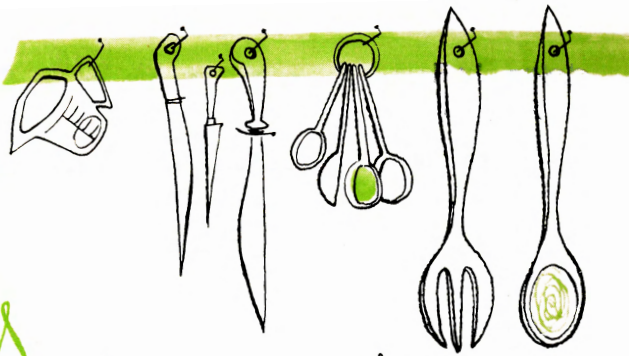


Tasty Salads

for good meals



EXTENSION SERVICE
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Circular No. 479

tasty SALADS for good meals

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Salads make the daily meals more interesting. There is no better way to add crispness, color, and delicious flavor to a meal. As salads are composed largely of fruits and vegetables, they help to meet the daily need for minerals and vitamins.

In addition to their mineral and vitamin content, salads furnish some energy, particularly in the dressing. When salads contain such foods as meats, cheese and eggs, they add considerable protein to the diet.

Salads are easy to make and are economical because they can be made from almost any food at hand.

Types of Salads

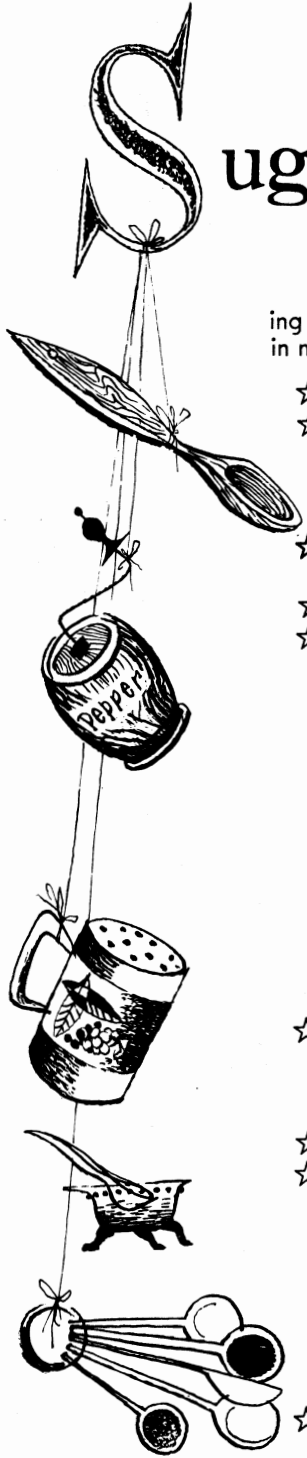
Salads may be classified according to their place in the menu. Salads may be served at the beginning of a meal as an appetizer, with the meal, or at the end of a meal.

Light Dinner Salads usually are made of greens or combinations of greens, juicy vegetables, or fruit served with a rather tart, simple dressing. They help to stimulate the appetite for the more substantial foods with which they are served.

Main Dish Salads are made of more substantial foods as meat, chicken, fish, cheese, eggs and vegetable combinations. They are hearty, substantial salads and may be served as the main dish in the luncheon or supper menu.

Dessert Salads are often sweet and made of fresh or canned fruits or a combination of the two. They may be made to serve both as a salad and a dessert. Dessert salads help to complete the meal without adding as many calories as the usual dessert supplies.

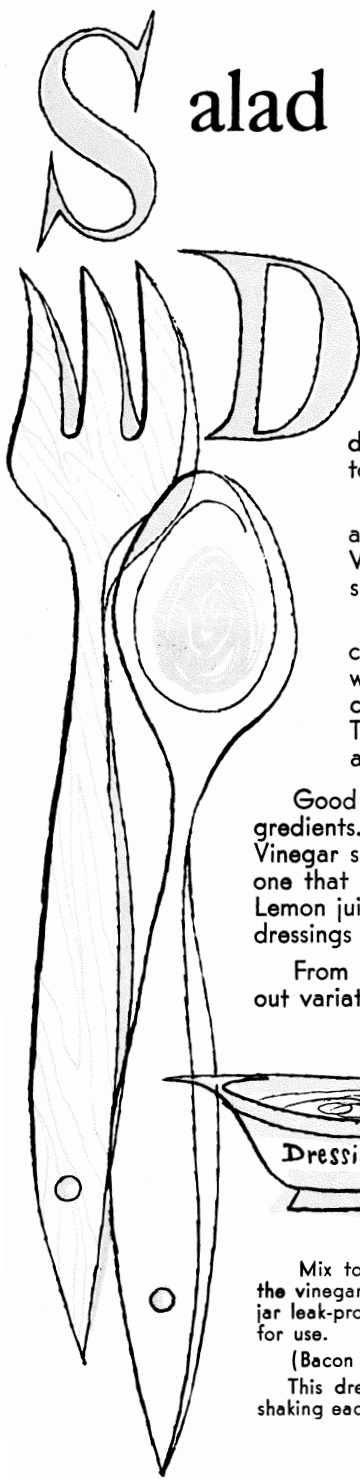
Refreshment or Party Salads are light and tempting. Since they are eaten between meals, they need to refresh rather than satisfy the appetite. Molded or frozen salads serve nicely as a refreshment since they can be prepared ahead of time.



Suggestions for Salad Making

You'll have fun making salads. Most good salad making is three-fourths imagination—once you have the rules in mind. Follow these simple rules.

- ☆ Keep the salad simple.
- ☆ Fit it to the rest of your meal.
 - Use foods not used in any other way.
 - Use colors and flavors that go together.
 - Use foods still needed in the meal.
- ☆ Keep foods for cold salads cold; those for hot salads hot.
- ☆ Select a dressing that suits each salad.
- ☆ Make it attractive.
 - Cut foods into pieces large enough so you can tell what they are; yet small enough to handle with ease.
 - Keep fruits fresh and bright in color.
 - Drain well all fruits and vegetables before using.
 - Prepare salads at the last possible moment.
 - Toss lightly, do not over-mix.
 - Serve sometimes with fresh, cold, well drained greens, shredded or whole, other times without.
 - Make dished up salads look natural. Do not smooth the top.
 - Garnish with care.
- ☆ Prevent bananas, apples, peaches, and pears from becoming dark by covering them after slicing with a clear French salad dressing, lemon, orange, or pineapple juice.
- ☆ Add dressing just before serving.
- ☆ To get the most from meat, poultry, or fish, marinate it before you put it with other salad foods. To make a marinade, you reverse the proportions of oil and vinegar used in a French Dressing. To marinate, allow the food to stand in a marinade in a cool place for 30 to 60 minutes until the flavors are blended. Drain before using. Meat and potato salads are better if made several hours before serving to allow a blending of flavors.
- ☆ Choose the serving dish that best "sets off" each salad.



Salad



Dressings

Much of the success of a salad depends on the dressing. Well seasoned dressings that are suited to the salad make the plainest salad delicious.

The best dressing to use is one that blends with and brings out all the goodness of the salad itself. With a few changes one dressing may be made to suit many salads.

Salad dressings may be divided into three main classes—cooked, mayonnaise, and French. All keep well when put into a covered jar and stored in a cool place. Make a supply of each basic dressing. Then vary each by adding a variety of seasonings and other ingredients.

Good salad dressings can be made only from good ingredients. Salad oil should be fresh and delicately flavored. Vinegar supplies tartness to a salad, but a poor vinegar or one that is too strong will destroy the natural food flavors. Lemon juice may be used instead of vinegar. The flavor of dressings is more delicate when lemon juice is used.

From the suggestions that follow, it is possible to work out variations of dressings using the basic recipe given.



French Dressing

- 1 t. salt
- 1 T. sugar
- 1/4 t. paprika
- 1/2 c. vinegar or lemon juice
- 1 c. salad oil

Mix together the salt, sugar, and paprika, in a fruit jar. Stir in the vinegar; then add the oil. Adjust the rubber and lid to make the jar leak-proof and shake vigorously. The French Dressing is now ready for use.

(Bacon fat may be substituted for the salad oil).

This dressing separates after standing a few minutes, and requires shaking each time it is used.

Variations of French Dressing

Catsup Dressing

1 c. French Dressing
1/3 c. tomato catsup

Cheese Dressing

1 c. French Dressing
1/2 c. grated cheese

Chili Sauce

1 c. French Dressing
6 T. chili sauce

Egg Dressing

1 c. French Dressing
1 hard cooked egg, grated

Horseradish Dressing

1 c. French Dressing
4 T. grated horseradish

Mustard Dressing

1 c. French Dressing
1 t. onion juice
2 t. prepared mustard

Mayonnaise Dressing

1 t. prepared mustard
1 t. salt
1/8 t. pepper
1/4 t. paprika

1 whole egg or 2 yolks
4 T. vinegar or lemon juice
2 c. salad oil
1 T. hot water

Mix together the dry ingredients (salt, pepper, paprika) and mustard. Add the egg and beat well using a rotary egg beater. Then add the oil, very gradually (by teaspoons) at first until 1/2 c. has been used, beating all the while. Now, add 1 T. vinegar and beat in well. Then add more oil and more vinegar beating continuously until all has been added. Lastly, beat in the hot water. Store in a cool place.

Variations of Mayonnaise Dressing

Club Dressing

1 c. mayonnaise
2 T. chopped raisins
2 T. chopped nuts

Horseradish Dressing

1 c. mayonnaise
2 T. grated horseradish
1 T. vinegar

Russian Dressing

1 c. mayonnaise
1/4 c. tomato catsup
2 T. chopped or scraped onions

Fruit Salad Dressing

1 c. mayonnaise
1/2 c. whipped cream
1 T. sugar
1 T. lemon juice

Coleslaw Dressing

1 c. mayonnaise
3 T. prepared mustard

Indian Dressing

1 c. mayonnaise
1/3 c. chow-chow or pickle

Cooked Salad Dressing

1 1/2 T. sugar
1 t. salt
1 t. dry mustard
1 T. flour
1 egg or 2 egg yolks, slightly beaten

1/2 c. milk
1/4 c. vinegar
1/2 t. paprika
1/8 t. pepper
1 T. butter

Mix dry ingredients together and add the milk, vinegar, and slightly beaten egg. Cook over hot water stirring constantly until thick. Then add 1 T. butter and beat thoroughly. Cool.

Variations: Any of the variations suggested for mayonnaise may be made with cooked salad dressing. Using half cooked salad dressing and half mayonnaise makes a pleasing variation.

Miscellaneous Salad Dressings

Conservation Dressing

6 T. flour	{	Mix and cook until clear and smooth, stirring constantly.
1 c. water		Cool slightly
2 T. salad oil		
1 egg		1 t. mustard
1 c. salad oil		1 t. salt
1/4 c. vinegar (more if desired)		1/4 t. each pepper and paprika, if desired
1 T. sugar		

Combine the egg and seasonings and mix well. Add to the starch mixture, mixing well. Add oil a little at a time with rotary beater. Makes approximately 2 1/2 cups dressing.

Sour Cream Dressing

1/2 c. sour cream	3 T. vinegar or lemon juice
1 T. sugar	
1/4 t. salt	

Beat cream until stiff. Add seasonings and vinegar slowly and continue beating until thick. One-half teaspoon celery seed may be added if desired. USE: cabbage or lettuce salad.

Bacon Dressing

2 to 4 slices bacon, diced	1 T. sugar
1/2 small onion, chopped	1 t. salt
1/4 c. vinegar	1/16 t. cayenne
1/2 c. water	

Fry bacon, add onion and cook until tender. Add remaining ingredients, heat and pour over salad mixture.

Pineapple Fruit Salad Dressing

2 c. pineapple juice	1/4 t. salt
1 c. sugar	2 eggs
2 T. flour	3 T. vinegar

Mix sugar, flour, salt and eggs well beaten. Then add vinegar and cold pineapple juice. Cook, stirring constantly until thick. Cool. Add whipped cream if desired. May be served on fruit salad or cabbage combinations.

Sweet Cream Dressing

1 c. heavy sweet cream	1/4 t. salt
1/4 c. lemon juice or vinegar	1 T. sugar

Beat cream until stiff. Add seasonings, then lemon juice drop by drop. USE: cabbage or lettuce slaw.

Quick Cole Slaw Dressing

Pinch salt and pepper	2 T. sugar
1/4 c. vinegar	

Combine ingredients. Add to shredded cabbage or lettuce. USE: cabbage or lettuce salad. Also good on green bean salad.

Quick Salad Dressing

Combine prepared mustard with thick, sweet or sour cream. Use mustard to taste. USE: meat or vegetable salads.

Salad Combinations

The following combinations are suggestive. They may be varied according to taste and materials on hand. Salads look more attractive if served in lettuce cups or on a bed of crisp salad greens.

Fruit Salad Combinations

Apple, cabbage and nuts—
Fruit salad dressing.

Apple and dates or raisins—
Fruit salad dressing.

Apple, cherries, pineapple
or bananas, marshmallows
and nuts—Cooked salad
dressing and whipped cream (half and half).

Bananas halved, rolled in dressing then in ground nuts or cocoanut.

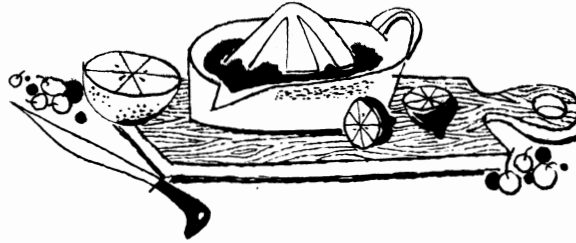
Cantaloupe, raisins and nuts—French Dressing, slightly sweetened.

Canned peaches—Club dressing.

Canned peach or pear halves filled with cottage cheese—Club salad dressing.

Canned peaches, pears and raw apples—Mayonnaise with a small amount of ground cloves added for seasoning.

Prunes (cut into small pieces), nuts and grated raw carrots—French or fruit salad dressing.



Vegetable Salad Combinations

Beets, green beans and
peas — French Dressing
or mayonnaise.

Cabbage—Cole slaw or cream dressing.

Cabbage and shredded or diced carrots—French Dressing.

Cabbage, carrots and raisins or nuts—Mayonnaise or cooked dressing.

Cabbage, carrots and apple or pineapple—Cooked salad dressing.

Cabbage, celery and unpeeled, diced apples—Pineapple fruit salad dressing.

Cabbage, carrots and raw turnips—French Dressing.

Cabbage, chopped red apple and raisins—Mayonnaise or cooked dressing.

Cabbage, cucumber, and tomato—French Dressing.

Cabbage, cooked peas and cheese—Mayonnaise.

Cabbage and ground peanuts—Cooked salad dressing.

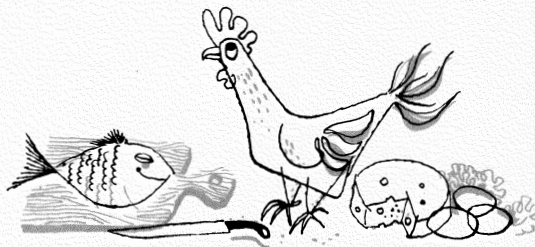
Cabbage, celery, onion, green pepper—French Dressing.

Cabbage, onion, hard cooked egg and sweet pickles—French Dressing.

- Carrots (shredded) and ground peanuts—Mayonnaise.
- Carrots (grated), apple, and raisins or nuts—Mayonnaise.
- Carrots, raw cauliflower, lettuce and nuts—Mayonnaise or cooked dressing.
- Carrots (shredded), green peas, cubed cheese—Mayonnaise.
- Cooked carrots, cooked peas, celery, and potatoes—Quick salad dressing.
- Cucumbers (sliced), sliced tomatoes, sliced onions or green peppers—French Dressing.
- Lettuce—Bacon dressing or Thousand Island dressing.
- Lettuce, cucumber and tomato—French Dressing.
- Lettuce, green onion, radishes, and carrots—French Dressing.
- Lettuce and raw spinach—Egg dressing.
- Potato, hard cooked egg, celery, green peppers, tomato—Boiled dressing or mayonnaise.
- Potato, onion, and hard cooked egg—Cream salad dressing.
- Potato, crisp bacon, hard cooked eggs, pickles, and onion—Cooked salad dressing.
- Raw Spinach—Bacon dressing.
- Raw spinach, cabbage and radishes—Mustard dressing.
- Sliced tomato—Mayonnaise or French Dressing.
- Tomato stuffed with cottage cheese, chicken salad, cabbage and nuts, or carrots and cabbage—Mayonnaise or cooked salad dressing.

**Meat, Fish, Cheese,
Egg and Bean Salad
Combinations**

- Beans (red or Mexican), onion, pickles and cabbage—Mayonnaise
- Roast beef, radishes, onions and potatoes — Horseradish dressing.
- Cheese, peas and onions—Cooked salad dressing.
- Chicken, cabbage and raisins or nuts—Cooked salad dressing or mayonnaise.
- Chicken, apples, cabbage, peas and nuts—Indian dressing.
- Cottage cheese and green onions—Cream salad dressing.
- Cottage cheese, green and red pepper, parsley and nuts—Mayonnaise.
- Flaked fish, cucumber and peas—Russian dressing.
- Deviled eggs and cabbage or lettuce—French Dressing.
- Hard cooked egg, lima beans or peas, onion and pickles—Cooked salad dressing.
- Ham, peas and potatoes—Indian dressing.
- Cold cooked meat, cabbage or celery, peas and hard cooked egg—Russian dressing.
- Salmon, cabbage or lettuce, potato and pickle—Cooked salad dressing or mayonnaise.





Salad Recipes

Vegetable Bowl Salad

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|----------------------|-----------------------|
| 1 small head lettuce | 1 medium cucumber |
| 2 large tomatoes | 1 small onion |
| 1 bunch radishes | French dressing |
| Salt to season | Few leaves of spinach |
| 1/2 head cauliflower | |

Cut lettuce into inch cubes. Separate cauliflower flowerettes, split large flowerettes. Peel, chill and cut tomatoes into wedges. Peel, core and slice the cucumber. Chop onion very fine. Cut spinach. Make radish roses. Combine the vegetables. Season with salt. Add French dressing to season. Toss salad lightly. Pile into large salad bowl lined with salad greens. Garnish with radish roses.

Vegetable Plate

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|------------------------|----------------------------------|
| Lettuce | Sliced unpeeled scored cucumbers |
| Sliced peeled tomatoes | Hard-cooked egg halves |
| Sliced radishes | Green onions |
| Carrot sticks | Salad dressing |
| Cooked peas | |

Place five large lettuce leaves on a round chop plate, and fill the leaves, respectively, with sliced tomatoes, sliced radishes, carrot sticks, peas and sliced cucumber. Arrange the egg halves in the center, and the green onions between the lettuce leaves. Serve with salad dressing. (See cover picture)

Wilted Lettuce or Spinach

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|--|----------------------------|
| 2 quarts coarsely shredded leaf lettuce or raw spinach | 1/2 t. salt |
| 1 c. sliced green onions | Pepper |
| 3 slices bacon | 1 T. brown sugar |
| 1/4 c. vinegar | 2 hard cooked eggs, sliced |

Shred lettuce or spinach into bowl; add onions. Chop bacon; fry until crisp; add vinegar, seasoning and sugar. Heat to boiling. Pour quickly over the lettuce or spinach and onions. Toss until wilted. Garnish with egg slices.

Vegetable and Egg Salad

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|------------------|-----------------|
| Leaf lettuce | Radishes |
| Spinach | French Dressing |
| Hard-cooked eggs | |

Line individual salad bowls with leaves of lettuce and raw spinach. Cut the eggs into lengthwise wedges and arrange with the thinly sliced radishes on the lettuce. Serve with French Dressing.

Potato Salad

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|-----------------------------|--|
| 3 c. diced potatoes | 1 t. salt |
| 2 hard cooked eggs, chopped | Dash of pepper |
| 1/2 c. diced cucumbers | 2 T. sugar |
| 1/2 c. diced celery | 2 T. vinegar |
| 2 T. minced onion | 1/2 c. mayonnaise or cooked salad dressing |

Mix thoroughly and chill; sugar may be omitted, and one or several of the following vegetables may be substituted for cucumbers or celery or both: diced radishes, chopped cabbage, minced pimientos, chopped green peppers or chopped sweet pickles. (Serves about 6).

Chicken Salad

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|-------------------------------|--------------------|
| 3 c. chopped, cold chicken | 2 hard cooked eggs |
| 2 c. chopped celery | Paprika |
| 1/2 c. sweet pickles | Salt to season |
| Mayonnaise or boiled dressing | |

Combine all ingredients. Moisten with dressing. Pile the salad into lettuce cups or into a bowl lined with salad greens. Garnish with the egg slices and paprika.



Chicken Salad Supreme

- Large tomatoes
- Chicken salad
- Lettuce
- Mayonnaise
- Water-cress or parsley

For each serving peel a tomato, cut a thick slice from it and hollow out the remaining tomato. Fill with chicken salad, replace the slice, and arrange on lettuce on a round chop plate. Top each portion with mayonnaise and garnish.

Bean Salad

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| 2 c. cooked butter or brown beans | 1 small onion, chopped |
| 3 hard cooked eggs | 1 t. salt |
| 4 sweet pickles, chopped | Mayonnaise or cooked dressing |

Drain the beans well, (some beans make a better salad if they are placed in a sieve and boiling water is poured over them) and cool. Add 2 eggs (chopped), pickles, onions and salt. Moisten with dressing and serve in lettuce cups. Press remaining egg through a sieve and sprinkle over the salad.

Tuna Fish Salad

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|------------------------|-----------------------------|
| 1 c. tuna fish, flaked | 1/2 c. diced cucumber |
| 1/2 c. celery, chopped | 2 hard cooked eggs (sliced) |
| 1 t. prepared mustard | 1/2 t. lemon juice |
| Salt to season | Mayonnaise, to moisten |
| 6 tomatoes (sliced) | Paprika |
| | 6 lettuce cups |

Combine all ingredients. Moisten with mayonnaise. Place the slices of tomato in the lettuce cups on a large platter. Pile the tuna fish salad on the slices of tomato. Garnish with paprika.

Salmon Salad

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|------------------------------|-------------------------------------|
| 1 can salmon | 1/2 c. sweet or sour pickle, diced |
| 1 c. celery, cubed | 3 T. vinegar |
| 1 small onion, shredded fine | 1/2 t. salt |
| 1/2 t. paprika | Mayonnaise or cooked salad dressing |
| 2 hard cooked eggs, chopped | |

Flake the salmon, discarding skin and bones. Add celery, onion, pickles, vinegar, salt, and paprika. Mix well. Then add the chopped egg, and enough salad dressing to moisten well. Serve on crisp salad greens. (Serves 5 to 7).



Meat and Macaroni Salad

- 3 c. cooked macaroni
- 2 c. chopped left-over beef, ham, veal or lamb
- 1/2 c. chopped sweet pickle
- 1/2 c. chopped onion
- 1 pimiento, chopped
- 3 tomatoes cut in eighths
- Salad dressing
- Salt, pepper, and paprika to season

Mix all ingredients lightly and serve in lettuce cups or in bowl lined in salad green. 6 to 8 servings.

Golden Glow Salad

- 1 package lemon gelatin
- 1 c. boiling water
- 1 c. canned pineapple juice
- 1 T. vinegar
- 1/2 t. salt
- 1 c. canned pineapple, diced and drained
- 1 c. grated raw carrot
- 1/2 c. pecan meats, cut fine

Dissolve gelatin in boiling water. Add pineapple juice, vinegar and salt. Chill, and when slightly thickened, add pineapple, carrots and nuts. Turn into individual molds. Place in the refrigerator until firm. When ready to serve, unmold on crisp lettuce. Garnish with mayonnaise. (Serves 6).

Perfection Salad

- 1 T. gelatin
- 1/2 c. cold water
- 1/2 c. mild vinegar
- 1 c. boiling water
- Juice of 1 lemon
- 1 c. celery (cut in small pieces)
- 1/2 c. sugar
- 1 pimiento, chopped fine
- 1 t. salt
- 1 c. pineapple cubes
- 1 c. finely shredded cabbage

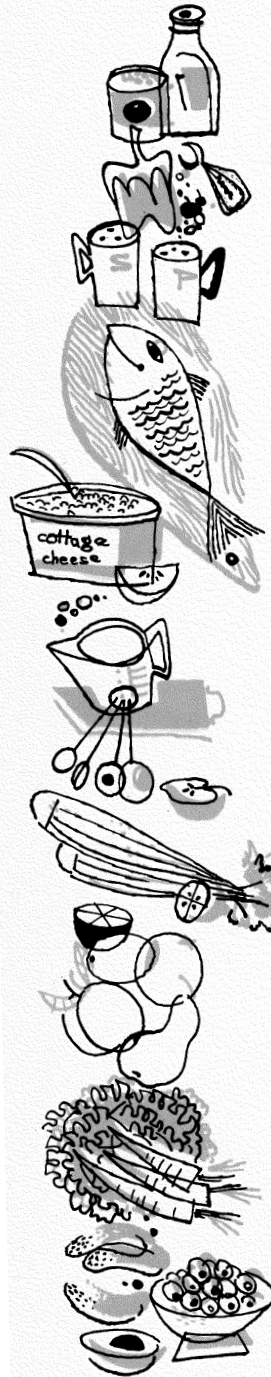
Soak gelatin in cold water and dissolve in boiling water. Add vinegar, lemon juice, sugar and salt. Cool.

Strain and when the mixture begins to set, add remaining ingredients. Turn into mold and chill. Serve on lettuce. Garnish with mayonnaise.

Peach and Cottage Cheese

Place drained halves of peaches, cut side up, on salad greens. Top with cottage cheese to which chopped olives or grated onion has been added. Or centers may be filled with fruit cocktail, or softened cream cheese blended with chopped nuts or coconut.





Cranberry Salad

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|---|--|
| 2 c. sugar | 1 medium sized orange, with rind, ground |
| 1 c. water | 1 c. chopped celery |
| 2 1/2 T. gelatin, soaked in 1/2 c. cold water | 1 c. chopped nuts |
| 4 c. raw cranberries, ground | |

Cook sugar and water to make thin syrup. Add soaked gelatin. Stir until dissolved. Cool. Add remaining ingredients. Pour into mold. Chill. (Serves 16).

Waldorf Salad

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|-------------------------|-----------------------|
| 2 c. apples, diced | Juice of half a lemon |
| 1 c. chopped celery | Mayonnaise |
| 1/2 c. broken nut meats | Leaf Lettuce |
- Squeeze lemon juice over apples and mix with celery and nuts.

Frosted Honeydew Melon

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|-------------------------------|--|
| 1 medium sized honeydew melon | Milk |
| Raspberry fruit gelatin | French Dressing or Mayonnaise Dressing |
| 1 8-oz. cream cheese | Leaf Lettuce |

Peel the whole melon, cut a slice from one end and remove the seeds. Fill the cavity with water, pour it out and measure it. Stand the melon upside down to drain well. Prepare sufficient raspberry fruit gelatin to fill the cavity of the melon, using the amount of water poured from it as a guide to the amount needed. Fill the melon with the gelatin and place it in the refrigerator until the gelatin is firm.

Soften the cream cheese with a small amount of milk, whipping it until light and fluffy. Frost the entire outside of the melon with this whipped cream cheese. Place the frosted melon on a round chop plate and surround it with crisp lettuce leaves. Serve it sliced, with dressing.

Fruit Salad

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|-------------------|----------------------|
| 2 oranges | 1/2 lb. Tokay grapes |
| 3 bananas | 4 slices pineapple |
| 1/2 c. nut meats | 12 marshmallows |
| 1/2 c. mayonnaise | 1 c. heavy cream |

Peel oranges, separate sections, and cut each into three pieces. Peel and cube bananas. Split and seed grapes. Dice pineapple. Slit nuts into two or three pieces. Cube marshmallows. Combine fruits, nuts, marshmallows, and mayonnaise. Whip cream and fold into mixture. Serve in lettuce cups. Garnish with red cherries, paprika, or chopped nuts.

Frozen Fruit Salad

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|--------------------------------|--------------------------------|
| 1 No. 2 1/2 can Fruit Cocktail | 1/4 c. mayonnaise |
| 1 t. unflavored gelatin | A pinch salt |
| 2 T. lemon juice | 2/3 c. whipping cream, chilled |
| 1 3-oz. package cream cheese | 1/2 c. sugar |
| | 1/2 c. chopped nuts |

Drain fruit cocktail. Soak gelatin in lemon juice, then dissolve over hot water. Blend cream cheese with mayonnaise and salt. Stir in gelatin. Whip cream until stiff, adding sugar gradually during last stages of beating. Fold in cheese mixture, nuts, and fruit cocktail. Pour into refrigerator tray that has been lined with waxed paper. Freeze until firm with refrigerator set at coldest setting (approximately 4 hours). Turn out on platter, remove paper, cut into thick slices. 8 servings.

If the salad stands at room temperature for a few minutes just before serving, the flavor and texture are ever so much better.



Garnishes for Salads

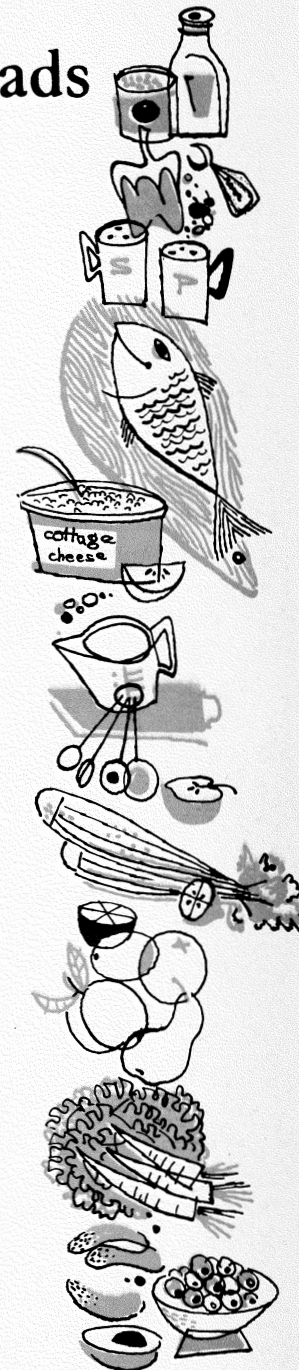
Garnishes help give a finished touch to salads. They are there to add interest and beauty through a change in color, texture and form. They are decorations, and, as such, are best used in small quantities. They are food and may be eaten. For this reason, the flavor of the garnish should be a pleasant addition to the salad.

Here are some garnishes that are easy to make and use:

- ☆ **Lettuce, endive,** water cress, mint leaves, parsley, spinach, and other greens.
- ☆ **Radishes**—plain or roses. To make the roses cut the red skin down each side toward the stem with a sharp knife. Place in ice water to open.
- ☆ **Peppers,** red or green, may be cut in rings, strips, or fancy shapes or chopped and sprinkled over the salad. They add color as well as flavor.
- ☆ **Cheese**—grated, shredded, diced, slivered, or balls. Cheese balls are made by mixing cottage, cream, or American cheese with mayonnaise and molding the mixture into balls. They may be rolled in ground nuts or minced parsley.
- ☆ **Nuts**—chopped or whole.
- ☆ **Lemon** wedges or slices.
- ☆ **Pickles and olives**—whole, cut in rings, or chopped.
- ☆ **Paprika**—gives color as well as flavor.
- ☆ **Hard cooked eggs** used in slices, quarters, halves, or chopped.
- ☆ **Cucumbers**—plain or fluted. For fluted cucumber slices draw fork lengthwise from end to end; then make thin slices.
- ☆ **Celery**—curls, pinwheels, or stuffed. For curls cut celery stalks about three or four inches long. Slice thinly to within 1 inch of end. Drop into ice water until thin slashed strips curl back. Then dry and place into cold place.

To prepare pinwheels, separate celery stalks. Fill with cheese. Put together, tie, chill, and then slice.

For stuffed celery select small stalks with deep grooves in the middle. Fill grooves or hollows with a grated cheese ball mixture.



Salad Tricks

Clean vegetables with a vegetable brush. It takes less time and they come out cleaner.

Use a chopping board and a good sharp knife. Place celery, carrots, other vegetables, meats or fruits on the board and slice them the thickness desired.

To separate head lettuce leaves—cut out core with a sharp knife and allow cold water to run into the opening. Separate leaves and place into refrigerator to chill.

Lettuce should make a cup to hold the salad. If the leaf is flat, split half way from the stem and lap one side over the other to form the cup.

While washing salad greens, add 4 tablespoons of salt to each gallon of water to rid them of bugs.

Before using lettuce or other salad greens, blot dry in soft cloth or paper towel.

To remove fruit sections—pare grapefruit or orange just under the membrane. Cut down one side of section inside of membrane to center. Turn knife and lift section, scraping it from membrane.

For chopped parsley, pull parsley bunch through hand to form close bunch. Snip with kitchen scissors.

For fluted cucumber slices—draw a fork lengthwise from end to end of a cucumber; then make thin slices.

To make onion juice without weeping—sprinkle a cut onion with salt. Scrape across cut surface with a knife or rub over fine, rough side of a grater. Strain the juice with a cheese cloth.

When making celery curls, cut celery sticks about 4 inches long. Slice thinly to within 1 inch of end. Place celery in ice water to curl.

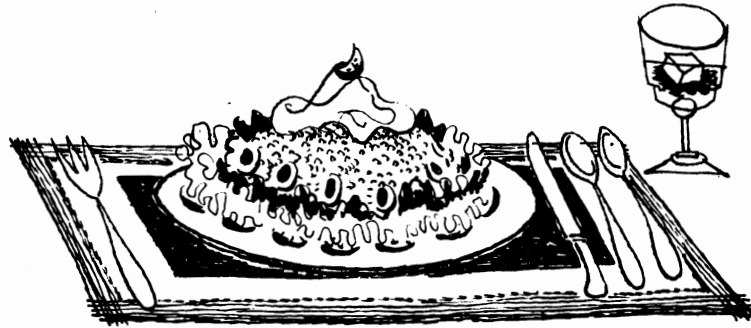
When making radish roses, cut down sides close to skin in 4 or 5 places; place in ice water to open.

For carrot curls—slice carrots lengthwise into very thin strips. Arrange into desired shapes. Secure with toothpicks or rubber bands. Place in ice water to crisp.

For celery pinwheels—separate celery; fill stalks with cheese. Put back together, tie, chill, and slice.

When preparing gelatin salads, add the fruit or vegetables when the mixture is thick, but not set.

To unmold gelatin salads, dip a small pointed knife in warm water and use to loosen the firm gelatin around the edge of the mold. Then quickly dip the mold just to the rim in warm water. Shake the mold slightly to loosen the gelatin, cover with a serving plate, and invert both plate and mold. Then lift off the mold.



Serving the Salad

A pretty salad deserves a serving dish that just fits that salad. It may be served on an individual salad plate or in a bowl.

If the salad must be cut through for eating, it needs a salad plate. Use a broad, fairly flat plate that will make cutting an easy operation. When it is served with the main course, it is placed to the left of the dinner plate just above the fork.

The salad is eaten with a fork. However, if it is difficult to cut, it is permissible to use a knife.

If it is a finger salad, the dish for it is the one that best sets it off. It may be arranged on a tray or platter as a relish plate. Then everyone will help himself and place the food on his bread and butter or dinner plate.

Eat the salad greens and utilize the vitamins and minerals they contain.

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