

Selecting Meats

By Emma Padlock Telford

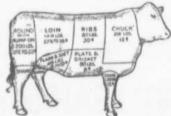
Perhaps there is no one thing in the conduct and efficient management of the home that is more puzzling to the average housewife than the selection of meats. It is this ignorance that impels her to demand of the butcher a "good roast," or a "nice beefsteak," a "pot-roast" or a "boiling piece" without stipulating just what cut she desires or knowing whether she gets it.

The animal—beef, lamb or pig—presents such a different appearance when separated into its component parts from that evidenced when on the hoof that only a qualified expert seems able to say with authority "who's who" or "what's what" when confronted with the varied plenshings of a well-stocked butcher's stall.

While the nomenclature of the various cuts of beef varies according to locality, the subdivision of commercial cuts as furnished by the Beef Producers Association of America is perhaps the most widely accepted, and is here reproduced.

SUBDIVISION OF CUTS

Loins—The loin of beef is subdivided into porthouse or short cuts,



Different Parts of Animal as Used for Cooking Purposes

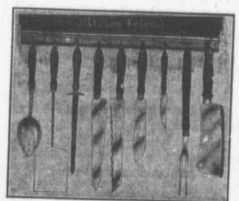
T-bone and sirloin. The porthouse consists of the first five or six steaks from the small end next to the ribs. Next to this come the T-bone steaks, regarded by many as the very choicest part of the loin. The last six or eight steaks next to the round are known as the sirloin. The tenderloin is the inside portion of lean meat near the rib end of the loin. As a rule the tenderloin is only cut from the cheaper carcasses, and the balance of the loin is used for canning in such cases. Where the tenderloin is cut from the choice carcass, a fancy price is charged for it, as it seriously injures the value of the rest of the loin.

Round and Rump—The rump is the fleshy portion over the thigh. After it is cut off, the round extends on down to the shank, having only one bone near the centre.

Flank—A section of lean meat overlies the flank which is stripped off and is known as the flank steak, and is much sought after. The balance of the flank is mostly used for sausage and hamburger, but can be boiled.

Woman's Kitchen Friend

This kitchen rack should be in every woman's home. You cannot afford to do your work another day without it. All the articles shown are household con-



veniences. Handles are black, and well finished. All regulation size and length.

You can have this FREE, for a club of two new subscribers to Farm and Dairy, at \$1 each. Get this offer and girls to work securing two of your neighbors to subscribe. It will surprise you how easy this can be done. Address Circulation Manager, Farm and Dairy, Peterboro, Ont.

Ribs—This section consists of the first seven ribs and is mostly used for roasts. The cuts nearest the loin are considered the choicest and sell for the most money. Next to the chuck the meat is deeper and rather coarser.

Chuck—The lower eight or ten inches of that portion marked chuck is known to the trade as the "clod." This lies just above the brisket and extends up to the lower portion of the neck. This is cut mostly for pot-roasts and corned beef and lean meat.

Plate—The plate is the lower portion of the carcass below the ribs, and taking the covering of the belly. It is mostly used for boiling, but contains some good meat.

Brisket—This takes in the portion between the shank and the clod, or fleshy piece of the chuck. It is a very big piece of very heavy bone, but makes fine pot-roast or boiling meat.

Shank—That portion of the shank from the knee or heel to the cut above is fleshy, though coarse, and is mostly used for boiling. The lower part is mostly bone and sinew and is used for soup and boiling. In the forelegs this portion is usually called the shin.

Neck—This part generally sells with a part of the chuck and is fit mostly for boiling. It is fleshy but coarse.

Sirloin Ends—In some markets the ends of the sirloin and T-bone steaks, which run down into the flank, are widens and are sold separately. These ends are coarser than the loin meat, but, properly cooked, are as good as any part of the animal.

(To be concluded next week)

Proud Parents—Proud Sons

Little glimpses obtained into the home life of some of the competitors have proved one of the most interesting features connected with the prize farms competition that was held last year by Farm and Dairy. One of the first prize winners in one of the districts, and his wife, are possibly more proud of two letters of congratulation that they have received from two of their sons, who are now living at distant points in the United States, than they are of having won the first prize. Farm and Dairy has succeeded in getting copies of these letters, which are published herewith, the names of the parties being naturally withheld.

The letters show that here is a family where the boys do not believe in waiting until the old people are no longer with them before saying the kind words that give the power to create so much happiness and joy. The letters show, that, like this family and his wife have made a success of their family life and been God-fearing, God-loving parents as well as successful in the management of their farm. The letters follow:

One son writes:

"Dear Father—

"I just received sister's letter and also the paper telling the good news that our farm was first in the list of prize winners in our district. I am indeed proud that you were successful for I know how hard you tried and the worry you have had for years to accomplish this result, but it is worth it to know that you are the first in eleven counties, in fact in our pluck, determination, work, neatness and honesty will accomplish in this day and age.

I am glad to say that I was born and bred on the best farm in our section of Ontario. Also, that I have the best father and mother a boy ever had, for while I am congratulating you, I cannot forget Mother's share

in this honor. She has been the best helpmate, adviser and partner in this enterprise a man could have. The honor belongs to you both equally, and I trust you both will enjoy many happy years to come and at last enter into that rest prepared for us all in the Great Beyond.

"Your loving son,"

"C."

THE OTHER LETTER.

"My Dear Father and Mother—
"This being the 31st of January, I am sure you both will remember the day, as it is my birthday, also that of dear little C., who has gone and left us. But, one thing we have to be thankful for, that we know that she is spending her eternity with the angels. I hope that we may all live on earth and prepare our hearts and minds for that spiritual building made with hands, eternal in the heavens.

"Well, Father, I saw in the paper that Maplehurst Farm took the first prize, and I want to congratulate you and mother, for I know how hard you both worked to accomplish this. I never felt prouder in my life than when I read in the paper that my old homestead took first prize and not only that, but I think that if they gave prizes to each boy in Canada for the best father and mother I am sure that I would take first prize.

"When I received the news that Maplehurst Farm had taken the first prize, I was so happy I could not keep it to myself, but showed the paper, also the picture of the house, to all my friends and told them that 35 years ago I was born and bred on the best farm in our part of Ontario.

"Lovingly your son,"

"W."

Feeding the Young Turkeys

Farmers' wives and daughters in the township of Proton, Ont., first turkey raising to be extremely profitable. They appear to be most successful in this line. The lady in the picture received \$68.25 cash in December last



Profitable Turkeys

for the apparently insignificant flock which she is so carefully feeding, the price per pound being 20¢. Can any of our readers beat this record? Send in your experience in the poultry line. It is sure to be interesting reading.

Courage

There's the courage that nerves you in starting to climb
The Mount of Success rising sheer;
And when you've slipped back there's
the courage sublime
That keeps you from shedding a
tear.

These two kinds of courage, I give you my word,
Are worthy of tribute; But, then,
You'll not reach the summit unless
you've the third.

The courage to try it again.

Courage

I received a new fountain pen from Farm and Dairy as a premium for one year subscription and am much pleased with it. It is a beauty. We like Farm & Dairy very much, and would feel lonesome without its weekly visits.—S. S. Gehman, Waterloo Co., Ont.

Courage

Renew your subscription now.

The Sewing Room

Patterns 10 each. Order by number and size. If for children, give age. If for adults, give bust measure for waist and give measure for skirts. Address all orders to the Patterns Department.

CIRCULAR AND FANCY WORK APRONS



Simple aprons that are attractive are the best possible ones. Here are two that are different in style but both of which serve their purpose admirably well. The one to the left is somewhat simpler, and is extended to cover the back of the skirt as well as the front. The apron to the right includes a frill and somewhat more elaborate pockets.

Material required for plain apron, 2½ yds. 24, 1½ yds. 36 or 1½ yds. 44 in wide. For the fancy apron 2½ yds. 24, 1½ yds. 36, 1½ yds. 44 in wide. The pattern is cut in one size only, and will be mailed on receipt of 10 cts.

DRESSING JACKET 624.

The simple dressing jacket is the one the most women prefer. Here is a model that is becoming and satisfactory to wear, yet which involves little labor in making. Material required for medium size is 4½ yds. 24, 3 yds. 32, 2½ yds. 36, 1½ yds. 44 in wide. With 3½ yds. of banding.

The pattern is cut for a 34, 36, 38, 40, 42 and 44 inch bust and will be mailed on receipt of 10 cts.

CRIOUSE OR SHIRT WAIST 6081.

The simple tailored waist is always smart and always in demand. This includes the tucks near the armhole edges which make one of the latest features. It can be worn with the high turned collar or with any fancy stock that may be liked.

Material required for medium size is 3½ yds. 21, 24 or 27 or 2 yds. 44 in wide. The pattern is cut for a 34, 36, 38, 40 and 42 inch bust and will be mailed on receipt of 10 cts.

PLAIN AND FANCY SLEEVES 6388.

Sleeves make an all important feature of dress. Here are new and attractive ones that can be utilized either for the new gown or for the one that must be remodeled. The styles are up-to-date and smart and the different styles are adapted to a variety of materials.

The sleeve to the extreme left would be good for flannel or wool. The plain sleeve is of the regulation sort and can be cut to any length. The elbow sleeve is pretty and quite new. The fourth sleeve can be made either as illustrated or without the deep cuff.

Material required for the medium size is, for the tucked sleeves 2 yards 21 or 27, 1 yard 44 in wide; for the elbow sleeves 2 yds. 21 or 27 or 1 yd. 44 in wide; for the trimming portions; for the long fancy sleeves 1 yds. 21 or 27, 1 yd. 44 inches wide with ½ yd. of banding and 2 yds. of banding; for the plain sleeves 1½ yds. 21 or 27, ½ yd. 44 in wide. The pattern 6388 is cut in three sizes, small, 32 or 34, medium 36 or 38, large 40 or 42 inch bust measure, and will be mailed on receipt of 10 cts.