

ADD A NOTE OF SPRING to your salad with a dressing sparked with citrus fruits. Cabbage, a western year-round vegetable high in vitamin C, becomes sophisticated with the addition of pears and pecans. Serve it with baked ham, fresh vegetables and your favorite dessert.

All-Season Vegetable Dons Sophistication

California and Arizona growers provide us with cabbage as one vegetable which knows no season. Popular for its goodness and texture, cabbage adds valuable vitamins to our diet—and mighty few calories.

All vegetables need careful market handling to come to the consumer in the prime condition of their harvest freshness and cabbage is no exception.

Proper Selection
The homemaker has responsibilities, too. First she should select a reasonably solid head in ratio to its size and it should have a fresh green color.

But care at home is something to know and practice. For best storage, wash and remove any discolored leaves from the head and place cabbage in covered container or wrap in plastic film, foil or transparent film wrap.

Store in refrigerator until ready to use.

Proper Preparation
Having washed cabbage thoroughly, cook in this manner. Wedges, with core removed, should be cooked in 1-inch boiling salted water 10 to 15 minutes or until barely tender.

Shredded cabbage should be cooked for 5 minutes or less in 1/2-inch boiling salted water.

Adjust seasoning. Add butter and serve at once.

And Salad
Ordinarily, cabbage salad is served as slaw with barbecued meats, hamburgers, hot dogs or fried oysters.

In the recipe that follows,

Dairy Show Offers Much for Families

Gourmets will be delighted with two events of the 5th Annual Great Western Fair and Dairy Show, May 25 to 30 at the Great Western Exhibit Center, Santa Ana Freeway and Atlantic Blvd. in Los Angeles.

Youthful contestants will compete in the annual Young Champs Dairy Dishes Contest and for the first time there will be a Dairy Products Baking and Decorating Competition.

This competition is open to everyone regardless of age or sex. Trophies and ribbons will be awarded in the following classifications: cakes decorated in whipped cream; cheese cake; hors d'oeuvres, appetizers and canapes; other pastries in which dairy products are used for filling or garnish.

There will be demonstrations of the cake decorating each day during the fair.

In addition to baking and cooking contests there will be other competitions, display of dairy animals and entertainment galore.

Hours are from 10 a.m. to 10 p.m. Children are admitted free and there is a fifty cent admission for adults.



Try it Today!

ASK FOR IT AT YOUR FAVORITE FOOD STORE

cabbage goes sophisticated and is combined with fruit and nuts and has a citrus dressing we think you'll like.

Serve this salad with baked ham, little potatoes, fresh peas and your favorite dessert.

CABBAGE-PEAR PECAN SALAD

4 cups shredded cabbage
2 pears, peeled and cut into chunks, or canned pears
1/2 cup pecans

Mix cabbage, pears, and pecans in bowl. Add dressing and toss until well blended. Place in serving bowl. Garnish with pear slices and pecans. Makes 6 servings.

CITRUS DRESSING

1/2 cup sugar
1 tablespoon cornstarch
1 egg
3/4 cup orange juice
2 tablespoons lemon juice
1 teaspoon grated lemon peel
1/2 cup sour cream

Mix sugar and cornstarch. Beat egg with fruit juices. Add to sugar. Simmer in small saucepan, stirring constantly, until smooth and thick. Add lemon peel. Cool. Fold in dairy sour cream. Makes 1 1/2 cups.

CHOCOLATE ALMOND FLUFF

1 pkg. chocolate pudding mix
2 1/4 cups milk
1/2 tsp. coriander or mace
1/2 tsp. cinnamon
1 tbs. plain gelatin
1/4 cup brown sugar, packed
1/2 tsp. vanilla
10 large lady fingers
1 cup whipping cream
1/2 cup toasted slivered almonds

Combine chocolate pudding mix, 2 cups milk and spices. Cook, stirring constantly until mixture boils fully.

Remove from heat. Soften gelatin in remaining milk and blend into hot pudding mix. Stir in brown sugar and vanilla and cool.

Line bottom and sides of buttered 8-inch square pan with lady fingers. Whip cream and fold into pudding mixture.

Pour into pan over lady fingers; sprinkle with almonds and chill thoroughly. Makes 8 to 9 servings.

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Salame Named Popular Item for Today

Whether or not she goes in for Italian cookery, the modern homemaker will find many uses for Italian dry salame.

Gallo Italian Salame adds new flavor to casseroles, soups and salads and is a must for antipasto or hors d'oeuvres tray. Add it to a tray of cold meats, cheeses, tomatoes and relishes for make-it-yourself sandwiches.

Air Curing
Gallo Salame is produced in San Francisco which has just the proper climate for air curing true Italian Dry Salame.

Because it is dry it will keep indefinitely with or without refrigeration so it is convenient to keep a supply on hand. Look for it in the delicatessen section of your favorite market.

It comes in parchment wrapped chubs of 9 or 14 ounces; also in sliced 3 and 6 ounce packages.

Popular Dishes

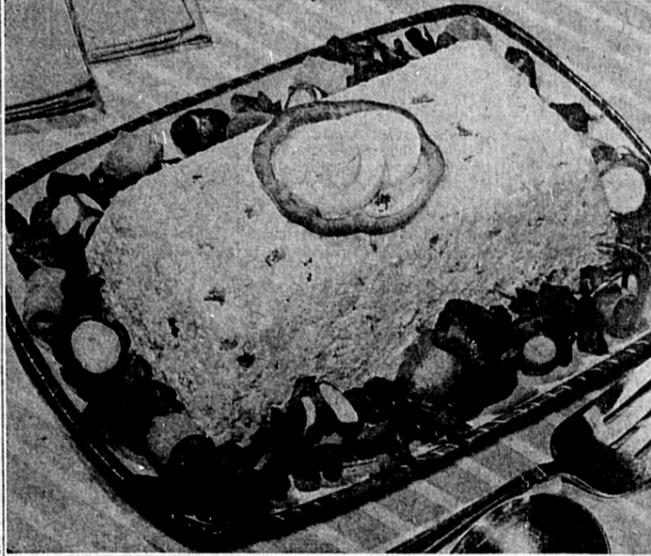
For a hot sandwich, butter split hamburger buns or English muffins and place a thin slice of tomato on each. Cut several slices of Gallo Salame into thin strips and arrange over tomato. Top with grated cheese. Broil until cheese melts. Serve at once.

Canned baked beans become special in a jiffy when you add 4 or 5 slices of Gallo Salame. Cut Salame into wedges and add to beans before heating.

Cut Gallo Salame into strips and stir into beaten eggs and milk when you want a simple omelet to be a hearty main dish. Use 1 slice of salame for each 2 eggs and cook as usual.

The simple addition of finely chopped Gallo Salame to your favorite meat loaf lends interesting seasoning. Use 1/2 cup salame for each 1 pound ground beef called for in your recipe.

And Gallo Italian Dry Salame is the right topping for that whole-family favorite, the pizza.



SALADS ARE THE ANSWER to cool eating when the temperature soars. Today's model, high in protein, is meatless but highly satisfying.

Hungry Diners Enjoy Meatless Salad Loaf

Neighbors, the time has come when one of our common problems is how to serve an occasional good nourishing meal without oven or even top-stove cooking, and it's a question which can't have too many answers.

Really, it isn't such a problem—how to keep cool in summer—but it is well to have plenty of suggestions so as to avoid frequent menu repetitions.

Our idea for sharing today is built around a meatless dish, but one that is very satisfying. No matter how warm the weather, families still get hungry.

EGG AND CHEESE SALAD LOAF

2 tbs. gelatine
1/2 cup cold water
1 1/2 cups Best Foods Real Mayonnaise
8 hard-cooked eggs
4 cups grated Cheddar cheese
1 cup chopped celery
1 1/2 tsp. salt
4 tbs. chopped green pepper
2 tbs. lemon juice
2 tbs. radish roses
Carrot curls
Water cross

Soften gelatin in cold water and dissolve over hot water.

Cool, add to Best Foods Real Mayonnaise and mix well.

Dice hard-cooked eggs reserving a few slices for garnish. Add chopped eggs with cheese, celery, salt, green pepper, pimiento and lemon juice to mayonnaise mixture; mix well.

Pack firmly in loaf pan which has been rinsed in cold water. Chill until firm overnight.

Unmold on serving plate and garnish with radish roses, carrot curls and water cross.

Decorate the top with a green pepper ring and egg slices. Yield: 6-8 servings.

Surprise Filling

Cubes of cheese make good filling for left-over mashed potatoes. Shape potatoes into balls using quarter inch cubes of cheese in center.

Roll balls in beaten egg and fine bread crumbs. Brush with melted butter and bake in shallow pan at 475 degrees until golden brown.

Life of the PARTY!

GALLO THE ITALIAN DRY SALAME

For teen snacks, party trays and luncheon treats, try the temptingly different taste of Gallo Italian dry salame.



dry salame, also available in handy 3 oz. packages



NEW IN LOS ANGELES

Best Foods good neighbor recipe exchange

... a brand new service! We'll help you and your Los Angeles neighbors exchange your best recipes! Here's how: Send us your favorite recipe for salads, sauces, dressings, dips, hot dishes, etc.—any delicious way you use Best Foods' Real Mayonnaise. IN EXCHANGE... we'll send you recipes that we've col-

lected from your neighbors. Treasured recipes—to delight your family and enhance your reputation as a "great cook."

Join the Exchange today! Mail your recipes with your name and address to: Best Foods Recipe Exchange, Box 36, Los Angeles 51, California.



Mrs. Ruth Davies—your Hollywood, California neighbor

new taste treat!

GOURMET FRUIT SALAD

1 honeydew, cut into balls
1 pineapple, cut into chunks
1 pint strawberries, hulled
2 oranges, cut into sections
1/2 head iceberg lettuce
1 head romaine

Chill fruit. At serving time, tear crisp greens into bite-size pieces in salad bowl. Add fruit and toss. Serve with Honey-Mayonnaise.

HONEY-MAYONNAISE

3/4 cup Best Foods Real Mayonnaise
1/2 cup honey
1/4 cup orange juice
1/8 teaspoon grated onion

Blend Real Mayonnaise and honey with rotary beater. Mix in orange juice, onion. Let stand 15 min. for flavors to blend.

Best Foods delicate flavor blends in perfectly—lets you enjoy the fresh fruit at its tasty best.



new flavor trick!

BLUE CHEESE DRESSING

1 cup buttermilk
1 cup Best Foods Real Mayonnaise
1 tablespoon vinegar
1 teaspoon garlic salt
1 (4-oz.) package Blue Cheese, crumbled

Gradually stir buttermilk into Real Mayonnaise. Stir in vinegar and garlic salt. Fold in crumbled cheese. Chill before serving over salad greens.

Best Foods is seasoned "just so" to bring out the best—the full goodness in this tasty dressing.



new fruit blend!

LIME PINEAPPLE SALAD

1 (6-oz.) can evaporated milk
1 (13 1/2-oz.) can crushed pineapple
1 (3-oz.) package lime flavored gelatin
1 cup hot water
Juice from pineapple plus water to make 1 cup
1 cup Best Foods Real Mayonnaise
1 cup cottage cheese
1 cup diced celery
1/2 cup chopped walnuts
1 teaspoon vanilla

Place can of evaporated milk in freezing unit. Drain pineapple, reserving juice. Dissolve gelatin in hot water; add pineapple juice and water. Whip evaporated milk; fold into gelatin when it starts to set. Fold in Real Mayonnaise and remaining ingredients. Pour into 9-inch dish. Chill until set.

Best Foods is the creamiest mayonnaise you can use. Makes this salad a fluffy delight!



bring out the Best Foods and bring out the best