

# Women's Page

## COVER FOR ROAST IS OUT OF DATE SAYS AUTHORITY

"A cover is out of date when it comes to cooking roasts," says Inez S. Willson, home economist. For quite some time, beef, pork, and lamb roasts have been cooked uncovered, but according to the very newest cookery information, veal has also joined the ranks of meats roasted in the open.

Veal, even though it does contain more water, and less fat than some meats, can be successfully roasted in an open pan without the addition of water, if the temperature is kept low during the roasting period. With a low temperature, not enough moisture is driven off in the cooking to make any noticeable difference in the finished dish.

Basting also is unnecessary when the roast is cooked at the very low temperature—a fact which material-

## YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND  
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### Learning at Luncheon

No one really expects children to have a knowledge of their nutritional needs, or calories, vitamins and the like.



If left to themselves with an opportunity to choose, they would eat chiefly of those things that "taste good." Hence, a problem faces parents and teachers alike, for when such

important information is available we can't just let it accumulate and lay idle. It is too significant to health and success and happiness. It must be put to work in the lives of people.

But the majority of parents either do not have scientific knowledge of foods and nutrition or they don't know how best to teach children. Thus the responsibility falls to the educational institution of the community which these same parents support and to the staff of teachers who understand how to make knowledge function in the lives of children.

It is in this light that the school lunch is taking form. Instead of being just a convenience for those who can't go home at noon, it is coming to be regarded as a learning situation. It is a laboratory where one of the chief essentials of life is practiced in a correct manner until habits and attitudes are formed. Parents say that a good school lunch situation influences food selection and table manners at home. Principals say it makes for better school morale. And the pupils approve because they like it.

What about home work? Dr. Ireland will discuss it next week.



## from the **KELVIN** KITCHEN by Joan Adams

(EDITOR'S NOTE: If you need advice on some phase of home-managing, you're invited to write to Joan Adams, in care of this newspaper, enclosing a self-addressed, stamped envelope. She will be glad to advise you promptly.)

### LUNCH AT SCHOOL

Twenty million machines went back to work last month—mental

ly reduces the work of roasting.

According to the new information on meat cookery, the directions for roasting can be told so simply that they can be followed easily and accurately by the most inexperienced cook.

### Directions for Roasting

Place the roast on a rack in an open roasting pan. Do not cover and do not add water. Place in a moderately slow oven (300-350 degrees F.) and roast at a low temperature until done.

The only difficulty in roasting is in telling when the meat is done, and this may be overcome by using the roast meat thermometer.

### Roast Meat Thermometer

The roast meat thermometer is an ordinary mercury type thermometer made with a pointed bulb so that it may be inserted into the meat. It is inserted so that the bulb reaches the center of the fleshiest part, and thus registers the internal temperature of the meat, not the temperature of the oven.

When the internal temperature of the meat is raised to a certain degree, there can be no doubt about it. It is done. The temperature at which the different meats are done have been carefully determined by experiment. The table below lists the internal temperatures at which different roasts will be done:

<b>Beef</b>	
Rare	135 degrees F.
Medium	155 degrees F.
Well-done	170 degrees F.
<b>Pork</b>	
Fresh	185 degrees F.
Cured	160 degrees F.
<b>Lamb</b>	
Well-done	182 degrees F.
Medium	175 degrees F.
<b>Veal</b>	
Medium	160 degrees F.

Lacking a roast meat thermometer the time-weight relationship is the best guide. The approximate number of minutes per pound required for roasting each kind of meat at 300 degrees to 350 degrees F. is given below.

### Time Table for Roasting

<b>Beef</b>	
Rare	18-20 minutes per pound
Medium	22-25 minutes per pound
Well	27-30 minutes per pound
<b>Pork</b>	
Fresh	30 minutes per pound
Ham—10 to 12 pounds	25 minutes per pound
Ham—larger	20 minutes per pound
Half hams	30 minutes per pound
<b>Lamb</b>	
Well	30-35 minutes per pound
Medium	25-30 minutes per pound
<b>Veal</b>	25 minutes per pound

machines! They ranged from the simple mechanism of a child, studying sounds and letters in the primary room, to the complex mental structure which solves trigonometry problems in the senior high school year. These marvelous machines, composed of brain and brown, build and repair themselves. But they need an expert "mechanic" in nutrition to see that they are getting the right materials with which to work. We are the mechanics!

The noon meal of school children is an important one. Coming midway between school periods, it should be light so that it will not interfere with afternoon study, but it must be nourishing. There should be a proper balance between protein, fat, starch, minerals. Those mysterious, vital elements called "vitamins" are of primary importance. And foods which have the effect of promoting mental energy, such as chocolate, should be included occasionally.

Every school lunch should provide a glass of milk, a sandwich, one hot dish, fruit or vegetables and a sweet. "Something hot" is a cardinal principle, however. The necessary milk may be included in the hot dish, as in cream soup, cocoa or scalloped vegetables. The hot dish may present a problem when children carry their lunches to school. If the school does not arrange for serving it, a thermos bottle must be relied on to keep one dish hot until served at noon. Often in schools where a large group of children carry lunches, the hot dish is prepared by the teacher. The ingredients or the money to cover their cost is collected from the children. In the state of Nebraska, another way is being tried in schools furnished with any kind of a heating unit. The children carry their "hot dish" to school in pint glass jars tightly covered. At recess-time the glass jars are placed together in a large can of hot water and by lunch time their contents are thoroughly re-heated. Children thus can enjoy the comfort of a hot meal from home at every midday meal throughout the school year.

An appetizing chowder based upon vegetables and cereal makes an ideal choice of a dish to serve hot. Wholesome, tasty cream soups may be made with tomatoes, potatoes, pears, beans, spinach, onions and corn. They are economical as a means of using left-overs, too. Use about two-thirds of a cup of vegetable pulp which has been cooked, sieved and re-heated, to one cup of thin white sauce. Bring the mixture to the boiling point, then whip with an egg beater and serve piping hot.

Muffins split and toasted, cornbread sticks and gingerbread offer variations from the sandwich. With varied fillings and alternating use of rye, graham, cracked wheat, whole wheat, and raisin and nut breads, sandwiches can easily be the most popular member of the lunch-box assembly.

In warm weather, fruits and vegetables can be carried in salad form,

packed securely in a paraffined cup with tight-fitting cover. With fresh fruit goes cookies or light sponge cake. Stuffed celery or a tender, well-scrubbed raw carrot, raisins, nuts, dates or a piece of chocolate provide delightful little surprises, down in the corners of a well-packed lunch.

### CHOCOLATE COOKIES

- 1 cup sugar.
- ½ cup butter.
- 1 to 2 eggs.
- ½ cup milk.
- 1½ cups flour sifted.
- 1 teaspoon baking powder.
- 2 squares chocolate melted.
- 1 cup chopped nuts.

Mix in order given. Drop from teaspoon onto floured pans and bake in hot oven 10 to 15 minutes. Have a pan of water on bottom of oven to prevent cookies burning. Frost with chocolate frosting if so desired.

### Frosting

- 4 tablespoons butter.
- ½ teaspoon vanilla.
- 2 cups sifted confectioners' sugar.
- 1½ square chocolate melted.
- 4 teaspoons milk.

Cream butter, add 1 cup sugar, and cream together thoroughly. Add vanilla and chocolate. Add remainder sugar gradually, beating well after each addition. Thin with milk until of right consistency to spread.

### BAKED CUP CUSTARD

- 1 cup milk.
- 1 or 2 eggs or 1 egg and 1 yolk.
- ¼ teaspoon salt.
- ¼ teaspoon flavoring.
- 2 tablespoon sugar.

Scald milk in double boiler. Beat eggs slightly, adding sugar and salt. Add milk and flavoring. Wet individual molds and fill two-thirds full of custard mixture. Set molds in a pan of hot water and bake in a moderate (350 degrees F.) oven until firm. Test by inserting the point of a knife. It should come out clean if custard is done.

### WAGNER PLACER CO.

#### GETS BOWEN GROUP

ELY — Further expansion of activities by the Wagner Placer company in the Osceola region was revealed with announcement that the company had taken a bond and lease on the old Bowen placer claims which lie just below Osceola, extending three miles in Dry Gulch and one mile in Grub Gulch, a total of 417 acres.

According to Richard Wagner, in charge of operations, they now have a Denver machine of 30 yards capacity and are working six men on the Bowen lease which was taken after A. R. Razoni of Tonopah and Pat Gallagher of Las Vegas, former Ely man, both partners in the Wagner company, had sampled 81 yards of gravel, returning from 26c to \$7.41 per yard in free gold with one piece worth \$1.75 found. The average return was \$1.98 per yard.

—Denver Mining Record.

### ENGINEER ON GROUND

#### TO OPEN AUSTIN MINE

AUSTIN — The first of the operating staff of the Austin Silver Mining company to become established in Austin will be F. Sommer Schmidt, operating mining engineer of extensive experience. He accompanied Richard W. Atwater, Jr. of New York, president of the company, on his recent visit of inspection here. — Denver Mining Record.