

# ENYART MAKES AMERICAN TEAM

Local Amateur Trap-Shooter Chosen Member of American Team to Attend Olympic Games.

J. E. Enyart has been chosen as a member of the American team of amateur trapshooters, to attend the Olympic games in May. Mr. Enyart was so notified on Wednesday. There seems to be some doubt as to the arrangements for this year's athletic meet, owing to serious governmental troubles they are having of late in Asia Minor, and it may be that the games are postponed. They were scheduled for Athens, Greece. Mr. Enyart states that he intends to make the trip with the party if nothing comes up to require his presence here. If he goes he intends to spread the gospel according to the Rogue River valley all along the way.

## SEATTLE TO BATTLE OVER A WIDE-OPEN TOWN

SEATTLE, Wash., Feb. 17.—It is agreed here today that the coming municipal campaign will be a battle between the liberals and strict enforcement factions, following the speech of Judge William Hickman Moore, Democratic candidate for mayor, last night. "If I am elected I will enforce the law if I have to wipe out the underworld," said Judge Moore. "Your homes and your children are dearer to me than any office in the gift of the people, dearer to me than all the public service corporations and the under-world combined," he added. It was Moore's opening speech of his campaign. "I propose to see that the charges of corruption and incompetency in city offices are thoroughly investigated," he continued. "If the charges are true, the waste baskets will be no numerous that it will take all the garbage wagons a whole day to haul them away from the city hall. When Moore says he will do a thing he will do it."

## \$1,000,000 FOR STATE AID REACHES WASHINGTON

SPOKANE, Wash., Feb. 17.—Henry L. Rowley, state highway commissioner, is authority for the statement that \$1,000,000 will be expended upon 50 state-aid roads in Washington this year. The first work will be in Eastern Washington in the vicinity of Spokane to demonstrate to the farmers and ranchers the value of better country highways. The Spokane County Good Roads association, headed by Frederick H. Mason, is co-operating in every way with the state officers, also arranging for the building of nearly 100 miles of roads without assistance from the state. One of the association's plans is to build a paved highway 60 feet in width between Spokane and Coeur d'Alene, Idaho, 34 miles, both sides being lined with apple and other fruit trees and fountains a mile apart. J. A. Perry, secretary of the association, announces that this work will begin in a short time and rushed to completion.

At the Christian Church, Phoenix. Attendance since the revival quite gratifying; Bible training class has resumed its sessions and the interest is excellent. The subject for next Sunday morning will be "The Lost Christ Discovered"; evening at 7:30, "Crossing the Red Sea"; Sunday school at 10 a. m., Endeavor at 7 p. m. Homelike church. Stereoscopic pictures. Everybody welcome. T. F. Rawlins, pastor.

## EDEN PRECINCT ITEMS

A. S. Furry left Phoenix Sunday morning for Brownsville, Or., where he expects to buy some cattle.

Mr. and Mrs. Lloyd Colver were Medford visitors last Monday buying housefurnishings.

N. W. Brophy of Talent was a Medford visitor last Monday.

Miss Jennie Fern of Fern Valley, was attending church at Phoenix last Sunday.

George Roberts of North Talent was attending church at Talent last Sunday.

Mrs. E. Gibbs was attending church at Phoenix Sunday morning.

Invitations were being issued for a valentine party at the pleasant home of Miss Pearl and her brother, Earl Hoyer.

Mrs. Sarah Weeks of Medford is visiting among old friends in Phoenix this week.

The infant child of Mr. and Mrs. Earnest Reams has been dangerously ill for the past few days.

Douglas Stedman of Phoenix was a Talent visitor last Tuesday.

Mrs. E. Gibbs was calling at the

pleasant home of Mr. and Mrs. Jas. Allen last Tuesday.

Mrs. C. Carey received a letter from Mrs. M. L. Pellett of Los Angeles a few days ago, in which Mrs. Pellett says Medford is surely getting to be quite a city—the Mail Tribune is as large as the Los Angeles daily.

Mr. and Mrs. Pellett were formerly owners of the famous Artesian Wells orchard at Talent.

Dr. Malmgren of Phoenix is having an office fitted up separate from his dwelling. George McClain is doing the painting and papering. The doctor's wife is expected home soon.

Johnny Wright of Phoenix has moved off his little place and rented a farm above Ashland. John is an industrious fellow and was not doing well enough to suit him in his home town.

C. Carey was in at the McClain & Henry tannery Tuesday and he said he found them very busy. This is the first of North Talent's enterprises and they have a large patronage.

## SUBJECT NO. 5 WILL TREAT OF SUBSTITUTES FOR MEAT.

# Home Course In Domestic Science

## VI.—Cuts of Meat and How to Cook Them.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

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**M**eat is one of the chief tissue building foods. It is also one of the foods most commonly found on the average table. No matter how high the price scale, it is demanded at least once a day by the principal dish in the bill of fare of the average American family. Until recent years it was considered almost essential to life and was the last food to be sacrificed if a change in the diet was recommended for reasons of health. At the present time people are gradually finding out that meat is not a necessity in any bill of fare. They are learning there are other foods which contain quite as much of the tissue building properties, and cheese, beans, eggs and nuts are substituted for the meat dish. Still, beef, lamb, pork, fish, poultry and game continue to be favorite foods in many homes, and one or more of the number is prepared for the table every day. Universally used as it is, meat of all kinds is the food most often spoiled in the cooking, or, to make the statement a little more specific, it is the food material in which the scientific principles of cooking should be and are not most carefully observed.

### Composition of Meat.

Meat is composed of bundles of muscle fibers bound together by a slimy substance called connective tissue. There are also in all kinds of meat more or less fat, water and mineral matter, besides the bone, sinew, blood and skin. Albumen, a substance similar to the white of egg, is found in the blood and muscle, and this is the principal protein of meat. The extractive, or the flavor of meat, is also one of its valuable properties. It is the extractives which give some kinds of meat, beef especially, a stimulating value, and they also aid in the digestion of the muscle fibers. The amount of tissue building material, or protein, averages from 10 to 20 per cent in different kinds of meat, and the fat varies considerably, from 6 to 60 per cent, according to the animal and the cut. Uncooked meat contains a large amount of water, usually more than 50 per cent.

### Meat is cooked to make it more palatable, to develop its flavor and to kill any germs which it may contain. Unless very carefully done cooking meat makes it less easy of digestion. Raw

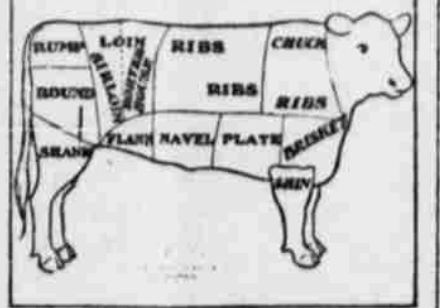


CHART SHOWING DIVISIONS OF BEEF.

beef finely chopped will leave the stomach in from two and one-half to three hours, while meat cooked after the common method will require from two to three hours longer. When meat is properly cooked the muscle fibers will be softened and the connective tissue and albumen will be only slightly hardened. Boiling meat toughens the muscle fibers and hardens the albumen. In this, then, lies the secret of the proper cooking of any kind of meat. It should always be accomplished with a moderate temperature, below boiling point for stews, fricasees, pot roast, etc.

One fact should ever be kept in mind when buying meat and preparing it for the table. This is that it is not necessarily the most expensive cuts of meats which are either the best flavored or most nutritious. It is a mistake, common to both experienced and inexperienced cooks, to suppose that when a really delicious piece of meat is desired it must be cut from the porterhouse or sirloin. To be sure, in many minds, there is no meat quite so appetizing as a porterhouse steak, but even that expensive and naturally toothsome cut can be absolutely spoiled in the cooking. Equally true is it that a piece cut from the shoulder or the flank can be prepared and cooked in such a way that it will be a dish for the gods and will be relished by even the epicure who usually casts his vote in favor of "T" bone and tenderloin steaks.

### Different Cuts of Meat.

A practical knowledge of the usual method of cutting beef, also of the length and structure of the muscle fibers, is almost necessary in order to insure getting the best pieces of meat and to determine how they should be cooked. By the best pieces one generally means those pieces having the least bone and the tenderest, juiciest meat. The woman who seldom if ever visits the meat market, who invariably gives her meat orders by telephone, is not as likely to get a choice roast or a particularly good steak as is the woman who, knowing where these cuts are located, goes to the market and

makes her own selection. It is not an easy matter to tell poor meat to the woman who knows almost as well as the butcher himself the difference in the amount of bone in various cuts of meat. It is a simple matter to become familiar with the character of the different kinds of meat and their location in the carcass, and it is a subject which every woman should understand.

The highest priced and tenderest pieces of beef are cut from the hind quarter. Custom is so strong in its preference that beef animals are bred with a view to having as much meat and as small bones in the loin as possible. The largest amount of nutrient is obtained from some of the fore quarter pieces. In dividing the side of beef into fore and hind quarters the division is generally made leaving one rib on the hind quarter. The sirloin and rump roast, loin, porterhouse and round steaks, the flank or skirt piece and the shank are in the hind quarter. The rib roasts, chuck, short ribs, clod or forearm, plate pieces, including the navel, the neck and shin, are located in the fore quarter. Most of these pieces can be cut into smaller portions, and the quantity of bone which these several parts contain generally determines which is the best to buy. Of course animals must have to be raised and the butcher must see to it that some one buys the bone if he expects to make a good profit. But we are always willing to leave the inferior parts—the big bones—to the customer who does not know any better.

In selecting a rib roast always ask for at least the first three ribs from the whole fore quarter. The first five ribs make a satisfactory roast for a large family, cutting nearer the shoulder, the muscle fibers are coarser and the meat not as suitable for roasting. The rib roast may have the bones left in it and be cooked as a standing roast, or the ribs may be cut out and the meat rolled, with center filled with a bit of suet. The first method probably has a little better flavor; the second or rolled roast is more easily carved.

The first chuck piece generally sells for a few cents less per pound than the ribs and makes a very good roast if it is carefully prepared and cooked rather slowly. The second and remaining chuck pieces are better for pot than oven roasting. The clod piece contains joint and bone of the forearm. It is often cut into three parts. The second or middle piece, containing the smaller amount of bone, is preferable.

The rump piece, with hip joint removed and the cavity filled with suet, makes an excellent roasting piece. It is very lean, the muscles closely knit, and unless the bone is taken out and some extra fat added the meat is likely to be dry.

The tenderloin is a solid piece of lean meat, juicy and of fine grain and flavor. It is located in the loin, just under the backbone, and is thickest in the center of the loin. Because it has no waste and is unusually tender it is sometimes sold in a separate piece and prepared as a fillet of beef or broiled for steak. But such tenderloin is seldom if ever taken from first quality beef, because when it has been removed the value of the remaining steaks is considerably lessened. Therefore the choicest steak is usually the fourth or fifth porterhouse, containing a good portion of the tenderloin. Select a sirloin steak that has been cut as far into the loin as possible. This gives a good sized piece of tenderloin as well as a large middle piece with short muscles.

### Methods of Cooking Meat.

Eight methods are generally employed in cooking meats. These are broiling, roasting, stewing, boiling, frying, sauteing, fricasseeing, a combination of sauteing and stewing, and braising, a combination of frying and baking. The various methods represent cooking in moist heat on top of the range and cooking in dry heat in the oven or broiler. The principle underlying all the methods is the same. It is to begin the cooking of the meat at a high temperature in order to sear over the cut muscle ends to keep the juices in the meat and then to cook at a lower temperature that the muscle fibers and connective tissue may be hardened as little as possible.

For a roast of beef choose either the first three ribs, a cut from the sirloin or the rump piece. After preparing the roast for the oven wipe it with a cloth wet with cold water. Do not put the meat in a dish of water to wash it. Put the meat into a dripping pan or, better, a self basting roaster, sprinkle it with a little pepper and dredge lightly with flour if desired. But do not put water in the pan nor sprinkle the meat with salt, because both extract the flavor of the meat, and the salt draws out the juice. The oven should be very hot, about 350 degrees, hot enough to sear the meat on all sides in ten or fifteen minutes. If desired the searing may be done on top of the stove directly over the fire. After the meat is well seared the temperature should be lowered and the meat allowed to cook more slowly until it is done, about fifteen minutes for each pound. If a dripping pan is used the meat will require basting several times during the first hour. For this sear some butter or some good, fresh "drippings" in hot water, remove the pan from the oven and baste thoroughly. Do not pour water over the meat nor baste with clear fat. After two or three times there will be enough fat in the pan for subsequent basting. Salt may be added during the last half hour of roasting or after the meat has been well seared. To be quite satisfactory a roast should weigh at least five pounds. Less than that the piece will be so small that by the time it has been seared on all sides there will be very little center portion.

## PLAGUE RAT FOUND IN SEATTLE BUILDING

Authorities Take Steps to Prevent Any Spread of Disease—First Plague Rat in Year.

SEATTLE, Wash., Feb. 17.—Final tests on a supposed bubonic plague infected rat are being completed at the government plague laboratory on Lake Union today.

For the first time in a year and a half a plague-infected rat has been found by the department of health and sanitation. So positive are the authorities that the rodent died of the plague that without awaiting the final report they have ordered extensive changes in the wooden buildings on Pike street between Third and Fourth, where the rat was found. These places will direct a team to haul them away from the city hall. The last plague rat discovered in Seattle was September 26, 1908.

## HARRIMAN LINES TO RUN TRAIN SEATTLE-CHICAGO

SEATTLE, Wash., Feb. 17.—The local offices of the Oregon & Washington railroad today confirmed the report that the Harriman system will run its first through train from Seattle to Chicago within the next few weeks.

The routing of the new service will be as follows: Seattle to Portland over the Oregon & Washington, Portland to Pendleton over the O. R. & N., Pendleton to Ogden over the Oregon Short Line, Ogden to Omaha over the Union Pacific, and Omaha to Chicago over the Chicago & Northwestern.

The road promises the finest train on the system, not barring the Shasta limited.

## STOMACH TROUBLE AND TUMOR CURED.

After suffering with stomach trouble for eight years and having tried three other physicians that failed to give me any relief, I was recommended to consult Dr. Hing, Chinese physician, at No. 725 J street, Sacramento. After treating with him, I am completely cured, and I can cheerfully recommend him, as I know of several other cases that he has cured. Among them is Mrs. E. Fraley, whom he cured of liver tumor without a knife.—M. J. Stahl, No. 1801 C street, S. P. Shops, No. 9.

Singe, and Wheeler & Wilson sewing machines for sale and rent. Supplies and repairs for all kinds. Address 244 S. Grape.

## WANT MONEY LOANED COUNTRY'S FARMERS

Movement Launched to Have Amendment to Postal Savings Bank Law.

SPOKANE, Wash., Feb. 17.—"Since we cannot raise cheap food on dear money, we have launched a campaign to force an amendment to the postal savings bank bill so that money may be loaned direct to farmers on land security at 3 per cent. The plan of lending it to banks at 2 1/2 per cent means 10 per cent money for farmers."

L. C. Crow, chairman of the executive committee of the Farmers' Industrial & Co-operative union, which has more than 20,000 members in the Spokane country, gave out the foregoing in an interview after dispatching telegrams to the northwestern delegation in congress urging an amendment to the measure. He added:

"Our demand is merely that the farmers and producers be given a square deal by the government. This will afford them the opportunity of making their farms attractive and profitable. One of the chief things necessary to make the farm a source of profit is cheap money for the use of the farmer. No man can run a farm at a profit and pay 10 per cent for money. Prevailing rates of interest paid by the farmer would bankrupt any other class of business and these will eventually bankrupt the farmer, even in this wonderful country of almost unlimited undeveloped resources.

"One of the principal reforms we hope to bring about by the use of cheaper money is to solve the tenant problem. Tenant farming means thriftless methods, soil exhaustion and the waste of natural and human energy and resources. The farm must be made sufficiently attractive that its owner will remain on it and farm it for himself. Ownership farming means permanent industry, increasing fertility and thrift and general prosperity."

## SAYS PLAY IS CERTAINLY NO MISNOMER HERE

"I see why Charles D. Hazelrigg booked 'The Great Divide,'" stated Howard S. Dudley today. "It was owing to his sense of the eternal fitness of things. 'The Great Divide'—'tis certainly true. Just watch a land sale pulled off and see how every one comes round for his little bit. 'Tis the great divide, sure enough."

C. C. Hansen. Tom Moffat. We make any kind and style of windows and every glass of any size on hand. Medford Sash & Door Co.

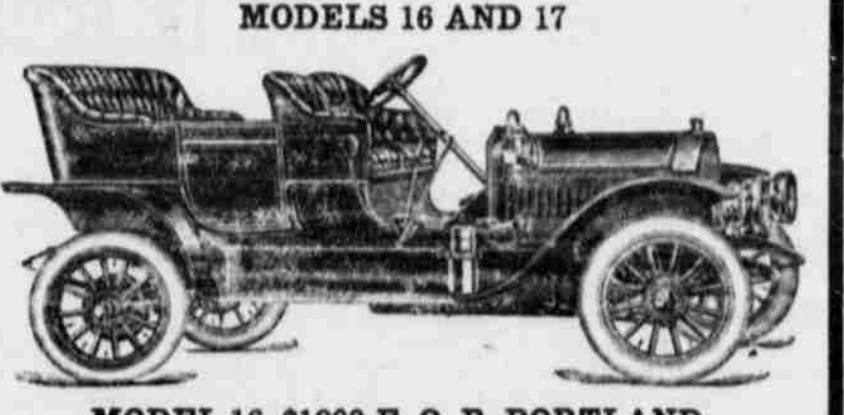


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Another pleasure that comes to the home lighted by electricity is the use of an Electric chafing dish. As a means of amusement, the chafing dish has more delights stored away for its possessor than almost any other article in the home. Moreover, it is useful. A dainty luncheon or after the theatre party, in fact most of the informal affairs at home are enhanced by its use. It can be attached to any electric light socket.

ROGUE RIVER ELECTRIC CO.

# BOOM IN BUICKS

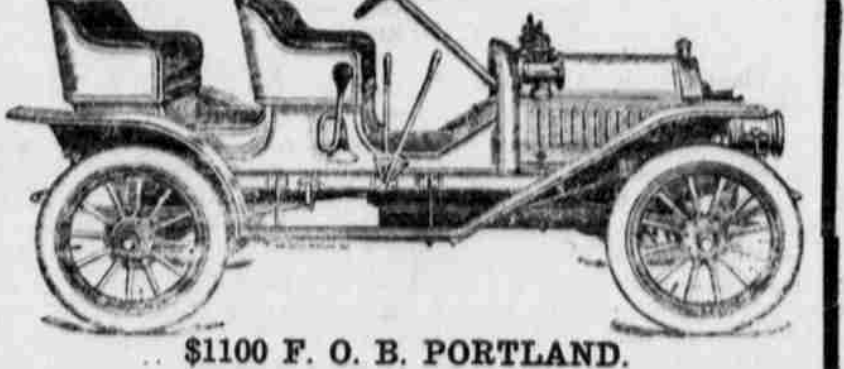
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Everybody wants one—the best cars in the valley for the money. See the various sizes now on exhibit at Hodson's Garage.



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MODEL 16, \$1900 F. O. B. PORTLAND.  
This car may have equals for power, performance and speed, but if so they will cost at least \$1000 more than the Buick.

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The trimmest, staunchest small Touring Car on market.

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Tou Velle, Manager  
Hodson's Garage, Medford

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