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Inexpensive Salads from Home Produced Products

By SUSAN Z. WILDER

Extension Nutritionist

Salads of fruits and vegetables are a valuable addition to the dietary because they increase the use of "protective foods."

"The protective foods' are four types—milk, fruit, vegetables and eggs which enrich the dietary with calcium and vitamins A, C, and G.

"Milk is a good source of calcium and vitamins A, C, and G and an outstanding source of vitamins A and G.

"Prominence of these foods in the individual dietary and in the general food supply protects directly against dangers of nutritional deficiencies and helps also to afford the body a better measure of ability to protect itself against several kinds of infections.

"Formerly one thought of disease as practically always due to some injurious thing; now we know that disease is often due not to the presence of something injurious but to the absence or shortage of something needed for the normal nutritional process. Relative shortage of some of 'the little things in nutrition' may greatly impair the body's ability to resist infections and other deleterious influences. We now know that the 'hidden hunger' of a shortage of some of the mineral elements and vitamins is a greater danger than the obvious hunger of a shortage of calories. Fundamental as is the energy needed in nutrition, a shortage of food may be borne for a relatively long time without actual injury so long as the mineral and vitamin requirements (with the modicum of protein which is practically sure to accompany the minerals and vitamins) are well supplied.

"A great preponderance of evidence now shows clearly that milk stands first among foods in importance for nutritional well-being. While one or more other types of food too often bulk larger in the food budget, no other type of food is as important to health as is milk.

"Except for the dry legumes whose nutritional significance is much like that of the grains, nearly all the fruits and vegetables are important as sources of vitamin C, and it is especially for this that we now consider them such a significant factor in the food supply. The general popularity of potatoes and canned tomatoes goes far to safeguard the vitamin C intake.

"Viewed simply as to the nutrients which they contain, eggs would stand high as protective foods; but eggs do not, like milk, fruits, and vegetables, assist the body in the maintenance of a good intestinal hygiene.

"How much of the protective foods does one need in order to get the full benefit which they are capable of yielding? Until this question can be studied even more comprehensively than it has been, it is well to

provide at least half of the needed calories in the form of the protective foods; and also at least half of the breadstuffs and cereals used in the 'whole grain'."*

For other reasons than to supply minerals and vitamins, salads are a valuable addition to a meal at any time of year. They furnish color and flavor. They are easy to make and offer an appetizing way to serve raw and cooked fruits, vegetables and meats.

It is very easy to serve fresh salads in summer, since nearly all fruits and vegetables lend themselves to salad combinations. In winter the cooked vegetables are more plentiful, although celery, carrots, and cabbage are available as raw vegetables the year 'round. If cooked vegetables are carefully prepared and served with a little fresh vegetable, such as lettuce, cabbage, celery or green peppers they are most appetizing.

Fruit salads may be served almost anywhere in the meal. With very little dressing and in small amounts they are served as the first course instead of the fruit cocktail. A first course salad might consist of pineapple, bananas, oranges and strawberries served with sugar and lemon. Fruit salads may be served as a meat accompaniment, as a separate course, or as the dessert with whipped cream dressing.

A very rich fruit salad of fruit and cheese may be used as the main course of a lunch. Sections of grapefruit, shredded cabbage, lettuce or green peppers with French dressing are fine to use as salad with the meat course. The sweet fruits make excellent dessert salads when served with whipped cream. A fruit salad always adds a bit of freshness, tartness and sweetness that completes a meal.

A lemon gelatin with very little or no sugar makes a fine foundation for vegetable salads. Chopped cabbage, green or red pepper ground, or fine strips of raw carrot, peas or string beans are excellent vegetables to use either singly or in combination with gelatin.

Salad Dressings

There are three main types of salad dressings: French, cooked and mayonnaise. Many variations are made from these.

French dressing is a combination of oil, seasonings and an acid.

Cooked salad dressing is a custard with seasonings and an acid.

Mayonnaise is a combination of raw egg, oil, acid and seasonings.

A French dressing is generally used with a dinner salad; a cooked or mayonnaise dressing with a luncheon salad. Dinner is a more substantial meal and its salad is supplementary to the main course. The luncheon salad is the main dish or one of the main dishes, and therefore the richer dressing is used with it.

French dressing is used to marinate meats, vegetables and some fruits. It is also served as the only dressing on a salad. Food marinated with French dressing may be served with or without another dressing. The cooked and mayonnaise dressings are used with fruits, vegetables and meats.

Salad dressings are thinned with cream, fruit or tomato juice or meat stock, depending upon the kind of salad. Cream and fruit juices are fine used in fruit salads while tomato juice and stock add an excellent flavor to vegetable and meat salads.

* Sherman, H. C., Excerpt from Food for Health, Protection, Journal of Home Economics, Oct. 1934

French Dressing

$\frac{3}{4}$ c salad oil	2 t. salt
5 T. vinegar	$\frac{1}{2}$ t. paprika
1 T. onion	2 T. sugar

Cover the onion with vinegar for an hour. Remove. Combine ingredients. Beat until thick. Shake thoroughly before serving.

Lemon, orange, grapefruit, pineapple juice or spiced vinegar from pickled fruit may be used instead of plain vinegar for fruits. Taragon or spiced vinegar is excellent for vegetables. Horse-radish, crumbled Roquefort cheese, catsup, finely chopped green and red pepper, pimento, parsley, onion or celery may be added to French dressing depending upon the flavor desired.

To marinate food, cut it into small pieces and toss it lightly about in only enough French dressing to put a thin film over the food. Chill an hour. Drain and serve or combine with salad dressing.

Cooked Salad Dressing

$1\frac{1}{2}$ c. milk	2 eggs
$\frac{1}{2}$ c. vinegar	2 t. sugar
$\frac{1}{4}$ c. flour	2 t. salt
2 T. butter	2 t. mustard
	$\frac{1}{4}$ t. paprika

Sift the dry ingredients together and combine with the beaten eggs. Add the other ingredients and cook until thick in a double boiler.

Plain Mayonnaise

$1\frac{1}{2}$ c. salad oil	1 t. each dry mustard, salt, and sugar
1 egg	Dash each of pepper, pa- prika and cayenne
2 T. lemon juice	
2 T. vinegar	

Beat the egg, add the dry ingredients with 1 t. vinegar. Add 1 T. of oil and beat. Add small amounts of oil and beat until $\frac{1}{2}$ c. has been used and the dressing is thick. Continue alternating oil in larger amounts with the acids. Beat thoroughly. Too much vinegar will destroy the texture of mayonnaise.

Cheese Dressing

To salad dressing add strong-flavored, grated cheese—Rouquefort or cream cheese—until a distinct flavor is produced. Serve with vegetables or tart fruit salads.

Horse-Radish Dressing

Add two tablespoonfuls of grated horse-radish to 1 c. of mayonnaise or whipped cream.

Jelly or Honey Dressing

Add two tablespoonfuls of tart jelly, currant or cranberry, or strained or whipped cream.

Mixed Vegetable Dressing

2 T. sweet red pepper or pimento	2 T. cucumber or cabbage
2 T. celery	2 T. ground onion
	2 T. ground green pepper
1 t. salt	

Grind the vegetables and add them to one cup of dressing. Use with vegetables.

Chili Mayonnaise

Combine 1 c. mayonnaise, $\frac{1}{2}$ c. chili sauce, or catsup, a little chopped celery, green pepper, or pickle.

Whipped Cream Salad Dressing

1 c. thick cream	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ t. paprika	2 T. lemon juice

Combine ingredients and beat thoroughly. Serve on fruit salad.

The following salad dressings are from the Market Basket, Bureau of Home Economics, United States Department of Agriculture.

Cooked Egg Dressing

Rub the yolks of 2 hard cooked eggs to a smooth paste, season with salt, cayenne, pepper and mustard. Add 1 cup hot vinegar, stir until well mixed and set aside to cool. After cooling and just before serving add the finely chopped whites of the eggs.

Curry Dressing

Rub to a smooth paste the yolks of 2 hard cooked eggs and a half cup oil, 2 T. vinegar (tarragon preferred) and a pinch of curry powder. Salt to taste.

Bacon Dressing

Use $\frac{1}{4}$ cup of fresh drippings from carefully fried bacon to 1 T. vinegar. When the drippings are cool but still liquid, beat in the vinegar. Add salt if necessary—other seasonings to taste.

Boiled Dressing Without Eggs

Bring to a boil 1 cup vinegar diluted to taste and 1 T. each of butter and sugar with salt and pepper to season. Cool; add 2 tablespoonfuls thick sour cream.

Boiled Dressing With Eggs

2 t. salt	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ t. mustard	1 pt. milk
$\frac{1}{8}$ t. white pepper	2 eggs
$\frac{1}{4}$ t. paprika	$\frac{3}{4}$ c. vinegar
6 T. flour	$\frac{1}{4}$ c. butter or other fat

Sift the dry ingredients together. Add the milk and stir until well blended; then cook in a double boiler for 10 minutes. Beat the eggs until very light and add gradually some of the hot mixture to the egg. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick. Then add butter or other fat.

Salad Principles

1. Salad vegetables must be carefully selected and thoroughly cleaned if used raw. Otherwise they may carry dangerous bacteria.

2. Leaves or stalks are separated into their natural divisions. They are examined carefully and inferior portions removed. They are washed thoroughly in several waters. Salted water helps to remove insects.

3. Green raw salad vegetables are washed and soaked in cold water until crisp. They are then placed in a covered dish and stored in a cool place until time of preparation. They will keep a week if some moisture is present.

4. Salad plants should be clean, crisp, cool, dry and cut in uniform sizes when served. In order to improve the flavor, meat, fish, potatoes, and other vegetables may be marinated an hour before preparation, chilled and drained of excess dressing just before serving.

5. The dressing ingredients must be well blended before they are used in the salad.

6. Salads are mixed just before serving, otherwise the dressing will run and the garnish wilt. The dressing is made and the meat, vegetables or fruit prepared ahead of time, but kept in separate dishes until almost time to serve.

7. The salad is mixed lightly, garnished and served attractively. The salad must show distinct pieces, with sufficient dressing. The salad must not be mushy.

8. Garnishes well selected and placed add to the attractiveness of a salad.

9. The coarse portions of vegetables may be ground and used for flavor in soups, sauces, or salad dressings. The tender portions of vegetables such as celery and cabbage may be served raw.

10. Oftentimes left-over vegetables, fruits and meats can be cleverly combined in salads.

11. Salad variety is easily secured by almost any combination of mild-flavored vegetables, fruits or meats. The very distinct-flavored foods must be combined carefully.

12. A rich salad may be the main dish at lunch or supper. A soup or hot beverage, bread with butter, and a rich salad make a very complete meal.

13. Fruit salads are often served in place of desserts.

14. Attractive salads are an addition to the school lunch.

15. Salads of starchy vegetables and rich dressings are high in fuel value.

16. Salads of meat, chicken, cheese or eggs and rich dressing are high in protein and fuel value.

17. The cellulose, acid, and fats in salads tend to make them laxative.

18. Raw vegetable and fruit salads are rich in vitamins.

Serving The Salad

If a question of service arises, the hostess's decision is always correct in her own home even though it may not conform to common usage, if the food and dishes are clean, attractive and orderly arranged.

The correct place for the salad course in a formal dinner is immediately following the meat course.

The salad may be placed at the left above the napkin or the plate. It may be placed to the right in the position of the coffee if the coffee is served with the dessert. The salad course will have been removed before the coffee is served.

The salad is eaten with a fork. If the salad is easily cut the fork only is used. If it is difficult to cut it is proper to use a knife.

When salad is served in a bowl the spoon or fork is generally placed on the cloth to the right until after the first serving, when it is left in the salad.

If a salad is served on lettuce, it is proper to eat the lettuce provided one likes it.

In serving salad, cake and coffee after bridge, place two forks on the left of the individual service with the salad fork on the outside and the spoon for coffee to the right.

For a luncheon, the salad may be served on the only plate used. In that case the plate is set at center of individual service. The luncheon salad may also be served on a separate plate.

If a salad is served on the same plate as the main course, it is an accompaniment to that course and therefore only one fork is used.

If the salad is a simple salad of fruit or vegetables, with only a French dressing, it is eaten with the meat as an extra vegetable. A salad fork is not used. It may be served on a separate plate or on the meat course plate.

Sauces and condiments are not served in the original containers but are removed to small glass dishes. Serving spoons are placed to the right on the cloth.

Salad Accompaniments

Marguerites With Fruit Salad

1 c. sugar	2 T. shredded cocoanut
$\frac{1}{2}$ c. water	$\frac{1}{4}$ t. vanilla
5 marshmallows	1 c. walnuts
2 egg whites	

Cook sugar and water until it threads. Cool slightly and add cut marshmallows. When dissolved pour into the beaten whites and fold in. Add the cocoanut. Cool slightly and add nuts. Spread on soda crackers and brown slightly.

Fruit Fritters

$1\frac{1}{8}$ c. flour	$\frac{1}{4}$ t. salt
$1\frac{1}{2}$ T. baking powder	1 egg
2 T. sugar	$\frac{1}{3}$ c. milk

Sift dry ingredients together and add mixture to egg and milk. Select slices of pineapple, apple and $\frac{1}{4}$ banana and halves of peaches. Cover apple and banana with pineapple juice to prevent discoloring. Drain. Dip fruit in batter, drain and fry in deep fat at 410 degrees F. Serve hot with powdered sugar as meat salad accompaniment.

Apple Leaflets

Make sixteen inch narrow strips of sweet roll dough. Fold ends to center. Continue to fold ends to center making a flat heart shaped roll. Brush with sugar syrup. Bake. Serve hot with fruit salad.

Old Fashioned Tarts

Cut circles of pastry. Cut three thimble holes in one-half of the circles. Bake. Spread jelly on the plain circle. Cover with the other. Serve with fruit salads.

Fruited Wafers

Grind dried fruits. Sweeten to taste. Moisten with water until of the right consistency. The paste may be made of one or more dried fruits. Spread the paste between wafers or thin cookies. Or use it as a filling for cookies or layer cakes.

Sponge Cake

Plain or frosted sponge cake is excellent served with fruit salad.

Hot rolls are served with salad especially with those used as the main dish at luncheon or supper. Tiny butter, orange, cheese or nut rolls are especially fine. Open-faced sandwiches, plain and fancy, may be served.

Wafers, sandwiches or cookies of different variety may be arranged in parallel lines on a plate and served with the salad.

Toasted rounds, squares and triangles of bread spread with butter, cream cheese and decorated with slices of pimento, olives and pickles are excellent with meat salads.

A tray of fancy tiny cakes may be served with fruit salads.

The dressing, wafers, sandwiches or pickles may be partially served on the individual plate or passed after the salad is served.

Cheese Salads**Cheese With Banana and Peach**

Hollow out the center of a banana and roll in lemon juice to prevent discoloration. Fill with mixture of 2 T. cream cheese, $\frac{1}{4}$ T. lemon juice, 3 T. chopped nuts and a little salt. Place half of peach on lettuce with maraschino cherry in center and a half a stuffed banana on each side.

Spring Salad

1 c. cottage cheese	1 c. ground dried prunes
$\frac{1}{4}$ c. chopped onion	$\frac{1}{2}$ T. salt

Combine ingredients and fill into half inch green pepper rings. Garnish with mayonnaise, paprika and chopped parsley.

Cheese With Grapefruit

Fill sections of celery with cream cheese and chopped olives. Place slices of tomatoes on the plate. Alternate sections of grapefruit dipped in sugar with stuffed celery on the tomato. Garnish with spray of tiny celery leaves and parsley. Serve with French dressing.

Cheese and Egg Salad

2 c. cooked rice	$\frac{1}{2}$ lb. hard grated cheese
6 hard cooked eggs	$\frac{1}{2}$ c. thick cream
1 c. sliced cucumber	Olives or diced beet pickles

Cook the rice in a large quantity of water so that the grains are separated. Partially dry in oven. Pile a half cup of rice onto lettuce. Top with slices of eggs. Add three cheese balls made of the cheese and cream. Make a border of pickles. serve with French or mayonnaise dressing.

Cheese With Ham and Pineapple

Cream cheese with salad dressing. Place pineapple on slice of ham and cheese ball in center. Place sprigs of green vegetable marinated with French dressing on side of plate. Serve with salad dressing. Tender shoots of dandelion lettuce, cabbage, water cress or spinach may be used for green.

Fruit Salads

Frozen Fruit Salad

1 c. mayonnaise	1 c. marshmallows, diced
1 c. whipped cream	$\frac{1}{2}$ c. cocoanut, shredded
1 c. pineapple, crushed	1 T. gelatin
1 c. orange, cut fine	2 T. cold water
$\frac{1}{2}$ c. grapefruit, cut fine	$\frac{1}{4}$ c. boiling water
1 c. grapes, sliced	2 T. sugar
$\frac{1}{4}$ c. maraschino cherries sliced	$\frac{1}{2}$ c. lemon juice

Soften the gelatin in the cold water. Add the hot water with the sugar and then the lemon juice and combine with mayonnaise and cream. Add the fruit and then the gelatin mixture. Mix lightly. Allow to freeze until firm. Serve on lettuce.

Mint Jelly and Pear Salad

Place a teaspoonful of mint jelly in center of half a pear and a walnut at the stem end. Place one to three on lettuce leaf with salad dressing.

Pear Salad

Place two slices of orange on lettuce with a half of pear rounded side up. Place half of pineapple at the back with a strip of pimento across the pear and green maraschino cherry at center. Serve dressing separately. May be arranged as individual salads on lettuce leaf.

Orange and Grape Jelly Salad

Place salad dressing with whipped cream on lettuce, top with a teaspoonful of jelly sprinkled with cocoanut. Place slices of oranges around the edge.

Summer Salad

2 c. diced pineapple	$\frac{1}{8}$ t. salt
2 c. diced tomato	$\frac{1}{4}$ t. paprika
1 c. seedless raisins	$\frac{1}{2}$ c. pineapple juice
3 T. mayonnaise	1 T. cornstarch

Combine and cook to a paste the last four ingredients. Chill and mix with the mayonnaise. Combine with the fruit. Serve on lettuce.

A Fruit Breakfast

Arrange a half of pineapple, two thin slices of orange, two sections of grapefruit, half of a banana dipped in lemon or pineapple juice, three strawberries and two steamed prunes on a serving plate with a mound of powdered sugar. May be served as luncheon salad if mayonnaise with half cream is served instead of the powdered sugar.

Prune-Grapefruit Salad

1 c. grapefruit 1 cup prunes

Soak the prunes, cut the grapefruit and prunes into small pieces and drain. Arrange fruit on lettuce. Top with grated nuts.

Vegetable Salads

Fresh Salad

1 c. diced cucumber ¼ c. French dressing
1 c. diced tomato 1 t. prepared mustard
1 c. diced potatoes, cooked Mayonnaise dressing

Marinate the vegetables. Serve on lettuce with mayonnaise.

Potato Salad

¾ c. cabbage, chopped fine ¼ c. cucumber pickle, chop-
1 c. cold potato ped fine
2 egg yolks

Combine ingredients with mayonnaise. Heap lightly in garnish of lettuce.

Cucumber Salad

Arrange thin slices of cucumbers in a ring on a plate. Garnish with chopped parsley and nuts. Serve with dressing.

Pea and Peanut Salad

1 c. salted peanuts, cracked 1 c. celery, diced
1 c. peas ½ c. cheese, diced

Mix with mayonnaise and serve on lettuce.

Cabbage Salad

2 c. cabbage, chopped ⅓ c. salad dressing

Combine cabbage and salad dressing. Garnish with raw grated carrot.

Asparagus Salad

Cook asparagus tips until tender. Cover with French dressing. Arrange as individual salads on lettuce. Garnish with sifted egg yolk.

String Bean Salad

2 c. string beans 1 c. ham
1 c. chicken (white meat)

Cut the meat in strips like beans. Marinate in a French dressing. Place strips of vegetable and meat through rings of onion and green pepper on lettuce.

Mixed Summer Salad

2 c. diced cucumber 2 c. diced potatoes
2 c. diced tomatoes

Marinate the vegetables for an hour with French dressing. Drain. Mix with cooked dressing. Serve in bowl garnished with quarter slices of tomato and sliced pickles or olives.

Green Onion Top Salad

Cut the green onion tops into quarter inch pieces. Mix with sour cream and a bit of salt. Serve on lettuce leaf as salad or from bowl as meat accompaniment.

Lima Bean and Raw Vegetable Salad

2 c. cooked lima beans	1 c. small radishes
1 c. of tiny onions	½ c. diced celery
½ c. chopped green onion tops	

Combine ingredients with mayonnaise and serve from bowl or on lettuce leaf.

Vegetable Salad Plate

Arrange slices of tomato, two tablespoonfuls of cooked macaroni, sprinkled with chopped parsley, five asparagus tips and two tablespoonfuls of lima beans attractively on a plate, garnished with grated cheese. Serve mayonnaise dressing across the asparagus. Graham toasted squares may be served with the vegetable plate.

Fruit and Vegetable Salads

Tomato Peach Salads

Cut slices of tomato in half and arrange as a flower on individual serving plate. Top each with a narrow section of peach. Place lettuce leaf in center of plate and on it place a tablespoonful of the following mixture:

½ c. chopped raisins	¼ t. salt
2 c. fine shredded lettuce	Mayonnaise

Tomato Onion Salad

Skin tomatoes. Remove the tops and centers. Fill with chopped tomato, onion and dressing. Top with salad dressing folded into whipped cream. Complete garnish with an onion ring around the center and chopped parsley on top.

Sauerkraut Salad

Drain sauerkraut. Marinate with French dressing. Drain. Pile on lettuce and top with mayonnaise. Arrange two quarters of cinnamon apples at the side.

Cabbage-Pineapple-Date Salad

Place ½ c. shredded cabbage with three chopped dates mixed with dressing on sliced pineapple on lettuce.

Cabbage Apple Salad

3 c. shredded cabbage	½ c. apple
1 c. grated pineapple	½ c. celery

Combine ingredients with cooked salad dressing. Serve on lettuce with garnish of pickle, olive or nuts.

Cabbage Orange Salad

- | | |
|----------------------|---------------------|
| 4 c. chopped cabbage | 1 c. chopped orange |
| 1/4 c. nuts | |

Mix ingredients with cooked salad dressing. Serve on lettuce. Serve toasted cheese squares with the salad.

Onion and Orange Salad

- | | |
|-------------------------------------|---------------------------|
| 1 Bermuda onion, very thinly sliced | 1/3 c. pecan nuts, broken |
| | Salad dressing |

Place sliced onion in ice water for an hour. Chill orange. Arrange two slices of orange with onion between. Sprinkle with nuts on lettuce leaf. Thin slices of tomato and onion may be served the same way.

Meat With Fruit and Vegetable Salads

Hunter's Salad

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|---------------------------------|------------------------------|
| 4 c. shredded cabbage | 1/4 c. onion |
| 3 c. string beans | 1/4 c. green pepper |
| 1 c. cucumber | 6 tomatoes, cut into eighths |
| 1 c. sausages, fried and sliced | |

Combine ingredients with mayonnaise. Serve.

Hot Salad Plate

Make a hash of equal portions of potato and corned beef. Brown. Place in center of plate and surround with hot buttered carrots. Garnish with browned onion circles and lemon sections.

Chicken Vegetable Salad

- | | |
|--------------|-------------------|
| 2 c. chicken | 1 c. peas |
| 1 c. celery | 1 c. string beans |
| 1 c. carrot | 1 T. pimento |

Dice the chicken and vegetables. Marinate the vegetables. When each has stood an hour in a cool place pile attractively on a plate. Tiny slices of buttered toast in squares or diamond shape may decorate the plate.

Herring Salad

- | | |
|---------------------------|------------------------------------|
| 1 c. smoked herring | 2 apples, sliced |
| 2 c. potatoes, diced | 2 c. veal, beef, or chicken, diced |
| 1 c. pickled beets, diced | 2 hard cooked eggs |

Combine the potato with 2 T. of sour cream, 1 t. sugar, 1/4 t. salt and 2 slices of onion, chopped and let stand 2 hours. Mix with two table-spoonfuls of lemon juice. Arrange the ingredients in parallel rows on lettuce leaves on platter. Place mayonnaise dressing in leaf hearts. Serve cold.

Chicken Grapefruit Salad

Cut grapefruit sections in small pieces and roll in chopped parsley. Mix lightly with an equal amount of shredded chicken. Top with mayonnaise of one half whipped cream. Serve in grapefruit shells or on lettuce leaves.

Spinach Tongue Salad

Cook finely chopped spinach. Pack in greased molds. Chill. Remove on to slice of tongue; garnish plate with strips of tongue and wedges of hard cooked egg. Garnish mounds with tartar sauce of 1 c. mayonnaise, six chopped olives, 1 T. chopped pickle and a tablespoonful of capers. Place tiny parsley spray on top of each mound.

Egg and Tongue Salad

Arrange a half of deviled egg, sliced cold tongue, three stuffed olives, a tiny sweet pickle and a radish attractively on a plate of lettuce. Serve dressing separately.

Extension Service

**South Dakota State College of Agriculture and Mechanic Arts
Brookings, South Dakota**

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