

Round Steak In Tempting Way

Best round is the basis for some of the most delicious and satisfying of main dishes either for family or company meals. This cut is rich in flavor, and there is little waste and usually it is cooked by moist heat, as in braising, although cuts from the portion known as the top round can be broiled.

However, the best way of cooking is to braise round steaks, and there are many tempting variations possible within this one general method of cooking them. Braised round steaks are popularly known as Swiss steaks, although to be very accurate the term Swiss steak is applied to braised round steak cooked with tomatoes or tomato juice.

The steaks should be cut as thick or as thin as you want them. A Swiss steak is cut 1 to 1 1/2 inches thick but for that matter any braised steak is excellent when cut this thick. Of course, the length of cooking time varies with the thickness of the steak. A slice 1-2 inch thick will require from thirty to forty minutes. For a thick steak, more than an hour will be needed. Remember that the meat after browning should always be cooked slowly.

Swiss Steak

Round steak cut 1 to 1 1/2 inches thick
4 tablespoons flour
3 tablespoons Spry
2 small onions
2 carrots
2 stalks celery
1 cup tomatoes
1-2 teaspoon Worcestershire sauce
Salt and pepper

Dredge the steak well with flour. Brown it on both sides in hot lard. Slice onions, carrots and celery over the steak. Add tomatoes and seasonings. Cover tightly and cook in a moderate oven until the steak is tender, about one and a half hours. Add more liquid if necessary, a little at a time.

Deviled Round Steak

Make a sauce of 4 tablespoons lemon juice, 1 teaspoon Worcestershire sauce, 1 tablespoon grated onion, 3 teaspoons melted butter or bacon drippings, and 4 tablespoons chili sauce. Rub the steak well with mustard, then let it stand in the sauce for one hour before cooking. Brown it in hot lard, season, add a small amount of liquid, cover, and cook slowly until done.

Round Steak With Cheese

Have steak cut thick. After browning, add 2 onions, sliced, 1-2 cup water, and 1-2 cup sour cream to which 2 table-poons grated cheese have been added.

Beef Birds

Have round steak strips, 1-4 to 1-2 inches thick, cut in individual servings of 2 1-2 by 4 inches in size. Make a dressing by combining bread or cracker crumbs with a little chopped onion and celery, seasoning with salt and pepper, and moistening with slightly beaten egg and meat stock. Put a spoonful of dressing on each piece of meat. Roll and fasten the edges with toothpicks. Dredge with flour, brown in hot lard, and add a small amount of hot water. Cover tightly and cook slowly until done.

As a result of consumer demand, experiments are under way in several sections of the United States to breed a type of hog with more lean meat in the bacon.

State Is Offering Extension Courses

Raleigh.—A wide variety of technical home study courses was made available today to correspondence students by Director Edward W. Ruggles of the State College Extension Division.

Leading members of the State College faculty, excellently trained in technical fields, prepared the courses which are designed to "take State College to men and women who have found it impossible to attend college." Students with high school diplomas are preferred, but none will be barred for not being a high school graduate.

Director Ruggles said courses now ready to be offered include air-conditioning, heating, radio, industrial electricity, mechanical drawing, sheet metal pattern drafting, land surveying, Diesel engines, building and estimating, ceramics, practical mathematics, plumbing, business law, business

english, poultry, economics, industrial sociology, applied psychology, horticulture and vegetable gardening and municipal administration.

If the demand arises, other courses will be added, Director Ruggles said.

He described the courses as practical in nature, written in an easy-to-read and easy-to-understand manner. Illustrative problems are used throughout to illustrate the theory. Practice problems for the student are included, and may be worked out and sent in for correction and suggestions.

Upon completion of a single course, a certificate will be issued to the student. A larger diploma will be issued when the student completes a full course of study.

As an adjunct to the courses, the Psychology Department at State College is prepared to give a series of aptitude, interest and personality tests. The aim is to help prospective students to select courses that will benefit them most. This guidance feature will

be given to anyone interested.

Tuition fees for the courses have been set extremely low, said Director Ruggles. "In line with the general policy of State College to make its facilities available to as many of the citizens of North Carolina as possible." Fees may be paid on a weekly or monthly payment plan.

Clemency Is Sought

Raleigh, Dec. 4.—Paroles Commissioner Edwin Gill had a conference this afternoon with B. S. Whiting, of Charlotte, on the possibility of executive clemency for Richard Mays, 18-year-old negro sentenced to be executed December 15.

Mays was convicted of first degree burglary of the home of F. A. Fowler last July 25. Whiting is counsel for Mays.

Also set for execution December 15 are Hazel Mitchell, 33-year-old negro convicted of murder in Mecklenburg, and Jim Moore, negro sentenced in Pender for murder.

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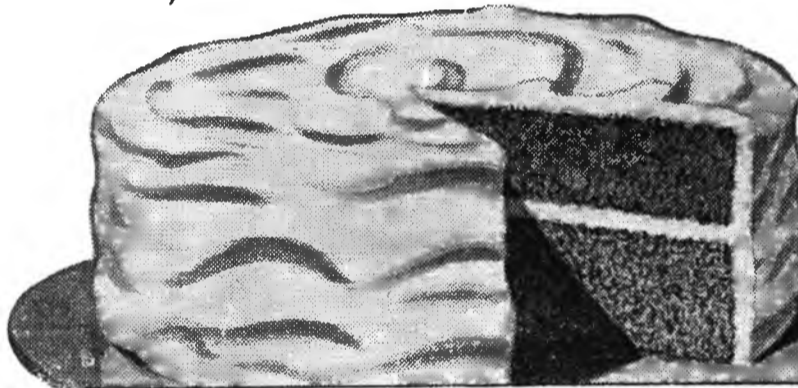
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