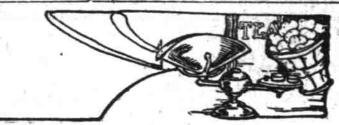


THE PEOPLE'S INSTITUTE OF DOMESTIC



ENTERTAINING WITHOUT A MAID! simply arranged, but even its selec-



NCE the typical family of the great mass of American people is without a maid, we are pleased to appeal to the great majority through this very able discussion on entertaining without a maid. No matter how limited the income of the family, the housewife who appreciates the joy of meeting and entertaining friends will make efforts to bring them into her own home, and at the dinner table or over the teacups she will welcome them in a truly hospitable way.

Cicero has said, "It is a true saying that we must eat many measures of salt together to be able to discharge the functions of friendship." Well, we are going to make the mechanical end of this entertaining a thing that will hold no terrors for the housewife. Read and then enter-

Then there are still other women who

cling to their own home and through

introducing labor-saving devices and

through the outgo from the home of

many household occupations, such as

sewing, laundry and breadmaking, to

further relieve care have found the

amount of work done in the home such

that service is pleasant, but not essen-

tial. To the last type of woman it is

hoped that this article may prove most

helpful. For her to introduce outside

service when entertaining is possible,

but, as has been said before, is not

always the finest hospitality, since it

does not lift responsibility. Yet when

friends are invited for dinner she often

wishes that she could give herself up

solely to the enjoyment of her guests.

plish it only by careful planning be-

during that time and by the co-opera-

The planning beforehand is by far

the more important. First, she must

make her menu. At a conference held

by members of the Universal Cookery

and Food Association in London the

C. Herman Senn read a paper on the

construction of menus. There was, he said, a decided art in planning a menu, and the cook or housekeeper

who is to succeed must have imagi-nation as a guide, a knowledge of foodstuffs and their value and a reso-lution to avoid the obvious and pre-

yent the monotony that was the dead-y foe to gastronomical ambition. The

little homely menu of soup, meat and vegetables and a sweet was quite

art of dining was thoroughly dis-

tion of the rest of the family.

How is she to manage? She can accom-

By Ellen Huntington

State Normal College, Albany, N. Y. WOMAN once remarked that our best thoughts were never exchanged when shouted at the top of our lungs at an afternoon tea. In preference she chose to entertain her friends a few at a time at dinner, luncheon or even breakfast, and to her and her friends it meant true hospitality and worth-while conversations. Hospitality is an inborn trait of character and has existed as long as there has been any semblance of home life. To most persons there is nothing much pleasanter than sharing our life thus

intimately with our friends.

Fortunately for the busy housekeeper, clubs and hotels take care of the mere business acquaintance; and this makes the hospitality of the home more intimate and delightful. The business avquaintance is entertained at lunch often to save time, but more often to remove restraint in concluding a deal. Since eating together removes restraint in business, should there not be even less in the home? Will this be possible if unnatural customs or arrangements are imposed? To achieve true hospitality the first principle is found in being one's self, and the second is to plan nothing different from the routine of

home life.
The difficulties with domestic service. coupled with the high cost of living, have made it necessary for many familes to do without service in the home. In many cases this lack of service at a reasonable wage has resulted in filling apartment hotels and boarding houses, where the least responsibility is attached and guests are entertained hotels and boarding in the house dining room. Conservative women who preferred their own home have resorted to outside service, when women engaged by the day or hour perform household tasks ranging from cleaning and laundry work to cooking and waiting on the table. And this serv-ice can be made satisfactory for a company dinner, provided sufficient planning and instructions are given the skilled and instructions are given the skilled worker beforehand and possible discrep-ancies are overlooked afterward.

tion taxed both ingenuity and skill. Thought, originality, nevelty, simplicity and taste went to the construction of all menus. Four points had to be given due emphasis where catering was to be done in the wider sense-the choice of food, the provision of the right wine, the cooking of the various dishes and methods of

The great secret of success now lay in putting a meal on the table that was sparse rather than profuse, for even at banquets people who knew anything of gastronomy did not eat large quantities of food. The rule for combining a menu for a special dinner was to see that the ingredients used in one course did not resemble those introduced in another.

Brillet Savarin used to declare that if the menu was badly composed the whole dinner was a failure.

The planning of the menu means much with service, but much more without, and the hostess must think not only of serving a sufficient, wellbalanced meal, with a good combination of flavor, but also that it must be simple, dainty and one that she can serve expeditiously and attractively. It is not an easy task. Once such a menu has been found satisfactory, however, it is often possible to use it again for different guests with even better success. In the menu, for example, it is not wise to serve a meat or dessert which requires preparation at the last moment, as steak or souffle. As hostess she must have everything in readiness, and be able to greet her guests without an undercurrent of feeling that something may be going wrong with the dinner. After a few moments' conversation, she can excuse herself to do such last things as pouring the water and serving the first course, but this requires only a short time compared to that necessary for cooking and absents her a very little while from her guests.

Again, in planning a dinner it is necessary to think whether everything must be prepared at one time, or whether it can be distributed over several hours during the day, or some done the day before. For the cooking of the meal is not all of her hospitality, since her house must be in order, her table set, and, possibly, she may wish to change her dress, care for her hands or care for her children. These are some of the things added to the preparation of the meal which tax her ingenuity in planning. Some dinner menus which have been used at different seasons and without

service are as follows: 1—September Lobster Salad Rolls Butter
Roast Beef Gravy Currant Jelly
Mashed Potatoes String Beans
Candy Sponge Cake Coffee

2-November Roast Chicken
Browned Sweet Potatoes
Mince Pie Coffee

8-May Grapefruit
Roast Beef (fillet)
Mushroom Sauce
Asparagus on Toast
Tomato, Green Pepper and
Crackers
Crackers
Spongs Cake Strawberry Mousse Coffee

Cream of Tomato Soup
Orange Salad
Roast Lamb, Mint Sauce
Peas
Potatoes in Half Shell
Vanilla Chariotte Russe with Grapefrult
Marmalade
Coffee

Tomato Salad (stuffed with celery and served with anchovies and mayonnaise)

Crackers

Steamed Salmon Hollandaise Sauce
New Potatoes, Butter Sauce New Peas
Individual Strawberry Shortcake Cream
Candy Coffee

5-June

In all of these menus substitutions are possible. For instance, in No. 1 there may be some who would not care for a salad for a first course, which is a Spanish innovation, but it makes an excellent "appetizer." Also, it makes it possible to serve three courses, which will give a substantial meal, but not a gross one. In place of the salad, a cream soup could be used, or in summer, when appetites flag, chilled fruits are acceptable. Rolls are easier to manage than baking-powder biscuits, because they can be made beforehand and reheated, and they can be allowed to stand with less disastrous results. Crackers browned in the oven may be served with the soup or salad, if pre-

A roast will be found to "wait" for guests and not to lose heat so rapidly as some other meats and is, therefore, the easiest meat course. With these simple dinners, potato balls seem scarcely substantial enough when only one other vegetable is served, so other forms for serving potatoes have been suggested. The other vegetable should be one in season, but should not take too much time for preparation at the last minute.

A frozen dessert is generally well liked and, with coffee, makes a pleasant ending for the dinner. Besides, with such a dessert, the hostess' care and responsfbility largely ceases as soon as the meat course is served, and her mind is more free to entertain her guests.

In all of the other menus similar substitutions are possible, but strict adherence to simplicity is advised. Recipes for some of the more unusual dishes are given at the end of the article. The strawberry shortcake. given as a dessert in No. 5, may be troublesome to a few, but if the shortcake is made a short time before the guests are expected and placed in the refrigerator, it will be ready to bake when the meat course is served and be hot when wanted. If the strawberries and cream are ready, it requires very little time to serve. However, this dessert is easier to manage where there is an oil, gas or electric stove, and may prove too uncertain when it is necessary to depend on a coal fire. The use of a fireless cooker for the cooking of the meats will be found to relieve a great deal of care.

Many of these menus may be used for luncheon by substituting an entree, such as croquettes or timbales, for the meats. Many menus have been given in this paper for Sunday night suppers, but one or two more may not be amiss.



Chicken Salad* Mayonnalse Potato Chips Sliced Tomatoes Rolls Strawberry Shortcake Peach Preserves and Cake

7-December

Lobster Newburg or Salad Celery Brown Bread Sandwiches Waffleet Maple Syrup Coffee *Or Chicken Pie.

†This necessitates great informality where
there is no service, but is often enjoyed.
Another dessert may be used.

As Thanksgiving and Christmas approach the family dinner may be under discussion and oustom usually enters in to decide its character. The Thanksgiving dinner, which originated in New England, still means family custom and gathering to many, but the variation in the dinner of today is noticeable when New Englanders compare notes. One family has the custom of serving the following dinner, which is far too heavy, but evidently dates back to the period when brick ovens were used and baking was done once a week. This meant that pieces were made by the dozens and large quantities of meat cooked at a time.

Roast Turkey Sweet Potatoes
Mashed Turnip
Roast Fresh Ham Celery Cranberry Sauce
Chicken Pie
Apple, Squash and Mince Pie
Nuts, Raisins, Fruit and Candy

With the omission of the roast ham. chicken pie and two of the pies for dessert it makes an acceptable dinner. Many families have introduced a course to precede the turkey, such as grapefruit, oysters or soup, but the oldfashioned custom would have been, as one New Englander said, to sit down to the turkey and "fly at it."

At Christmas the dinner is far more individual, and as English ways have influenced custom in this country, the following menu may serve as a typical

Roast Goose Potato Dressing
Creamed Onions or Cauliflower
Celery Apple Sauce
Lettuce Salad* Crackers
(Cheese in French Dressing)
English Pium Pudding
Coffee

Thus far in entertaining without a maid the greatest emphasis has been laid on the selection of the proper menu in planning for guests beforehand. This is important, but execution is likewise. When the menu has been planned, be sure to have all the supplies ordered beforehand, that there may be nothing lacking at the last moment, which creates irritation and worriment. Thought must be given to clean linen and silver, flowers and the placing of guests at the table. Be sure to have the linen in order, and the silver to be used ready. If silver must washed between courses, know just how much, because this saves time. The silver and dishes which are to be used throughout the meal should be ready on the sideboard or sewing table in order to expedite the serving of the courses.

It is not always the most expensive flowers which form the prettiest table decoration, and it is here that the hostess has a chance to show her artistic sense and good taste. A potted, flowering plant in an attractive jar or the fernery are the simplest floral decorations. But cut flowers often give pleasure in their freshness and fragrance. Of these, flowers in season are best for an informal din-

The Japanese motif is to put three flowers, such as roses or daffodils, in

a frog in a large, flat dish half full of water, then place one flower at the base, floating it in the water. The base flower may be of contrasting color to the others, and if so should be darker. Again, flowers may be arranged in a Japanese basket by using a dish or pan which fits closely inside the basket and a frog placed in this. Small roses are most attractive used this way. The slender vases for holding one flower are dainty, and can be used effectively either for the single flower on the table or to supple-

they should be low for placed at one side of the table. The placing of the guests is an essential part of a successful dinner, and must be carefully planned. Where there are several guests, it can often be done to advantage by diagram, and thus can be referred to by the hostess at the last moment without taxing her memory. For such informality as is necessary in serving a meal without a maid, the use

of place cards is rather superfluous un-

ment a central piece. In any case,

the flowers should not obstruct the

view of guests of each other; either

less there is some joke to be given the

The co-operation of the rest of the family means a great deal in the pleasure given and received. If each member of the family enters with the spirit of hospitality and does his share in entertaining as well as helping the hostess it makes the dinner much more delightful and far easier. Often the change of courses at the table can be divided among the members of the family. With the first course served before the guests are seated a little confusion is sayed. The hostess may wish to serve the meat or dinner course herself; then, the meat or dinner course hersen; then, if everything has been successfully managed and understood beforehand, the following course or courses can be served just as well by the host or other members of the family. Thereby the hostess is relieved, and such an arrangement is often pleasanter for the

guests, as it does not then seem quite so much like a function of merely feeding the body, but also the mind.

After dinner is over, cannot clearing the table and dishwashing be left until the guests are gone? If it is hot weather the hostess can return from the drawing room long enough to put away such perishable food as butter or cream, but this requires only a few minutes, whereas even picking up dishes often takes much of the time the guests are able to stay and emphasizes unduly the work involved in the dinner.

Such hospitality will doubtless be used more and more and the expression of it will be enjoyed by guests and family alike, for it is not possessions, show or work which give pleasure, and we remember longest, but the exchange of thought which enables each to share in the other's life more intimately.

RECIPES

Coffee Mousse (for Four Persons) One-half pint heavy cream, 1/2 tablespoon gelatin, 1/2 cup strong coffee, 1 cup confectioners' sugar (or sweeten to taste). Soak gelatin in one tablespoon cold water ten minutes or longer, dissolve in the hot coffee and cool. Beat the cream stiff, fold in sugar, and when gelatin mixture is cool put into cream; fold in and pour into a mold. Cover tightly and pack in ice and salt (two parts ice to one part salt). Let stand at least three hours before serving.

Strawberry Mousse Make the same as coffee, using in place of the coffee box berries mashed with sugar and put through a sieve. Dissolve gelatin in 1/4 cup thin cream. Sweeten to taste, as berries may vary in sourness.

Tomato, Green Pepper and Cheese

Salad Peel and slice tomatoes; take out seeds of green pepper and stuff with Neufchatel or cream cheese. Serve two or three slices of tomato and one slice of the pepper and cheese on lettuce. Use French dressing.

Tomato and Anchovy Salad Peel tomatoes, scoop out inside carefully, sprinkle inside with salt and allow to stand in a cool place half an hour or longer. Fill tomatoes with a mixture of finely chopped celery and mayon lise, adding a little caviar, if dealed. Place on lettuce and garnish with mayonnaise and two anchovies placed across the top.

Menus and Recipes From an Expert in Cookery

NOTICE—During the month of April this department will be in charge of Miss Florence Willard, chairman of the Domestic Science Department, Washington Irving High School, New York.

Visiting Housekeeper, Boston Provident Association.

WOMAN must always be on the

lookout for new ideas. She must

A keep on studying and developing herself.

preparation. The newspapers, daily and Sunday, are giving various recipes. Often she cuts them out, slips them into a book, or

some day just where they are. each recipe in that group filed back of the main card in alphabetical order.

Hungarian Goulash (6 People)

pay leaves, 2; peppercorns, 6; blade mace, 1. Out the beef into 2-inch pieces and five minutes, stirring occasionally. Cover water and simmer about two hours. on with salt and pepper.

cover; then rub through sieve, and some of the stock in which the meat was cooked. Thicken with flour, 2 tablespoonfuls (meistened with water) to each cup of liquid, and season with salt and paprika. Serve meat on a hot platter with sauce poured over it. Addition, if desired-Potatoes, carrots and green peppers, cooked until tender and cut into small pieces in narrow strips, may be sprinkled over the dish when served and macaroni or noodles may be arranged in a

Meat Casserole (4 People)

Round steak, ground, 1 pound; stale bread, 1/2 cup; 1 stalk celery, chopped (or celery salt); salt, I teaspoon; pepper, 14 teaspoon; other spices, 1/4 teaspoon; egg. well beaten, 1; carrots, 3; onions, 6; tomatoes, 2; water, boiling, 1 quart. Mix thoroughly, then shape into an oval loaf and place in a casserole or baking dish. Slice the carrots lengthwise, peel 6 onions, scald and peel 2 tomatoes and place all in the dish with the meat. Add 1 quart boil-

cooker may be used. The last fifteen minutes the meat may be cooked uncovered in the oven to Add at this time salt and pepper to the

ing water, cover tightly and cook in a

slow oven for about three hours. A fireless

gravy. When ready to serve, place the loaf on a hot platter and arrange vegetables Thicken the gravy, if desired, with 1 tablespoon flour mixed with 1 tablespoon

Celery, Stewed

Celery, outside pieces of bunch, 1 pint; water, boiling, 1 quart; salt, 1 tablespoon; pepper, dash. Use cutaide pieces of celery that are not sufficiently tender and white to serve raw. Wash carefully, cut into pieces 1-inch long, using 1 pint celery. Add 1 quart boiling salted water, cook just below the boiling point for at least 1/4 hour. Drain, reserving the liquid. Melt & tablespoons butter or buttermilk, add 2 teaspoons flour and when well blended 2 cups of the liquid in which the celery was cooked. Stir until boiling and add 1/4 tea-

spoon salt, dash of pepper and the pieces of celery. Cook 5 minutes longer.

Cream of Vegetable Soup

Carrot, 1-3 cup; turnip, 1-3 cup; celery. 1/2 cup; onion, 1/4; potato, 11/2 cups; parsley (chopped finely), 1/2 teaspoon; flour, 4 tablespoons; butter, 4 tablespoons; milk. 1 pint; water (boiling), pint: pepper, dash; salt, I teaspoon. Mix together the vegetables. Add 1 pint boiling water, cover and cook slowly for 1 hour. Drain, reserving the liquid. Pass vegetables through a sieve and add to liquid. Melt 4 tablespoons butter or fat, add 4 tablespoons of flour, and when well blended 2 cups of milk. Mix thoroughly and add to the vegetable pulp and liquid. Bring to a boll and cool a few minutes and serve with cheese crackers.

In writing out the recipe state the amount; also state HOW MANY PEO-PLE IT IS MEANT TO SERVE. It is often worth while to add on the card the utensils that are needed, for this will be a help to a beginner. Clipped on to the recipe card may be another card, the same size, but a different color, to distinguish it from the regular recipe card, and on it keep the dates you made the dish or the name of the guest to whom you served it.

One day at luncheon I heard a woman say, "Oh, dear! it seems I always have the same dessert when you come! Some such system as mentioned would obviate this. Another means to assure the hostess of having the dishes that her guests like is to keep a card catalog of the guests and write on the card the favorite dishes.

Name. Bolton, Mrs. J Apple ple.....January 1, '14 Chicken soup...... February 3, '14 Roast beef......February 3, '14 Another good use of cards is to keep

a daily or weekly record. It will check

the cost of living, help one to buy judi-

clously, and yet not to stint the table

on account of guesswork.

one for each staple product. It may be

Eggs Date | Amount | Cost | Place purchased

Still other cards to bring quickly to mind the food requirements of a balanced meal might be as follows: First, the general principles and then the lists. A cross-reference of recipes under Proteins, etc., would be helpful.

Special Functions of Each Foodstuff

PROTEINS-Supply energy; also nitrogen, sulphur and phosphates for body building. FATS-Supply energy in most concentrated form.

CARBOHYDRATES - Supply energy in most economical form. MINERAL MATTER - Supplies building material and helps to regulate body proc-

WATER - Supplies necessary material, about 60 per cent of body being water, and helps to regulate body processes.

Proteins Eggs, milk, cheese and marcaroni, lean

meats, fish, beans, peas, lentils, peanuts, Carbohydrates

STARCH-Rice, wheat (macaroni flour), corn, oats, tapioca, sago, barley, potatoes, starchy vegetables, chestnuts, cereal products. SUGAR - Molasses, syrup, sweet fruits, preserves, honey, sugar,

Fats

Animal fats, as butter, lard, suet. Vegetable fats, as olive ofl, cottonseed ofl, peanut oil, butterine, corn oil and other prepared fats. Cheese, fat meats, yolk of eggs, nuts,

Mineral Matter

Milk, green vegetables, fruits, whole wheat and other whole cereal products, yolk of egg. The planning of balanced meals, their preparation and serving should be as

carefully thought out as the balance of

industry in a factory. The product in the former-the human being-is of greater importance.

There should be an accurate system of accounting and a scientific apportionment of the food required for each person. This is only needed in the beginning, before judgment can standardize the requirements: much as the scales on the piano must be the beginning of the technique of the artist. When freedom is acquired, the means are in the background only.

The balanced meal costs less money and gives as much, if not greater, nourishment. If only the amount necessary is prepared, there will be less waste, and Doctor Langworthy found in his studies of dietaries that, in the average American home, "waste ranges from nothing to 20 per cent of the total food."

The planning of meals a day or more ahead saves time in purchasing, preparation and worry. A chance to think gives variety in diet and helps one to consider prejudices in the cases where it is wise to do so.

The planning of balanced meals, when done in accordance with some accepted standard of food requirements, serves the demands of the body-satisfies the hunger-and, with right preparation, pleases the palate.

Economy in the home does not mean going without things that are necessary to health and happiness, but a wise selection and preparation of materials, says Miss Parloa.

Everything should have its use and be used wisely, without waste. Often there is too much, but sometimes not enough of the food required for the maintenance of the body.

Some plan like the foregoing will help the housekeeper to take something from each group: study right combinations for growth, repair of the body and the energy for work and play in the happiness of a healthy body and to enjoy the

NEVER TOO YOUNG

WE APPEAL to all ages of the housekeeper. Do not say to yourself that you are too old to learn in its appeal, suited to all conditions, ages and types.

"Age is opportunity no less Than youth itself, although in other dress,"

So, whether you have taught generations, or are learning from your grandmother, the People's Institute is here, offering a helping hand. Next week "The Value of a Spring Change of Diet" will be discussed

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Sponge Cake

By Frances Stern

If food is to be one of the main requirements for the body, then she must study food, its nutritive value and its

even pastes them in-and then wonders In the business house with efficient

methods a filing system with cards is generally used. The firms selling this material have adapted this method to the filing of recipes and have a set of cards on the market for that purpose. It is not necessary to have special cards or boxes, though they are helpful. The recipes should each have a title, so as to be filed alphabetically. The foods can be divided under various headings, as Cereals, Desserts, Meats, Soups and Vegetables, etc., filed alphabetically, and

Round of beef, 2 pounds; flour, 1 teaspeenful; salt pork, 2 ounces; tomatoes, 2 cups; celery, chopped, 1 stalk; onion, 1; sprinkle with flour; fry the salt pork until light brown (use fat, if preferable); add the beef and cook slowly for about thirty-