

# Cheaper Cuts of Meat Give Satisfaction When Used by Skillful Cook

By Bureau of Home Economics, U. S. Department of Agriculture.

It is comforting to know, especially nowadays, that the cheaper cuts of meat are just as nutritious as the more expensive ones. The trick is to make them taste as good, but that need not stump the skillful cook, says the bureau of home economics of the U. S. department of agriculture.

To succeed the cook must know the cuts, and how to cook them. Beef and pork are probably the best meat bargains just at present. Prices run as low as 7 and 8 cents a pound in some localities, for very good meat indeed. Even sirloin and porterhouse steaks, and prime ribs of beef, the most expensive cuts, are down to figures unheard of in normal times.

The less tender and cheaper beef steaks are chuck, shoulder, flank, round, and rump. Chuck ribs, cross-arm, clod, round and rump are the less tender and cheaper roasts. The cheapest beef—steak—is neck, plate and brisket, flank, shank and heel of round. And then there is soup bone—very little meat, but plenty of flavor.

To cook these cuts to the best advantage, says the bureau of home economics, remember that heat, moisture, and long slow cooking are needed to make tough meat tender. The cheaper cuts make good pot roasts, Swiss steak, or stew, to mention top-of-the-stove methods, which require less fuel than oven-cooking. For oven dinners, stuffed flank steak, baked in the oven, or any of the cheaper cuts in a casserole with vegetables and other good ways to use these low-priced meats. And left-over pot roast makes good hot roast beef sandwiches, or brown hash.

In other words, for the less tender cuts of beef, follow these cooking principles: Sear the meat in a small quantity of fat until it is browned—this is to develop flavor; after browning reduce the heat, add a judicious amount of water, cover lightly, and cook slowly until the meat is tender enough to be cut with a fork. It will give up a good deal of juice during the cooking, but that makes good gravy, to be served as a part of the dish. Or cook the meat with tomatoes instead of water, and give it a different flavor. With tomatoes, onion, and green pepper, it is called Spanish steak.

Another good way with less tender meat is to grind it. Then it can be cooked in the same way as a tender steak or roast that is broiled or pan-broiled, or baked. Ground beef broiled on toast, hamburger steak, and beef loaf are some of the best ways of using ground beef.

Among the good pork bargains is sausage. It can be bought in bulk, the quantity to serve any sized family. It has no waste, since any fat that cooks out can be used in gravy. It is easy to cook, and delicious with fried apples, or with griddle cakes. A fresh picnic shoulder, boned and stuffed, or a platter of stuffed spare-ribs is also cheap and very satisfying. Stuffed shoulder, which on the second day can be served cold and sliced, is one of the best of pork roasts.

The cooking of pork is simple, says the bureau. All the cuts are tender. They must, however, be cooked thoroughly—to the center of the piece—and some precaution is necessary to keep the outside from becoming hard and dry. Sear the surface, and then cook with moderate heat, but do not add water. Ham, shoulder, and loin have enough fat on the outside to baste the lean meat if roasted fat-side-up in an open pan. To prevent pork chops from becoming hard and dry, cover them closely after browning, and finish the cooking with very moderate heat.

**LOW COST MENU FOR ONE DAY**  
Breakfast:  
Hot Whole Grain Wheat Top Milk  
Toast and Butter  
Coffee (adults) Milk (children)  
Dinner:  
Pot Roast of Beef with Vegetables  
Bread and Butter  
Coffee and Doughnuts  
Milk (children)  
Supper:  
Cream of Peanut Butter Soup  
Cabbage and Pineapple Salad  
Buttered Toast  
Milk for all.

**RECIPES.**  
**Pot Roast of Beef with Vegetables**  
Select a piece of beef chuck, rump, or round weighing 3 to 4 pounds. Season with salt and pepper. Brown the meat in beef fat, add a small quantity of water, cover the kettle closely with a lid, and cook slowly until the meat is tender when pierced with a fork. This will take about 3 hours. Add onions, carrots, or potatoes during the last hour of the cooking. To make gravy, first skim the fat from the liquid in the pot. For thickening, allow to each cup of liquid 2 tablespoons of the fat and 1½ tablespoons flour. Mix the fat and flour thoroughly, add to the meat broth, and stir over the fire until smooth. Season to taste.

**Scrapie.**  
Select 3 pounds of bony pieces of pork. Simmer in 3 quarts of water

**SAVE**  
your health and teeth. At these prices you can afford to have your dental work done now.  
Extractions as low as \$ .50  
Silver Fillings as low as 1.00  
Cement Fillings as low as 1.00  
Porcelain Fillings as low as 1.00  
Gold Crowns as low as 5.00  
Plates as low as 15.00

**DR. R. D. COE**  
604 Medford Center Bldg.  
Phone 340

until the meat drops from the bone. Strain off the broth, remove the bones, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly stir in 2 cups of corn meal or 3 cups of cracked wheat, cook for about 30 minutes and stir frequently. Add the chopped meat, salt, and any other seasoning, such as a little sage or thyme. Pour the hot scrapie into bread pans which have been rinsed with cold water. Let stand until cold and firm, slice, and brown slowly in a hot skillet. If the scrapie is rich with fat, no more fat is needed for frying.

**Sausage and Fried Apples.**  
Fry sausage until brown and crisp, drain on absorbent paper, and keep hot. Leave about 4 tablespoons of the sausage fat in the skillet. Meanwhile slice or quarter apples, leaving the skins on. Fill the skillet with the apples, sprinkle on 3 or 4 tablespoons of sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will hold their shape, and let them brown and continue to cook slowly until they become almost transparent. Serve the fried apples on a hot platter with the sausage.

## 65TH AND 69TH VETS TO 'REUNE'

Saturday night, tomorrow, former members of the 65th and 69th, now residing in Eugene, will be hosts to as many former members of the outfits as can be present, according to invitation received here.

Anyone in Medford interested in making the trip is asked to get in touch with Walter Olmscheid, adjutant of the Medford American Legion. The invitation comes from the 65th C. A. C. association, "Furthest to Fight," with headquarters in Portland. Quite a party is planned, it promises, and a large attendance is anticipated.

**Lays Cornerstone.**  
WASHINGTON, Feb. 24. — (AP) — Placing the cornerstone of the new department of justice building, President Hoover Thursday spoke his belief that "democracy can hope to endure only to the degree that it can find the means of enforcement of its own laws."

**Oregon Weather.**  
Increasing cloudiness followed by rain west portion and snow and rain east portion late tonight or Saturday; no change in temperature; southerly winds, becoming of gale force offshore.

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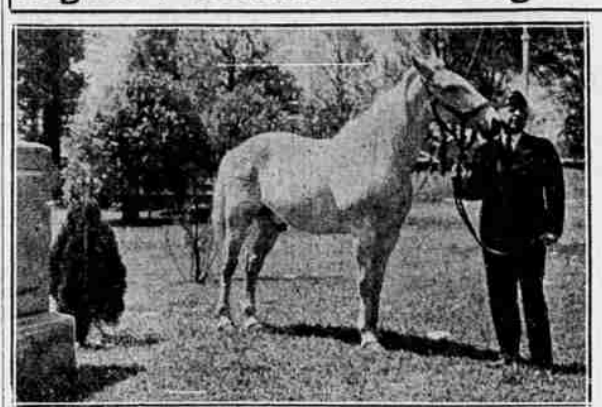
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## Aged Veteran Joins Legion



This is a story about "Old Jim," one of the most faithful veterans who has ever served the Stars and Stripes. He was dismissed from the service because of age, without provision for the future, but the American Legion took notice of him and has now made the grizzled old veteran an object of interest wherever he may go.

point through the years, and to soften prejudices in regard to leaders in today's politics.

**ATTACK ON NORTON GLARING EXAMPLE OF RECALL ABUSE**  
(Continued from Page One)

There is now complaint among the more sensitive souls in both houses and senate that the noise down in Jackson county is too loud to allow them to think. They have requested members of the press to "shush" the racket, at least until the present session is over.

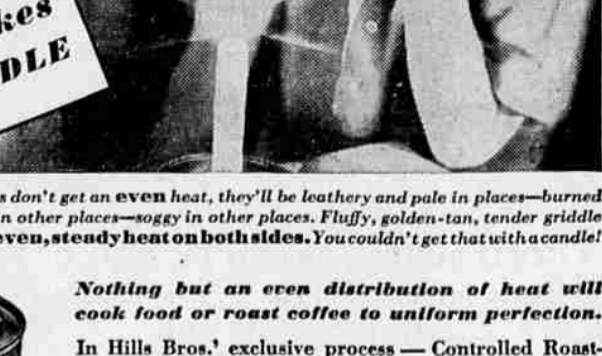
**WEED-DORRIS ROAD CONTRACT AWARDED**  
SACRAMENTO, Cal., Feb. 24.—(AP) J. P. Shepard of Stockton, Cal., bidding \$85,909, was announced by the department of public works Thursday as low bidder for grading and surfacing 3.9 miles on the Weed-Dorris-Klamath Falls lateral, between Dorris and the Oregon state line.

Broken windows were glazed by Trowbridge Cabinet Works.

**ANOTHER FARM AID BILL IS ADVOCATED**  
WASHINGTON, Feb. 24.—(AP)—Another farm relief bill—this one to consolidate all federal farm and home loaning activities into a \$100,000,000 government "Farm and Home Credit Corporation"—was introduced by Senator Dill (D., Wash.), who said he would press for consideration in the extra session.

**EXTRA SPECIAL SALE! MEN'S FINE SHIRTS Saturday Only 50c 2 for 95c**

Ward's "Superfine" Brand



They're Ward's famous superfine shirts... and if we do say so ourselves, they offer a "whole of a lot of shirt" for the money. Ward's had more than 250,000 of them made at one clip—but we took no undue risks in ordering that many because at 50c these fine shirts won't stay in our stocks very long. Notice how exacting we were in our specifications—then come and see them for yourself. You'll want to stock up with at least half a dozen.

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117 S. Central Phone 286 Medford, Oregon

## Delightful Trips Await Popularity Prize Winners Free From All Expense

Here are the brief highlights of the two delightful vacation trips which will be the goal of Medford misses who are entered in the Merchants-Tribune popularity contest. Although winners will not describe these marvelous trips, here is a description that will give a modest idea of the two cruises.

The winner of first prize and the coveted title of "Miss Medford" will go from Medford to Seattle, where she will stop at the Olympic hotel. From that northwest metropolis she will board a fine ocean liner for a splendid six-day voyage to Uncle Sam's lovely island territory, Hawaii. Long years ago, on the spot where once Hawaiian kings held court in a grove of cocoa palms, bordering Waikiki beach, stands the Royal Hawaiian hotel, and farther along the beach is the Moana hotel, with its famous banyan courtyard.

Every minute of every hour of every day is filled to capacity, and still one wonders and exclaims!

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## KMED Broadcast Schedule

- Saturday.  
8:00—Breakfast News, Mail Tribune.  
8:05—Musical Clock.  
8:15—A Peerless Parade.  
8:30—Shopping Guide.  
9:00—Friendship Circle.  
9:30—Today.  
9:45—Shoppers' Tour.  
10:00—U. S. Weather Forecast.  
10:00—Schubert's Love Songs.  
10:30—Morning Comments.  
10:45—Martini Music.  
11:00—Neapolitan Nights.  
11:15—Morning Melody.  
11:30—Song and Comedy.  
12:00—Mid-day Review.  
12:15—Popularity.  
12:30—News Flashes by Mail Tribune.  
1:00—Patriotic Program.  
1:15—Varieties.  
1:30—Oregon Ramblers.  
2:00—Dance Matinee.  
3:00—Songs for Everyday.  
3:30—KMED Program Review.  
3:35—Chandu Review.  
4:30—Across the Seas to Hawaii.  
5:00—Popular Parade.  
5:45—News Digest, Mail Tribune.  
6:00—Medford Theater Guide.  
6:05—Andy Slough, Entertainer.  
6:20—Dinner Dance Music.  
7:00—Harwood Boys.  
7:15—Eventide.  
7:45 to 8:30—Your Favorite Dance Bands.

PORTLAND, Feb. 24.—(AP)—Funeral services were held here today for Branston J. Miles, 83, the first superintendent of the Oregon reform school for boys. He died at his home here Tuesday.

## CHAIRMAN STONE OF FARM BOARD QUILTS

WASHINGTON, Feb. 23.—(AP)—James C. Stone, chairman of the farm board, today submitted his resignation to President Hoover and received from him an acceptance.

**Save in Using... Save in Buying... KC BAKING POWDER**  
**SAME PRICE today AS 42 YEARS AGO**  
**25 ounces for 25¢**  
**Double Tested! Double Action!**  
MILLIONS OF POUNDS USED BY OUR GOVERNMENT

## MEN! Save on WORK CLOTHING AT WARD'S . . . .

**Ward's PIONEER OVERALLS 74c**

**Ward's "PIONEER" 1-PIECE SUIT \$1.98**

**Ward's "Homesteader" Work Shirts 39c**

**Stone King Triple-Wear Work Shoes \$2.39**

**MEN'S Work Shoes \$1.98**

**CANVAS Work Gloves 10c**

**MEN'S Work Pants 98c**

**MEN'S Work Shoes \$1.98**

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Nothing but an even distribution of heat will cook food or roast coffee to uniform perfection. In Hills Bros.' exclusive process—Controlled Roasting—even distribution of heat is assured. As the blend flows evenly, continuously through the roasters—a little at a time—a constant degree of heat roasts every berry alike. There is no variation. Each pound has the same matchless, uniform flavor. Such uniformity in flavor cannot be achieved in coffee roasted in bulk—the ordinary way. It is impossible to roast each batch alike, and as a result there is variation in flavor. If you would like proof of the popularity of Hills Bros. Coffee, consider this—it outsells all other brands between the Pacific Coast and Chicago! Try Hills Bros. Coffee. Order some today, by name, and look for the Arab trade-mark on the can. **GROUND RIGHT TO TASTE RIGHT** Hills Bros. Coffee is correctly ground for best results by drip process or any other method. Copyright 1933 Hills Bros.