



## ... Salads ...

### Shamrock Salad

3 green peppers

1 cup cottage cheese

1/4 cup stuffed olives, chopped

1/4 cup chopped nuts

6 pineapple rings

French dressing

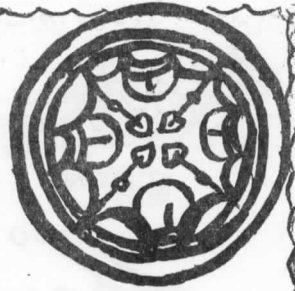


Cut off stem end of green peppers, remove seeds and fibre. Combine cottage cheese, chopped olives and nuts and stuff green peppers. Roll in wax paper and chill in refrigerator. When ready to serve, slice and place on pineapple rings arranged on shredded lettuce. Serve with French dressing.

Serves 6. Catherine Farrelly



## TANGY SALAD



1 pkg. lemon gelatin  
1 cup boiling water  
3/4 cup cold water

1 tab. minced onion  
1/2 tsp. salt  
1 tab. vinegar

1/2 cup cabbage (finely shredded)  
1/2 cup carrot (finely shredded)  
1/2 cup celery (chopped)  
1 tab. pimento (chopped)

Mold in loaf or individual molds. Serves 6.

Empty gelatin from package into one quart bowl.  
Add boiling water and stir until completely dissolved; then pour in the cold water and stir well.

Add onion, salt, and vinegar.

Shred cabbage and carrots fine with a shredder.  
Chop or cut celery and pimento in small pieces. Add and stir well to distribute vegetables evenly.

Fill molds with 1/2 cup or more of mixture.  
Be sure vegetables are evenly distributed.

Set in refrigerator about 3 hours. (Can be made day or two ahead). Serve on crisp lettuce.

Anna M. Cottam



## OUR FAVORITE FRENCH DRESSING

- 1½ Cups Salad Oil
- ¾ " Vinegar
- 1 " Tomato Soup
- ½ " Sugar
- 1 tsp. Salt
- ¼ " Mustard
- ½ " Pepper
- 1 tbls. Worcestershire Sauce
- 1 tsp. Paprika



Put all ingredients into a large bowl and beat. Keep in quart jar containing 1 clove of garlic.

~ Mary Malloy ~

## Preserved Kumquats

2 lbs. Kumquats    4 cups sugar  
1 qt. water

Wash Kumquats with soap and water. Sprinkle with soda. (1 tsp. soda to each quart of Kumquats) Cover with boiling water. Let stand 10 min., Rinse in cold water.

Make 4 deep slits in each Kumquat, cover with water and boil 15 mins. Change water and boil 15 min. Change water and boil till fruit is tender. Boil sugar and 1 qt. fresh water 5 min. Cool. Add fruit and cook until fruit is clear. Let stand 24 hours. Reheat to simmering and pack into hot jars, filling to overflowing. Wipe off sealing surface and seal at once.

Mrs. J. M. Oakes



• WESTERN SALAD BOWL •



Garlic oil

2 peeled cloves garlic-cut in quarters. 1 cup salad oil. Let garlic stand in oil-not in refrigerator for several hours or over night. Then remove garlic.

Croutons

2 cups bread cubes - about 4 slices. Heat oven to 300°F (slow). Meanwhile cut bread into 1/4 inch cubes. Place in shallow pan and toast 25 to 30 minutes, or until golden brown - turning often. Cool. These can be made the day before and stored in wax paper.

The Salad Greens

2 small heads Romaine or lettuce. Wash greens. Drain; then dry and chill. Break into bite size pieces.

Tossing the Salad

- 1/2 cup grated Parmesan Cheese
- 1/4 cup crumbled Blue Cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 tablespoons Salad Oil
- 1 raw egg
- 3 1/2 tablespoons lemon juice
- 1 tablespoon Worcestershire Sauce

Sprinkle cheeses over greens. Then sprinkle in salt and pepper. Next drizzle oil over all. Drop raw egg on top of greens. Pour lemon juice and Worcestershire onto egg. Give the salad a good gentle tossing. For finishing touch pour garlic flavored oil over croutons and add to salad. Toss. a bit more.

Serve immediately while croutons are crunchy.

Makes 6 large servings.

- Eleanor Martin (Mrs. Frank)  
Eleanor Martin  
Mrs. Frank L. Martin



## Cramberry Salad



$\frac{1}{2}$  cups CRAMBERRIES  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cups hot water  
1 package of orange jello  
1 orange  
1 grapefruit

Wash CRAMBERRIES, orange, and grapefruit. Remove orange and grapefruit seeds, and put CRAMBERRIES, orange, and grapefruit through the meat chopper.

Let jello cool before adding ingredients.

Grease mould with butter. Serve in lettuce nests with French dressing.



Agnetha Sweeney





## SHRIMP AND VEGETABLE SALAD

2 1/2 cups shrimp  
1 1/2 cups early June peas  
1 cup chopped celery

3/4 cup chopped sweet pickles  
1 teaspoon salt  
Mayonnaise

1 hard cooked egg  
6 lettuce cups  
Paprika

Cut Shrimp (optional), add vegetables and seasoning together, moisten with mayonnaise. Place on lettuce leaves, garnish with slices of egg and sprinkle with paprika. Serve with toast fingers or cheese sticks.

## CHEESE STICKS

Slice day-old bread into sticks 1 inch wide. Brush with butter, sprinkle with grated cheese, paprika and salt. Bake in oven until light brown and crisp.

*Catherine Farrelly*

Catherine Farrelly



## TOMATO-TUNA FISH SALAD

- 6 Tomatoes
- 9 tablespoons Tuna fish
- 6 tablespoons Mayonnaise
- 6 sticks Celery
- 6 small Pickles



### Procedure:

*Salv Regina  
Favorite*

Wash tomatoes and cut in 8 sections (not all the way through).  
Add diced celery and pickle to tuna fish and mix thoroughly with mayonnaise.  
Place fish mixture inside tomatoes.  
Serve on lettuce.



## CHICKEN MOLD



- |                          |                   |
|--------------------------|-------------------|
| 2 (1/2 lb.) cans chicken | 10 sliced olives  |
| 2 cups mayonnaise        | 2 pkg. gelatine   |
| 3 hard boiled eggs       | 9 tbs. cold water |

Place gelatine in hot water until it dissolves.  
Stir. Then pour into mixture. Serve on pineapple and lettuce. (makes 10 or 12 molds)



*Olive C. Mc Green*

## Ginger Ale Salad

- 1 package of Lemon Jello
- 1/2 cup of hot water
- 1 1/2 cup of pale ginger ale
- 1 small can of mixed fruits



Add boiling water to jello. Let stand until dissolved. After it has cooled, add ginger ale and let stand until slightly thick. Add fruits and mold. Serve on lettuce leaf with dressing.

*Winifred McLaughlin*

Miss Winifred McLaughlin

## Christmas Salad

2 pkgs. Raspberry Jello (Prepare as directed)  
Pour into large oiled ring mold. Let set until firm.

3 pkgs. Lime Jello mixed with 4 cups hot water.  
(Let stand until syrupy)

Drain 1 large can pears. Beat until consistency of apple sauce. Add 1 small pkg. or  $\frac{1}{2}$  large pkg. cream cheese and beat together well. Add syrupy lime jello.

Pour over set Raspberry Jell. Fill center with desired salad, chicken, shrimp, lobster, etc.

If smaller salad is desired, use 1 pkg. Raspberry Jello, prepared as on pkg., and 2 pkgs. Lime Jello with 3 cups of water.

*Mrs. William F. Murray*



"Kind words  
bring Kindechoes."

**FIRST NATIONAL**  
**STORES**



## To-Morrow's Salad

- 2 Eggs
- $\frac{1}{4}$  Cup Sugar
- 2 tablespoons butter
- $\frac{1}{4}$  cup Vinegar
- 1 Cup Whipping Cream, Whipped

- 2 Cups marshmallows cut
- 2 Cups White Cherries
- 1 Orange cut
- $\frac{1}{4}$  Cup candied Cherries
- 2 cups pineapple cut



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Beat eggs, add sugar, vinegar and cook in double boiler stirring constantly, till thick and smooth add butter and then let cool. Add whipped cream. This is the dressing for the fruit. Blend all together, place in tray and allow to season for 24 hours, or over night, in the coolest place in refrigerator, and covered, but do not freeze. Serves 8 to 10 good sized portions.

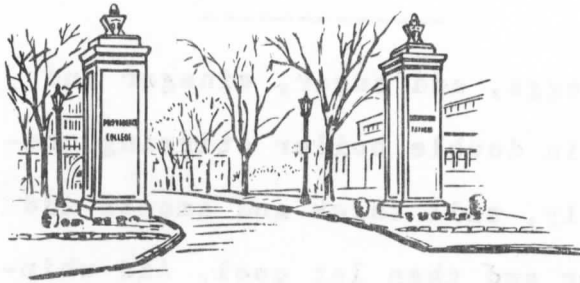
*Mrs. Ida E. Mc. Grath*

"A self-controlled man holds in the hollow  
of his hand the world."



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