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THE MIXING BOWL
BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! Have you ever wondered why meats are called beef, veal, pork, mutton when on the table, but cows, calves, pigs and sheep when on the hoof? Well we have been asked so often that we were prompted to search for the answer.

According to history this distinction of terms originated after the Norman conquest of England. The names of the meat came from the language of the conquerors who ate it, while the Saxon peasant who took care of the animals continued to call them by their Saxon names.

To-day, no matter what kind of meat we want the costs seem to take most of our food budget. For instance, a survey shows that the average price of stewing beef during July 1931, was 12 cents per pound while the July price this year for stewing beef has been about 68 cents. So when the butcher tells you that a loin pork roast costs about 65 cents you may be tempted to disregard the less expensive beef cuts. However, unless you cook the roast carefully you will only have one serv-

ing per pound whereas stew made with fresh garden vegetables yields three servings per pound.

SAVORY STEW

- 3 lbs. stewing beef
3 tbsps. dripping
1 cup each of carrots
celery and tomatoes
1 cup cubed potatoes
1 bay leaf
2 tbsps. minced parsley
1/2 tsp. thyme

Cut beef in 1 inch cubes. Roll pieces in flour. Brown meat in dripping. Cover with boiling water. Simmer 1/2 hours. Add vegetables and seasonings and cook 35 mins. Thicken liquid with flour to make gravy (if desired, cook Dumplings.)

PORK ROAST

- 4 to 6 lb. pork roast
salt, pepper, flour
Take the roast from the refrigerator at least 1/2 hour before cooking it. Wipe it with a damp cloth and pat roast with mixture of flour, salt and pepper. Place fat side up in preheated oven of 350 degs. Roast about 2 1/2 to 3 hours, allowing 35 mins. per lb.

TAKE A TIP

- 1. Store meat immediately in the refrigerator or in a cold, fresh atmosphere. Remove wrapping from fresh or smoked meat and cover the top loosely with wax paper, leaving ends open. Store in the meat compartment or directly below the freezing unit.
2. Store ground meat in meat keeper but cover the whole surface loosely. Cook within 24 hours.
3. Store frozen meat in the freezing unit of the refrigerator. Keep meat frozen until ready to use. Do not refreeze.
4. Store cooked meats wrapped in foil. Do not cut, grind or slice until ready for use.

Jujitsu means literally "the gentle art."

Harold C. Fay

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HIS DAILY BREAD

A fashionable Park Avenue doctor who was entertaining Beatrice Lillie served lobster salad as the main course. "I find this so hard to digest," said Miss Lillie to her host. "Do you really like it?" "I not only like lobster salad," the doctor assured her, "I'm grateful to it."

THE QUESTION BOX

Mrs. R. K. asks: How do you bread meat?

Answer: Cutlets chops and sliced fresh meats are usually breaded. Dip the meat into a slightly beaten egg mixed with a tablespoon of milk, then in fine bread crumbs.

Mrs. B. W. asks: Do you ever use cornstarch in place of flour for thickening stews?

Answer: Yes. We make a cornstarch paste with cold water and thicken the meat stock of lamb or veal with it in preference to flour. The flavour will be extra good and it gives a clearness to the gravy. Mrs. W. R. sends us, by request, the following favorite recipe.

CORNED BEEF HASH

Slightly cook 2 tbsps. minced onions in a skillet in a small amount of fat, add 2 cups minced canned corned beef, 3 cups chopped, cooked potatoes, 2 tbsps. dripping and 1/2 cup tomato juice. Cover and cook slowly for about 24 minutes or until a brown crust has formed on the bottom. If desired, serve a poached egg on each serving.

BRITISH "TEN GALLON" HAT

A white "ten gallon" hat was flown from London to Calgary because that city's Mayor Don McKay said he wanted to wear a British hat at the Stampede. The hat was made by a Stockport firm on behalf of Britain's entire hat industry.

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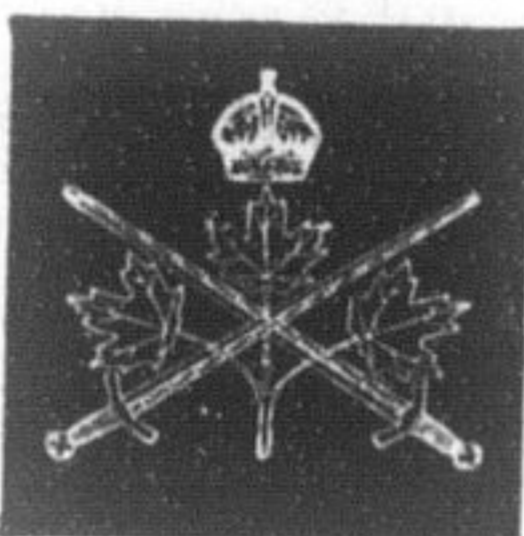
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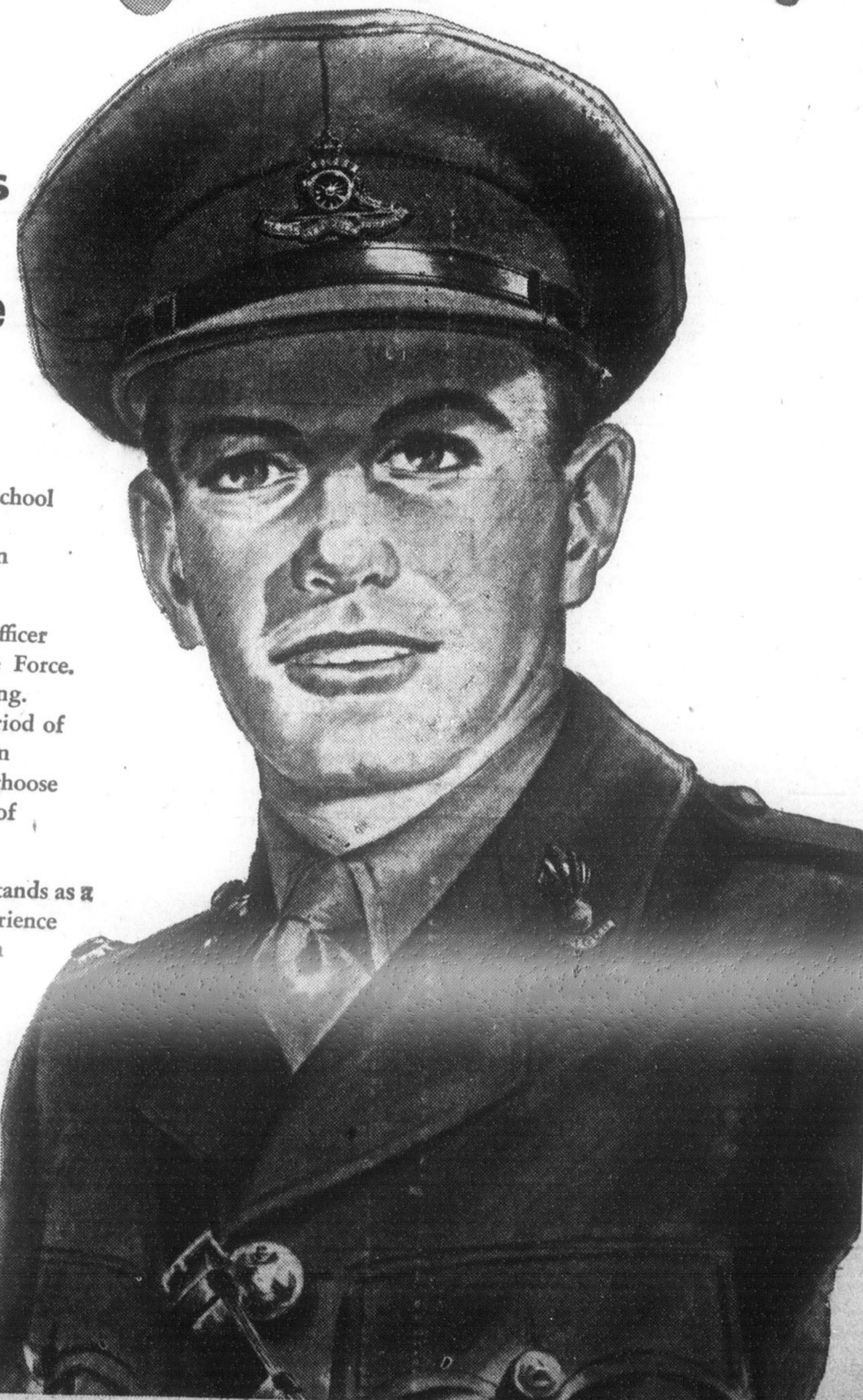
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