

A few choice recipes

The HEART of your Salad



MAZOLA

THE SALAD AND COOKING OIL

Manufactured by
THE CANADA STARCH CO. LIMITED



MAZOLA

The Salad and Cooking Oil

"As good and delicious to eat as the golden corn from which it comes."

MAZOLA is a pure, refined vegetable oil, of such quality that it is even preferred by many to the finest imported olive oils.

For salad dressings it is unequalled!

The selected choice recipes, given on the following pages, have been tried and proven and will be found particularly satisfactory for salad dressings. You will also find them economical and so simple to make.

For deep frying, sautéing and shortening, MAZOLA has become the favorite of housewives everywhere, and is used by many of the most famous chefs.

The CANADA STARCH Co., Limited



MAZOLA DRESSING

- 1 Teaspoon mustard. 1 Cup MAZOLA.
- ½ Teaspoon salt. 1 Egg.
- 1 Teaspoon CROWN BRAND CORN SYRUP.
- 2 Tablespoons lemon juice, or vinegar.
- Few grains cayenne.

Mix dry ingredients. Add the CROWN BRAND CORN SYRUP and yolk of egg; beat thoroughly, using a Dover beater or wooden spoon. Add a few drops of MAZOLA; beat thoroughly; add a few drops of lemon juice or vinegar. Continue until lemon juice and about one-half of the MAZOLA have been added. Add remaining MAZOLA in larger quantities.

NOTE: Ingredients should be cool. If the dressing curdles, add it gradually to a beaten yolk of egg. Beat with a Dover beater. Beaten white of egg may be folded in just before serving.

MAYONNAISE

- 1 Egg. ¼ Cup vinegar.
- 2 Tablespoons CROWN BRAND CORN SYRUP.
- 1½ Teaspoons salt. ¾ Cup MAZOLA.
- 2 Teaspoons dry mustard. 1 Cup water.
- 4 Tablespoons BENSON'S CORN STARCH.
- ½ Teaspoon paprika.

Put the egg, CROWN BRAND CORN SYRUP, seasonings, vinegar and MAZOLA in a bowl but do not stir. Make a paste by mixing BENSON'S CORN STARCH with ½ cup cold water and add additional ½ cup water. Cook until clear. This is better done in top of double boiler, but it is not necessary. Add the Corn Starch mixture to ingredients in mixing bowl and beat with egg beater. It thickens and combines beautifully.



EGGLESS MAYONNAISE

- 5 Tablespoons evaporated milk.
- 2 Tablespoons lemon juice or vinegar.
- ½ Teaspoon Mustard. ¼ Teaspoon paprika.
- ¾ Cup MAZOLA. ½ Teaspoon salt.
- ¼ Teaspoon pepper. ¼ Teaspoon sugar.

Combine the dry ingredients, add the milk and gradually beat in the MAZOLA, then add the vinegar and beat until smooth. This dressing will keep indefinitely in a cool place.

CALIFORNIA FRENCH DRESSING

- 4 Tablespoons MAZOLA.
- ½ Teaspoon powdered sugar.
- ¼ Teaspoon paprika.
- 2 Tablespoons lemon or grapefruit juice.
- ½ Teaspoon salt.
- 2 Drops tabasco sauce.

Put all the ingredients into a preserving jar, cover and shake until well blended.

FRENCH DRESSING FOR FRUIT SALADS

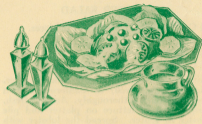
- ½ Cup MAZOLA Oil.
 - 2 Teaspoons granulated sugar.
 - 3 Tablespoons lemon juice.
 - ½ Teaspoon salt. ½ Teaspoon paprika.
- Beat until thoroughly blended and use with any fruit salad.

TARTAR DRESSING

To MAZOLA Dressing add:

- 1 Teaspoon chopped parsley.
- 2 Tablespoons chopped stuffed Spanish olives.
- 3 Tablespoons chopped sour gherkins.
- 1 Teaspoon capers.

NOTE: sweet mixed pickles may be used instead of the sour gherkins.



SECRETS OF SALAD SUCCESS

Greens should be served cold and crisp. Put salad dressing on greens just before serving. Marinate in French dressing, all vegetables, meat and fish to be used in salads. Make salads attractive to look at, and avoid monotony. Always use MAZOLA in salad dressing for perfect results.

JELLIED PINEAPPLE AND CUCUMBER SALAD

- 2½ Tablespoons granulated gelatin.
- ½ Cup cold water. ½ Cup boiling water.
- Juice of 1 lemon. ½ Cup vinegar.
- 1 Teaspoon salt.
- ½ Cup CROWN BRAND CORN SYRUP.
- 5 Cups drained canned crushed pineapple.
- ½ Cup finely diced pared cucumbers.
- 1 Canned pimento, chopped.
- 1 Head lettuce. MAZOLA Dressing.

Soak gelatin in the cold water 5 minutes. Add the boiling water and stir until gelatin is dissolved. Add lemon juice, vinegar, salt and the CROWN BRAND CORN SYRUP. Chill. When it has begun to set add pineapple, cucumber and pimento. Pour into 6 individual ring molds, and then chill. Turn out on crisp lettuce leaves and serve with MAZOLA Dressing. (Serves 6).

NOTE: To serve 2, make one-third this recipe.

LOBSTER SALAD

- 4 Cupfuls cooked lobster cut in pieces.
- $\frac{1}{2}$ Teaspoon salt.
- $\frac{1}{8}$ Teaspoon paprika.
- $\frac{1}{2}$ Cupful celery, cut in small pieces.

Mix lobster, celery, salt and paprika together. Marinate (mix well) in California French dressing and chill thoroughly. Arrange fresh, crisp leaves of lettuce on platter and pile lobster in center. Spread the lobster with mayonnaise. Decorate with slices of hard cooked eggs. Garnish with capers or pickles.

ICED POTATO SALAD

- 1 Small onion. 4 Large sticks celery.
- $2\frac{1}{2}$ Teaspoons salt. 2 Hard boiled eggs.
- 4 Cups diced potatoes. 1 Tablespoon parsley.
- 2 Slices of bacon.

Cook potatoes in their skins, in boiling salted water until tender. When cold, remove the skin and dice. Dice two slices of breakfast bacon and cook until crisp and brown. Add to the potatoes and shake until blended. Then add onion, which has been finely cut, salt, chopped celery, the whites of the hard boiled eggs and 1 tablespoon chopped parsley. Moisten with MAZOLA Dressing and toss with a fork. Pile on a platter and ice all over with MAZOLA Dressing which has been mixed with a small quantity of whipped cream. Over all, grate the yolks of the hard boiled eggs. Decorate with leaves cut from green peppers and flower petals cut from slices of carrot.

PEAR MACARON SALAD

- Halves of canned pears. Macaroon crumbs.
- 1 Package cream cheese. Maraschino cherries.

Mash cheese and spread a thin layer on a half of pear. Cover with another half of pear and dip the whole pear, thus formed, in ground macaroon crumbs. To prepare crumbs, roll dry macaroons finely with a rolling pin. Serve the fruit in a deep cup of crisp lettuce, garnishing the top with a Maraschino cherry, cut in half. Place a spoonful of MAZOLA Dressing at one side.

MAZOLA

VEGETABLE SALAD PLATE

Wash lettuce and shake dry in a cloth. Arrange in a bowl or on a plate and in the heart of each lettuce leaf, add the following vegetable mixture which has been lightly tossed with the MAZOLA Dressing.

- 1 Cup shredded cabbage.
- $\frac{1}{4}$ Cup shredded raw carrot.
- $\frac{1}{2}$ Onion, finely chopped.
- 1 Diced apple.

With this Salad, we use hard boiled eggs or Julienne Ham.

MAZOLA is unequalled for deep frying and sauteing. It brings out the flavor of meats and fish. Because it does not absorb or transmit the flavor or odor of foods, it can be used over and over again. This is an important economy which, combined with the low price, makes MAZOLA most inexpensive to use.

FRIED FISH

Clean, wash, and drain fish. Cut in convenient sizes for serving. Roll in flour or cornmeal and fry in deep, hot MAZOLA. Fish fried in this way will not be grease-soaked and is therefore more palatable and wholesome.

FRENCH FRIED POTATOES

Wash and pare potatoes. Cut in eighths, lengthwise. Let stand in cold water at least one hour, then dry thoroughly between towels and fry in deep, hot MAZOLA. Sprinkle with salt.

MAZOLA is excellent for any purpose for which imported olive oils are employed, and is more economical to use.

Two other outstanding products

manufactured by

The CANADA STARCH COMPANY Limited

EDWARDSBURG

CROWN BRAND CORN SYRUP



A pure, wholesome and economical table Syrup, recognized by foremost dietitians as a most nourishing sweet. Being so easily digested, it can be safely given to infants in conjunction with milk, and will be found most beneficial in cases of undernourished children.

BENSON'S PREPARED CORN

in the familiar yellow package — has been the favorite of expert cooks for 75 years, because of its proven superiority. BENSON'S is the best CORN STARCH you can buy.



A few choice recipes

The HEART of your Salad



MAZOLA

THE SALAD AND COOKING OIL

Manufactured by
THE CANADA STARCH CO. LIMITED