

then cut through the bony membrane, on the under side, with a pair of scissors, and take out the meat in one piece. Separate the tail meat through the crease and remove the small intestinal vein which runs its entire length. This vein can always be seen, but varies in color from almost black to pink or white. Separate the body from the shell, leaving the stomach or "lady" in the shell. The coral should be saved, and the green substance or liver *may* be used. Pull off the gills found on the sides of the body, break the body through the middle lengthwise and remove the bits of meat found between the bones. The gills, stomach and intestinal vein are not edible. Disjoint the large claws and remove the meat whole if possible. If shells are hard, break carefully on under side with a hammer. Take meat from small claws with a wooden skewer. Scrub shell and claws, dry and save for the serving of the salad.

Lobster meat should not be kept more than 18 hours after cooking.

Cut lobster meat in $\frac{1}{2}$ inch cubes and marinate with French Dressing. Just before serving add an equal quantity of celery cut in small pieces. Mix with Mayonnaise or Cream Dressing. Arrange shell and claws on a bed of lettuce and fill the shell with the salad. Rub coral through a strainer and sprinkle over the salad.

CELERY AND APPLE SALAD.

Mrs. S. C. Parks.

Two large apples, 2 small heads of celery, nice and crisp, $\frac{1}{2}$ cup of walnuts, cut in dice. Add dressing and mix all together. Lay on lettuce. Add a little more dressing and garnish with pieces of nuts on top.

EGG SALAD.

Mrs. S. C. Parks.

Cut hard boiled eggs into dice, mix with chopped walnuts. Serve on crisp lettuce leaves with a tbsp. of salad dressing.

POTATO AND BEET SALAD.

Mrs. S. C. Parks.

Cut into small cubes cooked beets, potatoes, pickled cucumbers and raw tomatoes; sprinkle with salt, mix lightly with salad dressing. Garnish with hard boiled eggs and beets cut in fancy shapes or stuffed olives.

CABBAGE SALAD.

Mrs. S. C. Parks.

One small head of cabbage, firm and white, chopped; $\frac{1}{2}$ cup of peanuts chopped fine. Add dressing just before using.

BANANA SALAD.

Mrs. S. C. Parks.

Peel and cut the bananas in half lengthwise; lay on lettuce leaf, cover with dressing and sprinkle with finely chopped walnuts or almonds.