

"She Who Makes a Salad . . ."

By Hazel Leupold

And How She Does It

"IN THE spring a young man's fancy—". But in the spring the housewife's fancy turns to thoughts of salads—cool, crisp salads concocted from fresh vegetables from the market, delightful to the eye and to the palate. These refreshing salads are a means of tempting jaded appetites which are so prevalent during the last weeks of winter, after a season replete with canned foods and particularly, canned vegetables.

Bright tomatoes, succulent lettuce and water cress, yellow carrots, firm cucumbers, pink radishes, and a host of other spring vegetables are on display in the markets, presenting a wide variety from which the housewife may select the materials for her spring salads.

A salad, to be a good salad, must be cool, crisp, and dainty. The culinary artist will know that our spring salads are no exception to this rule. The foundation greens employed, whether lettuce, romaine, chicory, endive, or celery can be soaked in ice water to restore their original crispness and, of course, must be carefully dried for use. In shaping the greens into an attractive frame for the body of the salad a pair of scissors will be found to be an invaluable aid.

Tomatoes are, perhaps, used to a greater extent in our spring salads than any other vegetable with the exception of lettuce. They can be served simply peeled, sliced and chilled on a lettuce leaf, or for variety, with cucumbers. By placing onion slices between the cut pieces of tomato and allowing them to remain in the refrigerator several hours, an entirely new flavor will be introduced into the salad. The onion need not be used in the finished dish.

With a few strokes of a paring knife, the tomato slices may be cut to resemble petals of flowers. Variations of stuffed tomato salads are delicious. Cut whole tomatoes in quarters almost down to the blossom end and fill the expanded portion with a diced vegetable salad. In preparing the stuffed variety, remove the seeds and pulp from the tomato, and cut a small slice across the top. Rub the inside of the vegetable with salt and allow to drain for half an hour. Fill the cavity with chicken salad, crabmeat salad, diced bacon and sardines with tomatoes, or any other combination you desire.

Here's something new in stuffed tomato salads! Prepare tomato aspic, cool, and pour into the hollowed out portion of the tomato. Before the aspic hardens, slice into it stuffed olives. Chill. Place the tomato on a bed of lettuce and quar-

ter, allowing the severed parts to fall back on the garnish. Serve with the dressing in a side dish. The coloring obtained through the use of stuffed olives in the jelly is delightful.

Asparagus is at its best in salads when used in the whole stalk. Short stalks of the cooked vegetable laid on tomato slices with a band of tomato holding them together gives us a colorful spring salad. With hard boiled eggs a variety of combinations can be secured; as a suggestion, rings of the egg white may serve as bands around the stalks. Triangles formed by the slender stems are excellent for holding a mixed vegetable salad.

Multitudinous are the ways in which one may use the crisp cucumber in her salads. I know housewives who so thoroughly enjoy the distinctive flavor of the cucumber that they seldom prepare a salad without using it. Diced, cucumbers can be used with almost any vegetables. For more elaborate salads, they can be fashioned into cups or baskets, the pulp taken out and the cavities filled. Because of their bright color, radishes

can be used to an advantage with cucumbers. In using slices of cucumber the edges may be fluted or cut out in shapes. This is facilitated by using the knife on the whole vegetable before slicing it.

Aside from use in a mixed vegetable salad, radishes are best used as a garnish. With a bit of artistic ability and a sharp knife, the small radish will blossom into bright tulips and roses with here and there a rosebud. Cut off the radish end leaving a few leaves for decoration. Slices of radish can often be used to supply the needed dash of color.

The onion always has its place in salads, from a delicate hint of its presence to odorous slices crowning the salad. In the past the onion has been somewhat ostracized, but today it has full recognition with other vegetables. Beets add a dash of color to salads and are often used to liven up an otherwise colorless combination. Chopped spinach, carrots, and cabbage are excellent when used in any type of mixed salad. Aside from the use of these vegetables in jellied salads, the ingredients for the mixed salad may be moistened well, packed into a mold, and chilled. On removing from the mold, they will be in a most attractive shape for serving. String beans and peas, too, find a place in our salads, generally combined with other vegetables.

Boiled dressing, French dressing, mayonnaise or any of the innumerable variations of these basic dressings may be used on the spring salads. A salad should not, however, be soaked in dressing or hidden under a large mound of it. The dressing is merely to bring out the distinctive flavor of the salad, not to be used as a mask.

The vegetable salad certainly demands a place in the early spring menu. Any ingenious cook can invent numberless combinations to fit personal and family tastes. Cultivate an artistic feeling for the appearance of the finished salad; nature offers an abundance of color and shapes with which one may experiment. You'll enjoy it and get quite a "kick" out of it. Take down your shopping bag and go to market today!

"You may paint a picture,
And I may write a song,
Someone may preach a sermon
To sway the listening throng.
But texts are soon forgotten
Pictures and, too, the song,
But she who makes a salad
Will be remembered long."

These Three

A mother with a vision clear to show
The right ideals, to be a friend and guide,
To know the challenge of the better things,
To make the home a place where these abide.

A teacher with a vision clear to give
Not only skill in some material thing,
But reaching far beyond into the realm
Of attitudes, to find the good they bring.

A girl to keep her heart and mind awake,
To find in every opportunity
A dream accomplished, some goal reached
as well,
Some inspiration in each lesson see.

These three to strive together through the years
Until each home wherein they dwell
includes
Not only the material things of life
But high ideals and worthy attitudes.

—E. B. Baker.

—Selected.