

Klamath Cow Belles

III / C 6 L 3 XX

When Mrs. Douglas McKay, wife of the Republican candidate for U.S. Senator, was here with her husband on October 10, the Klamath County Cow Belles asked her if she had any favorite recipes for beef cookery that she used in her home.

She had a busy day with a luncheon at the Winema Hotel in her honor and an afternoon coffee in Chilquin arranged by Mrs. Guy Staiger and a public dinner for the McKays that evening—after a



MRS. DOUGLAS MCKAY

McKay said: "Beef is used a great deal in our home, so I'll give you a couple of simple recipes for the way I cook it."

POT ROAST
"I usually get about a four-pound roast as we like it left over, too."

"Wipe the roast with a damp cloth; sear in hot pot-roaster. I use a heavy aluminum one I've had for years—by putting a tablespoon of grease in the hot roaster and searing the meat first on one side and then on the other. Salt and pepper roast while you are searing it."

"Then add about one cup of water—just enough to have a half inch in the bottom of the roaster. Turn to low heat. Cut up a large onion fine and put over the top of roast. I cook at low heat for about three hours, adding a little more water as needed (probably every 30 or 40 minutes) and turn roast over once during the cooking period."

"I make my gravy in the usual way, but always use potato water for liquid. Just flour and water, mixed together for thickening and we think potroast gravy is the best of any gravy."

LEFT-OVERS
"We use cold sliced potroast with a salad for lunch," Mrs. McKay continued, "and sliced pot roast on a slice of bread and covered with heated gravy for a dinner sandwich."

POT PIE
"Cut left-over pot roast into small pieces. Partially cooked (or left-over) potato cut in small pieces. Cut up onion and a couple of diced carrots. Pour gravy over this so it will partially cover and top with biscuit dough. Bake about 20 to 30 minutes in 400 degree oven."

QUICK VEGETABLE
Brown tiny cubes of bread in olive oil or butter and sprinkle over piping hot canned stewed tomatoes. Serve in sauce dishes.



NEW WAYS TO "treat" Halloween visitors are in vogue this year. Many ghosts and goblins will come to doors in our country this year asking help for all the world's children through UNICEF. Give these small messengers of goodwill your own personal food treat, such as home-made cookies and a Halloween milkshake. The Orange Chocolate drink shown here is easy when you pour instant chocolate flavored mix right from the package into the milk. Add a scoop of orange sherbet and you have a real Halloween drink. Photo and recipe suggestion from Baker's Instant Chocolate.

FRITTERS
Choose green-tipped bananas when you are planning to make fritters of this fruit. Serve as a dessert with lemon sauce. The ripener fruit mashes easily for your favorite banana cake.

Take it from me.

DRINK
Klamath Basin
Grade "A"
MILK

Because ...

Milk supplies energy and vitality, but helps you relax. You feel good all over. You never outgrow your need for fresh milk.

ORANGE CHOCOLATE MILK

This refreshing orange chocolate milk will be a special treat for the thirsty, excited youngsters making their Halloween rounds. And when you use instant chocolate flavored mix in the new pour spout package, fast preparation is easy!

ORIENTAL BISQUE

Combine 1 can (1 1/4 cups) condensed cream of celery soup, 1 soup can of milk, 1 cup flaked, cooked lobster (5 ounce can drained), 1/4 teaspoon ground dill and heat. Garnish soup with chopped chives. Makes 3 to 4 servings.

PARSLEY

Despite the fact we have had our first snowfall of the season, you still have time to dig a parsley root and pot it for winter use. Be sure the pot is where it can get some sun. You can clip sprigs all winter for garnishes—to the envy of your friends.

All you do is pour 2 to 3 teaspoons of the mix into a glass of cold milk and stir. Add a scoop of orange sherbet and you will have a Halloween drink that will really delight the space cadets, witches and ghosts who come to the door.

Try this same drink if your own little goblin is having a home party. Because it's made with whole fresh milk you know it's nourishing — and because it tastes so good and looks so much like a real treat, the children will find it a real treat.

ORANGE CHOCOLATE MILK

1 glass cold milk
2 to 3 heaping teaspoons instant chocolate flavored mix
1 scoop orange ice

VARIETY

Tired of seeing gingerbread in the same square pan? Betty Crocker says to make gingerbread, using mix, and pour into a 9-inch greased and floured ring mold. Serve hot with a bowl of applesauce in the center. It is appetizing and pretty.

Add instant chocolate flavored mix to milk in tall glass; stir. Add 1 scoop of orange ice to mix. Makes 1 serving.



IT'S PURE CANE



PUMPKIN EGGS PEACHES

Nescafe Instant Coffee 6-oz. Jar \$1.29
Corn Hunt's Cream or Whole Kernel No. 300 cans 10c
Cottage Cheese Crater Lake pts. 19c
Gingerbread Mix Pillsbury's 2 pkgs. 45c
Barbecue Sauce Chris and Pitt's bottle 49c



"Trick or Treat" Goodies
CRACKER JACKS 2 pkgs. 15c
Candy Bars Hersheys, Milky Way 6 for 25c
GUM All Flavors 3 pkgs. 10c
LIFE SAVERS 3 pkgs. 10c
Orange & Black Jelly Beans, Hershey Kisses, Stick Candy, etc.

White Star -- Chunk
Tuna No. 1/2 29c
4 cans 95c

Libby's
2 2 1/2 Cans 25c
Doz. 55c

Bagley, No. 2 1/2 Cans 5 for \$1



POTEET'S Choice Meats
Smoked Pork Chops 59c Fine For Breakfast
Skinless Wieners 39c No Waste
Ground Beef 3 lbs. \$1.00 The Best
Swift's Sliced Bacon 1-lb. Heat Sealed Pkg. 49c

Vegetables
BROCCOLI Bunch 19c
CABBAGE lb. 5c
POTATOES U.S. No. 2 10 lbs. 29c
Bulk Carrots, Bagas Parsnips, Turnips 3 lb. 25c

Gerber Baby CEREALS 2 pkgs. 29c
M-D TISSUE 4 Pack Cello Wrapped 39c

Puss 'N Boots CAT FOOD Large Cans 2 for 25c Small Cans 3 for 25c
Blue Mountain HORSE MEAT Large Cans 2 for 45c
Durkee's MAYONNAISE 24-oz. 55c
SUNSHINE 1-lb. Fudge Sandwich Cookies 39c 1-lb. Party Mix Candy 29c

Alber's Flapjack PANCAKE FLOUR 1-lb. pkg. 19c 4-lb. pkg. 49c 2 1/2-lb. pkg. 35c 10-lb. pkg. 1.19
PET MILK A large variety of Trick 'N Treat Candies - Cookies - Apples - etc.

JURGENSEN'S GROCERIES • PRODUCE • FROZEN FOODS
1710 Oregon Ave. - - - Phone TU 4-3860

Sun-drenched PRODUCE SPECIALS
FREE Pumpkin
To each child accompanied by parent making purchase.
Apples Medium Size Fancy Delicious Luq \$1.69
Apples Newtowns Luq 89c
Rutabagas, Turnips, Carrots, Parsnips lb. 5c



Humko Shortening 3-lb. Tin 79c

SPECIALS From Miller's Market IN PIGGLY WIGGLY
Yearling Lamb Sale!

Legs lb. 39c
Roasts Shoulder lb. 29c
Lamb Chops Loin - Extra Special lb. 39c
Lamb Chops Rib lb. 29c
Lamb Stew lb. 9c
Beef Liver lb. 39c

VEL or FAB Giant Size 83c
ANGEL CAKE MIX Duncan Hines, Choc. pkg. 49c
KELLOGG'S "K" Cereal Large Pkg. 29c
MARGARINE Allsweet 2 lbs. 59c
SALTINES Snowflake lb. 29c
COOKIES Nabisco Oreo Cremes 12-oz. 39c
MJB RICE Long Grain 28-oz. 37c
Brown 28-oz. 35c Quick Cook 24-oz. 39c
KARO SYRUP Red or Blue label. 5 lb. tin 69c
MAZOLA OIL For cooking or salads qt. 59c
LINIT STARCH pkg. 15c
ZEE TISSUE 4 roll family pack 35c
POND'S FACIAL TISSUE 300 count 2 for 39c
WHITE KING SOAP Deal Pack Giant Size 68c
WHITE KING "D" Giant Size 73c
PALM OLIVE SOAP Reg. 3/29c Bath 2/27c

AJAX CLEANSER 2 for 25c
PIGGLY WIGGLY
7th and Pine
Open Sundays and Evenings