

**HOW TO USE
THE 'CHEAP CUTS'**

Mrs. Wood Points Out They
Have Same Nutritive Value
as Expensive Meats



By MRS. ANNA HAMILTON WOOD

A GOOD many housekeepers say that they buy very little meat as they consider it one of the most expensive items on their marketing list. Also some doctors advise against it on the principle that the animal gases in the tissues of the meat when mixed with the acidity of the digestive organs cause fermentation. However, meat properly cured and cooked should be as easily digested by the average person as many other solid foods. Its chief value is the protein it contains which builds muscle and is absolutely essential for the constant strengthening and renewal of the tissues of the human body. The fat of meat is a heat and energy producer. Thus it is easy to understand that the man who earns his livelihood through manual labor requires more meat on his table than one of sedentary habits.

The cheaper cuts have the same nutritive value as the more expensive but more thought and care is necessary in their preparation in order that they should be made sufficiently tender for thorough mastication. It is wisdom when buying to know something of the coloring of good meats. Beef should be a bright red in color, mutton a dullish red, veal pink, lamb a dark pink and pork a pale grayish pink. The fat of beef should be a creamy white and that of other meats paler with the exception of mutton fat which is slightly yellowish. There are a great number of palatable meat dishes which can be prepared at slight cost. For instance, a piece of round beef, chopped and soaked over night in cold water can be quickly and appetizingly prepared and give the pleasure of a cut twice the value. Beef liver (15c per lb.) soaked several hours in salt water, the thin skin on the edge removed and dipped in dry cornmeal before frying makes a much cheaper and as equally pleasant a dish as calf's liver.

Beef Steak
A good sized beef steak is really not always an extravagance for a small family because it can be made to do for several meals. First the tenderloin is removed, cooked and served for dinner. The next day the sirloin or back can be used with a brown gravy and a touch of onion and there yet remains the bones and the tough end for stock.

With meat selling in our local markets at the rate of 25c per pound for veal chops and 22c to 28c for rib beef the economical housewife naturally turns her attention to other foods possessing the same chemical valuation at less cost. Among these are fish, milk, cheese, nuts, etc. Even eggs at 50c per dozen are cheaper when the food valuation is compared with meat.

Because of our proximity to the coast cities and our central railroad location, Harrisburg is exceptionally well provided with fish of all kinds. Our markets abound with such specimens as sea trout at 15c per pound, fresh Spanish mackerel at 20c, halibut steaks at 25c and butterfish at 20c. Last Saturday in Broad street market there was a big run on a fish the dealer described as small salmon, and it sold as low as 5c per pound. There is an old saying that fish is the best food. It should certainly form a part of every well regulated diet as it contains properties for rebuilding not only body tissue, but that reserve force so needed in our present strenuous life against the hour of disease or mental strain.

Rabbit and Squirrel
Just now while the hunting season is on squirrel and rabbit appear frequently on many tables. I would not advocate rabbit as a cheap dish because it costs as much as a moderate cut of meat and does not go so far, but when the man brings it home over his shoulder, fresh from the great brown woodland, the housewife is at no expense. The following is the secret of preparing it so that it forms a savory, tender dish.

After cleaning, cut into pieces and flour each, placing them in a steam-tight cooking pan and seasoning with salt, pepper and half cup of chopped fat pork. Add one cup of water. Cover tightly and place in oven. Let cook slowly seven or eight hours. Put not feasible because of the use of a gas range, soak the pieces in salt water or water to which a tablespoonful of vinegar has been added for several hours before frying. This removes the "gamey" taste and makes the meat more tender.

This touch of vinegar—a pinch of soda has a similar effect. A good hint for making all meats and poultry more tender. One wise woman discovered that a small garlic kept in a quart bottle of vinegar which was used as a "wash" for her meats was a wonderful improvement. After the pores of the meat had absorbed the vinegar, she brushed over both sides with olive oil. The result was meat rich and tender and with a delicious flavor hard to define. If this seems extravagant with sweet oil, it has been found that equal parts of olive oil and the best grade 30c cottonseed oil mixed will go twice as far at much less cost and almost equal nutritive value.

CHEAP MEAT DISHES
Shoulder of Lamb
Select a small shoulder of lamb worth from 50c to 75c. Cut a pocket with a sharp knife over the blade bone and fill with a dressing of stale bread and chopped onion, highly seasoned. Sew or skewer the pocket shut and bake until the meat is thoroughly cooked. Serve with brown gravy.

Mock Duck
Wipe off a round steak with vinegar and pound thoroughly with the blunt end of a knife. Make a dressing of stale bread and onion and roll it into the steak tying the meat around with heavy string at intervals of two inches. Bake and serve with gravy made of the meat juice and half cup of weak black coffee.

Beef Kidney Stew
Soak a beef kidney for an hour in cold water to remove impurities. Put into fresh water and boil until tender. Skim off fat and boil chopped onions and potatoes in same liquid in which kidney was cooked. Season with salt and pepper. Remove tubes from kidney and chop into small pieces. Add to stew and thicken the whole with browned flour.

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