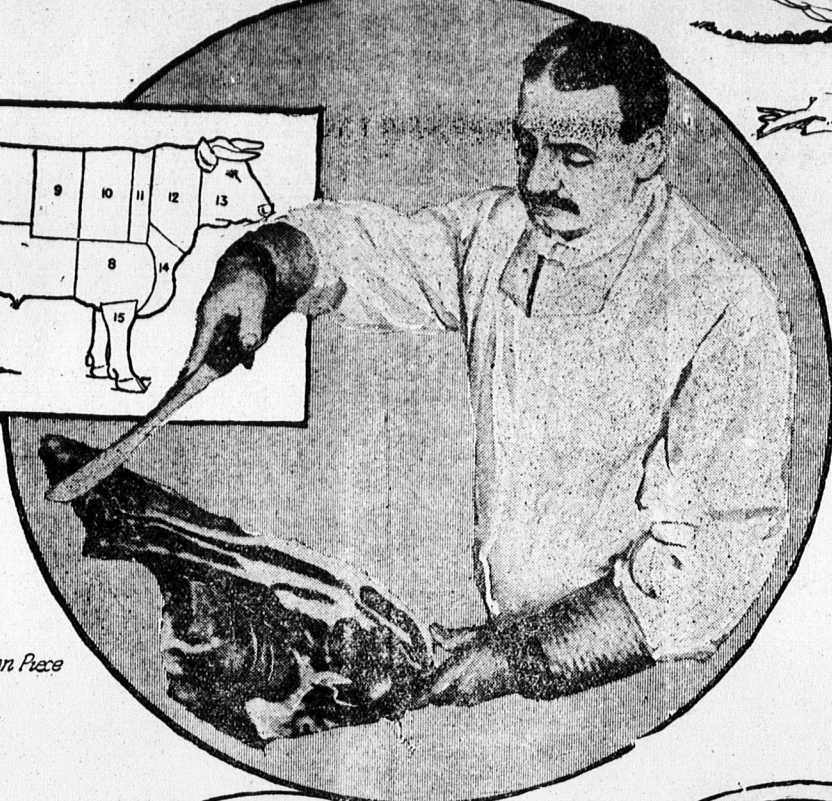
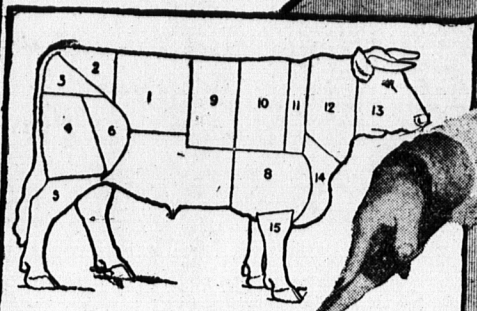
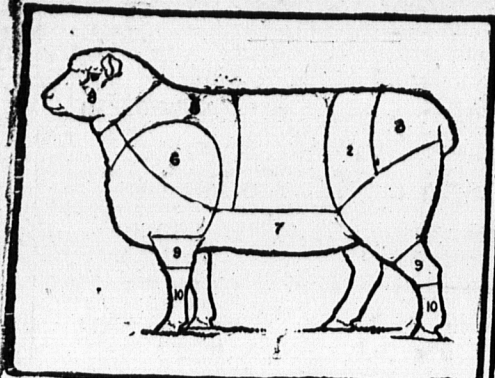


SCHOOL FOR HOUSEWIVES

BY MARION HARLAND

CUTS OF MEAT AND HOW TO BUY THEM



- 1 Leg
- 2 Loin (best end)
- 3 Loin (chump end)
- 4 Saddle
- 5 Neck (berger)
- 6 Shoulder
- 7 Breast
- 8 Head
- 9 Trotters
- 10 Shank

- 1 Sirloin
- 2 Rump
- 3 Aitchbone
- 4 Buttock
- 5 Leg
- 6 Flank
- 7 Thin Flank
- 8 Brisket
- 9 Prime Rib
- 10 Middle Rib
- 11 Chuck and Leg-of-Mutton Piece
- 12 Neck
- 13 Head
- 14 Clod
- 15 Skin

Roll The Breast Into A Roast And Be

FULLY as much wit goes to the purchase of meat as to its cookery. This is true of all cuts, but especially of the cheaper pieces. Any one with the money to pay for them can go to a butcher and order rib roasts, porterhouse steaks, French chops and the best cutlets, and be tolerably sure of good meat. It is when economy is an important factor in housekeeping that a knowledge of the value of the cheaper cuts, of the methods of buying and cooking them, is most desirable.

Beef is, of course, the great standby. There is a tradition that one can eat unvaried beef for a longer time without weariness than is possible with any other meat. Its nutritive values are high, and these, fortunately, are not confined to the prime cuts. Rightly purchased and prepared, it is feasible to economize in getting beef and not suffer in the process.

WAYS OF ECONOMIZING

Do not let me be misunderstood. If you wish good roast beef—roast pure and simple—you will have to buy a rib roast. If you desire a plain broiled steak, you must get either the porterhouse, the sirloin, the so-called "Delmonico" or "short" steak, or the hip bone steak. But by the purchase of cheaper cuts you may give your family beef à la mode, beef à la jardinière, baked steak, smothered steak, beef-steak and onions and a variety of other savory dishes in the enjoyment of which they will forget to pine for the "choice cuts."

Yet even these one may have by exercising skill in buying. A large family who have a place in which to keep meat may buy a big piece of beef—the whole cut of the ribs—at a price far smaller than they would give for any one of the favorite cuts. This piece would weigh from sixteen to twenty pounds, and can be cut in a variety of ways. A good steak may first be taken from the top. Then the tenderloin may be removed to make a fine roast of fillet. Part of the rest may be tied in a round and the part near the top of the ribs will make an excellent roast. Lower down, where the meat is less tender, the beef may be cooked à la mode or à la jardinière or as a pot roast or made into a savory stew. It is a great mistake to think that steaks are not nutritious. That this prejudice against them prevails so generally is due to the fact that they are usually poorly cooked.

THE PROPER WAY TO STEW

Fast boiling of meat in too much water, with no seasoning beyond salt and pepper, or, perhaps, an onion, produces a dish that deserves all that can be said against stews. But when the meat is cut in rather small pieces of medium size, put over the fire in cold water and cooked long and slowly, then seasoned judiciously by some one who knows the possibilities of herbs, sparingly employed, of celery salt, mushroom and walnut catsup, Worcestershire sauce, kitchen bouquet and the like, the result gives one a new idea of what may be meant by a stew.

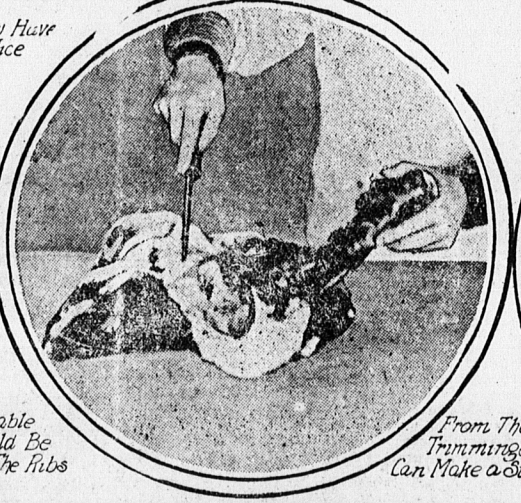
The nutritive qualities are only lost when the liquor in which the

meat is cooked is drained from it and converted into soup or used for some other purpose. Much of the good of the meat goes into the stock, and this should be eaten with the meat.

USING ODDS AND ENDS

To return to our piece of beef. From the bones and trimming of so large a section as this there may be made good soup stock. If there is more than is desired for stews, part of it may be minced for Hamburg steaks, to be either broiled, fried or baked, in small cakes or in one large steak. Part of the beef may be pickled if there seems to be risk about keeping it.

When buying beef in smaller quantities it is well to bear in mind that while a cut from the round will not make a satisfactory plain roast it is excellent as a pot roast, or, as I have said, for beef cooked in any of the other ways I have mentioned. A steak from the top of the round, if pounded and rubbed with oil and vinegar half an hour before cooking, may be broiled and will



please those who do not insist upon the tenderloin. The "short" steaks are almost as good as the porterhouse if properly cooked, although they, too, lack the tenderloin.

In purchasing lamb or mutton it is possible to achieve good results

with small money by the exercise of judgment in buying. Long ago I rendered my tribute of gratitude to the household writer who first taught me the value of a forequarter of lamb or of young mutton. In the present rise of prices, this,

too, has soared from the 12 and 13 cents a pound it used to cost to 4 or 5 cents more on the pound. Even so, it is an economy to buy it.

From a forequarter of lamb or young mutton—which means a yearling lamb—weighing from seven

to ten pounds you may secure a roast, a dish of chops, a stew and a soup. Have your butcher "lift" the shoulder out, taking away a good deal of the meat from the ribs as he does so. In a ten-pound forequarter you will have a shoulder roast of from four and a half to five pounds. Your butcher will wish to break the bone—but don't let him do it! Have the piece roasted just as it is, and you will find it delicious. For a change you may sometimes have the bone extracted altogether and fill the orifice with a good stuffing.

You will now have from seven to ten nice chops, according to the size of the forequarter, which you can broil or fry, and for which you would pay from 20 to 28 cents a pound if you bought them by themselves, instead of with the rest of the large piece. From the neck and trimmings of the chops you can make a stew or a soup or both. The breast may either be cut up into stew meat or else rolled into a little roast and baked. Served with tomato sauce it is an appetizing dish. If you have a small family, you may secure variety in buying a leg

worth while to bear in mind that the shoulder chops, which usually cost about half as much as the rib chops, may be trimmed into a very fair imitation of French chops and the trimmings used for soup or stew. Or the whole chop may be broiled or else cooked en casserole. The meat is quite as good as that from the ribs.

Veal, too, may be bought with judgment. The fillet is the most expensive cut, but it is no better than the loin or the shoulder. When the latter has had the bone removed (to be used for soup), the hole left filled with a good stuffing, and the meat slowly and thoroughly roasted and served with a rich brown gravy, it is as savory a dish as can be offered, and will bring joy to those whose gastronomic consciences permit them to eat veal.

The breast, too, is tender, and while the fact that it is rather a thin cut, except in a pretty large calf, does not make it a satisfactory roast without a little care, it may be boned, spread with a good stuffing, rolled and roasted. The breast is one of the cheapest cuts of veal, and to many one of the best. Either the neck or the leg pieces of veal may

Marion Harland

THE HOUSEMOTHERS' EXCHANGE

LONG ago, after going over cracks and picture frames many times with a brush and corrosive sublimate to exterminate "bugs," I bought a pound of sulphur, put it into an old tin dish, placed the dish in a large jar of ashes and after closing all cracks of windows and doors, touched a match to the sulphur, and the room closed tightly for twenty-four hours. That was the end of trouble from bugs for me!

A member inquired for a good way to clean steel spiders and frying pans. If you will not trust the maida to do it, but allow it to do its worst, you will like my method.

Today at the drugger's is 10 cents' worth of commercial hydrochloric acid. It is not necessary to dilute it, which is a convenience. Dip a swab in it and clean the pan. Rinse immediately and wash well with soap and water. It will look like new. Do not touch your hands with the acid or let a drop fall upon your clothing. The fumes are disagreeable, so work in a draught on the top of the range with the covers up.

The talk on old linen and the care of table and bed linen was a chapter out of my life. For many years I saved every scrap of old linen for an afflicted neighbor to whose tortured flesh cotton was a trial and linen a comfort.

Do not—re-ask for the good of the exchange—let this, your first letter, be your last. Every word of it is healthful and helpful. What you say of the virtue of old linen appeals to me with peculiar force, because I, likewise, hoarded every scrap of old linen for years—ten or twelve—for an excellent woman who bore the agony of an ulcerated leg with Christian fortitude, which preached a daily sermon to a whole community. Antiseptic gauze is an approved substitute, I know, but it does not feel as cool and "comforting" to raw, fevered flesh as our old, unstarched linen. Not a thread of it should be thrown away.

The Red Ant Scourge.

We bought a new house lately and find it is literally alive with red ants. We have tried everything we can think of, but still they come—and increase! I am afraid they are in the walls, or that they have burrowed into the pine wood. It is a fine house and well built. The walls and floors are all tight-hardwood floors, too.

Can you think of any insect powder that will help us?

The only insect powder I have a right to recommend is cayenne pepper. Scrub the floors and shelves with hot red-pepper tea. Of course, you cannot treat polished floors in this way, but closets, kitchen, plumbing, etc., may be scalded. I fear that, as you say, they have burrowed into the wood. Even bedbugs are sometimes found in new wood, (as if there were not enough other ways by which they can instal themselves as

Insufferable tenants!

Borax and powdered cloves. It may be removed by scraping. Hereafter keep an oyster shell or two in the kettle, changing it weekly. The lime will collect upon it.

Hints for Buttermaking.

Now that cows who know their duty and what is expected of them are "coming in" everywhere, a few hints as to the best and easiest way of making butter may be acceptable to country housewives.

Waste but one cow is kept it will probably use several days to accumulate enough cream for a churning. It is hardly worth creaming for less than a gallon at a time. Milk should be left to stand forty-eight hours, if possible, before it is skinned. The cream should be skimmed into a jar kept expressly for that purpose, and should be beaten thoroughly every time a fresh supply of cream is added.

When you are ready to churn, scald the churn and rinse with plenty of cold water. Then test the temperature of the cream with a dairy thermometer. One may be bought for 25 cents. If the cream be too cold, pour in boiling water very gradually, heating the cream all the time. If it be too warm, set the jar on ice or in cold water. If the temperature be about 60 degrees Fahrenheit, churn at once. It should "come" in about fifteen minutes. If the cream be too warm, the butter will be soft, and it is almost impossible to work the buttermilk out of it. It never becomes really firm. If it be too cold, it takes a long time to break the globules of fat. Some experienced buttermilkers can tell when the cream is "just right" by the temperature of the outside of

Crust in Teakettle.

Will you give me a remedy for a putrescent odor which I am suffering with, and which grows worse as time goes on? I mean, a thick crust that has formed on the inside of my teakettle. We use well water, and it is not very hard.

I have a fine recipe for fruit salad, very dainty and not expensive. Would you like to have it? C. V. C. (Zion City, Ill.).

Indeed, we should like to have it, and anything else good you are disposed to send.

The incrustation lining the kettle is a deposit of lime. The water may not seem very hard, but it contains lime which is precipitated by boiling upon the bottom and sides of the vessel. Fill the kettle with sharp vinegar and bring it slowly to the boil. Keep this up for an hour. Let the vinegar cool

What would my grandmothers have said to the "only sure way"?

For that matter, what would they have said to compressed yeast and gelatine and canned fruits and vegetables? Now and then a few words—the fractions of a sentence—enable us suddenly to "align" the progress of housewifery within the last half century.

How to Mend Gloves.

Shall I be thought hopelessly ignorant if I ask some one to tell just how to mend kid gloves nicely? The lapped seams try me particularly. I wonder if it would be of any interest to people having magazines to give away, and to whom the preparation of them for mailing is a problem, to know that, if put into a stout bag they may be sent by freight at comparatively little trouble and expense? It was a welcome bit of news to me once, and I pass it along in case some one else might care to know.

R. C. V. (Buffalo, N. Y.).

Stitch the lapped seams as nearly as possible in imitation of the original appearance of the glove. Baste the sides in place with fine cotton that may be withdrawn without tearing the kid. Then, with silk lute in the rest of the seams, do what we used to call a "backstitch," following the line of

holes left by the ripped seam. Put the needle in and out with painstaking regularity and do not draw the silk too tightly.

The idea of the magazine bag is ingenious, and it should be welcome to those who are getting up old numbers for hospitals and shut-ins.

A Box for Baby.

Here is a little help for the mothers of babies who have not reached the walking and running-around stage. It is only a dry-goods box with an old quilt laid in the bottom. I have used it ever since baby was old enough to sit up. When the weather is cold, or when the door must be open, the floor is no place for babies. They take cold easily, particularly when they are teething. So I set the box on four chairs near the window so he can look out at the chickens, cats and dogs, and he is happy. I do not let him get tired of the box. As soon as I see that he wants to get out of it, I change him to the highchair.

The sides of the box are eighteen inches high. That seems right for him. When he sits to a standing posture without any visible effort, find they were higher or lower, he could not have done it. Now at 15 months, he walks around the box by holding on to the sides. While I am in the yard or garden, I let him sit in the box, and he is content. When I am at the sewing machine in the dining room I put the box on the table.

My box is three feet by two. I knicked out a piece of the wood on one side and at one end and nailed across it the six or eight plumbings when he was three or over the edge.

I sincerely hope other mothers will try the box and find in it the help that I do.

AN OLLIO MOTHER.

You have given us a charming domestic picture. In reading the letter, we see the bonny boy, happier than the merriest of caged birds, and unconsciously learning some valuable lessons of life.

He is acquiring the use of muscles and limbs, making acquaintance with cat, dog and chicken, and above all, learning how to shift for himself in the line of play and employment. The child who amuses himself happily all day long is blessed among babies, and a joy in the house, as emphatically as the spoiled nursing child must be diverted continually is a nuisance no mother has the right to impose upon home and society.

To Clean a Copper Kettle

COPPER kettles, and, indeed, copper utensils of all sorts, are often very hard to clean. A good method is to cut a lemon in half and rub over the kettle with it. After a thorough rubbing the kettle should be carefully rinsed in clear, cold water and given a final polish with a soft cloth. Never attempt to polish copper cooking utensils with the preparations used for brasses, etc., but simply rub them with a wooden cloth. Dry them thoroughly after washing, as they gather rust very easily, and it is almost impossible to eradicate it.

To Perfume Under-Linen

DELICATE perfume will be given to linen by putting a lump oforris root into the boiler on washing days. The delicious fragrance thus given will last even after ironing, but will at no time be penetrating enough to be disagreeable. Another and even more lasting method is to put a Tokay bean in the drawer in which the linen is laid. This perfume in large quantities is overpowering, but one bean will give just the right odor. It usually requires warmth, to bring out the perfume.

FAMILY MEALS FOR A WEEK

SUNDAY BREAKFAST: Oranges, cracked wheat, broiled chicken, corn bread, toast, tea and coffee. LUNCHEON: Cold veal (left-over), hashed and browned potatoes, tomato-and-shrimp salad, brown bread, crackers and Camembert cheese, caramel custards and angel cake, tea. DINNER: Cream of asparagus soup, roast beef au Gravy (with mushrooms and onion sauce), young onions, stuffed tomatoes, strawberries and cream, Lady Baltimore cake, black coffee.	MONDAY BREAKFAST: Fruit, cereal and cream, bacon and sweet peppers, French rolls (warmed), toast, tea and coffee. LUNCHEON: Baked savory egg, onion soufflé (a left-over), baked potatoes, watercress salad, crackers and cheese, tart, cocoa.	TUESDAY BREAKFAST: Fruit, honey and cream, clam fritters, stewed potatoes, rolls and toast, tea and coffee. LUNCHEON: Cold beef (left-over), tomato toast, scalloped potatoes, blanc mange, cream puffs, tea. DINNER: Bean and tomato soup (partly a left-over), baked and baked calf's liver and mushroom, string beans, young beets, boiling island, black coffee.	WEDNESDAY BREAKFAST: Grapefruit, cereal and cream, deviled kidneys, Boston brown bread (warmed), toast, tea and coffee. LUNCHEON: Mince of liver and mushrooms (a left-over), fried celery, stuffed potatoes, Swiss toast and hard sauce, tea.	THURSDAY BREAKFAST: Berries, cereal and cream, shad roes (a left-over), muffins, toast, tea and coffee. LUNCHEON: Fricassee eggs, green pea soufflé (a left-over), fried potatoes, rhubarb, stewed with Sultana raisins; cake, cocoa. DINNER: Russian soup with poached eggs, lamb chops en casserole, spinach à la crème, asparagus, cherry dumplings with sauce, black coffee.	FRIDAY BREAKFAST: Oranges, cereal and cream, egg-in-toast cups, hominy muffins, whole wheat bread, tea and coffee. LUNCHEON: Pan fish, fried, stewed potatoes with parsley, brown quick biscuits, tea and coffee. DINNER: "Long clam" chowder, beefsteak and mushrooms, spinach, asparagus, berries and cream, cream cake, black coffee.	SATURDAY BREAKFAST: Oranges, cereal and cream, breakfast bacon, boiled eggs, Sally Lunn, toast, tea and coffee. LUNCHEON: Savory beef stew (a left-over), stewed tomatoes, fried mush, warm gingerbread and Swiss cheese, cocoa. DINNER: Julienne soup, roast lamb with mint sauce, green peas, hot and hot mushrooms, cold, chocolate meringue pudding, black coffee.
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