



Domestic Science Department

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SOME USEFUL HINTS ON HOW TO SELECT AND PREPARE POULTRY AND GAME

THE proper selection of poultry is not an easy task. It requires experience, and usually it is necessary to depend somewhat upon the judgment and honesty of the dealer. In making a selection, see that the flesh is firm and that there is a fair amount of fat underneath the skin. The fat should be a yellow color. An overfat bird is not economical, and owing to the flesh being greasy, it is less digestible and delicate in flavor. When fresh and in good condition, the skin of a turkey should look clear and unwrinkled. When young, all poultry should have a flexible breastbone, smooth, pliable legs and soft feet. If the spurs are large, the legs hard, feet scaly, breastbone rigid and with long hairs, the bird is no longer young.

Question of Age Affects Palatability

The question of age and toughness affects its palatability rather than the nutritive quality. In fact a tough old bird may be steamed or fricasseed and be found very delicious.

Be careful to note that poultry is free from all discoloration and that the eyes are clear. Long, thin, purplish necks also denote age. Chickens and fowl have certain characteristics which make them easily distinguishable. Chickens have soft feet, flexible breastbone, many pinfeathers and a very small quantity of fat; fowls have hard and scaly feet, a rigid breastbone, long hairs and a large amount of fat.

Flexible Breastbone Denotes Tenderness

When a chicken is to be fried or roasted, the question of tenderness is of great importance. The size of a chicken will usually indicate its age. The broiler will be small and more tender than the frying chicken, and the frying chicken smaller and more tender than the one for roasting. The more flexible the breastbone, the more tender the chicken.

Young tame ducks have yellow feet and bills. As they become older these turn darker and become red. The wild duck has small, reddish feet, either young or old. The legs of a young bird will be smooth and the webbing of the feet soft.

The legs of geese should be pliable and yellow and the webbing of the feet soft. The bill also should be pliable, the breast plump and the skin smooth. Geese should always be eaten young.

Instructions Given for Dressing Birds

If the birds have not been dressed

by the market man, it will be necessary to attend to these details. If freshly killed, a turkey should be kept for at least three or four days before cooking, or the flesh will not be white and tender.

When dressing poultry, first of all remove all pinfeathers. This may be easily accomplished with a pair of broad tweezers. Then carefully singe the bird, turning constantly so that it will be thoroughly singed in every part. Remove the head, then the crop attached to the gullet, and the wind-pipe may be drawn out of the neck opening. It is usually not necessary to make a slit in the neck, and this should be avoided, as the bird will make a much better appearance if it is to be roasted. Cut off about two inches of the neck, so that the skin may be folded back.

The neck trimmings should be saved for making stock for gravy or soup. The tendons should be removed from the legs, for these tendons when cooked form a disagreeable substance. To remove, carefully make an inch slit lengthwise through the skin below the knee joint and at one side; on laying open the skin, the tendons, white, shiny cords, will be seen. Slip a skewer or large nail under each one and pull them out. If the bird is old this will be found a little hard to do.

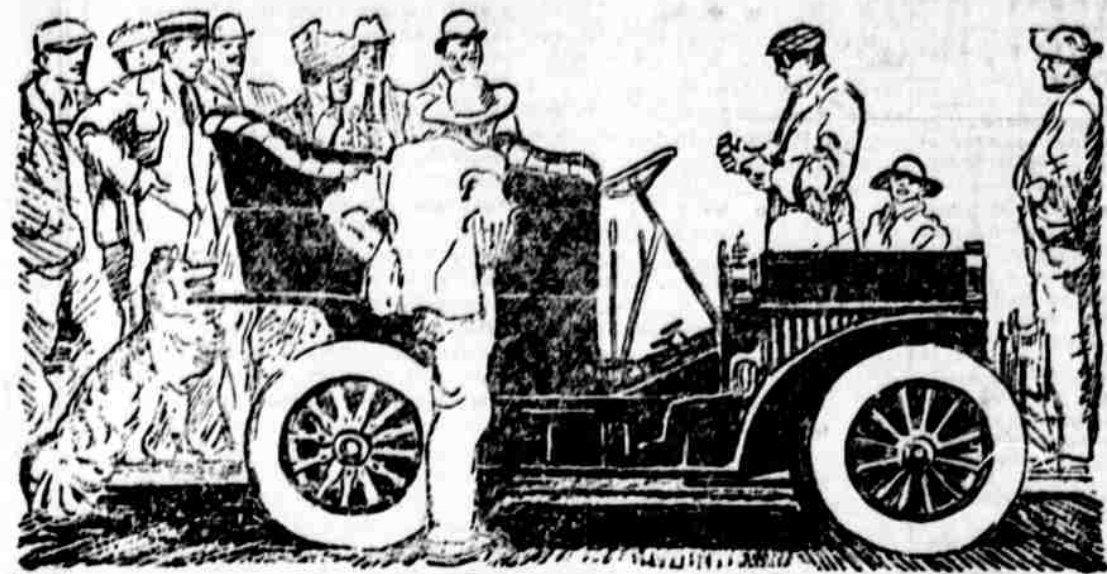
Tradesmen Should Not Cut Off Legs of Birds

Never allow the tradesman to cut off the legs of poultry, for then the tendons can not be removed.

When tendons have been removed, cut off the feet. Make a two-inch incision near the vent, insert two fingers and carefully loosen the entrails. When all are loose, grasp the hardest substance, the gizzard, and pull it out. Everything else will come with it, but be careful not to press anything; then there will be no danger of breaking the gall bladder. Insert the hand and remove the spongy substances which lie under the breast in cavities; the kidneys will be found in similar cavities down the backbone.

Let cold water run through the bird until it is thoroughly cleaned.

In cutting a bird for a fricassee, have sharp knives. Cut off the legs at the first joint, then separate at the second one. This is easily done if the legs are bent. Cut off wings and disjoint them. Separate breastbone from the back, divide back in four pieces, slit down the breast, cutting it in two. Each of these pieces may be cut in half.



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II

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Word Offered About Stuffing and Trussing

To stuff and truss poultry for roasting, first put a little stuffing in the neck and fill in, where the crop has been removed. Fold over the skin of the neck to the back and fasten with a small skewer or sew in place with a trussing needle. Then stuff the bird three-fourths full through the incision made in drawing. Tuck the tail into the opening and sew firmly into place. Now remove the oil bag by cutting around it with a sharp knife. If too much stuffing is used there will be no allowance for swelling and it might burst through.

Pinion the wing close to the side and run a threaded trussing needle through wing and bird to the other wing. Take a stitch to hold firmly and then run needle back through the bird again and tie the thread so it may easily be removed. This will hold the wings in place. Fasten the legs in the same manner.

To prepare the giblets, wash the heart and cut it in two lengthwise. The gall bladder is a little green sack attached to the liver. Great care should be taken not to break it, as it contains a very bitter substance. Cut

through the thick part of the gizzard, empty it and pull out the tough inside skin. Put the giblets and trimmings from the neck in a quart of boiling water. Cook until tender; then chop giblets fine, strain the stock and use for a sauce or gravy, adding the chopped giblets.

Roast Chicken

Singe, dress, wash and dry a young chicken. Prepare a celery dressing of two cups dry bread crumbs, one-half cup melted butter, one-half cup diced celery, one teaspoonful salt, one-half teaspoonful pepper and one-half teaspoonful powdered sage. Stuff chicken, truss and rub over with olive oil or melted butter, dredge with flour and let roast until tender in a moderate oven, basting every 15 minutes. Serve with giblet sauce.

Chicken Casserole

Cut up chicken as for fricassee. Roll each piece in flour, sprinkle with salt and pepper, place in a casserole and just cover with boiling water. Cook in a slow oven until chicken is tender. Add one cup of rich milk or thin cream, thicken slightly and serve.

Brained Turkey

This method is suitable for an older, somewhat tough turkey. Prepare

the bird as for roasting and with any desired dressing. Place several tablespoonfuls of beef drippings or salt pork fat in the pan and allow it to melt. Then add a layer of the following vegetables cut in dice: Carrots, celery, onions, turnips and if liked, one cup of tomato puree. Place the turkey on the vegetables and add enough stock or hot water to cover the vegetables only. Cover and cook until the bird is tender. The time required will depend on the size and age of the fowl. Turn the bird at least twice during the cooking. When cooked remove cover, dredge with flour and brown. Strain the stock, thicken and serve as a sauce.

Roast Turkey

Dress and truss the turkey. Use any desired stuffing. Mix equal quantities of flour and butter until creamy. Rub turkey with his mixture. Place in a roasting pan or double roaster in a moderately hot oven, basting every 15 minutes. A 10-pound turkey will take about three hours.

Oyster Stuffing

One and one-half cups soft bread crumbs, one-third cup butter or substitute melted, one tablespoonful chopped parsley, two teaspoonfuls

lemon juice, one teaspoonful salt, one-half teaspoonful pepper, two cups oysters, one-quarter cup oyster liquor. Put crumbs in a bowl, add butter, parsley, salt, pepper, lemon, oysters cut in half, and oyster liquor. Mix well before placing in fowl.

Chicken Pie

Cut chicken as for fricassee. Sprinkle with salt, pepper and roll in flour. Fry until a golden brown then cover with boiling water or stock, and gently simmer until tender. Remove chicken to a baking dish, remove fat from stock, thicken and season. Cover chicken with gravy and place a flaky pastry on top. Bake in a hot oven. Then chicken may be prepared a day in advance and set away in a cool place.

U. C. MEMORIAL

BERKELEY, Cal., May 22.—Dr. David Barrows, president of the University of California, urged the erection of three huge gates at the entrance to the University campus as a memorial to Berkeley's soldiers who gave their lives in the war, in a report he recently submitted to the college city memorial committee.

The gates will include bronze columns inscribed with the names of slain Berkeley men.