

Queen of Hearts Recommends Assortment of Cold Dishes for These Hot Days

By FAITH GILLESPIE

Is there a bride in the kitchen?

Is anybody in the kitchen? Only reason I can think of to even set foot in a kitchen in this equatorial climate is to get ice. The menu reads like this these days: Breakfast, low with sugar and cream. Lunch, crushed ice with mint leaves, iced tea, and sherbet. Dinner: Ice au gratin with creamed ice, iceberg lettuce, and ice cube pie.

What new husband could possibly complain? The ice diet is very thrifty, and no low-calorie diet even approaches it for taking off weight.

"Nourishment?" you say? Well, it does leave something to be desired when you consider the problem of nourishment. Better turn on the fan over a bowl of ice cubes to cool off the kitchen and do a little something about the nourishment problem.

Learn to make a good salad. The variety is limited only by your imagination now, because this is the season when the stores are crammed with fresh fruits and vegetables in their prime. Line a cold bowl with crisp lettuce and you can do all sorts of things, like...

SEAFOOD SALAD FOR TWO: Shred half a small head of lettuce into lettuce-lined bowl. Cut 2 hard-cooked eggs in eighths and layer over the lettuce. On top of that heap a chilled can of crabmeat, flaked, or a can of cleaned shrimp. You may use the cleaned and frozen shrimp, if you can bear to cook for three minutes; it is a little prettier than the canned.

Sprinkle salt and freshly ground pepper over the salad, and dress with a creamy French dressing or a bleu cheese dressing. Or it takes just a minute to stir up your own dressing, which is less expensive.

QUEEN OF HEARTS SALAD DRESSING: To 1/2 cup Miracle Whip salad dressing, add 3 tablespoons milk and 1 tablespoon lemon juice. Add 1/2 teaspoon sugar, 1/4 teaspoon salt, 1/4 teaspoon celery salt, and a dash of paprika. Blend thoroughly. You may double the liquid ingredients (but not the seasonings)... increase those just slightly to keep several days in the refrigerator.

A small (3 ounce) chunk of bleu or Roquefort cheese crumbled into the salad dressing makes it very special, especially if your groom, like mine, likes any kind of salad as long as it has Roquefort.

The same procedure can be used, and the same dressing, if you want to eliminate the seafoods and make a chef salad with strips of Swiss cheese, boiled ham, and turkey, all of which can be bought in small quantities at your meat market or party store.

Macaroni salads are another possibility. Cook your macaroni in the cool of the morning, rinse it in cold water, drain well, and keep it covered in the refrigerator till supper time.

TUNA MACARONI SALAD: Add to cooked 1 1/2 cups macaroni (about 1/2 cup uncooked measure) 1 chilled can of tuna. (You could substitute a small can of salmon if you'd rather.) Stir in 1 or 2 chopped celery sticks, 2 or 3 little green onions, sliced, and 2 tablespoons sweet pickle relish.

Add a tablespoon of lemon juice and 1/2 cup mayonnaise, and salt, pepper, paprika, and celery salt, a good dash of each, to taste. Garnish with olives and tomato wedges and serve in lettuce cups. It's pretty good. And nourishing.

Nothing can be better on hot days (except ice) than fresh fruit salads. Buy one of each, or maybe two... pears, apples, peaches... oranges, bananas. A small bunch of grapes, a handful of cherries, the other half of the breakfast cantaloupe... wash them, peel them, seed them, whatever they need to be edible... cut them all up in fairly equal sized chunks. Chill them in your prettiest bowl, and pour over one of these cool combinations.

HONEY AND ORANGE: Mix together 2 tablespoons

undiluted frozen orange juice concentrate, 1/4 cup honey, 2 teaspoons lemon juice, and 1/4 teaspoon nut-

meg. Chill to blend flavors. **SPRIGHTLY DRESSING:** Stir into fruits 3 tablespoons orange juice, sprinkle over

1 teaspoon cold Sprite to come almost to the top of the fruit. Chill for at least an hour before serving.

WHIPPED CREAM DRESSING: Whip 1/2 pint

whipping cream, and then gently stir in 1/4 cup Miracle Whip salad dressing. Add 1/2

teaspoon salt, 1/2 teaspoon

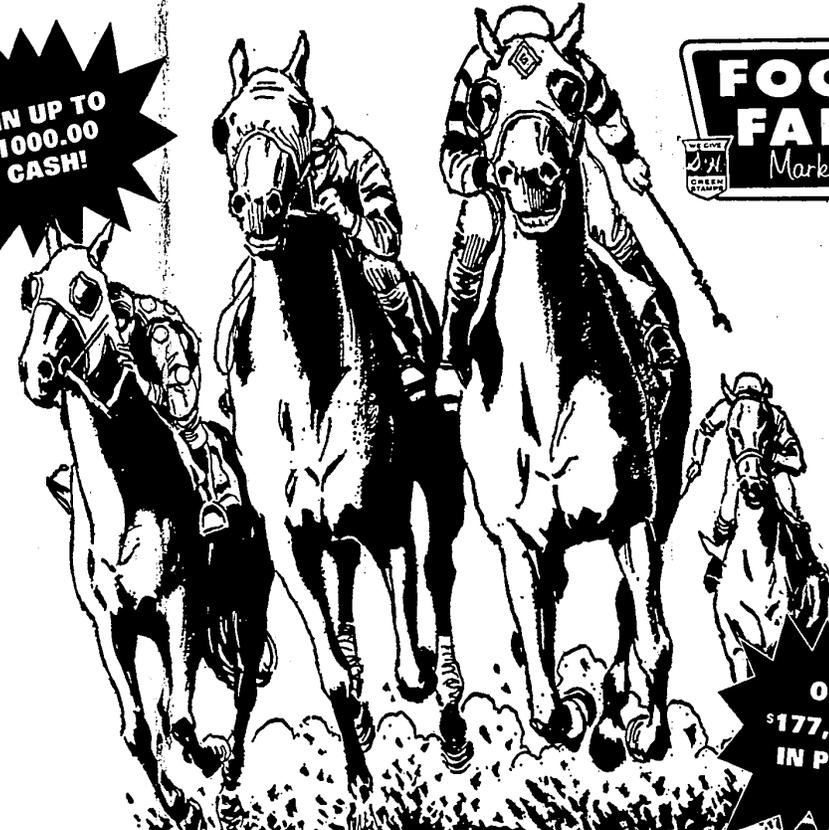
sugar (or 1 teaspoon honey), and 1/4 teaspoon nutmeg (optional, but nice). Fold fruits into whipped dressing and serve at once. After you run through these suggestions, make up your own.

DON'T GAMBLE... ENJOY THE RACES... YOU CAN'T LOSE...

BUT EVERYONE CAN WIN

IN FOOD FAIR'S NEW FUN GAME ON TV EVERY SATURDAY NIGHT*

WIN UP TO \$1000.00 CASH!



OVER \$177,000.00 IN PRIZES

Play... "LET'S GO TO THE RACES"

THOUSANDS OF PRIZES - FUN FOR EVERYONE - WIN MORE THAN ONCE - HURRY, PLAY TODAY!

"LET'S GO TO THE RACES"

WEEK 1 WIN

1st RACE	9
2nd RACE	6
3rd RACE	8
4th RACE	10
5th RACE	11

1st Race Winner \$1.00
2nd Race Winner \$5.00
3rd Race Winner \$10.00
4th Race Winner \$100.00
5th Race Winner \$1000.00

Prizes limited to one per card. (Additional prizes available for the number of cards you purchase.)

Nothing can be better on hot days (except ice) than fresh fruit salads. Buy one of each, or maybe two... pears, apples, peaches... oranges, bananas. A small bunch of grapes, a handful of cherries, the other half of the breakfast cantaloupe... wash them, peel them, seed them, whatever they need to be edible... cut them all up in fairly equal sized chunks. Chill them in your prettiest bowl, and pour over one of these cool combinations.

- ### HERE'S HOW TO PLAY!
- To receive your card all you have to do is stop in at your nearby friendly Food Fair Store. No purchase is required to receive this card. One card is good for one week only. New cards are issued each week for the new race.
 - Watch our television show on Channel 9, CKLW, each Saturday night from 9:00 to 9:30 P.M. After each race check your TV screen for the number of the winning horse. Compare this number with the number of your card under "WIN". If number on your card corresponds, you have a winner.
 - You may also check your card at your nearest Food Fair Store to verify if you are a winner. If you did not watch the show, circle the number and take card to your Food Fair Store. Winners will receive award within 72 hours after verification.
 - Winning cards must be redeemed within three days after the telecast. Employees of Food Fair Stores, their advertising agency, and their immediate families are ineligible to participate.

WATCH

***CKLW-TV CHANNEL 9**

SATURDAY NIGHT JULY 9TH AT 9 P.M.

What Fun! Enjoy all the excitement of going to the races without leaving your own home. Sit in your easy-chair and cheer your horse on to a winning finish. Then, check your ticket to find your prize money. Don't miss out... get your FREE ticket at any Food Fair, today. The races start Saturday night, July 9th at 9 P.M. on CKLW-TV, Channel 9.

35325 Plymouth at Livonia

27428 W. 6 Mile at Inkster Livonia

Livonia Mall 7 Mile at Middlebelt Livonia

27200 Joy Road at Inkster Redford Township

Five Mile Rd. at Livonia Livonia

Kendallwood Center 12 Mile at Farmington Road Farmington

27415 Schoolcraft at Inkster Livonia

705 South Main at Linden Plymouth

Downtown Farmington Farmington Road, South of Grand River

8244 Merriman Near Ann Arbor Trail Nankin Township