

Household Suggestions

The Art of Salad Making

How to Utilize the Left-overs

By Doris Richards

A salad is a most useful as well as a beautiful part of the menu, fitting into many gaps, and satisfying the appetite as well as making a decorative dish for the table. So many elements enter into salad-making that it is important for the housewife to understand their value: Salad plants contain potash salts which are beneficial to the system, while olive oil, which furnishes a main ingredient of most salad dressings, is fattening and soothing to the body and becomes a most valuable food if taken with any degree of regularity. There are the hearty meat salads, the lighter vegetable salads, and many combinations of such ingredients with condiments, relishes, fruits and nuts, which make the question of the salad an almost endless possibility.

A small portion of cold meat may be diced into a salad with some left-over vegetables, the two or three tomatoes which are not enough to stew may be made into cups to hold chopped lettuce or cress mixed with salad dressing. The few cold potatoes left over may be diced, chopped onions and parsley added and the whole marinated with French dressing, and made into a tasty potato salad. In fact almost all left-overs of meat, fish or vegetables may be utilized either in the making of salad or in the family soup pot.

There are some people who do not care for mayonnaise because they dislike olive oil. For them a boiled dressing will fill the needed place as this may be mixed with a great variety of salad combinations.

Boiled Salad Dressing—Mix together one slightly beaten egg, a little salt, one scant teaspoonful of mustard, one teaspoonful of sugar, two tablespoonfuls of melted butter and three-fourths of a cup of thin cream or rich milk. When thoroughly mixed and blended, add very slowly one-fourth of a cupful of vinegar. Cook in a double boiler, stirring constantly until the mixture thickens, then cool.

Mayonnaise Dressing—It is a common idea that mayonnaise dressing is difficult to make, but if a few simple rules are remembered there can be no failing and the operation is simplicity itself. Into a dish put one or two egg-yolks, half a saltspoonful of salt, one teaspoonful of powdered sugar, a very little pepper and a scant teaspoonful of mustard. Add olive oil, drop by drop, at first beating into the egg with a silver fork. As the mixture thickens, the oil may be added more quickly, pouring a little on, continuing the beating without cessation. Add slowly, alternating with the oil, either vinegar, or lemon juice, or if preferred, both (in which case use about two tablespoonfuls of each, four, of one alone). Continue stirring in the oil until the mixture is very thick. Keep on ice until wanted.

In mixing mayonnaise have everything very cold. The olive oil and the eggs should both have been on ice, the fork and the plate on which the dressing is made should also be cold. If the mixture refuses to thicken or should curdle, which it sometimes does if the oil is added too quickly, stir in the yolk of another egg and continue the beating as before. The addition of a chopped pickle and some capers converts "Mayonnaise dressing" into "Sauce Tartare," which is used with many delicious recipes.

Mayonnaise may be jellied, for use with aspic salads, by adding a tablespoonful of melted gelatin, stirring until smooth and setting on ice. Cut in cubes to decorate the salad.

French dressing is easily made. Mix a very little salt, a dash of pepper, three tablespoonfuls of vinegar and six of olive oil and stir until well blended.

Egg Salad—Cut hard-boiled eggs in halves, remove the yolk and rub to a paste adding an equal quantity of sardines, freed from bones and tails. Mix together with a little mayonnaise. Arrange crisp lettuce leaves or water cress on a plate, pile the salad in a mound in the center and decorate the edge of the

dish with the whites of the eggs filled with mayonnaise dressing, a sprig of parsley stuck in the top of each.

Autumn Salad—Mix two cupfuls of cold diced potatoes with one cupful of chopped celery and one medium-sized apple cut in thin slices. Marinate with French dressing, garnish with parsley and celery tips and one or two bright red nasturtiums.

Date Salad—Remove the stones from some well-washed dates and stuff with a little cream cheese into which a little currant jelly is worked. Pile on crisp lettuce leaves and serve with mayonnaise dressing, into which the white of an egg is beaten as well as the yolk.

Chicken Salad with Nuts—To two cupfuls of minced chicken meat allow one of chopped celery. Mix with one cupful of chopped nut meats (any preferred kind) and moisten with mayonnaise. Line a salad bowl with lettuce leaves, arrange the salad in the center and decorate with rounds of celery, piled high with mayonnaise.

Tomato and Cucumber Salad—Peel medium-sized tomatoes and cut a slice off the top of each. Remove some of the pulp and the core and fill these cups with shredded cucumber slices moistened with French dressing. Arrange on crisp lettuce leaves.



Sunday School Class at Gladstone going for Hay Ride

Cherry Salad—This may be made from fresh or canned cherries. Remove the stones and fill each cavity with a Filbert nut. Serve several cherries on a lettuce leaf to each person and serve with cream dressing.

Cream Dressing—With one-half teaspoonful of salt, sugar and mustard, and dash of pepper add gradually two tablespoonfuls of vinegar and the yolks of two eggs, beaten. Cook over hot water until the mixture thickens, then add one tablespoonful of butter and pour gradually, while stirring constantly, onto the beaten white of an egg. Cool and fold in one cup of whipped cream.

This dressing is delicious with many fruit salads as is another boiled dressing.

Cream Dressing with Oil—Beat the yolks of three eggs light and add gradually, beating the white, one-fourth cup of olive oil then two tablespoonfuls of vinegar and one of lemon juice. Cook over hot water until the mixture thickens and cools. Add gradually another fourth of a cup of olive oil, one tablespoonful of powdered sugar, a pinch of salt and a dash of pepper. Just before mixing with the salad fold in two cups of whipped cream, beaten very stiff.

Fruit Salad—One cup each of diced pineapple, halved strawberries, sliced bananas, sliced oranges and cherries. Sprinkle two tablespoonfuls of powdered sugar and marinate with French dressing. Serve on lettuce leaves with mayonnaise or cream dressing.

Cream Cheese Salad—Moisten a cream cheese with a little mayonnaise and a teaspoonful of currant jelly and add some chopped olives, forming into small

balls. Dispose prettily on crisp lettuce leaves or on cress and serve with mayonnaise dressing.

Oriental Salad—On thin slices of oranges sprinkle thin strips of apple, cucumber and some raisins soaked in lemon juice. Over all pour a tablespoonful of the juice from a can of preserved ginger and let grow very cold. Serve on nasturtium leaves, with cream dressing and a few nasturtium seeds sprinkled over the top.

Potato and Tomato Salad—Cut some fresh boiled potatoes into small dice with a little chopped onion added. Pour French dressing over the top and allow to stand for two hours. Scoop out tomato cups, fill with the potato salad and pile cream dressing or mayonnaise on top of each cup.

Apple Salad—Chopped apple and celery with a few nuts, mixed with mayonnaise, makes a very tasty salad. Serve in apple cases hollowed out and decorate each portion with a celery plume.

Grape-fruit Salad—Mix equal portions of grape-fruit pulp and chopped celery. Arrange in nests of lettuce and serve with mayonnaise, with tips of parsley to garnish the top.

Fairy Salad—On small leaves of lettuce spread sliced bananas and celery. Put a spoonful of cream dressing with whipped cream on top of each and decorate with a few candied violets.

Bananas, sprinkled with lemon juice

The Transformation of a White Sauce

"What is the sense of taking lessons for months and months at a cooking school," asked a bright young housekeeper, "when if you know how to make white sauce you can cook anything on earth?"

The thin white sauce is made of one tablespoonful of flour, one tablespoonful of butter, and one cupful of liquid—generally milk. Seasoning is added to taste, usually one-quarter of a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Mix the flour and seasoning in the bottom of the saucepan, rub the butter into the dry ingredients—if it is not soft enough, heat gently for a little while—then add the milk, about a third at a time, and stir the whole until it boils. The sauce should then be smooth and velvety, and curiously enough it will be more velvety if the milk is cold when added, probably because the blending of the ingredients is then likely to be more thorough.

For a medium white sauce, the ingredients and method are the same, but two tablespoonfuls of butter and two of flour are used. For a thick white sauce four tablespoonfuls of butter and four of flour are called for. The proportions of flour to liquid must always be exact, but one-half less butter may be used at a pinch—although, of course, the sauce will not be so rich, and it will be a good deal more difficult to make it free from lumps.

The Thin White Sauce

Cream soups, so called, are made on a foundation of thin white sauce. Sifted vegetable pulp is added to the sauce for cream of corn, pea, spinach, tomato, and so forth, or vegetables are chopped or sliced, as for cream of celery or asparagus soup.

Custards, where the eggs are stirred into a thin white sauce—properly sweetened, and the pepper omitted—will not separate and curdle, and will not "wey" in either a pie or a cup.

Excellent ice-cream can be made on a thin white sauce foundation when sugar and flavoring are added. If a couple of beaten eggs are stirred into the fundamental white sauce, and sugar, fruit sirup, chopped nuts, and so forth, are added, you will have something that you may call French ice-cream, frozen pudding, or custard ice-cream, as you will.

The Medium White Sauce

All the creamed dishes—cream chicken, creamed potatoes, creamed onions, and so forth—are simply the ingredient that gives the name to the dish warmed up in a medium white sauce.

Croquettes of minced meat, fish, or what not, can have their ingredients "bound" together by a medium white sauce. Stir the chopped meat or other substance into the sauce until the mixture is of a good consistency to shape into the croquettes.

Souffles of cheese, chicken, rice, and so forth, are made on the basis of a medium white sauce to which the name "ingredient" is added. Two or three eggs to every cup of the foundation sauce will be required in addition. Stir the yolks into the sauce after removing it from the fire; fold the stiffly beaten whites into the completed mixture just before it is set into the oven, so that it will rise and swell and bloat and puff up as a proper souffle should.

The Thick White Sauce

This is the most difficult of the three to make, because it is so thick that it will "lump" unless it is constantly stirred.

For a delicious Welsh rabbit, stir three cupfuls of grated or sliced cheese into one cupful of thick white sauce, highly seasoned with paprika, mustard, red pepper, Worcestershire sauce, or anything else you can think of. Stir the whole over the fire until the cheese is melted and the mixture boils. This rabbit will never "string," never curdle, never "separate," and it can be successfully made by a novice. Try adding chopped olives to a rabbit, made like the above, but with the brine from the olive-bottle used as liquid for the foundation sauce.

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