

upstairs and downstairs In Milady's Kitchen

FLORENCE JENKINS, Editor

Herald and News



SERVE BEEF TODAY

Men Like Spuds

Again the Southern Pacific Bulletin plugs potatoes. This time the food editors, Genevieve Callahan and Lou Richardson, editors of the S.P. Family At Home, publish three potato recipes in the monthly Bulletin. We take the liberty of reprinting.

BACON FRIES

Scrub, but do not pare, new potatoes. Slice thin and dry on paper towels while you cook a skillet of bacon. When bacon is brown, lift it out and fry the potatoes in that hot, fresh bacon fat. (Cover the skillet for a few minutes to let the potatoes steam, then uncover and let brown. Turn occasionally).

ZIPPY MASHED POTATOES

Cook and mash potatoes as usual, beating until fluffy. Just before serving, add a generous amount of finely chopped onion. Real good, the editors declare.

BAKE POTATOES WITH SOUK CREAM

Bake the potatoes in a hot oven (450 degrees is the best temperature for potatoes). When tender, cut a slit in the top of each and squeeze to make for fluffiness. In the top of each put a spoonful of sour cream and sprinkle with salt and freshly ground coarse black pepper; then put a chunk of butter on top.



SLIM JUMPER for before and after five, fashioned by Stephanie Koret of California, of 100 per cent wool flannel, is double-breasted with a cross-over V-neckline in front. Accenting the lithe princess silhouette, it has its own center back kick pleat for walking ease. By day it's teamed with a washable brushed jersey blouse. When the lights are dimmed, the jumper goes alone, sleek and sophisticated. Koret of California line is available locally.

MORE BEEF ON THE MENU is the current promotion project of Klamath County Cow Belles. All of the members of this organization, auxiliary of the cattlemen's association, are cooperating in publicizing the advantages of beef on the daily fare at home. Mrs. Lee S. McMullen, 5006 South Sixth, has consented to be the first from the Cow Belles to submit a favorite beef recipe for publication. She is shown here in her own kitchen, adding the last shake of pepper before putting her beef roast into the oven.

There are nearly as many theories on cooking procedure for beef as there are good cooks. A real good rule of thumb is to cook meat the way your family likes to eat it.

That's what Mrs. Lee S. McMullen does — just ask her husband.

"Rib and loin are the most desirable roasts," she states, "because they are tender and have a heavier coating of fat. The most popular is our prime rib roast which is made up of seven or eight ribs, the choicest ribs being the last ribs.

"First wipe dry, rub with salt, about 1/2 teaspoon to the pound, pepper and flour.

"Place fat side up in an open pan without water. If the roast is lean, fasten a layer of suet over the top with a string or skewers. Basting should be unnecessary as the fat bastes as it melts.

"Place in a hot oven (500 degrees) and sear for about 20 minutes until lightly browned. Continue roasting with the heat reduced to 300 degrees, a slow oven.

"It is safe to allow about 16 minutes per pound for rare beef; about 22 minutes per pound for medium, and about 30 minutes per pound for well done beef. A meat thermometer should read about 140 degrees for rare, 160 degrees for medium and 180 degrees for well done.

"Reducing the oven heat to 250 degrees will decrease the shrinkage of the roast and will cook the meat nicely, but takes longer."

HAMBURGER STEAK ON ONION RINGS

Another recipe from Mrs. McMullen for your beef recipe file is her Broiled Hamburger Steak on Onion Rings.

1 pound finely chopped, lean raw beef
1/2 cup ground suet
1 cup soft, fine bread crumbs
7 strips of bacon
7 slices of Spanish onion (1/4 inch thick)

1 tablespoon chopped parsley
3 tablespoons butter
2 tablespoons onion juice
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon water

Lay onion in shallow buttered dish. Pour over the slices 2 tablespoons melted butter, sprinkle with salt and pepper, cover closely and bake until tender, about 30 minutes, in moderate oven (350 degrees). Cook parsley in rest of butter and add to beef, suet, crumbs and seasonings. Mold into

seven flat cakes and wrap each with a slice of bacon. Place each cake on an onion slice in baking dish and cook in broiling over 5 minutes on each side, basting twice.

MACARONI AND CHEESE

A favorite in most homes is a casserole of macaroni and cheese. Home economists of the Gas Appliance Manufacturers Association suggest that if you want to pep it up, add a topping of toast cubes dipped in garlic-flavored butter. Mix this through the macaroni at the table, just before serving.

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Hair Beauty Starts Young

Leading child psychologists offer this advice to the 12 million mothers of little girls between the ages of 2 and 14 years: Encourage your child's early feelings of femininity—they're very prominent factors in the future development of her emotional security and personal dignity.

With most children, an interest in appearance usually develops during the first year of school, sometimes earlier. If this interest is not encouraged, psychologists warn that the child may grow up with belligerent tomboy attitudes and a lack of self-confidence and feminine pride.

To help assure happy "golden" rule days for your young scholar, introduce her to a miniature hair care program — one built around daily brushing, frequent shampoos and a soft, natural-looking home permanent.

The new Children's Prom home wave, made by The Toni Company, is custom-styled to transform your little girl's hard-to-wave, resistant hair into soft, springy curls.

Take it from me girls... stay Smart and Healthy

By BESSY, The Basin Bossy

Look for more and smarter uses of rayons and other man-made fabrics in your shops, girls. The synthetic fabric industry has launched a full-scale effort to get back on the ball.

Blueprints laid out by the big bulls in the synthetic corral seem to indicate they may even subsidize top designers to get them to feature rayons and similar fabrics in their fashions of the future.

Gals, when competition sets in like this, it is only you, the lucky customer, who really benefits. Free enterprise is the backbone of fashion smartness, take it from me.

Free enterprise is the backbone of any industry. The milk producing industry fits the scheme with the best of them: Private individuals, competing for position — through putting out enough milk as a high enough standard — to give you folks the finest possible fresh, Grade 'A' milk you'll find anywhere.

But so important is fresh, Grade 'A' milk that you must guard is closely so that there will always be enough.

That's what the Oregon milk marketing act does — guards your milk's supply, and insures sufficient quantities of pure, Grade 'A' to serve you and your children. Sure, it can be improved upon, and is improved upon constantly as ever-changing methods of production and selling and distributing of milk develop.

Be smart; stay healthy with plenty of milk of top quality. You'll always have it if you retain the present Milk Marketing Act of Oregon. — BESSY.

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CLOROX makes your bathroom extra clean, too!

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3. Lovely-looking linens... Clorox removes ugly stains, even scorch and mildew.
4. Fresh, clean-smelling linens... Clorox deodorizes.
5. Sanitary linens... Clorox is the most efficient germ-killer of its kind.

When it's CLOROX-clean... it's SAFER for family health!