

Tempting salads and fancy dressings

HALIBUT CHEESE SALAD
The cheese supplies extra protein.
1 pound or 2 cup flaked Halibut
½ tsp. salt
Dash of pepper
1 cup cubed cheddar cheese
1 medium cucumber, diced
¼ cup diced celery
¼ cup french dressing
Lettuce cups
Sprinkle halibut with salt and pepper. Combine with cheese, cucumber and celery. Add dressing and toss ingredients gently to mix. Serve in lettuce cups. Makes 4 to 5 servings.

HILDA RAMSAY
Indian River W. I.
COLD PLATE SALAD
3 small head lettuce
½ lb. cottage cheese
¾ cup fruits for salad
15 fresh pitted dates
Paprika
Favorite dressing
Arrange on lettuce leaf.
MRS. ROY CUTCLIFFE
Augustine Cove

SMOKED SALMON SALAD
1 lb. smoked salmon
¼ cup dairy sour cream
1 or 2 tsp. chopped green onion
½ tsp. celery salt
½ tsp. pepper
1 tsp. chopped parsley
Lettuce cups
Cut salmon into bite - size pieces. Toss with sour cream, onion, celery salt, pepper and a dr. parsley. Serve in lettuce cups. Makes 3 to 4 servings.
Note - cooked fresh salmon or halibut may be used instead of smoked salmon.

HILDA RAMSAY
Indian River W. I.
BAKED SEAFOOD SALAD
1 cup or 1 can (6 ounces) crab meat
1 cup or 1 can (5 ounces) shrimp
¼ cup diced green pepper
1 tsp. finely chopped onion
1 cup diced celery
1 tsp. lemon juice
½ tsp. Worcestershire sauce
¼ cup mayonnaise
¼ cup crushed potato chips
¼ cup grated cheese
Drain and flake crab meat

and remove dry pieces of shell. Drain shrimp and remove vein. Combine with green pepper, onion and celery. Add lemon juice and Worcestershire sauce to mayonnaise. Fold in fish mixture and pile into a greased 1 quart casserole, individual casserole or patty shells. Top with potato chips and sprinkle with grated cheese. Bake in moderate oven (350 deg. F.) until heated through about 15 - 20 minutes. 4 to 5 servings.

HILDA RAMSAY
Indian River W. I.
MOULDED FRUIT COCKTAIL SALAD
Method: Dissolve 1 pkg. lemon or lime - flavored gelatin in ½ cup boiling water
Add ¼ cups gingerale
Chill until slightly thickened. Fold in 1 26 fluid oz. can fruit cocktail, drained
Mold as desired and chill until firm.
Unmold on salad greens and serve with salad dressing. Serves 6.

Baltic Women's Institute
JELLIED SHRIMP AND ORANGE SALAD
2 cans (5 ounces each) shrimp, drained
1 tsp. gelatine
¼ cup mayonnaise
1 tsp. lemon juice
¼ cup orange juice
1 orange, sectioned
¼ cup toasted almonds (chopped)
½ tsp. salt
¼ cup heavy cream, whipped
Cut shrimp in two, if large. Soften gelatin in cold water; dissolve over low heat or hot water. Blend with mayonnaise and combined fruit juices. Add shrimp, orange sections, (cut in pieces, if desired) and almonds. Add salt to whipped cream and fold into shrimp mixture. Spoon into a 4 cup mould. Chill until set. Makes 8 servings.

HILDA RAMSAY
Indian River W. I.
MOULDED FRUIT AND VEGETABLE SALAD
¼ PKG. GELATIN DISS IN

pkgs. gelatin dissolved in
1 cup boiling water
1 can crushed pineapple
1 can diced cooked carrots
Let set. Serve with lettuce and dressing.
MRS. ROY CUTCLIFFE
BEEF AND PEA SALAD
2 cups diced beefs
1 cup cooked peas
1 cup mayonnaise
Lettuce

MRS. ROY CUTCLIFFE
Augustine Cove
TUNA CRUNCH SALAD
7 oz. can tuna fish
¼ cup chopped green pepper
1 tsp. minced onion
2 tsp. crisp cabbage, shredded
2 tsp. vinegar
salad dressing to moisten
2 cups potato chips
To the flaked fish add peppers, onions, cabbage and vinegar. Add dressing just before serving. Also chips. Toss together lightly. Serve on lettuce cups.
MRS. STERLING BIRT

GARDEN OF THE GULF SALAD
1 pkg. lemon jello powder
1½ cups hot water
½ cup pineapple juice
1 can crushed pineapple
1 cup diced celery
1 cup diced red apple
1 cup grated carrot
¼ cup sweet pickle
¼ cup walnuts
Allow jello to thicken, add celery etc. Chill until firm. Serve on lettuce with mayonnaise or a

creamy dressing.
MRS. W.H. BURNS
BALTIC LOT 18 W. I.
NEVER FAIL SALAD DRESSING
2 eggs, beaten
1 cup vinegar
The mix
1 tsp. mustard
1 heaping tsp. flour
1 cup white sugar
½ tsp. salt
Add to vinegar and eggs, then add 1 cup milk.
MRS. DAVID MACKENZIE
BALTIC LOT 18 W. I.
CRANBERRY SALAD
1 lemon jelly powder
juice of 1 orange plus water to make 1½ cups
¼ cup sugar
Heat orange juice and water to dissolve jelly powder. Allow to cool and party set. Add: rind of 1 orange, ½ lb. cranberries but through chopper, ¼ cup diced celery.


MRS. ERNEST LADNER
NORTH RIVER
ROT TUNA SALAD
1 tin cream of chicken soup
1 tin tuna
3 hard cooked eggs
¼ cup miracle whip
¼ cup chopped onion
¼ cup chopped celery
Place in baking dish, slice out hard cooked egg on top and sprinkle with potato chips. Place in oven until brown.
MRS. W.H. BURNS
BALTIC LOT 18 W. I.

BANANA SALAD
3 bananas
¼ cup orange juice
¼ cup chopped nuts
Fruit salad dressing.
Cut up and mix with dressing. Arrange on lettuce.
MRS. ROY CUTCLIFFE
AUGUSTINE COVE
CHICKEN AND TONGUE SALAD
2 cups cooked chicken
1 tongue sliced and cut up
1 cup cooked rice
1 cup frozen peas
¼ cup celery
2 tsp. pimento
METHOD: Combine chicken, tongue, rice, peas, celery, pimento. Moisten with mayonnaise flavored with curry powder, a dr salt and pepper. Chill several hours, garnish with parsley, and hard cooked eggs.
BALTIC WOMEN'S INSTITUTE

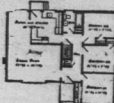
BOWNESS FUNERAL HOME
Summerside
Phone 436-2327
24 HOUR AMBULANCE SERVICE

A GOOD RECIPE FOR QUALITY HOME BUILDING
"MAKE BUILDING PAY THE HALLIDAY WAY."

FOR INFORMATION on these and other Halliday ready cut and sectional homes, write for illustrated home catalogue.



The CORNERBROOK
37'6" x 31'6"
COMPLETE PACKAGE
READY CUT
\$3695




The IMPERIAL
48'0" x 36'7 1/2"
COMPLETE PACKAGE
READY CUT
\$5045



Contact Halliday's for all your building, Remodelling or Repair Supplies.

HALLIDAY Craftsmen LIMITED
ARTHUR ST., TRURO . . . 893-4475



Ordinary oils give uneven, slow burning flame (left). Shell Heating oil gives hot burning flame for top performance.

CLEAN OIL:

Remarkable new Shell Heating Oil saves you money in two important ways

New Shell Heating Oil has been refined by a special, Shell-patented, Hydro-desulphurization process.
This is achieved by scrubbing sulphur and nitrogen compounds from every drop of oil.
The results are clear: this new oil is bright and clean—as stable a heat-

ing oil as your burner can use. This superior cleanliness and stability helps save you money.
Result: The oil burns in a hot, cone-shaped flame. No heat is wasted by lopsided burning. Fuel bills are less. Service calls are fewer.
New Shell Heating Oil is available now. Call us today for complete facts.

ROBERT C. BARWISE



Shell Dealer for Charlottetown and Charlottetown West
Maine Road Dial 4-4516