

# Salads and salad dressings

## TOSSED SALAD

1 cup cucumbers diced  
 1/2 cup celery diced  
 1 cup tomatoes cubed  
 1/2 cup onion diced or sliced  
 1 cup lettuce shredded.  
 Toss 5 ingredients lightly together and chill. Just before serving time pour over your favorite French dressing.  
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## SALAD DRESSING

2 eggs  
 1 tsp flour  
 1 tsp mustard  
 1/4 tsp salt  
 1/4 cup butter  
 1/4 cup sugar  
 1/4 cup vinegar  
 1/2 cup milk.

Mix dry ingredients with the milk and add the beaten eggs and vinegar. Cook over boiling water (in double boiler) stirring often until thick.

When using mix the required amount with milk to make the desired consistency.

**RETA MANN**  
 INDIAN RIVER W.L.

## APPLE AND PEANUT SALAD

5 medium apples (Ripe)  
 Juice of 1 lemon  
 4 branches celery diced  
 1/2 cup chopped peanuts  
 1/2 cup mayonnaise

Lettuce  
 Chop fine and arrange on lettuce.

**MRS. ROY CUTCLIFFE**  
 AUGUSTINE COVE

## COOKED CAULIFLOWER SALAD

1 small head cauliflower (cooked)  
 1/2 cup grated cheese  
 1/2 cup mayonnaise  
 Lettuce

**MRS. ROY CUTCLIFFE**  
 AUGUSTINE COVE.

## PEAR AND CELERY SALAD

5 pears  
 2 tbsp. lemon juice  
 1/2 lb. grated cheese  
 1 cup diced celery  
 5 tsp. French dressing.

Arrange on Lettuce leaves and add dressing.

**MRS. ROY CUTCLIFFE**  
 AUGUSTINE COVE

## SOUR CREAM SALAD DRESSING

Substitute this for mayonnaise if kind of sour cream.  
 1/2 cup dairy sour cream.  
 1/2 cup cider vinegar  
 1-3 cup salad oil  
 1 tsp. grated onion.  
 1 tsp. horseradish  
 1/2 tsp. capers (optional)  
 1/2 tsp. dill seeds  
 1/2 tsp. paprika  
 1/2 tsp. salt.  
 few grains pepper.

Combine all ingredients in a tightly covered jar. Shake well before using. Makes about 1 1/2 cups.

**HILDA RAMSAY**  
 INDIAN RIVER W.L.

## FRENCH DRESSING

1 cup salad oil  
 1-3 cup vinegar  
 1 tsp. sugar  
 1/2 tsp. salt  
 1/2 tsp. paprika  
 1/2 tsp. dry mustard

1 clove garlic (optional)  
 Method: Measure ingredients into bottle, cover tightly and shake well. Chill several hours, then remove garlic. Shake thoroughly before using.

**MRS. ELMER BROWN**  
 YORK.

## SALAD DRESSING

1/2 cup white sugar  
 1 heaping tablespoon mustard  
 4 tablespoons flour  
 1 teaspoon salt  
 Put through a flour sifter and add:  
 2 eggs  
 1 cup vinegar

When mixed well add 2 cups boiling water. Put in double boiler and cook until thick. This makes one quart of dressing.  
**MRS. CLIFFORD CHAPPELL**

## MAYONNAISE

1/2 cup white sugar  
 1/2 cup water  
 3 tbsps. corn starch  
 1 tsp. salt  
 1 cup vinegar  
 2 eggs, beaten  
 1 tsp. mustard

Mix all ingredients and cook in top of double boiler till thick. When needed thin with whipped cream.

**MRS. DONALD J. MacLEAN**  
 DeGROS MANSION

## SALAD DRESSING

2 egg yolks  
 1 teaspoon mustard  
 1 teaspoon salt  
 1 teaspoon flour  
 5 teaspoons sugar  
 1/2 cup vinegar  
 1/2 cup milk  
**MRS. CLAYTON TRAVERS**

## SALAD DRESSING

Put 1/2 cup vinegar on to boil. Mix in bowl 3 tablespoons flour. 3 tbsps. white sugar, 2 tsp. mustard, 1 tsp. salt, 1 egg, 1 cup milk. Mix well, add to hot vinegar. Cook till thick. Add lump of butter. Cook maybe thinned with milk or cream if too thick.

**MRS. MELVIN HAMBLY**  
 33 EDWARD STREET

## SALAD DRESSING

3 tbsps. sugar  
 1 tsp. flour  
 1 tsp. mustard  
 1 egg  
 1 tsp. salt  
 1/2 cup vinegar  
 1/2 cup hot water

Mix dry ingredients, add well beaten egg, then vinegar and hot water. Set on stove and stir till it thickens, about 3 minutes.

**MRS. HUBERT GILLES**  
 INDIAN RIVER W.I.

## SALAD DRESSING

1/2 cup milk (Heat on stove)  
 Mix in a bowl  
 1 tsp. sugar  
 1 tsp. flour  
 1 tsp. mustard

1 tsp. salt  
 1 egg  
 pinch of pepper.  
 Mix with hot milk. Cook until thickened.  
 Remove from stove add butter and 1-3 cup vinegar.

**SHEILA DUNPHY**  
 INDIAN RIVER W.L.

## CABBAGE SALAD

Slice cabbage on a grater. Add some shredded carrots.

Mix with salad dressing.  
**SHEILA DUNPHY**  
 INDIAN RIVER W.L.

## CREAM SALAD DRESSING

2 tbsps. butter  
 2 tbsps. sugar  
 1 tsp. mustard  
 1/2 tsp. salt  
 1 rounded tsp. flour  
 2 egg yolks  
 1/2 cup sweet cream

Mix together butter, sugar, mustard, salt and flour. Add beaten egg yolks, then the cream and lastly the vinegar. Cook over medium heat until thick.

**MABEL MacLELLAN**  
 INDIAN RIVER W.L.

## PARTY SALAD

2 packages lemon jello  
 1 can crushed pineapple  
 1 package Philadelphia cream cheese  
 1/2 pint whipping cream  
 1/2 cup diced carrots  
 1 cup celery, diced  
 1/2 cup chopped walnuts

1 can chicken, cut finely  
 Drain crushed pineapple and

add 2 cups boiling water to the juice, also the 2 packages lemon jello. Have the Philadelphia cream cheese well softened. Add to the jello water and juice mixture while the mixture is still hot. Mix until dissolved. Set aside to cool.  
 Whip the cream and fold into the jello mixture. Add the crushed pineapple, carrots, celery, walnut and chicken. Place in refrigerator to jell. Will keep 2 to 4 days in refrigerator.

**MRS. R. MURRAY**  
 YORK

## LOBSTER SALAD

2 cups lobster meat  
 2 tsp. lemon juice  
 1 cup diced celery  
 1/2 cup salad dressing  
 Cut lobster into bite size chunks, sprinkle with 1/2 lemon juice and let stand a few minutes. Combine lobster, celery and salad dressing and toss lightly.

**MRS. ELMER BROWN**  
 YORK

## LOBSTER SALAD

1 can lobster  
 1/2 cup diced pineapple  
 1/2 cup diced apple  
 1/2 cup diced celery  
 salt and pepper  
 Combine and moisten with ma-

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onnaise. Serve on lettuce.  
 Sauce for same:  
 3 tbsps. tomato catsup  
 3 tbsps. chili sauce  
 1 tsp. Worcestershire sauce  
 2 tbsps. lemon juice  
 2 tbsps. chopped green pepper or celery  
 dash of salt  
 Serves 5 or 6.

**MRS. WM. CROCKETT**  
 YORK W.I.

## CARROT CABBAGE SALAD

1 package lemon jello powder  
 1 cup hot water  
 1/2 cup cold water  
 1/2 tsp. salt  
 1/2 cup carrots, grated  
 1/2 cup finely shredded cabbage

Method: Dissolve jello powder in hot water. Add cold water and salt. Chill until slightly thickened. Fold in carrots and cabbage. Chill until firm.

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