

CHUCK OVEN ROAST

Rub salt, pepper, green onion flakes and other desired seasonings into the roast. Place beef on a roasting rack in a preheated oven (350°F.). Allow 25 to 30 minutes per pound roasting time. Drippings may be used to make brown gravy.

POT ROAST SQUARES

2 to 3 lbs. beef chuck roast 1/2 t. powdered ginger
Salt Generous dash Tabasco sauce
Pepper 1/2 bay leaf
1/2 c. water 1 T. fresh lemon juice
1/2 c. tomato juice 1 T. cornstarch
1/4 c. finely chopped raw onion 1 T. cold water
1 t. mustard 1/2 c. commercial sour cream

Cut beef into squares for serving, trim off excess fat and bone; sprinkle meat with salt and pepper. (Keep trimmings for soup stock.) Brown slowly on all sides in a little heated fat. Combine water, tomato juice, onion, mustard, ginger, Tabasco sauce, bay leaf, and lemon juice, and pour over meat. Cover closely, and bake in slow oven (300°F.) about 2 1/2 hours, or until beef is fork tender. Skim off any fat. Combine cornstarch and water, stir into liquid on meat, and cook until thickened. Stir in sour cream and heat, but do not boil. Serve at once. Makes 5 to 6 servings.

RANCH-STYLE BEEF STEW

3 pounds boneless beef chuck, 1/2 t. thyme
cut into 2" cubes 1 c. peas
2 T. fat 12 small carrots
2 large onions, sliced 12 small onions
2 garlic cloves, minced 6 potatoes, quartered
1 c. chopped celery 1/2 c. flour
1/4 c. chopped parsley 1 T. salt
2 1/2 c. canned tomatoes Freshly ground pepper
1 bay leaf, crumbled

Melt fat in saucepan and brown beef. Add sliced onions, garlic, celery, parsley, tomatoes, bay leaf, thyme, salt, pepper, and 2 1/2 c. water. Bring to a boil, reduce heat, cover and simmer for 2 hours. Add remaining vegetables and simmer one hour. Blend flour with 1/4 c. cold water and stir into stew. Simmer for 5 minutes. Serves 6.

SOUP STOCK

Place bones in large pot and cover with cold water. Season with herbs to taste, cover and simmer until meat falls off the bones. Store in plastic containers in freezer for use in gravies, stews and soup.

RECIPES

BAKED SHORT RIBS

3 lbs. beef short ribs
2 t. salt
1 c. tomato juice
1/4 c. chopped canned green chili
1 (8-ounce) can whole onions (or, 6-8 small boiling onions)
1 t. cornstarch
1 T. cold water

Trim excess fat from short ribs. Rub heated skillet with a bit of the fat, then brown short ribs on all sides in skillet. Sprinkle with salt, add tomato juice and green chili, cover and bake in moderate oven (350°F.) about two hours, or until meat is tender. Add drained onions and heat. If raw onions are used, add peeled onions to meat about 1 hour before ribs are done. Stir in cornstarch mixed with cold water, and cook and stir until mixture boils and is clear and slightly thickened. Serves 6.

BARBECUED SHORT RIBS

4 lbs. lean short ribs 2 cloves crushed garlic
1 c. olive oil 1 crushed bay leaf
1 c. pineapple juice 1 t. sage
1 T. minced parsley

If you plan to barbecue short ribs, tell your retailer not to crack them, leaving the bones their full 3" length.

Rub ribs with salt and pepper. Place in a bowl and cover with marinade made of olive oil, pineapple juice, parsley, garlic, bay leaf and sage, for 24 hours.

Remove ribs from marinade and drain 3 to 4 minutes before placing on grill over hot coals. Cook slowly and turn frequently, basting often with marinade. Serves 4 or 5.

DEVILED BONES

3 meaty ribs from roast beef 1/2 t. Worcestershire sauce
Seasoned salt 1/2 c. fine soft bread crumbs
1 T. prepared mustard 2 T. melted butter

Cut meaty ribs from standing rib roast, and sprinkle with seasoned salt. Mix mustard and Worcestershire sauce and spread lightly over ribs. Toss crumbs with butter. Pat crumbs into mustard, and place ribs in shallow baking pan. Bake in moderate oven (350°F.) 15 to 20 minutes, until thoroughly heated and lightly browned. Makes 2 or 3 servings.

BREAKFAST STEAKS

Preheat a heavy skillet and sprinkle salt in the bottom of the pan. Do not use fat. Place the 1" thick steaks in skillet and brown on both sides. Do not cover pan. Season steaks before serving. Allow about 6 minutes on each side for rare, 8 minutes for medium, and 10 for well done.

GERMAN POTATO PANCAKES

3 to 4 cups grated potato
2 egg yolks
1 cup flour
1 teaspoon baking powder
1 onion, grated

Mix well and fold in stiffly beaten egg whites, and fry in pan of deep fat. Sauce—1 cup raisins, 1 cup vinegar, 2 cups water, 3 cups sugar. Boil and add thickening made of flour and water to desired thickness.

SARD-AVOCADO SANDWICH

Alternate lengthwise slices of California avocado with sardines on bread lightly spread with mustard. Sprinkle with a little lemon juice and run under the broiler a minute or two for an open-faced sandwich.

There are now over nineteen million dairy cows in the United States, or about one cow for each nine Americans.

Klamath 4-H Clubs Meet

HENLEY RAZORBACKS

The first meeting of the Henley Razorbacks was held at Mr. and Mrs. Donald Manning's home on Jan. 11, 1963, at 7:30 p.m. The meeting was called to order by Donald Manning Jr. Pledges were led by Bernice Stahl. We then elected officers. They are as follows: Don Manning Jr., president; Jerry Woody, vice president; Terry Stahl, secretary; Sherri Manning, news reporter; Bernice Stahl, treasurer; Maryanne Boshuizen, pledge leader; Rebecca Manning, sergeant-at-arms; a n d recreation leader, Charlotte Stahl.

We have all but one of the members from last year, Larry Stahl has gone into the service. We have four new members, John Furber, Linda Petrick, Garrett Boshuizen, and Tom Hargrove. We have 15 members this year.

We decided to collect \$2 for dues. The refreshments were served by Mrs. Manning. The

second meeting of the Henley Razorbacks will be held at Mike Hurst's home on Jan. 25 at 7:30 p.m.

Sherri Manning,
News Reporter

MALIN BEEF CLUB

The first meeting of the Malin Beef Club was held in December in the Malin Community Hall.

We elected officers for this year and they are as follows: Tom Tofell, president; Jill Johnson, vice president; Betty Pope, secretary; Riley Wilson, recreation leader; Dan Tofell, sergeant-at-arms; Leith Johnson, treasurer; and Diana Lyon, news reporter.

We discussed some of our activities for the year.

Our second meeting was held Jan. 9 at the Community Hall. We initiated Patty Byrnes and Scott Conroy. We also set our goals for the year.

Diana Lyon,



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