

Salads Are Welcome Warm Weather Fare

Spring time is salad time... here is a list of salads that will add zip to your menus from right now until the last crisp maple leaves fall.

Red butter lettuce used in most of the following recipes is slightly "sweeter" than the usual head lettuce and is available at a local grocery.

AVOCADO-BEET SALAD
Shredded Romaine and Butter Lettuce
French Dressing
2 cups sliced pickled beets
8 radishes
1 large avocado (or 2 small ones)
lemon juice
salt

Dress shredded Romaine and Butter with French dressing and place on salad plates. Arrange the beets in a semi-circle on top of the lettuce. Then place rings or lengthwise slices of avocado over the beets, leaving several slices of avocado aside. Mash these slices and mix with French dressing, adding dressing or mayonnaise, adding lemon juice and salt to taste. Heap mixture generously at one side of the plate. Garnish with radishes. Serves 4.

STRING BEAN SALAD
Red Butter Lettuce & Romaine
1 tsp salt
1 tsp pepper
juice of 2 lemons
4 cups cooked or canned string beans
1 small can anchovy filets
1 tbsp salad oil
1 hard-cooked egg, sliced
strips of pimiento

Mix salt, pepper, and lemon juice, sprinkle over beans in a bowl. Mash anchovies to a paste with their own oil and the salad oil; add to the beans and mix thoroughly but lightly. Serve on a bed of Red Butter Lettuce and Romaine and garnish with egg and pimiento. Serves 6.

KIDNEY BEAN SALAD
Shredded Australian and Red Butter Lettuce
3 cups cooked or canned kidney beans
1 cup chopped sweet pickle
5 hard-cooked eggs, sliced
1 cup diced celery
1 cup mayonnaise
2 green onions, sliced
Drain beans; add pickle, green onion, eggs, and celery, and toss together lightly. Add mayonnaise and blend well. Chill thoroughly. Serve on shredded Australian and Red Butter Lettuce.

LIMA BEAN-CORN SALAD
1 1/2 cups cooked or canned

lima beans
Shredded Romaine and Butter Lettuce
2 tbsp. chopped green pepper
salt and pepper to taste
8 radishes
1 1/2 cups cooked or canned whole kernel corn
2 tbsp. chopped celery
French dressing or cooked salad dressing

Combine vegetables and add enough dressing to moisten. Season to taste. Serve on shredded Romaine and Butter Lettuce. Garnish with radishes. Serves 4.

CARROT-CELERY SALAD
Romaine, Red Butter and Butter Lettuce
2 cups diced, cooked carrots
3 cups chopped celery
1 green onion, minced
Salt and pepper to taste
Mayonnaise
12 radishes

Combine carrots, celery, onion, and seasoning. Add sufficient mayonnaise to moisten well. Serve on bed of Romaine, Red Butter and Butter Lettuce. Garnish with radishes. Serves 4.

CARROTS-PEA SALAD
Combine equal quantities of diced cooked carrots and cooked peas. Add enough French dressing to moisten. Season to taste. Serve on bed of Romaine, Red Butter and Butter Lettuce. Garnish with radishes. Serves 4.

SALAD BOWL SALAD
Combine coarsely-shredded carrots, diced cucumbers, thin slices of Julianne strips of radishes, and thin slices of green onion with French dressing. Serve in a bowl lined with crisp Romaine lettuce leaves.

CELERY ROOT-EGG SALAD
2 heads of Red Butter or Butter Lettuce
2 celery roots, cooked and diced
2 tbsp. each of minced parsley and green onion
1 cup diced celery
2 hard-cooked eggs, chopped
Mayonnaise to moisten
Salt and pepper to taste

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Combine celery root, parsley, green onions, celery, eggs, and serve on a bed of Red Butter or Butter Lettuce. Serves 4 to 6.

CELERY ROOT AVOCADO SALAD
Combine equal quantities of diced, cooked celery root and diced avocado in Thousand Island Dressing. Serve on shredded Romaine and Butter Lettuce. Garnish with radishes.

VEGETABLE SALAD BOWL
Arrange in individual salad bowls lined with Australian, Romaine and Red Butter Lettuce the following vegetables: sliced cooked beets, asparagus tips, cole slaw, tomato wedges and raw carrot strips. In the center of each bowl place slices of hard-cooked egg. Salt and pepper to taste. Garnish with radishes and serve with Thousand Island Dressing.

ROMAINE-SPINACH-TOMATO SALAD
Toss tender young, spinach leaves, Romaine, quartered tomatoes, and chopped, hard-cooked egg together. Serve with French dressing or Thousand Island Dressing.

GREEN AND GOLD SPINACH SALAD
Sliced Australian lettuce, well-washed, tender raw spinach leaves and mix with 1/2 as much grated raw carrot. Dress with French dressing or Thousand Island Dressing, and top with slice, hard-cooked egg. Serve at once.

HAM SALAD
Shred Romaine and Red Butter Lettuce and combine with chopped ham or tongue, toss with a large French dressing. Serve on several leaves of Red Butter Lettuce. Garnish with radishes and sliced green onion.

SLICED TOMATO SALAD
Peel and slice firm tomatoes. Arrange on shredded Romaine and Butter Lettuce and serve with French dressing. Requested dressing or mayonnaise. For variety, add sliced cucumbers, avocado, or hard-cooked egg. Garnish with radishes.

ZUCCHINI SALAD
Cook small whole zucchini just until tender, then slice and marinate the slices in French dressing.

ing made with lemon juice. Chill and serve on Butter Lettuce with mayonnaise, or combine with other vegetables in a tossed or plated salad.

SPRING SALAD BOWL
1 head butter lettuce and 1 head of Romaine, broken into small pieces
4 tomatoes, skinned and quartered
1 cucumber, peeled, scored, and sliced thin
8 or 9 radishes, sliced thin
1 green pepper, shredded fine
Salt and pepper to taste
French Dressing

Put the vegetables in a big bowl, add the seasoning, and pour over all a well flavored French dressing. Toss lightly until well mixed, and serve on individual salad plates. Serves 6 or 8 generously.

BACHELOR SALAD BOWL
1 clove garlic
1 head Australian lettuce, shredded
1 boiled potato, diced
Salt and pepper
1 cup olive oil
1 large apple, finely shredded
1 avocado, peeled and diced
2 tsp. lemon juice

Roll inside of Salad bowl with cut clove of garlic. Toss together lettuce, potato, seasoning, and olive oil. Add apple and avocado, sprinkle with lemon juice and toss again very lightly. Serves 4 or 5.

CHICKEN VEGETABLE SALAD
2 cups chicken, diced
2 tomatoes, peeled and cut in eighths
1 cucumber, peeled and diced
6 radishes, diced
2 celery hearts, diced
6 ripe olives, diced
Romaine and Red Butter Lettuce broken into small pieces
12 walnut kernels, cut small (if desired)
3 tsp. salad oil
6 tsp. vinegar (or to taste)
Salt and pepper to taste

Mix all ingredients in a large salad bowl, mixing lightly but thoroughly. Turkey can be used in place of chicken. Serves 4 to 6.

HAM AND EGG SALAD
Red Butter and Butter Lettuce
4 thick slices ham
2 cups cooked ham strips
3 hard-cooked eggs, sliced or minced

Line individual salad plates with shredded lettuce and place a slice of ham on each. Arrange strips of ham around tomato and top with hard-cooked egg. Garnish with celery curls, radishes, and olives. Serve with Thousand Island or Russian Dressing. Serves 4.

HAM AND CELERY SALAD
Butter and Australian Lettuce
2 cups diced cooked ham
1 can chopped celery
3 sweet pickles, chopped
1 green pepper, chopped
8 or 9 radishes

Mix ham with celery, pickles and green pepper; add enough mayonnaise to moisten. Serve on above salad greens. Serves 3 or 4. Garnish with radishes.

PORK-APPLE SALAD
Red Butter and Australian Lettuce
1 cup cubed, cooked pork
1 cup cubed unpeeled apple
2 tsp. lemon juice
Salt and pepper to taste
3 tbsp. mayonnaise

Mix pork, apple, lemon juice, seasoning and mayonnaise together lightly. Serve on above salad greens. Serves 2 or 3.

SALAMI OR TONGUE SALAD
Romaine and Shredded Australian Lettuce
2 cups cubed salami or tongue
1 cup chopped sweet pickles
1 cup chopped celery
Mayonnaise

Mix salami or tongue, pickles and celery with shredded Australian

lettuce; add enough mayonnaise to moisten. Serve on a bed of Romaine. Garnish with radishes. Serves 4 or 5.

CHEF'S SALAD BOWL
Break salad greens (Romaine and Red Butter Lettuce) into edible-sized pieces and put into a salad bowl. Add thin slices of ham, tongue, chicken, and/or Swiss or American cheese. Add French dressing to taste and toss lightly until ingredients are well mixed. Serve immediately. Wedges of tomato, thin slices of cucumber, or rings of onion or green onion may be added to this salad, if desired.

SEAFOOD SALAD
Romaine and Butter Lettuce
2 1/2 cups seafood (flaked, cooked or canned fish, or crabmeat, lobster or shrimp)
1 cup chopped celery
1 tsp. capers or chopped olives
Mayonnaise
Salt and pepper to taste
1 cucumber, peeled, scored and sliced thin
French dressing
Paprika or chopped parsley

Mix seafood, celery, and capers or olives; add enough mayonnaise to moisten. Season to taste. Heap on beds of above salad greens and garnish with cucumber slices that have been marinated in French dressing and drained well. Sprinkle with paprika or chopped parsley. Serves 4. For added flavor, marinate the seafood in French dressing and drain before combining with remaining ingredients.

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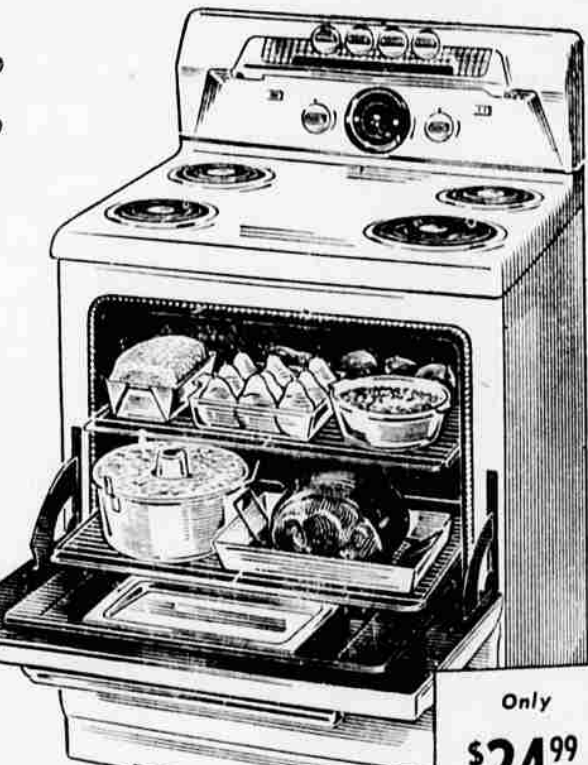
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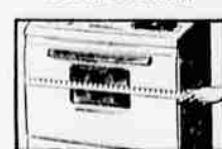
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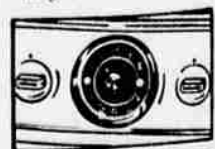
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