

Jess; Oh, yeah. I eat it yet.

Bob: That's a good dish today--scrambled eggs and brains.

Jess: That's the way we keep out eggs longer--one egg and--

Bob: When I was a boy, Jess, I loved to take my mother for to cook the chicken's head, then I'd crush that bone and take that brain--it was delicious. And the marrow from the bones--I really like that.

Jess: Oh, that's good, that marrow. If you want to cook a steak that would be good eating, take marrow of the beef--soup bone--and get it out--cut it--heat the bone so it will melt, and cut it off, and drain that marrow out and cook your steak right in that fat. That's real good eating.

(What about the tail--did you use that too?)

Jess: Yes, the tail-ox tail. I still buy it yet. Tongue and heart and tail are my--I don't eat these fine meats. And I like the brisket. The way I cook my brisket--I buy mine in El Reno--I have it ordered and a lot of that thing that looks like fat. When they freeze it, I have them slice it and then I bring it home and I cook it tender. And it makes good soup--stew, you know--just put in cabbage and a little potato and onion in there and tomato, and it makes good stew--that brisket. It's cheap.

(What part is the brisket--is it this part on the breast?)

Bob: Underneath--you know that part of the skin that hangs down on the cow--down here under their neck--

Jess: I like it. You're really making me hungry now.

Bob: See, the Indian in this area, the Cheyenne and Arapaho--you ask him what meat he likes best and it will be beef. Call it "Whoa-haw." Now over in eastern Oklahoma in those mountains, they're pork eaters. See, they got those wild hogs in there and they're more pork eaters than they are beef eaters.

Jess: But let me tell you something--the tenderest part of the whole beef, regardless of age or sex, is that meat that's right in that shoulder blade. It's a veinless--and there's no gristle in it--you cut that out and that's what the Indians used in their Indian sausage. They cut strips of it for dinner and put