



COW BELLE of the week is Mrs. Bill Cunningham. Not only is she the wife of an Oregon Cattleman, but she comes from a cattle-raising family. Before moving to Klamath County 34 years ago, she lived in Baker County.

BEEF ON THE MENU

This column which has featured recipes for cooking beef, particularly some of the less expensive cuts, would not be complete without a recipe for mince meat and Mrs. Bill Cunningham of Pine Grove is sharing her family mince meat recipe with our readers this week.

Mrs. Ted Hyde, president of Klamath County Cow Belles, commented the other day that her Christmas packages to members of the family in the East always feature wild plum jam and mince meat. For the true Western touch, Liz makes venison mince meat, substituting deer meat for beef in her recipe.

Mrs. Cunningham says she always has to make a pie right now from the freshly-made mince meat or her family would disown her. She uses neck or any boiling beef for this recipe.

MINCE MEAT

8 cups chopped apple
5 cups chopped meat

- 2 1/2 cups chopped suet
- 1 cup dark Karo syrup
- 5 cups sugar
- 3 cups apple cider
- 3 cups of liquid in which meat was boiled
- 4 cups raisins
- 3 pound citron of fruit cake mix
- Juice of 3 lemons
- Juice of 3 oranges
- 1 tablespoon nutmeg
- 1 tablespoon mace
- 1 tablespoon allspice
- 1 tablespoon cloves
- 1 tablespoon cinnamon
- 1/2 cup vinegar

"I like to let this set for several hours or overnight to allow blending of all ingredients," Mrs. Cunningham says. "Then bring it gently to simmer and allow to cook about 1 1/2 hour.

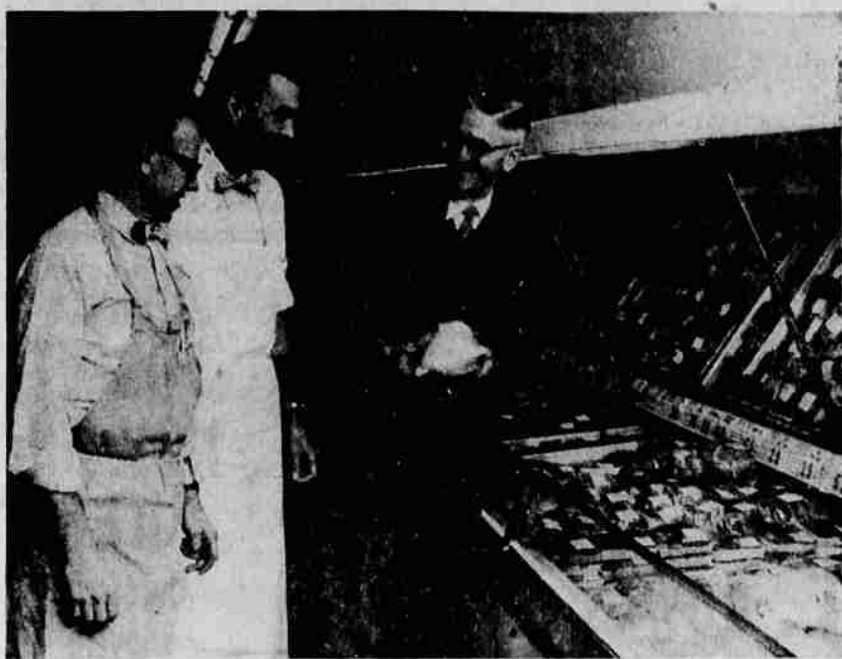
"Seal, or that is, seal all but enough for a pie, as the yummy smell of the cooking mince meat does give the family an appetite."

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins

Editor

Herald and News



KEY MEN AT THE NEW LOW COST MARKET, Dale Hayden, grocery manager, left, Coy Magnuson, meat department manager, and Emil Albrecht, store owner, look over some of the packaged meat displayed at the self-service meat department in the new market. The new store, located in the Town and Country shopping center on South Sixth Street, held its formal opening today. The meat department offers a large display of packaged meat in the self-service display counter.

WALDORF SALAD

At this time of year almost everyone enjoys Waldorf salad. In many families there's a special version that's been voted the favorite. To be repeated frequently while the luscious crop of Fall apples are at their best and juiciest. However, there's no law that says you can't ring a few changes on the basic combination of apples and celery and walnuts.

For instance, some people like a few little white grapes added to the mixture, or even halves of rich, dark grapes that have been seeded. Some like large chunks of English walnuts mixed through, while others prefer a generous sprinkling of ground nuts as a top garnish. Some use calorie-conscious homemakers mix whipped cream liberally with the mayonnaise, while the weight watchers add lemon juice.

Perhaps you definitely favor the nutty bits included in most good

Waldorf salads, but would like to provide them in a new way. Do this: Hold out about two well-formed stalks of crisp celery (not the very large outside ones) and stuff them with chunk-style peanut butter. With a sharp knife slice the stuffed stalks crosswise into quarter-inch-thick crescents. Salt these well, after slicing, and garnish your salad with them. Takes the place of chopped or ground walnuts very nicely.

Or how about a different way of serving the favorite salad of the Fall? Instead of peeling four or six apples and then dicing them, first remove centers with a corer and then, with a sharp grapefruit knife, take out most of the apple from the shells. Then dice or chop it to mix with the celery and nuts and pile it lightly into the apple cases. Set each on a salad plate in a delicate bed of lettuce or other greens. Garnish each apple cup with a dollop of real mayonnaise, a bright grape or cherry and three walnut or pecan halves.

When preparing a large platter or chop plate of Waldorf salad, for buffet service, there is almost no end to the pictures the artist can paint, using color in both content and garnish. Begin with unpeeled red apples, cutting the circles across several times, so that each small bit of apple flaunts a tiny flag of bright peel.

In short, there's nothing easier to make or more delicious to eat than a good Waldorf salad. But yours doesn't have to be exactly like the one you had yesterday at your best friend's house. Surprise her when she tries your version.

GOOD IDEA

Slip the flour after into a paper bag before returning it to the cupboard or drawer after it has been used. This keeps the final sifting of flour from landing in the bottom of the drawer. Sifter should be frequently washed in hot suds and allowed to dry thoroughly.

HALLOWEEN

The moon will be full for this Halloween. It will be a perfect setting for ghosts and goblins wearing masks that glow eerily in the dark.

Aluminum foil masks are easy to make and will keep the children happily busy in the days that lead up to the big night. Give them lots of scope for youthful originality, too.

Witches' hats, table decorations and favors can all be fashioned from foil and a few other simple materials. If they are used with lights turned low or candlelight, the reflectivity of the foil gives a truly spooky effect.

Here are directions for masks and decorations.

SKELETON MASKS

Materials needed are standard or heavy duty aluminum foil, cellophane tape or medicinal adhesive tape, black paper and glue or black plastic tape.

Tear off sheet of aluminum foil about 15 inches long, 12 inches wide. Place over the face and mold to conform to eyes, nose and mouth. Smooth tightly over top of head and under chin. With fingers, make openings for nose and eyes. Use cellophane tape or even adhesive tape from the medicine cabinet and while still on head, wrap a long piece completely around mask. Start under the chin and bring both ends together at top of head. This holds the mask firmly in shape. Remove from face. From black paper or black plastic tape, cut eyes, triangular shape pieces of nose and mouth. Extra foil on sides can be trimmed off and edged turned undesired.

WITCH'S HAT

Materials needed are standard or heavy duty aluminum foil, stiff paper or lightweight cardboard, cellophane or plastic tape, black paper for stars and glue.

Make a large cone that fits the head from heavy paper. Secure edges with tape. To form brim, cut a large circle about three inches wider all around than the base of cone. Place cone on this circle, squeeze slightly so the circle becomes an oval to fit the head. Trace around it with pencil and cut this oval piece out of brim. Fit cone into brim and use cellophane or other adhesive tape to join the two together.

Decorate with stars cut from black paper. For an extra fancy trim, real fall flowers can be set around the brim. String the flowers together by running a thread through the base of each blossom and draw the heavy thread tight enough to circle the base of the hat.

MOONS, WITCHES, CAULDRONS, GHOSTS

Cut forms from lightweight cardboard. Shapes of witches and ghosts can be traced from story books or advertising. Cover with foil.

Cauldron can be shaped over a light bulb and edged trimmed neatly at the top.

Ghost and gravestone is cut from a single piece of cardboard and the ghost given garments of aluminum foil.

Let your imagination work to figure out other table decorations for the youngsters' party. Halloween is one of the really fine times of year for party-giving.



HALLOWEEN MASKS and decorations made from aluminum foil are simply terrific and we've only just discovered the idea. All that is needed to make these interesting Halloween party decorations is household aluminum foil, cellophane tape and black paper. Photo courtesy Reynolds Metals Company.

FOOD STORED IN OPEN CANS SAFE

"Keep it cool and keep it covered."

The U.S. Department of Agriculture gives this advice when storing food in an opened can.

For years the notion persisted that it was unsafe to leave food in an opened can because of spoilage possibilities but the government department has reported that

"it is just as safe to keep canned food in the can it comes in — if the can is covered — as it is to empty the food into another container."

The department report points out that cans and the foods in them have been sterilized in the process of canning, whereas "the dish into which the food might be emptied is far from sterile."

NEW FLAVOR

The Different Hot Cereal!

MORE NOURISHING!
WHEATIER! COOKS INSTANTLY!



Now better than ever! Made with famous Idaho Bart Wheat. Gives you all the B-vitamins, plus protein and iron! • For rich flavor, whole wheat nourishment, instant cooking, look for the new red and white package at your grocery store today!

CARNATION INSTANT WHEAT

SURPRISE SPECIALS FOR HALLOWEEN

POTEET'S MKT.

Swift's Oriole

SLAB BACON

Light - Lean

39¢ lb.

No Waste

GROUND BEEF

Lean - Fresh

3 lbs. \$1.00

PURE LARD

4-lb. Carton

69¢

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