Pot pourri

MARIE MURPHY PHILLIPS COOKE
AFRO Women's Editor

A salad can be as light as lettuce or hearty enough to be the whole meal. Remember, too, that a crisp salad is one of the most appealing ways of fitting necessary leafy green and yellow vegetables into the day's plan for good healthy eating. Try your hand at some of my favorites.

Like for example, Double Fruit Salad that can double as a dessert. Two fruit-flavored gelatins are combined with the five refreshing flavors of fruit cocktail and a snappy fruit jelly dressing to present the prettiest, most sparkling salad we've seen in a long time.

Just combine your gelatins and add the drained fruit to the cooled mixture. Delicious little cubes of cream cheese are stirred in with the fruit for a real taste surprise. The fruit flavored mayonnaise is sure to become a family favorite for fruit salads throughout the year.

DOUBLE FRUIT SALAD

1 can (17 ounce) fruit cocktail
1 package (3 ounce) lemon gelatin
1 package (3 once) strawberry gelatin
3 cups boiling water
1 package (3 ounce) cream cheese

DRESSING

2 tablespoons red jelly
1 tablespoon lemon juice
½ cup mayonnaise

Drain fruit cocktail, saving syrup. Combine lemon and strawberry gelatin in large bowl. Add boiling water and stir until dissolved. Add reserved syrup. Cut cheese into half inch cubes. Cool until mixture mounds on spoon. Stir in fruit cocktail and cheese pieces. Pour into 6 cup mold and chill until firm. Unmold on lettuce. Serve with dressing.

Dressing: Mix red jelly and lemon juice until smooth. Gradually add to mayonnaise. Makes 8 servings

STUFFED LETTUCE

1 head iceberg lettuce
1 cup grated process Cheddar cheese
¼ cup mayonnaise or salad dressing
¼ teasp. curry powder
½ cup thinly slivered cooked ham slices
1/3 cup finely cut celery
1 pimento, diced
¼ cup snipped parsley
French dressing

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LUSCIOUS FLORIDA TEMPLE ORANGES (LARGE SIZE 100's) doz. 69¢ NONE PRICED HIGHER!

CRISP ICEBERG LETTUCE BY THE HEAD OR CELLO TOMATOES CTN. 3 for 1.00

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A&P Pound Cake 12-oz. pkg. 69¢
A&P Coconut Custard Pie 33-oz. pkg. 89¢
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MINUTE MAID Grapefruit Juice 2 6-oz. cans 55¢
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A&P NON-DAIRY Coffee Creamer 16-oz. jar 69¢

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GINGER BREAD 7-oz. box 14¢ FUDGE BROWNIE 6½-oz. box 14¢
Cake Mixes WASHINGTON YELLOW, WHITE OR DEVIL'S FOOD 8-oz. box 14¢
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A&P Evaporated Milk 2 13-fl. oz. cans 35¢
A&P Instant Dry Milk 20-qt. size 2.19
CAMPBELL'S SOUP Chicken Noodle 2 10½-oz. cans 31¢
CAMPBELL'S Pork & Beans 2 16-oz. cans 33¢ 28-oz. can 29¢
HUNT'S Tomato Sauce 8-oz. can 12¢
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GREEN GIANT WHOLE KERNEL Niblets Corn 12-oz. can 22¢
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A&P CHEESE NATURAL Swiss Slices 1-lb. pkg. 1.09
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CONTAC Capsules SAVE 10¢ 89¢
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MISS BRECK 4 VARIETIES HAIR SPRAY 13-oz. can 59¢
VO 5 REGULAR & SUPER HOLD HAIR SPRAY 9-oz. can 89¢
COLD TABLETS 36's IN BOX 1.29 ALKA-SELTZER PLUS 36's in box 79¢
TABLETS ALKA-SELTZER 25's in box 49¢

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Day before:

Wash, drain lettuce. With sharp knife, at core end of head, cut a circle which is 1 inch from the core all the way around. Then continue cutting straight down to within ½" of the top of the head. Now, with fingers and knife, hollow out this circle as evenly as possible, reserving these cut-out lettuce pieces for later use.

In bowl, combine cheese with mayonnaise and curry until smooth. Into it stir ham, celery, pimento, and parsley.

Use to stuff the hollowed-out lettuce, packing the filling in firmly; refrigerate until served.

At serving time next day: With long sharp knife, cut lettuce head into crosswise slices 1 inch thick. Serve slices on salad plates; don't forget to pass French dressing. Makes 4 servings.

APPLE COLESLAW

4 cups shredded green cabbage
½ cup diced unpared red apples
¼ cup broken walnut meats
½ cup dark raisins
½ cup mayonnaise
3/4 teasp. salt
Speck pepper
Dash paprika
½ teasp. sugar
1 tablesp. vinegar
1 tablesp. milk

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Toss cabbage with apples, nuts, and raisins; refrigerate. In small bowl, combine mayonnaise, salt, pepper, paprika, sugar, vinegar, and milk; refrigerate. When ready to serve, pour dressing over cabbage; toss.

Serve in cabbage-leaf-lined salad bowl. Makes 6 servings.

CHEF SALAD, SKILLET STYLE

¼ cup salad oil or fat
1½ tablesp. flour
1 teasp. salt
1 teasp. garlic salt
1 teasp. onion salt
¼ teasp. pepper
1 tablesp. sugar
1 teasp. prepared mustard
1 cup water
1/3 cup vinegar
1/3 lb. soft salami, in ¼" slices
2 cups cooked or canned chicken, in ½" strips
6 hot hard-cooked eggs, shelled, quartered
2 celery stalks, sliced
2 heads romaine, in bite-size pieces
1 cucumber, pared, ½ lb. natural Swiss, thinly sliced, then cheese slices, in halved strips ½" wide
2 tomatoes, sliced, halved

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In 11" or 12" skillet, heat salad oil; remove from heat; then stir in flour, salt, garlic and onions salt, pepper, sugar, mustard, water, and vinegar until smooth. Cook over low heat, stirring until thickened.

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Now, in skillet, place salami, cut into strips and chicken; heat. Then on top, arrange layer each of eggs, celery, romaine, cucumber, Swiss cheese and tomatoes, repeating until all are used.

Remove from heat; toss gently. Serve immediately for lunch with popovers, a mug of hot frozen potato soup, and brownie squares topper with chocolate ice cream. Makes 6 servings.

SUPER-RIGHT FULLY COOKED SMOKED HAMS SHANK PORTION lb. 59¢ WHOLE OR BUTT PORTION lb. 69¢ ONE PRICE—NONE PRICED HIGHER!!

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AUSTRALIAN FROZEN LEG OF LAMB lb. 79¢
SUPER-RIGHT QUALITY Braunsweiger CHUNK lb. 49¢
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FRENCH'S Salad Mustard 26-oz. btl. 38¢
ANN PAGE Salad Mustard 34-oz. btl. 39¢
ANN PAGE Mayonnaise 1-qt. jar 59¢
HELLMANN'S Mayonnaise 1-qt. jar 73¢
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ALUMINUM FOIL WONDERFOIL 12"x25 FT. roll 24¢
A&P Worcestershire Sauce 5-oz. btl. 27¢
A-1 Steak Sauce 5-oz. jar 38¢ 10-oz. jar 69¢
ANN PAGE BLACK Ground Pepper 12-oz. can 99¢
FRENCH'S Brown Gravy Mix ¾-oz. pkg. 19¢
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ANN PAGE TOMATO Ketchup 2 14-oz. btls. 51¢ 26-oz. btl. 39¢
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CINNAMON ROLLS ALL BUTTER DANISH 16-oz. pkg. of 12's 89¢
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A&P GRADE 'A' GOLDEN CORN WHOLE KERNEL 3 17-oz. cans 65¢
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A&P GRADE 'A' APPLE SAUCE 5 16-oz. cans 89¢
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FRANCO-AMERICAN Canned Spaghetti 2 13½-oz. cans 35¢
REGULAR Gold Medal Flour 5 -lb. bag 59¢
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OUR OWN Tea Bags 48 in box 49¢ 100 in box 89¢
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KELLOGG'S Sugar Frosted Flakes 20-oz. box 64¢
GENERAL MILLS Cheerios Cereal 15-oz. box 57¢
HOT CEREAL Quaker Quick Oats 18-oz. box 35¢
BREAKFAST DRINK Instant Orange Tang 27-oz. jar 1.29
COCKTAIL V-8 Vegetable Juice 46-oz. can 42¢
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SCOTT DECORATOR Paper Towels 2 roll pkg. 42¢

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