

SALAD LEAVES

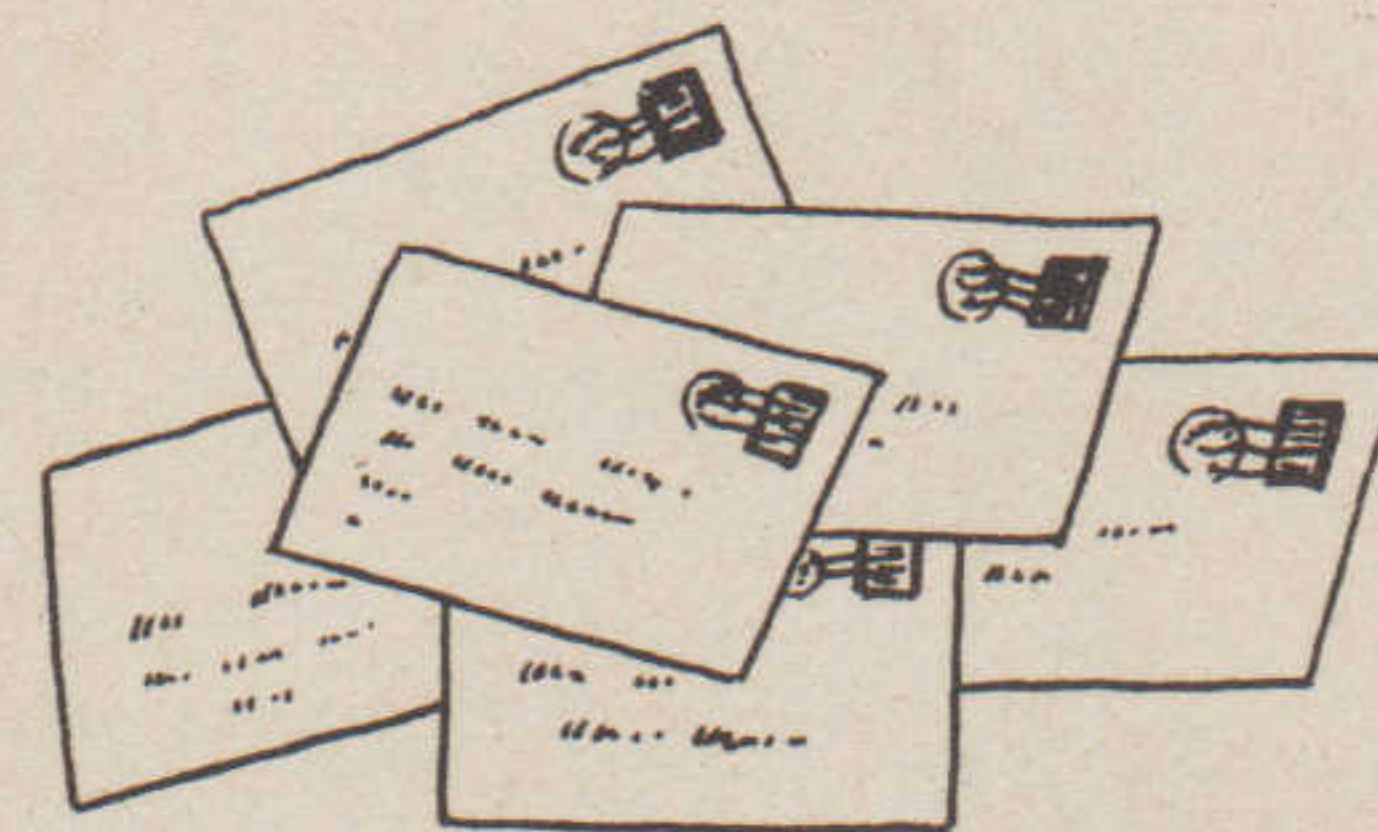
SALAD LEAVES



Salad Leaves

or

Letters to a Daughter in the City



being a collection of family
salad recipes and menus de-
veloped and assembled in the
Ivanhoe Kitchens
by
Harriet Meaker Osborne.

IVANHOE FOODS, Inc.
Auburn, N.Y.

January



Dear Margaret:—

I've been writing you entirely too many gossipy letters—I'm sure that you're more interested in getting some of the recipes you were promised—so I've made a New Year's resolution. Once a month I'm going to forego all chattiness and fill my page with recipes and all sorts of home-keeping advice.

Because it's dreary and blustery outside, I'll start with the gayest of dishes—salads!

I hope you're eating enough salads, you and your great, tall, new husband. It seems to me that fudge was the limit of your cooking here at home. So I've sometimes worried a bit and wondered just how you could cook well enough—in quantities enough and wisely enough, to keep Robert and you strong and in good health.

Of course, when I started cooking for Dad, there were vegetables and meat and desserts and biscuits. It took a later and more scientific day to discover the things which "balance" a meal and make us "fit." Vitamines and calories were not in my equipment at all! But since they are here now and recognized among the very best cooks, I'll ask you to be sure that these elusive, but very important A and B vitamines have recognition from you every day—and the best and easiest recognition is in Salads.

Vitamine "A" promotes health and growth—and does a lot of repair work. "B" is very busy preventing and curing digestive disturbances. So you see, dear, they *do* have a place in the consideration of a bride who is an amateur cook! *That was mean, wasn't it?*

Here are a couple of recipes and then I must run over to—but no gossip!

Lots of love,

Mother.

Grapefruit and Crab Meat

1 cup grapefruit pulp
1 cup crab meat
 $\frac{1}{4}$ cup diced cucumber or
 $\frac{1}{4}$ cup diced celery
Lettuce

Peel grapefruits and free the pulp or membrane. Cut in pieces. Mix with crab meat, cucumber or celery and marinate in sweetened French Dressing. Cool. Serve with Ivanhoe mayonnaise on lettuce.

Stuffed Celery and Prune Salad

Use small, tender stalks of celery. Mix cream cheese and minced pimientos until cheese is evenly colored to an orange tint. Season with salt, pepper and cayenne. Add a dash of Worcestershire and stuff mixture into celery.

Blend chopped nuts and Ivanhoe and stuff into large, pitted, soaked prunes. Lay prunes and celery alternately on lettuce. Serve on individual salad plates and top the prunes with a dash of Ivanhoe.

Tuna Fish—Cucumber Sauce

Dress regular tuna fish salad with the following cucumber sauce:

2 large cucumbers
 $\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar
Green Ivanhoe (See page 27)

Peel cucumbers and dice fine—season with salt and pepper. Add vinegar and mix well. Drain, then stir into cup of Green Ivanhoe. Mix and use on salad.

Cucumber Cup Salad

Choose short, chunky cucumbers, cut in halves crosswise, cut a little slice from each end to make them stand upright easily, scoop out the seeds, and then, with a sharp knife, cut out the firm flesh, leaving only a thin, green wall. Chop the cucumber flesh that has been removed, measure it, add half as much fine-chopped celery, and one-fourth as much grated Bermuda onion (this may be omitted, or cress may be used instead, according to preference), and fill the cucumber cups with the mixture. Cover with Ivanhoe Mayonnaise. Garnish with chopped, hard-cooked white of egg, and thrust down into the cups little sprays of parsley. Serve on lettuce leaves on glass plates.

Pineapple and Celery

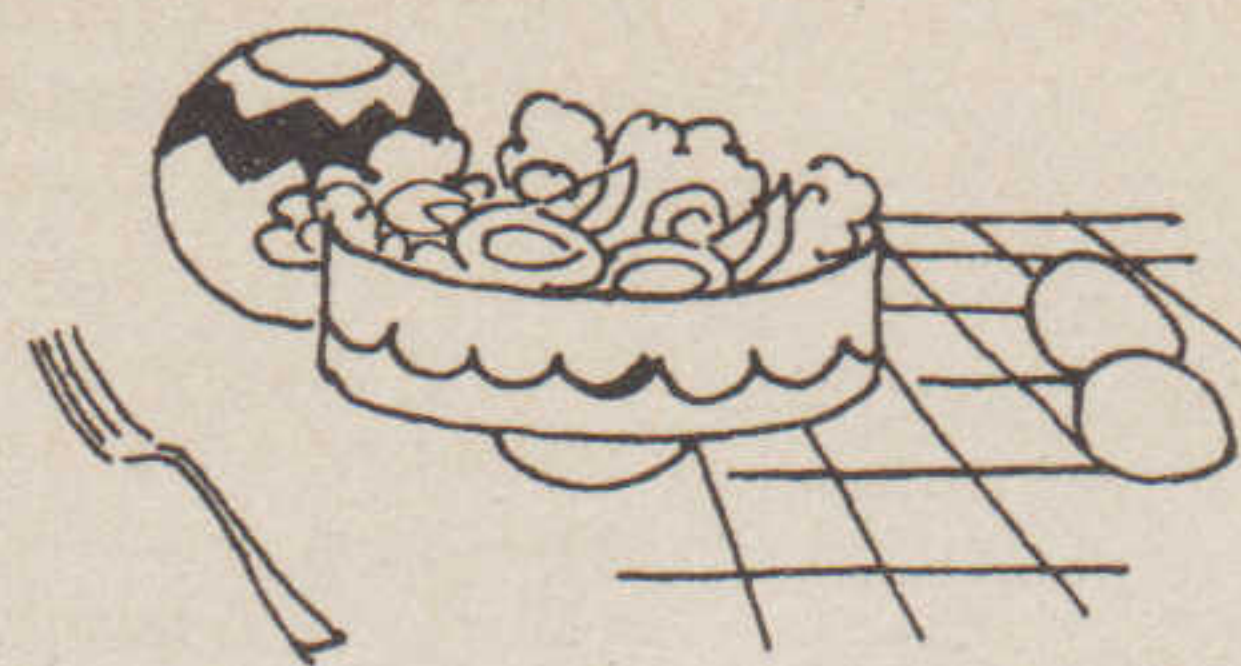
Mix equal parts of diced celery and sliced pineapple. Mix one cupful of salted whipped cream with a cup of Russian dressing (Ivanhoe mayonnaise mixed with chili sauce) and a bit of pineapple juice. Toss the salad in this and serve on crisp lettuce leaves.

Oyster Salad

Heat a quart of small oysters until they are plump. Drain. Add to them the juice of a lemon and chill. Mix with medium sized bunch chopped celery, 1 cup chopped nut meats and a cup of Ivanhoe. Have ready a ring mold of lemon jelly. Turn oyster mixture into center of mold. Garnish with beets, tiny cucumbers or pimientos and serve at table.

Vary your salads
with Ivanhoe

February



Dear Margaret:—

I'm glad you liked my plan of sending you a monthly letter on salads and salad recipes. There are, of course, oodles of new and old recipes in my books—enough for any family! On to the cooking class!

I read an advertisement the other day which said "complexions are made at the table—eat more salads." There's more reason than rhyme in that! I think that *every day*, especially now in winter months, you should have a salad of fresh, raw, green, leafy vegetables, such as lettuce, cabbage, romaine, watercress, and fruits, tomatoes, celery, onions, carrots.

Don't make the mistake of thinking that these sometimes "out of season" articles are luxuries. They most decidedly are *not*. They are very necessary in the balanced diet of any young couple.

Of course, as far as calories go, they are practically "not at home" for they have little protein or carbohydrates and no fat. Remember this if you get a bit too heavy! But they do contain vitamins A and B—which I've talked to you about before—and they are *loaded* with mineral salts—iron, phosphorous, and other laxative minerals which rid the body of poison; build bone and tissue which make red blood to color cheeks in a way the *best rouge can't possibly equal*.

And, then, since most salad vegetables are eaten in the raw state, none of the food value is lost. It goes into *your system* instead of *being drained down the kitchen sink*, and it does your "inwards" a heap more good than it would the metal pipes!

Some other time I'm going to write you the rest of the evidence in favor of salads—but today I must give you a few recipes and then stop until my family letter tomorrow.

Lots of love to you and Robert.

Mother.

Tuna Fish Salad

- 1 cup Tuna Fish
- 1 cup celery diced
- 1 cup cabbage diced
- 1 cup cucumber diced
- 6 stuffed olives chopped
- ½ cup rich, creamy Ivanhoe Mayonnaise
- Lettuce

Carrot and Celery Salad

- 2 cups carrots, diced
- 5 cups shredded lettuce
- 2 tablespoons lemon juice
- ⅛ teaspoon salt
- ¼ cup chopped nuts
- 1 cup chopped celery
- ½ cup Ivanhoe Mayonnaise

Macaroni Salad

Add 1 cup of diced celery to 3 cups elbow macaroni, cooked and chilled. Chop 1 tart apple, 1 doz. olives, 1 small onion and a pimienta. Add to the above and mix with Ivanhoe, to which tomato catsup has been added in the proportion of 2 tablespoons to a cup of the dressing.

Appetite's Special

Chop 1 Bermuda onion. Add 1 small can shredded pineapple (drain). Serve on a slice of tomato nestled in crisp lettuce. Tomato jelly may be substituted for fresh tomato—and cover with Ivanhoe.

Mint and Cheese Salad

Drain two cups of cooked peas, mix them with a quarter of a pound of cream cheese, three sweet pickles and three sour pickles, all cut into small pieces, half a cup of chopped nuts and Ivanhoe Mayonnaise to moisten well. Shape in small balls or croquettes and serve on lettuce with a whirl of mayonnaise and a sprig of fresh mint or parsley for garnish.

Fruit Salad in a Ring

- 1 small jar red cherries
- 1 small jar green cherries
- 1 medium can white cherries
- 1 medium can pineapple
- ¼ lb. blanched, diced almonds
- 4 or 5 marshmallows, diced
- 1 cup green Malaga grapes, seeded and halved

Cut cherries in half—pineapple in small pieces—pit white cherries. Seed grapes, wash and mix. Fill aluminum salad ring mold which has been dipped in cold water, with fruit. Cover with lemon jello. Chill and allow to set. Unmold and place on lettuce leaves on chop plate. Heap in center of ring 1 cup of Ivanhoe Mayonnaise mixed with ¾ cup of whipped cream.

Ivanhoe is beaten
Faster

March



Dear Margaret:—

I went to a cooking school yesterday and had a thoroughly good time. Mrs. ——— was very persuasive in her appeal for "raw leafy vegetables every single day." She harked back to primitive days when fires were unknown and humorously pictured the overwhelming healthfulness of those early forefathers of ours.

She traced the "insidious" effects of fire and cooked food on our inside mechanism and made out a good, strong case for our eating *raw vegetables*—lettuce, cabbage, endive, romaine, chickory, escrolo, onions, celery, carrots, spinach, dandelions (don't look for *them* yet).

She particularly insisted on the need for calcium in the diet of children because it builds the right kind of bone and teeth—for adults because it keeps the body tissues in repair and *maintains* health. She holds along with Dr. Henry Sherman that *vegetable iron* is even better absorbed, and more completely available to the body for nutrition purposes than the *iron of meat*.

She positively beamed when she came to the vitamins found in raw vegetables. No pernicious anemia if you insist on a vitamin "A" every day.

"B" keeps busy seeing to the proper digestion of food and conduct of the nervous system.

"C" is necessary for growth—helps prevent scurvy—and keeps *small folks and large* away from *irritability*. Oranges, carrots, tomatoes, cabbage all have a lot of "C." So if you and Robert sometimes get on each other's nerves—go on a "C" vitamin diet.

I must stop. I'm going again tomorrow to hear more about these little giants called vitamins. I'll pass my notes on to you later.

Love,

Mother.

Endive-Cucumber Salad

Chop enough cucumber and tart apple to make 6 tablespoons and mix with Ivanhoe. Fill into the lower wide end of endive spikes. Arrange spikes on salad plates. Top with Ivanhoe and bits of cucumber.

Russian Vegetable Salad

Mix lightly equal parts small string beans, shredded green pepper and finely minced celery. Add fine diced onion and serve with Russian dressing—Ivanhoe mayonnaise to which chili sauce has been added.

Cabbage Salad

4 cupfuls shredded cabbage
1 green pepper or pimiento—diced
½ cupful chopped peanuts
Ivanhoe Mayonnaise

Mix the ingredients with Ivanhoe, serve in a bowl, and garnish with chopped parsley.

Mayonnaise of Chicken

Marinate two cups of cold chicken (or veal if you wish), cut in small cubes, with three tablespoonfuls of oil, one tablespoonful of vinegar and one-half tablespoonful of lemon juice, one-fourth teaspoonful, each, of salt and paprika. Let stand an hour or more; drain and add one cup of celery cut fine and one cup of almonds cut in small pieces. Add enough Ivanhoe Mayonnaise to hold the mixture together, turn into a mold which has been rinsed in cold water, being sure to pack solid. When ready to use, turn the mixture from the mold, and serve with plenty of Ivanhoe, on hearts of lettuce.

Prune and Pineapple Salad

On lettuce leaves place a slice of pineapple. Remove the stones from four large, cooked prunes, stuff with whipped cream and arrange on the pineapple. In the center place a tablespoonful of Ivanhoe dressing.

Vegetarian Salad in Cabbage Case

Cut out the center of a cabbage (green or purple), saving the shell to be used as a bowl from which the salad is served. Shred the cabbage; and for each cup of cabbage add three-fourths a cup of diced

celery, one-half a cup of grated carrots, one-fourth a teaspoonful of salt and a few drops of onion juice. Mix with a silver fork, adding enough Russian Dressing (Ivanhoe mixed with chili sauce) to bind the mixture.

Lydia's Winter Salad

A very colorful as well as delicious salad is made as follows:—Add a half cup of raisins to a quart of cranberries, barely cover with cold water and cook until tender. Rub through a sieve, measure a pint of the pulp, add to it a tablespoon of gelatin dissolved in half a cup of boiling water, the juice of one lemon, four table-spoons of sugar and pour into a wet ring mold. Turn out when set and fill the center with chicken salad. Plain shredded lettuce for the center is also excellent and the contrast is attractive with Ivanhoe Mayonnaise as a dressing.

Jellied Tomato Salad

2 tablespoonfuls granulated gelatin
½ cupful cold water
1 pint boiling water
½ cupful vinegar
½ teaspoonful salt
1 cupful tomato soup
Lettuce
1 cupful Ivanhoe Mayonnaise
⅓ cupful sugar
Asparagus tips

Soak gelatin in the cold water five minutes. Dissolve it in the boiling water, then add the sugar, salt, vinegar, and soup. Pour into cold, wet molds and set in a cold place to chill. Serve on shredded lettuce garnished with Ivanhoe Mayonnaise and asparagus tips.

Ivanhoe has more eggs

April



Dear Margaret:—

I'm absolutely fascinated by a cook book! It's about ten times as thrilling as the best mystery yarn Dad ever read us! Its name? "The Psychology of Taste or Meditations on Transcendental Gastronomy" by Jean Anthelme Brillat-Savarin! Here's what he says about Salads—"The Salad—a finishing item which I recommend to the use of all who have faith in my teaching—for Salad refreshes without fatiguing and strengthens without irritating. I usually say it renews youth!" What do you think of that, my dear? So, if you insist on being young—eat lots of salads!

So many delightful vegetables and fruits are now coming into market that salad making is an eternally changing rite—and salads will be enticing and delicious if you follow my repeated, but important rules. I'll send you these—Secrets of Salad Success—very soon. When you get this important document, tack it up where it will be before you when you are at your salad-making.

Lots of love,
Mother.

Red and White Salad

Pickled beets—diced
Bermuda onion—diced
1 tablespoon juice from the beets
2 tablespoons Ivanhoe

To diced pickled beets and equal parts diced Bermuda onion, mix 2 tablespoons Ivanhoe Mayonnaise to which has been added 1½ tablespoons of juice from the pickled beets. Serve cold on lettuce.

String Bean Salad

3 cups diced cooked string beans
1 diced onion
1 small can Pimiento (diced)
2 tablespoons diced sweet pickles
Dress with ½ cup Ivanhoe to which

has been added 2 tablespoons Chili Sauce.
Serve on lettuce.

Grapefruit—Orange— Fig Salad

Arrange 1 large grapefruit divided into sections and 2 oranges divided into sections on shredded lettuce—top with strips of fig—cover with chopped walnuts and Ivanhoe Mayonnaise.

Alligator Pear Salad

Remove rind from pears, cut in slices and arrange in semi-circles on crisp, shredded lettuce. To ½ cup Ivanhoe add 3 tablespoons soft Roquefort cheese. Cover salad with dressing just before serving.

Cabbage and Fruit Salad

1 cup white or purple cabbage—
shredded and crisped
1 cup orange diced
½ cup pineapple diced
1 cup Ivanhoe Mayonnaise
Lettuce

Cocoanut—Fruit Salad

1 cup tart apple—diced
¾ cup celery
½ cup Shredded Cocoanut
1 tablespoon orange juice
1 tablespoon lemon juice on apple and
celery
1 cup Ivanhoe Mayonnaise

Devilled Eggs

6 hard-boiled eggs
Pepper and salt
1 tablespoon chopped onion
3 tablespoons Ivanhoe Mayonnaise
Halve eggs. Remove yolks. Mash—
pepper and salt. Mix with onion and
Ivanhoe. Replace in white. Sprinkle with
onion, chill, and serve on lettuce.

Red and Green Salad

1 cup green pepper shredded
1 cup radishes cut very fine
1 tablespoon onion—chopped
1 cup Ivanhoe Mayonnaise
Serve on Lettuce

Two-Layer Salad

Part 1.

1 pint canned tomato juice
4 teaspoonfuls granulated gelatin
3 tablespoonfuls cold water
½ cup cold peas
¼ teaspoonful soda
½ teaspoonful salt
⅛ teaspoonful pepper

1 teaspoon dry mustard
1 tablespoonful grated onion

Part 2.

1 pint bouillon or clear soup stock (bouil-
lon cubes may be used in place of
stock)
4 teaspoonfuls granulated gelatin
2 hard-boiled eggs
3 tablespoons cold water
1 tablespoonful chopped pimiento
3 sweet pickles chopped
5 olives

For the first layer heat the tomatoes, unstrained, but from which all the largest pieces have been removed, add the soda and seasonings, pour into a bowl containing the gelatin which has been soaking in the cold water. Pour this in a layer cake pan rinsed in cold water, and then add the peas, which should be as dry as possible. Either fresh or canned peas may be used.

For the second layer add the hot bouillon to the gelatin soaked in the cold water. Wet with cold water a layer cake tin, the mate to the one used for Part 1. Arrange slices of hard-boiled eggs on the bottom. When the bouillon has just begun to thicken, pour it carefully over the slices of egg, pimiento, pickles and olives. Chill.

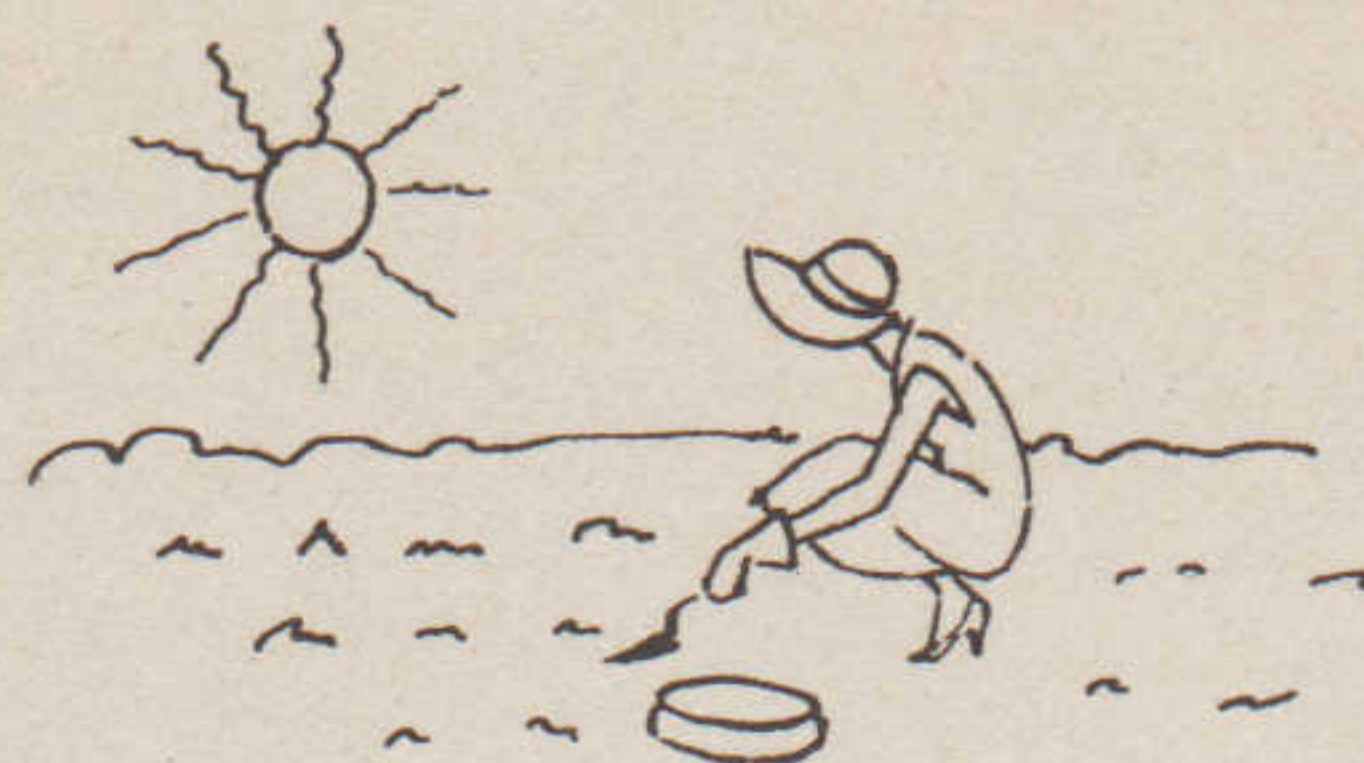
To serve, turn the layer of gelatin with peas, etc. on a bed of lettuce. Over this spread a thin layer of Ivanhoe Mayonnaise. Then turn the bouillon gelatin very carefully on this so that the slices of egg are on top. Garnish with Mayonnaise.

Will serve ten people.

Jellied salmon or jellied chicken with rice might be used for the first layer and jellied soup stock with any leftover vegetables for the second.

Ivanhoe is food

May



Dear Margaret:—

Here are these to-be-carefully-followed rules for perfect salads.

1. Have salad material fresh. Wash, drain and then chill until crisp.
2. Serve salad very cold and on *cold plates*.
3. Save outer leaves of lettuce and shred as a base for fruit or vegetable salads.
4. Never put salad on lettuce until just ready to serve. A wilted salad is an eyesore and as satisfying as melted ice cream.
5. Marinate in French dressing for about $\frac{1}{2}$ hour before using most vegetables, all fish and meats to be used in salads. Never marinate any fruit save pears. To marinate pour olive oil and vinegar over material and let stand from 15 minutes to half an hour.
6. Vary your dressings—Ivanhoe is a marvelous base for Russian dressing, 1,000 Island Dressing, Egg or Tartar sauce.
7. Garlic gives meat, fish or vegetable salad a piquancy and smoothness of flavor suggestive of a French chef. Use it by *rubbing the mixing bowl* with open surface cut lengthwise.
8. Tender tops of new onions or scallions or chives have a flavor which blends well with most fresh vegetables used in salads. When winter onions grow green sprouts, these may be used in the same way.
9. To blend ingredients thoroughly, use 2 forks and toss material up through the center and sides—repeat several times.
10. Use Ivanhoe Mayonnaise—it's pure, wholesome, rich, delicious.

After so many do's, I really haven't the heart to write another word. Goodbye for now.

Love,

Mother.

Jonquil Salad

Peel and dice 1 large cucumber—chill. Add 2 tablespoons celery salt, 2 hard-boiled eggs diced—mix with 3 tablespoons Ivanhoe and serve in lettuce cups.

Pineapple and Celery Salad

Mix equal parts of diced celery and sliced preserved pineapple. Mix one cupful of salted whipped cream with a cup of Ivanhoe and a little of the juice of the preserved pineapple. Toss the salad in this and serve on crisp lettuce leaves. Decorate each portion with a rosette of whipped cream.

Salad Russe

Take equal quantities of diced carrots, potatoes, French beans, sliced lean ham—add a few small diced sardines. Toss all together in Ivanhoe and serve garnished with lettuce heart, pickled beets, and slices of hard-boiled egg.

Two Shrimp Salads

Marinate equal amounts of shrimp and diced grapefruit, and $\frac{1}{2}$ amount of diced celery, in French dressing. Drain. Add a tablespoon of chopped green pepper or pimiento, and salt to taste. Toss in Ivanhoe Mayonnaise and arrange on hearts of lettuce. Garnish with slices of stuffed olives or radish roses.

Another way is to arrange three slices of cucumber which have been marinated in French dressing on some crisp hearts of lettuce. Put a whole shrimp and a slice of olive on each slice of cucumber. Serve with Ivanhoe Mayonnaise. A pound of shrimp will make eight of these salads.

Bean Salad

2 cups cold cooked beans
1 cup sliced cabbage, diced celery or

diced cooked potato
1 red or green pepper, minced
1 small onion, minced
Salt—Paprika

Combine. Marinate with $\frac{1}{4}$ cupful of French dressing and let it stand one hour. Mix with Ivanhoe and pile lightly on lettuce leaves.

Summer Salad

1 bunch watercress
1 medium-sized firm head of cabbage
1 cucumber
12 radishes
Ivanhoe Mayonnaise

Pick over and wash watercress. Remove outside leaves from cabbage, and enough of the center to leave a shell. Shred center and let stand in ice water until crisp. Peel and chop cucumber. Wash radishes, and slice crosswise. Drain cabbage, mix with cucumber and radishes. Cut watercress fine and add to other ingredients. Chill thoroughly. Just before serving mix with Ivanhoe Mayonnaise and serve in cabbage shell.

Picnic Salmon Salad

1 large can red salmon flaked
6 soda crackers, rolled fine
1 cup diced celery
3 tablespoons melted butter
3 large sour pickles chopped
3 hard-boiled eggs chopped
Salt and pepper to taste
Ivanhoe Salad Dressing
Lettuce

Mix the ingredients together in the order named, making the salad a little too moist, as the soda crackers will absorb the excess moisture. Arrange on lettuce leaves and garnish with extra dressing, sliced lemon and pimiento strips if desired.

Serves 8 generously.

Ivanhoe is the
Richest, Creamiest Mayonnaise

June



Dear Margaret:—

I'm sorry that you and Bob have to stay in the city during these hot days—but "men must work and women must wait"—n'est-ce pas? I hope, though, that you are being sensible in your eating. Certainly, now is the time for all good housewives to know their vegetables, and combinations of vegetables will prod flagging, summer appetites and add dash and coolness to the meal.

Here at home we're starting every dinner with a cocktail! Now what do you think of your mother in her old age? Of course, I don't mean these illegal mixtures which everyone is so awfully for or so awfully against. I mean *vegetable cocktails*! Served on our green glass plates or in stemmed glasses, garnished with lettuce, cabbage or other salad greens—they are just as pretty and novel as they are delicious.

We feel very continental starting off with these American versions of the Italian antipasto, French hors d'oeuvre and Swedish smorgasbord. Besides, they offer excellent solutions of what to have for the first course at dinner or a party luncheon.

I'm giving you all our favorite vegetable cocktails—with the assurance that you'll find them both stimulating and strictly legal!

Love to you both,

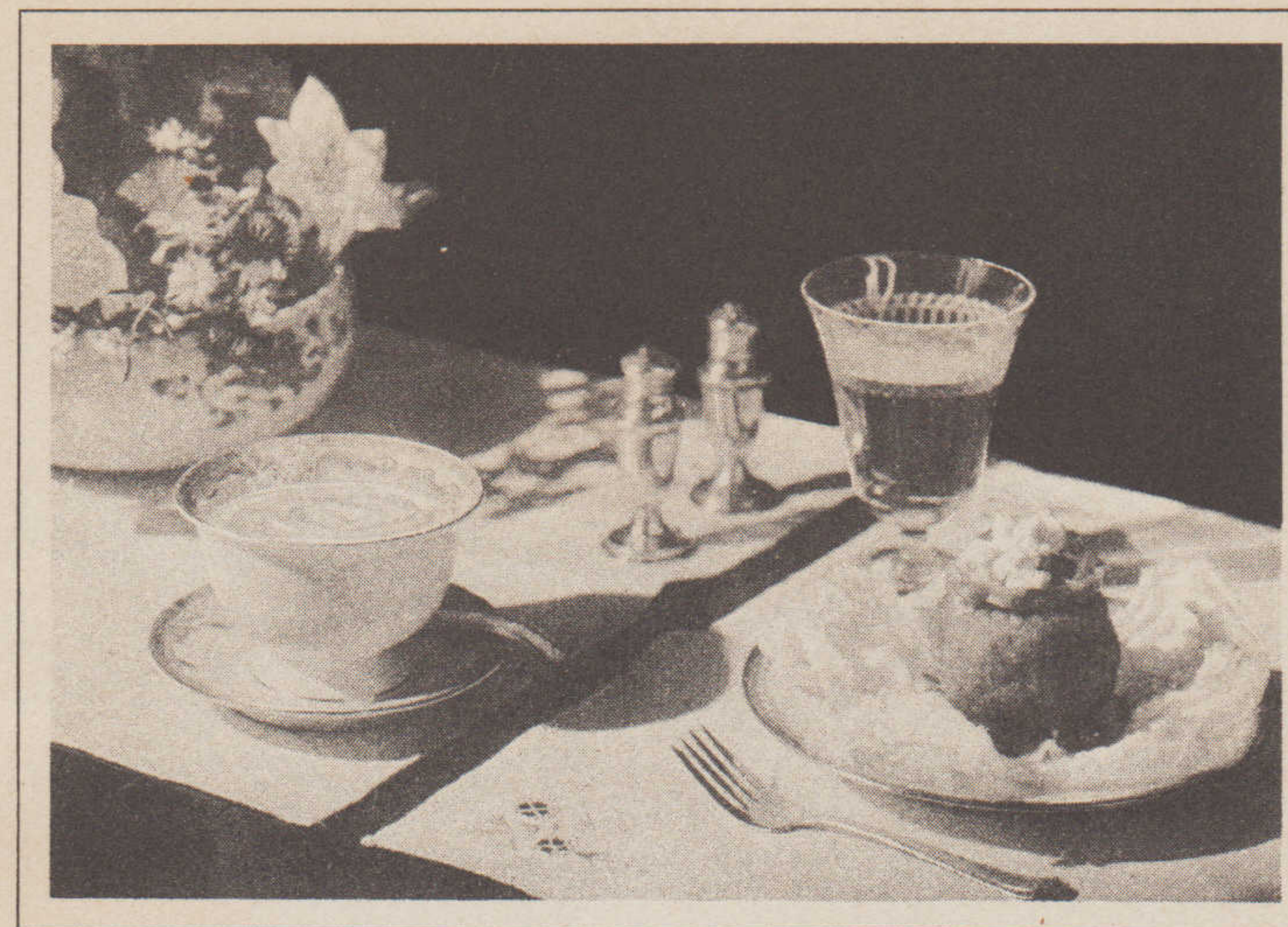
Mother.

Cucumbers and Celery Cocktail

Mix four tablespoons of diced cucumbers, two teaspoons of grated horseradish, two tablespoons of minced celery, one teaspoon of minced onion and two teaspoons of thinly sliced radishes; add a dash of salt and pepper and moisten with Ivanhoe dressing. Chill one hour. Serve in lettuce cup on a glass plate.

Cucumber and Pineapple

Toss lightly together four tablespoons of chopped cucumbers, two tablespoons of pineapple cubes, two teaspoons of green peppers, one tablespoon of pineapple juice, a little salt and pepper and Ivanhoe. Top with a mint cherry and serve in individual glass dessert dishes with sprigs of cress or parsley for the garnish.



Tomatoes Stuffed with Beans
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Devilled Eggs
{page 13}

July



Dear Margaret:—

Even cliff dwellers like you and Bob must picnic these warm evenings and long, lazy Sundays—and I've a lot of suggestions for you. You remember Mrs. Bates, of course—well, this summer she has capitalized on her local reputation as the best sandwich maker in Cayuga County and gone into the business! It works this way! If you're going on a picnic, or having a bridge or a tea or guests in the evening, you call Mrs. Bates up in the morning and tell her how many sandwiches you need and at what time. Then, make your lemonade or iced coffee or whatever you want to drink and well before the specified time your sandwiches will be delivered—all cut, molded and wrapped in waxed paper to keep the goodness and moisture in.

Of course, you are a bit far off to take advantage of this—but—I told her the other day how much you would appreciate this service, and what do you think she said—"Why, bless her heart—I'll send Margaret a stack of my recipes and she can do these sandwiches herself." Here are some of them—we'll send more later. You're a lucky little lady to get them.

Love,

Mother.

(To cut bread for sandwiches, spread the loaf and then cut slices to desired thickness. Use a sharp knife [one with a saw edge is best] and hold it straight while sawing rather than cutting loaf.

Be sure to butter sandwich bread for flavor and to prevent the filling from soaking into the finished sandwiches.

Soften butter with a spoon; do not heat butter for sandwiches).

Pimiento Sandwiches

- 3 pimientos
- 2 hard cooked eggs
- 1/4 lb. mild cheese
- 1 1/4 cups pecans
- Chopped—Mixed with Ivanhoe

Vegetarian Special

- 1 cup celery
- 2 tablespoons chopped nuts
- 2 tablespoons olives
- Ivanhoe Mayonnaise

Queen's Taste

- 1/2 cup chopped nuts
- 1/4 cup Ivanhoe

Spread on one slice of buttered bread. On other crisp shredded lettuce mixed with Ivanhoe.

Mushroom

Mushrooms, sliced, chopped and sautéed lightly in butter—mixed with Ivanhoe. Make these *small*—they're delicious *but very rich*.

Date-Pineapple

- 1 cup diced Pineapple
- 1/2 cup chopped dates
- Bind with Ivanhoe—spread on *brown* bread.

To buttered brown, rye or white bread or freshly prepared toast, add, mixed with Ivanhoe Mayonnaise:

- Chicken and chopped livers
- Sardines and tomatoes
- Potted ham
- Cold tongue
- Tuna fish
- Chicken
- Chopped ham and boneless chicken
- Chopped shrimp and onion
- Cream cheese
- Cream cheese and chopped olives
- Cream cheese and chopped nuts
- Cream cheese and chopped Canton ginger
- Cream cheese and chopped dates
- Cream cheese and chopped figs
- Cream cheese and red currant jelly
- Cream cheese and crushed canned pineapple
- Anchovies and chopped celery
- Anchovies and Gruyere cheese
- Tomato paste, sardine, slice of Bermuda onion

Scrambled egg and chopped onion
Scrambled egg and asparagus tips
Fried egg and Bermuda onion
Tomato, hard-boiled egg, olive, onion, all chopped

Sandwiches For Festive Occasions

Checkerboard

Cut slices of white and graham bread 1/2" thick after removing all crusts. Butter the slices of bread—spread with Ivanhoe and place alternate layers of dark and light bread together, arranging so that top and bottom slices are unbuttered. Stack a second tier in opposite directions.

Rolled Sandwiches

Spread a damp towel on a bread board. Remove all crust from the loaf and cut well buttered thin slices, one at a time, lengthwise of the loaf. Spread with Russian Dressing (Ivanhoe mixed with chili sauce). Roll the bread up tightly, as for a jelly roll, taking care to keep the roll tight, especially at the start. Butter the ends of the roll to prevent its coming unrolled or drying out. Wrap tightly in a damp cloth and set in the refrigerator until ready to use. Just before serving cut in thin slices.

Open Sandwiches

Open sandwiches that are attractive and different can be made by piping a wall of cream cheese softened with Ivanhoe Mayonnaise or cream, around the edge of fancy cut buttered bread slices and filling the center with jelly, jam, or minced filling.

Ivanhoe tops them all

August



Dear Margaret:—

Lack of ambition is a hot-weather privilege—but in order to indulge in a bit of this luxury without harm to a hungry husband you must plan your work carefully. Salads for dinner can be almost entirely made in the morning—while it is comparatively cool—chilled all day in the ice box and the final combining done a few minutes before serving.

One aid to an ambitious salad—and a really festive aid is an enameled ring mold—the same sort used for baking noodle rings, coffee cakes and other hot dishes. Buy a 6" mold—they come in lovely enameled colors—lined in ivory—take it firmly in hand and some Monday night after a Sunday of *ham* try this recipe—it will serve about 6—if they're not *too famished*.

Love,

Mother.

Molded Ham with Potato Salad

- 2 tablespoons gelatin
- ¼ cup cold water
- 3 cups canned or cooked tomato juice
- ½ teaspoon salt
- 1 teaspoon sugar
- ½ bay leaf
- 1 tablespoon chopped onion
- 3 cups minced ham

Soak gelatin in cold water 5 minutes. Heat tomato juice, add salt, sugar, bay leaf and onion and cook slowly for 10 minutes. Strain and add soaked gelatin. When gelatin has dissolved add minced

ham. Pour into individual molds dipped in cold water. Chill until firm.

Potato Salad: Make about 4 cups potato balls. Cook in boiling salted water 10 to 15 minutes until done but not soft. Drain, dry potatoes and allow to cool. Add French Dressing and let stand in refrigerator or a cold place until chilled. Just before serving add 1 cup celery cut in small pieces and ½ cup chopped green pepper. Mix thoroughly and arrange on lettuce in center of platter. Arrange ham molds around salad and garnish with watercress and Ivanhoe Mayonnaise.

Shrimp and Cucumbers

One of the best summer salads is made of shrimp and cucumbers. Break sufficient cooked shrimp into small pieces to fill a large cup and have a small cucumber thoroughly chilled on ice. Do not peel the cucumber (the green rind is edible and pretty), cut in medium slices and then cut each slice in quarters. Mix with the shrimp and add one coarsely chopped hard-cooked egg, six peeled and chopped radishes and two tablespoons of minced chives and cress. Moisten with Russian dressing (Ivanhoe mixed with chili sauce) and place in lettuce nests with additional Ivanhoe.

Tomatoes Stuffed with Beans

Stuffed tomatoes make such an attractive salad that they have almost become commonplace; but it is unusual to find string beans hidden in the tomatoes' hearts. Marinate cooked string beans and place in the ice box for three or four hours. When ready to serve add for each cup of the beans, one chopped hard-cooked egg, six minced olives, grated onions, dried pepper. Bind with Ivanhoe Dressing.

Veal Salad

Chop 4 cups cold boiled or roast veal
3 cups celery cut into small pieces and sprinkled with salt and pepper
Shred a Spanish onion, mix with celery and meat

Add 2 eggs coarsely chopped and
1 cup fresh or canned peas
Mix with Ivanhoe Dressing
Serve on lettuce leaves
This makes ten portions

St. Denis Salad

Cut cold boiled potatoes in half-inch cubes to make 1½ cupfuls
⅓ cup chopped cooked beets
Mix potatoes and beets—add
3 hard-boiled eggs finely chopped
½ tablespoonful green pepper finely chopped
½ tablespoonful cheese finely chopped
Moisten with Ivanhoe and serve on lettuce

Egg and Tomato Salad

6 medium-sized tomatoes
6 hard-cooked eggs
Lettuce
Ivanhoe Mayonnaise

Scald and peel the tomatoes. Then with a sharp knife cut the tomatoes lengthwise in quarter-inch slices almost down to the bottom, leaving enough uncut to hold the tomatoes together. Slice the hard-cooked eggs and insert one slice between each two layers of tomatoes, spreading them open like a fan. Put each tomato on a bed of white lettuce or cress, chill, until very cold, and just before serving pour Ivanhoe Mayonnaise over it.

Ivanhoe---the home-made kind
without the home work

September



Dear Margaret:—

I tell you this old house is a lonesome place for us since you and Bob left. What a *real* good time we had! Now I'll get off to you some of the recipes for the dressing variations you both liked so much.

You know a lot of regular salad stand-bys can be made quite convincingly new by dressing them with these different sorts of mayonnaise.

I think too, on these nice crisp evenings everyone likes a little heartier rations—and a bit richer sauces—so here goes.

Love to you both,

Mother.

Walnut and Celery Mayonnaise

To Ivanhoe add 2 stalks of crisp celery cut in fine strips an inch long and a half cup walnut meats cut in coarse pieces.

Tartar Sauce

To Ivanhoe Mayonnaise add: 1 tablespoon each of capers and gherkins finely chopped. A flavor of onion and a little finely minced parsley. Excellent for fried fish, fried oysters, cold tongue—in fact, all cold meats.

Italia Mayonnaise

Add chopped pimientos to Ivanhoe.

Sauce Tyrolienne

1 tablespoon each of finely chopped capers, parsley and gherkins. 3 tablespoons very thick tomato paste (or ketchup). Add to Ivanhoe. Fine with halibut or any white fish.

Red Mayonnaise

$\frac{1}{2}$ cup of very thick tomato puree to $1\frac{1}{2}$ cups of Ivanhoe

White Mayonnaise

Add the stiffly beaten white of an egg, to Ivanhoe just before serving—or $\frac{1}{2}$ cup of whipped cream—this latter is excellent for fruit salads.

Ravigote Sauce or Green Mayonnaise

Pound leaves of chives, parsley, spinach, lettuce or watercress in a mortar with a little lemon juice. Add to Ivanhoe enough to give a delicate green color. Or mashed green peas which give not only color but a heavier consistency as well. This sauce is very good on cold fish.

Remonlade Sauce

Blanch a few leaves of Tarragon, burnt chives and parsley for 1 minute in boiling water. Drain. Dry. Mince very fine and add to Ivanhoe.

For a still richer sauce add 1 tablespoon each of finely chopped gherkins, capers, red pimientos and olives. Delicious with artichoke and vegetable salads.

Serbian Mayonnaise

Mix equal parts of Ivanhoe Mayonnaise with French dressing and beat up with an egg beater. Add 3 tablespoons each of salted whipped cream and chili sauce, a small onion, a sour cucumber pickle, and a green pepper—all minced together. Serve very cold.

Sauce Caprice

To Ivanhoe Mayonnaise just before serving, add minced green peppers, soaked in slightly salted water for two hours.

Thousand Island Dressing

1-3 cup chili sauce and whipped cream
1 hard boiled egg finely chopped
1 teaspoonful finely minced onion and parsley
1 teaspoonful each of chopped stuffed olives, chow-chow
Mix with Ivanhoe just before serving.
Good for green salads.

Sauce Viennese

Mix equal parts of Ivanhoe and French dressing. Beat with an egg beater. Add 3 tablespoons each of salted whipped cream and chili sauce, a small onion, a small cucumber pickle, and a green pepper—all minced together. Serve very cold on green salads.

Jellied Mayonnaise

When a stiff mayonnaise or one that will hold its shape is desired for foods that have to be prepared in large quantities and which have to stand some time before being served, add two teaspoons of gelatine mixed with four teaspoons cold water and softened over hot water to each pint of mayonnaise and mix well.

Norwegian Sauce

Add three tablespoons of grated horse radish to 1 cup of Ivanhoe Mayonnaise.

Ivanhoe is the all-purpose
Mayonnaise

October



Dear Margaret:—

I am sorry you are being bothered so much by your skin—are you *sure* you're eating enough salads and greens? Appetites do get a little sharp these crisp days and heavier foods are satisfying, *but*, my dear young lady, *remember* this—"complexions are made at the table. Eat more salads!" The eating of many salads has much to do with the making of a clear, healthy complexion. This is especially true of those salads made of fresh, raw, green, leafy vegetables such as lettuce, romaine, cabbage, cress and tomatoes, celery, cucumbers, raw onions. Remember, salads are a necessary part of a balanced diet. They contain pints of water—are filling and satisfying and form a complement to the concentrated food of which *you*, my dear, are evidently eating too heartily!

In addition, you *need* the roughage fiber which keeps the intestinal trail clean—the blood in good condition and *skin clear*. How is that for a skin specialist's advice?

Love,

Mother.

Salmon Salad

- 2 cupfuls salmon
- 2 cupfuls celery diced
- 1 cupful peas cooked and chilled
- 2 large sweet pickles diced
- Ivanhoe

Flake the salmon, add celery and pickles. Mix with Ivanhoe. Place on lettuce. Garnish with hard boiled eggs and

serve on a large platter. This salad can be served as the main dish of the meal.

Quince-Chicken Salad

Scoop out centers of 6 ripe quinces. Fill with cold cooked chicken minced fine, seasoned with finely minced green pepper, salt and enough cream to moisten. Place quinces in steamer and cook until tender. Chill thoroughly and serve on lettuce with Ivanhoe.

Pineapple Salad

- 1 small can pineapple, drained and cut in cubes
- ½ cup each of chopped walnuts, celery and marshmallows
- ¼ cupful red and white cherries
- Mix and chill
- Mix with Ivanhoe and serve on lettuce

Apple, Celery and Date Salad

Core and pare apples—slice crosswise. Squeeze juice of ½ lemon over slices to keep them white. Slice crisp celery stalks into ¼" pieces and place on salad plates. Arrange apple slice above the celery—add fine slices of dates. Garnish with hearts of lettuce and serve with Ivanhoe.

Pimiento and Apple Salad

- 1 cupful diced apples
- 1 cupful diced celery
- 1 diced green pepper
- 1 can of pimientos cut into strips
- Mix with Ivanhoe and arrange on lettuce

Iron Special

- 1 cup chopped raisins
- 1 cup chopped celery
- 1 cup chopped peanuts (or other nuts)
- Mix with Ivanhoe and let stand 2 hours before serving on lettuce.

Chicken Salad De Luxe

- Dice cold boiled chicken
- Add ⅔ as much finely cut celery
- Mix with Ivanhoe
- For each person place a slice of canned Hawaiian pineapple on lettuce leaves. Upon each slice lay 4 asparagus tips and cover with chicken mixture. Garnish with slices of hard boiled egg.

Kidney Bean Salad

Mix ½ cup of celery diced with ¼ cup of India relish and 1 cup baked kidney beans. Chill. Mix well with Ivanhoe and serve.

Ginger Ale Salad

- 2 tablespoons gelatine
- ¼ cup cold water
- ⅓ cup boiling water
- ¼ cup lemon juice
- 2 tablespoons sugar
- 1 cup ginger ale
- ½ cup Malaga grapes
- 2 oranges
- 1 banana
- ¼ cup chopped nuts

Soak Gelatine in cold water 5 minutes and dissolve in boiling water. Add lemon juice, sugar and ginger ale. Cool. Cut grapes in halves and remove seeds. Separate oranges in sections and discard membrane. Slice banana. When ginger ale mixture begins to thicken, fold in fruit and nuts. Turn into molds which have been dipped in cold water and place in refrigerator to become firm. When ready to serve, unmold and fill with cut-up marshmallows, and shredded pineapple. Serve with Ivanhoe Mayonnaise.

Cabbage and Peanut Salad

- 4 cups shredded cabbage
- 1 cup chopped peanuts

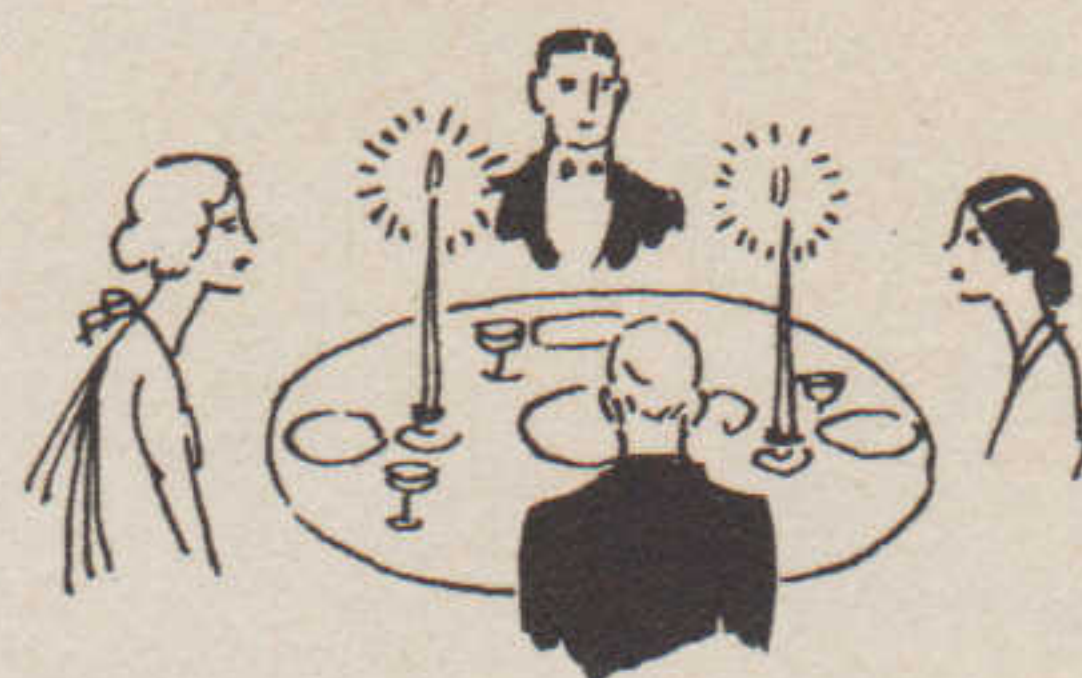
Mix well with Ivanhoe and serve on lettuce garnished with pimiento strips.

Pepper and Cream Cheese

- 1 large green pepper
- Lettuce
- 1 cream cheese
- Chopped nut meats
- Ivanhoe Mayonnaise

Ivanhoe is always fresh

November



Dear Margaret:—

I suppose by now you're in the midst of plans for early winter entertaining. If you go about it systematically and without too much fuss, there's nothing more fun or nicer hospitality than a Sunday night supper. There's a friendliness and intimacy about such a time that you just don't achieve through any other form of entertaining.

I'm sending you in this letter, some suggested menus for Sunday night suppers—Try them and increase your house-wifely reputation.

Lots of Love, Mother.

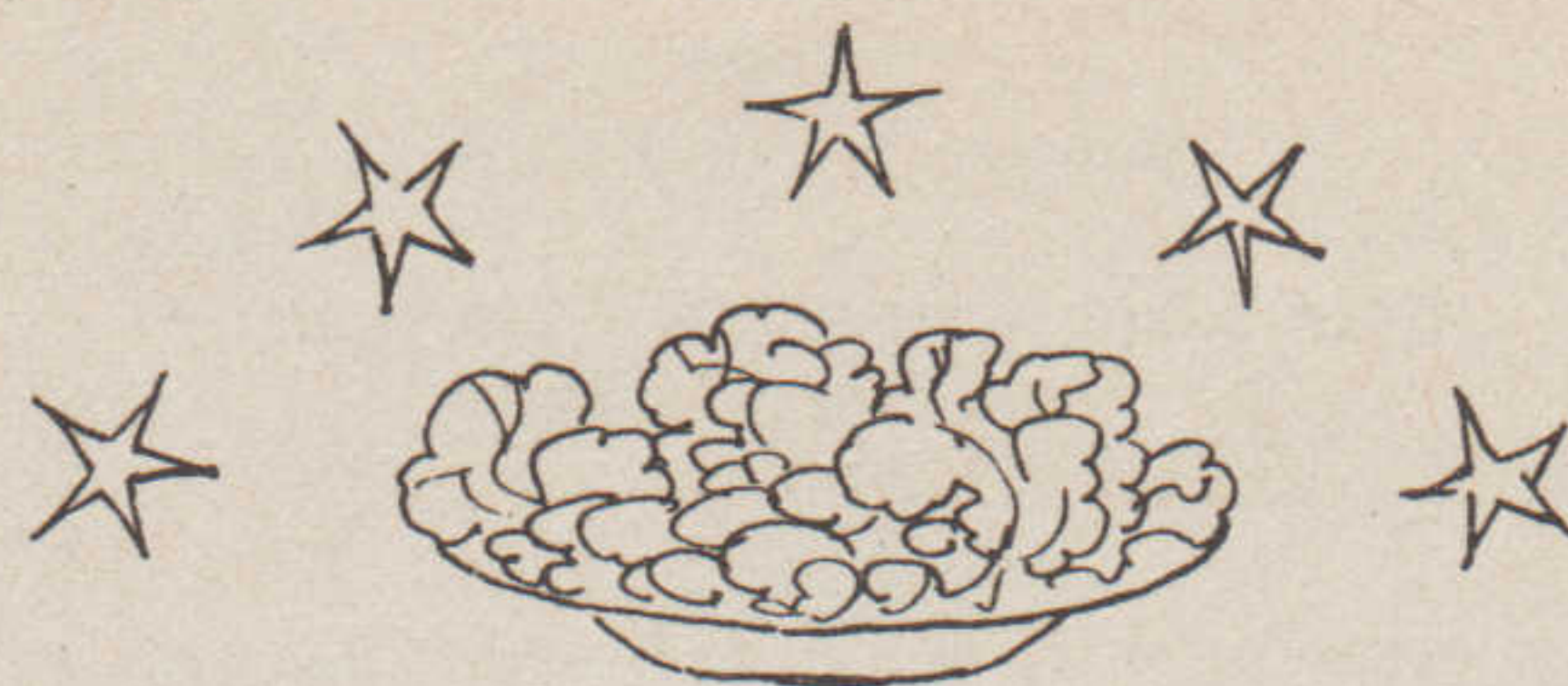
P.S. How about your Christmas shopping—started yet?

Mayonnaise Chicken (pg. 11)	Hot Tomato Bouillon	Hot Baking Powder Biscuits
	Cake	Coffee
	Pickles	Stuffed Olives
Little Sardines		Pickled Beets
Tuna Fish Salad, Cucumber Sauce (pg. 9)		
Nut Cookies		Coffee
	Assorted Sandwiches (see July letter)	
	Stuffed Green Pepper Salad (pg. 29)	
	Hot Raspberry Shortcake	
Nuts	Raisins	Mints
	Coffee	
Molded Ham with Potato Salad (pg. 24)	Bread and Butter Sandwiches	
	Mocha Cream Cake	
	Coffee	

Cucumber Sandwiches	Pineapple Salad (pg. 29)	Date and Nut Bars
	Coffee	
	Tomato Welsh Rarebit	Pickles
Olives	Fruit Salad with Ivanhoe Mayonnaise	
	Butterscotch Cookies	
	Coffee	
	Salmon Salad with Ivanhoe Mayonnaise (pg. 28)	Squares of White Cake, iced
Orange Baking Powder Biscuits		
	Coffee	
	Creamed Chicken on Toast	Cabbage Salad (pg. 11)
	Chocolate Fudge Cake	
	Coffee	
	Crabmeat Salad (pg. 7)	Raspberry Jello
Bread and Butter Sandwiches		
	Coffee	
	Veal Salad with Ivanhoe Mayonnaise (pg. 25)	Wafers
Olives	Toasted English Muffins	
	Coffee or Tea	
	Fruit Salad in a Ring	
Rolls	Cheese and Crackers	
	Tomato Bisque	Brown Bread Sandwiches
Waldorf Salad		
	Tea	
	Vegetable Plate with Ivanhoe Mayonnaise	
	Cream Cheese Sandwiches	
	Tea	
	Creamed Chicken on Toast	Sliced Pineapple
Whole Wheat Bread		
	Tea	
Rice Croquettes, Cheese Sauce		Asparagus Salad
	Tea	
Spaghetti, Tomato Sauce		Fruit Salad
	Tea	

Ivanhoe—quarts, pints, half pints
and 3¼ oz. jars

December



Dear Margaret:—

With 365 days and more than twice that number of meals before you, I know you will be in a quandary as to what to serve and when to serve it—so this letter is going to be very short, un-Christmasy and practical. Dinners are more or less easy to plan. It's luncheon and the light suppers which give pause for thought, so I'm listing below a lot of luncheon and supper menus—Combinations which actual test proves are good, tasty, balanced and satisfying. So here goes for a whole flock of meals especially for the family.

Love, Mother.

Salad of diced Chicken, Potato, Asparagus and Ivanhoe Mayonnaise
Raisin Bread Ice
Tea Coffee Milk

Beef Stew Cabbage Salad (pg. 11)
Tea Coffee Milk

Flaked Fish Salad with Peas, Cucumber, Onion and Ivanhoe Mayonnaise
Toast Squares Fresh Fruit
Tea or Milk

Molded Ham and Potato Salad (pg. 24)
Graham Bread Fruit
Tea Coffee

Cold Lamb Sandwiches with Ivanhoe Mayonnaise, to which Tomato Catsup has been added
Fruit
Coffee or Tea

Salad of fresh vegetables in crisp lettuce cups, arranged on plate (tomato sections, thin slices of cucumber, small section of Bartlett pear, section of grapefruit, served with Ivanhoe Mayonnaise). Small triangles of cheese toast arranged around the salad.

Tea Strawberry Junket
Coffee Milk

Chicken Salad, with cubes of tomato, hard-cooked egg, small celery hearts and Ivanhoe Mayonnaise
Thin Bread and Butter Sandwiches
Apricot or Lemon Ice, fresh fruit
Coffee

Tuna Fish Salad (pg. 9)
Thin Bread and Butter Sandwiches Ripe Olives
Potato Chips
(all on one plate)
Tea or Coffee

Corn Fritters Radishes and Celery Hearts
White Bread Sandwiches Cabbage Fruit Salad (pg. 9)
Coffee or Tea Cake Squares

Salad of diced Cold Pork, Potatoes, Celery, Onion and Ivanhoe Mayonnaise
Rolls Tea

Salad of Flaked Halibut, Diced Carrots, Onions, Ivanhoe Mayonnaise
Toast Tea

Fish Salad with Celery and Ivanhoe Mayonnaise
Graham Bread Fruit
Tea

Combination Vegetable Salad Bread and Butter Pudding
Coffee

Hot Pork Sandwich with Gravy
Red and Green Salad (pg. 26-27)
Tea or Coffee

Cold Lamb
Mint and Cheese Salad (pg. 9)
Tea or Coffee

Corned Brisket Tongue
Potato Salad Pickle

Ivanhoe—a delicious sauce
for cold cuts