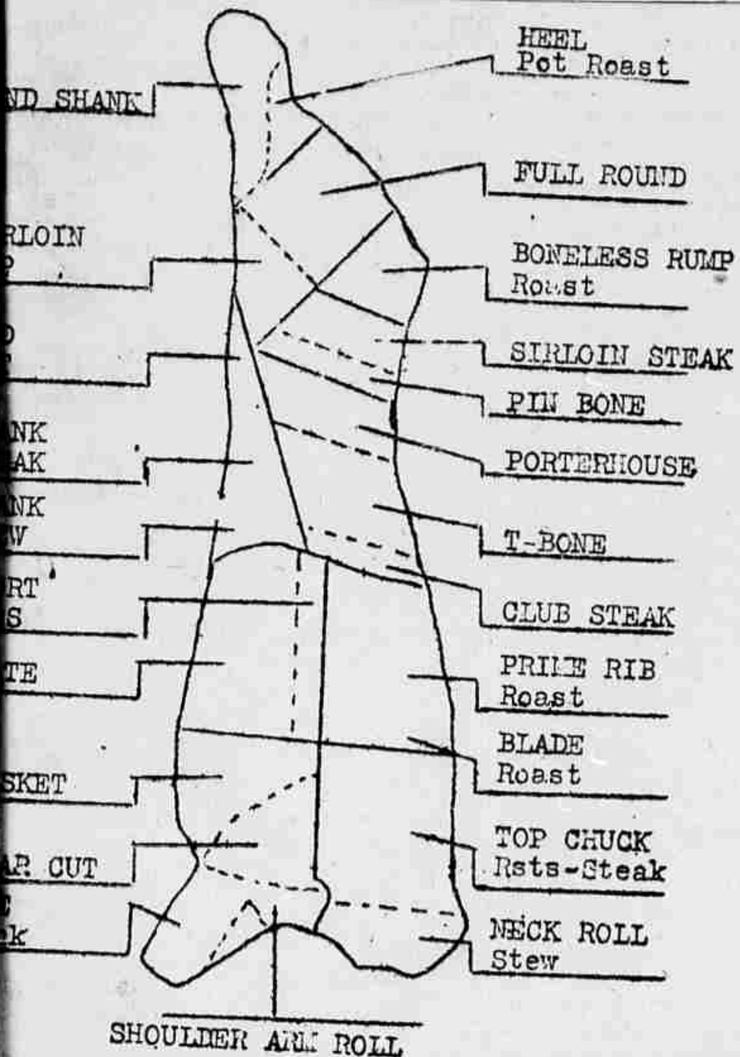
pstairs downstairs and a Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News



ENCE CHART shows where each cut of beef comes from on the carcass. It is made available through the courtesy of C. H. "Buck" Kintgen, butcher at Harold Clark's Buy-Low Market, Oregon Avenue. He reminds us that a half of beef is cut up somewhat differently in the than it is in the East. His chart comes from a book prepared for Western meat cutters el Monte Meat Company, Portland. This is the first of a series of articles on beef and ested methods of cooking various cuts.

ef is Most Popular Meat

m all over the state, persons ested in the meat industry are ng this week at Corvallis the Oregon Livestock and Marketing Conference is go. Mrs. William R. Pierson of ath Falls is representing lo-consumers on the state con-rs' committee. This group of n, headed by Mrs. Jack Sugg rtland, is endeavoring to get m sanitation laws and con-l standards for grades and f meat in Oregon.

. Pierson pointed out that are only three cities in Ore-Albany, Portland and Klam-Falls—that have city-inspected plants for meat.

re eating more beef than did before. a consumption figures ncrease of four pounds n for the year 1953 In 1952 the per capita n was 71 pounds; in 75 pounds. Per capita n of veal increased to nine pounds in the

mated that America's re-ores are currently spend-than $12½ million an-promoting the sale of eal, reaching nearly all n's 47 million households nd veal advertising sev-each week.

llers' aggressive promo-en one of the factors re-or boosting beef sales. actor has been the fact beef prices have fol-ket prices downward. f more attractive to fe.

STEAK

ces, of course, are not prices. They average half times the aver-nd retail price in most teaks account for less cent of the weight of

demand, of course, is onsible for the price of higher than other cuts of beef. Housewives have learned to broil steaks. Diets prohibiting fried foods have contributed to this, also the greater number of our people eating in restaurants and hotel dining rooms have made broiled steaks more popular at home.

FARM TO RETAILER

In considering the wide spread between the price the farmer gets for his steer on the hoof and what his wife has to pay for steak by the pound at the butchershop, many persons forget how many hands that steer passes through before it reaches the broiling pan.

On the hoof, the average steer weighs 1,000 pounds. After being slaughtered, the packer removes the hide, trims off tallow and waste, removing approximately 410 pounds. The steer goes to the retail store weighing a little over half its original weight.

At the retail store, fat, bone and other waste is removed in the amount of 146 pounds.

This leaves a total of retail cuts for sale of only 444 pounds.

Of this 444 pounds, 30 pounds are fancy cuts; 118 pounds are other steaks and fancy roasts; 111 pounds are medium priced cuts, and 185 pounds are economy cuts. Medium and economy cuts account for twice as much of the steer as do the steaks and fancy roasts. The hindquarter, from which comes the round, loin, T-bone and porterhouse steaks, accounts for 48 per cent of the dressed steer; the forequarter accounts for 52 per cent of it.

Here is the break-down of beef cuts:

FANCY STEAKS	
Porterhouse, T-Bone, Club Steaks	30 lbs.
OTHER STEAKS & ROASTS	
Boneless Round Steaks	38 lbs.
Sirloin, Pinbone Steaks	33 lbs.
Rib Roast	25 lbs.
Sirloin Tip Roast	20 lbs.
Flank Steak	2 lbs.
MEDIUM PRICED CUTS	
Chuck Arm Roast, Bone-in	26 lbs.
Rump Roast, bone-in	25 lbs.
Boneless Heel of Round	17 lbs.
Boneless Neck	16 lbs.
Boneless Chuck	16 lbs.
Lean Pre-diced stew beef	11 lbs.
EONOMY CUTS	
Chuck Blade Roast, bon-in	69 lbs.
Ground Beef	59 lbs.
Plate Boiling Beef	19 lbs.
Short Ribs	16 lbs.
Briskett, bonless	12 lbs.
Shank	8 lbs.
Kidney	2 lbs.

Next week will start the discussion of methods of cooking various cuts of beef.

Klamath Plumlets

Mrs. Otto Ellis recommends the following recipe for candy made from wild plum jam. Due to the almost non-existence of wild plums last fall, most families won't have much wild plum jam on hand, but it was an unusual year and we hope to have plums in 1954. Mrs. Ellis stated the recipe came originally from the Oregon Extension Service at Corvallis.

- 1 cup wild plum jam
- 1½ cups sugar (if not sweet enough, add ½ cup)
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- ¼ cup water
- 2 tablespoons gelatine (2 envelopes) soaked in ½ cup water
- 1 cup chopped nuts

Mix sugar, cornstarch and salt. Add wild plum jam. Cook until very thick, stirring frequently to prevent sticking. Add gelatine which has been soaked in cold water and stir until dissolved. Cook until mixture is thick again. Remove from heat; partially cool and stir in chopped nuts. Pour into a shallow pan which has been lined with waxed paper. Let stand 24 hours. Cut into small squares or rectangles. Roll pieces in granulated sugar. Let stand uncovered until dry enough to handle.

Cake with Calories

This may be the season of the year some of us are dieting—after all the holiday parties and big dinners—but not so Mrs. L. H. (Cora) Leavitt, in Bonanza.

She tells of building a cake the other day that is mouth-watering, as well as non-dieting.

She made a two-layer chocolate cake, split each layer, making four layers. She filled the layers with sweetened whipped cream flavored with mint and vanilla and then frosted the whole cake with fudge filling.

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SWEATERS

To keep wool sweaters soft and fluffy, be sure to use only lukewarm water—never hot. Rely on warm soapsuds and warm rinse water—both as near the same temperature as possible because extreme changes in temperatures makes woolens shrink. Rough handling tends to mat and wear the yarn, so handle as gently as possible.

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