEGETABLE SALAD

- 1 cup canned green beans, drained
 - 1 cup canned corn, drained, or cooked frozen corn, drained
 - 1 cup kidney beans, cooked or canned, drained
 - 1 stalk celery
 - 1/2 green pepper, if you like
- Salad dressing, or oil and vinegar dressing, as you like

Drain and measure into bowl the green beans, corn and kidney beans. Chop celery and green pepper and add to vegetables. Mix in salad dressing or an oil

and vinegar dressing. Serve on lettuce. Makes six servings.

CHEF'S SALAD

- 10-12 cups bite-size pieces chilled salad greens (romaine, iceberg lettuce, spinach)
 - 2 cups herb seasoned croutons, stuffing mix
 - 1 1/2 cups cooked chicken or turkey strips
 - 1 cup American or Swiss cheese strips
 - 2 hard cooked eggs, sliced
 - 1 (8-ounce) bottle prepared oil-type salad dressing
 - 6-8 cherry tomatoes, halved
- Toss greens in chilled large

salad bowl until combined. Add croutons, toss lightly. Portion into lettuce-lined, individual salad bowls. Arrange chicken, cheese and egg slices attractively over the greens. Add salad dressing. Garnish with halved cherry tomatoes, if desired. Serve with additional croutons and salad dressing. Six large servings.

FRUIT MEAT SALAD

- 1/2 medium head lettuce
 - 1 medium grapefruit
 - 1 medium orange
 - 1 cup cut-up canned chopped
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