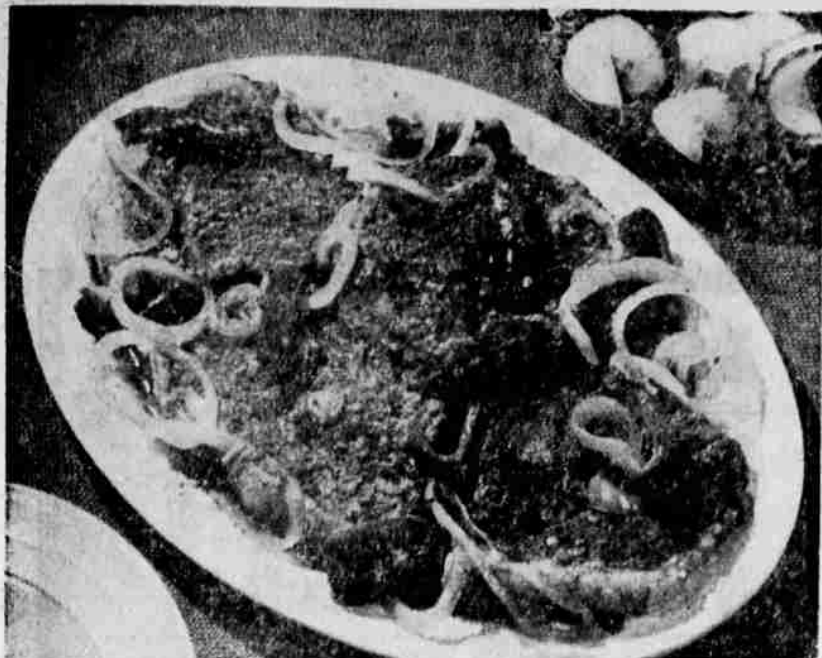




MEAT DEALERS will tell you that hearty beef round steak is one of the most popular meat cuts with most homemakers. The reason for this popularity is that round steak has all the wonderful beef heartiness and flavor and is an economy cut, too. Recipes for Pepper Steak and Fork-Tender Swiss Steak that accompany this picture are from Martha Logan Test Kitchens, Swift and Company.

ROUND STEAK

The cookery method for round steak, as for other less tender meats, is braising, which is simply slow, moist cooking. However, there remain excellent cooks, among them many men, who like round steak, pounded with flour and salt and pepper, and fried in butter or drippings with pan gravy made after the steaks are removed from the pan.

To braise round steak, first season the meat and dip into flour. The flouring is desirable because it helps keep in the meat juices. Then, brown the steaks in fat, taking plenty of time to brown them evenly. Add a small amount of liquid and cook slowly in a covered skillet on top of the range or in a moderate oven, until the meat is tender.

You can introduce new flavors quite simply when preparing round steak. Try cooking the meat in tomato juice, beef broth or cream of mushroom soup, suggests Martha Logan. If you can add seasonings to the liquid in which you cook the steak. Favorites are chopped onion or green

pepper, horseradish, chili powder and herbs.

For an easy dinner that doesn't need watching, add slices of vegetables such as carrots and potatoes to the round steak during the last 20 minutes of cooking.

PEPPER STEAK

Yield: 1 servings
1 pound round steak (cut 1/2 inch thick)
2 tablespoons fat
Flour
1 teaspoon salt
1 medium onion, sliced
4 green peppers
1/2 cup water or tomato juice

Melt fat in skillet. Cut steak into 4 pieces. Dip each piece into a mixture of flour and salt. Fry steak in hot fat until well browned. Cover with onion and green pepper cut into quarters. Do not use the seeds. Add water or tomato juice. Cover and cook slowly on top of range or in a moderate oven (350 degrees) about 1 hour.

FORK-TENDER SWISS STEAK

Yield: 2 to 10 servings
3 pounds round steak (cut 2

inches thick)
Salt and pepper
1 cup flour
1/2 cup fat
2 onions, sliced
2 cups cooked tomatoes

Season the steak and place it on a well-floured cutting board. Cover the steak with flour and pound it with a meat hammer or edge of a heavy saucer. Continue to turn, flour and pound the meat until all the flour is taken up by the steak. Brown the onions in hot fat in a skillet. Remove onions, brown steak on both sides. Place onions on top of steak. Add tomatoes or 2 cups water and 2 tablespoons catsup. Cover and cook slowly 2 1/2 hours to 3 hours or until fork-tender, or bake in moderate oven (350 degrees). Remove steak to hot platter and serve with gravy made from drippings in the skillet.

Premium Offer

An attractive premium will be offered the housewives of Klamath Falls starting this week.

The premium consists of steak knives which will be included in Sperry Drifted Snow flour, one in each 25-pound sack and two in each 50-pound sack.

The premium pack will be stocked by Oregon Food Stores, Big Y Market, Griggs, Buy Low Food Center, Market Basket and Juggensen's Groceries as well as numerous neighborhood stores.



PRETTY BATHROOMS

Vanity lavatories have given impetus to bathroom modernization. Also known as counter-top lavatories, these fixtures combine the advantages of a washbasin with those of a dressing table. Drawers and shelves under the fixture provide plenty of storage space, says the Plumbing and Heating Industries Bureau.

PEYTON - NEW

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Rug Shrinkage

You cannot purchase rugs and carpets which are guaranteed against shrinkage. The majority of manufacturers do not pre-shrink floor coverings. Until manufacturers "Sanforize" their products, says the National Institute of Rug Cleaning, shrinkage will continue to be an inherent characteristic of most rugs and carpets.

A few rugs, NIRC adds, may stretch in use or in cleaning.

In spinning and weaving, fibers and fabrics must be kept under tension. This tension stretches them. They stay stretched until moisture causes them to relax.

Sometimes mere humidity will slowly cause shrinkage while rugs and carpets are in use in the home.

Moisture also will cause backing yarns to swell. When they swell, they force certain chain-weave threads to draw in, thus causing the rug to become shorter.

Dimensional changes are influenced entirely by backing. The kinds of yarns in the nap have nothing to do with shrinkage.

Some weaves shrink more than others. An inexpensive, four-row-per-inch axminster may shrink as much as 10 per cent. Most of this, however, can be stretched back. Generally, axminsters will shrink more than wilton or velvet weaves. Some tufted rugs do not shrink. Some of the tufted which do cannot be stretched back to size.

Your skilled professional rug cleaner takes every step economically possible to minimize size changes. In certain instances, he may be able to dry your rug with stretcher bars attached to them, and he will put a heavy coat of

sizing on the back before the rug is dried.

When any kind of dimensional change might be a great disadvantage, call this to the attention of your professional rug cleaner. Rugs can be cleaned and dried by special procedures to hold them to size. The cleaning, however, may not be so thorough as a regular plant cleaning. Because considerable extra labor is required, such cleaning may cost a little more.

The shrinkage incidental to professional cleaning has its advantages. This shrinkage usually would be no greater than that

which would take place if the manufacturer had preshrunk the rug before you bought it; and since shrinkage causes the surface yarns to move closer together, the density of the fabric is increased. A substantial increase in the wearing quality of the rug results. You have a better rug.

Used Records

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RED HAT SPECIALS

AT PIGGLY WIGGLY - 7th & PINE

Syrup Lumberjack 24-oz. bottle **29c**

Pancake Flour Pillsbury—With Buttermilk 4 lbs. **49c**

Pork and Beans Van Camp's Big No. 2 1/2 tins **2 for 45c**

Corned Beef Frey Bontos 12-oz. tins **43c**

Prem Swift's Luncheon Meat—12-oz. tins **39c**

Spaghetti and Meat Balls. Chef Boy-Ar-Dee 15-oz. **3 for 69c**

Nestle's Milk Tall Tins each **10c**

Hams Swift's—Fully Cooked. With Natural Juices 24-oz. can **179**

Cheese Food Borden's 2-lb. pkg. **59c**

Beef Stew Dinty Moore 24-oz. can **39c**

Mixed Vegetables

Veg-All 303 cans **3 for 50c**

Sperry Drifted Snow

FLOUR Free Steak Knife! 25 lbs. **231**

PEAS Royal Club 303 cans **2 for 35c**

Lorraine

GREEN BEANS 303 cans **2 for 25c**

FRUITS AND VEGETABLES

Tokay or Seedless
Grapes 2 lbs. **19c**

Squash Danish lb. **7c**

No. 2 Netted Gems
Potatoes 10 lbs. **25c**

Delicious
Apples Fancy Double Red 2 lbs. **35c**

Sweet, Juicy
Oranges 5-lb. bag **49c**

Long Grain 28-oz. pkg. **39c**

Quick Rice 24-oz. pkg. **39c**

Brown Rice 28-oz. pkg. **35c**

MJB TREE TEA 1/4 lb. **39c**

16 bags **24c**

Snow's Minced CLAMS 7 1/2-oz. Can **29c**

Snow's Clam Chowder 15-oz. Cans **25c**

Quick Elastic Starch, 12-oz. pkg. **15c**

Buck Hunters! Try Our Hickory Smoked

HAMS 59c lb. Truly Delicious lb.

Colored **HENS** Fresh Dressed **37c lb.**

Pork **STEAK** Lean **49c lb.**

Beef **ROASTS** USDA "Good" **45c lb.**

Fresh Trout - Salmon - Butter Clams

Budget Pack

Red Beans 2 lb. pkg. **27c**

Budget Pack

Pinto Beans 2 lb. pkg. **27c**

Dromedary—Choc., Yellow, White, Spice

Cake Mix 4 pkgs. **\$1**

Durkee's

Salad Dressing 24-oz. jar **43c**

Santa Clara—Budget Pack

Dried Prunes 2 lb. pkg. **45c**

Colored Cubes—Nucoa

Margarine lb. **29c**

Nabisco Sugar Honey

Grahams 1-lb. pkg. **35c**

Nabisco

Waverley Wafers pkg. **29c**

Pream Powdered Coffee Cream 4-oz. **29c**

Sea Haven

Crab Meat Leg and Body Meat No. 1/2 can **55c**

Dial Soap 2 Reg. Bars **27c** 2 bath bars **37c**

Borene—Borax Granulated

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