

How to Cook Meat

All housewives cook meat at some time or other, but the results even with the same cut of meat, cooked presumably the same style, differ widely.

The beginner is often puzzled as to which are the tough and tender cuts. These are the muscles of the legs, shoulders and neck. The tender cuts in general are those that are not much used. The meat between the ribs, for instance, is tender. If you think of the muscles of your own body—which do you use much—which are of such a structure that they can be used little—you can readily apply the answers to the muscles of the meat creature.

As a rule the tough or much-used muscles contain more nutriment than the tender or little used muscles. The hard-working muscles may be likened to the hard-working men of a family. They demand more nutriment and usually get it. But unless care is taken to soften the connective tissue this nutriment cannot be extracted and is therefore wasted. Tougher meat, that is the connective tissue that causes it to be tough, may be softened by long, slow cooking at a temperature below the boiling point. Therefore if you have some shoulder of lamb cut up for stewing brown the pieces in a little fat, then cover with boiling water and simmer for two or more hours until the meat is thoroughly tender. Many folks imagine that if they can get the meat to fall from the bones by hasty cooking that is all that is necessary. But the meat is then so tough that proper mastication is impossible.

If you desire to boil a piece of beef, let us say, wipe the meat, cover it with boiling water. Boil about 10 minutes vigorously to harden the outside and prevent the escape of cooking juices. Then reduce the heat to the simmering point and allow half an hour or so for each pound of weight. A four-pound piece of meat should simmer two or two and one-half hours.

Suppose you buy a chuck steak. These are not particularly good for their tenderness. But there is a way of making them tender. Stir together two tablespoons of oil and one tablespoon of vinegar. Rub this into both sides of the meat and let it stand a couple of hours. This tends to soften the fiber and give an effect quite like the more expensive cuts. The toughest cuts of chops—for instance, shoulder chops—may be treated in similar manner.

But then there are the really tender cuts. These require but short cooking at a high temperature. For instance, a porterhouse or delectable steak one inch in thickness required but five minutes' boiling. One and one-half inch steak requires eight or nine minutes, and a two-inch steak should be broiled 10 or 12 minutes.

If you broil by gas, place the meat to be broiled on a greased plate. Have the broiler section of the range heated. Put in the plate. Allow the meat to sear about two minutes. Then with two spoons turn the meat over. If you use a fork you will pierce the meat, causing the juices to flow and be wasted. Sear the other side. Then move the plate farther away from the flame and turn the meat once or twice, timing it accurately according to thickness.

Many women are puzzled as to how long to roast a piece of meat. Where a woman has had no experience in cooking, she invariably comes to grief when it comes to the Sunday roast beef. Yet, with the assistance of mental arithmetic you can pretty nearly tell just how long any given piece of meat should be cooked. Allow 20 to 30 minutes to the pound. A little experience will tell you just how long to keep meat in the oven, according to whether you like it rare, medium or well done.

Wipe the meat, dredge with flour, and if you like additional flavor, rub the roasting pan with a clove of garlic, and be sure to remove the garlic from the pan. Put a little salt and pepper in the pan. Put some bits of fat on the bottom of the pan and place the meat on them. When the flour has browned, pour on a cup or so of boiling water. This water combined with the seasoning, the juice that escapes from the meat and the melted fat, will give sufficient liquid for basting. Meat should be basted every 10 or 15 minutes. Turn the meat once or twice during the cooking.

The Hostess

The secret of making one's guests comfortable and of drawing out their interesting qualities lies in feeling a genuine interest in each guest and expressing that interest with unaffected cordiality. A self-consciousness on the part of the hostess which expresses itself in an apologetic or nervous air will react to the discomfort of her guests. She will do well to divert their attention from whatever imperfections may have marred her plans by centering her attention on their admirable qualities or their special interests.

She will honor the man whose hobby is collecting rare books far more by calling his attention to some unusual book in her possession than by apologizing for the frivolous magazines and light fiction on her reading table. She will please the woman whose wealth sets her apart by showing an interest in some person or achievement not influenced by her wealth. She will draw out the aspiring business man or artist by an encouraging interest and enthusiasm in hearing of the progress he is making.

During the time that she is hostess the woman who knows how to put her guests at ease will put herself entirely at their service. She will think not of her success or her failure as a hostess, but of their comfort and pleasure and of their particular interests in life. Here is a bit of wisdom as applicable today as when it was written long ago by Horace: "In good company you need not ask who is the master of the feast. The man who sits in the lowest place, and who is always industrious in helping every one, is certainly the man."

What's What

By HELEN DECIE



The table napkin should never be tucked under the chin. This would seem to be an obvious rule for any one past the infantile age, yet even in smart metropolitan hotels and restaurants it is by no means unusual to behold a ridiculous spectacle of a man making a ridiculous spectacle of himself by fastening his napkin around his neck in babyish fashion.

After sitting down to the table the napkin should be unfolded and placed on the lap. After eating or drinking it should be applied as unobtrusively as possible to the mouth and to the fingers. Unless one is at home the napkin is never re-folded after eating.

(Copyright, 1920, by Public Ledger Co.)

Cream nut is another name for the Brazil nut.

The Cook Book

Tapioca Custard.

1 cup scalded milk
1/2 cup pearl tapioca
4 eggs, beaten separately
2/3-teaspoon cup sugar
1/2-teaspoon salt
1-teaspoon flavoring

Soak the tapioca an hour in enough cold water to cover; drain, add to hot milk in double boiler, and cook until the starch is transparent, probably an hour. Add half the sugar to the hot mixture and half to the egg yolks with the salt. Pour the hot mixture into the egg mixture slowly, beating until combined; return to the double-boiler and cook a minute or two, stirring until the custard thickens slightly. Remove from the fire, add the stiffly beaten whites, chill and flavor.

Chocolate Custard.

Two squares chocolate, one quart scalded milk, three-fourths cup sugar, one-eighth teaspoon salt, four eggs and one teaspoon vanilla. Grate the chocolate and heat in a double boiler until melted, add to it the scalded milk which has been combined with the eggs, sugar and salt. Cook in the double boiler until the mixture thickens sufficiently to coat a spoon. Add the vanilla after the custard begins to cool.

Pineapple Custard.

One cup grated pineapple, one quart milk, one-half cup sugar, one-fourth teaspoon salt and four eggs. Scald the milk in a double boiler,

beat the eggs, add the sugar and salt and pour the scalded milk over them; return to the double boiler and cook until the mixture thickens sufficiently to coat a spoon. When smooth and thick, mix with the pineapple, put in a baking dish and bake in a moderate oven until puffy and brown.

Coffee Custard.

Four tablespoons ground coffee,

Coffee Pie.

"Coffee layer-pie suggests crisp,

Sunday Special "Bisque"



To caramel flavor cream, ground macaroons and other fancy cakes are added which give a delightful flavor.

Delicia
Ice Cream
THE PERFECT

Your Dealer Can Supply You

The Fairmont Creamery Co.

BASKET STORES

LIVE BETTER FOR LESS

WE ARE STILL LOWERING PRICES!
If You Fail to Profit—It's Your Own Fault!
ONE WEEK'S PRICES

Basko Farina 22c
Large package Fine Cereal for Breakfast.

ORANGE SALE 18c DOZ.

BRER RABBIT 1 1/2 Size
Molasses 15c Can

FOR ONE WEEK

BASKO EVAP. MILK 12 1/2c
Tall Cans

Soups CAMPBELL'S ALL FLAVORS 10c
A CAN NO LIMIT

ONE WEEK

Canned Cash Habit Hominy, No. 2 1/2 12 1/2c
Canned Cash Habit Pumpkin, No. 2 1/2 16c
Canned Sweet Potatoes, very fine, No. 3 23c
Canned Glencrest Spaghetti, highly flavored 16c
Canned Libby's Spinach, enough said, No. 3 23c
Magic City Pickles, mixed and sour 22c
Baker's Cocoa, 1/2-lb. cans 29c
All Spices, large cans, finest quality 9c
Basko 2-oz. Lemon and Vanilla Extract 32c
Yacht Club Salad Dressing 16c
Basko Jell Powder, different in flavor 11c

SOAPS—
Lenox, 6 for 25c
P. & G., 6 for 75c
Ivory, small, 6 for 48c
Rinsol, wonderful on wash day 8c
Lux Soap Flakes 12 1/2c
Argo Starch 10c
Mrs. Stewart Blueing 14c
Good Clothes Lines, 50-ft. hanks 28c
Clothes Pins, large packages 10c

SHOP WITH THIS AD

How Much Do You Pay for BUTTER? Basko 50c
COFFEE Basko Brand COFFEE 30c lb.

Quality Potatoes 15-lb. Peck 35c
Onions 10 Pounds for 25c

ONE WEEK'S PRICES

Ladies WE ARE WITH YOU FOR CHEAPER MILK. DOWN IT GOES MORE 1c MIDWEST MILK, QT. 13c

There Are Two Kinds of Corn Flakes QUAKIES and Others. Try Quakies Large Pkg. 19c

SAVE THIS AD

The hens are back on the job. Working overtime in fact. **EGGS** We have a "rush service" on Eggs direct to you from our country stores. See us first. Price is right.

LIVE BETTER FOR LESS



WASTING GAS Is Burning Money



Chicken dinner in 30 minutes. A tough old hen will taste like a pullet when cooked in a **MUNY GAS PRESSURE COOKER**. SAVE GAS—SAVE FOODS. Sold on Payment Plan. Pay With Gas Bill. **GAS DEPARTMENT** Douglas 0605 1509 Howard W. L. BURGESS, Commercial Agent.

Courtney Building THE TABLE SUPPLY DOUGLAS 3904

Values that will crowd this Great Market to capacity every hour of the day Saturday

TWO CARLOADS OF CANE GRANULATED SUGAR \$8.98
While It Lasts Saturday, per sack . . .

Strictly Fresh Eggs, dozen **32c**
Pork Loin half or whole, lb. **18 1/2c**
Best Creamery Butter, Per lb. **49c**

6 CANS OF FINE CORN, PEAS OR TOMATOES 59c
ROYAL ANN CHERRIES In heavy syrup; California's best pick; regular 65c value **35c**
3 for \$1.00

Saturday Grocery Specials
Yacht Club Catsup, 40c size, now **23c**
New York Cream Cheese, lb. **26c**
Famous Ankola Coffee, lb. **40c**
3 lbs. for **\$1.15**
Golden Santos Coffee, lb. **22c**
Medium Ripe Olives, quart. **30c**
Calumet Baking Powder, 1 lb. **27c**
Fancy Prunes, 3 lbs. for. **40c**
Head Lettuce **7 1/2c-10c**
Leaf Lettuce, 3 for **10c**
Navel Oranges, doz. **27c**

Ortman's Bakery
Hot Cross Buns, doz. **20c**
Light Cup Cakes, doz. **20c**
Ginger Cup Cakes, doz. **15c**
Boston Brown Bread, each. **10c**

Saturday Meat Specials
Rolled Rib Roast **25c**
Hindquarter Lamb **12 1/2c**
Forequarter Lamb **7 1/2c**
No. 1 Steer Pot Roast **10c**
Rib Boiling Beef **6c**

Iten's Assorted Cookies, per lb. **29c**
Country Cake, lb. **29c**

CIGARS!—Just Inside the Door—CIGARS!

15c size La Azora **12c**
Box of 25 **\$3.00**
15c size Harvester **12c**
Box of 25 **\$3.00**
Pinto, 7c value, box 50 **\$2.00**
El Toro Porto Rican, 8c value, box 50 **\$3.00**
La Flor De Intal Minala, 7c value, box 50 **\$2.25**

USE BEE WANT ADS—THEY BRING RESULTS

Compelled to Move March First

They intend to tear down the building and won't renew my lease. I don't want to move any shoes, so I am going to see if low prices will induce the public to profit by my predicament.



Any Men's Dress Welt Shoe in the House for **\$3.75**

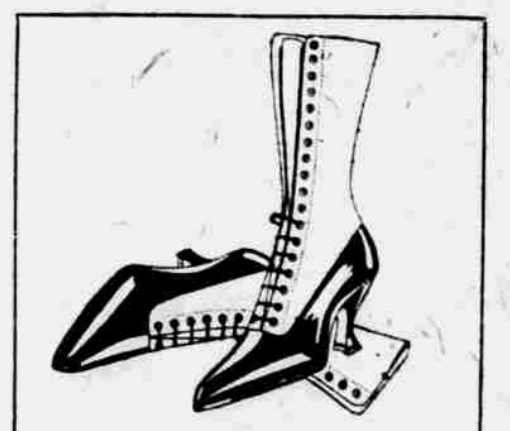
Every Women's Shoe, Oxford, Pump or Colonial all to be sold at one price **\$2.45**

Double and Single Soled Goodyear Welt Work Shoes on army lasts. All to be sold at **\$3.45**

Men's Work Shoes with Nailed Soles good reliable shoes for every day at **\$2.95**

Boys' Shoes of Sturdy Quality—McKay sewed—worth twice the price **\$2.95**

Boys' Goodyear Welt Shoes—stylish lasts—no better shoes can be made— all to be sold for **\$3.45**



GEO. MORSE
114 South Fifteenth St. Opposite Rialto Theater