

## Grass Valley People Picnic On The Fourth

Among those who picnicked and fished on the Deschutes the Fourth of July were Mr and Mrs Arzell Lemley and daughters, Eileen and Carolyn and son, Gordon, Mr and Mrs Alfred Kock and daughter, Margaret, and son, Bud, Mr and Mrs Bernard Baumgartner and family, Jacqueline Tetz, and Bill Platt, Dean Pinkerton and Bob Roberson of Moro, and Oscar Lemley.

Mr and Mrs Art Bibby and children, Stephen and Janice, Mr and Mrs George Smith and daughter, Judy, Mr and Mrs Eben Kee and niece, Jackie Squire, Jim Jones and his mother and Alton Olds left Wednesday for a fishing trip to the lower Metolius over the Fourth returning home Saturday afternoon.

Cpl. Clair Balzer arrived Friday morning from Fort Lewis to spend the week end visiting his parents, Mr and Mrs A. F. Balzer.

Mr and Mrs Frank Bayer and children, Harry Stark, Carl, Jim and Ina May Zeigler were visitors at Tygh Valley Sunday at the home of Mr and Mrs Willis Brittain.

Mr and Mrs Curtis Stark went to Tygh Valley last Tuesday to spend a few days visiting at the home of his brother in law and sister, Mr and Mrs Willis Brittain before returning to their home in Astoria, after spending a week here visiting relatives.

Mrs Dick Huhman and son, Dickie, of Sandy and her sister, Mrs Gertrude Witt, from Scappoose came up to attend the wedding of Betty Olds and Marion Crews on Sunday. They will remain a few days here visiting friends. They are staying at the home of Mr and Mrs Klaus Bardehagen.

Mrs Ted Trimble and her mother, Mrs Lewis Olds, were business visitors in The Dalles this Wednesday.

Mrs Orville Ruggles left Tuesday for Portland to visit her mother, Mrs S. L. Boyce, and her sister, Mrs Morris DeVeries, from Orville, California, who is visiting her mother.

Mr and Mrs W. F. Schilling and Mrs W. C. Schilling and daughters, Lavelle and Linda Rae, motored to Eugene Wednesday to spend the Fourth visiting the former's son in law and daughter, Mr and Mrs Walter Kindt, and family and their son in law and daughter, Mr and Mrs Dick Edwards and family at Leaburg.

Tex Hayes, Mrs Larry Hayes and Jackie Shackleton all of Portland arrived here Monday evening to visit at the home of Mr and Mrs John Rust.

Mr and Mrs Sam Stark had as their guests Saturday and Sunday Mr and Mrs McElwain from Clives, California and their daughters, Mrs Sullenger of Fresno, California and Eileen of New York City.

Those who gathered at the A. A. Dunlap home the Fourth of July for a pot luck dinner were Mr and Mrs Guy Haynes, of Yamhill, Mr and Mrs Kendrick Dunlap and Bill Haynes of Carlton, Mr and Mrs A. F. McGinnis and Mrs Gene Baughman and children from Nyssa, Mrs Paul Wilson and children of Moro and Mr and Mrs Arch Cantrall and family.

Mr and Mrs Fred Cox had as their guests from Monday to Friday Mr and Mrs Harold Shackleton and son, Victor, of Portland. They also visited at the Bert Cox and Charlie Anderson homes. Mrs Shackleton is a cousin of Fred and Bert Cox and Mrs Anderson.

Mr and Mrs Millard Eakin and family motored to Rhododendron the Fourth to spend the day visiting at the home of Mr and Mrs Gail Davies.

## Knowing Meat Cuts Valuable To Homemaker

Ability to identify the many cuts of beef, veal, pork and lamb is of practical value to every homemaker—to every food buyer. No less important is a knowledge of the cooking method or methods best suited to each cut, since meat must be cooked according to cut for best results.

**Chart is a Guide**  
This chart will serve as a guide in selecting and cooking beef. The methods recommended were adopted following exhaustive meat cookery studies at state colleges and the United States Department of Agriculture.

In cooking meat, the degree of tenderness is the governing factor. Some of the cuts are tender and are prepared to best advantage by dry heat methods—roasting, broiling, panbroiling and frying. Others are less tender and must be cooked by moist heat—braising and simmering. Meat should never be boiled, say the authorities.

A rule of meat cookery found to be more important than any other is: "Always use low temperature." This applies no matter what cut is being prepared or what cooking method is being used.

**Advantage of Low Heat**  
Thousands of carefully controlled tests have shown that from 15 to 20 per cent more meat is provided when it is cooked at low temperature. Furthermore, the meat is more tender, is juicier, more uniformly cooked and more desirable.

In selecting meat cuts, it is important to remember that there is no difference in the nutritive value of the lean and fat of the less-popular cuts and the more popular ones.

Mr and Mrs A. F. Balzer and son, Clair, went to Wasco Friday evening to visit at the home of Mr and Mrs Gus Hartmann.

Estel Hartley was a business visitor in Portland last Tuesday.

Mr and Mrs Kendrick Dunlap and Bill Haynes of Carlton came Thursday to spend the Fourth and the week end here visiting relatives. They left Sunday for their homes in Carlton taking Mrs Dunlap's sister, Mrs Gene Baughman and children and Gene Cantrall with them for a visit.

Mrs Harry Hooper of The Dalles attended the wedding of Betty Olds and Marion Crews here Sunday. Mrs Ross Fields came up with her and spent the day visiting her parents, Mr and Mrs J. S. Newcomb.

Rev and Mrs Howard Schilling and sons, Jon and Marshal, were in The Dalles Monday on business, taking Jon for a checkup having had his tonsils out recently.

Mr and Mrs John Buehler left Sunday for Portland for a few days on business.

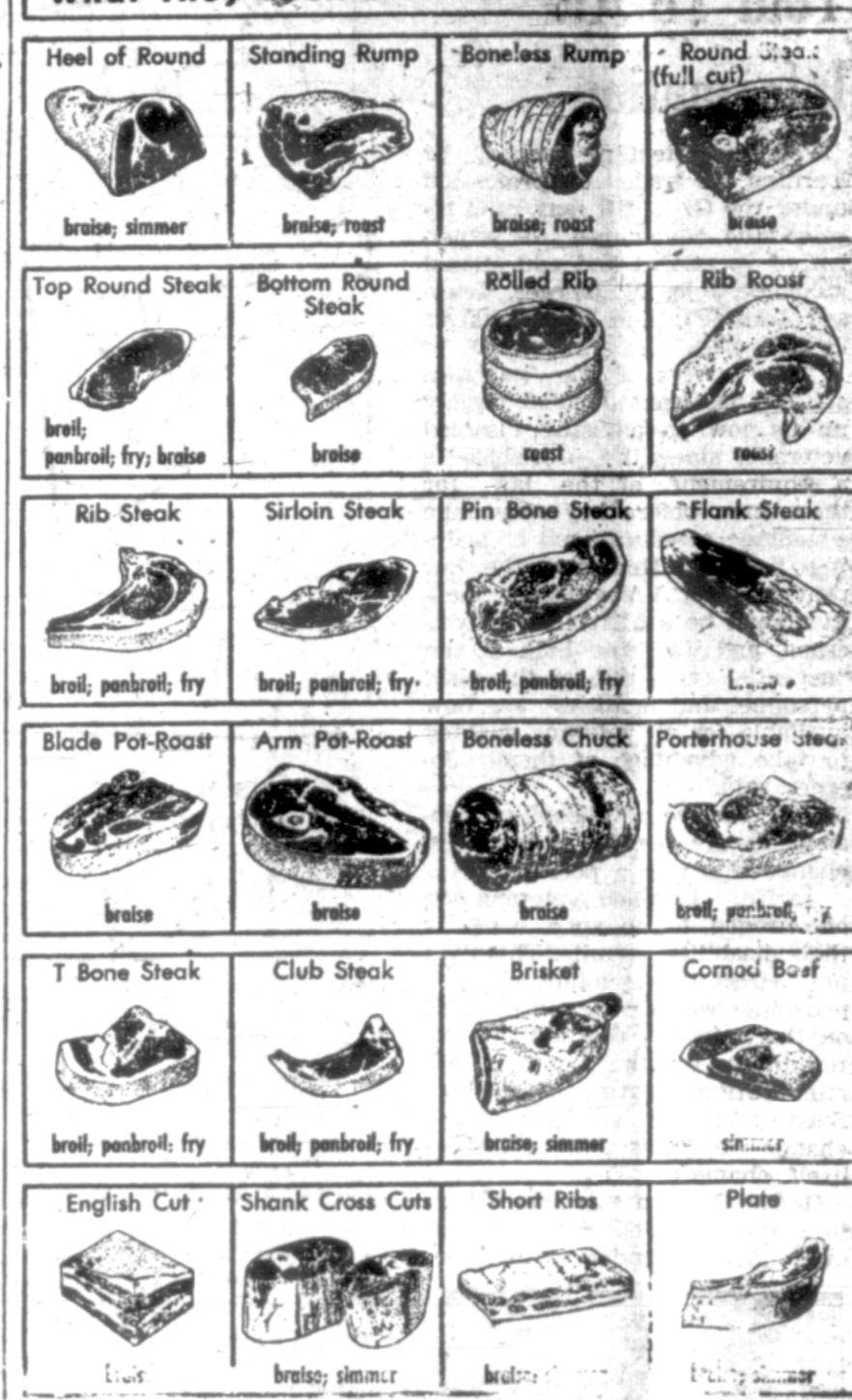
Mr and Mrs A. A. Dunlap entertained friends at a pinocle party at their home Wednesday evening. Those present included Mr and Mrs Arzell Lemley, Mr and Mrs Alfred Kock, Mr and Mrs C. R. Anderson, Mr and Mrs Arch Cantrall, A. F. McGinnis, Mrs Gene Baughman, and Mr and Mrs Guy Haynes. Mr and Mrs Alfred Kock held high score. Refreshments were served at the close of the party by the hostess.

Mr and Mrs Lawrence Denis and daughter of The Dalles visited at the home of Mr and Mrs Willard Barnett Friday.

The Grass Valley Rebekah social club are sponsoring a bridal shower in honor of Miss Margaret Kock on Friday July 19 at the I.O.O.F. hall. Everyone is welcome.

## A LESSON IN BEEF CUTS

What They Look Like—How to Cook Them



ing the former's brother in law and sister, Mr and Mrs Orville Ruggles, leaving for their homes Saturday.

Mr and Mrs Hadley Stark, who have been here visiting relatives for a week left Sunday for Tygh Valley to spend a few days visiting his brother in law and sister, Mr and Mrs Willis Brittain, before returning to their home in Los Angeles, California.

Mr and Mrs Edgar Alley, Mr and Mrs Harold Owens, Margaret Barnett and Bill Johnson attended the dance in The Dalles the 3rd of July.

Mr and Mrs Hollis Marple and daughter, Mickle, of Oregon City were dinner guests at the home of Mr and Mrs Fred Cox Saturday evening. Mrs Marple is a cousin of Fred Cox.

Mr and Mrs Glenn Perry left Wednesday for Metolius to spend the week end camping and fishing, returning home Sunday.

Mr and Mrs Hal Carter brought her mother, Mrs Charlie Anderson, home Friday from Silverton where she spent a week visiting her son in law and daughter returning to their home in Silverton Sunday.

Mr and Mrs T. M. Rolfe, Robert Rolfe, Mr and Mrs Willard Rolfe and son, John Rolfe and family, Mr and Mrs Roy Wells and sons, David and Donald of McMinnville, Mr and Mrs Charles Baker and family of Antelope and Mr and Mrs Pat Kelly of Portland all went to Bear Springs to spend the Fourth of July. A pot luck dinner was served at noon and all had a good time.

Mr and Mrs Les Peterson and

family, Mrs Amelia Peterson and Mrs Ted Peterson were dinner guests at the home of Mr and Mrs James Mathies at Mrs W. F. Schilling Saturday evening.

Mr and Mrs Ed Alley returned home Saturday from Studley, Kansas where they spent a month visiting at the home of their son in law and daughter, Mr and Mrs Wayne Karnes.

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