

Summer Salads Make Cool Meal

Well-made salads are a most attractive and appetizing part of a meal because they're colorful, crisp, cool, and refreshing.

Salads may be served in a variety of ways—as the appetizer, side-dish salad, main dish, or as a salad-dessert combined. Learning to make salads at their very best is simple. But first you must know the secrets that make a good salad good. These secrets are based upon flavor, color, and special eating qualities.

Think of flavors that go well together and the salad's "role" in the menu. For instance: tomato and avocado for the first course, chicken and celery for the main course, and aspic or a combination of vegetables for side dish, and fruit and nuts for either a side-dish salad or dessert salad.

CONTRASTS of textures

are to be considered. Use at least one food that is chewy or crisp when other foods are soft. This is an important rule for salads.

Have fun building your own color scheme to enliven everyday meals or to carry out a party theme. Your salad can be the highlight!

All fruits and vegetables should be fresh and in prime condition. Drain them thoroughly before using. To make salad greens crisp and perky, wash, drain, and chill them before using.

SEASON THE mixture to suit the salad. Use salt and vinegar for vegetable salads and perhaps a dash of pepper. For the less acid fruits, a little lemon juice is a peppery addition.

When preparing congealed salads, chill the liquid gelatin mixture in the electric refrigerator until slightly thickened. At this stage the mixture is thick and syrupy and will slip off a raised spoon in a jellied sheet. Then it is just right to hold the fruit and vegetables in even distribution.

Arrange any salad on a chilled plate (or bowl) in a simple manner. Avoid a cluttered effect. Combine or arrange salad just before serving for a fresh, appetizing appearance.

Prominent on grocers' shelves, and homemakers' too, are 5-ounce cans of boned chicken and turkey. These are wonderful in salads, casseroles, and creamed dishes. Here are two salad recipes using canned chicken or turkey.

STAR OF PARIS SALAD.

1 package of frozen asparagus
2 cans (5 ounce size) boned chicken or turkey
2 ripe tomatoes, cut in chunks
½ cup diced celery

4 large stuffed olives, sliced thin
Salt, pepper, paprika, to taste
2 Tablespoons mayonnaise
1 Teaspoon prepared mustard
Crisp lettuce leaves

Cook asparagus according to the direction on the package; chill; lightly toss together chicken, tomatoes, celery, olives, seasoning, mayonnaise, and mustard. Chill in the refrigerator. Arrange asparagus on lettuce in a star pattern. Place tomato, chicken mixture in the center. Garnish with wedges of hard-cooked eggs. Serves 5.

SUNSHINE SALAD

1 cup boiling water
1 Package (3 oz.) lemon-flavored gelatin
½ cup cold water
2 Tablespoons vinegar
1 can boned chicken or turkey, cut up
½ cup shredded carrot
¼ cup chopped celery

2 Tablespoons chopped onion

In a bowl, add boiling water to the gelatin; stir until dissolved. Add cold water and vinegar. Chill in the refrigerator until slightly thickened. Fold in the remaining ingredients. Pour into a 1 quart mold. Chill in the refrigerator until firm. Unmold and serve on crisp salad greens. Serves 3 or 4.

HERE IS A savory salad using California Oranges:

TULARE SALAD
½ cup salad oil
¼ cup white wine vinegar
¼ teaspoon seasoned salt
2 large onions, peeled, thinly sliced
5 medium oranges, peeled, sliced
1 2-ounce can anchovy fillets, cut into pieces
1 2-1/4 ounce can sliced ripe olives, drained
Salad greens
Combine in blender container salad oil, vinegar, and seasoned salt. Cover and turn motor on. Blend for 20 seconds. Arrange onions and oranges in a shallow bowl. Top with anchovy fillets and olives. Pour blended dressing

over orange-onion mixture and marinate in the refrigerator for an hour or longer. Serve on salad greens. Serves 6 to 8.

Lovers of avocados will serve this unusual combination time and time again!

TOPPED AVOCADO
2 cups grated carrots
2 Tablespoons lemon juice
½ cup shredded coconut
mayonnaise to moisten
2 avocados
lettuce leaves

Toss grated carrots with the lemon juice and let mixture stand (in refrigerator) 10 minutes. Add shredded coconut and enough mayonnaise to moisten. For each serving, place an avocado half on lettuce leaves and top with about ½ cup of carrot mixture. Serve with additional mayonnaise, if desired. Serves 4.

You will find the Salmon a la Ritz Salad attractive on a buffet table—it is delicious salmon served gourmet style.

SALMON A LA RITZ
2 cans (1 lb. each) salmon
1 envelope unflavored gelatin
Capers
Pimiento strips
½ cup cold water

Contract Awarded for New President Avenue School

P and A Construction Co. has been named contractor for the new \$835,000 President Avenue Elementary School, 1465 W. 243rd Street, Harbor City.

Construction of the new school is expected to get underway immediately, following award of the contract by the City Board of Education. The firm will have one year to complete the new facilities, which are scheduled to open in September, 1967.

The school will have 17 classrooms, including two specially adapted for kindergarten students and three designed for small groupings of students.

Other facilities will be a library-bookroom unit, multipurpose cafeteria building, administrative offices, storage areas, faculty workroom and rest rooms, offstreet parking and a kiln room.

Remove both ends from the cans of salmon with an electric can opener and ease from can without breaking; drain on paper toweling. Place salmon end-to-end on a serving platter. Spread generously with the mayonnaise mixture. Slices into 6 to 8 servings.

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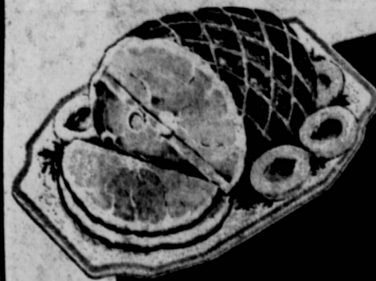


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