



**NOT CHERRY PIE** — Here is a delicious dessert made with canned pie cherries that need not wait for George Washington's birthday.

## Big Game Season Is Now Upon Us

By OSU AND U.S. DEPT. OF AGRICULTURE

Deer, elk and pronghorn antelope provide Oregon hunters with some of the finest big game hunting in the country and are rated highly as a table delicacy by sportsmen everywhere.

Big game has not always been abundant in Oregon. Because of unrestricted hunting, early settlers reduced big game numbers. Laws restricting big game bag limits and seasons were imposed after 1900. Large game refuges were established by legislatures to help restore big game. Since 1939, the Oregon Game Commission has managed Oregon's wildlife resources and established hunting regulations.

This year, pronghorn antelope, deer, elk and black bear will give Oregon hunters opportunity for healthful recreation and edible game meat. Because game foods are highly nutritious and provide an excellent supplementary food supply, this week's Spotlight has been prepared to enable people to care for game properly and make full use of its food value.

### PRONGHORN ANTELOPE

Nine hundred sportsmen hunted antelope during the five-day season—Aug. 19-23, 1961—when trophy and meat values were the highest. Since 1949, antelope hunting has been before the September breeding season, so that horns are unscarred by fighting and meat is in top condition. Pronghorns are smaller than deer—mature bucks average 127 pounds, while does average 105 pounds, according to data obtained by the Oregon Game Commission at Hart Mountain.

### DEER

Oregon continues to lead the nation in deer harvest. Each fall, Oregon hunters kill about 5,000 tons of venison. In 1960, more than 250,000 persons hunted deer and harvested more than 157,000 animals. Three species of deer are hunted—the Columbian black-tailed deer, confined to areas of Oregon west of the Cascade Mountains; the Rocky Mountain mule deer, found throughout Oregon, east of the Cascade summit; and Oregon white-tail deer, principally found along the Umpqua River northeast of Roseburg.

### ELK

Last year 48,992 persons bought elk tags and reported a harvest of 10,865 elk. This season, there are modest increases in Rocky Mountain elk herds of Eastern Oregon and little change in the number of Roosevelt elk found throughout the Coast and Cascade Mountains.

### BLACK BEAR

This year, the Oregon Game

Commission declared the black bear a game animal in all lands within the exterior boundaries of the Mt. Hood and Willamette National forests and in the Deschutes National Forest, west of Highway 97. Arms and ammunition regulations for bear will be the same as for the taking of deer. These are the general dates for hunting seasons in Oregon: Deer, Sept. 20 to Oct. 22; Elk (Coast area), Oct. 23 to Nov. 15; and Elk (rest of state), Oct. 18 to Nov. 26. Detailed hunting regulations, established in July, may be obtained from any authorized hunting and angling license agency or by writing the Oregon State Game Commission, P.O. Box 4136, Portland.

### BASIC GEAR

Before going on a hunting trip, plan to carry adequate equipment to handle the big game as soon as it is bagged. For field dressing, desirable equipment includes a strong knife, hatchet or saw, a good skinning knife, a whetstone, meat sacks, some string, a pencil and good strong plastic bags for conveniently carrying the heart and liver back to camp. Some hunters carry a small block and tackle.

### FIELD CARE

The care a sportsman gives big game from field to the dinner table can make a big difference in the way it tastes. The ideal way to harvest good big game is to bag it close to wheel or horse-powered transportation. Then immediately, field dress the deer and take it back to camp, hang up and carefully skin-out. Better yet, quickly take it to a cold storage locker and remove the skin at once.

For you who can't take your big game animal back right away, Andy Landforce, Oregon State University Extension Wildlife Management Specialist, offers the

following suggestions: In Western Oregon, unless the game is moved easily from the field, dress it, hang it in a tree, and skin it once. Split the carcass in half and leave the last neck vertebrae connected, to help balance the halves while hanging. Preferably, let hang until the meat is no longer sticky. Dry meat is easier to keep clean. Hanging overnight in the cold woods is good, for the meat gets cold and a glaze forms on it. It is always better to let meat hang and cool before moving it. Immediately upon reaching your destination, hang meat in a cool, dry place. The cold storage locker is ideal for cooling and aging meat, but much good venison has been cared for in the garage, too.

In Eastern Oregon, if you can't get your kill back to camp and

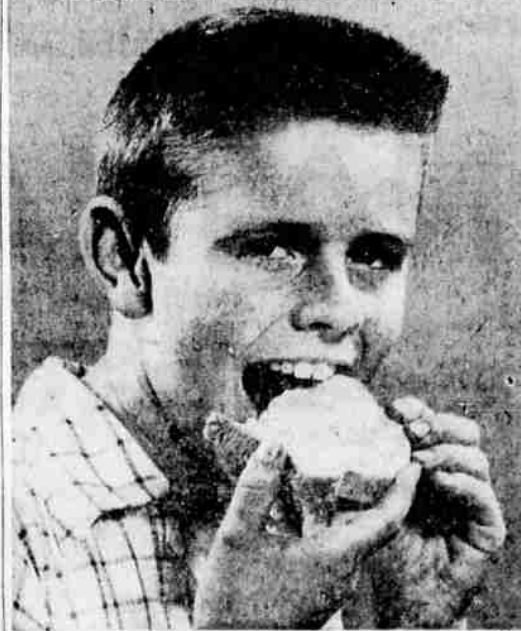
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## Easy-To-Make Cooking Appeal

Reminiscent of the old stone cream pitcher and iron kitchen stove is this home-spun Cherry Crisp dessert. It's as old fashioned and deeply delicious as in the old days, but this Cherry Crisp recipe is up to date and easy to make. It blends the crunchiness of walnuts, oats and brown sugar with the tart, clear flavor of plump red cherries. Serve it warm—then, if you like, smother it with rich, whole cream.

### HOME-SPUN CHERRY CRISP

1 No. 303 can water packed red cherries  
1/2 cup sugar  
1 cup quick-cooking rolled oats  
1/2 cup brown sugar  
1-1/2 cup enriched flour  
1/2 teaspoon salt  
1/4 cup butter or margarine  
1/2 cup broken walnuts

Heat cherries and sugar together. Pour into a 10 x 6 x 1-1/2 inch baking dish. Combine oats,

## Good Breakfast

### Starts Day Right

The old saying, "A good start is half the race" is sound advice for good health. A good breakfast is a good beginning. But, it's too often the most neglected meal of the day.

A well-balanced breakfast helps you do more work, think and act more quickly. Industry studies show a decrease in output between 11 and 12 o'clock when workers had no breakfast.

Another survey showed that 29 per cent of the teenagers ate no breakfast or one without solid food. Good breakfasts should be included in a reducing diet, too. Otherwise, you're likely to eat twice as much lunch to compensate for a high-calorie snack.

Since it's Better Breakfast Month, this is a good time to consider whether your family is getting the nutrients essential in the morning.

What is a good breakfast? It should include at least one food in each of these four groups:  
1. Citrus fruit or juice  
2. Meat and/or eggs  
3. Cereal-and-milk and/or toast  
4. Milk

It's the high protein meat group that prevents that between-meal

let-down. Meat satisfies hunger and has staying power, says meat expert Reba Staggs.

### Breakfast Meats

Something different in the way of meats can certainly add variety to breakfast menus that can easily become routine. Of course, bacon and sausage are the popular standbys. However, there are many other meats that are delicious at the morning meal. You could serve a ham slice, Canadian-style bacon, dried beef, cube or rib steaks, corned beef hash or lamb patties.

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