

There is a good deal of unnecessary prejudice about certain kinds of meat relished in Europe and despised in Canada.



Cheaper Cuts for Canadian Housewives

Famous French Chef Shows How to Cook "Waste"

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about such things, the various departments from the slaughter house to the shipping dock, instead of being revolting, lead one to see the endless possibilities of so-called "offals."

The term itself is not a happy one. It suggests the cast-offs. As a matter of fact, it is only a blanket term for sundries in the meat line with which Canadian women have had little or no acquaintance and which, for years past, we have been shipping overseas, where they are used extensively and greatly relished.

Take liver, for instance. It is as nutritious as beefsteak any day. You can get pork liver for 7 cents retail and beef liver for 20 cents. Round steak costs 35 cents per pound. Yet nine out of ten women will buy the steak and reject the liver.

It is a matter of regret to the dealer as well as to the food conservationist to have this kind of thing happen day in, day out, for continued concentration on the more expensive, and rejection of the cheaper portions, simply means that the price of the former has to go up. Dealers buy "live weight." That is to say, they pay as much for the hearts, livers, brains and so forth as for the backs and sides. A ready sale of all parts of the carcass spells uniformity in prices.

Much depends on the housewife's ability to prepare "offal" dishes with skill and good taste. Generally speaking, they are as nourishing as what we find on

the average table. The Veterinary Director-General sees to it that nothing unwholesome gets on the market.
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FIRST war-time luncheon in Canada made from waste by Chef Leony Derouet at the Canadian National Exhibition, August 24th, 1918:

LUNCH—Eggs, a la Toronto; Tomatoes a la Garden; Sheep's Head Broth, Scotch style; Codfish Head Roasted, Fines Herbs; Cucumbers; Ragout of Lung Bourgeoise; Lamb Hearts Saute, new fashion; Potatoes Hollandaise; Salad Kermit; Dessert.

THUS, with hearts, lungs, heads, and brains, was Toronto initiated into a new era of food conservation and with a possible *soupcou* of—well, something that looked like a shiver, it plunged a dubious fork into "Eggs a la Toronto," which was nothing more or less than eggs skilfully mingled with brains.

And the sequel?

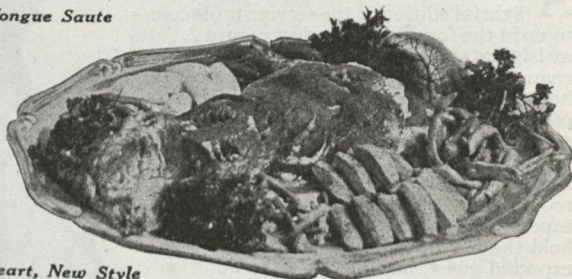
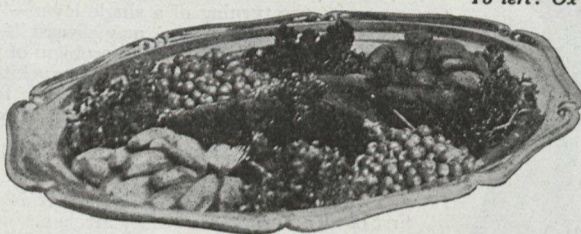
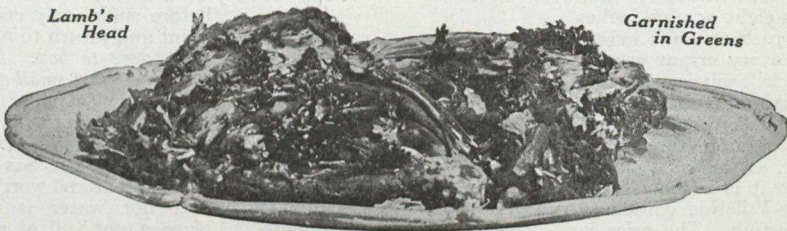
First expectancy, then surprise, and finally satisfaction chased flittingly across the faces of the guests. It was *veni, vidi, vinci*, for a new brand of menu, and it set some women thinking—and others buying along slightly new and different lines.

The writer was fortunate enough to attend this unique luncheon and to taste for herself some of the things from which prejudice withholds the women of this continent. "Brains?" exclaims the woman who knows Europe. "Why, we consider them perfect tidbits."

"Brains!" echoes the woman who knows her Canada only. "I could never get my family to eat them."

The time has come when women must consider the cheaper cuts of meat as part of their conservation programme and along with the cheaper cuts of meat they must take into account some parts of the carcass which they have never even regarded as a possibility for their families.

A trip through an abattoir is a source of enlightenment on this score, for, contrary to one's preconceived ideas



The Popular

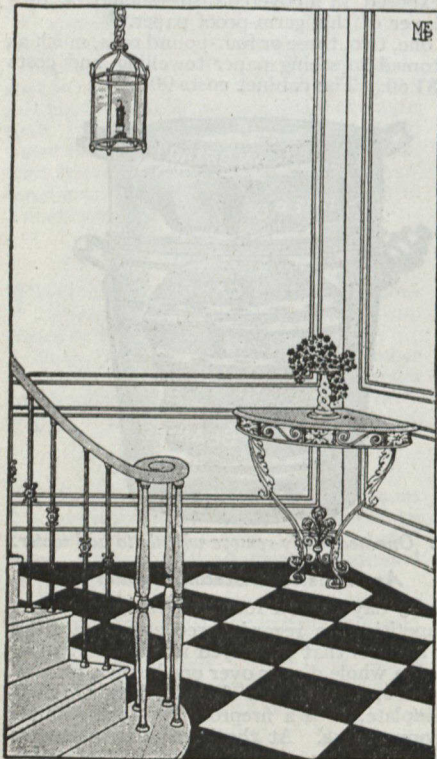
Round Steak.....	35	cents per lb.
Sirloin Steak.....	40	" "
Porterhouse Steak.....	45	" "
Rib Roast.....	32	" "
Leg of Lamb.....	38	" "
Lamb Loins.....	35	" "
Loin Chops.....	48	" "
Loin Roasts.....	45	" "
Fresh Legs of Pork (Ham).....	45	" "
Shoulder Roasts.....	40	" "
Shoulder Chops.....	42	" "

The Unpopular

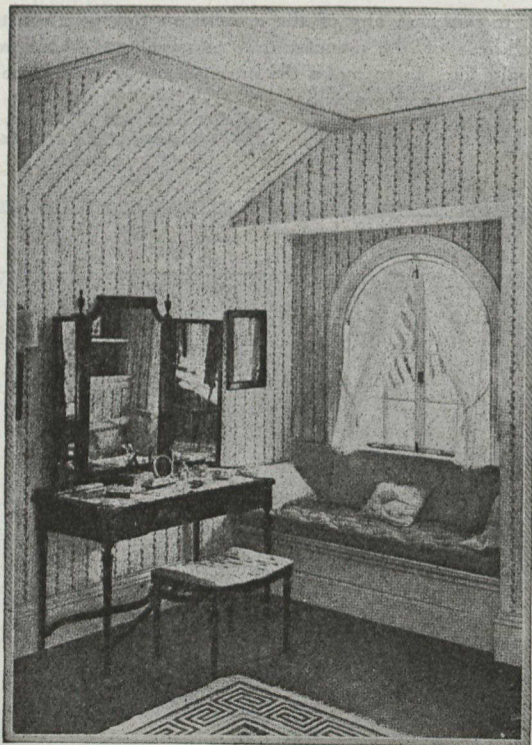
Beef Hearts.....	20	cents per lb.
Pork Hearts.....	18	" "
Beef Kidneys.....	25	" "
Pork Liver.....	7	" "
Beef Liver.....	20	" "
Calf's Liver.....	25	" "
Hog's Brains.....	10	" "
Beef Brains.....	15	" "
Lamb's Head.....	12½	cts. apiece
Pig Tripe.....	10	cents per lb.
Ox Tail.....	15	" "

The above tables of current retail prices for popular cuts and "offal" provide a striking contrast. Pork liver at 7 cents a pound is as nutritious as anything on the other table.

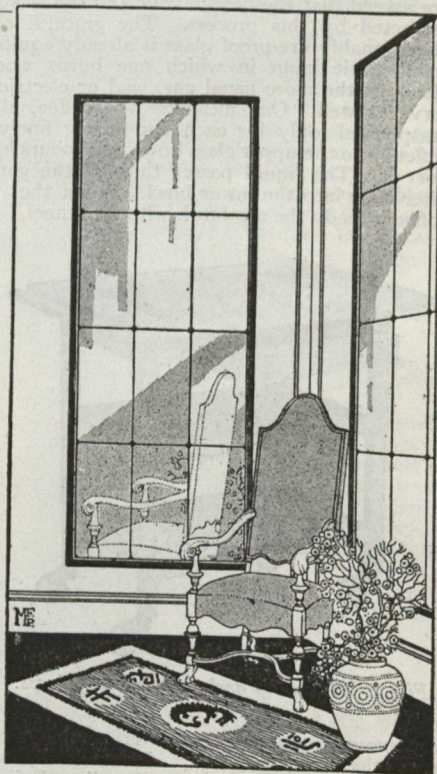
Disposing Gracefully of the Inevitable Corner



THE corner in the reception hall literally holds out its yawning arms to a quarter-circle console of wrought iron antiqued with dull colours. Camouflaging a radiator in the nursery with corresponding upholstered corner seats, pillared by craftsman book-cases, is an artistic treatment.



THE room of four corners resembles the promised "City Four-square" so far as harmony must be the keynote throughout. In the corners is where the "darkness" is most apt to hide itself, casting shadows upon an otherwise artistic interior, and to guard against this evil a concentrated study of your room is advisable before deciding what treatment shall be given the inevitable four corners. An overdose of treatment is as disastrous as an obvious lack of decoration.



IN recognition of these times, the cheerful interior of the home is undoubtedly an essential consideration. Paneled mirrors, inserted above the wainscot on both adjacent walls of a corner obviate the oft-times drab effect of a drawing-room. Corner cupboards have proven a delightful compensation for the obsolete china closet.

