

Cheaper Cuts Beef, High In Nutrition

There is no relationship between nutritive value and grade in beef, according to Agnes Kolshorn, extension nutrition specialist at Oregon State college.

When the housewife pays a premium price for the higher grades of beef she actually isn't getting anymore nutrition than she would be if she bought the lower grades.

Today's Women

By DOROTHY ROE
Associated Press Women's Editor

This is a Christmas story for grown-ups who remember the special thrill of a Christmas doll.

For 29 years the person responsible for some of the most resplendent dolls in Santa's annual pack has been a small, bright-eyed woman named Mimi. Beatrice Alexander. She never has outgrown her own love for dolls, and that may be the reason she is considered tops in her field.

Mme. Alexander can't remember a time when dolls were not an important part of her life. Her parents ran the first doll hospital in New York, and little Beatrice used to like to make dresses for the convalescent dolls. She continued this habit after she grew up, and progressed naturally into the business of manufacturing dolls.

You may remember some of her more famous doll-people. One of the all-time best-sellers in doll history was her series of Dionne quintuplet dolls, which followed the progress of the five little sisters each year until they were 5.

Currently her little women and little men are the prizes of many young doll collectors, as is her Alice in Wonderland, who looks as if she had stepped straight out of a Tenniel drawing.

In less classical vein, Mme. Alexander makes plenty of strictly modern dolls, such as Maggie, the teen-age doll, who wears long nylon stockings, a real girdle and bra and the latest styles of the teen set, including skirt, blouse and cinch belt.

Among the lingerie and accessories that come in the doll wardrobe are real suede slippers, saddle shoes, hats packed in their own boxes, nylon slips and panties and even a taffeta shoe bag, to hold three pairs of slippers and one pair of boots.

All the doll clothes are made with infinite attention to detail—tiny buttons and buckles, dainty lace edgings on petticoats, costume jewelry scaled to size, shoes made like those worn by real little girls.

Wigs are of a special woven plastic fiber that shines like real hair, just after a shampoo, can be washed, combed and curled without damage.

It's a safe bet that her next production will be a royal doll in honor of the coronation. Says she:

"I suppose I should retire, but I can't—I have so much fun all the time, with my family of dolls."

GRANGE WINNERS

Mrs. Anna Howard of Merrill Grange won first place in the Oregon State Grange canning contest for her canned pears. Prize was a 12-foot home freezer.

Mrs. Marguerite Hadley, also of the Merrill Grange, won sixth place in the state contest for her canned berries. Prize was 100 pounds of sugar.

Contest was sponsored by the Amalgamated Sugar Company. Betty Yancey, 11-year-old daughter of Mr. and Mrs. Carl Yancey, won first prize for her Juvenile Achievement Project—Prize was a large wood-burning and leather working set. She also won the \$25 national prize offered by Sears Roebuck Foundation. Her parents are active in Grange work in the Basin.

You can vary stuffed eggs so many ways. Mash the yolks with sardines, with finely chopped shrimp, or with deviled ham. Taste and season! Serve the eggs with a tossed green salad for Sunday night supper.

Want a delicious accompaniment for sliced smoked tongue? Add a little prepared horseradish and finely grated apple to whipped cream; season with a dash of salt and sugar if you like.

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Miss Kolshorn points out.

Several things may be checked to determine tenderness of beef. Grade and cut give an indication of probable tenderness. Rib and loin cuts of U.S. prime and choice grades are ordinarily tender. Fine-textured lean meat that has red,

porous bones and is well-marbled with fat will usually be tender.

explains Miss Kolshorn.

There are several cuts, less expensive than round, that the housewife may use for grinding. Cuts from the chuck, brisket, flank, plate, and neck are suitable for

hamburger and other ground meat dishes.

Another problem the homemaker faces when cooking is shrinkage. Miss Kolshorn's answer is to cook at low to moderate temperature all or most of the cooking time

and to not overcook.

Concerning the length of time beef, frankfurters, and bologna may be safely kept in a home refrigerator, the specialist has this to say. Roasted beef may be kept a few days in the refrigerator if it is

covered and separated from broth or gravy. Frankfurters and bologna

keep better if uncooked and they can usually be kept safely for about a week. Sliminess and off-odors are signs of spoilage. Frankfurters can be eaten safely

without further cooking if they

were prepared under U.S. government inspection, which requires 137 degree temperatures in processing. This temperature kills any trichinae which might be present in the pork.

An Miss Kolshorn's final tip, she

says that if bulk frankfurters or other link sausages are prepared under government inspection, a stamp or band label bearing the U.S. inspection stamp is required for each 1½ pounds.



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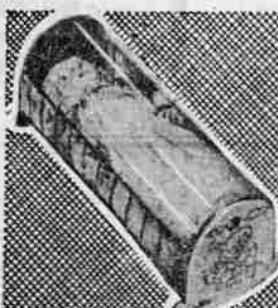
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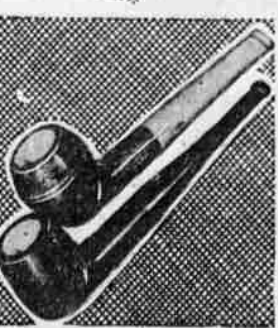


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	Pound	89¢
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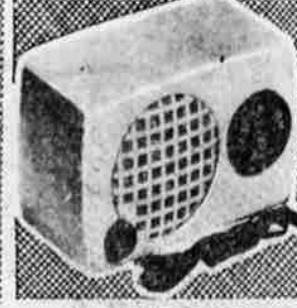
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39¢	Brach's Mellow Cream	TOYS	33¢
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