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### THE NEW BERN MIRROR, NEW BERN, N. C.

#### Friday, August 1, 1969



COOL TREATS FOR HOT DAYS If meal monotony is one of your problems you can stop here. You'll find supper and luncheon plans with salad the mainstay-hearty dinners with salad the light touch meals where salad doubles for dessert or comes to the table as an appetizer. The following will help on these hot days. COLESLAW PARFAIT SALAD

l package lemon - flavored gelatin, 1/2 cup mayonnaise, l

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cup boiling water, 1/2 cup cold water, 2 tablespoons vinegar, 1/2 teaspoon salt, 1-1/2 cup finely shredded cabbage, 1/2 cup radish slices, 1/2 cup diced celery, 2 to 4 tablespoons diced green pepper, 1 tablespoon diced onion.

Dissolve gelatin in boiling water. Blend in mayonnaise, cold water, vinegar and salt. Chill mixture until partially set. Then beat till fluffy. Add cabbage radish slices, celery, green pepper and onion. Pour into individual molds or

1 quart mold; chill till set. Unmold on ruffles of lettuce and garnish with thin slices of radish and leaves of mint. Makes six to eight servings. COOL-AS-A-CUCUMBER

SALAD 1 package lime-flavored gel-

atin, 3/4 cup boiling water, 1/4 cup lemon juice, 1 cup dairy sour cream, 1 cup chopped unpared cucumber.

Dissolve gelatin in boiling water. Add lemon and onion juices. Chill till partially set. Stir in sour cream and cucumber. Pour into 6 individual molds and chill till firm.

GOLDEN APRICOT MOLDS 1 pound 14 ounce can (3-1/2 cups) apricot halves, 2 tablespoons vinegar, 1 teaspoon whole cloves, 4 inches stick cinnamon, 1 package orange-flavored gelatin.

Drain apricots, reserving syrup. Add vinegar and spices to syrup; bring to boiling.Simmer mixture for 10 minutes. Strain syrup and measure; add enough hot water to make 2 cup liquid. Pour over gelatin and stir until dissolved. Place apricot halves in 8 individual molds and pour gelatin mixture over. Chill until firm.

Turn gelatin molds out on slices of canned jellied cranberry sauce atop lettuce to make an extra-good meat accompaniment. Serve with mayonnaise or sweet-sour cream dressing. Serves 8.

CARNIVAL CANTALOUPE RINGS

l cup diced fresh pineapple, 2 cups strawberries, 1 cup honeydew meon balls, 6 pared cantaloupe rings, 1 inch thick, shredded lettuce.

Mix pineapple, strawberries and melon balls. Place cantaroupe rings on lettuce and fill centers with fruit mixture. Pass fruit dressingifdesired. Makes 6 servings.



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