

Apple-Raisin-Cabbage Salad.

Half the attractiveness of the dish depends on finely shredding the cabbage and lettuce, and leaving the skin on the red apples, which should be diced without peeling.

Use a half head of crisp lettuce, shredded; a half head of new cabbage, trimmed of hard cores and shredded finely; 3 juicy apples, cored and diced without peeling; 1 cup of seedless raisins, and $\frac{1}{2}$ cup of French dressing. Combine all with the dressing, mix thoroughly and chill. When ready to serve, drain off extra dressing, and serve with Swedish wholewheat wafers.