MEAT LOAF MOST ECONOMICAL DISH

Some of the Cheaper Cuts Can Be Utilized.

(Prepared by the United States Department of Agriculture.)

If every dinner could be equally easy to prepare, tasty, different from the last one, inexpensive and popular with the family, we housekeepers would cease asking ourselves this eternal question. Meat loaf or roll is one of the most economical meat dishes you can serve. Some of the cheaper cuts can be used in making it and every bit that is not eaten hot is useful for serving cold in slices or for sandwich filling. Any lean meat may be used if gristle and skin are trimmed off. From one-fourth and one-fifth as much pork as beef is a good proportion. Too much pork makes an overrich, greasy loaf. Many homemakers prefer to have a fresh piece of meat cut off and put through the grinder under their direction, or some like to take it home and grind it themselves. A very good loaf may often be made at considerable saving per pound from the trimmings the butcher accumulates from the more expensive cuts. If the pork is not added to the beef a small amount of fresh suet should be put through the chopper with the meat.

So many different seasonings may be used in a meat loaf that it is difficult to give an exact recipe. Unless the family objects to the flavor, chopped or grated onion should be added to the meat. Thick cream sauce or brown gravy or eggs will be needed as a binder. Fine dry bread crumbs, or cracker meal also will help to hold it together. The flavor is greatly improved by combining canned tomatoes with the meat mixture or serving in a sauce over the loaf.

For your loaf you will need 2 pounds of ground beef; ½ pound of ground pork; 1 onion, grated; 1 cupful of thick cream sauce or gravy, or 2 eggs; 1 cupful dry bread crumbs, or cracker meal; 1 to 2 cupfuls canned tomato; salt and pepper to taste; dried celery tops, or other seasonings if desired. Mix all these ingredients together thoroughly. Shape the mixture into a loaf, laying a strip or two of salt pork or small pieces of suet on the top, and place it in a heavy baking pan. Cook in the oven for ½ to ¾ of an hour. Have the oven hot at first but reduce the temperature toward the end. If the sauce or gravy is used as the binder for the loaf make it with 3 tablespoonfuls of flour and 2 tablespoonfuls of butter or other fat to one cupful of liquid.

Chicken Loaf Appetizing When Served Hot or Cold

An old chicken may be simmered with seasonings until tender and then prepared in many different appetizing ways. One of the nicest ways to use it is to make a chicken loaf, which can be served hot or cold. The following recipe supplied by the United States Department of Agriculture requires two cupfuls of cooked chicken.

Chicken Loaf.

- 3 cupfuls finely cut cooked chicken
- 1 cupful fine bread crumbs
- 1½ tablespoonfuls butter or chicken fat
- ½ cupful milk
- 2 eggs
- ½ cupful mashed canned peas
- Salt
- Paprika
- Onion and green pepper fried in butter or chicken fat

Heat the milk and moisten the crumbs with it and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for one hour, or until firm and brown. Turn out on a platter and serve hot or cold. If served cold, garnish with sliced tomato.

How Camera "Gets" Stars

Prof. Frank Ross of Yerkes observatory has developed a new camera lens which makes it possible to photograph 100,000 stars on a single plate, says the Pathfinder Magazine. It covers 24 degrees of the sky. With this lens Professor Ross has obtained what he regards as the best photograph of the constellation Orion ever taken. Many luminous and nonluminous nebulous spots are more clearly shown than on any plates hitherto made.

MAKING SELECTION OF WASHING MACHINE

Various Types of Washing Machines on Exhibition.

(Prepared by the United States Department of Agriculture.)

Most women realize the convenience of a washing machine, especially if it can be run by electricity, but they are often puzzled when it comes to making a selection from among the many different makes. All of the makes on the market can be classified into four types, according to the principle on which they operate. Selection becomes a matter of personal preference for a particular operating principle. Each type has its advantages. In all, the washing is done by some device that forces soapy water through the clothes until they are clean.

The bureau of home economics of the United States Department of Agriculture has a permanent loan exhibit of a number of makes, differing within each type only in detail of construction. A visit to this exhibit would be a help in deciding which machine was best for one's purpose.

Cylinder Type of Washer.

The cylinder type of washer has a perforated cylinder of metal or wood in which the clothes are placed. This revolves in an outer container holding soap and water. The cylinder has blunt projections on the inside, which carry the clothes along as it revolves. It reverses its direction automatically from time to time. The water gushes through the perforations and cleanses the clothes. There is a second type of cylinder machine in which the cylinder is in the form of a flattened perforated box which moves back and forth so that the clothes tumble from one end to the other.

The "dolly" principle consists of a revolving device suspended in the center of the tub, fastened either to the lid or to the bottom. This carries the clothes first in one direction and then in the other. The corrugations of the sides and bottom of the tub help to cleanse the clothes partly by friction.

In the oscillating type of machine, the tub itself rocks and tilts back and forth, tossing the clothes from one end to the other, and the water moves in a curving path.

The vacuum-cup type of machine is a development of the funnel on a stick device in vogue twenty or more years ago. The soapy water is forced through the clothes by the pressure and suction produced by the cups.

Buying Electric Machine.

When buying an electric machine, specify the voltage of the local current, and whether it is direct or alternating, and if alternating, the cycle. Consider the shape and size of the machine in relation to the room, where you expect to use it. Be sure it is not too large. Choose a flat top if you are likely to want it for a working surface between wash days. Buy a machine of the right capacity for your average washing, and of the right height for you to operate. Find out whether the manufacturer's repair service is easily available. Simple construction is advisable. The frame should be strong and rigid, but it should be possible to roll the machine about on casters. The mechanism and gearing must be properly covered for safety and cleanliness, and the motor should be located where it will not get wet. Ask how often the machine must be oiled and whether that can be done easily. Any movable parts, such as a cylinder, should be light in weight and easy to handle. The water outlet should be practical for easy drainage. See whether the wringer can be used when the machine is washing. Consider the possible advantages of a centrifugal drier.

Tia Juana Becomes a Gretna Green

California's new law requiring a couple to post three days' notice of intention before receiving a license to marry has turned Tia Juana, Mexico, into a Gretna Green. The law there requires no notice whatever, and hundreds of couples have taken advantage of that fact. Judge Francisco Miranda is seen above joining a couple from San Diego.

CARE FOR FLOORS IMPORTANT TASK

Good-Sized Boy Can Do the Polishing.

(Prepared by the United States Department of Agriculture.)

If you have a good-sized boy in your family enlist his help out of school hours to recondition the floors. If they have been varnished, they should be swept with a soft brush, a mop, or a broom covered with a cotton-flannel bag, and then rubbed with a cloth or mop slightly moistened with floor oil or kerosene. The oil gradually dries out of varnish after it has been applied to wood, and unless restored by an occasional rubbing with an oiled cloth, the varnish becomes exceedingly hard and brittle. Use only enough oil to moisten the cloth or mop.

In general, says the United States Department of Agriculture, varnished floors retain their color and luster

Enlist the Boy's Help With the Floors.

better if no water is used on them, but if very dirty they may be wiped with a cloth or mop wrung out of warm soapy water, wiped dry at once, and polished with an oiled cloth or mop.

Waxed floors should be swept with a soft brush or mop entirely free from oil. Oil softens wax and should never be used on it any way. About once a week a waxed floor should be give a more thorough cleaning with a cloth wrung out of warm soapy water, or moistened with turpentine or gasoline. Occasionally after cleaning, the entire floor may be given a very thin coat of wax and polished with a weighted brush or woolen cloth.

Simple Cooked Dressing

If you have on hand some sour cream, you may prefer to make a cooked dressing. A good method is as follows: Beat an egg very light, and add to it quarter teaspoonful of mustard, half teaspoonful of salt, quarter teaspoonful of paprika pepper, half tablespoonful of sugar, quarter cupful of vinegar, and one cupful of sour cream. Mix well and cook in a double boiler, stirring constantly, until thick and smooth. If this dressing has any tendency to separate, strain it before cooling.

How Volcano Is "Harnessed"

Attempts have been made to develop power from volcanoes, although not to any great extent. The idea was suggested by the well-known engineer, Prince Ginori Conti. In Italy jets called "soffioni" from boiling pools have been harnessed by sinking iron tubes to a depth of from 200 to 500 feet. At the surface the steam has a pressure of two atmospheres, and there is evidence of enormous untapped supplies. In northern Italy some of this power has been used to turn factory wheels by day and to illuminate the streets by night.

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