

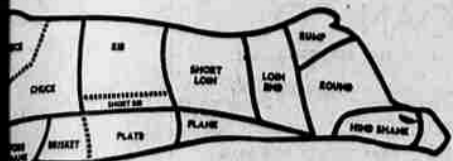
Beef On The Menu

This is the second of a series of pictures of various cuts of beef, published two weeks ago, of the chart showing from a side of beef the various cuts come.

part of a side of beef the various cuts come. The chief of the Herald and News photo-engraving department, made all of the pictures in the American Meat Institute's "Basic Beef Cuts," into metal for publication in these columns.

convenience in clipping and filling.

week's roasts included a standing rib and a rolled rib roast. favorite at our house is a sirloin tip roast which we cook in the manner as a rib roast. Here is a smaller sketch of a side of beef with cuts marked, for reference.



braising, or pot roasting, is the favored method of cooking some of the tender cuts of meat. Utility grade of beef is usually braised. Utility grade have the same marbling of fat as prime grade. For example, a steak from prime grade is broiled, from utility grade it is braised.

HOW TO BRAISE



BRAISING
A method of moist heat in which the meat is in a little hot fat, then slowly in a covered utensil with a small amount of added liquid. A heavy pan is desirable. Sprinkle with salt and flour for a browned top.

tender, even from choice beef. Ground round with suet or ground pork added is used for patties or meat loaf. Chopped round steak is used for Cornish patties. It is a highly versatile cut of beef.

RUMP ROAST (Bone-in)
This is a triangular piece of meat, either bone-in or boneless. It is juicy, tender and has a moderate amount of fat. Braise (pot roast). Exception—prime or choice rump may be oven-roasted or broiled as steaks.

CHUCK STEAK
From the shoulder section of beef, this cut contains a round bone or blade bone. Muscles are small and run in different directions. Cooking method; braising.

CHUCK ROAST (Bone-in)
Juicy, well-flavored meat. blade bone pot roast and bone, cut contain a moderate amount of fat. Cook and recommended; braising.

SHORT RIBS
These are cut from the ends of the ribs and the plate. In packaged meat they are usually not cut through the meat, but they brown more easily if cut up before placing in the skillet. There are layers of lean and fat with the flat rib bone. They are braised and water kept to a minimum. For quicker cooking, use your pressure cooker.

ROUND STEAK
It comes from the leg and is really all lean meat, oval in shape, with a round bone. Many persons like it the most flavorful of beef. Its cooking method varies in parts of the country and it may be pan-fried, with flour and salt and pounded into it and fried in fat, turns up as "country steaks." Cut double thickness, pounded with flour, salt and pepper, it is a good Swiss steak. Some persons broil it but it won't be very

FLANK STEAK
This is a lean, flat muscle with no bone. Meat fibers are long and run lengthwise of the flank. There

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News

is only one flank steak in a side of beef and size of the steak depends on the size of the beef from which it comes, obviously.

Opinion differs as to cooking of this cut of beef. It is always scored with a sharp knife on both sides. Your butcher will score it for you or you can do it at home. It can be pan-fried or braised as a steak. If can be stuffed and baked, covered, using regular bread or rice stuffing.



OXTAILS

This is one of the "variety" meats, well flavored and containing considerably more bone than meat, but they make a wonderful braised main dish for the meal with vegetables. Traditionally, a bay leaf is added before placing the lid on the pan or casserole. Separate oxtails at the joints and allow two large or three small joints per serving.

For a family of two, braise the larger joints and simmer the small joints slowly in water for soup.

FREE BOOKLETS

Wine & Cheese Recipes, a new booklet published by the Wine Advisory Board, is available free of charge by writing the Home Advisory Service, Wine Institute, 717 Market St., San Francisco 3, Calif. It contains 11 recipes ranging from appetizer to dessert uses.

BARGAINS

Do you believe that good things come only in small packages? Not always. If you stop at your favorite cosmetic counter during the January sales you will find many of your favorites at almost half price.

Pie-Baking Contest Event Of Last Week

One hundred and twenty-five women called (or sent their husbands) to Cascade Home Furnishings, 124 North Fourth, to receive free pie pans to enter Vern Owens' pie-baking contest held last Thursday evening.

Despite a heavy snow storm, 60 women and one man (a bachelor, at that), entered pies in the contest. Mrs. Anna M. Cook, 449 Laguna, won top prize — a year's supply of flour — and Ben Kern, the sole male entry, won the hooby prize. As Vern Owens remarked, his pie "wasn't very badly burned, at that."

As has been reported in the Herald and News, the pies were auctioned and proceeds given to the Girl Scouts and Camp Fire Girls Camp Applegate building fund at Lake of the Woods.

"Baking Can Be Fun," was presented by Naida Whybark, "Celia Lee," home economist with Crown Mills, assisted by Chuck Collar, of Sunset Electric, factory representative for Frigidaire, both of Portland.

Props included a huge mirror, mounted behind and above the demonstration table, so the capacity crowd could see every movement of Miss Lee's hands as she deftly kneaded raised dough or shaped fancy rolls or fluted the edge of the pie crust she made.

Miss Lee worked at a utility table with all necessary utensils on a tray to show just how much dishwashing can be cut. Her basic sweet dough recipe follows:

Dissolve 2 cakes of yeast in 1 cup milk which has been scalded and cooled to lukewarm. (Miss Lee just crumbled the yeast between her palms into mixing bowl. To quickly make a cup of scalded milk she added 1/2 cup evaporated milk to 1/2 cup hot water and allowed it to cool to desired temperature.)

And 2 eggs, 1 teaspoon salt, 1/4 cup sugar, 1/4 cup shortening (room

temperature), 4 cups of sifted flour, half at a time.

She added the sugar to the yeast and milk mixture and then unbeaten eggs and other ingredients, stirring with a wooden spoon until smooth. She reserved half a cup of flour. Half of that she sprinkled on the pastry cloth, then used the other quarter cup on top of the dough to keep it from sticking to her hands.

The dough was kneaded until smooth and elastic, then placed in a bowl which had been lightly buttered with a small paint brush! She covered the bowl with foil and set aside and let rise until doubled in bulk.

After it had raised, she turned the dough out on the board and let it rest for five minutes and then shaped it into rolls and let rise until double in bulk again before baking.

"Don't be afraid of the dough," she counseled and even called Chuck Collar over to help make ment.

She demonstrated how Vern Owens' brand new range would bake at moderate temperatures and hot temperatures in the same oven at the same time, by means of a shutter arrangement that will close off the bottom to allow two different baking temperatures in the same oven. Her doughnuts, fried in the deep well cooker, were whisked up and even the "holes" fired a beautiful crisp brown.

After more than a dozen prizes were awarded, guests were invited to stay for the pie social and eat the best pieces of the pies with hot coffee. Concensus was that Vern Owens has swell parties.

PILLOWS

Besides being non-allergic, Dacron-filled pillows have the added advantage of being machine washable in soapsuds at moderate temperature.



EDITH HERRON, nutritionist with the Oregon Dairy Council, Portland, is a Klamath visitor this week. The council works closely with schools throughout the state and Miss Herron brings educational material for their use. It was interesting to learn that Miss Herron's roommate in Portland is Naida Whybark, (Celia Lee), Crown Mills' home economist who was here last week.

VERSATILE STYLING

New refrigerators and freezers boast a newly designed door that can be covered with any color or pattern of fabric or plastics. Less than five minutes and 1 1/4 yards of material do the complete job. Kitchen counter-tops, curtains, walls or any other portion of the decorating scheme can be continued and enchanted by decorating the doors of major appliances.

WASHABLE TIES

The old problem of keeping men's ties well-groomed has been solved by making them of nylon combined with wool — as washable as women's stockings.

FRUIT SALAD

A lemon-honey dressing for fruit salad adds a new taste treat. Mix 1/4 cup honey with 1-3 cup lemon juice, 1/4 teaspoon salt and 1/2 teaspoon celery seed. Mix thoroughly and chill before using.

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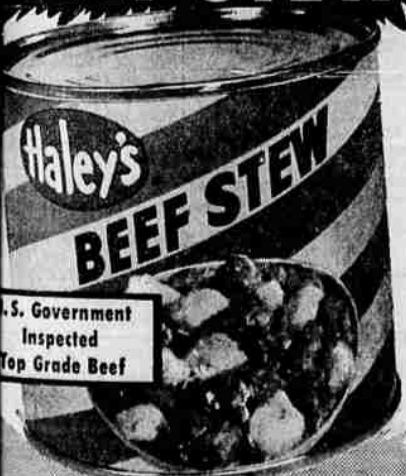


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