Throughout the course of the year, there is always a variety of fresh fruits and vegetables available. They make for nutritious eating — the leadway for optimum health. In their natural, raw state fruits and vegetables are loaded with vitamins, minerals, amino acids, enzymes and fibers.

And not only are they good for you, but also make for a pretty picture, in salads and desserts.

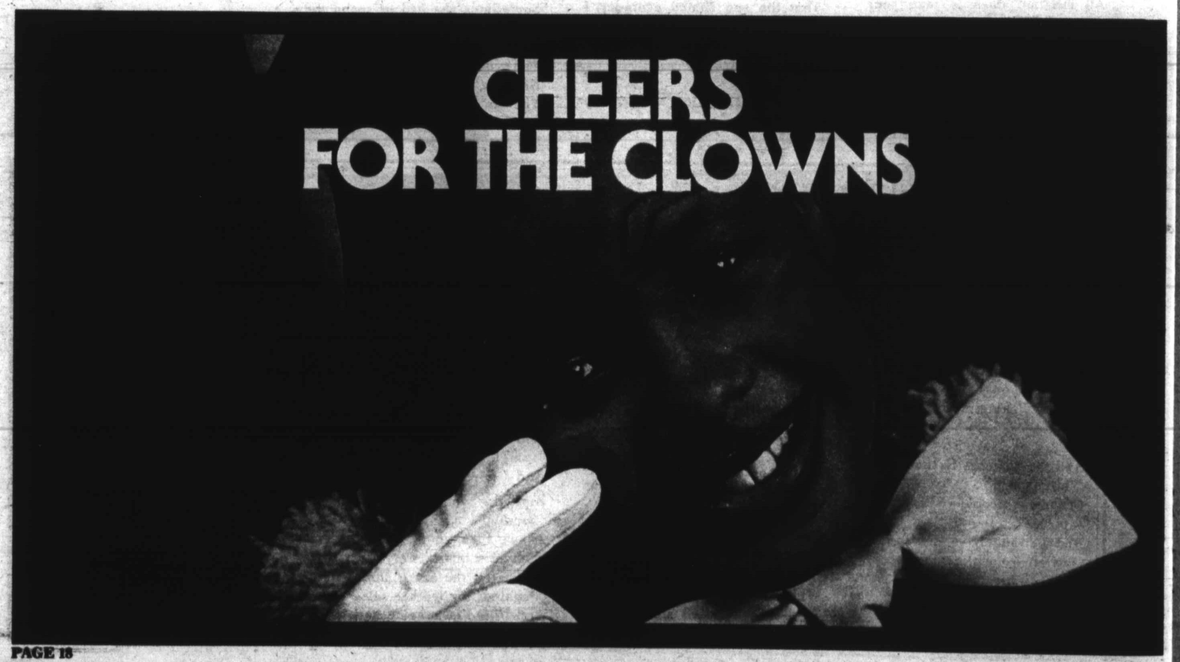
Eye-catching arrangements for special pre-spring affairs or for perking up a mid-week dinner, allow for a free hand to the creative chef.

If someone's dieting, there's no doubt that fresh fruits and vegetables are more appealing to the waistline than rich, high-calorie foods — an important consideration for dieters. Salads topped with six ounces of cottage cheese (per person) only adds 180 calories while supplying one-half of the protein needed for the day.

Pineapple Boat Salad

1 small fresh pineapple
**1½ pounds watermelon*
3 cups cottage cheese
Grated lemon peel [optional]

Cut pineapple into quarters lengthwise through crown.



DAWN Recipes:

It Looks Good And It's Good for You

At some time or another, most people feel the need to go on a diet in an effort to lose weight. Going on the diet is fairly easy, but staying on it is another question. Here are some helpful recipes.

Remove core; then remove fruit from shell. Slice fruit into spears. Cut watermelon into bite-sized wedges and remove seeds. Combine cottage cheese with lemon peel, if desired. For each salad, fill 1 pineapple shell with cottage cheese. Top alternately with pineapple spears and watermelon wedges. Garnish with fresh mint if desired. Serve with Pineapple Fruit Dressing. Makes 4 servings.

*NOTE: Or use any fresh fruit in season. Apples, oranges, pears are delicious!

Melon-Raspberry Salad

**1 small Cantaloupe*
3 cups cottage cheese
Fresh fruit, chopped [optional]
2 cups fresh raspberries

Line four salad plates with lettuce. Cut cantaloupe into quarters. Remove rind and seeds. Cut each quarter into three slices. Combine cottage cheese with mint, if desired. For each salad, alternate 3 cantaloupe slices and ¼ cup cottage cheese on top of lettuce. Place raspberries on opposite sides of cottage cheese-cantaloupe salad. Serve with Pineapple Fruit Dressing. Makes four servings.

*NOTE: Use any type melon. Fresh grapes may be substituted for raspberries.

Three-Fruit Salad

Lettuce
3 cups cottage cheese
Dash nutmeg [optional]
2 fresh peaches
1 cup fresh blueberries
1 cup fresh strawberries

Line four salad plates with lettuce. Combine cottage cheese with nutmeg, if desired. For each salad, top lettuce with ¾ cup cottage cheese. Peel and slice peaches. Arrange ½ cup peach slices, then ¼ cup blueberries and finally ¼ cup strawberries around sides of cottage cheese, forming a half circle of fruit. Serve with Pineapple Fruit Dressing.

Makes four servings.

Pineapple Fruit Dressing

1 egg, slightly beaten
½ cup sugar
2 tablespoons lemon juice
1 tablespoon grated lemon peel
1 cup whipping cream
½ cup unsweetened pineapple juice

Combine egg, sugar, lemon juice and peel. Cook over low heat, stirring constantly, just until thickened. Cool. Beat cream in a chilled bowl with chilled braters until stiff peaks form. Fold whipped cream and pineapple juice into lemon mixture. Cover and chill until ready to serve. Garnish with fresh mint, if desired. Yield: 2½ cups.

Cottage Cheese Vegetable Mold

2 envelopes unflavored gelatine
1 cup water
1 cup mayonnaise
2 cups [1 pound] creamed cottage cheese
⅓ cup vinegar
1 tablespoon chopped onion

(Continued on Page 21)

MIRACLE WHIP Salad Dressing makes the best of any situation.

Kids and masks create worlds of their own. Parents add to the joy with little pleasures unrequested. A slumber party. A special book. A treat.

Add lively, fresh flavor of MIRACLE WHIP Salad Dressing from Kraft. The Bread Spread blends with your favorite things. Its secret blend of herbs and spices sparks the taste and makes the treat extraordinary...each time you offer it.

Keep MIRACLE WHIP Salad Dressing on hand. For great occasions, it works like magic.

BOLOGNA STACK-UP

4 hard-cooked eggs, chopped
¼ cup chopped green pepper
¼ cup pickle relish, drained
¼ cup MIRACLE WHIP Salad Dressing
¼ teaspoon salt
Dash of pepper
4 hamburger buns, split, toasted
Lettuce
4 Bologna slices

Combine eggs, green pepper, relish, salad dressing and seasonings; mix lightly. Chill. For each sandwich, spread bottom half of bun with salad dressing, cover with lettuce, bologna and egg mixture. Serve with top half of bun spread with salad dressing. Serve with corn chips, if desired.
4 servings.

KRAFT ...means more than cooking.

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