

# Discussion of Several Ways of Cooking Meat

Some Answers to Questions From Readers on How to Prepare Pot Roasts, Including Sauerbraten. Some Recipes that may be Appreciated.



(By Edith M. Barber)

The column today will be devoted to answering recent questions. Several persons have asked for more discussion of meat cookery. A roast should be put into a dry pan so that the outside will "sear" quickly in the hot oven. Searing means to brown lightly. By the time this has been accomplished the fat from the meat will begin to melt and supply enough liquid to baste the roast.

**Basting**—pouring the fat which has cooked out of the roast over the roast—should be done every fifteen or twenty minutes. This is the proper treatment for the best cut roasts. The tougher "chuck" roasts need a little water to baste them during the latter part of the cooking.

Another writer asks for a direction for preparing a pot roast. I sear the meat in a little fat in the kettle where I add a little minced onion in the fat before I sear the meat. I then add a little water, cover the kettle closely and let it simmer over a low fire for several hours.

"Braising" is another method of cooking meats which is a cross between roasting and stewing. The method is used for large pieces of meat or for meat cut in pieces. The meat is dredged with flour, salt and pepper and seared on all sides in a little fat. It is then put in a baking dish with a little soup stock and water and cooked in a moderate oven until it is tender.

One of the most famous pot roasts is known as "German" Sauer-braten or as Beef a la Mode. It is a roast which takes a week to prepare according to our old recipe which I am giving you to-day. It is not the cooking but the preparation for cooking which takes the time.

There are, of course, certain stews which do not demand searing the meat

first. Veal and lamb are often served as white rather than as brown stews. In this case, however, hot water is poured over the meat to seal in the juice and the meat is then allowed to simmer slowly until tender.

### Sauerbraten

4 pounds beef, chuck, rump or round.  
Salt and pepper  
1 onion, sliced  
3 bay leaves  
1 teaspoon peppercorns  
Vinegar and water  
¼ cup sugar  
¼ cup raisins  
4 to 6 ginger snaps  
1 cup thick sour cream

Sprinkle meat well with salt and pepper and rub in thoroughly. Place with onions, bay leaves and peppercorns in a deep earthen dish. Add water to vinegar (equal parts if vinegar is very strong) and add salt and sugar to taste, pour hot over the meat to cover. Cover dish well, put in cool place, let stand eight days. Put meat in kettle, add onion and one cup spiced vinegar and place in a hot oven to brown all over. Cover tightly and let cook slowly about three hours or until tender. Take out the meat, slice for serving and keep hot. Strain liquid in kettle, skim off fat. Let ¼ cup of sugar melt in a heavy frying pan, add very gradually the strained liquid then the raisins and ginger snaps, cook until thickened and smooth and pour while hot over meat. Add one cup of thick sour cream to gravy if desired.

### Pot Roast

2½ pounds of beef (chuck or rump)  
1 tablespoon drippings  
1 or 2 bay leaves  
1 pint boiling water  
1 tablespoon flour  
1 onion, chopped fine  
Salt and pepper

Season and prepare meat as desired, and sprinkle with flour. Heat the fat and fry the onion in it until light brown; add the meat, brown on all sides to keep in the juices. Pour on the boiling water, add bay leaves then let simmer slowly about 2½ hours or until tender. Thicken gravy with two tablespoons flour mixed to a paste with water. Serve with Franconia potatoes.

### Braised Beef

Season a rump roast with salt, pepper, chopped parsley and a little garlic minced fine if desired. Sear in hot fat well. Add one cup water, one sliced carrot, one sliced onion, one bay leaf, cover and cook in moderate oven two or three hours. Serve with horseradish sauce.

### Veal Pot Pie

Ends of ribs, neck or knuckle may be used. Cut meat in small pieces, remove fine bones. Cover with boiling water; skim as it begins to boil, add one onion, 7 teaspoon salt, ¼ teaspoon pepper for each pound of meat. Simmer till thoroughly tender. Rub two

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**HEAVY WAXED PAPER**

## May Bring Pulp and Paper Under the Dominion Act

The amendment introduced in the House of Commons by Hon. Robert Weir to make it clear that pulp and paper come under the provisions of the Natural Products Marketing Act is one that may have important results for an industry that is a considerable factor in the prosperity of the country. The new provisions mean that, at the request of the industry itself, it will be possible for the Dominion government to take a hand in the regulation of the marketing of pulp and paper, which now forms one of the important industries of the Dominion. As things have stood in the past any action taken had to be taken by the individual provinces and that made a concerted course difficult. The new provisions should make possible a united course of action which will assist in improving the portion of the industry, says The Canada Lumberman.

Rochester Democrat and Chronicle: The average American family pays an annual crime bill of \$240. Well, it gets a lot of crime for its money.

tablespoons flour smooth in a little cold water. Add ½ cup cream, water or milk with 1 tablespoon butter or fat. Serve with dumplings.

### Brisket of Beef with Sauerkraut

1 quart Sauerkraut  
3 pounds brisket of beef  
2 tablespoons flour  
1 large raw potato, grated  
1 teaspoon caraway seed  
1 onion.

Place the sauerkraut in a large saucepan, sprinkle with flour add meat and a whole onion, sugar, caraway seed and the potato. Cover with boiling water and cook until tender, about two hours. Remove onion and serve hot.

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# Comprehensive Report on the Vimy Gold Mine

Engineer's Report No. 1 Details Situation and Progress of Vimy Gold Mine, Ltd. Description of Mineralization, Work Done, Plants Installed and Other Particulars

There will be very special interest in the following comprehensive report on Vimy Gold Mine, Limited, as prepared by K. M. Brown:—

Engineer's Report No. 1  
July 15th, 1935

The management of the Vimy Gold Mine, Ltd., has authorized the preparation of a report on the situation and progress at the property. This report embodies general descriptions of the property, mineralization, surface activities, mining, milling, and management. Each item will be described under its respective heading:

### The Property

The property covers approximately 320 acres made up of two cornering farm lots in Concessions 1 and 2, Hill township, and is about 5 miles northwest of Ramore, Ontario. The southwest lot (100 acres) where present operations are centred, is mostly low swampy land, with a good stand of northeast quarter includes about 20 acres of outcropping rock and a patch of meadow land, where the old farm buildings, office, cookery, wells and parking space are situated. The northeast lot (100 acres) is on the strike of the main vein, and it has about 25 acres of cleared farm land, and no outcropping rock.

### Mineralization

The outcropping country rock is the Keewatin lava of fine-grained, basaltic nature. The main vein, striking N. 47 degrees East, can be traced for 700 feet across the south half of the outcrop. This vein is made up of altered lava of purplish colour, streaked with feldspar with intruding fine-grained, syenite dikes and quartz stringers. The syenite is considerably brecciated in different parts of the vein. Small porphyry dikes striking more to the north feed the west end of the vein. Quartz veins and stringers striking due north-south, follow the fracture zones in the lavas to feed the main vein from either side. The vein matter is very heavily mineralized with fine pyrite, with no visible chalcocopyrite or free gold, and weather pieces of vein matter resemble the mineral siderite. The width of the main vein on surface averages 4 feet and the north-south veins (feeders) range in width from 2 to 10 inches on surface. The outcrop is roughly bisected by a diabase dike (striking N 60 degrees east) 50 feet wide by 600 feet long. Northwest of the west end of the diabase is a fractured zone running east and west 30 feet wide by about 250 feet long, with a profusion of quartz stringers. This zone was diamond drilled in the summer of 1934, but the core assays were not high. It has not yet been opened up on surface.

### Surface

The heavy pieces of machinery were hauled to the property over winter roads. The construction of the office, compressor, hoist building and black-

smith shop was completed under contract early in April. The cookery, dormitory, water tower, mill building, by the middle of June. The assay office is under construction. A crew of nine men started on the payroll April 15th. The surface was cleared of brush to a safe distance from the sites of the plant buildings. The foundations were poured and the 2-stage, 600-ft. compressor and mine hoist were set up, under the direction of Walter Turner, who supplied the heavy machinery. The sub-station was installed by J. E. Baxter, and the power was turned on late in May. Water was pumped from a small creek nearby to the 15,000-gallon tank on the water tower; this being established at a lake over a mile away. The blacksmith shop was equipped and the steel sharpener ready early in June. There are 24 men, employed at the present time.

### Mining

One machine was started in an open cut on the east end of the main vein early in June. The pit is 100' x 11' x 12' deep, and work at this point was discontinued pending the completion of a tramway to facilitate removal of broken ore. The main vein pitches to the east and dips slightly to the north, and its width on the floor of the pit averages 5 1-2 feet. Three pits were put down to open up one of the north-south veins, which appeared on surface as narrow quartz stringers, following a fracture zone on the lava towards the open cut on the main vein. At depths of 4' in the three pits, vein widths of 3 1-2 to 4 1-2 feet were revealed, with the same formation as the main vein. The 500-ft. tramway, now completed, inclines from mill to open cut, simplifying the disposal of overburden, waste rock and broken ore. Assays of diamond drill cores, and channel samples, taken by Harry Heine, consulting engineer, indicate that over 20,000 tons of \$10 ore can be taken from the main vein. The open pit will supply the mill during the summer months, and pay operating and shaft sinking expenses.

### Milling

Under the supervision of J. Berini, ore was broken from the vein at two different points. The ore was not picked, but bagged up as broken for shipment to the government laboratories at Ottawa, where it was subjected to metallurgical tests to determine the best method of recovering the values. Very satisfactory extractions were obtained by (1) straight cyanidation, (2) flotation and cyanidation of the re-ground concentrate. It was deemed advisable to design and build a mill for the latter to handle 40-50 tons daily. The mill was laid out by F. H. McLeilan, and under construction by May 20th. The ore bins, Buchanan jaw crusher, secondary gyratory crusher, elevator, trommel screen, ball mill, classifier, flotation cells and pilot table, concentrate tanks, etc., are in place. Concentrates are to be dried and sold. Building space has been allowed for the future installation of a tube mill for secondary grinding, and small plant for cyanidation of concentrates.

### Management

The progress at the property may be credited to Douglas Jones, president of the company, and to Joseph Berini, the resident manager, and secretary-treasurer of the company. Mr. Jones, who directs the mine development, is mine superintendent at Coniaurum Mines. Mr. Berini, who has energetically and fairly supervised the work since the beginning of operations, is a millman of wide experience, acquired at Silver Mountain, McKinley-Daragh and Hollinger in the early days. Head office business is transacted in Timmins. Costs are kept and all purchasing done from the mine office at the property.

This report, which has dealt with some of the features of the property itself, and of the progress to date, will serve as a preliminary to later reports, to be prepared after the mill is in operation and assays are available. As such, I submit this for your kind interest and publication.

Kenneth M. Brown, B.A. Sc.,  
Metallurgical Engineering.

## No Race More Uncertain than Election in Alberta

London Free Press:—Under Mr. Aberhart's plan every man or woman over 21 is to get \$25 a month. Nobody knows where the money is to come from, but a man who is out of work is not worrying. To thousands of people in Alberta this monthly sum looks attractive. Mr. Aberhart has the enthusiasm and fervor of an evangelist; in fact it is a sort of a religious revival which has swept over the province. Naturally he has injured chiefly the U.F.A. Government. If the ministry is defeated it can thank Mr. Aberhart. With four major parties in the field, U.F.A., Liberals, Conservative and Social Credit, no horse race is more uncertain than the coming Alberta contest.

## MAN'S AMBITION AS GIVEN AT DIFFERENT TIMES OF LIFE

(Banffshire Journal)  
At five years: to be like Uncle Bob.  
At 15 years: to be a detective.  
At 20 years: to be idolized by all the pretty girls in town.  
At 30 years: to pay his debts.  
At 45 years: to pay his wife's debts.  
At 60 years: to be a boy again.  
At 75 years: to be let alone.

Lynchburg, Virginia, News:— It seems a pity there is no Confederate soldier young enough to be available as a Republican candidate for President.

"ASSAYS"  
all pure soap—yet costs less than other pure soap flakes. Saves money, also, by making hosiery, lingerie, woollens last longer.

**PRINCESS**

BIG PACKAGE—LOW PRICE

## Financial Review of the Kiwanis Club

Timmins Club Distributing Milk to School Children. Cost of Other Activities.

The financial review of the Timmins Kiwanis Club for the period from Jan. 1st, 1935, to June 27th, 1935, shows the activities carried on by the club in community work.

### Receipts

The following is a summary of the receipts for the period concerned:—  
Cash, savings account, \$177.87; current account, \$1101.07; dues, less written off and outstanding, \$936; initiation fees, \$40; guest fees, \$21; bridge receipts, \$11; total, \$2109.07.

### Expenditures

Luncheons, \$481.80; dues, international and district, \$52.50; subscriptions to Kiwanis Magazine, \$48.63; Convention tax, \$8.75; stamps, \$25; exchange, 75c; stationery, \$12.50; carbon paper, \$4.05; membership blanks, 25c; rent, to Canadian Legion, \$125; Jubilee float, work and material, \$73.68; distributing milk to schools, as per statement, \$239.19; sundry milk distri-

buton, \$20.70; taxi to take crippled girl to school, \$38; distribution of 41 boxes of Radiostoleum, \$41; St. Mary's hospital, \$27; glasses for girl, \$5; membership buttons and badges, \$83.97; total, \$1228.47; cash in bank savings account, \$177.87; current account, \$702.73; total, \$2109.07.

### Statement of Cost of Distributing Milk

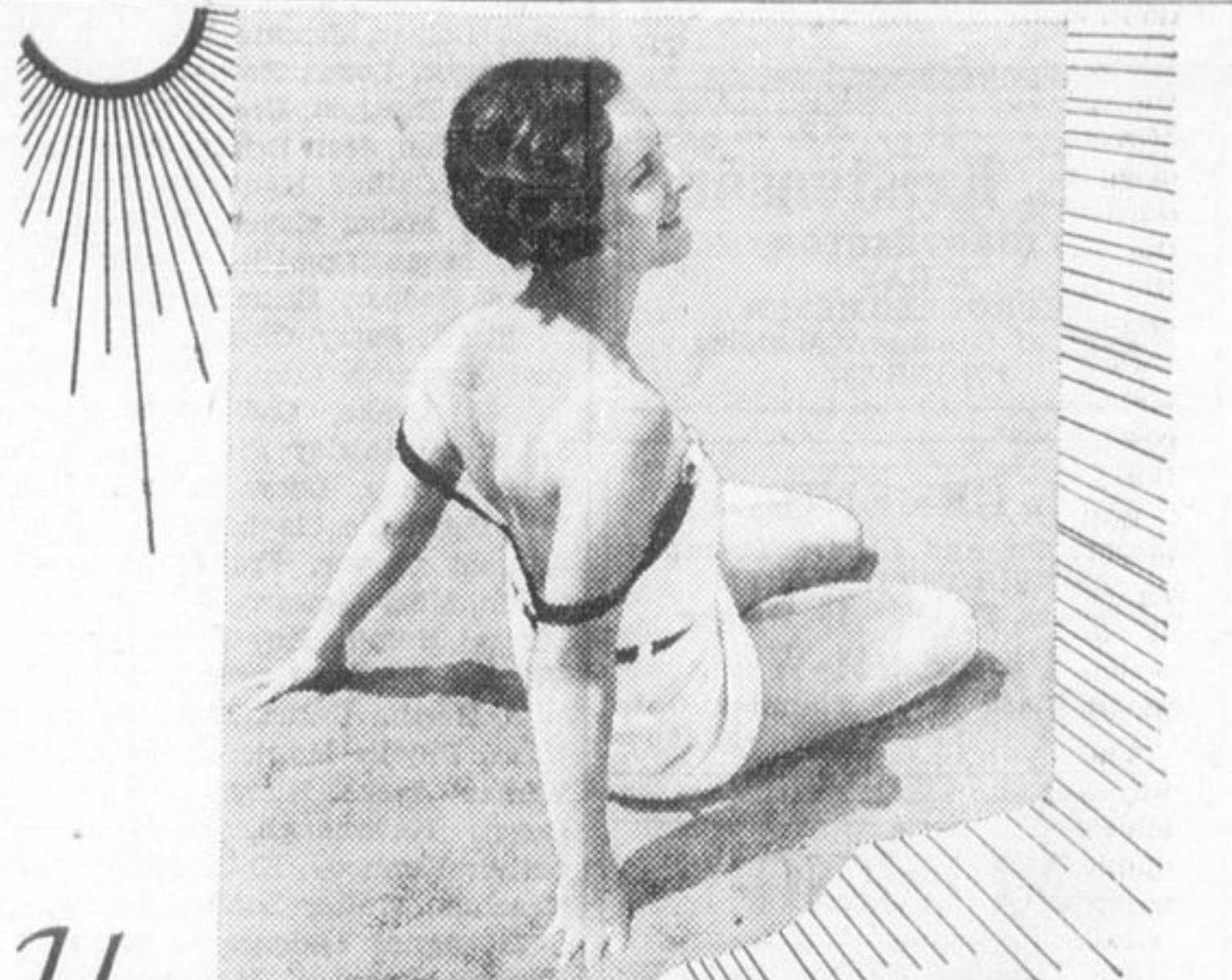
The following is the statement of the cost of distributing milk to Timmins schools for the period from January 1st, 1935, to May 23rd, 1935:—

Straws, \$57.75; 76,240 half-pints at 2 1-2 cents, \$1906.01; total, \$1963.76. Less amount of payments made by parents, \$1,724.57.  
Net cost to Kiwanis Club, \$239.19.

Sudbury Star:—The way death sentences are passed around in Russia, a right fielder who drops a long fly in this new Moscow league might just as well keep on legging.

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## DURHAM CORN STARCH BEAUTY BATH

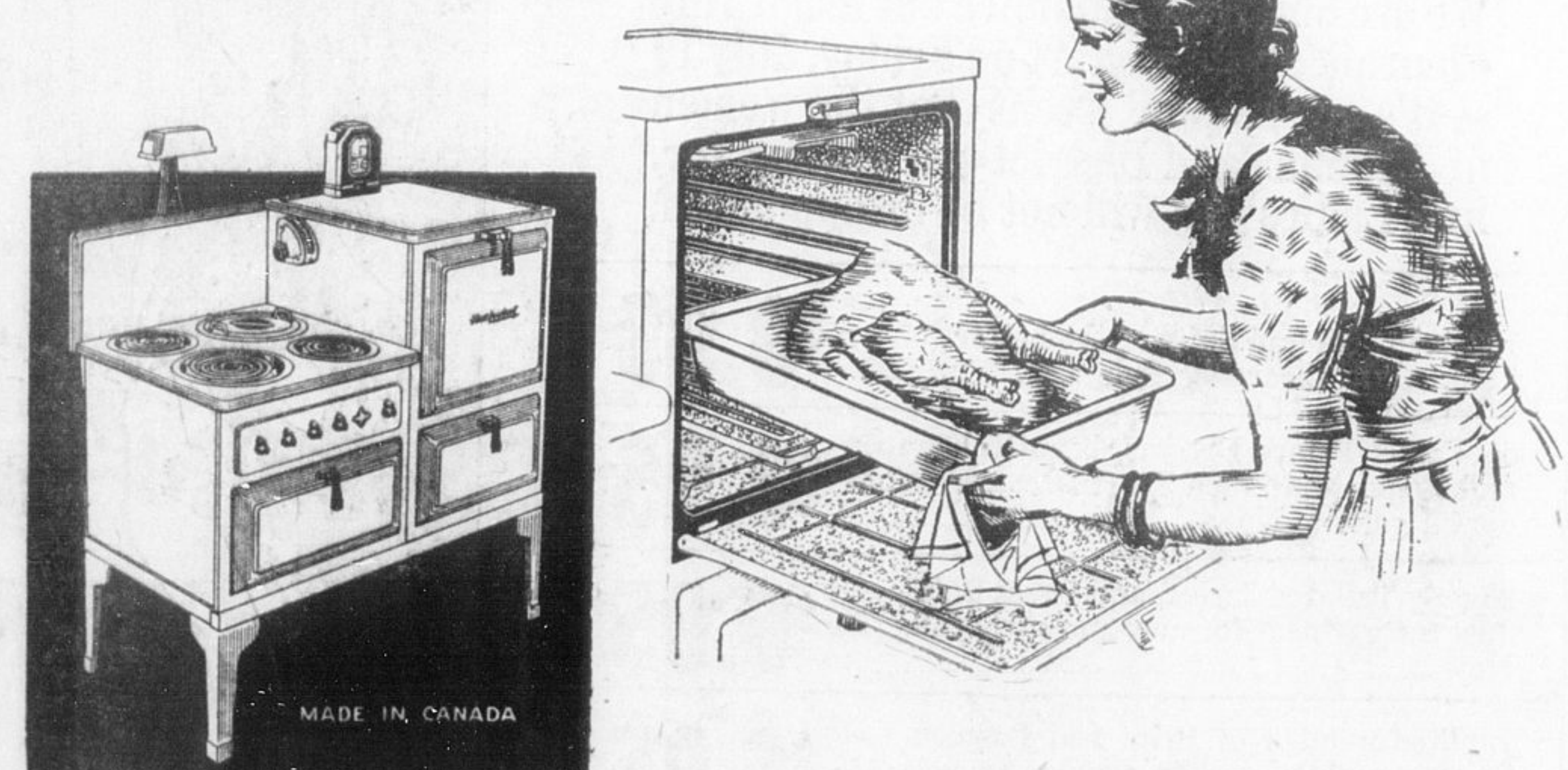
Try for yourself another thrifty use for corn starch—a relaxing, velvety smooth corn starch beauty bath. Follow these instructions: Run off your bath as usual, bringing the water to the desired temperature. Then add a heaping cup of Durham Corn Starch to the water. Be sure the water is at the correct bath temperature before adding the corn starch which will then instantly dissolve. It has no odor so that you can use your own bath salts to perfume the water if desired. This Corn Starch Bath will leave your skin delicately soft and faintly powdered—removing all body shine. An especially healing bath, too in cases of sunburn.

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