

MEAT ON THE MENU

is the third of a series of cuts of beef, with recommendations for broiling, pan-broiling, or broiling.

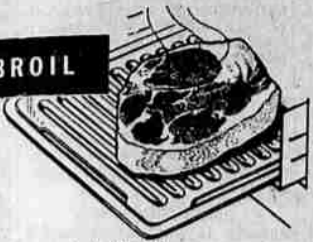
of meat cookery overlap. One excellent cook in our ac-
 produces wonderful roasts by broiling the meat. She uses
 and serves them very rare.

meat cuts depends on thickness of steak and degree of doneness
 following length of time for broiling is as follows:

Approximate length of time for broiling is as follows:
 1 inch thick — rare, 12 minutes; well-done, 16 minutes.
 1 1/2 inch thick — rare, 16 minutes; well-done, 22 minutes.
 2 inch thick — rare, 20 minutes; well-done, 28 minutes.

steak locally is "butterfly" tenderloin. This is actually
 tenderloin, not cut quite through, cut in two slices, laid
 across steaks, not cut quite through. Tenderloin is the
 the two pieces are still joined in the center. Tenderloin is the
 of all cuts of beef, all lean meat, and for broil rare
 1/2 inch thick, cook about 3 1/2 minutes to each side.
 good rule is to broil thicker cuts of beef, pan fry the
 Pan fried steaks are never cooked as rare as broiled

HOW TO BROIL



broiler with regulator set at "broil."
 the edge of steak in several places. (The more fat you cut off
 the less over-cleaning will have to be done).

steak on broiler rack with top of steak two to five inches from
 heat. Place a 1-inch steak two to three inches from source
 of heat. Place a 2-inch steak three to five inches from source of heat. The
 3-inch steak the faster it will cook, so place at greater distance for
 than for rare.

small top side is nicely browned, then season. Turn and broil
 side is browned. Season and serve at once.

broiler compartment is too shallow to allow these distances,
 be reduced slightly.

HOW TO PAN-BROIL and FRY



pan-broil, place meat in pre-heated heavy frying pan. Do not
 water. Do not cover.

meat on both sides. Reduce heat and continue cooking
 until done, turning meat occasionally so it will cook evenly.
 pan, pour it off. Recommended only for steaks less
 than 1/2 inch thick.

pan-fry, the procedure is the same as for pan-broiling except
 is added first or allowed to accumulate during cooking.

pan-frying rather than pan-broiling is necessary when meat has
 no fat, or when meat is breaded or floured.

BROILING
 steaks that are one inch
 thicker. Tenderloin steak
 steaks, but is included in
 tenderloin cut. Your butcher
 tenderloin steaks for filets
 request.

WEDGE-BONE STEAK
 is cut from the loin end.
 steaks vary in size, shape

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News

round-bone, pin-bone, or double
 bone steaks. They can be broiled
 or pan-broiled. Exception — lean
 utility beef-braise.



CLUB STEAK
 This from the rib end of short
 loin, triangular in shape, smaller
 than the T-bone, and with little or
 no tenderloin. Broil or pan-broil.



T-BONE STEAK
 This cut adjoins the club steak,
 but is larger and includes some
 tenderloin. It is from the center
 section of the short loin and iden-
 tified by the T-shaped bone. It
 should be well marbled with fat.
 Broil or pan-broil.



PORTERHOUSE STEAK
 From the sirloin end of the short
 loin, this is the tenderest section
 of the side. It is fine-grained, well
 marbled with a characteristic
 portion of fat and contains a large
 portion of tenderloin. In serving,
 the bone is removed by the carver,
 and cuts are made clear across
 the steak, making uniform portions
 and allowing a portion of the larger
 or top portion and a piece of ten-
 derloin for each person.

PLASTIC DRAPERIES
 Built-in wipe-off-ability is a fea-
 ture of plastic drapers. You don't
 need to take them down to clean
 them, just wipe them down with a
 sudsy cloth and that's all there is
 to it.

Eggs and Milk Add Food Values

The National Dairy Council re-
 minds us that Americans spend
 about one-fifth of their food dol-
 lar for dairy foods and in return
 get three-fourths of the calcium,
 half of the riboflavin, a quarter of
 the protein and fat and a fifth of
 the vitamin A in their food supply.

Sour cream is recommended for
 many uses in addition to baking.
 It is a versatile dairy food. Gar-
 nish cream of pea or bean soup
 with a large spoonful. Serve sour
 cream mixed with a little lemon
 juice and chopped parsley as a fish
 sauce. Combine sour cream with
 equal parts of mayonnaise or
 cooked salad dressing for potato
 salad.

Cottage cheese is an economical
 way of adding high quality protein
 to meals. Combine with canned
 peaches, fresh or canned pear
 halves or pineapple for a quick,
 simple salad. Serve as a topping
 for hot baked Klamath potatoes,
 or dressed up with a little chopped
 pickle relish, parsley and mayon-
 naise.

INVENTIONS

Inventors of some of the most
 useful machines in our daily lives
 had trouble getting their patented
 products on the market.

Elias Howe (1819-1897) endured
 extreme hardships before his in-
 vention of the sewing machine paid
 off. He obtained a patent on the
 machine, September 10, 1846. Tail-
 ors admired his demonstrations of
 the machine, but nobody would
 buy one. An English manufacturer
 is said to have cheated him out of
 his patent rights in that country.

Poverty assailed Howe and his
 family. Once he had to pawn his
 patent papers to keep from starv-
 ing. Meantime, others began man-
 ufacturing and selling his machine.
 Friends came to his rescue. In-
 fringers were fought through the
 courts for five years until Howe
 was declared the winner.

Royalties began to pour in. His
 annual income zoomed from \$300 to
 \$200,000, which he used to help fi-
 nance improvements.

Home and Farm Building Show

Klamath's first Home and
 Farm Building Exhibit will
 be held at the Fairgrounds,
 Friday, February 5. It will
 be an all-day show starting
 at 10 a.m., with M. G.
 Huber and John Campbell
 from OSC explaining new
 techniques and latest prod-
 ucts for building or re-
 modeling your home and
 for constructing farm
 buildings. Ten local re-
 tailers in the building
 materials field will display
 and explain new products,
 starting at 1:30 p.m. in the
 large exhibit hall which
 will be heated for the com-
 fort of the visitors. The
 show is being arranged by
 Ray O. Petersen and
 Dolores Bracken of the
 Klamath extension service
 and will be free to the pub-
 lic.



DON'T LET THE NEW HAIRSTYLES fool you. They're not
 nearly so casual as they look. No matter how cropped the
 hair or how simple the coiffure, it still must stay in place.
 That's why a spray-on hair net is needed as a finishing
 touch. "Spray and Stay" is a mildly fragrant preparation
 that holds your hair neatly and smoothly in place, gives
 it body and adds lanolin that actually conditions your
 hair as it controls it so that it has a soft sheen and
 shimmer.
 — Photo Courtesy Richard Hudnut

NYLON WASHING

Some women put their precious
 nylons in a mason jar half full of
 soapsuds, cap the jar and shake
 it until the suds have thoroughly
 cleansed the stockings. Then, using
 the same method for rinsing, there
 is no chance of having a finger-
 nail snap the threads.

What's the Secret?



Why are cakes made with Duncan Hines Mixes so moist,
 so tender, so much like the finest homemade cakes that
 experts (and friends) can't tell them apart?

The Answer is Simple!



Duncan Hines
 AMERICA'S FOREMOST AUTHORITY
 ON GOOD EATING

- 1 Duncan Hines' knowledge of food and recipes.
- 2 Duncan Hines' insistence on use of the finest ingredients... and
- 3 the fact that you use your own FRESH EGGS!

"No good cook would think of using dried eggs in her prized recipes,
 and yet factory-dried powdered eggs are the only kind that can be
 put right into a cake mix package. That's why I ask you to add your
 own fresh eggs. And that's why—when you use Duncan Hines Cake
 Mix and your own fresh eggs—you're guaranteed a fresher, bigger
 cake—better in appearance, freshness and flavor...or your money back."

BAKE YOUR FAMILY'S FAVORITE CAKE TONIGHT WITH DUNCAN HINES
 WHITE, YELLOW, OR DEVIL'S FOOD CAKE MIX.



Now Choose **MEDO-LAND**
 creamy, delicious
COTTAGE CHEESE!
 SMALL CURD, LARGE CURD
 OR CHIVE... IN PINTS
 OR HALF PINTS!
It's made fresh every day!

4 out of 5
 families in
 KLAMATH FALLS
 are using
MEDO-LAND
 COTTAGE
 CHEESE

A WORD ABOUT MEDO-LAND COTTAGE CHEESE

Made from "farm-fresh" milk, this high protein
 food is wonderfully nutritious and easy to digest.
 Low in calories, too! There's only about 125 calories
 in a 4-ounce serving. Cottage Cheese is a marvelous
 meat replacement and a delightful diet item.

- LARGE CURD.** Soft, white, large curds, creamed for extra
 flavor. Especially good in salads.
- SMALL CURD.** Small, bland curds also creamed for smooth-
 ness and flavor. Delicious with or without fruit.
- CHIVE.** Bright green chive bits add a special flavor particu-
 larly liked by men.



HERE'S OUR NEW COTTAGE CHEESE TRUCK!
 Popular demand has enabled us to have a special truck
 to handle our Cottage Cheese, Sour Cream and Yami
 Yogurt. Thanks to you!



MEDO-LAND CREAMERY CO.

BEND, CORVALLIS, EUGENE, KLAMATH FALLS, OREGON