

Beef On The Menu

This is the first of a series of pictures of various cuts of beef, being published, last week, of the chart showing where the pictures, suggestions for and other cuts come from. The pictures, suggestions for and other cuts have been made available through the aid of the American Meat Institute in Chicago. One aim is to make it easier for Klamath Falls housewives to buy meat in the local butcher shops. All of our local butchers will cooperate with shoppers. Ask their advice when in a question in your mind. Like any artisan, your butcher likes to explain the intricacies of his profession. One of our local butchers always refers to himself as a "meatician."

HOW TO ROAST



ROASTING
Roast meat with a clean, damp cloth. Use the larger figure given in the time estimates. This timetable is for meat taken chilled from the refrigerator.



RIB ROAST (Standing)

Use the larger figure given in the time estimates. This timetable is for meat taken chilled from the refrigerator.

ROASTING TIMETABLE
Rare roast beef, cook until thermometer registers 140 degrees. Estimate 22-26 minutes per pound.

This is a tender, juicy cut. Meat should be well fattened or marbled and contain the rib bones. There is a layer of fat on the outside. Roast according to roasting timetable.



RIB ROAST (Rolled)

TABLE WALL SECTIONS
Trend in new open space is lightweight, portable wall in which can be moved like a picture. Clear pine from the country can be finished in modern motif to conform with temporary or traditional decor-schemes.

This is the same cut as the standing rib roast, with bones removed, shaped into a roll and tied with string, with a layer of fat outside. Roast according to roasting timetable.

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News



WARM WOOD TONES liven this "dream kitchen" which has step-saving compactness, yet plenty of elbow room. Streamlining of utilities on one wall saves money and provides uncluttered work area. A gently, restful beauty is supplied by the mellow wood tones of vertical grain wood walls and cabinets finished in clear varnish. Today's kitchens reflect the owners' personalities, much as in prehistoric days when Og, the caveman, painted the walls of his cave with picture stories to keep his cavewoman from straying from the cooking fires.

— Photo Courtesy West Coast Lumberman's Assn.

MAYFLOWER MUFFINS
Chop one cup fresh cranberries and mix with two tablespoons sugar. Add 1 tablespoon baking powder, 1/2 teaspoon salt and two tablespoons sugar to 2 cups flour and sift three times. Combine one beaten egg and 1/4 cup milk and add

to flour mixture alternately with cranberries. Turn batter into well-buttered muffin tins and bake in moderate oven (350 degrees) until tops are brown and muffins shrink from edges of tin. Serve hot with plenty of butter.

Nutritionist Coming Here

Edith Herron, nutritionist with the Oregon Dairy Council, will come from Portland to Klamath Falls on Jan. 18 to confer with county health, education and extension leaders. She will be here through Friday, Jan. 22.

The Oregon Dairy Council carries on a statewide program of dairy products promotion through health and nutrition education. It is sponsored by Oregon's dairy producers and encourages the use of more milk and dairy products in the diet for better health and eating enjoyment.

The Dairy Council is financed partly by the Oregon Dairy Products Commission and partly through a volunteer membership program for dairy distributors.

While in Klamath Falls, Miss Herron will confer with Dr. S. M. Kerron, health officer, Klamath County health department; the staff of the Klamath County extension office; Mrs. Altha Urquhart, administrator of public welfare; Carroll B. Howe, superintendent of schools for Klamath County, and A. L. Gralapp, superintendent of Klamath Falls city schools. She will also call on A. D. (Deb) Addison, advertising manager of the Herald and News; Hank Henry, radio station KFLW; Joe V. La Clair, director of instructional materials, Klamath Falls city schools; Earl Kent, Klamath Falls Creamery, and W. T. (Bud) Franklin, Medo-Land Creamery.

NEW BOOKSHELVES

Finish the bookshelves or cupboards made in your workshop at home with a good sealer and then apply several coats of wax to bring out the depth and beauty of the wood. Clear pine of the Klamath country has a richness of texture that admirably fits it for additional useful and decorative pieces of furniture, closets and shelves in the home.

CAP'N AMOS SAUCE

Combine in a saucepan two cups of fresh cranberries, two cups brown sugar and 1 cup water. Cook briskly for 15 minutes. Serve warm over hot waffles or pancakes or use as a hot sauce for baked ham.

Sperry's newest! Tamale Pie with fluffy cornbread topping!

Quick and better way to make this favorite western dish. Martha Meade and her Home Staff perfected this recipe for your oven and assure success every time you bake it! Just be sure you use Sperry, the failure-proof flour. Every sack sold on a money back guarantee! Try it in this recipe!



Tamale Casserole with real western flavor and delicate topping of feather-light cornbread! Only Sperry Drifted Snow Flour can make it so delicious! For 101 years good cooks have relied upon Sperry all-purpose flour! Use it in any recipe calling for flour!

TAMALE CASSEROLE

All measurements are level. Sift flour before measuring. Measure into a heated skillet—
3 tablespoons oil or drippings
1 medium-size onion, finely chopped
1 pound uncooked ground lean beef (2 cups)
Cook until meat is lightly browned and onion soft. Stir in—
2 1/4-2 1/2 cups canned tomatoes (No. 2 can)
1 1/2 cups undrained whole kernel corn (12 oz. vacuum pack can)
1 teaspoon salt
1 tablespoon chili powder
1/4 cup uncooked Sperry Yellow Corn Meal

CORNBREAD TOPPING

Sift together into a small bowl—
1/2 cup sifted Sperry Drifted Snow "Home-Perfect" Enriched Flour
1/2 cup uncooked Sperry Yellow Corn Meal
1 1/4 teaspoons double-action baking powder
1/2 teaspoon salt
Add—
1/2 cup milk
1 large egg, beaten
3 tablespoons melted butter or margarine
Stir to a smooth batter. This amount of batter covers filling in a thin layer but is sufficient topping when baked.

Simmer for 5-10 minutes, then turn hot mixture into an 8x8x2 inch baking pan or casserole. Pour Cornbread Topping evenly over hot filling. Arrange over top of batter—
1/2 cup ripe olives
Bake in preheated hot oven, 425°, for 25-30 minutes or until crust is lightly browned. 6-8 servings.

Wouldn't You Like to Exchange Recipes?

Join Martha Meade's Recipe Exchange Club today. Membership blank and full details about this interesting new club in Sperry sack.

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