



DESSERT — Cubed steaks cooked out-of-doors taste better than cube steaks cooked any other way when you are an eighth grade homemaker. These Malin girls who ate steak, salads, casserole dishes and picnic trimmings, had popsicles and drank soft drinks for dessert. Seated, left to right, Joan Kirkpatrick, Veronica Luikens, Terry Petrasek, Judy Anderson. Back row, same order, Linda Turner, Linda Lousignont, Joan Mullanix, Sherry Worthington, Mrs. Paygr and Pat Walker.



WORKED TO EAT — Cube steaks provided by the Oregon Beef Council and the Klamath County Cow Belles to the eighth grade class at Malin were cooked out of doors. Wood gatherers helped stoke the fire. They were, front row, left to right, Barbara Unruh, and right, Joyce Mullanix. Standing, same order, Cheryl McCollam, Phyllis Rollins, Janice McAuliffe and Connie Anderson.



MIGHTY GOOD — Future homemakers, girls of the eighth grade homemaking class of Malin Elementary School, taught by Mrs. Frank (Ann) Paygr Jr., cooked cube steaks by the Oregon barbecue style. The steaks were provided by the Klamath County Cow Belles and the Oregon Beef Council. The cookout was held in Malin Park May 28. The Cow Belles, as an annual project, give \$10 to each county high school for beef cookery. Preparing steaks, outdoor style, left to right, is the cooking committee — Sandra Wolf, Connie Alexander, Ann Johnson and Julie McAuliffe.

COW BELLE'S CORNER

By MRS. TED HYDE
The Cow Belles have long recognized that one of their most important points of contact in the field of beef education is with the future homemakers, high school students in home economics courses.

The program of giving money to the homemaking departments in the high schools to augment their budgets so that they could purchase beef for demonstration purposes, started with county Cow Belle groups such as our Klamath County Cow Belles. It was adopted as a state program, with the Oregon Cow Belles offering money to the schools in counties where no local group existed.

Since the formation of the Oregon Beef Council about three years ago, the financing of this program has been included in the Beef Council's budget, with the Cow Belles still handling the distribution. The Oregon Beef Council, incidentally, is a producer-financed and controlled organization under the supervision of the State Department of Agriculture.

Today's picture shows students in the Malin eighth grade homemaking class enjoying a cook-out in Malin Park recently as a climax to their year of home training under Mrs. Frank Paygr Jr. Some of the Cow Belle money was used to finance the cube steaks which were the center of attraction at the time this picture was taken. The high school homemaking class used its money for making beef stroganoff.

Here are several recipes for cube steaks:

BARBECUED STEAK SANDWICH PLATTER (4 servings)

4 cube steaks
1/2 cup catsup

SWEET-SOUR STEAK (Middle European) (4 servings)

4 cube steaks (about 4 oz. each)
Seasoned flour
1 onion, chopped
3 tablespoons fat or salad oil
2 tablespoons vinegar
1 tablespoon brown sugar
1/2 cup catsup
2 tablespoons Worcestershire sauce
1/2 cup water

Dip steaks in seasoned flour; brown with chopped onion in hot fat or oil. Add remaining ingredients. Cover and cook slowly until steaks are fork-tender, or about 20 minutes.

COUNTRY STEAK DINNER (4 servings)

4 cube steaks, 1/2 lb. each
3/4 cup fine bread crumbs
Salt and pepper
1/2 cup evaporated milk
3 tablespoons fat or salad oil
1 onion, finely chopped
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
2 cups canned tomatoes (undrained)

Specialties in Gourmet

By RUTH KING

HERALD AND NEWS, Klamath Falls, Ore. Thursday, June 6, 1963 PAGE 1-B

2 cups canned or frozen whole-kernel corn

Roll steaks in crumbs seasoned with a little salt and pepper. Dip in evaporated milk and roll again in crumbs. Brown slowly in hot fat or oil in heavy skillet. Cover and continue cooking over low heat for 10 to 12 minutes or until meat is tender. Remove steaks to warm serving dish. Add onion to fat remaining in skillet; brown quickly. Stir in flour, salt and pepper. Add 1/2 cup juice drained from tomatoes. Cook and stir mixture over low heat until it begins to thicken. Add drained tomatoes and corn. Heat quickly. Pour around steaks in serving dish.

Suggested menu: Hot raised rolls or baking powder biscuits are very good with this delicious one-dish meal. Add a crisp salad. Chocolate pudding and sugar cookies for dessert.

SUMMER SNACK TRAY

Everyone likes cooling things to eat during the warm months and "Summer Snack Tray" is certainly that! Mashed California avocado, cottage cheese, chopped pickled onions and seasoned salt are blended into a tasty dip for crisp raw vegetables. Late spring is the time of year to start looking in markets for summer avocados from California. They range in shape from round and plump to pear-shaped. Their skins may be thick or thin, rough or smooth, green or almost black. However, all of them have the same familiar eating goodness as their winter cousins.

Summer Snack Tray

1 California avocado
1 teaspoon seasoned salt
1 cup cottage cheese
1/2 cup pickled onions

Crisp raw vegetables
Cut avocado lengthwise in to halves; remove seed and skin. Mash or force fruit through sieve. Blend in seasoned salt and cheese. Drain and chop onions coarsely. Stir into avocado mixture. Serve in bowl surrounded by cauliflowerettes, carrot sticks, cucumber slices and radishes.

Makes 1 1/2 to two cups dip.

First Course

As a nifty appetizer, relish or relish-salad, combine a can of undrained blue lake green beans with a jar of undrained pearl cocktail onions and a little chopped pimiento. Season to taste with salt and pepper. Chill well. Drain and serve in crisp lettuce cups.

COOL DESSERT JEWEL TRAY

The "Jewels" of "Ruby Jewel Tarts" are the bite-size pieces of canned fruit cocktail bedecking this delicious chilled dessert. The cling peaches, pineapple, pears, seedless green grapes and maraschino cherries in a can of fruit cocktail turn many desserts and fruit salads into family favorites.

RUBY JEWEL TARTS

1 can (1 lbs. 14 oz.) fruit cocktail
1 envelope plain gelatin
1/4 cup red raspberry jelly
1/2 teaspoon grated lemon rind
2 to 3 drops red food coloring
1/4 cup lemon juice
1/2 pint dairy sour cream
1 tablespoon finely chopped preserved ginger
Pinch salt
8 baked tart shells (3 inches each)

Drain fruit cocktail, reserving syrup. Soften gelatin in syrup. Add jelly and lemon rind. Heat until gelatin is completely dissolved. Stir in food coloring and lemon juice. Chill until mixture is slightly thickened. Fold in fruit cocktail. Combine sour cream, ginger and salt. Spoon half the sour cream mixture into tart shells. Top with fruit cocktail mixture. Chill well. Before serving, garnish each tart with a spoonful of remaining sour cream mixture.

Makes eight servings.

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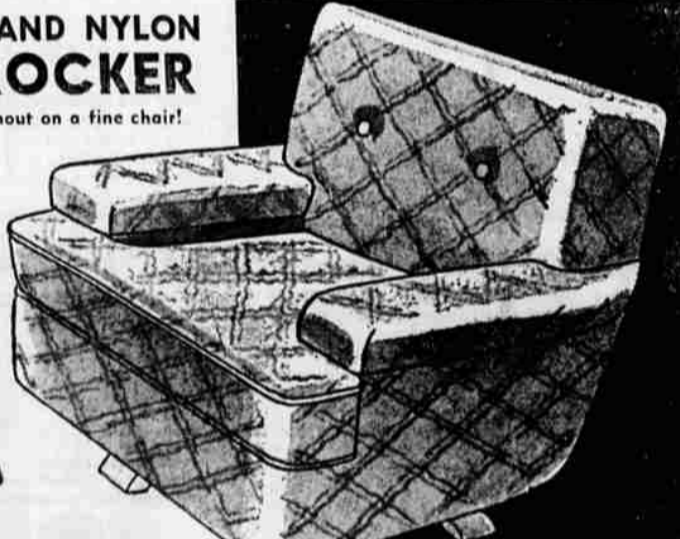
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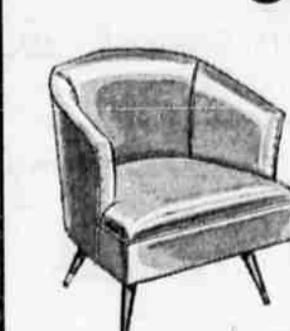
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