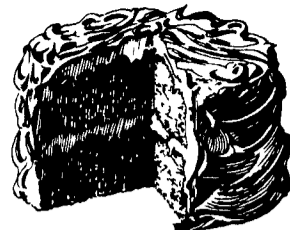


Home On The Range



Salads are right for every occasion

Whether you're watching your weight or just looking for a light meal or side dish, a salad has what you are looking for. Quick and easy to prepare, they use a wide variety of ingredients, including fresh green vegetables, fruits, meats and cheeses.

August, the time when many vegetables and fruits are at their peak, is the perfect time to try a new salad. Make one of your favorites or try some our readers' selections.

WHITE FRUIT SALAD

1 cup pineapple chunks, drained
1 cup orange segments
1 cup fine coconut
1 cup dairy sour cream
1 cup miniature marshmallows

Mix all together and refrigerate overnight. Serve on lettuce. Top with maraschino cherries.

Geraldine Smith
Felton

FROZEN COLE SLAW

Mix: 1 head grated cabbage and 1 teaspoon salt. Let set for 1 hour. Then add 1 grated carrot and 1 green and 1 red pepper and dressing. Then freeze.

Dressing: 1 cup vinegar, ¼ cup water, 1 teaspoon mustard seed, 1 teaspoon celery seed, 2 cups sugar. Boil one minute and cool.

Lucille Shirk
Ephrata

HOT POTATO SALAD

5 well cooked potatoes
½ cup celery, diced
2 onions, chopped fine
2 teaspoons salt
8 slices bacon
¼ teaspoon dry mustard
3 teaspoons sugar
2 teaspoons flour
½ cup vinegar
¼ cup water
1 teaspoon finely chopped parsley
3 hard boiled eggs

Cut potatoes as small as desired; slice eggs. Put in casserole. Add celery and onions. Cook bacon slowly until lightly brown or crisp. Add bacon to potatoes. Mix mustard, sugar, flour, water, vinegar and 4 tablespoons bacon drippings and boil. Pour over potatoes. Put casserole where it will stay hot.

Anita Shirk
Ephrata

COOL LIME SALAD

2 3-ounce packages lime jello
2 cups boiling water
1 cup cold water

Mix until dissolved. Let set until thick as egg white.

1 8-ounce package cream cheese
1 small can crushed pineapple
½ pint whipping cream
1 cup nutmeat

Crumble cheese into jello. Whip cream and fold into jello mixture with nutmeats and pineapple. Let set until firm, then top with maraschino cherries.

Geraldine Smith
Felton

SEA SHELL SALAD

½ bunch broccoli
8 ounces macaroni shells
1 egg
½ cup oil

4 anchovies, optional
2 cloves garlic, minced
2 tablespoons lemon juice
1 7-ounce can tuna, drained
1 cup pitted California ripe olives, whole or halved
1 red or green pepper, cut into strips

½ cup grated Parmesan cheese
Peel broccoli stems; slice diagonally ½ inch thick. Steam stems and florets until crisp-tender. Drain; cool under cold water. Cook shells in boiling water until barely tender; drain. Break egg into blender; slowly add oil while blender is running. Add anchovies, garlic and lemon juice; blend until smooth. Toss with warm shells and remaining ingredients. Serve at room temperature in lettuce lined bowl. Makes 4 to 6 servings.

IRISH MAC SALAD

1 12-ounce can Armour Star Corned Beef, shredded
2 cups cooked elbow macaroni, chilled

1 cup dairy sour cream
¼ cup chopped green pepper
¼ cup chopped celery
2 tablespoons prepared mustard
¼ teaspoon pepper
Lettuce cups

Combine all ingredients except lettuce cups, and chill thoroughly. Serve in lettuce cups. Serves 6.

Betty Biehl
Mertztown



On a hot day these individual Frosty Fruit Salads will slide down with ease.

CONFETTI CHICKEN SALAD

2 cups cooked, diced chicken
4 cups cooked, peeled and diced potatoes
2 cups peeled, diced apples
1 cucumber, peeled if desired, and diced
1 6-ounce package frozen pea pods, cooked and drained
1 8-ounce can water chestnuts, drained and quartered
1 cup diced celery
2 tablespoons minced green pepper
2 tablespoons minced pimiento
1 cup sour cream
1 cup mayonnaise
¼ cup lemon juice
Salt and pepper
Fresh dill leaves, cut in ¼-inch lengths or 1 to 2 tablespoons prepared dill
Leaf lettuce
Hard boiled eggs

Mix together chicken, potatoes, apples, cucumber, pea pods (reserve a few for garnish), water chestnuts, celery, green pepper, pimiento, and one or two tablespoons of dill.

Blend sour cream, mayonnaise, and lemon juice together to make the dressing; season to taste with salt and pepper.

Carefully blend the salad dressing with the chicken-vegetable mixture. Line a large salad bowl with lettuce leaves and pile the salad in it. Garnish with sliced hard cooked eggs, pea pods and fresh dill.

ELEGANT SALAD

1 large tomato, coarsely chopped
½ cucumber, peeled and chopped
1 cup sliced celery
¼ cup sliced ripe olives
1½ tablespoon salad oil
¼ cup vinegar
Salt and pepper
½ teaspoon oregano
¼ cup broken walnuts
Lettuce cups

Toss together tomatoes, cucumber, celery and ripe olives. Combine salad oil, vinegar, salt and pepper and oregano in a jar or shaker. Blend well and pour over vegetables. Let marinate in refrigerator for several hours. Toss in broken walnut just before serving. Arrange marinated vegetables in lettuce cups.

Betty Biehl
Mertztown



This Zucchini Toss salad, made with lettuce and romaine and garnished with zucchini and other fresh vegetables, makes an excellent side dish.

MEAL IN A BOWL SALAD

1 can Armour Star Vienna Sausage in beef stock, drained
2 cups diced cooked potatoes
2 cups shredded lettuce
1 cup sliced carrot
½ cup sliced celery
½ cup (2 ounces) shredded Cheddar cheese
¼ cup onion, chopped
4 hard cooked eggs, chopped
½ cup mayonnaise
1 teaspoon dry mustard
Salt and pepper
Dash of paprika
Lettuce cups

Combine sausage, potatoes, lettuce, carrots, celery, cheese, onion and eggs. Combine mayonnaise, mustard, salt and

pepper. Pour over salad mixture and chill lightly. Serve in lettuce cups. Garnish with paprika.

Betty Biehl
Mertztown

KIDNEY BEAN SALAD

2 cups drained cooked kidney beans
¼ cup diced celery
3 chopped pickles
1 small onion, minced
2 hard cooked eggs, sliced
½ teaspoon salt
1/8 teaspoon pepper
¼ cup mayonnaise

Mix lightly and chill.

Monema Raines
Gillett

(Turn to Page B8)

Featured Recipe

This week's featured recipe comes from Elaine Cook of Chester County. Elaine was recently elected the first woman Master of her Pomona Grange. A lifetime granger, Elaine enjoys both cooking and sewing.

The following recipe for potato salad dressing is one that has been passed down from her grandmother. Elaine has had it published in the Bicentennial Grange Cookbook. To learn more about Elaine and her Grange activities, see the story featuring her in this section.

Potato Salad Dressing

Put about 3 heaping tablespoons flour in a pan. Add 1 unbeaten egg, butter the size of a walnut, ½ teaspoon salt, a heaping tablespoon sugar, 2 tablespoons mustard, a little pepper and about 1 cup milk or more. (This mixture can be beaten with an egg beater before cooking.) Cook over medium heat, stirring constantly until thick.

Remove from stove and add a little vinegar. Add salt to taste. Pour over potatoes (2 to 3 pounds) while they are still warm. Elaine said she adds celery and onion to her salad and garnishes it with green pepper slices.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

August	
25	Peach Recipes
September	
1	Lunchbox Treats
8	Pies