

SHOULDER LAMB CHOPS make fine eating. Shoulder lamb chops are prepared like loin or rib chops. They may be broiled in your table broiler or range broiler or they may be pan-broiled in a skillet on top of the range. No long, slow cooking for these beauties. Have chops cut 3/4 to 1 inch thick. Broil each side 6 to 7 minutes. Season when chops are turned. Serve with currant mint sauce made as follows: Crush an 8-oz. glass of currant jelly and combine with 1 teaspoon grated orange rind and 2 tablespoons dried or fresh mint leaves. Let stand an hour or two before serving.

Salmon Spaghetti Special

4 ounces elbow spaghetti
3 tablespoons butter or margarine
3 tablespoons enriched flour
3/4 teaspoon salt
Dash of pepper
1 1/2 cups milk
1 egg, beaten
1 cup flaked salmon (8-ounce can)
1 1/2 cups cooked peas
Cook spaghetti in boiling salted

water until tender (about 7 minutes). Drain and rinse. While spaghetti is cooking, melt butter or margarine in top of double boiler. Stir in flour, salt and pepper. Add milk and cook, stirring constantly until thickened. Add egg and cook 2 minutes longer, stirring constantly. Fold in spaghetti, salmon and peas. Pour into greased 1 1/2-quart casserole or individual casseroles. Bake in moderate oven (350 degrees) about 15 minutes. Serve hot with Creamy Mustard Sauce. Makes four servings.



A QUICK CASSEROLE dish can be a family treat and a change from the meal that is planned around meat. Photo and recipe comes from the Wheat Flour Institute in Chicago.

BON BONS
Frozen bon bons are available in Klamath Falls, either chocolate - coated with vanilla centers or plain orange sherbert. They are finger-eating delicacies and wonderful for a light dessert for dinner or tea party.

FRUIT SALAD
Try this honey marshmallow dressing on your favorite fruit salad. Combine 1 beaten egg yolk with 1/2 cup honey, 2 tablespoons lemon juice and a dash of salt. Cook over hot water until thick. Then add 4 cut-up marshmallows and stir until melted. Remove from heat and chill. Before serving fold in 1/2 cup whipped cream.

CREAMY MUSTARD SAUCE

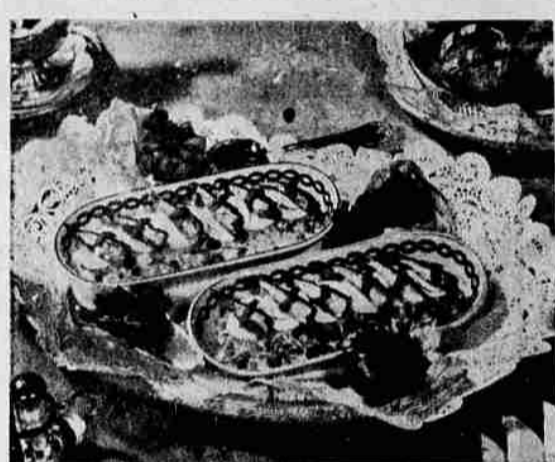
1 1/2 teaspoons flour
1 teaspoon sugar
1 1/2 teaspoons dry mustard
1/2 teaspoon salt
1/2 cup milk
1 egg, beaten
2 tablespoons vinegar
Combine flour, sugar, dry mustard and salt in top of double boiler. Gradually add milk, stirring constantly until thickened. Add egg and cook 2 or 3 minutes longer. Add vinegar and mix well. Serve hot over Salmon Spaghetti Special. Makes 2-3 cup sauce, enough for four servings.

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PANTRY BEANS
For a hurry-up supper dish, cook 1/4 cup chopped onion in 1 tablespoon oil until wilted. Add 1 teaspoon chili powder, an 8-ounce can tomato sauce, a 4 1/2-ounce can chopped ripe olives and two No. 1 tall cans red kidney beans. Simmer 15 minutes and serve in bowls. Accompany with a tossed green salad and crisp toasted crackers.

PANCAKES FOR DESSERT
Make extra thin batter and bake pancakes about 6 inches in diameter. Spread with a blend of chopped walnuts and cooked prunes mixed with enough honey to give good spreading consistency. Stack layers of pancakes and filling about 6 deep and cut into wedges to serve.

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FRIDAY SURPRISE SALAD combines diced, cooked new carrots, diced cooked new potatoes and green peas, mixed lightly with mayonnaise flavored with a tablespoon of chopped chives. Garnish with slices of hard-cooked eggs with a Norway sardine on top. Decorate sardines with pimento strips. Add tomato rosettes, parsley and lemon wedges. Serve with additional mayonnaise on the side.

GET READY FOR LENT
Lent begins with Ash Wednesday which falls on March 3 this year. Inventory your shelves to make sure you have ingredients for quick Lenten meals. Lima beans make good casseroles dishes. Macaroni, noodles, canned meatless spaghetti as well as tinned salmon and tuna are good standbys. Don't forget an extra supply of potatoes. Eat more potatoes during Lent.

SOUP TOUCHES
You can buy canned potato chowder, made from Klamath potatoes. Try doing fine a slice of bacon and adding half a finely chopped onion and simmering for five minutes before adding the can of chowder. Use milk or half evaporated milk and half water for the additional liquid. Another soup touch is the addition of wedges of ripe olives and finely minced parsley to heated cream of chicken soup.

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