

...HOUSEKEEPING...

MEAT STRETCHING PROFITABLE NOW THAT PRICES ARE SO HIGH

A few years ago, when rationing was strictly in force, most Canadian housewives learned how to stretch meat. Today they can put those well-learned lessons to good use again. Although meat is not rationed, every pound has to be stretched as far as possible because it is a costly item. Home economists know that it is very difficult to plan meals without meat and so they feel that Mrs. Homemaker should put forth a special effort to make the most of the meat which her budget allows her. They say that one of the most important points in making the most of meat is to know how to buy meat. Often the cut of meat which are not so well-known and consequently not so much in demand, are excellent buys. Every homemaker should start now to try to become acquainted with all the cuts of meat not just the few which she is accustomed to buying. Any cut when properly prepared and served, may be flavorful and attractive.

Beef is the only meat sold by grade and the red and blue ribbon-like Government grade marks are a guarantee of high quality. However, today there is a considerable quantity of C and D grade of beef on the retail market and these grades of beef are not marked with ribbon-like brands. Thus, if the meat has neither the red nor the blue marks, then it is a grade C or D quality. This applies in all centres in Canada except the areas of greater Vancouver where C and D quality beef is identified under provincial legislation with a stamp in brown colouring. All of these grades of beef, if properly prepared, will give good eating satisfaction. The important thing is to recognize the cut and the quality which has been bought and then to cook it properly.

In order to get as many servings as possible from meat it must be cooked properly. It should never be cooked too quickly regardless of the kind of cut, for quick cooking shrivels the meat and tends to cause shrinkage. There are many kinds of meat extenders which when used will give more meat servings. Meat is different from other foods in that it needs little added flavour. By combining it with other foods, however, it may be given added zest to say nothing of adding food value. Tomatoes, onions, celery and parsley etc. all add flavour and food value. Perhaps it may be stated that vegetables are one of the most common meat extenders. Such savoury dishes as stews, boiled dinners, ragouts and meat pies might be made by adding almost any combination of vegetables to

meat. If dumplings are added, additional servings will be gained.

Bread is another excellent stretcher for meat. Homemakers may often serve creamed meat on toast or sliced meat on bread with gravy. These hot sandwiches are a meal in themselves. When a bread stuffing is added to Swiss steak, round steak, breast of veal or shoulder of lamb, a very tasty and appetizing dish results; but most important of all the meat, with the addition of the stuffing, should serve at least two or three more people. The addition of cereals to meat is another way to extend it. Oatmeal added to hamburger makes an interesting meat loaf and, of course, rice served with stews and curries assists in stretching the meat budget.

Meat may also be combined with the pastes, that is noodles, spaghetti or macaroni. Spaghetti with meat balls is of course a favourite in many families, but when served with diced liver and tomato sauce is just as flavorful and colorful.

Pastry or biscuit mixes are also invaluable meat extenders. When stews, meat pies and so on are topped with biscuit or pastry crust, they are not only attractive but the number of servings they furnish is increased.



PREPARING FOR TOUR—The Duke of Edinburgh will arrive at Quebec Oct. 2 for a month-long tour of Canada with his wife, Princess Elizabeth. This United Kingdom Information Office photo shows the Duke in his Royal Navy uniform. (CP PHOTO)



BERTA WELL—A 200-foot fountain of oil spurts from Standard's 11-11 well about 10 miles northwest of the well—which went out of control during the spurted 2,700 barrels a day, soaking grain fields in quarters of a mile. One man was injured when 150 ft. of water was blown into the air. The well finally was brought under control Tuesday. (CP PHOTO)

THE COLONEL

...he went home and another letter. The man wrote, "I have not seen you for a long time. I am coming to see you. I will shoot you." The letters became more and more threatening. The man's name seemed logical. He went to the man's hotel room, phoned and told him he was coming. The man dropped his gun. He began to cry. The man moved the gun to a chair. The man meeting the Colonel now brought the old man's senses, allowed him to see his son was dead and was not hiding him. They became friends, still kept up a correspondence. "Weren't you taking a chance?" "Not at all. Had a book, of course." The Colonel folded up another interesting one. I wrote to substituted my son. Sent me parcels, socks. Called me by name. Colonel looked at his "Another time maybe go to catch your hood up, shook hands, last I saw of him he was writing again. I drove a young soldier, Godfrey, wasn't afraid of the Colonel, during the airfield. "Effie" said, "you don't know of it. He's an expert on weapons. Shoots holes in

a ration can at fifty feet—with his pistol. And we don't drive anywhere he doesn't give me a problem. The jeep's ambushed. Or we run into a roadblock, and what weapon do I grab, and what ditch do we hit, and which way do we crawl. That man's ready for anything."

It was the way I felt, which was why I was so stunned when I heard, a month later, that the Colonel was dead. And why I went to the trouble of learning details. He and Godfrey had been in the jeep. They'd turned off the MSR, the Main Supply Route, on to the side road leading to the new Battalion HQ. There shouldn't have been any danger from mines, because the battalion's tanks had already been over the road twice.

It was raining, as it can only in Korea, and the jeep couldn't quite make the first hill. They rolled back down the hill to take a run at it. At the bottom of the hill, though they didn't know it, they ran right over the mine for the second time without exploding it.

They started up the hill again and, if they'd made it, the mine might be there yet. But the wheels slipped in the mud and, wheels still churning the jeep slipped back down the hill.

The churning wheels uncovered the mine—one of those anti-tank box mines the Chinese were using—and the explosion was pretty bad. Killed them both instantly.

The thing is, of course, the mine should have exploded a dozen times before. When the tanks and trucks were running over it. But the Chinese soldiers had buried it too deeply, which was why it waited there for the Colonel in his jeep. On the part of the Chinese, it was nothing but sheer inefficiency.

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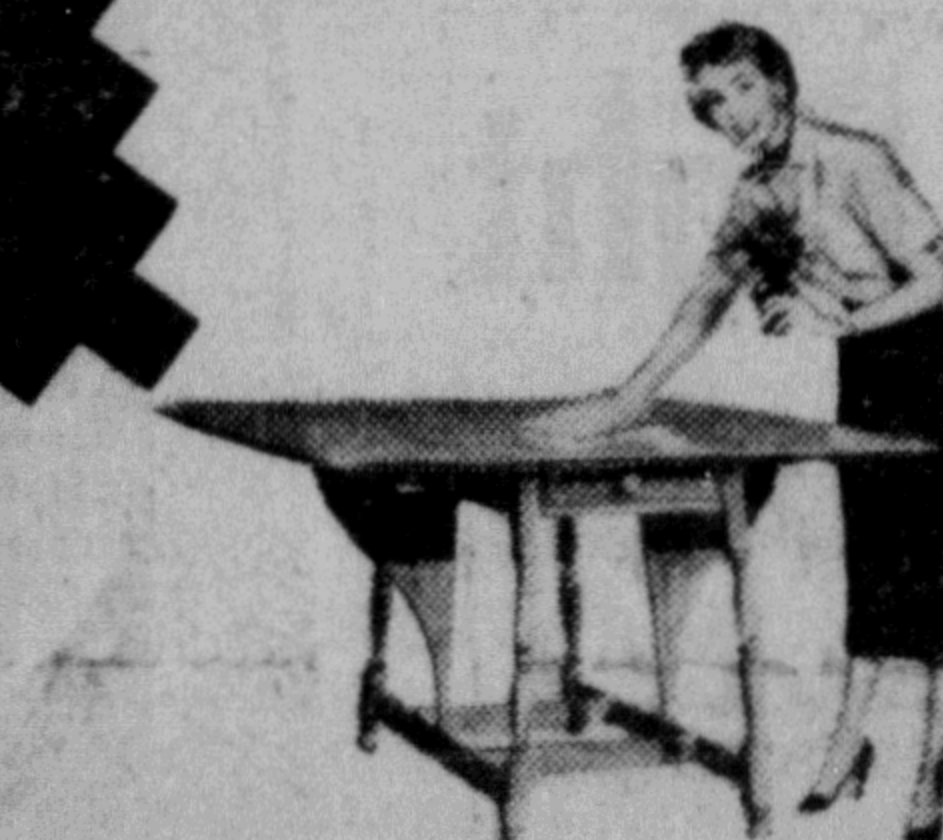
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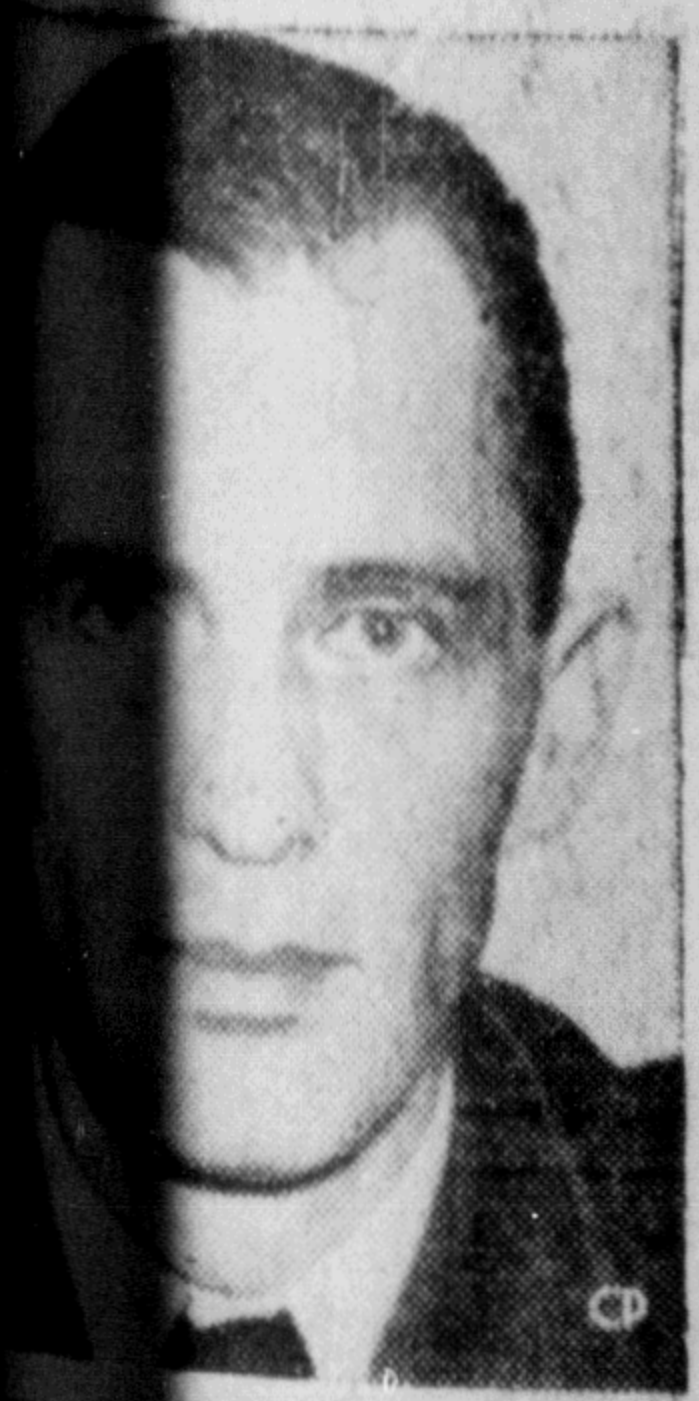
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