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SALAD DRESSINGS AND MAYONNAISE

MANY people are asking for ideas about salad dressings as well as for mayonnaise. The dressing supplies variety—makes the same ingredients assume the guise of a different salad, and introduces the element of surprise, which is always an appetiser. Of course, if you are trying to reduce in weight, you should not eat mayonnaise.

In America, the oil used in dressings is frequently cottonseed, or corn oil, instead of olive. These are excellent, and possibly may be obtainable here some day. Lemon juice is good to use instead of, or in conjunction with, vinegar, on account of its Vitamin C.

Boiled Oil Mayonnaise (American)

This recipe was given me as one that is used in a smart New York restaurant. It is the same type as the good commercial dressings.

First blend together 2 tablespoons of salad oil, 2 tablespoons flour and 2 tablespoons lemon juice in a breakfast cup. Fill up the cup with boiling water, transfer the contents to a double-boiler (or a basin standing in a saucepan of water), and cook until thickened, stirring constantly. Beat in one well-beaten egg yolk, and cool. Then gradually beat in one cup of salad oil, a teaspoon of salt, ¼ teaspoon dry mustard, and a teaspoon of pepper. Lastly, thin the mixture with the egg white whipped stiff.

Mayonnaise Mustard Dressing

To ¾ cup of boiled-oil mayonnaise add 1 tablespoon prepared mustard.

Mayonnaise

Mix the following dry ingredients: 1 teaspoon sugar, ¾ teaspoon salt, ½ teaspoon cayenne, ¼ teaspoon dry mustard. To them add 2 egg yolks, beat until slightly thickened, and add gradually 1½ tablespoons lemon juice, and 1½ tablespoons vinegar. Now, with an egg-beater of the wheel-type, beat in 1½ cups of salad oil, by teaspoonfuls, beating thoroughly after each addition. When thick the oil may be added more rapidly, but take care to beat the mixture thoroughly after each addition. When done, a tablespoon of boiling water should be beaten in. If stored in a glass jar, covered closely and in a cool place, this should keep indefinitely.

Thousand Island Dressing

There are two or three recipes for this:

(1) Combine ½ cup of mayonnaise with 2 tablespoons chopped chives, 2 tablespoons catchup, 2 tablespoons chili sauce, 2 chopped hard-boiled eggs, ½ cup cream, and 2 tablespoons of chopped red peppers. Chill well.

(2) One cup mayonnaise, ½ tablespoon minced chives, 5 tablespoons chili sauce, and 1 chopped red pepper.

(3) This is the easiest, though not the most perfect. To 1 cup mayonnaise add

2 tablespoons each of chopped sweet pickle, green olives and capers, and 2 teaspoons of chopped parsley.

French Dressing

Basic Recipe: Combine all these ingredients and beat thoroughly until smooth and well-blended: ¼ cup salad or olive oil; 4 tablespoons lemon juice or vinegar; ¾ teaspoon salt; a speck of pepper; a dash of paprika; ¼ teaspoon sugar.

Lime French Dressing

Substitute lime juice for lemon juice, and increase the sugar to 2 tablespoons.

Fruit French Dressing

Substitute any fruit juice for the lemon juice.

Mint French Dressing

Use vinegar, treated as follows, instead of lemon juice. Heat the vinegar to just boiling point, then add 5 sprigs of crushed mint leaves. Cover and let stand a few days and then strain.

Quick Chili Sauce

Here is a recipe for a home-made Chili Sauce:

One large onion minced; 1 tablespoon vegetable oil; 1 teaspoon pickle-spices, 4 minced hot peppers, 1 quart canned tomatoes, ½ teaspoon salt, 2 teaspoons sugar. Fry onion tender in the oil. Tie the spices in a piece of cheesecloth; add the remaining ingredients and simmer till smooth and thick (with an asbestos mat underneath). Remove the spices. Chill and use.

[NOTE: Some of the ingredients mentioned in these recipes are unobtainable, but you may think of some substitutes or just omit them. And, by the way, save these recipes for next week's salads.]

FROM THE MAILBAG

Sauce for Corned. Beef

Dear Aunt Daisy,

Do tell the young cooks to try making this delicious sauce to serve with corned beef. It makes such a difference.

Put into a small saucepan a small teaspoon of mustard and 3 dessertspoons sugar; break into this an egg, and beat all up well together. Then add a half cup of vinegar (scant) and half-cup (cooled) of the water in which the beef was cooked. Boil together for a few minutes, stirring well.—Northland.

Bloodstains

Dear Aunt Daisy,

Please could you tell me how to take bloodstains out of a white woollen singlet?—Parnell, Auckland.

As the stains have been on some time, you might try soaking in cold water containing ammonia, afterwards rinsing in clear water. If the marks are stubborn, cover them, on both side of the material, with a paste of cold water and raw starch, and put out in the sun. Then

(continued on next page)

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