

Cow Belles' Corner

By MRS. TED HYDE

Traditionally, fall was the time for beef to be in greatest supply, hence at its cheapest for the housewife.

However, the growth of the feeder industry has helped to bring the beef trade to the consumer and a more orderly market for the producer. The situation is a grain situation since World War II has also been a factor in the growth of the feeder industry, providing plentiful supplies of cheap grain. Corn, grain, economies, breads and grains are staples in the diets of the people. Only in a land of abundance such as we have can so much grain be diverted to livestock and in a sense consumed by the people through ranch and feedlot.

For the cattleman, fall is still the principal market time, for he is basically marketing his grass through cattle and the grass season is over. He sells his calves in this area, usually to a California buyer with permanent pasture and a good supply of hay. He will winter them and sell them gradually to feeders for the final finishing. Cattleman in this area will also buy, usually in the spring, lighter calves to put on their excess grass, and sell them early in the fall directly to feeders. The feeders in turn group the animals they have on feed, feed some up faster than others, pick them out as they become ready, and spread their final sale over a period of time.

Cattleman, too, try to change the natural cycle. In California where the winters are mild, they can calve practically all year around. Some desert cattle, where they are run on the open ranges practically all year, have calves at all ages, or help feeder marketing because the feed is poorer and the calves are smaller at weaning time. Each cattleman, encouraged by the rewards of his free enterprise system, seeks to adapt his operation to the form which will bring him greatest profit under his climatic conditions. His life is a continuous gamble, as is that of any farmer, on the weather and the market; but that is one of the things that makes it interesting.

The variety meats are more plentiful in the fall. Here are several recipes for them. These can probably also be adapted to game, liver, heart and kidneys are exceptionally rich in minerals and vitamins.

"How you gonna keep 'em down on the farm" after they've seen and heard these travel tips!

The cattleman will be holding their annual meeting during the day, and we'll all round it out with a social hour and banquet at the Winema Saturday evening. Be sure to be there for all the festivities. Call Mrs. Cheyne at TU 4-3954, or Mrs. Livingston at TU 4-3926 if you haven't made reservations yet.

And make plans now to attend the Oregon Cattleman's 36th annual meeting at Baker Nov. 6, 7 and 8.

Spray paints in aerosol cans are available for touching up everything from an automobile to a room interior, advises the National Paint, Varnish and Lacquer Association.

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HERALD AND NEWS, Klamath Falls, Oregon

City Grade School Menus

Monday, Oct. 23
Wiener Winkers
Buttered Potatoes and-on-Corn
Cheese Sticks
Dish of Fruit
Cake or Cookie
Tuesday, Oct. 23
Meat Loaf
String Beans
Cabbage - Apple Salad
Hot Buttered Rolls
Jello - 1/2 pint milk
Wednesday, Oct. 23
Creamed Turkey
on Potatoes or Buttered Rice

Thursday, Oct. 24, 1963
Pickled Beets
Hot Buttered Rolls
Fruit
1/2 pint milk
Friday, Nov. 1
Tuna and Noodles
Toss Vegetable Salad
Peanut Butter Sandwiches or Cinnamon Toast
Pumpkin Custard
1/2 pint milk

Develop Money Sense In Youths

It doesn't take a youngster long to learn that money buys many of the things he wants. But the ability to manage money wisely—using it to get those things that are really important—doesn't come ready-made. It has to be learned.

It takes time and experience to develop "money sense," and youth ought to get some experience in order to become competent adults in managing their money.

Teenagers need to be given responsibility for some money whether it's an allowance or money that they earn. They need to know what's expected of them in using the money—if they make mistakes they'll need to live with them.

An allowance should not be paid for assuming routine chores around the house. Everyone in the family should share in family work, pay or no pay. Chores are just a part of being a family.

An allowance should take into consideration costs in the community in which you live (bus fare, lunch, clothes, etc.), what expenses it's supposed to cover, and who's responsible for emergencies that arise.

The more experience a teenager can have in handling money the better he should fare as an adult. This is of some significance as one out of three marriages in Oregon are performed with a teenager as the bride.

Choose a wastepaper container that's easy to clean. Washable ones that's clean. Washable ones that's easy to clean. Washable ones that's clean.

Zippy Tomato Juice

A potpourri of seasonings and canned tomato juice are all you need to create this zippy appetizer. Add finely snipped parsley, a little minced onion, Worcestershire sauce, lemon juice, salt and a sprinkling of sugar to the tomato juice; chill. Strain and serve with a choice of buttered and toasted crackers.

FRUITED COLE SLAW

Drain chilled canned fruit cocktail, combine fruits with crisp shredded cabbage and sour cream or mayonnaise, add seasonings to taste and serve at once for a refreshing warm-weather cole slaw salad.

Raisin Shortbread Fast And Fancy

Fall is the fun season, time for Halloween parties, after-the-game gatherings and many other festive occasions. At your next get-together, serve a tray full of tempting tidbits plus a great new beverage. Hot Buttered Cranberry Punch.

This novel punch is easy and fun to make. The special ingredients which gives it zest is jelled cranberry sauce. For extra sparkle, it's blended with pineapple juice and spiced with cinnamon, allspice, nutmeg and cloves.

For the appetizer tray, prepare a variety of hot hors d'oeuvres. They're always a hit with guests, and surprisingly easy to do. Take Green Pepper Cheese Broil. It requires only 2 or 3 minutes under the broiler. Green pepper and crunchy bacon bits go into a smooth cream cheese and butter mixture, seasoned with garlic salt. This can be set aside until just before serving. Then whip it up to sizzle; add an egg. Mound it on toasted bread which you can have cut ahead of time into assorted shapes. Broil and serve.

Devised Deckers are easy. The filling of deviled ham, shredded Swiss cheese and grated onion can be spread between three slices of bread and cut into cubes. Anchor each three-decker cube with a wooden pick. Refrigerate until just ready to serve; then bake three to five minutes or just long enough for the filling to become melty and the bread lightly browned.

Most unusual of all these appetizers is the recipe for Blue Cheese Nut Balls. Just four ingredients go into these nippy little cheese appetizers: Crumbled Blue cheese, butter, flour, and finely chopped pecans. Roll each a cheese ball in more crumbled pecans and bake. They are served cold so can be prepared ahead and frozen or stored in a covered container.

1/2 teaspoon cinnamon
1/2 teaspoon allspice
1/4 teaspoon ground cloves
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 quart water
1 quart unsweetened pineapple juice
1 cup (2 sticks) butter, cut into 20 parts
1 stick cinnamon

In a large saucepan crush cranberry sauce with fork. Mix in brown sugar, cinnamon, allspice, cloves, nutmeg and salt. Gradually add water, beating until smooth with rotary beater. Stir in pineapple juice; heat to boiling, then simmer 3 minutes. Pour into punch cups; top each with pat of butter. Serve with cinnamon stick stirrers.

GREEN PEPPER CHEESE BROIL
(32 appetizers)

1/2 cup butter
1/2 cup sifted flour
1/4 cup finely chopped pecans
1 egg, slightly beaten
3 tablespoons finely chopped green pepper
Cherry tomatoes
Pimiento-stuffed olives
Trim crusts from bread; cut into squares, rectangles or circles. Toast one side; set aside. Meanwhile fry bacon until crisp; drain on absorbent paper. Cream together butter and cream cheese until well blended; add garlic salt. Gradually add egg; beat until mixture holds its shape. Fold in green pepper and bacon. Mound on

untoasted sides of bread; top with slices of tomato or olives. Broil 2-3 minutes or until lightly browned.

DEVILED DECKERS
(36 appetizers)

Shallow baking pan
Preheated 450 degree oven
1 cup (4 1/2 oz.) deviled ham
2 cups (1 1/2 lb.) shredded Swiss cheese
2 teaspoons grated onion
12 slices day-old bread

In a small bowl blend together ham, cheese and grated onion. Spread on bread to make four triple-decker sandwiches. Trim crusts from each sandwich; cut each into 9 cubes held together with wooden picks. Bake 3-5 minutes or until heated through.

BLUE CHEESE NUT BALLS
(12 dozen)

Baking sheet
Preheated 350 degree oven
1/2 cup crumbled blue cheese
1/2 cup butter
1/2 cup sifted flour
1/4 cup finely chopped pecans

In a bowl cream together cheese and butter; beat until light and fluffy. Gradually add flour; blend thoroughly. Blend in 1/4 cup pecans. Chill for ease in handling. Shape into balls 1/2 to 1-inch in diameter; roll in remaining 1/4 cup chopped pecans. Place on baking sheet; bake 12-15 minutes. Remove to wire racks to cool.

Left-Over Meat Curry

What housewife hasn't been faced with the problem of what to do with left-over meats? How can she make an interesting and nutritious main dish with that meat remaining on Sunday's leg of lamb or meat left from a chicken or turkey dinner?

Curry is the answer. Served over fluffy rice with a few of the many traditional curry condiments — chutney, peanuts, chopped green pepper, chopped egg, toasted coconut — in side dishes, the excellent canned or dried gravies on the market will make good substitutes for additions. Also, a medium thick white sauce may be used if you prefer. There are no hard or fast quantities or ingredients for left-over meat curries.

One word of warning. Use the curry powder sparingly at first. More curry powder can be added if desired but it cannot be taken out once it has been put into your connection.

The following basic recipe can be used for most meat curries.

MEAT CURRY
2 tbs. margarine
1 large onion or equivalent amount of onion flakes
1 medium can mushroomrooms
2 cups left-over gravy, gravy mix or medium white sauce
Salt and pepper to taste
2 tbs. curry powder (Suggested addition of 1/2 tsp. at a time until desired taste is achieved.)
1 tbs. Worcestershire sauce
2 cups left-over meat

Suggested condiments for side dishes (use at least three):
Peanuts, jar of chutney, chopped green pepper, toasted coconut, chopped hard boiled egg.
Sauté onion and mushroom in margarine. Add gravy, seasonings and if mixture is too thick, broth or water may be added to thin. Check curry taste and add more if desired. Add cooked meat, which has had all bone, fat and gristle removed and has been cut into small cubes, and return to stove for gentle heating. Serve over cooked rice.

This curry (with exception of rice) may be prepared well in advance and reheated over low heat just before serving. It will make ample servings for four people.

To toast coconut, put in shallow ungreased pan in 325 degree oven for about 12 to 15 minutes or until lightly browned. Mix frequently for even toasting.

ily or guests according to their individual tastes. This, with a large tossed salad, and you have a dinner which combines goodness, thrift and imagination.

Left-over curries as you put away your meat, left-overs and all gravy and meat dishes that may be left from a meal. The gravy will be the basic sauce for your curry. But if you find that more is left or not enough, the excellent canned or dried gravies on the market will make good substitutes for additions. Also, a medium thick white sauce may be used if you prefer. There are no hard or fast quantities or ingredients for left-over meat curries.

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HERALD AND NEWS, Klamath Falls, Oregon Thursday, October 24, 1963 PAGE-3D

SAFEWAY MEATS — ALWAYS BEST!



Fresh Pork Roast
Cool weather favorite. Top quality pork. Short shank.

29^c
lb.

PORK STEAKS
From finest mid-western porkers.

49^c
lb.

SLICED BACON
Korn Kist or Yorkshire

55^c
lb.



SIRLOIN STEAKS
Full cut, bone-in steaks. Full value trim always!

89^c
lb.

BOILING BEEF
Plate cut. Full beef nutrition!

19^c
lb.

T-BONE STEAKS
U.S.D.A. Choice aged beef.

98^c
lb.

IT'S END-OF-THE-MONTH SAVINGS TIME AT SAFEWAY!

SHORTENING
Velkay. Fine quality for frying, baking.

39^c
3-lb. can

TISSUE
Truly Fine facial White, pink, yellow, Aqua.

5^{\$}1
Box of 400

PEACHES
Early Garden Freestones. Bite size.

5^{\$}1
No. 2 1/2 can

SPAGHETTI or Macaroni
Porter's Elbow Macaroni, long & elbow spaghetti.

3^{\$}1
24 oz. Pkg.

APPLE PIE & Cherry
Morton's frozen. Your favorites.

29^c
22 oz. pie

TOWELS
Shasta paper towels. Strong, absorbent.

5^{\$}1
Giant Rolls

BREAD
Ovenjoy, white or wheat.

4^{\$}1
22 1/2 oz. loaf

SAUCE TOMATO
Town House, finest for meats and soups.

5^c
8 oz. can

FREE! Super Meat Pet Food Demonstration—8th St. Store—Friday & Saturday
EVERY DAY IS SAVINGS TIME AT SAFEWAY!

Baby Food
Campbell Soups

Gerber's. All strained varieties. 4 1/2-oz. glass jar

10^c

All meat and vegetable base soups. 10 1/2-oz. can

7^{\$}1⁰⁰

Save More at Safeway

Beverages
Cragmont. 13 vials. 32 oz. bottle **6^{\$}51**

AA Large Eggs
Cream O' The Crop Dozen **49^c**

Kidney Beans
Jean of Arc No. 300 can **7^{\$}51**

Drink Base
Real Gold. 6 flavors. 6 oz. **6^{\$}51**

Instant Coffee
Folger's. 10 oz. 1.49 6 oz. jar **99c**

Instant Coffee
Safeway. 10 oz. 1.19 6 oz. jar **79c**

Gold Medal
Kitchen tested flour 25 lb. **2.29**

Mayonnaise
Kraft, family favorite. 32 oz. **62c**

Malted Milk
Carnation. Choc. or natural. 15 oz. **53c**

Peanut Butter
Real Roast, chunky or creamy. 3 lb. **1.29**

Pumpkin Libby's, for your favorite pie. 2 1/2 can **2^{\$}39^c**

Clam Chowder Dozer, Hearty soup. 15 oz. **4^{\$}51**

Butterfinger Chips Baby Ruth Nuggets or Butterfinger and Baby Ruth. 11 oz. **39^c**

Candy Bars Butterfinger and Baby Ruth. Cin. of 24 **99^c**

Safeway Vitamins and Aspirin A "Best" Value!

Vitamin C 100 MG 100 count **49c**

Vitamin C 250 MG 100 count **99c**

Multi Vitamins 81. of 100 **89c**

Multi Vitamins 81. of 250 **1.98**

Multi Vitamins & Minerals 100. **1.79**

Chewable Vitamins 100 count **1.49**

Aspirin 100. **21c** 200. **39c**

Buffered Aspirin 100 count **69c**

U.S. No. 2 RUSSET POTATOES
Klamath Gems

89^c
50 lb.

HALLOWEEN PUMPKINS lb. **3^c**

RED DELICIOUS APPLES & Golden Delicious **9^{\$}99^c**

Red Grapefruit Juice laden Breakfast fruit. **5^{\$}1.00**

Yellow Onions Cooking onion for more flavor. **3 lb. 19c**

Cabbage For frying, for cooking, for salad. **1 lb. 5c**

Parsnips Serve your favorite boiled dinner **2 lbs. 29c**

Yams Serve candied or with butter **2 lbs. 29c**

COMPARE THESE PRICES ... SAVE!

Folger's Coffee 3-lb. **1.45** 1-lb. **49^c**

Edwards Coffee 3-lb. **1.39** 1-lb. **47^c**

Ice Cream 2-lb. **93c** can **69^c**

S & W FINE FOODS

Grapefruit Sections No. 303 can **37c**

Purple Plums 8 oz. can **2^{\$}39c**

Green Beans Cut 303 can **29c**

Julienne Beans No. 303 can **31c**

Small Whole Beets No. 303 can **29c**

Julienne Beets No. 303 can **2^{\$}39c**

Sliced Carrots No. 303 can **27c**

Kernel Corn 8 oz. can **2^{\$}39c**

SAFEWAY

Prices effective Thursday, Oct. 24 thru Sunday, Oct. 27 at Safeway in Klamath Falls. Limit rights reserved.

SAFEWAY

Frosted Fruits
Whip together sherbet and orange juice and spoon over chilled canned fruit cocktail for "Frosted Fruits" — a made-in-moments refresher to be enjoyed just about any time of day. There's never any fuss in the kitchen with canned fruit cocktail. Simply open the can and the delicious assortment of cling peaches, seedless green grapes, maraschino cherries, pears and pineapple awaits your eating pleasure.

FROSTED FRUITS
1 can (1 lb. 4 oz.) fruit cocktail, chilled
1 pint lemon or orange sherbet
1/4 cup orange juice
1/2 cup water

Drain fruit cocktail; spoon into 8 individual dishes. Whip together sherbet and orange juice; spoon over fruit. Sprinkle with orange rind. Serve immediately. Makes 8 servings.

ON KEEPING FOOD WARM
Modern gas ranges will keep meals warm for hours without over-cooking or drying out. Home economists with gas appliance manufacturers recommend covering the following foods when holding in the keep - warm oven: cooked vegetables, mashed potatoes, gravy, breads, rolls and cake-type desserts. Aluminum foil makes an ideal cover. Do not cover meats, pastries or casserole dishes.

For a crunchy alternate to breakfast toast, split leftover muffins and toast quickly under the broiler. Serve with butter and jam or maple syrup.

Dr. Ross' MEAT FLAVOR DOG FOOD
more meat
more flavors