

TABLE TALKS

Jane Andrews

Most of us love roast beef. We should be aware of whether it should be cooked rare, medium or well done, but over our preference for beef itself there is no argument. So some hints about how to choose and cook it might not be amiss.

Shopping for roast beef. A good shopping point to remember is that each of the 3 roast beef cuts from a rib section may be priced differently. There are seven ribs in a section (eight are included in some places). The first cut next to the loin—two or three ribs—is the most tender and usually priced accordingly. The center cut is next. Last, the two large ribs next to the shoulder—these are the least tender but still good for roasting.

Rib roasts are found in the market in one of three forms: first, a standing rib roast with the full, rib bone, measuring about 10" in length. Next is a standing rib roast with short ribs removed. The short ends of the ribs are cut off, then cut again in serving size pieces for another dish. In the third cut, the rib section may be boned, rolled and tied.

For tender meat, the red lean meat of the rib is creamy white, with marbling streaks throughout the lean parts. For best roasting select a piece of beef 4" high or with at least 2 ribs. For each serving allow 1/2 pound of a standing roast or 1/4 pound of boned and rolled roast.

How to roast beef. Place a standing rib roast, fat side up, in a shallow open roasting pan. The rib end makes its own rack. A rolled roast should be placed on one of the cut sides on a rack in a shallow roasting pan. Wipe meat with a damp cloth, then sprinkle with salt and pepper.

Roast uncovered in a moderately low oven, 325° F. Follow this time guide:

Standing 6 2 3/4 hrs. 2 1/2 hrs.
Rib Roast 8 3 3/4 hrs. 3 1/2 hrs.
Rolled 4 2 1/4 hrs. 2 1/2 hrs.
Rib Roast 6 3 hrs. 3 1/4 hrs.

If a meat thermometer is used, insert it in the center of roast so it does not touch bone. Roast until meat thermometer registers degrees of doneness desired—140° F. for rare, 160° F. for medium, 170° F. for well-done beef.

To serve, place standing rib roast on a platter on the largest fat surface, ribs crosswise. A rolled rib roast also has the fat side up on a platter for easy carving. Trim the platter with water dress or other greens. Now make the gravy and serve in a very hot separate dish.

Roast Gravy. ...velvety brown, slightly thickened gravy for a roast of beef.

1/2 cup fat and drippings from roast beef
1/2 cup all purpose flour
2 cups water
Salt and pepper

Few drops bottled brown sauce or meat extract (optional)

After roast is removed from baking pan, skim off excess fat, reserving the 1/2 cup drippings with some fat. Blend in flour; place pan over moderate heat

and add water gradually, stirring constantly. Continue until all browned drippings are loosened and dissolved. Continue cooking and stirring until gravy thickens. Add salt, pepper, brown sauce or extract to suit your family. Serve in a separate dish along with the roast. Makes about 2 cups.

Plate or Natural Gravy. ...a gravy of the natural juices from the cut roast beef. When the supply is not generous, extra may be assisted by making a thin good sauce for people who prefer a plate, unthickened beef juice gravy.

1 1/2-ounce can beef consommé
Drippings from roast beef
Salt and pepper

After roast is removed from baking pan, skim off some of the fat left in the pan; add consommé to the remaining drippings. Heat and stir until brown drippings are loosened, and mixed with consommé. Add salt and pepper to taste. Bring to a boil and serve with roast. Makes about 1 cup.

Franciana Potatoes. ...brown in pan with the beef for crisp crust. Wonderful potatoes to serve with a roast of beef.

8 medium white potatoes
1 quart boiling water
1 teaspoon salt

Peel potatoes and simmer in boiling salted water 15 minutes; drain well. One hour before roast is done, arrange potatoes in roasting pan around meat. Turn 2 or 3 times and baste with drippings. If potatoes are not brown enough when meat is done, place under broiler a few minutes. Sprinkle with chopped parsley, arrange around meat on the platter. Makes 6 servings.

Ovens. ...a tasty way to serve vegetables with a roast. Cook whole carrots 10 minutes, whole small onions 15 in boiling salted water. Drain; follow roasting directions for Franciana potatoes above.

WORLD'S DEEPEST WOMAN

A French midwife has just won the world's depth record for women. She is five feet tall, 30-year-old Claudine has climbed down 1,900 feet into a cave in the French Alps.

She was the only woman in a team of cave-explorers, some of whom went down as far as 2,950 feet.

At 1675 feet she set up "camp." In the dark, cold and humid cave, lit only by a few electric torches, she cooked meals for the team.

An icy draught brought the temperature near freezing point, but she stayed in her underground camp for twelve hours. Next time she goes below, however, she says she'll take an extra sweater!



She's Tops With "Little People"—Ten-year-old Rosemary Ueckert (center) takes the spotlight on the Jackie Gleason TV show in New York as the grand prize winner of the 1954 NEA Service Little People's National Christmas Coloring Contest. With Jackie Gleason and her mother, Mrs. M. Ueckert, Rosemary proudly stands between the certificate she won and an original painting by NEA artist Walter Scott, creator of the "Little People" comic strip.

"Look-In" Cartons Sell More Eggs

Eggs packaged in window-type cartons outsold eggs in the conventional closed type by up to 40 per cent, according to recent U.S. tests.

Prior studies had shown that nearly a fifth of egg purchasers in supermarkets handled cartons before buying—comparing weights, feeling the tops, or actually opening the carton in making their choice to buy. This, coupled with the trend towards the use of transparent containers and packages for many other products, suggested that egg sales might be increased if customers were able to view the contents. Sprinkle with chopped parsley, arrange around meat on the platter. Makes 6 servings.

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Expert Advice On Safe Winter Driving

Almost every driver feels that he is a "good" or "better than average" driver in winter weather.

Some special techniques which give this feeling of confidence when driving on ice or snow can be called good driving skills, but unfortunately many of them are tricks which may not always work or which have no factual basis. In an effort to get the right answers and eliminate guess work and misinformation, the National Safety Council's Committee on Winter Driving Hazards has spent years of research on special problems of safe winter driving.

For driving practices under all kinds of winter conditions, the committee recommends six basic rules essential for safe winter driving. They are:

1. Accept your responsibility to do all in your power to drive without an accident. Don't blame the weatherman for an accident. Be prepared and meet the situation.

2. Get the "feel" of the road. Try brakes occasionally while driving slowly and away from traffic. Find out just how slippery the road is and adjust your speed to road and weather conditions. Remember, you can't stop on an icy dime!

3. Keep the windshield clear of snow and ice, fog and frost. Be sure headlights, windshield wiper blades and defrosters are in top condition. You have to see danger to avoid it.

4. Use tire chains and good tires. Don't rely on worn smooth tires. Use tire chains on snow and ice. They cut stopping distances about half, give four to seven times more starting and climbing traction ability. But even with the help of chains, slower than normal speeds are a "must" on snow and ice.

5. Pump your brakes to slow down or stop. Jamming them on can lock the wheels and throw you into a dangerous skid. A little skidding can carry you a long way.

6. Follow at a safe distance. Keep well back of the vehicle ahead—give yourself room to stop. Remember, without tire chains, it takes three to 12 times as far to stop on snow and ice as on dry concrete.

Winter adds three important factors to the usual year-round driving hazards. They are: Reduced visibility, inadequate traction, and temperature factors. The factors of reduced vis-

more window space than any other egg carton in current use. Each package was printed with the same brand name, color, size and grade of egg and was displayed in supermarkets along with similar non-windowed cartons. The position of each type of carton in the display was changed periodically to remove any effect of position on sales.

The package with the most window surface was the most successful, exceeding sales of those in the non-windowed cartons by 40 per cent. Even those with the least window surface sold 19 per cent more than the completely closed carton.

Color also plays an important part in egg merchandising. It was found that white eggs packed in cartons with blue in-creased sales, while brown eggs did best when displayed against white backgrounds.

sliding. And, letting the clutch out with a jam and spinning the wheels isn't good for tires or chains.

A fluid clutch or an automatic transmission greatly helps in accelerating gently and smoothly. If your car has overdrive or is of the dual range type, leave it in "low range." It will handle itself more easily.

Start slowly and then steadily accelerate. Good drivers practice this in the summer as well as in the winter.

Tire Chains

Most drivers dislike the bother of putting on tire chains but tests have shown tire chains cut braking distances in half on both snow and ice. With reinforced chains, traction to get going is increased about seven times over that possible with regular tires on ice. On packed snow, such chains outpull regular tires, nearly four times.

Reinforced tire chains (each link of the cross-chains is reinforced by projecting teeth or cleats) are very effective on snow and ice. With reinforced chains, traction to get going is increased about seven times over that possible with regular tires on ice. On packed snow, such chains outpull regular tires, nearly four times.

These special tires serve a purpose under certain weather conditions or road conditions, particularly when snow or slush is soft and not too deep—so that the tread can bear down and grip into the soft surface.

In its numerous test projects on snow and ice, the National Safety Council's Committee on Winter Driving Hazards has studied more than 25 trends and winter treatments specially designed for winter use. The conclusions are that a few of the trends somewhat improve traction, particularly on soft snow. However, the overall improvement of ice must be warranted less care or precaution when driving on slippery surfaces. Considering the hazards involved, drivers should also realize that a majority of the winter tires tested were poorer or little better than regular tires.

Slow Down

Unfortunately, when some drivers find they have extra traction and stopping power, they may start driving faster than they should.

Repeated tests have shown in order to provide the same stopping ability available on dry pavement at a speed of 50 mph, a car on ice must travel at an hour, speed on ice must be reduced to 25 mph. A car with reinforced tire chains or 15 mph on snow with special tires. On hard packed snow, a speed of 35 mph with chains or 28 mph with special tires gives stopping ability equivalent to that at 50 miles an hour on dry pavement.

Children dance with the gleam of the icy fingers of winter fasten round the windows of the home. For, to them, winter means everything from ice skating to Santa Claus and a winter holiday. But winter other joys than that. But winter other joys than that. But winter other joys than that.

Bees And Flowers

In blossom time, day after day, honeybees forage from sunrise to sunset, visiting the flowers. A honeybee collects nectar or pollen on one journey, never shorter and thicker under self feeding than they would under hand feeding. To put it briefly, some pigs with feed in front of them at all times are liable to "make pigs of themselves."

Proper rations will correct this. A combination of oats, barley, and wheat, a protein-mineral supplement and 10 per cent alfalfa meal makes a good ration for self feeding.

Alfalfa is also an excellent feed for sows. It can be fed in several ways.

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Over 2,000 Western range ewes 5 to 6 years of age have been moved into Ontario and Western Quebec this fall at the rate of 100 to 150 delivered. The number taken for further ranges from 25 to 50 head though an Ontario Sound farmer has taken 600 and was looking for another 500. These ewes are good for about 3 lamb crops and Cheviot, Suffolk or Hampshire rams are the usual breeds used on them.

An excellent record of the performance of Selkirk wheat under the rust conditions that prevailed this year comes from Felfort, Sask. On 18 acres of summerfall land, 800 bushels were produced or an average yield of 44.4 bushels per acre.

THE FARM FRONT

By John Russell

A swine feeding trial recently completed at Lacombe Experimental Station, Alta., indicates that the addition of alfalfa meal to the ration of market hogs not only improves carcass quality but may also reduce costs, reports J. G. Stothart.

A comparison was made of lots receiving no alfalfa, 5 per cent, 10 per cent, and 15 per cent alfalfa meal from weaning to market weight. There was little effect from adding 5 per cent but the lots which received 10 and 15 per cent received 76.6 and 78.5 in carcass score respectively, compared with 70.5 for the group which received no alfalfa meal. There was no difference in feed efficiency or rate of gain in the first three groups, while the fourth which received 15 per cent alfalfa meal, used slightly more feed and took about 10 days more to go to market. All lots were self fed.

Lime Celery-Apple Molds

Dissolve 1 package lime-flavored gelatin in 1 cup boiling water. Add 1 cup cold water. Cool until partially set. Add 1 cup chopped, peeled celery and 1/2 cup chopped apples. Pour into 6 molds. Chill until firm.

Cranberry-and-Orange Relish Molds

Dissolve 1 package raspberry-flavored gelatin in 1 cup boiling water. Add 1 cup cold water. Cool until partially set. Grind together 2 cups cranberries and the pulp and peel of 1 large orange with the white membrane and seeds removed. Mix in 1/2 cup sugar. Add the sweetened cranberry-orange relish to the gelatin. Pour into 6 molds. Chill until firm.

Many seeds and fruits are great water-travellers, for those that are lighter than water are able to float. Fruits of such water-plants as arrowweed and water hyacinth are especially adapted for this purpose. Coconuts can float for many miles. Most of the seeds and fruits that travel by air can float for some time if they fall into the water. Heavy rains and floods that cover the land also help many seeds to new destinations, even though the seeds are not specially suited for a sailor's life.

Many seeds might be stay-at-homes were it not for the services of the birds that give them transportation. Birds and other animals are especially tempted by fleshy, pleasantly flavored fruits, and after finishing their meals they may drop and scatter the seeds. Small seeds may pass undigested and uninjured through the bird's digestive tract. Some of the most useful birds for seed dispersal are the blackbirds, thrushes and robins. Such plants as wild-cherry trees, cedar, alder, hawberry and wild strawberry supply song birds with free lunch; the birds in turn transport the plants' seeds.

Mistletoe, which lives as a parasite on trees, is sown in a peculiar way. Birds eat the white berries, then wipe their bills on tree branches to get rid of the sticky seeds. The seeds remain glued to the branch until spring, when they sprout and send roots into the tree branch and produce a few seedlings, pale green leaves, squirrels eat a great many nuts, but they bury some they never come back for; and so they plant many trees — oaks, hickories, walnuts and pines. The smallest seed carriers are ants, which actually play an important part in dispersing many small seeds.

When you walk through tall weeds, especially in fall and winter, you notice that many seeds are expert hitchhikers. Your overcoat or stockings may be covered with seeds or sticky fruits and you may have to take your shoes off to get rid of needlelike seeds that have worked their way inside. When cockleburrs with their numerous long hooks get into a person's or animal hair you frequently have to cut the hair to get rid of the burrs.

Other plants disturbed by the wind include those with plume-like fruits, such as clematis and some anemones. Balloon-like fruits, such as those of the ground cherry and hop hornbeam, have an inflated membrane covering full of air. This allows the wind to carry the fruit, tossing the balloon along the ground and scattering its seeds as it breaks up.

The dust-like seeds of orchids are the smallest of all seeds. It is believed that the wind carries them the greatest distances even though they have no special flying equipment such as wings, parachutes or balloons.

New Hams Keep You From Being a 'Ham' in the Kitchen

By DOROTHY MADDOX

The new skinless and shankless hams make entertaining easier. The meat is no effort to prepare and carving is a joy.

For a dinner with a festive air, start by serving glasses of chilled fruit juice in the living room, with crackers and a choice of cheese or Braunschweiger sausage spreads.

Keep the ham platter simple, with only a garnish of green parsley. That makes carving easy. Have a side serving dish of pears limited red or green. Fill with cream cheese, or apples poached in red cinnamon-candy syrup, until they're a brilliant hue. Ham and sweet potatoes are a natural twosome. Follow tradition and serve the sweet potatoes mashed in a fluffy, golden mound, topped with melted butter. A green vegetable such as broccoli or Brussels sprouts is a fine-flavored accompaniment. For salad, serve individual jellied fruit molds in red or green hue. Top with a wreath of creamy salad dressing. Hot rolls and butter complete this easily prepared main course.

Dessert probably is traditional at your house. If the family does not demand hearty dishes, make dessert a handsome fruit-and-cheese tray, with thin slices of fruitcake for those who still have room for nibbling. Pass salted nuts and coffee.

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How Can I?

By ROBERTA LEE

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Travelling Seeds

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Upside Down to Prevent Peeking

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