

New "Pitcher Pour" Milk Carton Here

Going on the theory that "nothing pours like an old-fashioned pitcher," the Medo-Land Creamery Company has now incorporated the "pitcher pour" feature into their familiar red, white and blue paper milk cartons.

Housewives have long appreciated the hermetically-sealed carton with the peaked gable top that eliminates the possibility of any foreign material getting inside the carton. The difficulty in opening the container, however, caused a certain amount of table-spilling by

youngsters. The pitcher pour carton is designed to eliminate the spilling and dripping. Walter Franklin, manager of the Medo-Land Creamery, says: "Our new 'pitcher-pour' style carton not only pours like a pitcher, but you can see inside the carton and know that every drop pours out."

"The top opens easily, but to make sure, we have had illustrations printed on one side so that anyone can see just exactly how to open the carton for pouring. We feel that the new carton is superior to any others, as many cartons will leave from a half to three-quarters of an ounce of milk in the carton after pouring. In year's time this will amount to about \$10 worth of milk for a normal family. This doesn't happen with our new carton."

Use Buffet

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or the famous herring tid-bit, gaffelbiter.

WHALE STEAK

Norwegians have eaten whale steak for centuries. In recent years, with a population of only about three millions, Norway has consumed as much as 15 million pounds of it a year. There is still a surplus to be imported. The United States has become an important customer.

Kristian Gjolberg is credited with introducing whale meat into this country, shipping it in frozen. It is distributed principally in the east and the middle west. The nearest to this country is generally the tenderloin. Steak are cut from along the spine of the whale and are available from an average 10-ton in-whale.

Whale steaks look like beef and taste rather like beef, say the initiated. Whales are mammals, after all. They eat nothing larger than a shrimp for their throat openings are remarkably small and they have no teeth with which to chew. Their regular diet is plankton, a minute vegetable and animal organism found in the sea. Plankton, in turn, feed on mineral particles washed down each spring into the Norwegian fjords by the melting snows and glaciers in the mountains.

There is no waste in a whale steak; no fat, no bones, nothing but solid meat. One pound is an average serving for three persons. It is highly recommended for reducing diets as it contains only about one per cent fat as compared with 10 per cent fat in beef.

However, since you can't buy whale steaks in Klamath Falls just now, let's look at the fish supply that is available here.

LOCAL FISH

A wide selection of frozen fish is offered for your choice in the frozen food sections of Klamath Falls stores. You can buy, in packages, frozen fillets of sole, salmon, cod, cleaned smelt, scallops, rock fish, breaded shrimp and breaded oysters.

Frozen shrimp meat and frozen crab meat in cans and frozen lobsters are also on the local market. Most of the fresh fish arrives in Klamath Falls stores in time for the Wednesday afternoon shoppers. Salmon has been especially good recently and so has the sole. The halibut season is about past, but oysters are coming in now. Olympia are selling at just about the same price here as in Portland, 100 miles from the Pacific ocean. The larger oysters, running 15 to 18 to the pint, are also on the local market.

MOTHPROOFING

Approximately 100 woolen mills in the United States and Canada have joined the anti-moth campaign. About 50 of them process their complete lines. This compares with only about 15 or 20 mills a year ago, mainly producers of luxury fiber sweaters and coats. And estimated 15 million moth-proofed garments are expected to be available to U.S. and Canadian consumers during the coming year.



TAKE YOUR PICK of Cheese-Cross Burgers or Hamburger Tuck-Ins. Have plenty of mustard and catsup on hand to complement the tasty flavors. Cheese-Cross Burgers have criss-cross of processed cheese melted on top, garnished with a slice of stuffed olive. Tuck-Ins are thin patties, made with two pressed together over a filling made of chopped onion seasoned with Worcestershire sauce, salt and pepper. One pound ground beef makes four husky patties.

ENZYMES

Haven't you been told to eat the lettuce leaf on your salad plate to "get your enzymes?" Then you read ads on "anti-enzyme" toothpaste. How confused can we get?

Dr. George L. Wolcott, medical director of Bristol-Myers Company says: "Enzymes are powerful chemicals that are vital to life. An enzyme is a chemical substance produced by a living cell for the sole purpose of speeding up a particular process. Formerly known as ferments, enzymes are quite similar to the catalysts in chemistry which accelerate reactions, but which, in themselves, are not altered by the reactions."

It follows then that these vital enzymes are health-promoting in

the body, but can cause tooth decay in the mouth. Dentists recommend brushing teeth following each meal.

Helpful Hints

You'll definitely have more meat to serve if you cut the heat used for cooking. Cooking at too high a temperature results in loss of weight. Roast beef, veal, smoked pork and lamb roast should be cooked at 300 degrees. Use a 350 degree oven for fresh pork. Use of a meat thermometer is the surest way to cook beef to the desired doneness.

Fresh ripe pears, chilled, make a wonderful dessert. For a gourmet flavor, sprinkle the halved and cored fruit with a dash of nutmeg before serving.

One-fifth of the city family's

OCTOBER CALENDAR OF SQUARE DANCING AT DO-SI-DO CLUB HALL

October 2, Round Dance Night
October 3, Fenton "Jonesy" Jones
October 16, Round Dance Night
October 17, Open Dance Night
October 31, Halloween Party
Regular club meeting every Thursday night, visitors always welcome. Beginners class every Wednesday

food dollar, on the average, goes for dairy products which means milk of all kinds, cheese, ice cream, cream and butter. Half of this amount is spent for fluid milk.

Last year the United States produced approximately 30 per cent of the world's meat supply. About 12.5 million pounds were exported and to make up the difference, 50 million pounds were imported from Argentina and other countries.

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