

# Recipes For Thursday Demonstration By Bev Lyons

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be may be used. Close the foil sealing all edges to form an airtight package. Bake 3½ to 4 hours.

## BROILED CHIP STEAK AND CHEESE ROLL

Defrost chip steak slightly until it rolls easily—place ¾-inch finger of cheese on steak and roll. Then skewer with toothpick and broil—turn once.

## SNAPPY FROZEN FRUIT

1 (No. 303) can fruit cocktail  
1 cup 7-UP  
2 tablespoons lemonade concentrate  
Drain fruit cocktail well; place in refrigerator tray. Set control at coldest point. Pour 7-UP and lemonade concentrate over fruit. Freeze. Cut in cubes. Top with mint sprigs. Serve in sherbet glasses. 4 to 6 servings.

## HORSERADISH SAUCE

Brown 1 chopped onion in ¼ cup butter. Stir in 2 tablespoons flour; add 2 cups strained meat stock, ½ cup horseradish, 1 cup vinegar, 2 cloves, ¼ cup sugar. Season, simmer about 10 minutes. Serve with beef. Makes about 3 cups.

## EASY PECAN PIE

20 round buttery crackers, crushed  
1 cup chopped pecans  
1 cup sugar  
3 egg whites  
1 teaspoon vanilla  
½ cup whipping cream, whipped  
½ cup flaked or shredded coconut  
Combine crackers, pecans, and ½ cup sugar. Beat egg whites until stiff; beat in remaining sugar and vanilla. Fold into cracker mixture. Spread in greased 9-inch pie pan. Bake in slow oven 325 degrees for 30 minutes. Cool. Top with whipped cream and sprinkle with coconut.

## DEEP SEA SALMON CASSEROLE

¼ cup butter  
1-3 cup chopped onion  
1-3 cup chopped celery  
1-3 cup chopped green pepper  
3 tablespoons flour  
1½ teaspoons salt  
¼ teaspoon pepper  
1 cup milk  
1 (10 ½ - ounce) can cream of mushroom soup  
1 cup creamed cottage cheese  
1 cup (7½-ounce can) salmon, flaked and boned  
2 cups canned or frozen cooked peas  
2 cups crushed potato chips  
2 tablespoons butter  
Melt butter in saucepan. Saute onion, celery and green pepper lightly. Add flour, salt and pepper, mixing well. Combine milk and mushroom soup and add gradually to butter mixture. Cook, stirring constantly, until smooth and thickened. Remove from heat and fold in cottage cheese. Arrange layers of cream sauce, salmon, peas and crushed potato chips in a buttered 2-quart casserole, ending with potato chips. Dot with butter and bake in a preheated 350 degree oven for 35-40 minutes.

## GOOD BUSINESS START

WASHINGTON (UPI) — The White House's chief economic expert said Monday that business is off to a better start this year than it was in 1962.

"The start of 1963 is as good as 1962 was bad," Walter W. Heller, chairman of the Council of Economic Advisers, told a conference of the Magazine Publishers Association. Heller said the economy's performance seems to be bearing out administration forecasts for approximately a 3 per cent increase in economic growth during 1963.

New Hampshire has eight mountains one mile or more in height, three that reach 5,000 feet or more and 56 that top the 4,000-mark.

## NIPPY SALAD

1 3-ounce package lime Jello  
1¼ cup hot water  
1 cup drained crushed pineapple  
2 tablespoons horseradish  
½ cup mayonnaise  
1 cup cottage cheese  
Dissolve gelatin in hot water and chill till partially set. Stir in remaining ingredients. Mold and chill until firm. Unmold on crisp lettuce leaves.

## CHERRY BREAD PUDDING

8 slices white bread  
1 cup milk  
3 eggs, separated  
4 tablespoons butter  
½ cup sugar  
¼ teaspoon cinnamon  
1 No. 303 can red, sour, pitted cherries, drained  
¼ cup chopped almonds  
Break up the bread and soften in the milk. Beat the egg whites until stiff. Combine the bread, butter, sugar, cinnamon, egg yolks, cherries and almonds. Fold in the egg whites. Pour into a buttered baking dish and bake in 300 degree oven, 15 minutes or until set.

## CUBED STEAK, COUNTRY STYLE

3 tablespoons fat  
4 frozen cubed steak  
Flour  
1 onion, chopped  
2 tablespoons vinegar  
1 tablespoon brown sugar

½ cup catsup  
2 tablespoon Worcestershire sauce  
¼ cup water

Melt fat in a skillet. Dip frozen steaks in flour, sprinkle with salt and pepper, and brown with the onion in the hot fat. Add all remaining ingredients. Cover and cook slowly until meat is fork-tender, about 10 minutes. 4 servings.

HERALD AND NEWS, Klamath Falls, Ore.

Wednesday, March 27, 1963

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**HEALTHFUL** — Three charming ladies present a toast in milk — a new product introduced recently by Crater Lake Creamery. Here, Jan Roebuck, Donna Haskins and Dolores Haskins show another of the award winning dairy products manufactured by Crater Lake, which will have a display at the Cooking School.

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