I don't want to scare you by saying it takes a lot of experience to buy and select vegetables and fruits for your salads, but you must give it your sincere attention. The preparation of a salad is the least important as long as you have a creative ability and good taste in knowing what dressing accompanies a salad to give it palatability. The main thing is the material or ingredients which you will use. It is necessary to use care in preparing certain fruits such as apples and bananas for they will turn black.

The apples should be marinated in lemon juice or salt water. Use a teaspoonful of salt to a quart of water. Bananas should not be peeled for the salad until the last minute. If it is necessary to prepare them any length of time beforehand, the bananas should be dredged in fruit acid. Citrus fruits, if they are not handled right, will create a very unsatisfactory flavor. For this reason, segments should be taken out without destroying the connective tissue; and, if the fruit is to be prepared any length of time before the salad is to be made, you must be sure to take care that the connective tissue does not remain with the section.

**Tomato Soup French Dressing**

1 cup salad oil  
1/2 cup vinegar  
1 can tomato soup (Campbell's)  
1/2 cup sugar  
2 tablespoons Worcestershire sauce  
2 teaspoons salt  
dash of paprika  
1 teaspoon dry mustard  
2 tablespoons onion juice

Combine all ingredients and beat well.

**Carson Galley's Mayonnaise**

4 egg yolks  
1 pint of oil (olive or Mazola)  
1/4 teaspoon dried mustard (or 1 tablespoon prepared mustard)  
1 tablespoon sugar, or 1 heaping tablespoon powdered sugar  
1 teaspoon salt  
1/2 cup vinegar  
4 tablespoons lemon juice  
dashes of white pepper, paprika, cayenne pepper, added first to eggs  
1/4 teaspoon celery salt

Put part of the salt into the egg mixture and start beating. Put balance of salt into the vinegar-mustard mixture and boil, while the mixture is still beating. Begin adding oil to the beating mixture, until it starts to thicken, at which time add a teaspoon or so of the hot vinegar mixture. Don't heat the lemon juice. Add two spoons of hot mixture to that beating. Add more oil. Add the sugar to the boiling mixture. Alternate adding the rest of the boiling mixture and the oil slowly to the beating mixture. After the last of the oil is added, add the lemon juice (more)