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**HOUSEHOLD**

**Use of Meats In War  
Time**

**POUNDED MEAT.**

Pounding meat before cook-  
ing is an old-fashioned method  
of making it tender but while  
it has the advantage of break-  
ing down the tough tissues, it  
has the disadvantage of being  
likely to drive out the juices  
and with them the flavor.

A very good way of escaping  
this difficulty is pounding flour  
into the meat; this catches and  
retains the juices. Below are  
given the recipes for two palat-  
able dishes in which this is  
done:

**FARMER STEW.**

Pound flour into both sides of  
a round steak, using as much  
as the meat will take up. This  
may be done with a meat pound-  
er or with the edge of a heavy  
plate. Fry in drippings, butter  
or other fat in a Scotch bowl, or  
if more convenient in an ordi-  
nary iron kettle or frying pan;  
then add water enough to cover  
it. Cover the dish very tightly  
so that the steam cannot escape  
and allow the meat to simmer  
for two hours, or until it is ten-  
der.

One advantage of this dish is  
that ordinarily it is ready to ser-  
ve when the meat is done, as  
the gravy is already thickened.  
However, if a large amount of  
fat is used in the frying, the  
gravy may not be thick enough  
and must be blended with flour.

**SPANISH BEEFSTEAK.**

Take a piece of round steak  
weighing two pounds and a-  
bout an inch thick; pound until  
thin, season with salt and Cay-  
enne pepper, cover with a layer  
of bacon or salt pork, cut into  
thin slices, roll and tie with a  
cord. Pour around it half a  
cupful of milk and half a cup-  
ful of water. Place in a covered  
baking dish and cook two hours,  
basting occasionally.

**CHOPPED MEAT**

Chopping meat is one of the

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principal methods of making  
tough and inexpensive meat  
tender, i.e., dividing it finely  
and thus cutting the connective  
tissue into small bits. Such  
meats have another advantage  
in that they may be cooked  
quickly and economically.

Chopped raw meat of almost  
any kind can be very quickly  
made into a savory dish by  
cooking it with water or with  
water and milk for a short time,  
then thickening with butter and  
flour, and adding different sea-  
sonings as relished, either pep-  
per and salt alone, or onion  
juice, celery or tomato.

Such a dish may be made to  
"go further" by serving it on  
toast or with a border of rice or  
in some similar combination.

**CANNELON OF BEEF.**

This dish is prepared by  
making chopped beef into a roll  
and baking it wrapped in a but-  
tered paper, a method designed  
to keep in the steam and so in-  
sure a moist, tender dish. The  
paper must be removed before  
serving. The roll should be  
basted occasionally with butter  
and water or drippings and  
water. In preparing the roll  
an egg may be added for each  
pound and a half of meat, and  
chopped parsley, onion juice,  
lemon peel, or finely chopped  
green peppers make good sea-  
soning. A thickened gravy  
may be made from drippings,  
the liquid used being either  
water or tomato juice.

Strips of pork laid on the roll  
may be substituted for the but-  
tered paper and basting.

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are made out of chopped meat  
either with or without egg.  
The variety is secured by the  
flavoring materials used and by  
the sauces with which the baked  
rolls are served. A few recipes  
will be given below.

While these definite directions  
are given it should be remem-  
bered that a few general prin-  
ciples borne in mind make re-  
cipes unnecessary and make it  
possible to utilize whatever  
may happen to be on hand.

Appetizing rolls are made  
with beef and pork mixed.  
The proportion varies from two  
parts of beef and one of pork to  
two of pork and one of beef.  
The rolls are always improved  
by laying thin slices of salt pork  
or bacon over them, which keep  
the surface moistened with fat  
during the roasting. These  
slices should be scored on the  
edge, so that they will not curl  
up in cooking.

The necessity for the salt  
pork is greater when the chop-  
ped meat is chiefly beef than  
when it is largely pork or veal.  
Bread crumbs or bread moisten-  
ed in water can always be added  
as it helps to make the dish go  
farther. When onions green  
peppers, or other vegetables are  
used, they should always be  
thoroughly cooked in fat before  
being put in the roll, for usually  
they do not cook sufficiently in  
the length of time it takes to  
cook the meat. Sausage makes  
a good addition to the roll, but  
it is usually cheaper to use un-  
seasoned pork meat with the ad-  
dition of a little sage.

Are Russians In Bulgaria

London, Dec. 3.—"News that

the Russians have entered Bulgaria  
has aroused intense interest, and  
there is much speculation as to the  
next development," Reuters cor-  
respondent at Saloniki telegraphs.

"It is expected this move will  
have a far-reaching effect on the  
internal situation of Bulgaria, and  
will modify the whole aspect of  
affairs in the Balkans."

No direct and specific confirm-  
ation has been received in London of  
this message. It is recalled, how-  
ever, that last week Emperor  
Nicholas was said to have promised  
Premier Pachitch of Serbia the ap-  
pearance of a Russian army in  
Bulgaria within a week.

**Italy's Course Is  
Applauded**

New York, Dec. 3.—A cable to  
the Herald from London this morn-  
ing says:

The British papers, led by the  
Daily Telegraph, exult this morn-  
ing over Baron Sainio's solemn  
declaration that Italy will adhere  
to the compact of London and not  
make peace until the central em-  
pires are beaten into the dust.  
They are even more enthusiast  
over the pledge of Italy to furnish  
supplies and munitions to Serbia  
and to send an army to the rescue  
when the hour for vengeance  
strikes. The statement that Ita-  
ly will not consider terms of peace  
until ravished Belgium and Serbia  
not only are avenged but made  
greater than ever, has touched  
responsive chord here.

"By this pronouncement," says  
the Daily Telegraph, "the quar-  
rel's entente becomes a quintuple  
alliance, whose troops will  
cease to fight until the power  
German militarism is broken  
the forces of freedom triumph."

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