



Domestic Science Department

Conducted by

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Society Flour Co.THE PLACE OF MEAT IN THE DAILY MENU—
HINTS ON MARKETING

Nearly every American family eats meat at least once a day, if the income will permit. The question for the housewife to solve is just how much meat her family requires and how to provide this amount at the least possible cost and secure variety and quality.

Meat is perhaps the most important article of food in our diet, for it supplies the tissue and the muscle-building material called protein; the fat furnishes energy and heat to the body, and also supplies small quantities of minerals very necessary for growth and development.

Meat Required for
Hard Manual Labor

It can be readily understood why meat is almost essential in the diet of those who do hard manual labor and of those who work out of doors. Very young children and elderly persons are healthier when allowed little, if any, meat, and at all times meat should be eaten in moderation by the majority, although the amount will vary according to conditions and occupations of individuals.

Meat is almost completely digested by a normal person, and the meat-eating nations greatly surpass in vigor those that live mainly on fruit and grains. However, the average American family is in danger of eating too much meat, rather than too little. To serve it three times a day is hardly necessary for anyone except those working very actively.

Only a certain amount can be made use of in the body, no matter how much is eaten, and the system is overtaxed in getting rid of the surplus. So the housewife should take care that the amount of meat provided is not out of proportion to other foods.

Too Much Stimulating
Food Causes Dyspepsia

Too free a use of concentrated, stimulating food, causes dyspepsia among the adult members of the family, and will make the children cross and irritable.

Judgment is needed to decide just what true economy is in the purchase of meat. One may keep down the expense of food supplies and still provide the family with satisfactory meals. To accomplish this result takes thought and careful marketing.

For example, you wish to buy a ham for boiling. A choice ham will prove the most economical for this purpose, as every piece will be tender and mostly lean meat all of which can be relished and used, while the cheaper, inferior ham will never cook perfectly tender and there will probably be waste in tough, stringy, over salty pieces for which you can find no use.

Waste and Quality
Play Important Part

In this case the more expensive article is, in the long run, the cheaper. So waste and quality both play an important part as the cost in deciding which cut of meat is the most economical.

Tender roasts of beef or lamb, steaks or chops are valued for their flavor and by the ease with which they are cooked. Even if poorly prepared a pleasing flavor is developed

which makes these cuts of meat among the most popular.

The cheaper cuts of meat can be made tender only by careful cooking over very moderate heat, and the flavor is improved by adding vegetables or well-seasoned gravies or sauces. These cheaper cuts of meat take both time and skill in cooking.

Vegetables should never be subjected to long cooking and should be added to the meat only for the time necessary to cook them, which will depend upon the kind and size of vegetables.

Long Cooking Gives

Vegetables Rank Taste

Meat and vegetables can never be put together and left to cook indefinitely and expect the finished product to be satisfactory in flavor. Long cooking develops a rank, unpleasant taste to most vegetables, particularly those used for seasoning meats.

The best and most expensive cuts of meat are selected for roasting, broiling or pan broiling. The cheaper or coarser portions are made into stews, soups, pot roast, braised or boiled.

In beef the rib roast is the finest cut; the sirloin tip, a good cut for a small family. In mutton the leg or shoulder is usually roasted and for special occasions a crown roast, which is formed from the rib chop and which looks very attractive when cooked. In veal the loin, shoulder or breast all make desirable roasting pieces.

Flour Forms Crust
That Retains Juices

Do not salt the meat when preparing for the oven, as the salt will draw out the juices and make the meat tasteless. Dredge slightly with flour, because the flour browning with the fat will form a crust which aids in keeping in the juices and also adds a rich brown color to the gravy.

Add no water to the pan, as water causes the meat to steam and will make the roast tough and watery, instead of brown and crisp.

Tough meat, which needs long cooking, may have water added, but then it should be covered. This would not be a pan roast. Meat lacking in fat should have salt pork or other fat added, so it will brown well.

Roast Should Be
Started in Hot Oven

Roast meat should be placed in a hot oven to sear the outer surface as soon as possible, thus preventing the rich juices from escaping.

When the surface of the meat is brown, the heat of the oven should be reduced and the cooking continued more slowly.

A medium-sized roast should be basted at least four times during the cooking, and at the last basting the salt and pepper may be added.

Beef and mutton are roasted 15 minutes to the pound, veal and lamb 20 minutes with an additional 15 minutes.

Cheaper Cuts of Meat

High in Food Value

Pork must cook from 20 to 25 minutes to the pound, with an additional 15 minutes. This extra 15 minutes may be applied to all roasts and is allowed for the length of time

SEVENTH ANNUAL

SEVENTH ANNUAL

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Western Nights

April 15, 16 and 17, 1920

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ELKS' TEMPLE

APRIL 15-16-17

KLAMATH FALLS, OREGON

ENLISTED AT 70

GREAT FALLS, Mont., Apr. 9.—Alex Yule claims to have been the oldest soldier in the great war. He enlisted in the Canadian army at the age of 70, he declares, and served three years in Scotland and France as a non-commissioned officer. He says he will be 76 years of age next December, but is said not to look more than 60. When enlisting, Yule declares, he gave his age as 42 and the Canadian recruiter passed him without comment.

Yule enlisted at Prince Rupert, B. C., and went overseas with a Canadian forestry division. He spent his service period sawing wood with a forestry battalion.

Baby carriages which are propelled by electricity are now to be had.

Like many other things which are supposed to be the gift of progress, fish-hatching is an art of great antiquity in China, the most stationery country in the world.

ELK LOSS SLIGHT

LIVINGSTON, Mont., Apr. 9.—Loss of elk outside of and in the region of Yellowstone park, according to reports from forest service officials, has been slight. The animals have wintered well, they say,

and since the slaughter of last fall, during the open season, hunters have not molested them.

Japan is becoming a large manufacturer of toilet soaps, in spite of the fact that it is necessary for her to import most of the raw materials used in the industry.

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KLAMATH FALLS OREGON

it takes to heat the meat through, so that the time allowed for each pound is really after the meat is heated through.

The cheaper cuts of meat are just as high in food value as the more tender ones, thus offering the housewife the necessary variety.

Shoulder of Pork

Have bones removed from the shoulder of a young pig. Make a dressing by mixing two cups of soft bread crumbs, seasoned with one-half teaspoon each of salt, pepper, sage and a little chopped celery; moisten with one-third cup of melted butter and fill the space where the bone was removed. Take a few stitches with a larding needle to hold the dressing in place; dredge the meat with flour and place in a moderate oven; baste frequently. Peel an apple for each service. For six apples make a syrup of one cup each of sugar and water; cook the apples in the syrup, turning often and taking care not to break. When tender, remove to a pan, sprinkle with sugar and brown in the oven. Use as a garnish for the pork.

Stuffed Steak

Take a flank of round steak, prepare a pressing as for the shoulder of pork; using two tablespoons of onion juice in place of the celery; spread on the steak, then roll up like a jelly-roll and tie or skewer in shape. Oleomargarine may take the place of butter in the dressing. Dredge with flour, place a few strips of bacon or salt pork over the top and place in a moderately hot oven, basting several times. Serve with a brown gravy, to which a few dried mushrooms have been added; or serve with a horseradish sauce.

Roasted Breast
of Lamb

Remove the outer skin from a breast of lamb and score in the direction of the rib bones, in pieces for serving. Rub the surface over with shortening and dredge with flour. Place in a moderately hot oven. Turn so that all the surface will be well browned. Serve with a tomato sauce.

Coffee sold for twenty-nine dollars a pound when first introduced into England about the middle of the 17th century.

A deposit of coal estimated to contain about 40,000,000 tons of good quality fuel has been discovered at La Union in Chili.

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