the salad bowl
Dear Homemaker:

Who is there among us who does not consider the salad a vital part of every well-planned luncheon and dinner? And today, leaders in food and health education are advocating the serving of two salads a day.

By following their advice, we are able to introduce into our family menus sufficient vitamins and precious mineral salts, which insure a more perfectly balanced diet.

With the great variety of healthful salad plants and luscious fruits every homemaker can create nutritious salads by combining them with delicious dressings.

The Best Foods, Inc., now relieves millions of homemakers of the great time-consuming and tedious task of making salad dressings at home, by manufacturing salad dressings far famed for their delicate flavors and freshness.

Best Foods' unrivalled Mayonnaise, piquant Thousand Island Dressing and appetizing Relish Spred are all of unvarying quality. They enable you to acquire speed as well as artistry in combining the many colorful and delectable salad foods at your command. And in the hope of furthering the healthful and delightful custom of serving them daily, we have prepared this booklet.

We are always delighted to hear from our many friends regarding their problems, or to receive any suggestions they may like to pass on to users of the Best Foods Products.

Most cordially yours,

[Signature]

THE BEST FOODS HOME ECONOMICS SERVICE

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vogue in salads

every salad has its place

The salad may play one of many important roles in the drama of dining. It may be the curtain raiser of the meal, incidental to a hearty dinner, and in this guise is quite a different affair from the salad served as the main dish of a luncheon or supper. And again each of these is foreign to the dainty creation served as dessert.

simple salads for a hearty dinner

These are often little more than the crisp green salad plants—lettuce, romaine or endive—or a light vegetable salad or those containing a little tart fruit. They must not be too heavy. When served with the meat, the salad, already dressed, is placed at the left of the dinner plate. In this case, the salad is eaten with the dinner fork, just like another vegetable.

When the salad is a course by itself at dinner, everything pertaining to the meat service is removed from the table. The individual salad plate is then placed directly in front of each person. It may contain the salad, or each diner may help himself from the bowl. This, with an accompaniment of Best Foods Mayonnaise served with a ladle in a separate dish, makes the salad course complete.

Another attractive custom is to place the “capacious salad bowl” before the hostess who serves the salad on the individual plates, borrowing the dainty formality of the French, where salad service is a ceremonial rite.
The individual salad forks are laid next to the plate, tines up, when the table is set.

**as a main dish for luncheon or supper**

When no meat, or very little is served, the salad takes its place. Hearty vegetables, meat, fowl or fish salads come in this group. When accompanied by hot breads or sandwiches, jelly, a beverage and a dessert they make a complete meal.

Cheese, eggs, and nuts contain about the same food elements as meat and make delicious and substantial salads.

Individual servings of the salad are usually placed in front of each person. The salad bowl, containing an additional supply to replenish the plates, is placed before the hostess.

The attractive molded salads, so appropriate for this variety, are brought to the table in their delightful garnishing and are either served by the hostess or passed to each person with the serving fork and spoon.

Individual nests of salad arranged in the capacious salad bowl make for dainty and convenient service.

If no knife is required for the meal, the salad fork is placed at the right of the plate.

**dessert is the place for fruit salads**

Fruit salad makes a delightful change from the usual pies and puddings. Accompanied by crackers and cheese, it forms a delicious close to the meal.

When molded in a ring mold and attractively garnished, it is a thing of beauty to enchant the eye as well as to delight the palate. Such a salad is set before the hostess and served by her or passed to each person in turn.

Simpler dessert salads may either be similarly served or brought in on the individual plates.

Forks for dessert salads are placed at the left of the plate when the table is laid.
variations

The flavors of meats, fish, vegetables and fruits are brought out by the zestful tang and appealing fragrance of the dressing. The novel variations of the Best Foods Salad Dressings here given, will add charm and individuality to your menus.

TARTAR SAUCE—Mix ½ pint jar of Best Foods Mayonnaise, 2 tablespoons chopped Bread and Butter Pickles, 1 teaspoon finely chopped onion, 1 teaspoon chopped parsley and 1 teaspoon chopped capers.

COCKTAIL SAUCE—Mix ½ cup Best Foods Thousand Island Dressing, 2 drops Tabasco Sauce, ¼ cup tomato catsup, 1 teaspoon Worcestershire Sauce, 3 teaspoons horseradish, ½ teaspoon salt and 2 teaspoons lemon juice.

ROQUEFORT DRESSING—Beat 6 tablespoons Best Foods Mayonnaise and ¾ pound Roquefort cheese until an emulsion is formed. Add 2 teaspoons lemon juice and ¼ teaspoon chopped pimiento.

HORSERADISH DRESSING—Beat ¼ cup sour cream into ¼ cup Best Foods Mayonnaise. Add ¼ cup prepared horseradish and 2 teaspoons of finely chopped parsley.

PIQUANT MAYONNAISE—To ½ pint jar of Best Foods Mayonnaise, add 2 tablespoons chopped olives and 2 tablespoons chopped Bread and Butter Pickles.

CELERY MAYONNAISE—Chop together one large stalk of celery and ½ a green pepper and beat into a ½ pint jar of Best Foods Mayonnaise.

ANCHOVY MAYONNAISE—Mix thoroughly 2 tablespoons of anchovy paste and a ½ pint jar of Best Foods Mayonnaise.

CURRY DRESSING—Dissolve 1 teaspoon of curry powder in 1 tablespoon of vinegar. Stir into a ½ pint jar of Best Foods Mayonnaise. For a more piquant and colorful dressing add also 1 small green pepper chopped fine, ½ onion chopped, 1 hard cooked and chopped egg and 1 tablespoon of catsup.
variations

CHUTNEY DRESSING—Add 3 teaspoons of finely chopped chutney to 1 half-pint jar of Best Foods Mayonnaise.

CREAM CHEESE MAYONNAISE—Mash one package of cream cheese and stir into it 1/2 cup of Best Foods Mayonnaise. Add 2 tablespoons of Bread and Butter Pickles finely chopped and 1 teaspoon of chopped parsley.

FROZEN CREAM CHEESE DRESSING—Beat together 1/2 cup of soft cream cheese and 1 cup of heavy cream until smooth; stir in 1/2 cup of Best Foods Mayonnaise, 1/2 teaspoon of paprika and 1/4 teaspoon of salt. Place in a mold, seal, and pack in ice and salt. Stand for an hour or more before serving. Finely chopped stewed figs may be added if desired. This dressing is excellent for summer fruit salads.

SWEET FRUIT DRESSING—Mix 1/2 cup of Best Foods Mayonnaise, 3 teaspoons powdered sugar, 1/2 cup whipped cream and 2 teaspoons lemon juice. Beat until smooth and fluffy.

FROZEN CREAM MAYONNAISE—Into a 1/2 pint jar of Best Foods Mayonnaise to which has been added 2 tablespoons of lemon juice, fold 1 cup of whipped cream sweetened with 1 tablespoon powdered sugar. Pour into a mold, seal and pack in ice and salt; let set an hour before serving. In using frozen dressings, the salad itself must be thoroughly chilled and the dressing should not be added until just before serving. The salad mixture can first be moistened with a little mayonnaise before the chilled dressing is added.

FRENCH DRESSING—If the recipe calls for “marinating” or the mixing of the ingredients in French dressing before the mayonnaise is added, mix the following ingredients—6 tablespoons of salad oil and 2 tablespoons of vinegar. To these add 1/2 teaspoon of salt, 1/2 teaspoon of sugar, 1/2 teaspoon of paprika, and a dash of cayenne. Beat until thick. Onion juice, mustard and other seasonings may be added also.

Note:—Many of the unusual salads and sandwiches appearing in the pages that follow were created by Mrs. Erickson Hammond, the famous artiste culinaire.
tomato and endive salad

Dip tomatoes in boiling water and peel from the top down with a sharp knife. Cut off top for cover and scoop out a small portion of the pulp. Combine the pulp with chopped celery and chopped BREAD AND BUTTER PICKLES. Season with salt and paprika and moisten with BEST FOODS MAYONNAISE. Sprinkle each tomato with minced parsley and fill the tomato cup with the salad mixture. Before replacing the top, stick three short endive points in each tomato cup. Garnish top with parsley and stand each tomato on a large slice of BREAD AND BUTTER PICKLE. Arrange on lettuce leaves, garnished with endive.
vegetable salads

sunday night salad

Peel and cut in thin slices medium sized oranges, cut in quarters and combine with cubed slices of onion and Thousand Island Dressing. Serve on crisp romaine leaves.

2 oranges
1 small Bermuda onion
1 head romaine
Best Foods Thousand Island Dressing

summer potato salad

Season the ingredients to taste with salt and moisten with Best Foods Relish Spred. Serve on crisp lettuce leaves.

6 diced cold potatoes
1 large cucumber, diced
1 onion chopped
4 diced hard cooked eggs
12 radishes, thinly sliced
1 head lettuce
Best Foods Relish Spred

winter salad

Slice the celery, and carefully remove the pulp of the grapefruit, separating it into the small divisions that hold the juice without breaking. Combine with Best Foods Mayonnaise. Serve on lettuce leaves.

5 stalks celery
1 grapefruit
1 head lettuce
Best Foods Mayonnaise

cabbage spice

Cut the apple in slender strips about an inch long, pour vinegar over cabbage, then mix all ingredients lightly with Thousand Island Dressing. Serve cold on lettuce leaves.

2 cups shredded cabbage
1 green pepper (chopped fine)
3 tablespoons chopped nuts
1 tart apple
1 pimiento (chopped)
1 tablespoon vinegar
3/4 teaspoon salt
1 head lettuce
Best Foods Thousand Island Dressing
vegetable salads

vegetable cubes

Put the gelatine in one-half cup of cold water and heat gently until soft. Add vinegar, remainder of water and salt. When it is ready to set add the vegetables. Pour into a square or oblong mold and chill. When ready to serve cut in cubes and serve with mayonnaise on lettuce leaves. (Left-over vegetables such as peas, string beans, cauliflower, beets or carrots can be substituted for the above.)

thousand island salad

Lay hearts of romaine on platter. Place sliced tomato on the hearts, then asparagus tips, alternating until the ingredients are used. Serve with BEST FOODS THOUSAND ISLAND DRESSING.

tomato surprise salad

Scald and skin medium sized tomatoes. Chill and scoop out seeds and part of pulp. Chill all ingredients. When ready to serve, mix eggs or chicken, cucumber, tomato pulp and chopped walnuts with BEST FOODS MAYONNAISE, adding salt if desired. Fill tomato shells with this mixture, arrange on lettuce leaves and serve with mayonnaise and walnut meats.
vegetable salads

**carrot onion salad**

Grate raw carrot or put through the coarse knives of food chopper. Dice onion and celery. Mix all together with Best Foods Mayonnaise. Serve on lettuce leaves.

| 1 cup grated raw carrots  |
| ½ cup finely cut onion    |
| ½ cup finely cut celery   |
| 1 head lettuce            |

**raw beet and horseradish salad**

Dice raw beets or put them through the coarse knives of a food chopper. Dice celery. Mix salt and horseradish well with celery and beets. Add Best Foods Relish Spred at time of serving. Serve on lettuce leaves.

| 1 cup finely cut raw beets  |
| ½ cup finely cut celery      |
| ¼ teaspoon salt              |
| 2 tablespoons horseradish    |
| 1 head lettuce               |

**fresh vegetable salad**

Cut equal amounts of raw carrots, cabbage, beets and celery into small pieces. Add salt, pepper, and Best Foods Relish Spred. Serve on lettuce leaves. Garnish with slices of Best Foods Bread and Butter Pickles.

| ¼ cup raw carrots diced      |
| ¼ cup raw cabbage diced      |
| ¼ cup raw beets diced        |
| ¼ cup raw celery diced       |
| ¼ teaspoon salt              |
| Dash of pepper               |
| 1 head lettuce               |

**cucumber supreme salad**

Peel the cucumbers, cutting them in two lengthwise, and scraping out the seeds. Peel and chop the tomatoes. Dice the celery. Mix together; add a few drops of onion juice and Best Foods Mayonnaise. Fill the halved cucumbers with this mixture. Arrange on lettuce leaves. Thin slices of radishes with the red skin left on make a pretty garnish.

| 3 medium sized cucumbers     |
| 2 tomatoes                   |
| 3 stalks celery              |
| 1 head lettuce               |

Page Ten
The secret of Best Foods (Gold Medal) Mayonnaise lies in the use of whole, fresh eggs (broken right from the shell), finest salad oil, pure fruit vinegar and choice spices, blended in a manner which insures perfection.

Best Foods Relish Spread has a base of Best Foods Mayonnaise, to which selected pickles and imported pimientos are added to form a piquant, tangy spread for sandwiches, meat and fish, salads, stuffed celery and eggs and dozens of other delicious dishes.

Best Foods Thousand Island Dressing also has a base of Best Foods Mayonnaise, to which is added a special piquant chili sauce, forming a spicy delicious dressing which may be used in preference to the mayonnaise for certain types of salad combinations.

Bread and Butter Pickles, the newest member of the Best Foods family, are fresh sliced cucumber pickles, packed as soon as they have come from the vine. Prepared after an old-fashioned recipe, they have a "sour sweet" flavor that makes them irresistible. Serve them "as is" or as a garnish on meat or fish salads.
**meat and fish salads**

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**chicken salad**

Wash and cut the tops off the peppers, scoop out all the seeds with a sharp knife and chill in ice water. Cut chicken in cubes and marinate an hour in French dressing (page 6) to develop flavor. Add celery and purple grapes and BREAD AND BUTTER PICKLES, mix with BEST FOODS RELISH SPRED. Fill the pepper shells. Serve on crisp lettuce and garnish with rose radishes.

**tuna fish salad**

Shred tuna fish with fork after pouring off the oil. Add to diced apples, lemon juice and diced celery. Chill. Add BEST FOODS MAYONNAISE before serving. Garnish with strip of pimiento.

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<table>
<thead>
<tr>
<th>6 green peppers</th>
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<tbody>
<tr>
<td>2 cups chicken, in cubes</td>
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<td>2 cups crisp celery, cubed</td>
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<td>1/2 cup purple grapes</td>
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<tr>
<td>1/4 cup BEST FOODS BREAD AND BUTTER PICKLES</td>
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<td>1 head lettuce</td>
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<tr>
<td>BEST FOODS RELISH SPRED</td>
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<th>1 small can white tuna</th>
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<tr>
<td>4 small apples</td>
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<tr>
<td>1 1/2 cups diced celery</td>
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<td>1 head lettuce</td>
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<tr>
<td>2 tablespoons lemon juice</td>
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<td>BEST FOODS MAYONNAISE</td>
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meat and fish salads

shrimp and pineapple

Remove the black line from shrimp and cut in pieces. Marinate and chill. Mix the shrimp, pineapple, seasonings and Best Foods Mayonnaise and serve on crisp lettuce leaves. Garnish with slices of Bread and Butter Pickles.

salmon surprise

Wash, peel and slice cucumbers and onion, add the four cups water, salt and pepper and simmer until soft. Strain and pour over the gelatine which has been softened in the one half cup of cold water. Cool until it begins to thicken, add flaked salmon which has been moistened in lemon juice and turn into individual molds. Serve on lettuce leaves. Top off with Best Foods Mayonnaise, and garnish with Best Foods Bread and Butter Pickles.

mock chicken salad

Combine pork, celery, peppers, salt and paprika and marinate with French Dressing (page 6) and chill. Add Best Foods Bread and Butter Pickles. Mix with Best Foods Mayonnaise and serve on crisp lettuce.
meat and fish salads

tongue salad

Cut tongue in cubes and marinate for half an hour with 2 tablespoons of lemon juice. Combine with chopped BEST FOODS BREAD AND BUTTER PICKLES, diced celery, and finely minced parsley and season with salt and paprika. Mix with BEST FOODS MAYONNAISE, chill, and serve on crisp lettuce.

sardine salad

Mash the yolks of the eggs, adding a little BEST FOODS MAYONNAISE, lemon juice, and chopped stuffed olives. Bone and mince the sardines, and add to egg mixture. Shred hearts of lettuce, arrange on individual plates, place a slice of peeled tomato on each, and on it form a small mound of egg and sardine mixture. Pour over this BEST FOODS MAYONNAISE, to which chopped chives may be added. Rice the whites of the eggs, sprinkle over the top, and garnish each serving with a whole stuffed olive.

best foods ham salad

Combine the salad ingredients—diced ham, celery, potatoes, and BEST FOODS BREAD AND BUTTER PICKLES. Moisten with BEST FOODS MAYONNAISE and serve on crisp lettuce. Garnish with whole BEST FOODS BREAD AND BUTTER PICKLES and BEST FOODS MAYONNAISE.
macedoine fruit salad

1 envelope gelatine
\( \frac{3}{4} \) cup cold water
\( \frac{3}{4} \) cups boiling water
1 cup sugar
\( \frac{3}{4} \) cups orange juice
Grated rind of an orange
2 tablespoons lemon juice
\( \frac{3}{4} \) cup heavy cream
\( \frac{3}{4} \) teaspoon Nucoa coloring
3 cups seasonable fruits
Best Foods Mayonnaise

Soak gelatine five minutes in the cold water, dissolve in boiling water, add sugar, orange juice, grated rind, lemon juice, and strain. Pour the mixture into a shallow pan, dip in cold water and cool until the mixture begins to thicken, stirring constantly. Add Nucoa coloring to the cream beaten until stiff, then fold into the gelatine mixture. Turn into a ring mold first dipped in cold water and chill. When ready to serve, remove the mixture from the ring mold. In the center place three cups of diced seasonable fruits,—pears, peaches or apples, bananas, grapes, maraschino cherries, which have been combined with Best Foods Mayonnaise. A unique garnish for the ring is
fruit salads

made by decorating it with daisies. Petals are made by pressing whipped cream, to which a few drops of dissolved gelatine have been added, through a small paper cornucopia or pastry tube. The center of the daisy is made by cutting out a small circle of a prune. Place four of these daisies around ring mold before serving.

best foods frozen fruit salad

Dissolve the gelatine in two tablespoons of pineapple juice by placing it over a bowl of hot water. Mash the cream cheese, and add slowly to the whipped cream which has been combined with the Best Foods Mayonnaise. Cut the cherries or strawberries into small pieces. Drain the juice from the fruit and fold all ingredients lightly together. Place in a mold, spread with waxed paper, cover, and pack in ice and salt (using two parts ice to one of salt) for three hours. Serve on lettuce leaves.

California fruit salad

Place lettuce leaf on individual salad plate. Alternate half slices of large California orange with half slices of carefully peeled avocado, radiating each from the center. Over these lay a ring of avocado cut about half an inch thick. Make mound of Best Foods Relish Spred in center of the avocado ring. Sprinkle center well with paprika to give attractive color.
fruit salads

apple and cheese ring

Cut slice off stem end of large red apples. Scoop out center to form cups. Refill with cheese to which has been added the nuts. Chill. Serve stuffed apple whole, or cut in slices, arranging one or more on salad plate. Serve on lettuce leaves with BEST FOODS MAYONNAISE and garnish with maraschino cherries.

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>2 red apples</td>
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<tr>
<td>1 cream cheese</td>
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<tr>
<td>1/4 cup walnuts</td>
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<tr>
<td>6 maraschino cherries</td>
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<td>1 head lettuce</td>
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<td>1/2 cup BEST FOODS MAYONNAISE</td>
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pineapple surprise salad

Dissolve gelatine in the pineapple juice drained from can of shredded pineapple. When the mixture has hardened somewhat, add the shredded pineapple and carrots which have been put through the coarse knives of a food chopper. Pour this into large oblong mold so that it may be cut into slices for serving, or fill small molds for individual portions. Place each portion on a lettuce leaf, and garnish with BEST FOODS MAYONNAISE when ready to serve on the table.

<table>
<thead>
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<th>Ingredient</th>
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<tr>
<td>1 package orange gelatine</td>
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<td>2 cups canned pineapple juice</td>
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<tr>
<td>1 cup shredded pineapple</td>
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<tr>
<td>1 cup finely cut raw carrots, (3 or 4 medium sized carrots)</td>
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<tr>
<td>1 head lettuce</td>
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<tr>
<td>1 cup BEST FOODS MAYONNAISE</td>
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melon fruit salad

On a bed of small lettuce leaves, radiate sections of honey dew, watermelon and orange from a center rosette of cream cheese mixed with BEST FOODS MAYONNAISE. Place watermelon ball in center of rosette. Cut all melon sections about the same size as the orange. Cut honey dew melon ahead of time and squeeze lemon juice over it and allow to stand in icebox.

<table>
<thead>
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<th>Ingredient</th>
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<tbody>
<tr>
<td>1/2 honey dew melon</td>
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<tr>
<td>1/2 watermelon</td>
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<tr>
<td>3 oranges</td>
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<tr>
<td>2 cream cheese</td>
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<tr>
<td>1 lemon</td>
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<tr>
<td>1 head lettuce</td>
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<td>1 cup BEST FOODS MAYONNAISE</td>
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In a thousand guises, the sandwich delights the varying tastes of millions of Americans every day in the year—the usefulness and versatility of Best Foods Dressings do not end with the salad course. The sandwich plays its role in substantial combinations of meat or fish and bread, plain or toasted, as the main dish of a luncheon. It receives an equal welcome when, in dainty dress, it attends the afternoon tea or, as an hors d'oeuvre, opens a formal dinner. It is the embodiment of the picnic spirit or offers its delights to the midnight snack.

The bread may be of any variety

Fine-grained white bread, whole wheat, graham, rye and oatmeal are conventional sandwich material. Raisin and date, nut or Boston Brown Bread, wafers, crackers and cake all contribute to make infinite variety. Quick breads too may be used if cold and firm. Sometimes two kinds are used together.

The whole-meal sandwich should be hearty, so use fairly fresh bread cut a quarter of an inch thick. Picnic sandwiches are cut the same thickness with the crusts left on. Fresh bread is also used for rolled sandwiches. Fancy tea sandwiches or appetizers must be dainty and of wafer thickness so bread should be at least 24 hours old.
sandwiches

When a half or whole loaf is to be used, remove the crusts with a very sharp knife before slicing. The left over crusts can be used for puddings or crumbs. Fancy cutters shape delightful party sandwiches, and animals bring joy to the kiddies. Triangles, stripes, circles, crescents and rolled sandwiches are attractive at tea time, and may be garnished with parsley, watercress or nasturtiums.

filling secrets

Nucoa, Best Foods’ ideal spread for bread, should be creamed before spreading the sandwiches. It keeps the filling from seeping into the bread and making it soggy. In order to make the slices fit each other, slice all the bread, then take two slices at a time like an open book and spread the top surfaces to the edge of the slice with Nucoa.

Fillings should be chopped fine, used generously and spread evenly, in proportion to the thickness of the bread. Avoid spreading over the edge. Meat should be cut wafer-thin and several small slices used. Trim off any extending bits. Putting it through the food chopper makes it more easily eaten.

The spread may be prepared beforehand and the sandwiches made up shortly before serving. Or, if necessary to make ahead of time, they may be covered with a damp cloth wrung very dry to keep out the air. Keep different kinds of sandwiches separate.

meat and fish sandwiches

CHICKEN SALAD RIBBON SANDWICH—Remove the crusts from a whole loaf of bread and cut the loaf lengthwise in four thick slices. Spread creamed Nucoa on the upper side of the bottom slice, then cover with chicken salad. After placing creamed Nucoa on the top side of the second slice, cover it with crisp finely shredded lettuce and chopped Bread and Butter Pickles, moistened with Best Foods Mayonnaise, then place on top of the first slice. Spread the third slice with Nucoa and cover with a mixture of chopped, hard-cooked eggs, pimiento and Best Foods Relish Spread, and place above the second slice. Spread the top slice with Nucoa and place it Nucoa side down on top of all.

Fold the loaf in a damp napkin, put it in a bread pan, place a bread board on top, and let stand for fifteen (15) minutes.

When ready to serve, place the loaf on a serving dish, mask the entire loaf with cream cheese, softened with cream until smooth. Sprinkle generously with chopped nuts. The filling must be chopped fine so that the loaf may be easily sliced at the table.

This makes a delicious main course for a Sunday night supper.
sandwiches

**CLUB SANDWICHES**—To make each sandwich, place a slice of the white meat of chicken on a slice of toast. On this lay a slice of crisply broiled hot bacon, a lettuce leaf and a slice of tomato. Add a tablespoon of Best Foods Mayonnaise. Repeat with another layer of toast, chicken, bacon, lettuce and tomato and another tablespoon of the mayonnaise. Cover with another slice of hot toast and serve at once, garnished with Bread and Butter Pickles.

**BACON SANDWICHES**—Mince 24 slices crisp bacon and mix with 3 tablespoons of Best Foods Mayonnaise. Spread between slices of rye bread or toast spread with Nucoa. A slice of lettuce may be added to each sandwich if desired.

**MOCK PATE DE FOIE GRAS SANDWICHES**—Pound 1 cup of boiled, cut up calves’ liver to a paste and add \( \frac{3}{4} \) cup minced cooked mushrooms, and a little salt. Mix in enough Best Foods Mayonnaise to moisten. Spread on dainty sandwiches, first spreading with Nucoa. Dark bread is best.

**SHRIMP SANDWICHES**—To 1 cup of minced shrimps, add 2 tablespoons Best Foods Mayonnaise and two tablespoons minced green pepper. Spread the sandwiches with Nucoa before filling. Crab meat may be used in a similar way.

**SALMON SANDWICHES**—Mix 1 cup flaked boiled or canned salmon with \( \frac{1}{4} \) cup Best Foods Mayonnaise, adding a little chopped pimiento if desired. Remove the soft inside of French rolls and fill cavity with the mixture, first spreading a little Nucoa in the hollow. Tuna fish may be used in the same way, using Best Foods Relish Spread instead of the Mayonnaise.

**SARDINE SANDWICHES**—Drain the oil from the sardines and throw them into boiling water. Dry, remove skins and pound to a paste with a little salt. For 1 cup of the fish, add 1 hard-cooked egg, mashed fine, \( \frac{1}{4} \) cup Best Foods Mayonnaise and a few drops of Worcestershire. Spread the slices of bread with Nucoa and fill generously. (Equal part of cream cheese may be substituted for the egg.)

**TOASTED CHEESE SANDWICHES**—Between 2 slices of medium thick bread lightly spread on the inner surfaces with Nucoa, lay slices of cheese about \( \frac{5}{8} \) inch thick. Place in oven until cheese begins to melt (about 2 minutes). Then toast on both sides, spread top with Nucoa and serve hot, garnished with Bread and Butter Pickles.

**RAREBIT SANDWICHES**—Melt 1 tablespoon butter and 1 cup finely cut American Cheese, add 1 teaspoon dry mustard, \( \frac{1}{2} \) teaspoon salt and a dash of paprika. When smooth, put 2 tablespoons on a slice of bread spread with Nucoa. Spread with Best Foods Thousand Island Dressing and cover with another slice of bread spread with Nucoa. Press slices tightly together and dip in batter made from 1 beaten egg and 1 cup milk. Saute in Nucoa and serve hot with garnish of Bread and Butter Pickles.
sandwiches

EGG AND PICKLE SANDWICHES—Chop hard cooked eggs and Bread and Butter Pickles, allowing 2 slices pickle to 1 egg. Moisten to spreading consistency with Best Foods Thousand Island Dressing and spread between slices of bread covered with Nucoa.

SANDWICHES SUPREME—Mix 1 tablespoon finely chopped almonds into ½ pound Roquefort cheese, blended smoothly with 2 tablespoons Best Foods Mayonnaise. Add a few drops of Worcestershire if desired. Spread the bread with Nucoa and fill or leave sandwich open and sprinkle the nuts on top.

fruit and nut sandwiches

PRUNE AND NUT SANDWICHES—Rub 1 cup cooked pitted prunes through a sieve and add a pinch of salt. Then stir in ½ cup chopped walnut meats and the juice of ½ lemon. Spread on thin slices of bread, previously spread with Nucoa and a little Best Foods Mayonnaise.

GUAVA SANDWICHES—Mash ¾ cup cream cheese and soften with two (2) tablespoons cream. Add ¾ cup of chopped salted almonds. Spread thinly on slices of bread spread with Nucoa. On the cheese spread a layer of guava jelly. Add the top layer of the sandwich and garnish the top of each with a fancy shape cut from the jelly.

CREAM CHEESE AND PINEAPPLE SANDWICHES—Soften ½ cup cream cheese and add ½ cup chopped pecan meats and ½ cup crushed pineapple. Cut thin slices of brown bread and spread half the slices with Nucoa. Spread the remaining slices with the cheese mixture and form sandwiches.
In a brief five years, The Best Foods Family has grown from one product—Nucoa Nut Margarine—to six fine food delicacies which women the country over are using in ever increasing quantities.

These six food products are made in five plants strategically located to insure freshness in all parts of the country at all times. In these spotless kitchens, the most rigid standards of scientific care and precision continually surround the manufacture of all Best Foods Products.

Only the finest ingredients enter the sunny Best Foods Kitchens. Only the most skilled food experts are allowed to supervise the making of the products. Only perfect product is allowed to leave any of the Best Foods Kitchens. For flavor, for healthfulness, for economy—get acquainted with each member of the Best Foods Family. Here they are:

Nucoa Nut Margarine
Best Foods (Gold Medal) Mayonnaise
Best Foods Relish Spread
Best Foods Thousand Island Dressing
Best Foods Fanning's Bread and Butter Pickles
Best Foods Shortening
Best Foods Sweet Pickle Relish
Best Foods Potato Chips and Sticks
Best Foods Peanut Spread

You will be interested in the booklets in the Best Foods Library. Write to Martha Adams or send in the library card.
## Quantity guide for Salads and Sandwiches using BEST FOODS PRODUCTS

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>(\frac{1}{2}) pint jar</td>
<td><strong>Salads</strong>—Prepares sufficient for 10 persons (1½ tablespoons each)</td>
<td>A delicious addition to any type of salad.</td>
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<tr>
<td>Best Foods Gold Medal</td>
<td></td>
<td>To moisten mixed sandwich filling, use 3 to 4 tablespoons Mayonnaise to 1 cup filling.</td>
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<tr>
<td>Mayonnaise</td>
<td><strong>Salads</strong>—Enough for 10 servings or will garnish 16 (1 tablespoon each)</td>
<td>Piquant for lettuce and all other green salad plants.</td>
</tr>
<tr>
<td>Thousand Island Dressing</td>
<td></td>
<td>For bread cut (\frac{3}{8}) inch thick, use 1 to 1½ tablespoons filling for each double sandwich. Thick bread needs more.</td>
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<tr>
<td>Relish Spread</td>
<td><strong>Salads</strong>—Will serve 10 individual salads.</td>
<td>Excellent as a dressing on meat, fish and fruit salads or as a garnish for cold meat or fish.</td>
</tr>
<tr>
<td>Fanning’s Bread and Butter</td>
<td></td>
<td>Use plenty of filling for picnic sandwiches. For tea, make them thin and dainty.</td>
</tr>
<tr>
<td>Pickles</td>
<td><strong>Sandwiches</strong>—Spreads about 16, depending on thickness of bread.</td>
<td></td>
</tr>
<tr>
<td>1 jar</td>
<td><strong>Sandwiches</strong>—Also spreads 16.</td>
<td></td>
</tr>
<tr>
<td>Nucoa Nut Margarine</td>
<td>Will provide small servings for 14 persons.</td>
<td>Adds zest to salads and makes an attractive garnish.</td>
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<tr>
<td>1 pound</td>
<td><strong>Salads</strong>—Thoroughly creamed, will spread 80 slices of bread cut from 2 one-pound loaves.</td>
<td>The ordinary long sandwich loaf cuts 40 (\frac{1}{8})-inch slices making 20 sandwiches.</td>
</tr>
<tr>
<td>Nucoa</td>
<td></td>
<td>A 1 lb. loaf cuts 24 (\frac{1}{4})-inch slices for 12 picnic sandwiches. Spread Nucoa thicker for the latter.</td>
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