

Health and Home.

Salads for Winter.

Corned Beef Salad.—Cut one pound of corned beef in dice. Add one tablespoonful of freshly grated horseradish and marinate with a French dressing. Serve in a bed of watercress and pass more dressing with it.

Beef Salad.—Dice a half pound of lean roast beef, marinate it with a French dressing and let stand for two hours. Mix with a pint of cut celery or a torn head of lettuce, add more French dressing and sprinkle with finely chopped parsley.

French Salad Dressing.—Mix together one-quarter of a teaspoonful of white pepper, one half teaspoonful of salt and three tablespoonfuls of good olive oil. When the salt is dissolved add, while stirring violently, one tablespoonful of vinegar and stir until the dressing is slightly thickened. In the season lemon juice may be used in place of oil.

Apple Salad.—Pick over a bunch of watercresses, freshen in cold water for an hour, then dry thoroughly in a towel. Sprinkle with a French dressing and arrange in a salad dish. Quarter two tart red apples, remove the cores and cut in quarter-inch sections. Arrange these in and among the watercress, add more dressing and serve with roast duck.

Lima Bean Salad.—Soak a half cup of dried lima beans over night in cold water. Put on next day in fresh cold water; when the water boils drain it off, cover with fresh boiling water and cook slowly and gently till the beans are tender. Drain, pour over them a French dressing to which a very little onion juice is added and set away until cold. Serve in lettuce cups.

Cooked Salad Dressing.—Put in a saucepan a dash of cayenne, a quarter teaspoonful of mustard and three eggs, and beat them for a minute. Mix together one-third of a cup each of vinegar and water, add to the eggs and beat until thinned. Drop in two tablespoonfuls of butter and stir over hot water until thick and smooth. Strain and add a pinch of salt. The dressing will keep for some time.

Egg and Cheese Salad. Slice half a dozen hard-boiled eggs. Line a salad dish with lettuce leaves, cover with a layer of the eggs and sprinkle thickly with grated cheese. Thin some of the cooked dressing with a little cream and put a few spoonfuls over the cheese. Add another layer of eggs and cheese and a sprinkling of chopped cucumber pickle. Put in the remainder of the eggs, cover with the dressing and sprinkle more cheese over all.

Frozen Tomato Salad.—From a can of tomatoes take all the large pieces of pulp, press them through a sieve and season lightly with salt, pepper, a little tarragon vinegar and a few drops of onion juice. Put this mixture in the freezer and freeze as for a water ice. Take out the dasher, work well in the can, repack the freezer and put in the cellar for a couple of hours. Grate or chop fine some English walnuts. Serve the frozen tomato on a bed of lettuce leaves and sprinkle thickly with the walnuts. Serve mayonnaise in a bowl.

German Potato Salad with Dumplings.—Wash, but do not peel, one quart of potatoes and put them on to boil in very salt water. Make a dough with one pint of flour, one-half teaspoon of salt, one tablespoon of butter, one teaspoon of baking powder and cold milk to mix. Make up lightly with the hands into small balls and put them in a steamer over boiling water. Chop very fine two tablespoonfuls of raw white onion. As soon as the potatoes are done peel and cut them in slices. Have ready a double quantity of French dressing, sprinkle it and the onions over the potatoes and arrange on a hot platter. As soon as the dumplings are done arrange them in a circle round the salad and send quickly to the table. This is an especially good dish for a cold winter evening.—Margaret Hogland Warner in Table Talk.

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