

MEAT IS PROTEIN SO COOK IT SLOW IS BASIC WARNING

Only Two Ways of Cooking But Each Has Many Variations Says Home Bureau — Hints Given

There are only two ways of cooking meat, says the Bureau of Home Economics of the U. S. Department of Agriculture. One is to cook slowly WITHOUT a cover and WITHOUT added water. The other way is to cook WITH a cover and WITH or WITHOUT added water. Boiling, roasting and frying are done without a cover and without added water. "Boiling" (more correctly, simmering) and stewing are done with a cover and in added water; braising is done with a cover and with or without added water. There are countless variations of all these. But whatever the method, there is one basic rule: Cook meat slowly.

Cook slowly, say the bureau of home economics, because meat is a protein food, and the quality of the protein is hardened and toughened by prolonged heating at high temperature. This is the first and fundamental rule.

The next rule is to select the cooking method according to the kind of meat, the amount of fat and the tenderness of the cut. Broil or roast the tender, well-fattened cuts. Braise the less tender cuts, and for that matter braise any meat or any cuts that are not well-fattened, or else "boil" or stew them. Lean meat of different kinds and cuts is about equally nutritious, and each will be made tender and attractive in its own way. But to do this, the cook must select for the right degree of fatness and tenderness, and cook accordingly.

Young Animals Tender. Young animals as a rule make tender meat. Pork, lamb and calves are all marketed so young that all the cuts are tender. Pork and lamb are fat enough for roasting and broiling, but veal is hardly ever fat enough for anything but braising.

Beef is from a full-grown animal, and some cuts are much more tender than others, depending on the proportion of connective tissue in the cut. For broiled steak and beef roasts, use only the well-fattened tender cuts. The less tender beef cuts may be made tender by making them into pot-roasts, "smothered" steaks, or Swiss steaks, or other words, braising them—or by making them into one of the many kinds and variations of stews. Or grind the meat, to divide the muscle fibers and connective tissues into tiny bits, and then cook it as if it were tender meat—making broiled hamburger steak or baked meat loaf, for example. Add fat as needed for satisfactory cooking.

The tender beef steaks are cut from the back of the beef—sirloin, porterhouse, T-bone, tenderloin, club and rib steak. For broiling, have the steak cut thick—an inch or more. Trim off the excess fat, and broil in several places to keep from curling, and wipe off the steak with a damp cloth. To broil by direct heat, grease the rounds of the rack, lay the steak on it, and place it over live coals, or under an electric grill, or under the flame of a gas oven. Brown on one side and the other, with care not to pierce the brown crust. When both sides are browned, reduce the heat and turn the steak occasionally until cooked to the desired stage—rare, medium or well-done.

To pan-broil a steak on top of the stove, brown it on both sides in a lightly greased, sizzling hot skillet, then lower the heat and cook to the desired stage of "doneness," turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat so the steak will not fry. A thick steak, after broiling, may be finished in a hot oven (450 degrees F.) slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. A steak 1 1/2 inches thick will probably require about 25 minutes to cook medium rare. But the time to allow for broiling a steak will vary with the thickness of the steak, the degree of heat, and personal preference as to the degree of "doneness."

These same directions for broiling apply to other tender, well-fattened cuts of other kinds of meats. Hints, Ladies' Guide Roasts.

The tender beef roasts are cut from the ribs and loin. Place the roast fat side up on a rack in a roasting pan without a cover, and without water. If it is a rib roast that will stand fat-side up, the rack is not needed. As the fat melts and bastes out it will baste the meat. Then see that the oven temperature is right, remembering that the roast should be cooked at moderate temperature

Cools Aid Taming Of Flaming Youth At Social Affairs

BOSTON, Mass., Dec. 6.—(AP)—Boston university has practically eliminated liquor from all undergraduate social affairs, Dean Lucy J. Franklin said today, and now is moving to eliminate check-to-check and "streamline" dancing. Dean Franklin said the reforms were being carried out through the active co-operation of the senior girls.

The senior girls, Dean Franklin said, were organized to teach the freshmen social technique and conduct at social affairs. "We don't consider that check-to-check and streamline dancing are the right type of dancing," Dean Franklin said.

most of the time. This will keep the juices in—unless the meat is cooked to the extremely well-done stage. Some cooks prefer the moderate temperature throughout—300 to 350 degrees Fahrenheit. With this oven temperature from start to finish the roast will cook slowly and usually will brown as it cooks.

Other cooks prefer to brown the roast in a hot oven (500 degrees F.) for 20 to 30 minutes, then reduce the oven temperature to very moderate (about 300 degrees F.) and continue cooking slowly until the roast is done. But be sure the oven temperature is reduced soon enough so that the roast is cooked at very moderate temperature most of the time. By this method a two- or three-rib standing roast will probably require 14 to 18 minutes to the pound to be rare, 22 to 24 minutes to the pound to be medium, and about 30 minutes to the pound to be well done. Roiled roasts take longer, so allow 10 to 15 minutes more per pound of roll than per pound of standing roast.

Thermometer Advised. Timing the roast by pound, however, is not a sure guide, because it does not allow for difference in the meat itself, such as the distribution of fat, proportion of bone, etc. The only way to be sure is to use a special meat thermometer. Insert the thermometer before the roast goes into the oven, and push the bulb to the center of the thickest part of the roast. For beef, cook until the thermometer in the meat reads about 140 degrees F. for a rare roast, 150 for medium, and 180 for well-done. For lamb cook to 180 degrees F., or a little less if preferred. For a fresh pork roast—which must be thoroughly well done—the thermometer in the meat should read about 185 to 190 degrees. For a cured ham, 170 degrees F. is sufficient.

The less tender cuts of beef are chuck, plate beef, brisket, fore Shank and neck, rump roast, round steak, flank, heel of the round and shank. Chuck, rump and heel of the round make good pot-roasts. Brown the meat first for rich flavor, then cook slowly in a closely covered pit, with a little water—about half a cup—to start the steam that softens the connective tissue and makes tough meat tender.

Round steak, flank and chuck make good Swiss steak, braised with more added liquid than the pot-roast. Or any of these less tender beef cuts make excellent brown stew, another braised dish. A "pie" of mashed potatoes, or rich biscuit dough over a stew makes a meat pie. Plate and brisket, often called "boiling beef," are generally used in making corned beef.

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REFORM CRUSADE AROUSES LONDON; PURITANS ACTIVE

Tempest Caused As Foes of More Liberal Rules for Theater Call City the Babylon of Modern Times

LONDON.—(UP)—Charges that London has become a "Modern Babylon on the Thames," naughtier and merrier on Sundays than the gayest spots of continental Europe, have evoked a feud between moralists and public officials.

Into the reform crusade of the world's largest city are thrust the comical, red putty noses and false whiskers of the vaudeville comedians and the protesting walls of the "legitimate artists."

For years the London county council has prohibited actors from appearing in Sunday performances with false mustaches, or any other form of makeup.

A comedian might, however, carry off his entire crazy repertoire on a Sunday evening if he wore a full dress suit. Then his antics became a farce or concert.

Ballet Costume Barred. But an artist—Ruth Draper, the monologist, for instance—cannot step foot on the stage on Sunday if she wears any sort of character attire, even though it be only a ballet costume.

The comedians wanted their red noses seven days a week—and the artists wanted their rights. The county council, with Puritanic solemnity, stood firm, and the feud broke out.

On the fundamentalist side stood Herbert Morrison, head of the council.

"I'm beginning to think that London is the least religious city in Eu-

rope, more continental than Paris," he told Sir Cecil Lewis, another member, who asked relaxations in the Sunday "blue laws" to permit stage makeup and articles of stage "props" such as chairs and tables.

"London is getting too merry. It's time we put the brakes on."

Society Makes Charge. The Lord's Day Observance society, a large organization, sprung at once to Morrison's side with an announcement that London has become "a modern Babylon, the Sodom or Gomorrah of the twentieth century."

"On Sunday nights," said H. H. Martin, secretary of the society, "there are more people in the motion picture theaters than in all the places of worship put together. Only one out of every ten persons goes to church nowadays."

The Sabbath, he added, is "becoming a day of triumph for the world, the flesh and the devil."

Despite all the furore over the charges of laxity and decadence London's Sunday "blue laws" are among the most stringent in the world.

Sketches Ruled Out. Not only must stages be barren of any furniture or other "props," but "dancing, any form of variety per-

formance, play or sketch" are ruled out.

Public dance halls likewise are closed, and prize fights are banned on the Sabbath.

But if the variety of vaudeville houses are closed, the public may find the same sort of entertainment at the motion picture houses without encountering restrictions of any kind.

At the picture houses one may see comedy, tragedy, music hall entertainment and dancing. Yet, around the corner, a theater will be in darkness because of the county council's ruling that performers in the flesh cannot dance or appear in makeup.

"Highbrow" Concerts Offered. Besides a few "highbrow" concerts the Sunday league gives Sunday night concerts at the London Palladium off Piccadilly Circus. Sometimes at the Prince of Wales theater, one has the Sabbath treat of a "refined" variety show—comedians in dress suits, and crooners of the American variety.

The New Metropolitan Symphony orchestra plays at the Trocadero Cinema.

Entertaining Britons have found one means of escaping the ban on stage plays—stage clubs such as the

Arts Theater club and Gate studio, which give performances for card-holding members.

The idea was borrowed from the "drinking clubs" organized to provide members with a handy bar during the hours the "pubs" are closed.

The ban on Sunday boxing soon may be circumvented in the same way, for a sporting club already has been proposed at Blackfriars.

Sunday football is played in the parks but the league sponsoring it

has been frowned upon by the British Football association.

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