



How to Buy

# Food

How to Prepare



(LOIS BYSON, Editor)

## New Cuts of Meat are Told to Thrifty Cook

Necessity is the mother of invention. The smaller the allowance on which the home must be managed and the food purchased, the greater the need for wisdom and skill in management on the part of the home-maker. Many bits of wisdom in food economy—the conclusions of a life-time struggle with high prices—have been sent in by a shrewd New England correspondent. I hasten to quote the following:

"Chuck steak if properly cooked is great! It costs one-third less than round steak. Beef plate cut out from between the intercostal spaces, ground into hamburger, well seasoned and cooked with butter, is a dish fit for a millionaire or a hod-carrier, while the short ribs removed in this way may be simmered in soup."

Every animal butchered has two forequarters—yet how few housewives realize this! These forequarters constitute thirty per cent of the entire carcass. Many forequarter or chuck cuts have high value in solid meat (often being two-thirds lean meat) tasty flavor, and nutriment. They are far cheaper per ounce of meat tissue and yet when properly cooked they make delicious pot roasts, stews, braised meat, casserole dishes, and roasts.

However, even at low prices, the chuck often "goes a-begging." Many housewives feel that because the chuck is unpopular and inexpensive it is not good. Mark you, this is not true. Some continue to buy loins and chops in spite of the high prices. Since demand and supply regulate prices, loins soar in price while chucks decline. With those who have learned to cook chuck cuts properly these are very popular and the fortunate few discover a very wise economy indeed.

These less expensive cuts are always the less tender for they constitute the strong muscular, therefore very nourishing, parts of the animal. For this reason they require a special type of roasting or cooking in the presence of moisture, at a low temperature, for a long time. Under such conditions the connective tissues, or tough binding fibers, are converted into a tender gelatinous food, the once tough meat becomes increasingly tender and more easily digested. Being a more muscularly sound piece of meat than the loin, it is tastier, hence often more palatable and, despite the long cooking process, always more economical. Cheaper cuts must always be served well done. Though not rare they

need not lose the roast flavor if set up out of the water on a trivet during the cooking. (To avoid a steamy taste many prefer to leave the valve in the cover of the roaster open.)

Modern devices solve the problem of wise economy in meat cooking for those who must do their cooking at the last minute. Such implements as the pressure cooker, Dutch oven, fireless cooker, and waterless cooker have tight-fitting covers which keep in the steam and meat juices, speedily forcing the meat tender to the very core, lessening shrinkage and loss in flavor. The fireless cooker or the modern regulated oven permits early preparation and a safe, long, slow cooking without watching.

If you would have your family well nourished at low cost by all means learn to use chuck meats. Insist that they be butchered carefully, removing all darkened areas and tag-ends. Much prejudice against chuck cuts has resulted because of careless handling and butchering of the cheaper meat; dirt or tainted areas rolled into the chuck roast will ruin its flavor. Brown or sear the meat thoroughly to insure a delicious browned flavor. Cook it judiciously by the tough-heat method. Results will be good.

**ORANGE-RHUBARB MARMALADE**  
Cook one large orange in boiling water one-half hour. Put through grinder, being careful to conserve all juice. Cook two large cups of rhubarb with just enough water to keep from scorching, until tender, combine the orange and rhubarb with an equal amount of sugar and cook until thick. Makes four to five glasses of delicious marmalade.

**BREADED ASPARAGUS**  
Put bread crumbs of cracker crumbs into butter and let them get a golden brown. Boil asparagus in salted water and drain well. Place the asparagus into the warm crumbs and pour hot melted butter over all. Add salt and pepper and serve hot.

### FIG TAPIOCA

Three tablespoons granulated tapioca, one and one-half cups hot water, one-quarter teaspoon salt, one-half tablespoon butter, six dried figs, three-quarters cup cold water, three-quarters cup sugar, one tablespoon lemon juice, one-half teaspoon vanilla. Cook tapioca, hot water, salt and butter together until tapioca is clear, stirring once in a while. Put figs through food chopper, add cold water and sugar and cook with constant stirring until thick like marmalade. Remove from fire and add lemon. Combine with tapioca mixture and add vanilla. Serve cold with whipped cream.

### VEGETABLE SALAD

Two cups of cooked carrots, two cups wax beans, two cups shredded cabbage, lettuce, mayonnaise. Cube the carrots and cook in boiling water to which salt has been added. Cook the beans until tender, adding salt to season. Shred the cabbage and crisp in cold water. Drain and season with salt, pepper, sugar and a little vinegar. Place crisp lettuce on salad plates. Arrange the vegetables in three mounds, using a heaping tablespoon of each. Serve with mayonnaise.

### ORANGE SHERBET

One tablespoon gelatin, six oranges or one pint of orange juice, one scant pint cold water, one cup of sugar, one-half cup boiling water. Soak gelatin in one-half cup cold water ten minutes; put the sugar and remainder of cold water in a large pitcher. Cut the oranges in halves, remove the seeds and squeeze all the juice into the pitcher. Add more sugar if the oranges are very sour. Dissolve the gelatin in the boiling water and add it to the mixture. Strain into can and freeze.

### ORANGE WATER ICE

12 oranges, one pound sugar, one quart water. Squeeze the juice of the oranges, add the grated rind of one of two, and let it stand an hour or more. Strain or not as you choose. Add sugar and water, stir until dissolved and freeze the same as ice cream, but let it stand longer, at least three hours.

## Mrs. Blake's Helps for Home-Keepers

By Mrs. Mary Blake, Domestic Science Dept., Carnation Milk Products Co.

### Nourishing Milk Breads

The foundation of almost every American meal is bread—"the staff of life," as it has been called for ages—so that it is most essential that everyone who aspires to be a good cook should be able to make several kinds of this important food.

In the making of bread, as in many other kinds of cooking, the use of milk adds both to the quality and nutritive value, and here, again, the richness and convenience of evaporated milk are of advantage.

Light bread is given a fine texture and a more delicious flavor when it is made in this way. Try this recipe for

you should have no trouble in making these to perfection.



#### Carnation Biscuits

1/4 teaspoon salt, 2 cups flour, 4 teaspoons baking powder, 2 tablespoons shortening, 1/2 cup water, 1/2 cup evaporated milk. Sift dry ingredients together. Mix in shortening with knife or fingers; add liquids, mixing to a soft dough. Roll lightly to one-half inch in thickness, cut and bake in hot oven about 15 minutes. This recipe makes about eight biscuits.

For something different from the ordinary kinds of bread—one that will be especially popular with the children—try this recipe for



#### Nut Bread

1 teaspoon salt, 4 cups flour, 1/2 cup sugar, 6 teaspoons baking powder, 2 eggs, 1 1/2 cups water, 1/2 cup evaporated milk, 1 cup English walnuts. Mix and sift dry ingredients. Beat eggs well, add milk diluted with water and mix with dry ingredients. Beat well, add nuts, put into two greased bread pans and bake in a moderate oven 30 to 45 minutes. This recipe makes two loaves.

### POTATO OMELET

Beat three eggs till very light, add a teaspoon onion juice, one-half tablespoon minced parsley, if convenient, and three cups of hot mashed potato. Beat till fluffy, transfer to a medium sized frying pan in which three tablespoons of vegetable fat have been melted, and cook gently till brown on the bottom. Fold over like an ordinary

omelet and serve plain, or with any kind of creamed, cooked or salt meat or creamed fish.

### EGG SALAD

Boil eggs hard, cut in half lengthwise, remove yolks, crumb them and mix with melted butter, salt, mustard and red pepper; return to whites and serve on lettuce with mayonnaise.

## Tasty Dishes of Rabbit Excellent

Rabbit is delicious. That statement would not arouse a controversy among any who have eaten of rabbit, most of all the meat produced by the Klamath Rabbit Breeders' association.

Below is one of the recipes furnished by a member of the association in an effort to further the purchase as heavy food value of rabbit raised in Klamath county.

Another recipe will be given next week.

### Rabbit Croquettes

1 1/2 cups milk or half milk and half rabbit broth, 5 tablespoons flour, 1 teaspoon salt, 2 teaspoons butter, 1 teaspoon onion juice or finely chopped onion, 1 teaspoon finely chopped green pepper, few grains pepper, 2 cups ground or chopper rabbit.

Make a white sauce of the milk, flour, butter and seasonings. When it is thoroughly cooked remove from fire and add the ground rabbit. Cool and shape into croquettes. Roll in egg and bread crumbs and fry in deep fat or bake in a hot oven until well browned.

### ASPARAGUS SALAD

Lay two or three stalks of cooked asparagus on lettuce leaf or bed of shredded lettuce, garnish with a slice or so of hard, boiled egg and tomato and serve with any preferred salad dressing.

## SHORTCAKE STILL IN HEAVY DEMAND

A shortcake may be made with any fruit—apples, peaches, bananas, even with canned fruit or stewed dried fruit. But berry shortcakes are perhaps the most popular.

Many women prefer a sweet shortcake dough. But there is none so delicious as the old-fashioned "biscuit shortcake," slightly sweetened. To my mind, a shortcake dough made with whipped cream and sweetened with vanilla is the best. (Continued on Page Six)

While Bread is hard to keep fresh

Tru-Bake CRACKERS

## STRAWBERRIES

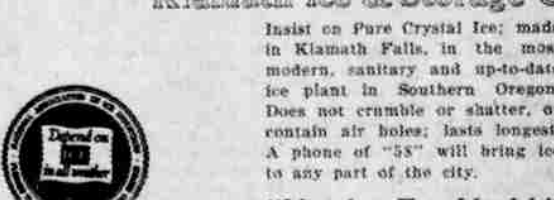
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