



The Voice of Cookery

conducted by PHIL LIBBY

former Restaurateur now Food Consultant

Listen to THE VOICE OF COOKERY, featuring Phil Libby, over Station WCFL (970 kilocycles) every week day morning, except Saturday, at 10:45 a. m., for interesting food facts, recipes, household hints and cookery advice.

Flank steak is one of the most versatile cuts in the whole beef carcass and that goes for the way it stretches to fit a big or little pocket-book. Not many homemakers realize just how good flank steak can be. It has the true beef flavor, is juicy and tender when well cooked and blends with the flavors of any vegetable you want to combine with it. The fibers are coarse and they run the full length of the piece and if not handled properly may appear to be stringy. There are two ways to avoid this long fibrous texture in the finished product. Either have the steak scored lightly on both sides before cooking, or cut it in narrow strips across the fibers.

There are only two flanks to each carcass, weighing one and one-quarter to one and one-half pounds each. The butcher rarely sells less than a whole steak, which is just enough for four or five people, since there is no bone or other waste in this cut, every pound may be depended upon to serve three or four and even five persons. For a larger group, it is often advisable to use two flank steaks, sewing them together at the sides and stuffing them like any pocketed meat.

Because the meat is entirely lean, it's a good idea to incorporate some suet or salt pork with the flank steak. Cubes of fat, browned with the meat or added to the dressing are a good addition and furnish the quality of juiciness which comes only from fat.

One of the attractive ways to prepare a flank is to make little individual filets from it. Skewered with wooden or metal skewers and cooked by braising with vegetables or by broiling. Suet or salt pork it cut in a one inch cylinder and placed in the center of the steak along its full length. The steak is rolled around the fat core, skewered at one and one-half inch intervals and then cut between the skewers. Each little steak has meat outside and a square of fat inside.

Stuffing a flank is another popular cookery method and extends the

steak to serve one or two extra persons. One steak may be split and stuffed, the dressing may be spread over the surface and rolled lengthwise, or the dressing may be placed in the center and the steak tied together around it. In this case, strip the outsides with pieces of suet before baking to provide fat for basting.

Potted Flank Filets

- 1 flank steak
- 1/2 lb. suet or salt pork
- 1 cup tomatoes
- 1 bay leaf
- 1 potato
- 2 teaspoons salt
- 1 cup celery
- 1/2 onion
- 1 carrot
- Some pepper.

Cut suet in long pieces, one inch wide and one inch thick. Place in center of steak lengthwise, and roll tightly, securing with skewers every one and one-half inches. Cut steak between skewers, brown carefully on all sides, letting onion brown with meat. Add all vegetables which have been cut into fine cubes. Cover and let simmer for one hour. Thicken vegetable gravy if desired.

Stuffed Flank Steak

- 1 flank steak.
- 1/2 cup butter, melted.
- 1 egg
- 1 tablespoon green pepper
- 2 1/2 cups coarse bread crumbs
- 1/2 cup celery
- 2 tablespoon onion
- 1 teaspoon salt

Mix bread crumbs, celery, onion and pepper. Add salt and melted butter and enough hot water to slightly moisten. Add egg. Spread dressing on flank steak and roll up lengthwise. Tie. Brown on all sides in hot fat. Place in a casserole or pot roast kettle and lay strips of salt pork or bacon over the top. Let cook in low oven, or over slow burner for one and one-half hours. Slice across the fibers and serve with mushroom gravy.

handkerchiefs, four face towels, two bath towels, one set of shaving articles, one comb, nail file and soap.

In addition, the following articles will be found useful in camp: linen shirts with attached collars (for wear when off duty); athletic and baseball clothing, bathing suit and bathrobe, sweater, bedroom slippers, fountain pen and writing paper, postal cards, tennis racket, camera and musical instruments.

While these camps are under canvas they are so built that they are always dry and warm enough inside no matter what the weather may be. Many high school athletes attend them as a preliminary training to getting in shape for their athletics in the Fall, as there is a great deal of competition in the various sports which are a part of the activities of the camps.

Those wishing to attend a Citizens' Military Training Camp this summer should send in immediately for application blanks to the Military Training Camps Association County Chairman or apply to the headquarters of the Association at Room 705, Six North Michigan Avenue, Chicago, Illinois.

Paulsen's Sentence Suspended; Must Reimburse Bank

Bjarne (Barney) Paulsen, 21, former assistant cashier of the Deerfield State Bank, who recently confessed the theft of \$2500 from the bank's funds, and was sentenced to serve a year and a day in the Federal penitentiary, has been placed on probation for five years by Federal Judge Charles Woodward of Chicago.

His sentence was suspended on condition that he pay back the \$2500 to the bank, and will reside with his parents in Northfield during the five years. He must also stay away from taverns and night clubs.

New Cub Pack Is Formed In Deerfield

A new Cub Pack is in the process of being organized and several meetings have been held. At the present there are 14 boys registered and a committee of 3 men. The Pack

will be meeting regularly as soon as a Cubmaster is secured and the Den Chiefs are trained. Boys who wish to become Cubs should talk with Mr. Bates at the Deerfield school or with any of the following:

Mr. Victor Carlson, Mr. Earl Harris, Mrs. Berry Devine, or Reverend Earl Brusco.

STUDENTS TO DISCUSS HOMEWORK AND ITS PROBLEMS AT P.-T. A.

Speaking on the subject of homework and its problems, four students, William Bigley, Cyrella Golden, Robert Jackson, and Joan Wichman, will give a panel discussion at the Highland Park high school P.-T.A. tomorrow, Thursday, May 6, at 3 o'clock, in the English club room. This will be the last regular meeting of the year.

The annual business meeting will be held first. The panel discussion on the subject of homework by the four students will follow. Some of the topics they will cover are as follows: the purpose of homework, does it accomplish its purpose, do the students get too much homework, and how students could spend their time to get their homework done.

There will be the usual conferences with teachers preceding the program. Tea will be served.

At a special meeting of the Highland Park high school P.-T.A. on Friday, May 21, at 8:15 p.m., in the auditorium, Mrs. Margaret Wells Wood will speak on the subject of "Social Hygiene." Mrs. Margaret Wells Wood, who is from the Illinois Department of Public Health, comes highly recommended in this field.

SAFETY CLASSES SEE AUTO TESTED

In order to see how automobiles are tested in safety lanes, the Highway Safety classes visited Dahls Auto Reconstruction Garage and saw an auto tested last Tuesday and Wednesday.

The car was tested to see if the brakes worked satisfactorily and if the headlights were properly adjusted. In addition to seeing if the horn and windshield wiper were

working properly, the front wheels were tested for camber, castor and toe-in.

The dangers and causes of defects were explained.

MISS GRISWOLD ELECTED TREASURER AT MEETING OF SUBURBAN DEANS ASSN.

At the meeting of the Suburban

Deans' association held April 24 at Des Plaines, the officers for the following year were elected.

President—Miss Eunice Cleveland, Evanston.

Vice-president—Miss Ora Theobald, Bloom.

Secretary—Miss Francis Vercaher, Gary.

Treasurer—Miss Emada Griswold,



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Shoppers Guide

by Phil Libby
Fresh pork shoulder is recommended to housewives as the most economical meat buy at this writing. Ground beef or hamburger, suitable for meat loaf, also offers a good value to those who wish to economize.

Stewart's private blend coffee either in perc-drip or silex grind. Use a teaspoonful of this rich flavor and economical coffee for each cup. You'll like it.

Strawberries hit a low last weekend. That's good news for the shortcake lovers.

Soft shell crabs are now on the market.

Bananas are back to their old prices again.

Salada tea, fresh from the garden. For all afternoon teas.

Wilson's Tender-made hams are still tops and the flavor is there.

Many good cheese buys... brick, American and loaf.

Calavos are down a little, they are fine for salads.

Want quick gingerbread—Dromedary gingerbread mix does the trick.

Scholarship To Be Awarded at C.M.T.C.

In addition to many other honors that may be won at the Citizens' Military Training Camps which will open in the Sixth Corps Area from July 6 to August 4, there have been added Scholarships at the University of Chicago, Loyola University and DePaul University, which will be offered for competition and award at the Fort Sheridan Camp.

In order to qualify for this competition, young men must bring to camp the following:

Statement of credits by their high school principal.

Statement from parent or guardian that the scholarship will be accepted if won and that any difference between the value of the scholarship and the total school charges will be paid.

Statement of the candidate that he will take full advantage of the scholarship if awarded to him.

Candidates are warned not to report at any camp without an Authority Card issued by Sixth Corps Area Headquarters, Chicago, as only those who possess this card will be admitted to camp or receive travel allowance. These cards will be sent to the addresses shown on the applications and no candidate should leave for camp until he receives this card.

Each candidate should bring into camp only one piece of hand baggage with the following personal articles: four suits summer underwear, two pairs of pajamas, six

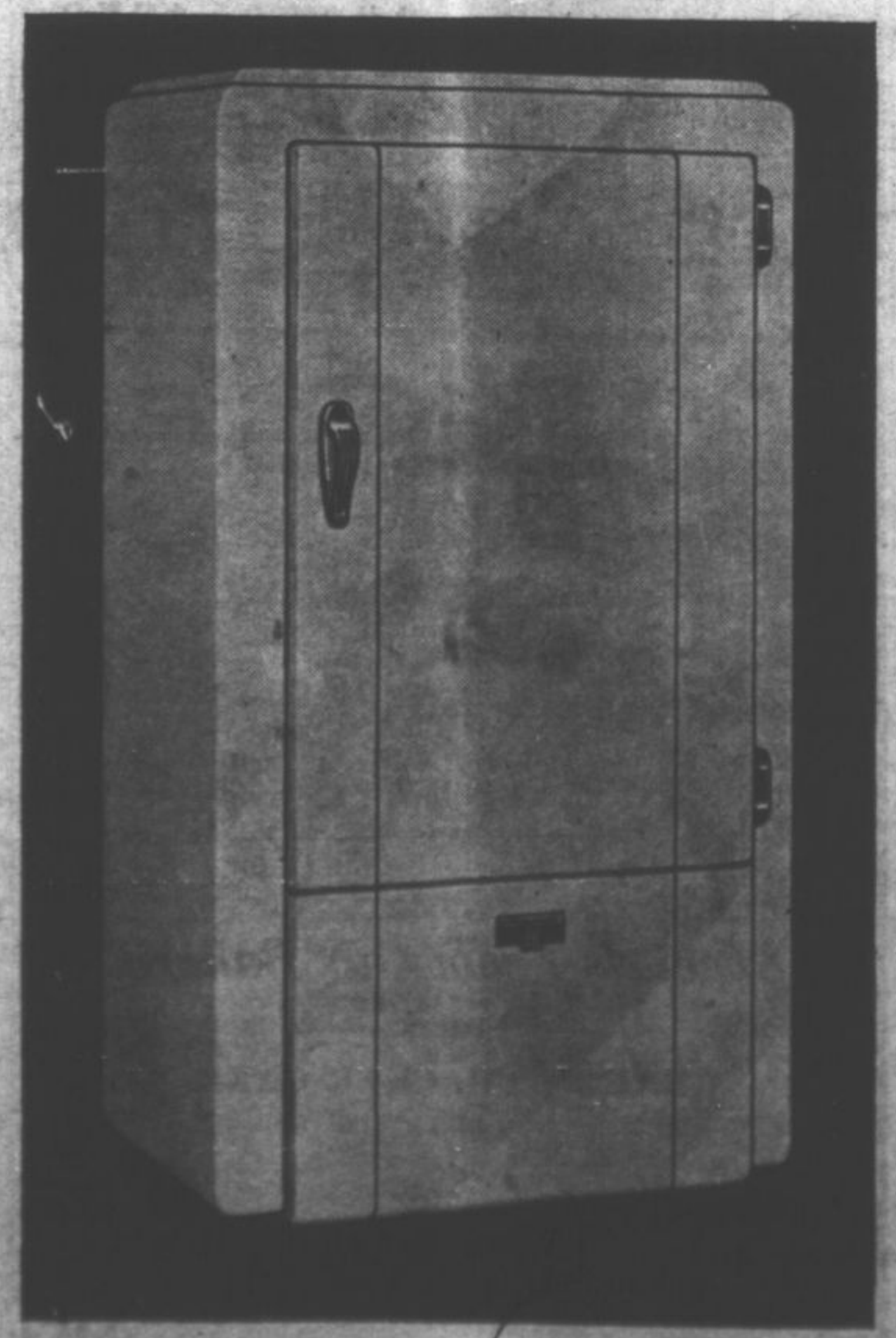
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