

Methods for Dry Heat Cookery Reviewed Again

Roasting, broiling, panbroiling—these are dry heat cooking methods used for roasts, steaks and lamb chops. It's wise to frequently "brush up" on your cooking techniques.

The most important point to remember in meat cookery is using a low temperature. In roasting that means a 300 degrees F. oven for beef, veal, smoked pork and lamb; 350 degrees F. for fresh pork. A roast is more juicy and tender, and there is actually more meat to serve when it is cooked at a low rather than a high temperature.

In roasting, place the meat with the fat side up on a rack in an open roasting pan. Do not add liquid. If you have a roast meat thermometer by all means use it to eliminate any guessing as to when the meat is done. Insert it in the largest muscle, but not in fat or on bone. Do not cover the meat. Cook at the recommended low temperature until done as registered by the thermometer or for the minutes per pound recorded on a reliable timetable.

Timing Important
Broiling is one of the simplest of all meat cookery methods. The moderate temperature for broiling is obtained by placing the meat a certain distance from the heat. For instance, a 1-inch steak should be 2 inches from the heat, a 2-inch steak 3 inches from the heat. Timing is important in broiling. Follow your timetable closely to have chops or steaks cooked to the desired degree of doneness.

In broiling, place the meat on the rack and adjust the broiler pan so that the meat is the right distance from the heat. Broil until brown, season, then turn and finish cooking on the second side, season. Seasoning after broiling is suggested.

Meat Balls Can Offer Variations

Adventure in meat balls. There are numerous ways of preparing them to add interest to your meals. And ground beef is an exceptionally good buy in your market these days. If you're in the habit of asking for round steak ground, then here's a suggestion. It has been found that ground beef containing 25 per cent fat produces the finest meat balls or patties. For this reason beef stew meat is suggested for grinding in place of lean round steak. In addition to having tastier meat balls you're saving money because beef stew meat frequently retails for several cents less than round steak.

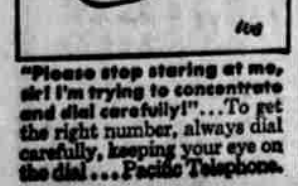
For a variation in meat balls mold them large or small and cook them in a zippy barbecue sauce. This makes a popular barbecue dish. Serve the meat balls in sauce over spaghetti or rice.

A can of condensed mushroom soup is another cooking liquid for the meat balls. Brown the balls first. In the meantime, thin the soup with a small amount of water. Add the sauce to the meat and cook them covered until done. Condensed tomato soup is another choice. Chopped vegetables such as carrot, potato and onion may be cooked along with the meat if desired.

Onion Soup

For onion soup that's grand as a chef's, use this simple recipe based on condensed bouillon. First cook 1 cup thinly sliced onion until limp in 2 tablespoons butter in saucepan. Add 1 can condensed bouillon and 1 soup can water. Simmer gently for 30 minutes. Serve topped with toasted slices of French bread, sprinkled with grated Parmesan cheese.

Tele-fun
by Warren Goodrich



"Please stop staring at me, I'm trying to concentrate and dial carefully!"... To get the right number, always dial carefully, keeping your eye on the dial... Pacific Telephone.

Broilburgers for Quick Dinner Dish

For a quick dinner turn to these beef broilburgers. Simply place cooked peas and carrots in the broiler pan and insert the broiler rack topped with the beefburgers. They require a total of only 15 to 20 minutes cooking time.

Broilburgers
1 pound ground beef
1/2 cup rolled oats
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 cup grated onion
1/4 cup milk
6 slices bacon
6 cooked carrots
2 cups cooked peas
Combine beef, rolled oats, salt, pepper, onion and milk.

Shape into 6 patties, wrapping each with slice of bacon. Place on broiler rack. Place cooked carrots and peas in broiler pan. Place broiler rack over vegetables and insert broiler pan allowing 2 inches between surface of meat and heat. Broil the patties on one side until they are brown, 8 to 10 minutes. Turn and brown on second side. Vegetables will heat while the patties are cooking. 4 to 6 servings

MADE WITH BACON

Bacon is in demand for sandwich making. Panbroil slices until crisp, drain, then chop and combine with liver sausage, with chopped hard-cooked egg, peanut butter or marmalade.

Pears Good Preserved Or in Jam

This is the season for finest of Oregon pears and peaches, make the most of them.

PEAR PRESERVES
6 cups sliced peeled firm pears
4 cups sugar
2 lemons, sliced thin and cut in quarters
1/4 cup sliced preserved ginger, if desired.
Add sugar and ginger to pears, arranging in layers. Let stand until sugar is dissolved.

Add lemon and cook slowly, stirring occasionally until thick. Pour into hot sterilized jars and seal at once.

PEAR-PEACH JAM
2 cups diced pears
1 1/2 cups diced peaches
1 tablespoon grated lemon rind
1 2 1/2-ounce package powdered citrus pectin
4 1/2 cups sugar

Mix fruit and lemon rind. Place over high heat and stir in pectin. Bring to boil. Add sugar all at once. Bring to rolling boil and stir constantly. Boil hard 1 minute. Remove from heat and stir and skim 3 minutes. Pour into hot sterilized jars and seal at once.

Cold Cut Platter For Week-End Meal

For at least one main meal over the long week-end, plan a platter of cold cuts. It is certain to please both family and friends. Potato or macaroni salad, sliced tomatoes and cucumbers, rye bread and a fresh fruit dessert. If you insist on something hot, why not a cream soup served in coffee cups right on the plates?

Cold Cuts Tray
On one side of the platter, arrange alternating slices of summer sausage and liver sausage. Next to these place cornucopias of bologna or pimiento loaf filled with chive cottage cheese. Make ham rolls by rolling boiled ham around



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