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## Henry G. Winter

48 North First Street  
Phone 635

### Things to Cook



By  
NINA BREWER  
of Home Service  
Department of  
North Shore Gas  
Company

When cooking a Swiss steak a few mushrooms added to the gravy will be found an excellent addition. Any left-overs of this meat may be used for meat pie, croquettes or scalloped dishes.

#### Swiss Steak

3 pounds round steak about 2 1/2 inches thick.  
1/2 cup fat salt pork diced.  
3/4 cup flour.  
Salt.  
Pepper.

Pound all of the 3/4 cup of flour into the meat, using a little at a time and turning several times to pound it into both sides. One important point in making this meat tender and delicious is to pound plenty of flour into it.

Place in roaster and sprinkle over it half the diced pork, sear 15 to 30 minutes at 500 degrees, turn, sprinkle over meat the other half of pork and sear 15 to 20 minutes more. Sprinkle with pepper and a very little salt, as the pork helps to salt it.

Add 1/2 cup water, turn regulator wheel back to 300 and cook about two hours more, adding another half cup of water during the cooking. This meat will be improved by basting three or four times, but this is not necessary.

If mushrooms are added to the gravy, they may be cooked a few minutes in liquid in the pan, before adding flour. Cook flour until browned, then add water for gravy.

### Over Million Families

#### Live in Chicago District

Chicago has more than 1,030,000 families now resident in its Metropolitan district. Of these, according to the Chicago Association of Commerce, approximately 790,000 live within the city limits.

Of the families living in Chicago itself, 190,000 reside in single family homes. In addition, the city boasts 6,000 apartment houses, many of them having accommodations for more than a hundred families each, while other dwellings, including the "two flats" are estimated at better than 550,000.

The working population of the city is placed at more than 1,095,000 men and 370,000 women. These include 525,000 industrial workers, the balance being made up of retail store proprietors and clerks, servants, city employees and other classes of wage earners.

The school children of the city are said to number slightly more than 500,000 in the public schools, and approximately 235,000 in the parochial institutions. In addition, there are 47,000 students in the city's universities and colleges.

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