

## Chops Good as Change From Beef

BY SISTER MARY

NEA Service Writer  
During the winter months when most households are indulging in roasts and braised dishes which require long cooking, chops are very likely to be reduced in price.

If we can vary our winter dinners occasionally with tender, juicy chops at no greater cost than for the substantial but plain roasts and stews, it is surely worth the time and effort.

There are many interesting ways of dressing up a winter dinner of chops. Mutton chops, lamb chops, veal chops and pork chops all come in for their share of attention. Planked, broiled, stuffed, en casseroles, breaded or creamed, chops make an excellent piece of resistance for cold weather dinners.

Stuffed lamb chops are savory and should be prepared from yearling lamb. Have the chops cut about 1½ inches thick and allow one for each person.

## STUFFED LAMB CHOPS

Four lamb chops, ½ cup minced onion, 2 cups stale bread crumbs, 1 egg, ½ teaspoon salt, ¼ teaspoon pepper, 1 tablespoon bacon fat. Trim fat from chops and dry out.

## Daily Menu

BREAKFAST—Stewed figs, cereal cream, creamed fresh beef on toast, milk, coffee.

LUNCHEON—Noodles, soup, toasted bread sticks, jellied spinach and egg salad, canned cherries, plain cake, milk tea.

DINNER—Salt codfish pie, buttered beets, French endive with French dressing, baked peach dumplings, milk, coffee.

Make a gash half way through meat on side away from bone. Slit almost to the bone—and the entire length of the bone. Rub inside of pocket thus formed with salt and pepper.

Melt bacon fat and add onion. Cover and cook over a low fire for five minutes. Add bread crumbs squeezed out of cold water. Remove from fire and season with salt and pepper.

Add egg well beaten and mix lightly. Fill each chop with dressing and place in a hot dripping pan with several tablespoons of their tried out fat. Put into a hot oven and bake 45 minutes or until tender. Serve on a hot platter and sprinkle with minced watercress.

## STUFFED CHOPS DELICIOUS

Pork chops are delicious cut thick and stuffed as in the above recipe. It will take about an hour for them to cook, but they should be tender and moist, much like well-cooked chicken.

Veal chops seem to be seldom used, but also are most tempting when filled with the savory stuffing and baked until tender.

Another unusual way to prepare and serve chops is to broil them lightly on one side. Cover the uncooked side with a thick layer of well-seasoned white sauce to which chopped cooked mushrooms or minced cooked ham and green peppers or all three, if convenient, have been added.

Sprinkle with stale bread crumbs, dot with butter and bake 40 to 50 minutes in a hot oven. Time depends on thickness of the chops.

## Green Salad

You can get a lovely color scheme for salad by using vegetable coloring matter and making a gelatin fruit salad a pale green, with chopped green peppers, white grapes, and green cherries scattered through, all being a different green.

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