PRIZE WINNING COOK — Bonnie Beil loves to cook and because she does she recently won a $5 cash award and a beef cookbook from the Klamath County Cow Belles with her recipe for beef Stroganoff, made in 4-H Club competition. She is a member of the Senior Dinner Club, "Bakers Seven," led by Mrs. Frances Campbell.

COW BELLES CORNER

By MRS. TED HYDE

One of the Oregon Cow Belle projects each year is awarding a special 4-H Beef Demonstration award at the Spring Fair. The award is made to the individual or team giving the best foods demonstration on the use of beef. Contestants enter the junior, intermediate or senior general foods demonstrations and the Cow Belle award is in addition to anything they may win in the general demonstration class. The senior winner at the county level is eligible to compete for additional prizes at the State Fair.

County prizes awarded by the Oregon Cow Belles are $5 cash and a cook book to each member of a team or the individual scoring highest in the senior division using beef in their demonstration; $2.50 cash and a cook book to each member of the team or the individual scoring highest in the junior division. These awards are offered in all Oregon counties.

The Klamath County 4-H Fair will be held June 20-22 this year at the fairgrounds. Sign up for demonstrations should be made by June 4th, according to Bev Bower of the 4-H office.

Pictured today, busy in her kitchen is a recent Cow Belle award winner, Bonnie Beil, daughter of Mr. and Mrs. Chester M. Beil. Bonnie is a sophomore at Sacred Heart Academy and has been active in 4-H cooking and sewing projects for seven years. She got her start in good cattle country, in Lake County, Paisley to be exact.

She is in Fran Campbell's Senior Dinner Club, "Bakers Seven," this year, and will probably try her luck in the bread baking contest and a demonstration on rolls at the fair this June. She prepares meals for the family and her bread baking is a favorite with her brother, Allen, her cinnamon rolls disappear so fast they're almost invisible say her family.

Here is the recipe Bonnie used for her prize-winning demonstration:

BEEF STROGANOFF

2 lbs. beef sirloin or top round, cut in strips ¼" and about length of your little finger
4 tablespoons butter or margarine
½ onion, minced
1 teaspoon garlic salt
1 cup tomato soup
1 tablespoon worcestershire sauce
1 6-oz. can mushrooms
salt and pepper
1 cup sour cream

Fry onions in butter until golden brown. Fry meat until rare, season with salt, pepper and garlic salt. Add can of tomato soup, worcestershire sauce and mushrooms. Let simmer until ready to serve. Just before serving, add 1 cup sour cream.

Springtime Taste Tempters

Delectable and easy-to-prepare dishes are every homemaker's dream during this season of the year. Lighter than air omelets, subtly flavored patties, exotic tasting casseroles and loaves with fruit accents are a few of the springtome delights that add interest and charm to any meal.

Here are a few delicious award-winning recipes to tempt the appetites of your family or guests that will add laurels to your cooking skills:

PUFFED CRAB PHOENIX
(Serves 5

1 egg
1 lb. crab meat (2 cups)
½ teaspoon dry mustard
½ teaspoon paprika
½ teaspoon chopped fresh parsley
1 cup mayonnaise
1 tablespoon sherry
½ cup crushed potato chips
½ cup cracker crumbs
½ green pepper - chopped
Salt and pepper
Fat for deep frying
Slivered Almonds

Beat egg well and add crab meat, mustard, paprika, parsley, sherry, mayonnaise, potato chips and green pepper. Salt and pepper to taste. Shape into balls to form patties, roll in cracker crumbs. Fry in deep fat at 350 degrees for about six minutes (or until golden brown). Garnish top with slivered almonds and serve on salad greens.

AROUND-THE-CLOCK CHIP OMELET
(Serves 4-6)

6 eggs (separated)
½ cup milk
1 teaspoon bitters
Dash pepper
¾ cup crumbled potato chips
3 tablespoons butter
½ cup grated cheddar cheese

Whip yolks of eggs until frothy. Add milk, salt, pepper, bitters and potato chips. Beat whites of eggs very stiff and fold into yolk mixture. Melt butter in heavy skillet until barely browned but not scorched. Add egg mixture and heat slowly. When mixture is smooth and thick turn carefully with pancake flipper. Spoon cheese over omelet and continue to heat until cheese has melted. Good for breakfast, lunch, dinner or midnight snack.

CASHEW-CHIP-CHICKEN
(Serves 6-8)

1 1-3 cup water
1 can condensed cream of chicken soup
¼ cup finely chopped onion
¼ teaspoon salt
¼ teaspoon pepper
1 can (5 oz.) boned chicken, flaked
1 1-3 cup minute rice
1 package frozen peas
1-3 cup Cashew nuts, slightly chopped
2 cups potato chips, crushed

GARNISH

½ pimiento, cut in narrow strips
'Round-the casserole arrangement
1 large green pepper thinly sliced
1 large onion thinly sliced

Mix water with chicken soup, onion, salt and pepper. Bring to boil stirring occasionally. Put in buttered 2 quart glass casserole, a'd chicken, rice, peas and sprinkle with nuts and potato chips. Bake 20-30 minutes in 375 degrees oven.

To serve: Arrange the pimiento strips on top. Garnish with pepper and onion slices around casserole and serve hot.

APRICOT CHIP WHEEL
(Serves 6)

½ cup chopped dried apricots
½ cup water
1½ lbs. ground beef
½ lb. veal
2 tablespoons chopped parsley
1 egg
¼ cup sour cream
1 teaspoon salt
¼ teaspoon pepper
2 cups crushed potato chips
¼ cup chopped celery
2 tablespoons melted butter

Simmer apricots in water for one minute; remove from heat. Combine beef, veal, parsley, egg, sour cream, salt and pepper in large bowl. Mix lightly. Pat into a rectangle, 10x8 inches on wax paper. Stir crushed potato chips, celery, and butter into apricots in saucepan. Spread evenly over meat; roll-up, jelly-roll fashion; pinch together at ends to seal. Place roll in greased shallow baking pan. Bake in 350 degrees oven one hour or until richly browned.

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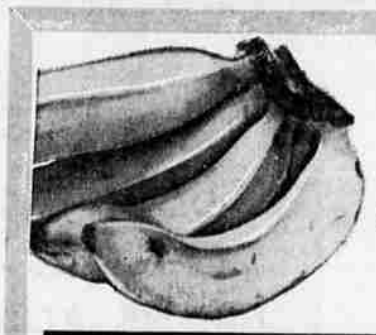

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