

## Canned Meat Salads Make Hearty Hot Weather Meals



Four salads in which you can use canned meats.

By CECILY BROWNSTONE  
Associated Press Food Editor

A cook's energy may dwindle, appetites may lag, but families still need well-balanced meals. How to handle this hot-weather situation? One way is to use canned meats in salads, for meats in cans provide the same complete protein, B vitamins and minerals as do those that are prepared at home.

Here are four such salads we can recommend. There's variety aplenty here, so take your choice. First comes good old potato salad, its flavor heightened with mustard, vinegar and parsley. Top it with open-ended Vienna sausage, a blend of delicately smoked pork and beef. You can prepare this salad ahead of time, then reheat for 20 minutes before serving. Next come popular tomatoes stuffed with a deviled ham mixture. Mixed greens call on luncheon meat to make them hearty. Cabbage slaw, as you would expect, takes corned beef for its partner.

**Hot Potato Salad**  
Ingredients: 5 to 6 medium size potatoes (2 pounds), 1/2 cup diced celery, 1 tablespoon finely chopped onion, 2 teaspoons butter or margarine, 2 tablespoons flour, 1/2 teaspoon dry mustard, 3 tablespoons sugar, 1/2 cup cider vinegar, 1/2 cup water, 1/4 teaspoon tabasco sauce, 1 tablespoon finely chopped parsley, two 4-ounce cans Vienna sausage.

**Method:** Cook potatoes in skins until tender, peel and dice. Put in a 1 1/2 - quart casserole; add celery and onion. Sprinkle with 1 teaspoon of the salt. Melt butter over low heat; add flour, mustard, sugar and remaining 1 teaspoon salt; stir until smooth. Add vinegar, water and tabasco. Cook over moderately low heat, stirring constantly, until mixture thickens and comes to a boil. Pour over potatoes; sprinkle with parsley. Mix lightly with a fork, being careful not to break potatoes. Let stand 1 hour. Arrange sausage on top of salad. Cover and reheat in a moderate (375F) oven, 20 minutes. Makes 6 servings.

**Deviled Tomato Salad**  
Ingredients: 2 small cans deviled ham, 1/4 cup mayonnaise, 1 teaspoon prepared mustard, 2 tablespoons drained pickle relish, 1/2 cup finely diced celery, 1 teaspoon minced onion, medium size tomatoes.

**Method:** Mix together deviled ham, mayonnaise and prepared mustard. Stir in pickle relish, celery and onion. Chill several hours. Cut tomatoes into sixth "petal" fashion. Fill center with ham mixture. Makes 4 servings.

**Jackstraw Salad**  
Ingredients: One 12-ounce can luncheon meat, mixed salad greens (broken into pieces), 1/2 cup sliced raw cauliflower, 1 cup sliced radishes, French dressing.

**Method:** Cut luncheon meat into strips 1/4 inch wide. Put salad greens, cauliflower and radishes into salad bowl; pile luncheon meat on top. Add dressing; toss lightly. Makes 4 servings. To prepare French dressing for salad mix to-

gether 1/2 cup salad oil, 2 tablespoons wine vinegar, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon dry mustard, 1/4 teaspoon paprika. Shake or beat before serving.

**Cole Slaw and Corned Beef**  
Ingredients: One 12-ounce can corned beef (chill before cubing), 4 cups shredded cabbage, 1 cup diced celery, 1/3 cup chopped green pepper, 2 tablespoons lemon juice, 1 teaspoon salt, 1/4 teaspoon celery seed, 1/4 teaspoon tabasco sauce, 1 cup mayonnaise.

**Method:** Mix corned beef, cabbage, celery and green pepper. Mix lemon juice, salt, celery seed, tabasco and mayonnaise; toss lightly with corned beef mixture. Makes 4 servings.

## Restaurant Man Greets Liners

Wedel-Schulau, Germany (AP)—"Capt. Bye-Bye's" real name is Gerhard Wolfram. His job is to say welcome or farewell to ships going past his employer's big restaurant on the Elbe river.

If it's an American ship Wolfram puts a photograph of his loud speaker system. The record first plays a few bars from the "Hamburg Hymn," then Wolfram's recorded voice speaks in formal greeting in American. A flag dips from a mast in front of the restaurant, and then "The Star Spangled Banner" is played.

Ships greeted answer with three whistle blasts which mean "thank you" in ship language.

For the benefit of guests at the restaurant, Wolfram gives tonnage, ownership, and ports of call of each ship as it passes.

He has scores of recordings to take care of practically all countries.

## Senator Classifies Those Who Criticize Histories

Helena, Mont. (AP)—An Oregon state senator and free lance writer debunks the saying that a book "can't be good if it's popular."

Richard L. Neuberger spoke during the three-day Northwest History Conference in Helena. He described people who make life difficult for writers of "popular" histories, classifying them as "the fiends for accuracy cult, the native son cult and the purists."

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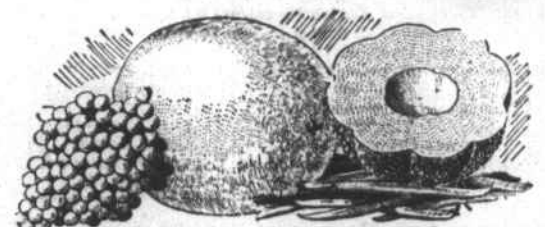
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