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Oregon Agricultural College Extension Service

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BOYS' AND GIRLS' INDUSTRIAL CLUBS

Oregon Agricultural College, United States Department of Agriculture, and
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CANNING CLUB LESSON NO. 4--Div. I

Circular No. 6

SALADS

Salads are no longer considered merely a luxury but a valuable part of our diet, as they lend variety to the bill of fare.

Although there are many expensive salads, it is possible to make a great many kinds that are quite as inexpensive as any other kind of food.

Salads may be classified as fruit, vegetable, fish, meat, or a combination of two or more of these.

Green salads and fruit salads are served with heavy dinners, the rest are often used in place of the meat dish at luncheon or supper.

The following recipes are simple and inexpensive.

Lettuce Salad.

Wash head lettuce, pick off all outside leaves. Separate the inner leaves, wash carefully, look each leaf over closely for aphids (little green bugs), dry on a clean cloth, put in a cool place until ready to serve.

Serve with French dressing.

Waldorf Salad.

1 c finely cut celery

1 c diced apples

1/4 c chopped walnut meats (if desired)

Sufficient boiled salad dressing to moisten well without making wet.

Pear Salad.

Place one half of a canned pear on a lettuce leaf and sprinkle with chopped walnut meats. Put a tablespoonful of boiled dressing or mayonnaise on top. It is very nice to mix either kind of salad dressing with equal parts of whipped cream for any kind of fruit salads.

Orange Salad.

Wash and peel an orange.

Remove all the white skin.

Slice in thin slices across the orange.

Serve with French dressing to which more paprika and some sugar has been added.

Combination Fruit Salad.

The following combinations are merely suggestive and are given to show the possibilities.

Apple, banana, celery, orange.

Banana, orange.

Pineapple, orange, apple, pimento.

Asparagus Salad.

Either canned or freshly cooked asparagus may be used.

Arrange on a lettuce leaf.

Serve with French or mayonnaise dressing.

Combination Vegetable Salads.

Peas, string beans, carrots, turnips, beets, in fact any left-over vegetables can be utilized in a salad.

Combine any of them and serve with boiled or French dressing.

Meat or Fish Salads.

Any kind of a meat or a fish salad is best when combined with equal parts of finely cut celery or cabbage.

A little onion gives a pleasing flavor to most people.

SALAD DRESSING

French Dressing.

1/2 t salt

2 T vinegar

1/4 t pepper or paprika

4 T any kind of salad oil

1/2 t of sugar may be added if desired

Mix the dry ingredients.

Stir in the oil and then the vinegar, a little at a time.

This kind of dressing should be served as soon as made.

Boiled Dressing.

Part 1.

$\frac{1}{2}$ c milk

1 egg

2 t sugar

$\frac{1}{2}$ t salt

Part 2.

$\frac{1}{4}$ c vinegar

2 t flour

2 t butter

$\frac{1}{2}$ t mustard

Speck pepper

Make part 1 in the double boiler like a custard.

Make part 2 like white sauce.

Combine and strain.

Use when cold.

Mayonnaise Dressing.

1 egg yolk

$\frac{3}{4}$ c salad oil

About 2 T vinegar or lemon
juice

$\frac{1}{2}$ t salt

Speck pepper

$\frac{1}{4}$ t mustard if desired

Beat the egg yolk until it is lighter colored, add the oil a very little at a time until the dressing begins to thicken well. After several spoonfuls of oil have been added drop by drop, it is possible to add the oil by spoonfuls.

Whenever the dressing becomes too thick to beat with the Dover beater, add a few drops of the acid.

Add the seasoning toward the last.

When you have made salad at least four times, fill in the report card and mail it to the State Club Leader. After this, during the canning season fill in *one* of the report cards sent to you with the canning instructions on the first of every month according to the instructions sent you.

HELEN COWGILL

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