



DELICIOUS — Leftover lamb takes on a new style for spring when it becomes Lamb Whirl, pepped up with seasonings and handy canned tomato sauce cradled in a biscuit crust.

Lamb Whirl Is Welcome Springtime Food Dish

Welcome as the sweet Springtime itself are fresh ideas to use up leftovers from the ever popular lamb roast, better yet when the dish looks new and inviting. Even the first morsel of this one lives up to its promise of an exciting "difference."

With all the whirl and flourish of a pinwheel, this dish contributes green pepper, pickle, onion, and mustard to make yesterday's lamb zippy, and the canned tomato sauce blends them all into a perfect filling. Easy to do, too. Just open the convenient cans of good rich tomato sauce with a beer can opener and mix with the other ingredients.

To give each individual slice of Lamb Whirl a delectable "finish" combine the remaining tomato sauce with sour cream and spread gently over them.

LAMB WHIRL

(Servings 4-6)

- 2 cups finely chopped or ground roast lamb
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon poly-unsaturated vegetable oil
- 2 (8-ounce) cans tomato sauce
- 1 small onion, finely chopped
- ¼ cup finely chopped green pepper
- 2 tablespoons sweet pickle relish
- ¼ teaspoon dry mustard
- Biscuit dough (1½ cup recipe)
- 1 cup sour cream

Combine in heavy skillet the lamb, salt, pepper, oil, 1½ cans

tomato sauce, onion, green pepper, pickle relish, and dry mustard. Cook over low heat 10 minutes. Cool. Turn biscuit dough onto floured board and roll into a rectangle ¼-inch thick. Spread meat mixture over dough to within ½ inch of edge. Roll up like jelly roll; moisten edges with water and seal. Put roll on greased cookie sheet. Bake at 450 degrees F. for 30 minutes or until crust is browned. Slice while hot and serve with sauce made by heating sour cream and remaining tomato sauce together.

Update Kitchen With New Range

Tired of your old kitchen? One of the new, one-piece electric ranges can update it without expensive remodeling, since they slide into place without costly installation, yet give your kitchen a smooth, built-in look.

Requiring no installation beyond being connected with the electric circuit are the free-standing ranges. Some have one or two ovens below the surface elements; some have one oven above and one below.

Another range that requires no installation has one or two eye-level ovens. These can be hung from a wall or set on a cabinet. Built-in units that require a minimum of installation are the "drop-ins" and "slide-ins" which come with adapter bands to integrate them with cabinets and counter tops.

Sunshine Cole Slaw

▲ Base Recipe

Prepare, shred or chop fine and combine in a deep bowl

- ¾ lb. cabbage (about 3 cups)
- ½ lb. carrots (about 1¼ cups)
- Toss lightly with
- ¼ cup fine green pepper slivers

Add a mixture of and toss until vegetables are well coated

- ½ cup Cooked Salad Dressing
- 1 tablespoon lemon juice
- 1 teaspoon celery seed

Place salad in refrigerator to chill until time to serve.

Pack lunch portions into containers; cover containers tightly.

6 servings

—Apple Slaw

Follow ▲ Recipe. Omit carrots. Substitute ½ cup (about 2 oz.) raisins and 2 medium-size apples, washed, quartered, cored and chopped coarsely. Sprinkle lemon juice over chopped apples before mixing with cabbage.

Garden Potato Salad

▲ Base Recipe

Hearty but pretty, with vegetables galore.

Wash, cut into halves and cook covered in boiling salted water to cover

- 6 medium-size (about 2 lbs.) potatoes

Cook about 20 min., or until potatoes are tender when pierced with a fork. Drain potatoes. To dry potatoes, shake pan over low heat. Peel potatoes, cut into cubes and place into a deep bowl.

Meanwhile, prepare

2 Hard-Cooked Eggs

Slice into bowl with potatoes.

Toss potatoes and eggs lightly with

- 1 cup chopped celery
- ½ cup (1 medium-size) chopped onion
- ¼ cup chopped green pepper

and a mixture of

- 1½ teaspoons salt
- ¼ teaspoon monosodium glutamate
- ¼ teaspoon pepper

Add and blend until vegetables are well coated

- ¼ cup French Dressing

Place into refrigerator and chill at least 1 hr.

Gently mix in before packing about

- ¾ cup Mayonnaise

Put lunch portion into container; cover tightly. Sprinkle top with paprika, finely chopped parsley or slice more hard-cooked egg over salad. (Pack lunch portions of salad greens.)

4 to 6 servings

Stuffed Tomato Shells

▲ Base Recipe

For Tomato Shells—Rinse and cut slice from tops of

- 6 firm tomatoes

Scoop out centers of tomatoes with a spoon. Invert and set aside to drain.

For Filling—Blend together

- ½ cup (¼ lb.) dry cottage cheese
- ¼ cup chopped cucumber
- ¼ cup chopped celery
- 2 tablespoons chopped green pepper
- 1 tablespoon minced onion
- 1 tablespoon Mayonnaise
- ½ teaspoon salt
- ¼ teaspoon monosodium glutamate
- Few grains pepper

Spoon filling into tomato shells. Place into container and cover tightly. Place into refrigerator and chill until time to pack lunch.

6 servings

Meat-Vegetable Salad

▲ Base Recipe

Set out

- 1½ cups diced, chilled, cooked meat or poultry

Prepare

- ½ cup (about 1 medium-size) grated carrot
- ½ cup chopped celery

Toss diced meat and vegetables lightly with

- ¾ to 1 cup cooked peas
- ¼ cup chopped sweet pickle
- 6 ripe olives, pitted and chopped

and a mixture of

- ½ teaspoon salt
- ¼ teaspoon monosodium glutamate
- ¼ teaspoon pepper

Add and toss until vegetables are well coated

- ¼ cup French Dressing

Place into refrigerator to chill at least 1 hr.

Before packing lunch portions or serving, gently mix in

- ¾ cup Mayonnaise

Pack for lunch in container; cover tightly. Or spoon into a roll.

Carry portion of salad greens, wrapped separately.

6 servings

—Sea Food Salad

Follow ▲ Recipe. Substitute for meat 1 cup (7-oz. can) tuna, 1 cup (6½-oz. can) crab meat (bony tissue removed) or 1 cup (7½-oz. can) salmon. Drain and separate sea food into chunks with a fork. Add 1 tablespoon lemon juice with the French Dressing.

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