

Cow Belles Corner

By MRS. TED HYDE
Here are a couple of variations on our last week's theme—pot roast:

PARTY POT ROAST
8-10 servings
1 blade pot roast (about 5 lbs.)
2 tablespoons salt
1 teaspoon pepper
1 cup onion
3 tablespoons fat or salad oil
1 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

Rub meat with salt, pepper and onion. Brown on all sides in hot fat or oil. Add water, soup and onion. Cover and simmer for 2 hours. Combine remaining ingredients; spread over meat. Cover and cook 1 hour longer, or until meat is tender. Thicken gravy if desired.
Suggested menu: Serve buttered noodles and zucchini squash. For dessert, orange chiffon cake.

HERB POT ROAST
8 servings
1 arm-bone roast (about 4 lbs.)
1 garlic clove
2 tablespoons olive or salad oil
1 cup green onions, chopped
2 tablespoons wine vinegar
2 teaspoons salt
1 teaspoon oregano
1 teaspoon powdered ginger (optional)
1/2 cup chili sauce
1 beef bouillon cube
1/2 cup hot water
Brown meat and garlic in hot oil. Remove garlic. Add chopped onions, vinegar, salt, oregano, ginger and chili sauce. Dissolve bouillon cube in hot water and pour over meat. Bring to boiling point, then reduce heat and simmer until meat is very tender, or 2 1/2 to 3 hours.

This week the Cow Belles are busy making plans for their part in the Herald and News annual cooking school, March 29, 30 and 31 at the fairgrounds. Cow Belle Beef Day will be Tuesday, March 29, and Helene Kralovec, an experienced home economist and demonstrator will be here to show Basin homemakers some new and tasty beef dishes. There will be special prizes and soups galore, so plan to be on hand all three days, but especially Tuesday!

Don't forget about entering a candidate in our Father of the Year Contest. Applications must be in by April 1. Anyone is eligible, and it's a good way to bring recognition to the hard-working adult who has been helping your group. Entry blanks may be obtained from Mrs. Dayton Hyde, 1426 Pacific Terrace, or Mrs. Joe Smith, 5007 Alta Ave., Klamath Falls.

Part of a good pot roast should be the leftovers, so this week we'll bring you some recipes along that line.
Our family likes to build their own digwoods around cold sliced beef, so I serve a platter of cold sliced beef with perhaps sliced tomatoes and lettuce around for eye appeal, and another plate of two of other ingredients, pickles, mayonnaise, sliced cheese, some finger foods like carrots and a stuffed celery, and of course the bread. Or another time it might be hot roast beef sandwiches with gravy. These are the quick and easy ways with leftovers. Here's another:

REEF HASH
(4-6 servings)
2 cups cold roast beef, chopped
2 cups boiled potatoes, chopped
2 cups leftover or canned beef gravy
Salt and pepper
Combine all ingredients in heavy skillet; heat. Stir occasionally to keep mixture from sticking. Serve hot. (I like to add a touch of herbs such as oregano, sweet basil or bouquet garni for beef.)

JIFFY STEW
(8 servings)
1 No. 303 can (1 lb.) carrots and peas (undrained)
1/2 cup green onions, chopped
1/2 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

TOPS IN QUALITY!
LOW IN PRICE

1 tablespoon green pepper, minced
1 tablespoon fat or salad oil
1 cup leftover or canned beef gravy
1/2 cup onion
1/2 cup coffee
1 cup carrot mix
Drain carrots and peas and onions; save liquid. Put vegetables and beef in casserole. Combine vegetable liquid, gravy and coffee; pour into casserole. Make a biscuit dough according to directions on package. Cut out small biscuits; use as topping. Bake in hot oven (450 degrees) for 20 minutes.

LEFTOVER TREAT
2 1/2 cups cooked beef, diced
1/2 cup onion, minced
1/2 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

Rub meat with salt, pepper and onion. Brown on all sides in hot fat or oil. Add water, soup and onion. Cover and simmer for 2 hours. Combine remaining ingredients; spread over meat. Cover and cook 1 hour longer, or until meat is tender. Thicken gravy if desired.
Suggested menu: Serve buttered noodles and zucchini squash. For dessert, orange chiffon cake.

This week the Cow Belles are busy making plans for their part in the Herald and News annual cooking school, March 29, 30 and 31 at the fairgrounds. Cow Belle Beef Day will be Tuesday, March 29, and Helene Kralovec, an experienced home economist and demonstrator will be here to show Basin homemakers some new and tasty beef dishes. There will be special prizes and soups galore, so plan to be on hand all three days, but especially Tuesday!

Don't forget about entering a candidate in our Father of the Year Contest. Applications must be in by April 1. Anyone is eligible, and it's a good way to bring recognition to the hard-working adult who has been helping your group. Entry blanks may be obtained from Mrs. Dayton Hyde, 1426 Pacific Terrace, or Mrs. Joe Smith, 5007 Alta Ave., Klamath Falls.

Part of a good pot roast should be the leftovers, so this week we'll bring you some recipes along that line.
Our family likes to build their own digwoods around cold sliced beef, so I serve a platter of cold sliced beef with perhaps sliced tomatoes and lettuce around for eye appeal, and another plate of two of other ingredients, pickles, mayonnaise, sliced cheese, some finger foods like carrots and a stuffed celery, and of course the bread. Or another time it might be hot roast beef sandwiches with gravy. These are the quick and easy ways with leftovers. Here's another:

REEF HASH
(4-6 servings)
2 cups cold roast beef, chopped
2 cups boiled potatoes, chopped
2 cups leftover or canned beef gravy
Salt and pepper
Combine all ingredients in heavy skillet; heat. Stir occasionally to keep mixture from sticking. Serve hot. (I like to add a touch of herbs such as oregano, sweet basil or bouquet garni for beef.)

JIFFY STEW
(8 servings)
1 No. 303 can (1 lb.) carrots and peas (undrained)
1/2 cup green onions, chopped
1/2 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

TOPS IN QUALITY!
LOW IN PRICE

BARBECUE HASH
1/2 cup chopped onion
2 1/2 cups chopped green pepper
1 1/2 cups chopped carrots
1 1/2 cups chopped potatoes
1 1/2 cups cooked beef, chopped
2 cups cooked beef, chopped
1 cup corn flakes, crushed
Cook meat, onions and green pepper in hot fat until lightly browned. Add gravy, salt, pepper, chili powder and chili sauce. Combine rice, grated cheese and egg; mix thoroughly. Alternate layers of rice and meat in a one quart greased baking dish. Sprinkle with corn flakes. Bake in moderate oven (350 degrees) for 30 minutes.

LEFTOVER TREAT
2 1/2 cups cooked beef, diced
1/2 cup onion, minced
1/2 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

Rub meat with salt, pepper and onion. Brown on all sides in hot fat or oil. Add water, soup and onion. Cover and simmer for 2 hours. Combine remaining ingredients; spread over meat. Cover and cook 1 hour longer, or until meat is tender. Thicken gravy if desired.
Suggested menu: Serve buttered noodles and zucchini squash. For dessert, orange chiffon cake.

This week the Cow Belles are busy making plans for their part in the Herald and News annual cooking school, March 29, 30 and 31 at the fairgrounds. Cow Belle Beef Day will be Tuesday, March 29, and Helene Kralovec, an experienced home economist and demonstrator will be here to show Basin homemakers some new and tasty beef dishes. There will be special prizes and soups galore, so plan to be on hand all three days, but especially Tuesday!

Don't forget about entering a candidate in our Father of the Year Contest. Applications must be in by April 1. Anyone is eligible, and it's a good way to bring recognition to the hard-working adult who has been helping your group. Entry blanks may be obtained from Mrs. Dayton Hyde, 1426 Pacific Terrace, or Mrs. Joe Smith, 5007 Alta Ave., Klamath Falls.

Part of a good pot roast should be the leftovers, so this week we'll bring you some recipes along that line.
Our family likes to build their own digwoods around cold sliced beef, so I serve a platter of cold sliced beef with perhaps sliced tomatoes and lettuce around for eye appeal, and another plate of two of other ingredients, pickles, mayonnaise, sliced cheese, some finger foods like carrots and a stuffed celery, and of course the bread. Or another time it might be hot roast beef sandwiches with gravy. These are the quick and easy ways with leftovers. Here's another:

REEF HASH
(4-6 servings)
2 cups cold roast beef, chopped
2 cups boiled potatoes, chopped
2 cups leftover or canned beef gravy
Salt and pepper
Combine all ingredients in heavy skillet; heat. Stir occasionally to keep mixture from sticking. Serve hot. (I like to add a touch of herbs such as oregano, sweet basil or bouquet garni for beef.)

JIFFY STEW
(8 servings)
1 No. 303 can (1 lb.) carrots and peas (undrained)
1/2 cup green onions, chopped
1/2 cup water
1 can condensed tomato soup
1 cup ketchup
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
3 tablespoons brown sugar
1 teaspoon dry mustard
3 tablespoons lemon juice

TOPS IN QUALITY!
LOW IN PRICE

Factors In Food

PEANUT BUTTER

Peanut butter, a popular, economical source of high quality protein, has been designated by the United States Department of Agriculture as a Plentiful Food. Feature during the week March 10-16. USDA home economists suggest using it to spice Lenten menus. For example:
Add 1/4 cup chunk-style peanut butter to mashed potatoes, or to hot cream of potato soup.
Use in sandwiches, along with chopped dates, marmalade, honey or cheese slices, with lettuce, of course.
Add to the breakfast scrambled eggs as they cook, or spread over hot, toasted English muffins.
For dessert, serve ice cream with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

DATE NIBBLERS

Serve stuffed fresh California dates as party nibblers and salad garnishes. Slip dates along one side, remove pits and fill with apple-mint jelly, a strip of Cheddar cheese, a wedge of fruit or your favorite cream cheese with a peanut crunch topper, brown sugar. Cream thoroughly spread.

City Grade School Menus

Monday, March 25
Vienna Sausages
Buttered Potatoes
Carrot and Raisin Salad
Hot Homemade Kalecho Rolls
1/2 Pint Milk

Tuesday, March 26
Spanish Rice
Cole Slaw Salad
Peanut Butter Sandwiches
Fruit Jello or Fruit Cobbler
1/2 Pint Milk

Wednesday, March 27
Chili Beans & Crackers
Carrot Chips
Apple

Thursday, March 28
Roast Turkey, Mashed Potatoes and Gravy
Cranberry Sauce
Hot Buttered Vegetable
Hot Homemade Rolls & Butter Jello
1/2 Pint Milk

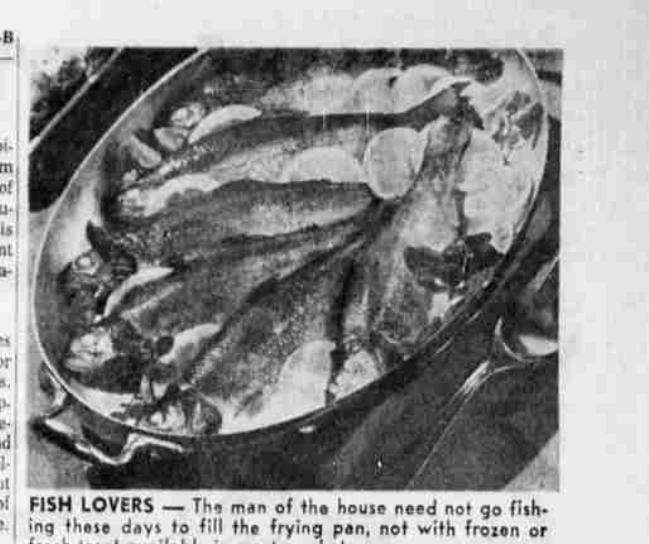
Friday, March 29
Baked Beans
Combination Vegetable Salad
Boston Brown Bread (Homemade)
Cherry Topsy-Turvy Pie
1/2 Pint Milk



TRAVELERS — Members of the Klamath County Cattleman's Association and the Cow Belles recently attended the American National Cattleman's Association Convention in Las Vegas. Left to right are Mr. and Mrs. Henry Gerber, Dave Campbell, Mrs. Vi Gouldin, vice president of Oregon Cow Belles, Mrs. Dave Campbell, Mr. and Mrs. Ted Hyde, Mr. and Mrs. Bill Marshall.
— Photo Courtesy of Albert Milling Co.

Dairy Products Are Under Study

By FRANCES C. HALL
County Extension Agent
Ever wonder why some of your dairy products — cheese, sour cream, buttermilk and other fermented dairy products — sometimes have an "off" flavor or texture?
Well, some basic research underway at Oregon State University by microbiologists has opened the door toward a practical solution for this problem which is costly to the dairy industry.
Dr. William E. Sandine, OSU microbiologist, said the reason for the problem has been found and he hopes the solution will be the next step.
He explained that starter cultures of bacteria are used in the manufacture of various dairy products. To make a uniform product day after day, the manufacturer has to count on his bacterial starter culture to have the same properties day after day.
However, it's common for these bacteria to become infected with a virus. Research shows that viruses can transfer genetic material from bacteria of one type to bacteria of another type. These foreign genetic materials in the bacterial starter culture cause undesirable variations in the resulting dairy products.
"Now we need to find a sure-fire way to prevent these viruses from infecting the bacterial starter cultures," the microbiologist said. Working with him are Dr. Paul H. Eilzer, head of microbiology, and graduate student Lois K. Allen. The study is supported by a research grant from National Science Foundation.
Banana chutney relish tastes great with ham, chicken, pork or curries. Dice 2 medium bananas. Toss lightly with 1 medium apple, cored and chopped, 4 preserved kiwifruit, seeded and chopped, 1/2 cup of chopped celery, 1/2 cup of dried apricots cut in small pieces, 3 tablespoons of cider vinegar and salt to taste. Makes 3 cups.



FISH LOVERS — The man of the house need not go fishing these days to fill the frying pan, not with frozen or fresh trout available in most markets.

WIN \$100.00 CASH AT SAFEWAY!



PLAY SPELL CASH
So Simple to Play!
Get Your Spell C-A-S-H Card Each Time You Visit Your Friendly Safeway Store.
Here's How to Play...
1. Get a FREE Spell C-A-S-H card every time you visit Safeway. NO PURCHASE NECESSARY.
2. At home, run your card under the faucet. Rub the black circle and your mystery letter appears. It may be C, A, S or H.
3. As soon as you have a card for each of the four letters C-A-S-H, bring them to Safeway for your \$100.00 Cash Prize!

BLEACH Half Gal. 29¢
White Magic. Safe for nylon, dacron, rayon.
Cleanser White Magic, with chlorine bleach. 21-oz. 2:39¢
Liquid Starch White Magic. Half Gal. 49¢
Liquid Detergent Brocade. 48-oz. Btl. 89¢
Scamper Pink Liquid detergent. 32-oz. bottle 80¢
Laundry Detergent White Magic. 49 1/2-oz. 67¢
Su-purb Detergent Blue. 48-oz. pkg. 67¢
Laundry Detergent White Magic. King Size 1.13
Brocade Soap Multi-pack. 10 Bars 49¢

Radishes or GREEN ONIONS 4¢
Enjoy a taste of spring with sweet, mild green onions or crisp red radishes from which to build a salad.
Bunch
And In Our "Garden Section"
CANADIAN PEAT MOSS
2 Cu. Ft. Bag 89¢
4 Cu. Ft. Compressed 2 98¢
Lime Sweetens Soil. 20-lb. bag 79¢
Barkdust Dryers. 2 cu. ft. bag 89¢
Compost Safeway. 2 cu. ft. 1.69
PLUS: Rose bushes, Perennials, Hanging baskets, Holland Bulbs, Redwood Tuhs. Available at most Safeway stores.

FOLGER'S COFFEE Mountain Grown 49¢ lb.
2-lb. 97¢
Edwards 2-Lb. 93¢ 1-Lb. Can 47¢
Instant Edwards 10-Oz. 1.39 6-Oz. Jar 99¢
Instant Edwards 10-Oz. 1.19 6-Oz. Jar 83¢
Micrin For a clean, clean, taste. 14-oz. btl. 98¢
Shoe Polish Johnson's Black. Family Polish. Btl. 55¢
Shoe Polish Johnson's Scuff - White. Easy to use. 55¢

COMPLETE YOUR SET!
THE WORLD'S GREAT RELIGIONS by the Editors of LIFE
Three fascinating books about the Miracles and Mysteries of Man's Greatest Faiths.
\$1.39 per copy
THOUGHTFUL GIFT FOR EASTER
Complete 3-volume set at \$1.39 per copy is only... \$4.17
Vogue Stainless Steel
Featuring 3-Qt. Sauce Pan 7 WICK only \$3.39
Now you can have a complete matched set of beautiful stainless steel cookware at a small price. Buy a piece a week.

Pork Chops 69¢ lb.
Small center - rib chops from finest quality "porkers."
RIB ROAST 69¢ lb.
The "King" of oven roasts. Aged for peak tenderness and flavor.
Rib Steaks Choice beef. Well trimmed. 79¢ lb.
Bacon Armour Star or Safeway, sliced. 53¢ lb.
Piece Bologna Random weight, large size. 39¢ lb.
Pork Loin Roast Rib portion, lean, flavorful. 45¢ lb.

TIDE The Miracle Detergent. Giant Size. 49¢
SNOWDRIFT The pure vegetable shortening. 3-lb. Can. 49¢

Peppers Green Bell 3¢ 25¢
Potatoes U.S. No. 1 10-lb. bag 39¢
Pineapples Fresh Fruit Large Size Each 49¢
Lettuce Firm, crisp heads Each 19¢
Don't Miss It! ANNUAL SCOUT EXPOSITION Klamath County Fairgrounds

Remember, We Give GOLD BOND STAMPS
An extra savings when you shop your friendly Safeway stores.

SAFEWAY
Prices effective Thursday, March 21 thru Sunday, March 24 at Safeway in Klamath Falls. We reserve the right to limit.

LET SNOW'S ANSWER YOUR SAME OLD SOUP BLUES
ADD FLAVORITY TO LENTEN MENUS