

## Salads, Dressings Add Delight To Meals

### 24 HOUR SALAD

2 eggs beaten  
4 tablespoons vinegar  
4 tablespoons sugar  
2 tablespoons butter  
1 cup whipped cream  
1 cup red cherries (or less, cut in pieces)  
2 cups pineapple cubes  
2 cups oranges (small pieces)  
2 cups marshmallows (cut in small pieces)

Put eggs in double boiler, add vinegar and sugar, beat until thick and smooth. Remove from heat and add butter. Let cool. When cold fold in whipped cream then fruit mixture. Turn in mold and leave in frig for 24 hours.

Mrs. J. W. Thompson  
Margate W.I.

### SALAD DRESSING

1 cup sugar  
1 tablespoon flour (heaping)  
1 teaspoon salt  
1 tablespoon mustard  
Mix dry ingredients together and add 3 eggs and beat. Then add ¾ cup vinegar, add water to make 1 cup, add lump of butter. Cook until thick and when cool, beat in 1 cup cream and shake of cayenne pepper.

Mrs. Leigh Warren  
New London W.I.

### FROZEN FRUIT SALAD

¾ cup salad dressing  
½ cup cream (whipped)  
2 bananas  
6 maraschino cherries  
4 large slices pineapple  
2 oz. cheese creamed.  
Fold whipped cream into dressing, add to cheese. Add fruits which have been diced. Place in deep tray refrigerator and freeze until hard enough to cut. Serve on lettuce.

R.W. Elliotvale W.I.

### PARTY FRUIT SALAD

12 half pears (canned)  
6 slices pineapple (canned)  
1 package cream cheese  
1 teaspoon grated orange peel  
½ cup red cherries (canned)  
1½ cups canned cherry juice  
1½ tablespoons vinegar  
Juice of one lemon  
1-3 cup white sugar  
3 tablespoons cornstarch  
Drain pears and pineapple.  
Mix orange peel with cheese. Drain cherries and chop very fine and add to cheese mixture. Put two halves of pear together with ball of cheese mixture. Chill. Heat to boiling point the cherry juice, vinegar and juice of lemon. Mix sugar, and cornstarch. Add hot liquid to sugar mixture and cook until transparent and as thick as heavy syrup, chill. When ready to serve, choose deep lettuce cups, place one slice of pineapple in each cup, arrange whole pear on this and place cherry dressing on top. Serves 6.

Mrs. Henry Douglas  
Parkdale

### SALMON SALAD

¾ LB. CAN SALMON  
yolks of 4 hard boiled eggs  
7 rolled crackers  
Add to salmon and crackers,  
1 large tbsp. melted butter,  
1 essert spoon mustard  
salt and pepper,  
½ c. vinegar,  
2 tbsp. cold water. Mix all together. Then dice egg white and add to first mixture. Press into loaf pan and chill 2 or 3 hrs.

Mrs. Keith Warren,  
Margate W. I.

### MAYONNAISE

1 teaspoon butter  
¼ cup vinegar, heated in double boiler  
Mix in a bowl:  
½ teaspoon of mustard  
1 teaspoon salt  
Pinch of cayenne pepper  
¼ cup white sugar  
1 tablespoon flour  
Add 4 egg yolks and  
1 cup sour cream  
Blend well, and add to hot vinegar, cook until thick. Thin with cream when ready to use.

Mrs. John E. Poole  
South Milton W.I.

### BEET WINTER SALAD

Boil 6 quarts beets, peel and chop. Make salad dressing of the following:  
2 cups vinegar  
1 cup water  
2 cups sugar  
1 teaspoon salt  
1 teaspoon mustard  
¼ cup flour  
Cook as a sauce. Mix dry ingredients, add water and vinegar and bring to a boil. Pour over beet mixture, mix well.

Mrs. Eldred Simmons  
Reads Corner W.I.

### CHICKEN SALAD

3 cups chicken (cut finely)  
1½ cups celery (diced)  
3 tsp. walnuts (cut fine)  
Salt to taste  
Mix chicken, celery, salt and walnuts, together. Moisten with salad dressing and allow to set in refrigerator until ready to serve. Arrange on lettuce and garnish with sliced tomato or egg.

Mrs. Evelyn MacLeod  
Vernon River W. I.

### SALMON MOULD

(Corned or Fresh Salmon)

1 pint salmon, minced  
½ cup milk  
2 tablespoons vinegar or lemon juice  
1 teaspoon parsley, minced  
1 teaspoon salt  
Small piece of butter  
1 cup bread crumbs  
2 eggs  
½ teaspoon mustard  
Mix all together and steam 45 minutes in large mould, or 20 minutes in small moulds. Serve with tomato sauce or salad.

Mrs. George Small  
Reads Corner W.I.

### LOBSTER SALAD

2 cups lobster meat, cut in cubes  
1½ cups celery (cut fine)  
Paprika  
Hard boiled eggs  
Lettuce crisp  
1 cup mayonnaise  
Marinate lobster meat in French dressing. Chill well. When ready to serve combine with celery. Moisten with mayonnaise. Arrange in nest of crisp lettuce. Garnish with eggs and celery tips.

Mrs. Evelyn MacLeod  
Vernon River W.I.

### POTATO AND CUCUMBER SALAD

2 cups diced potatoes  
¾ cup diced cucumber  
½ cup celery or ¼ tsp. celery seed.  
1 tbsp. chopped parsley  
1 tsp. grated onion  
Salt and pepper  
Salad dressing to mix. Serves 8.

Mrs. Keith Warren  
Margate W. I.

### CHICKEN SALAD

2 cups cooked chicken diced  
1 cup celery  
When ready to serve combine with salad dressing, season with salt, paprika and serve on lettuce. Garnish with pimiento or olives. Serves 8.

Mrs. Keith Warren  
Margate W. I.

### TOMATO AND CABBAGE SALAD

2 cups shredded cabbage  
1 cup diced tomatoes  
Sprinkle with salt, chill and mix just before serving. Serve with salad dressing. Chopped green peppers may be added.

R. W. Elliotvale W. I.

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