

Foods And Nutrition

By RUTH G. DYER
County Extension Agent

That piece of venison stew you just gave to the dog may be the most expensive meat you put on your table if you add the cost of the hunting trip to your food bill. If you were fortunate in harvesting a deer, why not make it prime eating.

Correct handling of venison is the key to feeding the family instead of Fido next winter. Good field care comes first. Prompt cleaning, skinning and cooling is essential if good meat is to be brought in from the hunt.

How meat is handled before it reaches the locker affects quality. You can't expect the best venison if you give no more instructions to the locker man (or friend husband) than "I want all the steaks possible. Make the rest into burger and give the bones away for we don't want them."

It is much better to outline what you really want. Example: Steaks 1½ inch thick, the shoulder in meat cubes or roast; each five pounds of ground venison mixed with one pound ground beef hamburger. Here are a few suggestions if you are not sure what to request.

Steaks should be cut from the loin and rib sections for the best quality. Round and shoulder steaks can be cooked by moist heat methods. Thick steaks, 1½ inches, cook without drying and becoming tough.

Trim most of the fat. Deer fat is strong in flavor and becomes rancid quickly even in locker storage.

Bone out the shoulder cuts for more economical locker storage.

Double wrap the meat before freezing. Place pieces of locker paper between the individual steaks for quick thawing.

Mark each package with name of cut, weight and date. Use in six months for the best quality.

Freeze quickly. Consider getting venison quick-frozen if your locker is too full to freeze all the meat promptly.

FULL-FLAVORED VENISON

We might as well admit that deer meat has a different flavor than domestic animals. Described as wild-game or strong, it still is different from any other we know. If your family does not like the flavor of venison, you may dilute the flavor by adding other ingredients such as salt pork, bread crumbs, and fruits as when making mincemeat.

Or mask flavor with spices, onions, sauces and herbs. Best of all you can learn to handle it so skillfully that none of the strong flavor develops and you learn to like it.

If your family is still not convinced, one way of using much of the trim meat is by making venison mincemeat. Mincemeat is excellent in the traditional pie but is often overlooked as a good fruit filling.

If you make a fairly dry mincemeat, it can substitute nicely for date fillings in cookies and yeast coffee cakes. Try the following recipe. It makes 12 pints of concentrated mincemeat.

Add extra apple for a lighter less rich venison treat. Venison keeps well for several weeks in the refrigerator because of its high acid content. For longer storage, freeze or can in pressure canner. Process for at least one hour at 10 pounds pressure (12 pounds pressure at 4,000 feet altitude). Control pressure carefully. Changing pressure may cause the juices to siphon off. This will usually prevent the jar from sealing.

VENISON MINCEMEAT

4 pounds of venison "trim" meat with bones
2 lbs. seeded raisins
1 15 oz. box muscat seeded raisins
1 12 oz. box currants
¾ lb. beef suet
3 lbs. apples, peeled and quartered
1 pound brown sugar
1 Tbsp. cinnamon
1 Tbsp. ground ginger
1 Tbsp. ground cloves
1 Tbsp. nutmeg
1 tsp. allspice
1 tsp. mace (optional)
2 quarts cider, grape juice or other fruit juice

Trim fat from venison. Cover with water. Simmer, covered until venison is tender. Refrigerate venison in cooking liquid and allow to cool overnight. Then remove all fat from top of liquid. Separate meat from bones and put meat through grinder, using coarse blade. You will need enough ground venison to make at least 2 quarts of ground meat. Grind suet and apples. Combine all ingredients in a large kettle. Simmer for two hours to plump fruit and blend flavors.

Freeze or can venison mincemeat in pint jars. If canned, process at 10 lbs. pressure for 60 minutes (12 pounds pressure at 4,000 feet altitude). Add equal amounts of chopped apple when using, if desired.

SALAD DRESSING

There is nothing like the old fashioned mixture of sour cream, sugar, vinegar, salt, white pepper and celery seed for dressing a salad of shredded green cabbage.



SAFEWAY

GOLD BOND Barrels of FUN Days

NOW THRU OCT. 22nd

Halloween is Almost here!

Get set for the little goblins and witches that are about to invade your premises. Protect yourself now with our wide variety of fine candies, cider, cookies, etc.

FREE FAMOUS BRAND PRIZES!



Shop at the store that gives you more . . . You get more gifts for less books!

HUNDREDS OF HAPPY WINNERS
And you can win more than once!

NOTHING TO WRITE! NOTHING TO BUY!
HERE'S ALL YOU DO!

- 1 Clip every coupon below.
- 2 Fill in name and address.
- 3 Deposit in barrels in our store with corresponding numbers.

DRAWING HELD: SAT., OCT. 22nd

WINNERS WILL RECEIVE STAMPS AND BE ELIGIBLE FOR ADDITIONAL MERCHANDISE PRIZE DRAWINGS . . .

All winners will be notified!
ENTER TODAY! IT'S BARRELS OF FUN!

Wow! See What We're Giving Away!

ONE MILLION FREE GOLD BOND STAMPS

WIN 250 GOLD BOND STAMPS
deposit in barrel number **1**

NAME _____
ADDRESS _____

WIN 50 GOLD BOND STAMPS
deposit in barrel number **2**

NAME _____
ADDRESS _____

WIN 100 GOLD BOND STAMPS
deposit in barrel number **3**

NAME _____
ADDRESS _____

WIN 150 GOLD BOND STAMPS
deposit in barrel number **4**

NAME _____
ADDRESS _____

WIN 250 GOLD BOND STAMPS
deposit in barrel number **5**

NAME _____
ADDRESS _____

LOOK AT THESE SAVINGS ON FAMOUS FOLGER'S COFFEE

FOLGER'S

REGULAR or DRIP—LIMIT PLEASE!

1-lb. TIN **59¢** 2-lb. TIN **\$1.17**

JUST LOOK AT THIS!

BISQUICK

The World-Famous Multi-Purpose Mix! A whole new world of baking . . . in a box!

3 40-oz. Pkgs. \$1.00

Lady Elberta PEACHES



Fancy quality
Freestone
Halves or
Slices. In
heavy syrup.
Reg. 34c value

4 No. 2½ tins **\$1**

Bumble Bee CHUNK TUNA



Reg. 29c Value—Light Meat

No. ½ tins

4 89¢

SAFEWAY

Sliced Pineapple

Ralston Chex Rice 6-oz. **23¢**

Quaker Sparky's Puffed Wheat 4-oz. **19¢**

Nestle's Choc. Chips 6-oz. **49¢**

Hot Roll Mix Pillsbury, no muss - no fuss - just pop in the oven

Pizza Pie Mix Chef Boy-Ar-Dee Just heat 'n serve

Knox Gelatin

Donuts Mrs. Wright's sugared Reg. 45c

Camay Soap Bath size - pink 2 bars 33c

Oxydol The famous washday detergent 49-oz. pkg. 89c

Ivory Soap Large size 2 bars 35c

Cheez-its Sunshine - oven-fresh 6-oz. 19c

Decanter Plastic, for juices, 2-quart size. Reg. 69c

Potato Patties Bell-air frozen 2 12-oz. pkgs. 35c

Sold Exclusively at Safeway

The GOLDEN BOOK Illustrated ENCYCLOPEDIA for Young People

16 MAGNIFICENT VOLUMES
a reference library designed to meet the needs of every school age youngster

Here's a terrific combination for tasty cold weather menus!

Soup 'n Crackers



HEINZ SOUPS

11 meat base varieties to choose from

Vegetable and Tomato with Rice.

6 11-oz. tins **1.00** 6 11-oz. tins **89¢**

Soda Crackers Busy Baker fresh thin crisp wafers 2 lbs. **49c** 1-lb. pkg. **25c**

Lalani fancy quality from Sunny Hawaii

3 1¼ flat tins 65¢

Wheat Chex 12-oz. pkg. **25¢**

Puffed Wheat 4-oz. **19¢**

Puffed Rice 4½-oz. **21¢**

Semi-Sweet 6-oz. **49¢**

Pillsbury, no muss - no fuss - just pop in the oven

14-oz. pkg. 29¢

15½-oz. pkg. 53¢

All Protein - No Sugar

A grand way to reduce 8-oz. pkg. 15¢

Apple Cider Town House - real apple flavor 1-Gal. bottle **89¢**

Potatoes Pillsbury scalloped 49-oz. **33¢**

Green Peas Town House - fancy quality 6 303 **1.00**

Snack Crackers Busy Baker - oven-fresh 1-lb. pkg. **29¢**

Mandarin Oranges Town House 5 11-oz. tins **1.00**

Eclair Mix Swansdown Vanilla Cream Puff 14½-oz. pkg. **49¢**

Shredded Coconut Baker's premium 4-oz. **29¢**

Baker's Coconut Angel's coconut 7-oz. pkg. **39¢**

BUY A BOOK-A-WEEK!

Volume 1 still on sale only 49¢ **Volume 2 through 16 only 99¢ ea.**

Volume No. 7 on Sale Now