

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 lover. 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.

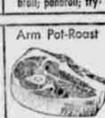
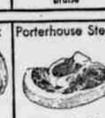
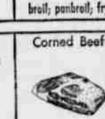
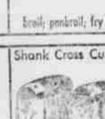
In cooking meat, the degree of tenderness is the governing factor. Some of the cuts are tender and are prepared to best advantage by dry heat methods—roasting, broiling, panbroiling and frying. Others are less tender and must be cooked by moist heat—braising and simmering. Meat should never be boiled,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

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.

A LESSON IN BEEF CUTS

What They Look Like—How to Cook Them

 Heel of Round broil; simmer	 Standing Rump broil; roast	 Boneless Rump broil; roast	 Round Steak (full cut) broil
 Top Round Steak broil; panbroil; fry; broil	 Bottom Round Steak broil	 Rolled Rib roast	 Rib Roast roast
 Rib Steak broil; panbroil; fry	 Sirloin Steak broil; panbroil; fry	 Pin Bone Steak broil; panbroil; fry	 Flank Steak broil
 Blade Pot-Roast broil	 Arm Pot-Roast broil	 Boneless Chuck broil	 Porterhouse Steak broil; panbroil; fry
 T Bone Steak broil; panbroil; fry	 Club Steak broil; panbroil; fry	 Brisket broil; simmer	 Corned Beef simmer
 English Cut broil	 Shank Cross Cuts broil; simmer	 Short Ribs broil; simmer	 Plate broil; simmer

IONE NEWS NOTES
Mrs. Echo Palmateer
The Willows grange will initiate in the third and fourth degrees Saturday night June 15.
Mrs. Ada Cannon spent a few days last week at the Henry Gorges home in Pendleton.
Mr. and Mrs. Milton Morgan Jr. and Mr. and Mrs. Raymond Lundell spent the week-end in Portland and attended the "Ice Follies."
Mary Jean Bristow sprained her ankle while skating Saturday.
Mr. and Mrs. Ned Carr and daughters of The Dalles spent Memorial day with Mrs. Carr's mother, Mrs. Alice Wiles. The Carrs purchased a grocery store in The Dalles.
Donald Bristow fell from his bicycle one day last week on the Rietmann grade and broke a finger and injured his hand and head.
The Marantha society will meet at the home of Mrs. Paul Pettysjohn Saturday, June 8.
Rev. Alfred Shirley of The Dalles will conduct services next Sunday.
Mrs. Delbert Emert and daughter Mary returned home from California last week.
Mrs. Roy Lindstrom and infant son, Stephen Roy returned home

from Pendleton Thursday of last week.
Mrs. Earl McCabe and daughter came home from The Dalles Saturday.
Memorial Day services were held at the school house Thursday afternoon with the following program: W. G. Bell as chairman; Presentation of flag and Star Spangled Banner; prayer, reading, W. G. Bell; trumpet duet, Gene Engleman and Robert Drake; songs Patricia Drake, address Rev. Fletcher Forster of Heppner; benediction, and Taps.
George Griffith, son of Mr. and Mrs. Elmer Griffith of Morgan, received his honorable discharge from the Marines and is home. He was in the service 28 months with the 5th division that landed on Iwo Jima.
Mr. and Mrs. Frank Young and Mrs. Robert Allstott and children of Hermiston were lone visitors Memorial day.
Miss Marjorie Peterson spent a few days in Portland last week.
Ione was defeated in a baseball game at Arlington Sunday 13-12.
Mr. and Mrs. Arthur Stefani and Miss Dorothy Bergstrom visited Arthur Jr. at Hanford Sunday.
Mrs. Etta Bristow returned from Walla Walla last week.
The Fred Buchanans have moved

into their home recently vacated by the Casselmans.
Mr. and Mrs. William Ludwig and son Curtis have moved to Lexington where the Ludwigs will teach.
Mr. and Mrs. Rodney Wentworth have moved into their new home. A. C. Swanson was a visitor in The Dalles Monday.
Rev. and Mrs. Joe Stevens and son Jimmy left for California Sunday afternoon due to the death of Mrs. Stevens' father.
Mrs. Jalmer Koshi and daughter Milly Jane of Tacoma and Mrs. Ted Hall and daughter Sue Newton of South Bend, Wash., visited here over the week-end. The ladies are nieces of Mrs. Frank Engleman, Mrs. C. W. Swanson and Mrs. Fred Nicholson.
Mr. and Mrs. Victor Rietmann entertained over 20 guests Sunday.
Mr. and Mrs. Leslie Roundy and children of La Grande were lone visitors Memorial day. Hodger and Ralph Kincaid went to La Grande with them.
Word was received of the marriage of Mrs. Lillian Balsiger and C. F. Stretch of Newberg. Mrs. Stretch lived in Ione many years.
Mr. and Mrs. Don Heliker left for Baker Sunday to attend the state convention of the grange. Harlan Crawford is working in

the pea harvest in Pendleton.
Mr. and Mrs. Fred Ely of Morgan returned from a trip through southern Oregon and western Washington.
Mr. and Mrs. Cecil Thorne of Morgan spent a week visiting in eastern Washington.
Funeral services for Carl Frederick Troedson was held at the Church of Ione Cooperative Monday at 2:00 p. m. with Rev. H. P. Hokson officiating. Mrs. Walter Roberts and Mrs. Paul Pettysjohn sang "Abide With Me" and Eugene Normoyle sang "Crossing the Bar." The American Legion held service at the grave. Interment was in the I. O. O. F. cemetery in Ione. Pall bearers were Victor Rietmann, Lee Beckner, Charles Dare, Fred Nicholson, Cleo Drake, and Fred Manning, all World War I veterans.
Carl Troedson was born in California March 22, 1899. He was the son of the late Johannes and Christina Troedson. He came to this county when an infant. He was a veteran of World War I. He died May 29, 1946 at San Louis Obispo and is survived by one sister, Mrs. Ann Smouse and one brother, Alfred Carlson of King's Valley, Calif.
Miss Marion Balch became the bride of Clifford Carlson at a double ring ceremony at the Methodist church in Springfield May 26 with Rev. Ellsworth Tilton officiating. Mrs. Norman Richards sang "Ich Liebe Dich" before the ceremony. The bride was given in marriage by her father. She was attended by Miss Mildred Carlson, sister of the groom. Ted Peterson, son of the groom, Rev. Frank E. Brown sang "The Lord's Prayer" and Mrs. Leota Neat presided at the organ. A dinner was given in the Mirror room at the Eugene hotel for the members of the family and guests from a distance. The couple left on a short honeymoon at Ocean Lake. The groom is the son of Mr. and Mrs. Leonard Carlson and has just recently been discharged from the navy. Both Mr. and Mrs. Carlson are former students of the University of Oregon. Those present at the wedding from here were Mr. and Mrs. Leonard Carlson, Mildred Carlson, Ted Peterson and Rolio Crawford.

bride was best man. Ushers were John Stanley Fish and Harry Normoyle. Mrs. Richard Lawrence of Heppner played the wedding music and Eugene Normoyle sang "The Rosary." Patricia and Ann Lawrence and Patricia Kenny sang "On This Day" and "Sweet Sacrament." After the ceremony a reception was held in the church for approximately 200 guests. Mrs. Emmett Estes and Mrs. Lee Beckner poured. Those who helped serve were Mrs. Henry Clark, Mrs. M. E. Lester, Mrs. Joe La Fortune, Mrs. Byron Brinton, Mrs. Paul Pettysjohn, Mrs. Charles O'Connor, Mrs. Garland Swanson, Mrs. Franklin Lindstrom, Mrs. James Lindsay, Mrs. Clell Rae, Mrs. Mary Swanson and Miss Eva Swanson.
The bride served in the army nursing corps in the European and Pacific theaters of war. She is a graduate of St. Francis academy of nursing and Seattle college. The groom saw action in both theaters of war and was a captain in the army signal corps. He is a graduate of La Salle academy in electrical engineering. The young couple met in France and planned to be married in the Philippines but due to army movements the wedding was postponed until they returned to the States.
After a short wedding trip to the Oregon beaches Mr. and Mrs. Garvey will make their home for the summer in Hanover, N. H. while Mr. Garvey is doing electrical contracting. In the fall they will move to the States.

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Bergevin-Garvey Wedding Event of Saturday at Ione
Miss Betty Bergevin, daughter of Mr. and Mrs. Louis Bergevin, became the bride of Mr. John Garvey, son of Mrs. Valde Garvey of Providence, R. I. in a beautiful ceremony at 9:30 Saturday morning June 1 in the Ione Catholic church. Rev. Francis McCormack officiated.
The bride was given in marriage by her father. She wore a grey wool suit with pink accessories and a corsage of orchids and carried an orchid tied with white streamers, a gift of her godchild, Jean Ann Swanson, who acted as flower girl. Miss Maxine Worthington of Pendleton was maid of honor, while Denward Bergevin, brother of the

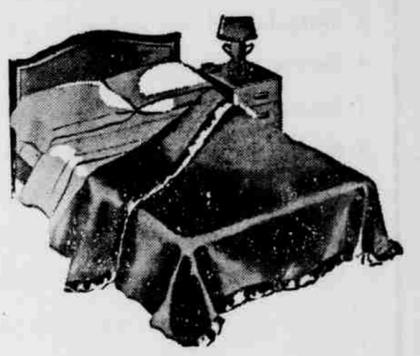
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Biff, DDT Spray Quarts..... 31c
Shady Oak Mushroom Gravy..... 29c
O-So-Good Pears..... 32c
Cornflakes Giant Size..... 14c
Red and White Ripe Olives pints..... 37c
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Riviera Chicken Raviolas..... 16c
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