### Deluxe Meat Salad

1/3 cup Julienne cut ham  
1/2 cup Julienne cut pork  
1/4 cup Julienne cut carrots  
1/2 cup thinly sliced celery (Pascal variety)  
1 tablespoon chopped parsley  
3 slices of onion broken into rings

Mix with mayonnaise, season with salt and pepper. Makes 3 portions.

### Hawaiian Supreme

1 ring pineapple (#48 size)  
1 pink grapefruit (Take out segments  
1 orange  
1 Winecup apple cut in wedges  
4 Bing cherries  
4 sprigs of mint  
2 leaves of endive

(Serve with Special French Dressing)

I again say the main thing to remember is the use of good quality materials. Artistic arrangements and the use of harmonizing colors should not be forgotten. If you bring out the distinctive flavors of each ingredient and use the proper dressing, you will find your salads very profitable and popular.

### Salads by Demonstration

1. Tossed Vegetable Salad Bowl with French Dressing.  
2. Fruit Salad Bowl with Honey French Dressing.  
3. Under-the-Sea Salad

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#### VEGETABLES

VEGETABLES are classified into four groups:

1. Fresh Garden Vegetables

   Fresh garden vegetables are marketed each day — fresh, full of life, bright red or green, crispy in their respective color, no sign of decay or wilt. These vegetables are to be the product of your local gardens and not vegetables that are packed and shipped from many miles away. Vegetables are not considered fresh and do not contain the food value they should have if left in storage very long. Vegetables taken from refrigerated cars are good, but, if possible, should be selected daily, personally.

2. Storage Fresh Vegetables

   On the commercial markets these vegetables are considered fresh, but they do not contain the food value of garden fresh vegetables, because they are picked several thousand miles away, iced, crated, and packed in refrigerator cars. Then they are shipped to northern markets and other ports where the commercial markets are not able to supply their consumers with garden fresh vegetables.

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