



MRS. EARL KERNS, Cow Belle of the week, is an ardent advocate of the enjoyment of beef-eating. She proposes, and your food editor agrees, that beef has an important place on the menu because it is one of the pleasurable foods — its economy and versatility in combination with other foods are just added advantages to beef.

BEEF ON THE MENU

About herself, Mrs. Earl Kerns says: "There isn't much to say about me. I have lived on this cattle ranch all of my married life. I truly love country life and am very interested in and active along with my husband and children in raising commercial Hereford cattle."

Here is what Mrs. Kerns has to say about roast beef:

"A custom at our house the week before Christmas is the cooking of a large oven roast of beef."

"For this we select a rolled round which the butcher has prepared by removing the bone and tying into an oblong roll. This cut is taken from the leg at the end of the round steak and often includes the last round steak. It will weigh from three to six pounds. It is desirable to choose beef that is mature and of good or choice quality. Lack of waste makes up for the extra cost of such a roast."

"Carefully prepared, the roast is as good the second, third or fourth time it comes to the table as when first cooked. It provides for all-week enjoyment, quick meals, too, once it has been roasted. The round

slices (no carving problem) from first to last are appetizing and in no sense a left-over or scrappy in appearance which is a common fault of other types of roasts. The uniform thickness is the best assurance that the roast will remain juicy and flavorful."

"Our family of four is about equally divided in preference for medium-rare and well-done meat. For this reason, when I first roast it, the meat is cooked to a slightly rarer than medium stage, being still a little rare in the center."

"Then, well-done outside slices will please some of the family; others find the rarer center slices suit their taste."

"Rub the meat well with salt and pepper, insert a small piece of garlic and roast in an open pan without basting at 325 to 350 degrees, allowing 20 to 25 minutes per pound. When done, a meat thermometer will indicate 160 degrees at center."

"I find that if one has roasted the meat at low temperature and for a little less time than is ordinarily done, the roast will never be dry, overdone or tasteless. It

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins

Editor

Herald and News



IT'S IMPOSSIBLE for a snap to look his best for the holidays. We bet this outfit rates an extra piece of turkey. There's grown-up styling in the Sanforized cotton jacket woven in a crisp black-and-white plaid that is crease resistant and water repellent. Teamed with gray flannel slacks, he becomes a real little man of distinction. The slacks bear the Sanforlan label, too, which means that the whole outfit can be sudsed time after time without shrinking out of fit.

can be roasted again to heat through for a second meal, or used as cold meat after the first cooking, and finally heated with gravy made from pan drippings to which mushrooms may be added for variation.

"Far from being tired of the roast, the family will hope for another—real soon."

OSBURN HOTEL
EUGENE, ORE.
Thoroughly Modern
Mrs. J. E. Earley—Joe Earley Jr.
Proprietors

HAM PINWHEELS

Spread four slices of boiled ham with a mixture of 1/4 pound Roquefort cheese, 1/4 cup cream cheese and 1 cup butter. Roll up as for jelly roll, wrap in waxed paper and chill in the refrigerator (will keep for several days). Slice as needed to top butter Ritz crackers for your holiday appetizer tray. Makes about 2 1/2 dozen pinwheels.

CONVENIENCE

An efficient clothespin bag is a great convenience while hanging laundry on your clothesline. It leaves both of your hands free to hang up garments and prevents your having to stoop to pick up pins. A clean line and pins help to guarantee that your laundry will be as clean when you take it down as when it came out of the sud.



REYNOLDS METAL FOIL will find many uses this Christmas in decorations. The little "angel" bottle of Fabergé perfume shown here has wings and a halo crown cut from heavy duty Reynolds foil. For table favors, small bottles of perfume or hand lotion, in angel dress, are easily made decorated with the handy foil. Keep small hands busy by letting the children make Christmas tree strings of tiny balls of loosely crumpled standard weight foil. In addition, the handy foil is a year round kitchen joy to use.

LACY-LIGHT WOOLENS

The lace-lightness of 1956 woollens adds another significant fabric for resort wear, making it an all-year fabric, like cotton. Designers are recognizing that resort spots are not necessarily tropical and that evenings are cool. Also, wool fashions are good travelers. Wool jersey is coordinated in tone-on-tone colors to blend with silk, linen and even cotton separates. Pastel wool flannel and tweed coordinates are strong in the classic field.

PROTECT TUB

If you ever need to stand in the bathtub—maybe to paint the bathroom walls or to hang up some drip-dry laundry—take off your shoes first. The tub's enamel surface should always be protected against scratches from such sources as shoe soles, grit and plumbing tools.

Ladies - Mens - Childrens
White Stag
Ski Clothing
The Gun Store

Take a Tip from "SANTA"...



SHOP EARLY
BEFORE the BIG HOLIDAY RUSH!
LOADUP WITH **PIGGLY WIGGLY** FINE FOODS

Cheese
Pineapple
Gingerbread Mix
Waldorf Tissue

Borden's—2-year-old
Wisconsin
Cheddar

lb. 59¢

Hillsdale—Half
Slices No. 1 flat tins

10¢

Pillsbury
2 Pkgs.

45¢

4 rolls 29¢



Phone
5251

MILLER'S MARKET

RABBITS lb. 59¢
HAMS Cooked and Ready to eat! lb. 59¢
NECK BONES lb. 19¢
PORK ROASTS lb. 39¢
STEAKS USDA "Good" lb. 69¢
FRESH CRABS — FRESH OYSTERS — FRESH SALMON

Tomato Juice 46-oz. tin 25¢
Deviled Ham 4 1/2-oz. 29¢
Cherries 1-lb. box 59¢
Chocolate Drops Sunshine 12-oz. 35¢
Party Mix Mixed candy 2 lbs. 55¢
BLEACH Paros Quart 17¢ 1/2 Gal. 31¢
FLOUR Occident 10 lbs. 79¢

EGG NOG
Crater Lake or Medo-Land
Quart 59¢

WOODBURY FACIAL SOAP
4 bars 28¢
White King SOAP
Large Size 31¢
White King DETERGENT
Giant Size 65¢
CALGONITE
For Automatic Dishwashers 20-oz. 39¢
CALGON
For Automatic Washing Machines 16-oz. 29¢

MARSHMALLOWS 10-oz. pkg. 19¢
Flapjack Flour 2 1/2-lb. pkg. 39¢
SYRUP 24-oz. bottle 29¢
PAROWAX 1-lb. pkg. 21¢
Cigarettes Popular brands 17¢
Instant Coffee Nescafe 1-lb. 16¢
Margarine Blue Bonnet 1-lb. 27¢
Mince Meat Pennant 26-oz. jar 39¢

Alber's Oats Quick or Regular—Free FireKing Bowl 20-oz. size—19¢ 3 lbs. 39¢
Apricots Cal-Top Whole Fruit No. 2 1/2 Cans (Limit) 15¢
Dill Pickles Roland's 1/2 Gallon 49¢
Wheat Large 2-lb. pkg. 35¢ 1-lb. pkg. 19¢
Ovaltine Small Size 33¢ Large size 59¢

NUTS for CHRISTMAS
Mixed Nuts Fancy 1-lb. pkg. 49¢
Fancy Filberts 1-lb. pkg. 39¢
Fancy Brazils 1-lb. pkg. 45¢
Almonds Paper shell 1-lb. pkg. 59¢
Ore. Walnuts Bulk lb. 43¢
Peanuts Fresh Roasted lb. 39¢

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New 3 slice TOASTMASTER 39 50
Sunbeam Mixmaster Complete with juicer 46 50
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West Bend Flavo-Matic COFFEE MAKER 11 95
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FRYRITE with easy pour grease spigot 24 95

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Musical POWDER BOXES Reg. 7.95 5 95
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Ranson LIGHTERS 3 95
Chromium satin finish

FOR HIM

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Sunbeam SHAVEMASTER Your old razor worth 7.50 trade-in 29 50
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