

RECIPES FROM THE ARCHIVES

Jellied Cabbage Salad

Kathleen McLay submitted this recipe to the 1942 cookbook assembled by The Aylmer Home and School Association. Sarah Kathleen (Lashbrook) McLay (1894-1982) was a nurse by trade. She married local physician Dr. Homer Garfield McLay in 1924.

Ingredients

- 1 [packet of] lime Jell-O
- 2 cups boiling water
- 2 tbsp. vinegar
- 3 cups shredded cabbage
- 1 cup celery cut fine
- Salted almonds
- Stuffed olives, sliced

Directions

1. Dissolve Jell-O.
2. Add vinegar and let cool.
3. Add cabbage, nuts, celery, and olives.
4. Chill.



Kathleen McLay and her son, Peter McLay

DID YOU KNOW?

Gelatin (and especially brand-name Jell-O) was extremely popular following WWI. During the Great Depression, gelatin was a cheap and versatile source of protein. The 1944 cookbook "Bright Spots for Wartime Meals" says of gelatin-based dishes, "They'll prove to you and your friends that you can still do luscious entertaining in spite of shortages and rations".