



A SLIMMING DREAM of a salad is this chilled relish mold accompanying cold shrimp, marinated in low-calorie dressing. The Lenten season is an ideal time to cut down on those calories. The girls who are coming in for an afternoon of bridge will appreciate one day minus luscious whipped cream and rich food. This Lenten Relish Salad photo and recipe is courtesy D-Zerta Sugar-Free Gelatin Dessert.

Lenten Relish Salad

Maybe there are no signs of spring yet in the Klamath country, but a low-calorie meal helps take off those winter-gained pounds and gives the feeling of spring inside the house. After all, it is March, and spring can't be too far away.

Either lemon or lime flavored low-calorie (D-Zerta) gelatin makes a superior base for molded salads. It is refreshing, satisfying and adds so few calories to the day's intake.

Canned, cleaned shrimp, washed carefully in ice water and marinated in a low-calorie dressing or served with a bowl of cocktail sauce to be spooned over each serving are a good accompaniment. A dish of olives and carrot curls (add pickled onion slices if you want to be really fancy), low-calorie crackers and a hot beverage and you have it made.

- LENTEN RELISH SALAD**
 2 envelopes low-calorie lemon-flavored gelatin
 1 teaspoon salt
 2 cups hot water
 2 teaspoons vinegar
 1/2 cup chopped celery

- 3 tablespoons chopped green pepper
 2 tablespoons chopped onion
 2 tablespoons chopped sweet pickle
 Dissolve low-calorie gelatin and salt in hot water. Add vinegar. Chill until slightly thickened. Fold in celery, green pepper, onion and pickle. Pour into molds. Chill until firm. Unmold. Serve on crisp greens. If desired, serve with cooked shrimp, marinated in low-calorie dressing. Makes 5 servings. About 19 calories per serving (not including shrimp).

FREEZING WAFFLES
 To freeze waffles, cool thoroughly, wrap in foil and freeze at once. To serve, unwrap and heat in toaster. Serve hot with butter and maple-blended syrup or honey.

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CEREALS
 Breakfast cereals of the nation require a big pitcher of milk. More than two and one-third billion quarts of milk each year are eaten with breakfast cereals. Breakfast cereals account for about 15 per cent of the fluid milk per capita consumption. More milk is used with cereals than with any other single food.

SALAD DRESSING
 A good dressing to serve with avocado salad is a combination of 1/2 cup mayonnaise, 2 tablespoons

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chili sauce, 2 tablespoons pickle, Worcestershire sauce, salt and relish, 1/4 cup chopped ripe olives, lemon juice to taste.

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EGGNOG PANCAKES
 To 2 cups of Aunt Jemima Pancake Mix add 1 cup eggnog, 1 cup milk, 2 tablespoons melted butter, stirring lightly to mix. Using one teaspoon batter for each, bake tiny pancakes on a hot, lightly greased griddle, turning only once. Serve 6 per person and top with whipped cream, sweetened, and a sprinkling of nutmeg. Recipe makes 10 servings.

PANCAKES
 To 2 cups of Aunt Jemima Pancake Mix, add 2 cups milk, 1 egg, 2 tablespoons melted butter, stirring lightly. Fold in 1 cup shredded Cheddar cheese and 10 slices of cooked bacon, crumbled. Bake on hot, lightly greased griddle, turning only once. Serve with butter and syrup, heated. Makes 5 servings.

WAXED PAPER
 A handy item near your soap, detergents and other wash-day supplies is a roll of waxed paper. Place a strip of it over the line to prevent heavily starched pieces from sticking, for one example of its use.



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SNOW GO ON NEW CARS
 Things are getting easier all the time for women drivers. A new type of wheel construction gives 1956 cars get-up-and-go on the iciest roads, permitting cars to take off from a standstill without wheel spin or slipping. And with electronic push button controls, mild lady can easily rock her car out of a snow drift merely by alternately tapping the forward and reverse buttons. Both these innovations are found on the new Packard.

CASSEROLE
 Make a quick main dish casserole by mixing together cooked rice, grated American cheese and canned chili con carne with beans. Layer this mixture along with a can or jar of tamales and sauce in a baking dish. Add some water and bake at 350 degrees until hot through.

Take it from me...
Bessy's Dairy Dishes
 By Bessy, the Basin Bossy
 If our old friend (?), the weather ever lets it get around to it, it'll be cherry blossom time. And, as nature has it, after blossoms comes the cherries.
 There are lots of fine recipes for cherry pies, and for lots of other applications of the mighty, sweet, pretty little cherry. But here is an extra-special one... worth pouring a glass of milk to stand next to:
Cherry Shortcake
 The richness of the crunchy "short" biscuits is the perfect beginning for this "easy to fix... easy to mix" dessert. Here's how:
Basic Shortcake Biscuit
 Two cups sifted enriched flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 1-3 cup softened butter, 3/4 cup light cream or milk.
 Sift flour, baking powder, salt and sugar together into bowl. Cut butter in with blender or two knives. Add cream or milk and blend only until flour particles are dampened. Spread in greased pan and bake at 450 degrees for 15 to 20 minutes. Place on rack and cool slightly. Serve warm with fruit and whipped cream.
Cherry Shortcake Sauce
 Two and one-half cups canned unsweetened cherries with juice, 1 cup sugar, 1 teaspoon salt, 2 tablespoons tapioca (minute), 1/4 teaspoon almond flavoring, few drops of red coloring.
 Combine ingredients in saucepan. Mix thoroughly. Bring to boil and cook slowly for 7 to 10 minutes or until slightly thickened. Cool. Pour sauce over Basic Shortcake Biscuit and top with whipped cream and Maraschino cherry.
 Take it from me, you'll want extra milk to drink with this charming dessert dish.
 Bessy.

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