

HOW TO USE CHEAPER CUTS OF BEEF; REDUCE LIVING COST

By Biddy Bye

The following advice, taken from one of Uncle Sam's cook books, may be applied in a general way to the cooking of all of the cheaper beef steaks.

The flank end of the porterhouse is to be classed with the toughest of cuts. It can be rendered tender enough to be palatable only by long steaming or cooking in water and yet people quite generally broil this part of the steak with the tenderloin and expect it to be eaten. This is not good management. It is much more profitable to put it into the soup kettle or to make it into a stew.

In families where most of the members are away during the day the latter is a good plan, for the end of a steak makes a good stew for two or three people. This may be seasoned with vegetables left from dinner, or two or three olives cut up in gravy will give a very good flavor, or a few drops of some one of the bottled meat sauces, if the flavor is relished, or a little Chili sauce may be added to the stew.

Spanish Beefsteak

Take a pound of round steak weighing 2 pounds and about an inch thick; pound until thin, season with salt and cayenne pepper, cover with a layer of salt pork, cut into thin slices, roll and tie with a cord. Pour around it $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ cup of water. Place in a covered baking dish and cook 2 hours, basting occasionally.

Casserole Roast

Three or 4 pounds of round or rump of beef, slice of salt pork, a few peppercorns, $\frac{1}{4}$ each of a carrot, a turnip, an onion and a head of celery cut into small pieces. Try out the pork. Brown the meat on both sides in the fat. Put in a casserole with the vegetables around it, add 2 cups of water or stock. Cover and cook in a hot oven 3 hours, basting occasionally. A sauce or gravy can

be made with water, flour and some of the juices left in the casserole.

(Monday Biddy Bye will describe the cheaper cuts of lamb and mutton.)

THIS MASSIVE STATUE IS THE WORK OF A WOMAN



This bronze statue, representing electricity, weighs 16 tons and is the work of Miss Evelyn Beatrice Longman, a recognized leader in sculpture. It is 24 feet high and will be placed 436 feet above the street level atop the new 27-story Telephone building in New York.