

Delightful salads and salad dressings



CHILLED SOUP IDEAL FOR SUMMER EATING

LOBSTER PINEAPPLE SALAD

2 cups or 2 cans (6 oz. each) lobster
 2 ripe pineapple
 2 1/2 cup diced celery
 1/2 cup sliced nut meats (any kind)
 1/2 cup salad dressing
 Drain and cut lobster into bite-size pieces. Cut pineapple in halves lengthwise, remove fruit from each half and save the shells. Cut pineapple into chunks. Combine lobster, pineapple, celery, nut meats, and dressing.

Fill pineapple halves with mixture. Serve with additional salad dressing. Makes 4 servings.

HILDA RAMSAY
 Indian River W. L.

GARDEN SALAD RING

1 tsp. gelatine
 1/2 cup cold water
 2 cups boiling water
 1 tsp. salt
 1/2 tsp. seasoning salt
 2 drops Tabasco sauce
 2 tsp. lemon juice
 1/2 tsp. liquid sweetener
 green coloring
 1 cup peeled diced cucumbers
 1 cup sliced radishes
 1/2 cup sliced green onions
 Sprinkle gelatine on cold water. Dissolve in boiling water. Add salt, seasoning salt, Tabasco sauce, liquid sweetener, lemon juice and coloring. Chill until partially set. Fill in remaining ingredients. Chill until set in a 5 cup ring mould. Serve with cold salmon or halibut. Makes 6 servings.

HILDA RAMSAY
 Indian River W. L.

SALAD DRESSING

1 tsp. flour
 1 tsp. mustard
 1/2 tsp. salt
 1/4 cup sugar
 Mix all together, then add—
 1 egg
 1/2 cup vinegar
 1/2 cup water
 1 tsp. butter

Boil all on stove until thick.

MRS. RUSSELL CAMPBELL
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FISHERMAN'S SPECIAL SALAD

The green grapes and almonds add a festive touch
 1 pound or 2 cups cooked flaked fish
 1/2 tsp. salt
 1 cup sliced celery
 1/4 cup french dressing
 1 cup seedless grapes (green)
 1/4 cup mayonnaise
 1 tsp. lemon juice
 lettuce cups
 1/4 cup toasted slivered almonds
 Sprinkle fish with salt. Add celery and combine with french dressing. Let stand in refrigerator 1 hour to blend flavours. Add grapes. Combine mayonnaise and lemon juice. Add fish mixture and toss gently. Serve in lettuce cups and garnish with almonds. Makes 4 servings.

HILDA RAMSAY
 Indian River W. L.

WATER CRESS SALAD

1 bunch crisp watercress
 1 hard boiled egg (chopped)
 1 tsp. onion
 2 slices bacon (fried crisp)
 1/2 cup French dressing
 Toss together and serve once.

MRS. R. CUTCLIFFE

SUMMER FISH SALAD

The flavour is enhanced by marinating the fish in French dressing.
 1 pound or 2 cups flaked fish
 1/2 tsp. salt
 1/2 cup French dressing
 3 cups torn lettuce leaves
 1 cup cooked green beans
 1/2 cup sliced radishes
 1 tsp. capers (optional)
 Sprinkle fish with salt, pour french dressing over fish and let stand in refrigerator for 1 hour to blend flavours. Toss

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HILDA RAMSAY
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GRAPEFRUIT SALAD

3 small grapefruit
 1-3 cup French dressing
 Crisp lettuce

MRS. R. CUTCLIFFE
 Augustine Cove

GARDEN SALAD

1 pound or 2 cups flaked fish
 2 cups mixed salad greens
 1/4 cup thin strips raw carrot
 1 cup raw cauliflowerlets
 1 tomato, cut in wedges
 1/4 cup thin onion slices
 1/4 tsp. dill seeds (optional)
 1/4 cup french dressing
 Salt to taste
 Beat fish into bite-size chunks. Toss lightly with remaining ingredients. Makes 4 servings.

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