

cooked, after the first searing, so very slowly that the connective tissue may be induced to resolve itself into gelatine. To do this effectively, also, water must be introduced, hence while porterhouse steak may be, yes must be, cooked very rapidly, round steak is at its best when seared, and, with the addition of water and vegetables, permitted to cook very slowly, closely, covered, for three hours. Hence, also, the reason why the cheaper cuts are recommended for stews, which must cook slowly: "A stew boiled is a stew spoiled." Hence, too, the reason why "boiling" pieces, after the first few minutes of hard boiling to firm the outside, must be allowed to finish very slowly indeed.

If cooked too quickly and at too high a temperature, meat which contains much connective tissue simply hardens up, and loses in digestibility and flavor. When done just right the fibres should be very tender, and held together loosely, yet compactly, in a slightly gelatinous mass.

For a soup, cracked "soup bone," or a part of the shin, are usually selected. They should be put into cold water and brought to a boil, then cooked very slowly until all the "good" of the meat has been drawn out into the water. The meat left is of comparatively little use, but may be run through the chopper, seasoned well, combined with chopped vegetables and made into a Shepherd's Pie, with mashed potatoes or pastry over the top. Brown slightly in the oven.

For a stew, any of the cheaper portions of meat may be used. Cut it in inch pieces, sear these well in a little very hot dripping, with onions added, then add water and vegetables and cook very slowly, adding seasoning and flour to thicken.

Flank steak is nice stuffed. Cut the surface of the meat on both sides, diagonally, in both directions. Lay the steak on a board, spread over it a layer of nicely seasoned bread stuffing, roll up compactly and sew the sides and ends. Cut one or two slices of fat salt pork or bacon and cook the fat out. Dredge the roll of meat with flour, rubbing it in well, then brown it in the fat on all sides. Now put it in a granite pan with a close cover, add a sliced onion and some sliced carrot, also some tomato purée or catsup. Rinse the fat out of the frying pan with a cup of hot water, add, put on the cover, and cook in a very moderate oven 3 hours or more. Finally take out the meat, thicken the gravy with a little flour, season to taste, let boil up and serve, strained, over the meat, which should be surrounded by boiled onions. The stuffing for this dish may be made as follows: 1 cup soft bread-crumbs, salt and pepper and poultry-seasoning to taste, a little onion chopped fine and 1 cup melted butter or bacon-fat.

Hamburg Roast.—This may be made from round, flank, neck, or chuck ribs. Put the meat, 2 leaves parsley, a slice or two of onion, and a piece of red pepper through the food chopper. Add 1 cup bread-crumbs soaked in cold water and pressed dry, 1 beaten egg, salt and pepper to taste. Mix all well and press in a compact roll. Put a slice of fat salt pork on top, and put into a hot oven. After 10 minutes reduce the heat. Baste often with the gravy, and cook from 30 to 40 minutes. Serve with brown or tomato sauce made in the pan after the meat has been taken out.

Another dish from the flank steak is made as follows, a recipe given by Wealtha A. Wilson, in Pictorial Review:

"The thick end can be baked. Working from the cut end of the thick portion split the steak in such a way as to make a pocket, keeping the end and sides uncut. Fill this pocket with a good dressing. Put into a pan, season with salt, pepper, dredge with flour and drop a bit of beef drippings here and there. Baste frequently and brown nicely. Any part of this that is left can be cut in neat pieces and used as a stew with a nice brown gravy and a few carrots, an onion and the flavoring used for stews. A few pieces cut from the thin end of the steak can be put in without browning or after being browned. If preferred the thin end can be cut into strips as wide as the steak is thick. Put into the frying pan and

brown nicely with just enough drippings to keep from sticking to the pan. When almost done take from the pan, season with salt and pepper, dredge with flour and return to the pan in which the drippings have been heated. Finish cooking. Make a nice brown gravy to serve with this.

"Another way of serving this same cut is as a stew. Brown the slices as before and when almost done roll each slice around mixed vegetables which have been cut into strips and partly cooked in salted water. Carrots, celery and onions are a good combination. About three-quarters of an hour before serving, add this meat to a pot of lentils which have been cooking all morning. Serve in one dish and remove the strings from the meat rolls. To prepare the lentils, parboil with a bit of soda in the water. Drain, add fresh water with salt and simmer all morning." Split peas may be used instead of the lentils.

Another recipe from the same authority is for a cheap roast:

"A roast quite good enough for any table can be prepared from what is known in some localities as the 'plate piece.' It is a strip cut from the end of the ribs and contains their cartilaginous ends with a small amount of fat. This piece may be boiled until almost done and then put into a pan for roasting. Sprinkle with salt and pepper, dredge with flour and pour some of the liquid used in boiling into the pan. Baste carefully and brown nicely. Pare some white potatoes and put into the pan with the meat. They will brown nicely. If any of the meat is left, it can be cut in thin slices when cold and served with horse radish or other sauce. If there is liquor left from boiling, it can be used as a foundation for soup, or a cabbage head can be cut into eighths and boiled in it.

"Individual steaks may be prepared as follows: Cut a round steak into equal slices and flatten to about a quarter of an inch. Dip in minced parsley, onion and a speck of minced garlic. Roll up and enclose in a strip of thin, pickled pork. Tie securely and fry till brown. Before using the pork, pour boiling water over it for five minutes, then season with pepper. Dredge the rolls with flour and have enough drippings in the pan to prevent burning.

"A round of beef is good spiced. Rub the meat first with sugar and let stand three to twelve hours according to the size. Then rub with a mixture of all seasonings used for meat, including the various spices and a bit of saltpetre. Allow to stand as before and then rub well with table salt. Rub twice a day for several days. Soak for a short time in cold water then simmer slowly till tender. Put in the cooking water the usual onion, carrot, parsley, etc."

The Scrap Bag.

HAIR RIBBONS.

Hair ribbons for small girls are a rather expensive item if tied in the ordinary way. A better plan is to make a bow of the ribbon and fasten under it two small ends to tie around the hair.

CHILDREN'S SASHES.

To keep children's sashes in place sew dome fasteners underneath to fasten to the dress.

SCALING FISH.

To prevent the scales of fish from flying everywhere hold the fish under water during the operation.

WICKER FURNITURE.

Clean wicker furniture with strong salt water; scrub well and dry in the open air. Soapy water will turn it yellow. To tighten the sagging seats of cane chairs wash the under side with hot soapy water and dry in the sun.

WHEN POSTAGE STAMPS STICK.

When postage stamps become stuck together place a piece of tissue paper on top of them and pass a hot iron over.

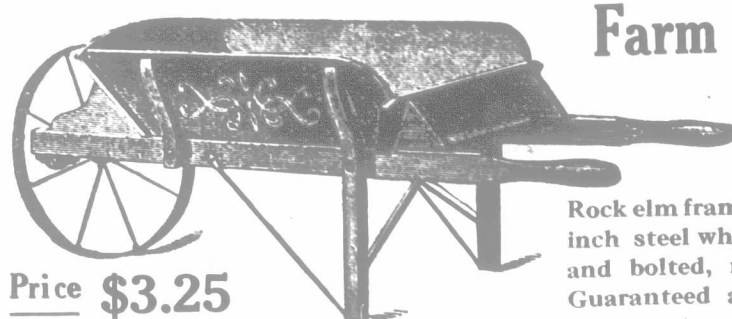
A CLEAN OVEN.

One cannot emphasize too strongly the importance of having a clean oven for baking. If a smoky taste is detected in the food that is baked, it is very sure to be due to the oven not being clean. The oven needs to be cleaned frequently.

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What would you think?

—of a woman who would "boil the clothes" on an oil lamp in the parlor,—to save coal.

or, of one who would cook the dinner in a big pot over a camp fire in the backyard,—because ranges were "so dear."

VERY WELL, THEN, How about the man who tracks up the kitchen, spills water and feed over the clean floor, gets in his wife's way and is a nuisance generally, whenever he uses the kitchen range to cook up feed for the stock?

Or, even the man who builds him a little camp fire in the backyard for the same purpose?

Surely such men have more time, more muscle, more wood and more heat to waste than it seems right for any man to have.

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