

Fruit-Cheese Souffle Salad Rates High



The souffle salad again!

Here, you have a molded salad that's hearty and satisfying, yet is ready to bring to the table in about an hour. Such speedy setting you've never witnessed. And it's all made possible by a new, simple method; the fast-front way. The new technique calls for putting a basic mixture of lemon or lime-flavored gelatin, real mayonnaise, vinegar or lemon juice, salt and pepper into the freezing compartment of the refrigerator for a quick-chilling of 15 to 20 minutes.

"Speedy" certainly describes Souffle Salads! And "versatile," too! For with that basic fast-frost-ed mixture you have the makings of any type salad. Add diced avocado, grapefruit and celery to the basic mixture — and you have an appetizer salad. Add grated cabbage, carrots and chopped apples — and you have an accom-

panying salad for dinner. Add tuna fish and chopped celery — and you have a Lenten entree salad. Also, try combining different canned fruits to add to the basic recipe.

Here, for a particularly ideal combination, is a recipe for Fruit and Cottage Cheese Souffle Salad. Serve it with hot bacon muffins as a complete luncheon or serve it as a side dish salad for dinner.

Fruit and Cottage Cheese Souffle Salad
1 package lemon flavored gelatin
1 cup hot water
1/2 cup cold water
1 tablespoon lemon juice or vinegar
1/2 cup mayonnaise
1/2 teaspoon salt
Dash of pepper
1/2 cup drained diced grapefruit sections
1/2 cup drained diced orange sections

sections
1/2 cup cottage cheese
1/2 cup shredded carrots
1/2 cup chopped walnuts
Dissolve gelatin in hot water. Add cold water, lemon juice, mayonnaise, salt and pepper. Blend well with rotary beater. Pour into refrigerator freezing tray.

Quick-chill in freezing unit (without changing control) 15 to 20 minutes, or until firm about 1 inch from edge but soft in center. Turn mixture into bowl and whip with rotary beater until fluffy.

Fold in fruit, cheese, carrots, and walnuts. Pour into individual molds. Chill until firm in refrigerator (not freezing unit) 30 to 60 minutes. Unmold and garnish with salad greens and grapefruit and orange sections. Top each mold with walnut half. Serve with additional mayonnaise, if desired. Makes 4 to 6 servings.

A Hearty Filling for Sandwiches

Warm weather ahead makes us think of sandwich meals and one of the best combinations we know is this one made with mashed avocado and sliced tomatoes. Season the avocado with salt, lemon juice and grated onion, spread the mixture on slices of buttered bread and top with thin tomato slices. As well as looking so good you'll find these "Tomato Sandwiches" taste extra good too.

Avocado Tomato Sandwiches
1/2 cup sieved avocado
1 teaspoon salt
1 tablespoon lemon juice
1 teaspoon grated onion
Dash Tabasco sauce
3 medium-sized tomatoes
Butter or margarine
12 slices bread
To prepare avocado, cut into halves lengthwise, remove seed and skin. Force fruit through a sieve. Blend with salt, lemon juice, onion and Tabasco. Cut tomatoes in thin slices. Spread avocado mixture on slices of buttered bread, top with tomato slices and second slice of bread. Makes 6 sandwiches.

Pick-Ups Via Pickles

We dug deep into our pickle barrel and came up with these suggestions which we're confident your family will like, at home or on a picnic.

Versatile and readily available are preserved sweet pickles, cross-cut sweets, sweet pickle sticks and fresh cucumber pickles. The jewel-like pickled onions and Indian relish spark any appetizer or main dish. Dills are tremendously popular and now come in several styles.

Stock up on your favorite kinds. Serve them with sandwiches, roasts, chops. For crispness, freshness of flavor and desired color contrast, add them to meat, fish, chicken, turkey and mixed green salads. Good both in and with burgers or all kinds.

Relish These Burgers
For 8-man-size hamburgers, you'll need 2 pounds of ground beef, 1/2 cup pickle relish.
2 pounds ground beef
2 small onions, finely chopped
2 eggs, beaten
2 teaspoons salt
1/2 teaspoon pepper
2 teaspoons prepared mustard
1/2 cup sweet pickle relish
Combine all ingredients except pickle relish; mix together lightly. Divide meat mixture into 16 portions. Place each portion of meat between two small pieces of wax paper. Flatten out each patty to about 1/4 inch thickness. Place one tablespoon pickle relish on 8 of the patties. Cover each with remaining 8 patties and pinch edges together. Grill until brown on one side, about 2 minutes, then turn and brown other side about 2 minutes. Place on toasted hamburger buns and serve at once.

Deviled Crab Is Always Popular
Always a favorite is a crab dish, and among the best liked variations is a deviled crab offering.
Deviled Crab
3 t. butter
1 t. minced onion
3 t. flour
1/2 t. salt
1/2 t. dry mustard
1/4 paprika
1/4 t. pepper
Dash cayenne
1 cup milk
1 t. kitchen bouquet
3 oz. can chopped broiled mushrooms
1 t. lemon juice
2 hard cooked eggs
1 small can crab meat, 1 cup
Cook butter and onion over moderate heat for 1 minute. Stir in flour and seasonings. Add milk, kitchen bouquet and contents of can of mushrooms. Cook stirring constantly, until sauce thickens. Stir in lemon juice. Add coarsely chopped eggs and crab meat. Heat thoroughly and serve in heated individual ramekins. Top with browned buttered crumbs if desired. Serves 4.

Grapefruit Sherbet Distinctive Dessert
Although grapefruit is available all year, it is most abundant in our markets at this time. Try its distinctive flavor in this sherbet which can be made in refrigerator freezing compartment, in home freezer or crank-type freezer. Recipe makes 8 servings.
Combine 2 cups sugar and 1 cup water and boil for 5 minutes. Fold syrup into 2 egg whites that have been beaten stiff together with 2 tablespoons sugar. Add, beating well, 2 cups grapefruit juice and 1/4 cup lemon juice. Pour into freezing tray and set cold control at freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing without further stirring.

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Baked Apples Liked by All

No matter the season, baked apples are always popular, for dessert or for breakfast.

Stuffed Apples
(Makes 8 servings)
8 large baking apples, washed and cored
1/2 cup granulated sugar or 1/2 cup brown sugar, firmly packed
1 cup boiling water
1/2 cup mince sugar
8 t. granulated or brown sugar
Pare apples one-third of the way down from stem end. Place apples in large shallow baking dish. Put 1 tablespoon granulated or brown sugar into cavity of each apple. Pour water into baking dish and bake in moderate oven (375 degrees F.) until almost tender, about 40 to 45 minutes, basting occasionally. Remove from oven. Put 2 heaping tablespoons mince meat into cavity of each apple, along with 1 teaspoon of the granulated or brown sugar. Baste apples and return to oven. Bake until tender, about 15 minutes, basting occasionally. Serve hot or cold with cream, plain or whipped, or ice cream.

Jelly Glazed Veal Offers Something Different for Menu

Veal too is enjoying lower prices than we've seen in many a blue moon. Perhaps you'd like to try this distinctive dish that is planned to serve four.

Jelly Glazed Veal
1 1/2 pounds veal steak cut in 1-inch slices
1/2 cup flour
Salt and pepper
1 1/2 teaspoons dry mustard
3 tablespoons fat
1/2 cup currant jelly
1 tablespoon Worcestershire
4 tablespoons lemon juice
Roll veal in flour seasoned with salt and pepper and mustard. Brown in hot fat, cover and cook slowly for 20 minutes, turning frequently. Add rest of ingredients and continue cooking, stirring constantly until veal is coated with a glaze of jelly.

Serve Colorful Beets

There are ways of fixing plentiful young beets besides pickling them. Quick do with unusual flavor and color interest is this: Peel and shred young beets. Cook in small amount of boiling salted water for about 10 minutes. Season with butter or margarine. Very good. Save beet tops and cook same as any other "green."

Savory Chicken Loaf—and No Cooking!

A savory chicken loaf is a breeze to make in hot weather when you use ready-cooked meat from the can. All you have to do is toss the ingredients together and "bake" the loaf in your refrigerator the quick-gel way.

Serve the loaf with crunchy potatoe chips, hot rolls, and Peach-Topped Cheese Pie.
Savory Chicken Loaf
2 envelopes unflavored gelatin
2 cups cold water
1/2 cup mayonnaise
1/2 cup French dressing
1 tablespoon lemon juice
1/2 teaspoon curry powder
1/2 teaspoon salt
1 cup cooked rice
2 8-ounce cans boned chicken
1/2 cup diced pimiento
2 teaspoons grated onion
1 cup diced celery
Soften gelatin in cold water in glass measuring cup. Set cup in pan of cold water. Heat, allowing water to boil until

gelatin dissolves. Stir mayonnaise into French dressing. Add lemon juice and seasonings. Combine with dissolved gelatin. Pour into ice tray and place in ice compartment of refrigerator until mixture begins to gel around edges (about 20 minutes). Fold slightly gelled mixture into remaining ingredients in 10x5x3" loaf pan. Chill until firm. Slice and serve. Make 5 to 6 servings.

Peach-Topped Cheese Pie
2 cups vanilla wafer crumbs (about 35 wafers)
3 tablespoons melted butter or margarine
1 envelope gelatin
1/2 cup cold water
1 1/2-ounce can sweetened condensed milk
2 tablespoons lemon juice
2 egg whites
2 egg yolks
1 3-ounce package cream cheese

1 cup cottage cheese
2 peaches, peeled and sliced
Sugar to taste
Mix wafer crumbs and melted butter. Press mixture with spoon over bottom and sides of well-greased 9-inch pie pan. Chill well. Soften gelatin in water in glass measuring cup. Set cup in pan of cold water. Bring water to boil until gelatin dissolves. Combine dissolved gelatin with condensed milk and lemon juice. Pour into ice tray and place in ice compartment until mixture begins to gel around the edges (about 20 minutes). Beat egg whites until they form peaks. Whip slightly gelled mixture into egg yolks and cheese. Fold beaten egg whites into cheese mixture. Pour into chilled wafer crust. Refrigerate until firm. Before serving, top with crushed peaches sweetened to taste with sugar.

Barbecue Salad Is Something Different And Is Delicious

Surprised? So were we, but a maker of gelatin desserts suggested that we try this and we did and it is both quick and delicious. A version of the popular tomato aspic, it may have further distinction, if you like, by adding any of the following seasonings to the aspic mixture before chilling: onion juice, seasoning salt, celery salt, cayenne, Worcestershire, pepper sauce or horseradish.

New Barbecue Salad
1 package lemon or orange gelatin dessert
1 1/2 cups hot water
1 8-ounce can tomato sauce
1 1/2 tablespoons vinegar
1/2 teaspoon salt
Dash of pepper
Dissolve gelatin dessert in hot water. Add remaining ingredients and any favored seasonings. Blend. Pour into individual molds. Chill until firm. Serve on crisp salad greens with mayonnaise or a tart French dressing.

Spicy Ham Loaf

Plan this to follow your next baked ham because it uses 1 cup cubed leftover ham. This is quite a loaf if your family likes things a bit spicy. Another easy-to-do. To 1 cup cubed cooked ham, add 4 ounces cooked noodles, 1 1/2 cups applesauce, 1/2 cup orange juice and 1 tablespoon each lemon juice, grated orange rind and brown sugar. Finally, add 1/2 teaspoon each of powdered dry mustard and ground cloves. Pour into loaf pan, cover and bake at 350 degrees for 25 minutes.

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Rich Lima, Ham Dish

If you're expecting guests over the Memorial Day week end, a hearty casserole you can make ahead will come in handy. This "Rich Lima Ham Casserole" is perfect and will taste good served indoors or out. Cook plump large dry limas ahead and then bake them in a rich cheese sauce with snippets of left-over cooked ham.

Rich Lima Ham Casserole
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
2 teaspoons prepared mustard
1/2 teaspoon salt
1 1/2 cups grated American cheese
3 cups cooked large dry limas (1 1/2 cups cooked)
1 cup diced cooked ham
Melt butter and blend in flour. Gradually blend in milk, mustard and salt. Cook and stir until thickened. Add 1 cup cheese. Stir till cheese is melted. Place limas, ham and sauce in casserole in layers, ending with sauce. Sprinkle with remaining cheese. Bake in moderate oven (350 degrees F.) 30 to 45 minutes. Serves 5 to 6.

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