

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 halves 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 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, 1/2 teaspoon celery salt, and a dash of paprika. Blend thoroughly. You may double the liquid ingredients (but not the seasonings) to 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 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 1/2 cup 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... grapes, 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. **SPRITLY DRESSING:** Stir into fruits 3 tablespoons orange juice, sprinkle over

1 teaspoon sugar, and pour in enough cold Sprite to come almost to the top of the fruit. Chill for at least an hour be-

fore serving. **WHIPPED CREAM DRESSING:** Whip 1/2 pint

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

sugar (or 1 teaspoon honey), and 1/4 teaspoon nutmeg, optional, but nice. Fold fruits into whipped dressing and

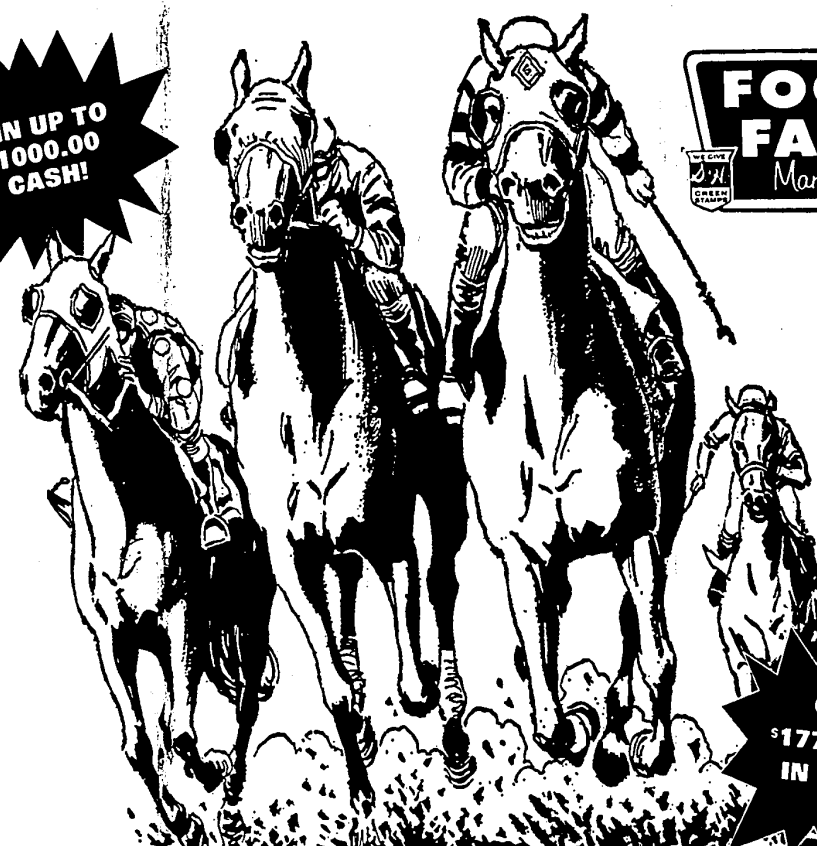
serve at once. After you run through these suggestions, make up your own.

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 5

5th RACE 1

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 those who play multiple cards.)

After each race, check your card for the number of the winning horse. Compare it with the number of the winning horse on the card. If you win, you will receive a prize. If you lose, you will receive a consolation prize. If you win the grand prize, you will receive a cash prize. If you win the grand prize, you will receive a cash prize. If you win the grand prize, you will receive a cash prize.

Food Fair

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
Kendallwood Center
12 Mile at Farmington Road
Farmington
- 27428 W. 6 Mile**
at Inkster
Livonia
27415 Schoolcraft
at Inkster
Livonia
- Livonia Mall**
7 Mile at Middlebelt
Livonia
705 South Main
at Linden
Plymouth
- 27200 Joy Road**
at Inkster
Redford Township
Downtown Farmington
Farmington Road, South
of Grand River
- Five Mile Rd.**
at Livonia
Livonia
8244 Merriman
Near Ann Arbor Trail
Nankin Township