

SALADS



Next time you have iceberg lettuce to prepare, snip out the stem and let the entire head stand in cold water while you are making the salad. The leaves will loosen easily and be crisp and delicious.

After washing, wrap lettuce leaves in a towel and place on ice until needed. The towel absorbs the moisture.

Never chop onion into a salad. If you like the flavor, either rub the salad bowl with onion or draw your knife through the onion before slicing the other vegetables.

FRUIT SALAD

Cut orange, banana and pineapple in small pieces and arrange on a crisp lettuce leaf. Cover with Fruit Salad Dressing.

FRUIT SALAD DRESSING

Juice 2 oranges and 2 lemons, 2 eggs, 1 cup sugar.

Cook until thick. When cold, place in refrigerator until needed. This mixture keeps well. When you want to use it, add whipped cream. One half pint will be required for this quantity.

CRABMEAT SALAD IN TOMATO CUPS

Flake 1 cup crab meat. Add $\frac{1}{4}$ cup celery. Moisten with mayonnaise.

Let tomato stand in hot water for two minutes. Plunge into cold water. Peel immediately and scoop out the pulp. Drain upside down for five minutes. Chill. Fill with the crab meat mixture and top with tablespoon mayonnaise. Serve on a lettuce leaf.