

Slow and steady is the rule to remember when cooking bacon and sausage for best flavor, tender texture and least waste, home economists say. By keeping the heat low these meat products can be cooked thoroughly without drying, hardening, or scorching.

Slow cooking has another advantage. It saves the fat in these meats from reaching the smoking point where it becomes less digestible and changes the flavor.

Turn slices when partly cooked for even cooking on both sides. Pour off the fat from the pan as the bacon cooks. When done lift onto absorbent paper to drain before serving.

Link sausage and sausage cakes may be pan-fried or oven-cooked. Take care not to prick the links when turning them with a fork because this lets out juice and flavor. To pan-fry links, place in a frying pan with a few tablespoons of water. Cover and steam five minutes. Then remove the cover and cook over low heat, turning frequently until the sausage is brown and any water in the pan has cooked away. To pan-fry cakes, place in a cold frying pan and cook over low heat until cooked through and brown on both sides.

Cooking sausage in the oven takes longer but is convenient and economical if the oven is being used for other foods.

**WANTED:** Young man willing to work for a small salary in order to learn the printing business. Apply at the Bulletin office.. Adv



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