

HOUSEWIFE'S MEAT COOKERY GUIDE

COOKING METHOD	BEEF CUTS	VEAL CUTS	PORK CUTS	LAMB CUTS	VARIETY MEATS
ROASTING	Standing Rib Rolled Rib Sirloin Chuck Ribs (high quality) Rump (high quality) Round (high quality) Loaf	Rolled Shoulder Cushion Shoulder Arm Roast Blade Roast Rib Loin Rump Leg	Loin Rolled Shoulder Cushion Shoulder Fresh Ham (pork leg) Smoked Picnic Smoked Shoulder Butt Smoked Ham Sausages Sliced Salt Pork	Cushion Shoulder Rolled Shoulder Breast with Pocket Rolled Breast Rock	Liver (beef-veal pork-lamb)
BROILING and PAN-BROILING	Rib Steaks Club Steaks T-Bone Steaks Porterhouse Steaks Sirloin Steaks Chuck Steaks (high quality) Rump Steaks (high quality) Patties	Veal is not broiled or pan-broiled	Fresh pork is not broiled or pan- broiled Smoked Ham Slices Sliced Bacon Sliced Canadian Style Bacon Smoked Shoulder Butt Slices Sliced Salt Pork	Rib Chops Loin Chops Shoulder (arm and blade) Leg Steaks Patties, Choplets (from breast stuffed with ground lamb)	Liver (veal-lamb) Kidney (lamb) Sweetbreads (beef- veal-lamb)
FRYING	Thin Steaks (tender or pounded) Patties	Chops Cutlets Steaks Patties	Chops Sausage	Thin Chops	Liver (all kinds if cut thin) Tripe (after pre- cooking in water) Sweetbreads Brains
BRASING	Chuck (arm and blade) Rump Round Heel of Round Brisket Plate Short Ribs Flank Shanks Ox-joints	Breast Rib Chops Loin Chops Shoulder Steaks Cutlets Patties	Rib Chops Loin Chops Shoulder Chops or Steaks Fresh Ham Slices	Breast Neck Slices Shanks Riblets	Liver (beef-pork) Kidney (beef-veal- pork) Heart (beef-veal- pork-lamb) Tripe (beef) Sweetbreads (beef- veal-lamb)
SIMMERING	Neck Shank Plate Brisket Flank Heel of Round Ox-joints Corned Beef	Neck Shoulder Shanks Flank	Hocks Shanks Feet Backbones Neck Bones Scapula Smoked Picnic Smoked Shoulder Butt Smoked Ham Shanks Smoked Spareribs Smoked Hocks	Neck Steaks Shoulder Breast	Kidney (beef-veal- pork-lamb) Heart (beef-veal- pork-lamb) Tongue (beef-veal- pork-lamb) Tripe (beef) Sweetbreads (for pre-cooking) Brains (for pre-cooking)

Preparation of meat for the table is one of the oldest of the household arts. Methods of meat cooking have been handed down from one generation to another. Within the past quarter century, however, intensive studies carried on at colleges and the U. S. Department of Agriculture have revealed new information showing how to prepare meat so as to bring out its full goodness and flavor. This in-

formation has taken the guesswork out of meat cookery and put it on a scientific basis. Fundamentally, there are only two principles involved in cooking meat: (1) Dry heat and (2) moist heat. Tender cuts are cooked by dry heat methods—roasting, broiling and pan-broiling. The less-tender cuts are cooked by moist heat methods—braising and simmering (cooking in water). A few cuts also may be cooked by frying.

Meat cookery studies have revealed that no matter what method is used, best results are obtained with a low temperature. Among the advantages of low temperature cookery are a decrease in cooking losses, more servings, and a more tender, juicier and more palatable meat dish. The cuts of beef, veal, pork and lamb and the variety meats suitable for each method of cooking are listed in the table above.

ported. He asks that farmers hold their copper wire requests to a minimum, and that they postpone plans for new electric hook-ups until wiring is more plentiful. The state has been allocated 11,900 pounds of copper wire for distribution on farmers' copper wire certificates issued by county AAA committees, Taylor said.

This allocation will have to last until June 10, and compares with 16,900 pounds for the past three months. Many county committees have applications on hand for more than the entire county quota. Oregon's quota of new crawler-type tractors for the second quarter of 1945 is far exceeded by the demand from farmers and ranch-

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Wasco Soldier Home On Furlough

Sgt. Bob Davis left this week for Roswell, New Mexico to resume his army job of preparing planes for flight. He visited friends around Wasco while on his furlough.

Boy Scouts gathered paper last Friday to add to the county's contribution toward the paper drive. The Standard Bearers held their monthly meeting at the home of Mrs. F. L. Cannell Wednesday. Following the meeting a pot-luck dinner was served in honor of Clyde Fridley by the Standard Bearers and choir boys.

Mrs. Frank Knox is visiting her step daughter, Donna, who is working in Seattle.

Lafe Barnett is home again after visiting with his daughter in Hood River.

Mrs. A. D. Edgington of Seattle, has been here for several days visiting her husband, owner of the Columbia Machine Shop.

Mr and Mrs F. L. Cannell attended the Sunday school convention at Grass Valley and in the afternoon were guests of Mr and Mrs Charles Lemley.

Mr and Mrs G. Bernard Urtle left for Condon Thursday where he has assumed the management of the Condon Warehouse company, owned and formerly managed by James Walker, who is now ill. The Urtles had been in Wasco for a year and a half.

Mr and Mrs Earl Richelderfer were hosts at a Legion and Auxiliary supper held at their home Sunday night.

A pot-luck supper was held at the John Royce home Sunday which was attended by John and Olive Robinson, Lloyd Royce and family and Mr and Mrs Vernon Van Gilder.

Misses Betty Ruth and Carol Blakney were weekend guests of their aunt, Mrs Ormand Hilderbrand.

Mrs Pat O'Meara was honor

guest at a birthday dinner at the home of Mr and Mrs Harry Van Gilder last Sunday.

A new daughter, Alice, was born to Mr and Mrs Paulen Kaseberg Sunday March 18 at The Dalles. Lee and Terry Kaseberg are staying with their grand parents while their mother is in the hospital.

You only get rid of your enemies by making them your friends; and you can only do that by loving your enemies; that is one of the great "laws of life."—Sir Grenfell

LESS WIRE AVAILABLE
Less copper wire will be available for farmstead wiring during the next three months than for any comparable period since a year ago. Oregon farmers are told by

OLD TIME EASTER BENEFIT DANCE & SOCIAL
RUFUS GRANGE HALL
Mar. 31, 9 p.m.
EVERYBODY WELCOME

JUNIOR SPORT DANCE
WASCO SCHOOL GYMNASIUM
Friday, April 7, 1945
DANCING 8-12 RUGGLES ORCHESTRA
ADMISSION: COUPLE \$1.20, SINGLE \$.60

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Is an old established firm that has been selling, servicing and repairing cars for a generation. The dependability of its products and the quality of its service has been proven many times.
Now, when it is doubly important that you have good workmanship and quick service to keep your cars and trucks running, have us take care of your service problems.
Tire Repair and Recapping
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Robert B. Taylor, chairman of the state AAA committee.

Reflecting increased military demands, the tighter copper wire situation will mean that fewer farms can obtain new electric connections for operation of irrigation pumps and livestock production equipment, the state chairman re-

Want Ads
TAKEN-UP: One red heifer with first calf—has split in left side. No visible brand—came to my place in September last year.
A. J. Bucholtz, Moro 20-2c

HARTS' BETTER LEGHORNS, March and April delivery. Don't delay ordering. Pullets \$31, St. Run, \$16. Circular on request Harts' Hatchery, Beaverton, Ore. 15tf

SEE HERB MATTHIEU before you buy what you want in the way of home furnishings for your home. If you have anything to sell we will pay you cash for your furniture. So before you BUY OR SELL see Herb Matthieu Furniture Exchange, 506 East 2nd Street, The Dalles, Ore. 15tf

"PP&L has stood for progress in our community for 35 years"

says John Vaughan, Superintendent, the Pendleton City Water Department

"You bet I remember when PP&L came to Pendleton! It was in 1910, the same year Vaughan Electric, my former electrical wiring and supply business, was established. In fact, PP&L and I were next-door neighbors then. That was also the first year of the famous Pendleton Round-Up.

"From the time we first had electricity in Pendleton until shortly before PP&L came here, we only had lighting service during the night-time hours. It was certainly an accomplishment when we got 'round-the-clock electric service.

"But that was only the beginning of many benefits to be followed up by PP&L during the 35 years it has been a citizen of Pendleton. Pacific Power & Light Company immediately started to build up the territory by extending its electric lines to Reith, Helix, Pilot Rock, and other communities surrounding Pendleton.

"As a matter of fact, PP&L has lent a helping hand to just about every worth-while

new development that has come along. It means a lot to this community to have such an up-and-coming organization out boosting for progress."

John Vaughan came to Umatilla County with his parents, Clark County, Washington, pioneers, in 1883. The family's first home in Pendleton is still standing. Mr. Vaughan's first job was fireman at the steam generating plant of the Pendleton Electric Light & Power Company, source of the city's first electric service, where he later became an operator. He was also driver for Pendleton's early-day, horse-drawn fire equipment.

Mr. Vaughan estimates that his firm probably wired 75% of the buildings in Pendleton from 1910 to 1937, and as PP&L built lines into the surrounding country, he also did wiring jobs there. He wired Pendleton's first electrically-operated grain elevator (now Collins Flour Mill) about five or six years after PP&L came to Pendleton. Since 1937, when he sold his interests in Vaughan Electric, he has been Pendleton City Water Superintendent. The business he established still operates under its original name.

One of the first electric ranges in Pendleton was installed in the Vaughan home. Today they have an all-electric home with range, water heater, refrigerator, and all the small appliances. PP&L's continued rate reductions have made it possible for them to add new electric appliances year after year, without increasing their electric bill.

PACIFIC POWER & LIGHT COMPANY

• 35 YEARS OF ELECTRICAL PROGRESS •

<p>1910</p> <p>Mains lamp replaces old carbon filament, giving more light per kw-h. PP&L gives customers more kw-h per dollar.</p>	<p>1920</p> <p>Electric cooking being popularized by Pacific Power & Light Company. Era of electric water heating on way.</p>	<p>1930</p> <p>The whole electric industry promotes efficient food saving and health protection with electric refrigeration.</p>	<p>1940</p> <p>The development of fluorescent lighting offers new improved opportunities for "Better Light—Better Sight".</p>	<p>1945</p> <p>Television ready for post-war homes. Great advances in the science of electronics await post-war years.</p>
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