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SALADS THAT ARE DIFFERENT

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FRUIT BRANCH



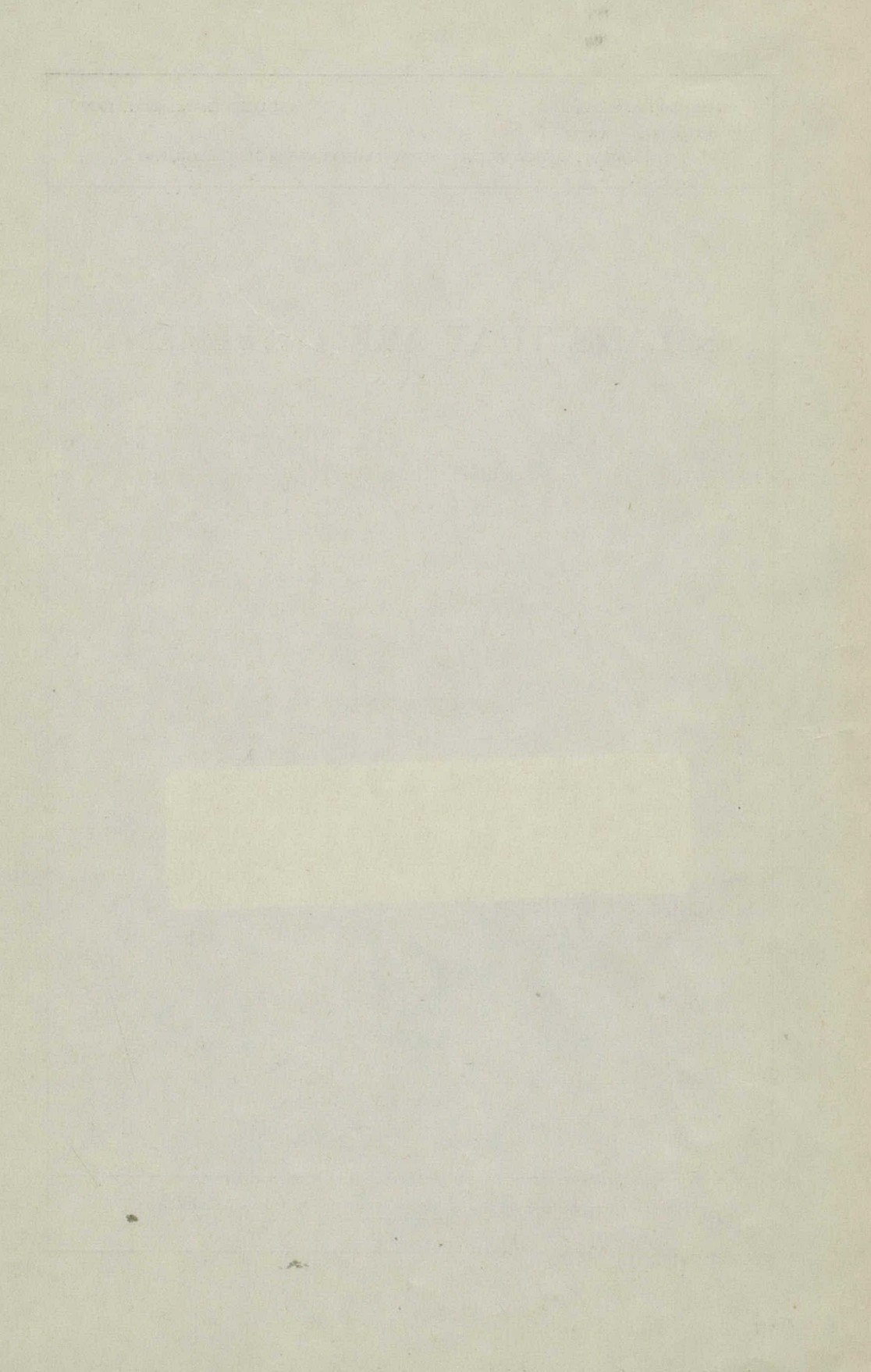
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SALADS THAT ARE DIFFERENT

AT least one fresh raw vegetable should be included in the diet each day—two are better. Fresh raw vegetables are rich in certain minerals and vitamins essential to health. Salads give these important elements.

Salad greens should be fresh and crisp.

Lettuce is the most common of all salad plants. Separate the leaves. If the outside leaves are used, it is better to shred them. Wash lettuce carefully—under running water is best. Wrap in a towel after draining, and keep cool or place in the vegetable pan of the refrigerator until ready to serve.

Endive, romaine, chicory, watercress or dandelion greens should be treated in the same way.

The tender inside leaves of spinach also make an excellent green salad, used alone or with other greens.

VEGETABLE SALADS

BAKED BEAN SALAD (serves 6)

2 cups baked beans
1 cup chopped celery
Serve on lettuce with Thousand Island dressing.

STRING BEAN SALAD

2 quarts young string beans
6 narrow rings of pimiento
French Dressing
Indian Dressing

Choose beans with smooth, slender pods. Bulging pods mean mature and usually tough beans. Wash and string the beans and cook them whole in boiling salted water until tender. Drain and cool. Marinate in French Dressing. Chill thoroughly. Arrange in mounds on tender leaves of lettuce, holding them together with the pimiento rings. Serve with Indian Dressing. Canned beans may be used.

CARDINAL BEET SALAD (serves 6)

1 package lemon jelly powder
1 cup boiling water
 $\frac{3}{4}$ cup beet juice
3 tbsp. vinegar
2 tsp. onion juice or grated onion
1 tbsp. horseradish
 $\frac{3}{4}$ cup celery, diced
1 cup cooked beets
 $\frac{1}{2}$ tsp. salt

Dissolve jelly powder in boiling water. Add beet juice, vinegar, salt, onion juice, and horseradish. Chill. When slightly thickened, fold in celery and beets. Turn into mould. Chill until firm. Unmould on crisp lettuce. Serve with salad dressing.

CABBAGE SALAD

1 medium sized cabbage
1 tbsp. mustard
1 qt. vinegar
 $\frac{1}{2}$ lb. butter
1 tsp. salt
2 tbsp. corn starch
1 cup sugar
4 egg yolks

Shred cabbage—add other ingredients. Cook slowly 20 minutes. Seal at once in hot sterilized jars. This will keep indefinitely.

HOT CABBAGE SALAD (serves 6)

Shred $\frac{1}{2}$ cabbage finely. Cook in salted water 15 minutes, drain and keep hot. Just before serving pour over it the following dressing— $\frac{1}{2}$ cup water in which cabbage was cooked.

$\frac{1}{4}$ cup vinegar
1 tbsp. butter

1 tbsp. flour
1 egg

Melt butter, add flour, when it bubbles add slowly hot water. When thick and smooth add vinegar, then pour over the well beaten egg. Return to fire and stir until thickened. Combine with cabbage and re-heat.

QUICK CABBAGE SALAD (serves 6)

1 quart of cabbage finely shredded
 $\frac{1}{2}$ cup of green pepper minced
 $\frac{1}{4}$ cup of sweet pickles diced
1 tbsp. of sugar
2 tbsp. of prepared mustard

$\frac{1}{2}$ tsp. of salt
 $\frac{3}{4}$ tbsp. of vinegar
 $\frac{1}{4}$ cup of cream (sour or sweet)
Black pepper

Mix the cabbage with green pepper and pickles. Combine the sugar, salt, vinegar, cream, mustard and pepper, and pour over the cabbage. Blend well and serve at once.

COLD SLAW (Sour Cream Dressing—serves 8)

4 cups shredded cabbage. Let stand for $\frac{1}{2}$ hour in cold water.

Mix together one cup thick sour cream and two tablespoons sugar. Remove cabbage from water, drain well. Add two tablespoons vinegar to the cream and immediately combine with the shredded cabbage.

CABBAGE AND PEANUT SALAD

1 small head of cabbage
1 teaspoon salt

$\frac{1}{8}$ teaspoon paprika
 $\frac{1}{4}$ cup chopped peanuts
1 pimienta

Discard outside leaves of cabbage and cut head in quarters. Let stand in ice water until crisp. Drain and chop. Mix with peanuts and add salt and paprika. Serve with Boiled Salad Dressing and garnish with strips of pimienta.

CARROT SALAD (serves 6)

2 cups chopped carrots
 $\frac{1}{4}$ cup finely chopped nuts

1 cup celery
 $\frac{1}{2}$ tsp. salt

Mix thoroughly. Serve dressing separately.

CUCUMBERS (for salad for winter use)

Wash, peel and slice cucumbers; pack in a crock in layers beginning with a layer of salt then a layer of sliced cucumbers until the crock is filled; finish with a layer of salt; put a plate on top and weight. Soak in cold water over night before using, changing the water several times.

PEA LOAF WITH CARROT DRESSING (serves 4)

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|-------------------------------------------|----------------------|
| $\frac{3}{4}$ cup cracker or bread crumbs | 2 tbsp. chopped nuts |
| 1 cup pea pulp | 2 tbsp. milk |
| 1 tbsp. sugar | 1 tbsp. butter |
| 1 egg | |

Mix, press into individual moulds and steam $\frac{1}{2}$ hour.

CUCUMBER BOAT SALAD

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|----------------------------------|-------------------------------|
| 3 cucumbers | 1 teaspoon salt |
| 2 tomatoes | $\frac{1}{8}$ teaspoon pepper |
| $\frac{1}{2}$ cup chopped celery | 1 tablespoon chopped onion |

Chill cucumbers and tomatoes. Peel cucumbers. Cut in halves lengthwise. Remove pulp from centres, being careful not to break the outside. Peel tomatoes, cut in cubes and drain off juice. Mix the cucumber pulp, tomatoes, celery, salt, pepper and onion and moisten with Mayonnaise. Fill the cucumber halves with this mixture and arrange on crisp leaves of lettuce. Garnish with parsley. Serve with Mayonnaise.

LETTUCE ROLL SALAD

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|-------------------------------------|------------------------|
| 1 package cream cheese | Mayonnaise |
| $\frac{1}{4}$ cup ground cooked ham | 6 large leaves lettuce |
| 2 tablespoons chopped pickle | |

Mash cheese and mix thoroughly with ham and pickle. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into one-inch lengths and place three or four of these rolls on a leaf of lettuce. Serve with Boiled Dressing.

GREEN PEPPER SALAD (serves 6)

Stone and chop one cupful of dates and chop one cupful of walnuts or pecans. Mix the dates and nuts with one-half pound of cream or cottage cheese, adding a little salad dressing if necessary. Wash three green peppers, remove a slice from the stem end and all seeds and ribs. Then pack the cheese mixture down well into the green peppers, pressing solidly so that there will be no open spaces. Leave in a cold place until thoroughly chilled. With a very sharp knife slice across the pepper and arrange two or three slices attractively on lettuce, watercress or endive. Serve very cold. Garnish with pimiento.

NEW ENGLAND POTATO SALAD (serves 6)

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|-----------------------------------|-----------------------------|
| 1 pint cold diced potatoes | 1 small onion minced |
| 1 cup of celery cut fine | 2 hard boiled eggs cut fine |
| $\frac{1}{2}$ cup boiled dressing | |

Mix and serve on crisp lettuce garnished with chopped parsley and slices or wedges of hard boiled eggs.

Potatoes cooked in their skins and peeled afterwards make the best flavoured most nutritious salad.

TOMATO AND CABBAGE SALAD (serves 6)

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| 2 cups shredded cabbage | 1 cup diced tomatoes |
|-------------------------|----------------------|

Chill thoroughly, mix just before serving and serve with mayonnaise or boiled dressing.

TOMATO AND COTTAGE CHEESE SALAD (Serves 6)

6 medium sized tomatoes
Salt and pepper

1½ cups of cottage cheese

Moisten the cottage cheese with a little cream and season with salt and pepper. Cut the tomatoes into quarters or eighths to within half an inch from the stem. Spread the sections and sprinkle with salt. Place ¼ cup of cottage cheese in each tomato. Garnish with sprigs of parsley or slices of green pepper. Serve with salad dressing.

TOMATO AND ASPARAGUS SALAD

Peel, remove centre and chill, firm medium sized tomatoes. Fill centres with asparagus tips in upright position. Serve on lettuce with mayonnaise dressing.

STUFFED TOMATO SALAD (serves 6)

6 medium sized tomatoes
½ cup of peas (green, cooked)
¼ cup of chopped celery

¼ cup of diced cucumber
Salad dressing

Scald and peel the tomatoes. Cut a slice from the top and hollow out with a spoon. Mix the tomato pulp and salad dressing with the peas, chopped celery and cucumber and fill the tomatoes with this mixture. Lay the slice of tomato on top and garnish with hard-cooked egg yolk forced through a coarse sieve.

TOMATO SALAD (serves 4)

1 cup chopped celery
1 cup diced tomatoes

½ cup chopped green pepper

Chill thoroughly, mix just before serving and serve with mayonnaise.

SALSIFY SALAD (serves 6)

1 cup of boiled salsify diced
1 cup of celery diced
1 cup of French dressing

6 stuffed olives
Lettuce

Scrub and steam or boil salsify, then scrape and dice. Marinate the salsify and the celery in the French dressing for half an hour. Pile lightly on the lettuce, garnish with the sliced olives.

SUMMER SALAD

Cut radishes and green pepper in wafer thin slices, put in ice water and chill thoroughly. Drain well. Serve on crisp watercress with French dressing to which a little grated onion has been added.

STUFFED CELERY SALAD

2 cups Canadian cheese (grated)
Boiled Salad Dressing

1 bunch celery
Paprika

Moisten cheese with Dressing. Separate stalks of celery, wash and chill. Fill celery stalks with cheese mixture and cut into one-inch lengths. Make nests of lettuce leaves and heap celery in the centres. Sprinkle with paprika and serve with Dressing.

The celery may also be stuffed with Roquefort or cream cheese, mashed to a paste with Salad Dressing.

STUFFED GREEN PEPPER SALAD

2 large green peppers
2 packages cream cheese
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup Mayonnaise
 $\frac{1}{4}$ cup olives (chopped)

Wash peppers, cut off tops (chop and reserve for use in filling) and remove seeds. Mash cheese to a paste with the Mayonnaise. Add olives, chopped green pepper and salt. Fill peppers with this mixture and thoroughly chill. Slice thin with sharp knife and arrange on bed of crisp lettuce leaves. Serve with Russian Dressing.

JELLIED SALADS

BEET JELLY (serves 6)

1 cup finely chopped beets
1 cup finely chopped apple
 $\frac{1}{4}$ cup finely chopped celery

1 cup prepared lemon jelly
a little onion

MEXICAN JELLY (CUCUMBER) serves 6

4 cucumbers
1 cup cold water
salt and pepper
few drops onion juice

1 tablespoon vinegar
 $\frac{1}{2}$ cup boiling water
 $1\frac{1}{2}$ tablespoons gelatine
 $\frac{1}{2}$ cup cold water

Peel and cut up cucumbers. Put in saucepan with cold water. Cook slowly until soft. Rub through a sieve, add salt and pepper, onion juice, vinegar and boiling water. Have gelatine soaked in cold water. Add to hot mixture, pour into mould. When set, turn out and serve with salad dressing.

DUCHESS SALAD (serves 4)

1 pkg. jelly powder (lemon or pineapple)
1 cup boiling water
 $\frac{3}{4}$ cup cold water
 $\frac{1}{4}$ cup grapefruit juice

green vegetable colouring
 $\frac{1}{2}$ cup diced cucumber
 $1\frac{1}{2}$ cups grapefruit pulp

Dissolve jelly powder in boiling water. Add cold water and fruit juice. Colour a delicate shade of green. Chill until it begins to thicken, then add cucumber and grapefruit. Pour into small moulds, each of which has been garnished with a slice of cucumber. Chill until firm. Serve on watercress with mayonnaise.

GOLDEN GLOW SALAD (serves 6)

1 package lemon jelly powder
 $1\frac{1}{2}$ cups boiling water
2 tablespoons vinegar
1 cup grated raw carrot

$\frac{1}{2}$ teaspoon salt
1 cup cucumber, diced and drained
 $\frac{1}{2}$ teaspoon minced onion

Dissolve jelly in boiling water. Add vinegar and salt. Chill. When slightly thickened, add vegetables. Turn into moulds. Chill until firm. Unmould on crisp lettuce.

GOLDEN SALAD (serves 6)

1 level teaspoon gelatine	$\frac{1}{4}$ cup mild vinegar
$\frac{1}{4}$ cup cold water	1 cup pineapple juice
1 $\frac{1}{2}$ cups cooked pineapple	$\frac{1}{2}$ cup orange juice
cut in small pieces	$\frac{1}{4}$ cup sugar
1 medium sized carrot	few grains salt
(grated on coarse grater)	grated rind of 2 oranges

Soak gelatine in cold water about five minutes. Dissolve in hot pineapple juice, add sugar, salt, orange juice and vinegar. When jelly begins to stiffen, add other ingredients. Turn into wet mould and chill. If individual moulds are used, place one teaspoonful of clear jelly in bottom of mould. When nearly firm, place on it one tablespoonful of thick mayonnaise. When this is firm, fill the mould with salad mixture.

JULIENNE SALAD

1 green pepper	1 cup cooked carrots
2 cups shredded cabbage	$\frac{1}{4}$ teaspoon salt

Remove outside leaves from a small, firm head of cabbage. Cut in halves or quarters and slice very thin. Put in ice water until crisp. Drain and dry in towel. Remove seeds and partitions from pepper and cut in fine shreds. Cut cooked carrots into strips and marinate in French Dressing. Mix one shredded pepper and one cup carrot strips with each two cups of shredded cabbage. Serve on leaves of lettuce or romaine or on one of the outer cabbage leaves, with Boiled Salad Dressing.

GREEN LETTUCE MOULD (serves 6)

2 tablespoons gelatine	2 cups leaf lettuce
$\frac{1}{4}$ cup cold water	(finely shredded)
$\frac{1}{2}$ cup mild vinegar	$\frac{1}{2}$ cup pimiento (finely chopped)
2 cups boiling water	1 teaspoon finely chopped onion
1 teaspoon salt	$\frac{1}{2}$ cup sugar

Soak the gelatine in cold water five minutes, add vinegar, boiling water, onion, sugar and salt. Stir until dissolved. Strain and cool. Arrange the lettuce and pimiento in a wet or carefully greased mould. Pour the cooled mixture over this and chill. Serve on lettuce leaves with salad dressing.

PERFECTION SALAD (serves 6)

1 level tablespoon gelatine	$\frac{1}{2}$ sweet green pepper
$\frac{1}{4}$ cup cold water	1 cup celery (cut in small pieces)
$\frac{1}{2}$ teaspoon salt	1 cup boiling water
$\frac{1}{4}$ cup mild vinegar	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup cabbage (finely shredded)	$\frac{1}{2}$ pimiento (cut in small pieces)
1 tablespoon lemon juice	

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. When mixture begins to stiffen add remaining ingredients. Turn into wet mould and chill. Remove to bed of lettuce or endive. Garnish with dressing.

SPECIAL JELLY SALAD (serves 6)

1 lemon jelly powder	1 $\frac{1}{2}$ cup celery (cut finely)
1 tin tomato soup	$\frac{1}{2}$ cup almonds
1 green pepper	1 cup cottage cheese
1 small onion	

TOMATO JELLY WITH PEAS (serves 6)

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| 2 tablespoons gelatine | $\frac{1}{4}$ cup cold water |
| 2 cups tomato juice | $\frac{1}{2}$ teaspoon sugar |
| 1 can No. 2 peas (fancy quality) | salt and pepper |

FROZEN VEGETABLE SALAD (serves 4)

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| 1 teaspoon gelatine | $\frac{1}{2}$ cup cream |
| 3 tablespoons water | 2 cups vegetables |
| $\frac{1}{4}$ cup mayonnaise | seasonings |

Soak gelatine in water, place over hot water until gelatine is dissolved and add slowly to mayonnaise dressing. Fold in cream or scalded chilled evaporated milk, beaten until stiff. Fold in vegetables cut in small pieces. Season to taste with salt and paprika. Freeze like mousse and serve on lettuce with French dressing.

JELLIED RAW VEGETABLE SALAD (serves 6)

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| 1 package lemon jelly | $\frac{3}{4}$ cup raw carrots finely chopped |
| 1 pint boiling water | 1 cup raw cabbage finely shredded |
| 2 tablespoons vinegar | 4 tablespoons green pepper finely chopped |
| $\frac{1}{2}$ teaspoon salt | |
| Dash of cayenne | |

Dissolve jelly in boiling water. Add vinegar, salt and cayenne. Chill. When slightly thickened, fold in vegetables. Turn into individual moulds. Chill until firm. Unmould on crisp lettuce. Mayonnaise.

SALADS FOR THE MAIN COURSE**APPLES WITH CHICKEN (serves 6)**

Take 6 large apples, scoop out centres and fill with cold cooked chicken minced finely and seasoned with green pepper, celery, salt and pepper. Moisten with a little salad dressing. Place apples in steamer and steam until tender. Chill and serve with salad dressing on lettuce—garnish with pimientito. ✓

JELLIED VEGETABLE & CHICKEN LOAF (serves 6)

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|----------------------------------|-------------------------------------------------------------------|
| 1 cup cooked chicken chopped | 1 $\frac{1}{2}$ cups boiling chicken stock or canned chicken soup |
| 1 cup asparagus cooked and diced | 3 tablespoons vinegar |
| or | $\frac{1}{4}$ teaspoon salt |
| 1 cup peas cooked | $\frac{1}{2}$ teaspoon mustard |
| 1 cup celery or cabbage chopped | 1 package lemon jelly powder |
| 1 pimientito finely chopped | |

Dissolve jelly powder in boiling stock. Add vinegar, salt and mustard. When slightly thickened, fold in remaining ingredients. Turn into loaf mould. Chill until firm. Unmould.

TOMATO AND EGG SALAD (serves 6)

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| 6 eggs | $\frac{3}{4}$ cup of mayonnaise |
| $\frac{1}{2}$ teaspoon salt | 3 large tomatoes |
| $\frac{1}{8}$ teaspoon pepper | lettuce |

Hard cook the eggs, cool slightly, and while still warm, shell them and force through a potato ricer or sieve, add salt and pepper and pack the rice egg firmly into two glasses. When ready to serve salad remove eggs from glasses by running a knife around the edge it will then be possible to cut in slices. Peel tomatoes, cut in thick slices, lay a slice of egg on top, place on lettuce leaves, pour over all a tablespoonful of salad dressing and serve.

SALMON SALAD

2½ cups cold salmon
12 sweet gherkins
½ teaspoon salt

1½ cups celery (cut in pieces)
3 tablespoons lemon juice
½ teaspoon paprika

Flake the salmon, discarding skin and bones. Add celery, lemon juice, salt and paprika. Stand in refrigerator to chill. Mix with enough Cooked Salad Dressing to moisten well. Serve on any crisp salad greens and garnish with the gherkins.

CRABMEAT SALAD

4 cups crabmeat
1 cup cucumber cut in cubes

½ teaspoon salt
½ teaspoon paprika

Pick crabmeat over carefully to remove particles of shell. Add cucumbers, salt and paprika. Marinate in French Dressing. Chill thoroughly. Arrange on bed of crisp lettuce leaves in salad bowl and serve with Mayonnaise.

FRUIT SALADS

Fruit Salads may be served with a tart dressing and used as a salad course or with whipped cream or sweet dressing when they are used as a dessert course.

APPLE AND CELERY SALAD

Pare, core and cut into cubes mellow Canadian-grown apples. Mix with ½ or an equal amount of celery cut in small cubes. Add a little salt. Mix with mayonnaise or boiled dressing and serve on lettuce leaves garnished with celery tips.

APPLE, ORANGE AND PEACH SALAD

Cut into cubes equal parts of Canadian-grown apples, peaches and oranges. Mix with cream or boiled dressing. Serve in apple or orange cups or on lettuce.

APPLE AND CHEESE SALAD

Mix chopped pecans with twice their bulk of cream cheese, adding a little thick cream to blend the mixture. Season with pepper and salt and make into tiny balls. Pare mellow tart Canadian-grown apples, core and slice across in centre into rings about ½ inch thick. Arrange rings on lettuce leaves and place several cheese balls in the centre. Serve with cream or salad dressing.

APPLE PEANUT SALAD

Pare, core and cube slightly acid Canadian-grown apples. Mix them with half as much cubed celery. Mix a dressing of peanut butter using 5 tablespoons lemon juice to 1 tablespoon peanut butter. Mix dressing through the apples and celery and season with salt and cayenne pepper. Chill and serve on lettuce; garnish with peanuts.

RED APPLE SALAD

Scoop out the centres of bright red Canadian-grown apples so as to make them into cups. Put them into water containing a little lemon juice until ready to fill them. Mix equal parts of the apple pulp with celery, grapefruit and cream dressing. Refill the apple cups. Garnish with Maraschino cherries and serve on lettuce leaves.

GINGER ALE SALAD

1 tablespoon gelatine
 3 tablespoons cold water
 $\frac{1}{2}$ cup boiling water
 1 cup peaches diced
 1 cup apples cored and diced

2 tablespoons sugar
 2 tablespoons vinegar
 1 cup ginger ale
 1 cup pears diced

Soak gelatine in cold water and dissolve in boiling water. Add sugar, vinegar, and cool. Add ginger ale and fruit.

STRAWBERRY SALAD (serves 6)

2 cups ripe strawberries cut in halves
 1 cup celery cut finely
 $\frac{1}{4}$ cup nuts chopped

Marinate with cooked salad dressing, serve on crisp lettuce, garnish with mint leaves.

SALAD DRESSINGS**BOILED DRESSING No. 1**

2 tablespoons flour
 2 tablespoons sugar

1 level tablespoon mustard
 1 teaspoon salt, dash of pepper

Mix well and add to $\frac{1}{2}$ cup vinegar and 2 tablespoonfuls butter. Cook the mixture in a double boiler until it thickens, stirring constantly to keep it smooth. Cool and then add 1 cup of cream, gradually or fold in whipped cream just before using.

BOILED SALAD DRESSING No. 2

1 teaspoon salt
 1 tablespoon mustard
 1 tablespoon flour
 2 tablespoons sugar
 speck of cayenne pepper

3 egg yolks
 2 tablespoons butter
 $\frac{1}{4}$ cup of milk
 $\frac{1}{2}$ cup of vinegar

Heat milk in double boiler. Mix dry ingredients and pour hot milk over. Return to double boiler and stir constantly for five minutes, add egg yolks, stir until thick—add vinegar slowly (if heated it lessens the time) add butter, stir until dissolved.

CREAM SALAD DRESSING (Uncooked)

$\frac{1}{2}$ cup heavy sweet cream
 3 teaspoons sugar

1 teaspoon mustard
 vinegar or lemon juice

Beat cream until stiff, add mustard, sugar and vinegar or lemon juice to suit taste. Beat again and it is ready for use.

FRUIT SALAD DRESSING

2 eggs
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup whipped cream

4 tablespoons sugar
 2 lemons

Beat eggs until light, add salt and lemon juice and sugar. Stir over boiling water until thick, cool, fold in cream just before serving.

HONEY SALAD DRESSING

3 tablespoons salad oil
 1 tablespoon fruit juice

2 tablespoons honey
 $\frac{1}{2}$ teaspoon salt

MAYONNAISE DRESSING

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| 1 teaspoon mustard | $\frac{1}{2}$ teaspoon vinegar |
| 1 teaspoon salt | 1 cup olive oil |
| 1 teaspoon powdered sugar | few grains of cayenne |
| 2 egg yolks (well beaten) | |

Mix together mustard, salt, powdered sugar, cayenne, egg yolks and when well blended add vinegar. Add olive oil gradually, drop by drop, beating constantly. As the mixture thickens, thin with vinegar or lemon juice. Add oil and vinegar or lemon juice alternately until all is used, stirring or beating constantly. A Dover egg-beater may be used. It is well to have the bowl sitting in a dish of cracked ice or ice water.

FRENCH DRESSING

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| 1 cup olive oil | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup vinegar | 1 teaspoon sugar |
| $\frac{1}{8}$ teaspoon paprika | |

Put ingredients in a screw top jar. Shake well before using. Keep in refrigerator and shake each time it is used.

TOMATO FRENCH DRESSING

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|---------------------------------|--------------------------------|
| $\frac{1}{2}$ cup salad oil | 1 teaspoon salt |
| 2 tablespoons lemon juice | $\frac{1}{2}$ teaspoon sugar |
| $\frac{1}{2}$ tablespoon catsup | $\frac{1}{2}$ teaspoon paprika |
| $\frac{1}{2}$ teaspoon mustard | |

Place the seasonings into a cold bowl. Then add the oil slowly while beating constantly. Next add the lemon juice and catsup continuing to beat until thickened. Serve very cold. Serves 8.

VEGETABLE SALAD DRESSING

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|------------------------------------------|-----------------------------------------------------|
| 1 cup boiled or mayonnaise dressing | $\frac{1}{2}$ sweet green pepper finely chopped |
| 1 small carrot grated | 2 tablespoons chopped celery |
| 3 tablespoons cooked small peas | $\frac{1}{2}$ teaspoon chopped onion or onion juice |
| $\frac{1}{2}$ pimiento finely chopped or | |

Mix well and serve with plain lettuce or on tomato jelly salad.

VARIATIONS

French Dressings.—To foundation recipe add $\frac{1}{4}$ cup ketchup or 4 tablespoonsful roquefort cheese or 4 tablespoonsful red and green peppers finely chopped or 2 tablespoonsful finely chopped parsley.

MAYONNAISE OR BOILED DRESSING

Thousand Island Dressing.—Add $\frac{1}{4}$ cup chili sauce, 2 tablespoonsful green pepper, 2 tablespoonsful chopped olives to foundation recipe.

Russian Dressing.—Equal quantities of chili sauce and plain salad dressing.

Horseradish Dressing.—Add 2 tablespoonsful horseradish to 1 cup plain dressing (use on meat or beet salads).

Club Dressing.—Add 2 tablespoonsful chopped raisins. 1 tablespoonful chopped nuts, 6 chopped maraschino cherries to 1 cup plain dressing.