MEAT
in the meal
for Health Defense

Compliments of
NATIONAL LIVE STOCK AND MEAT BOARD
MEAT
in the meal
for Health Defense

The right kind of food and enough of it for each day's needs should be our watchword. So important is proper diet to the health and welfare of America that the Federal Government has set up a National Nutrition program as a vital part of the Nation's defense efforts. Every homemaker can help in carrying out the program by seeing to it that her family has all the foods which are essential to health and vigor. The National Live Stock and Meat Board presents this book of meat recipes to help make every meal more enjoyable and more nutritious.

NATIONAL LIVE STOCK AND MEAT BOARD
Department of Home Economics
407 South Dearborn Street
Chicago, Illinois
1942
MEAT in the Daily Meals

Natural Vitamins

Serve meat in each day’s meals because it supplies your family with natural vitamins. Authorities agree that the best and most economical way to get our vitamins is in the foods we eat. Meat is rich in the important B vitamins—thiamine, which peps up the appetite; riboflavin and nicotinic acid, both needed for health. There are other B vitamins not so well known as these, but equally important, and meat supplies them all. Liver, that storehouse of health-giving food essentials, also is an exceptionally good source of vitamin A.

Complete Proteins

Serve meat in each day’s meals because it gives the most of the best protein. The body cannot store protein for later use as it can fat, so it must be provided each day. Meat proteins are complete proteins which are able to promote growth as well as to maintain and repair body tissues.

Essential Minerals

Serve meat in each day’s meals because it provides essential minerals which are needed to keep the body in good working order. Iron is necessary for rich, red blood and to prevent anemia. Copper makes iron more effective. Phosphorus builds strong bones and teeth. Meat yields all these three essential minerals in generous measure.

Thrifty Meals

You can serve meat in each day’s meals because America produces the best meat in the world and in such abundance that its wealth of food value is available to all. The thrifty-minded homemaker can find a wide variety of cuts which will fit her budget like the proverbial glove. And these thrifty cuts are just as rich in vitamins, proteins, and minerals as the more popular cuts. They are just as appetizing, too. MEAT IN THE MEAL FOR HEALTH DEFENSE suggests many new ways to make them so.
**Beef Dishes for Special Days**

**STANDING RIB ROAST**

*For New Year's Dinner*

Select a two or three-rib roast. A standing rib roast can be carved more easily if the backbone is separated from the ribs by sawing across the ribs close to and parallel to the backbone. The backbone may be removed completely after roasting. The roast will hold its shape better if the backbone is held in place by skewers during roasting.

Season the rib roast with salt and pepper and place fat side up in an open roasting pan. No rack is necessary as the bones keep the meat out of the juices. Do not cover; do not add water. Insert a meat thermometer so that the bulb reaches the center of the largest muscle. Be careful that bulb does not rest on fat or bone. Put in a slow oven (300° F.) and roast until desired degree of doneness is reached. The thermometer will register 140° F., for a rare, 160° F., for a medium, and 170° F., for a well-done roast. Allow eighteen to twenty minutes per pound for cooking a rare roast, twenty-two to twenty-five minutes per pound for a medium, and twenty-seven to thirty minutes per pound for a well-done roast.

**ROLLED RIB ROAST**

*Traditional Sunday Dinner*

Season roast with salt and pepper and place fat side up on a rack in an open pan. Insert meat thermometer so that bulb reaches center. Do not cover and do not add water. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow ten minutes per pound more than for standing rib roast. Brown medium-sized potatoes in pan with roast.
SAVORY POT-ROAST
Favorite Family Fare

5 pounds rolled rump
12 peppercorns
4 whole cloves
1 sliced onion
2 teaspoons salt
2 cups water
½ cup salad oil
2 cups vinegar

Mix oil, vinegar and water. Add seasonings. Place meat in earthenware crock and pour the marinade over it. Cover and keep in a cool place for twenty-four hours. Remove from marinade. Brown meat on all sides in a kettle. Add 1 cup of the marinade and cover pan. Cook slowly until meat is tender, about three and one-half to four hours. Add more of the spicy marinade, if needed. Thicken liquid with water smoothed in flour to make a delicious spicy gravy.

BROILED PORTERHOUSE STEAK
Special for Father’s Day

Have porterhouse, sirloin, or club steak cut thick, at least one inch. Set regulator to broil. Place steak on rack. Insert broiler pan and rack so that the top surface of a one-inch steak will be two inches and of a two-inch steak three inches from the source of heat. If this distance must be less, reduce the temperature accordingly. When one side is nicely browned,
season with salt and pepper, turn, spread with Roquefort cheese, if desired, and finish cooking on the second side. Season the second side and serve immediately. Steaks cut one inch thick require fifteen to twenty minutes for broiling. Two-inch steaks require thirty to thirty-five minutes.

PLANKED STEAK
To Grace Any Festive Occasion

- Porterhouse, sirloin or club steak
- Cauliflower flowerets
- Small tomatoes
- Salt
- Pepper

Have steak cut two inches thick. Broil as directed above. About ten minutes before steak is done, remove to a wooden plank or heat-proof platter, having the incompletely browned side uppermost. Place cooked cauliflower flowerets and tomatoes around the steak. Return to the broiling oven to cook tomatoes and to complete cooking the steak.

There are many combinations of vegetables or of fruit which may be used in serving planked steak. A border of Duchess potatoes (seasoned mashed potatoes, into which 2 egg yolks have been beaten) or a border of fluffy boiled rice, parsley-butter carrot balls, small boiled onions, green peas, pineapple wedges, stuffed pepper cups all may be used in decorating the planked steak to make a festive meat dish.
PANBROILED CLUB STEAK

Just Right for Two

Select one two-inch club steak or two one-inch steaks. Place in heavy frying-pan. Brown on both sides. Then reduce heat and cook to the desired degree of doneness. In panbroiling a thick steak, less watching will be required if a wire rack is placed under the steak after browning. Turn steak frequently so that it will cook uniformly. If rack is not used, turn off fat which collects in pan. Season. Serve with Ruby Bananas.

Ruby Bananas

Beat 1 cup cranberry jelly until smooth. Stir in 1 tablespoon cold water. Place 2 large bananas in a shallow baking dish, cover with the sauce and bake in a moderate oven (375° F.) for ten minutes.

BROILED FILETS

Choice for Party Luncheon

| 8 beef filets | Melted butter |
| 8 rounds bread | Diced carrots |
| 8 slices pineapple | Green pepper |

Have 8 filets cut one inch thick from beef tenderloin. Broil according to directions in preceding recipe. Toast the rounds of bread and cook the pineapple slices in butter. Place a round of toast on each serving plate and place pineapple slice on each. Top with broiled filet. Cook diced carrots and diced green pepper in water and make a border of the vegetables around each toast round.

CORNED BEEF—DE LUXE

For the Stag Dinner

Cover corned beef with cold water and simmer gently for three and a half to four hours or until tender, skimming off fat from time to time. Add more water as necessary to keep the meat covered. When done, remove, spread top surface with brown sugar and dry mustard. Stud with cloves and put in a moderately hot oven (400° F.) for about fifteen minutes.

SAUCES TO SERVE WITH BEEF

For That Different Touch

Bordelaise Sauce: Chop a clove of garlic just as fine as possible. Mix with three times the quantity of finely minced parsley and stir in melted butter to make a smooth paste. Spread over broiled steak and put in oven for two minutes before serving.

Currant Jelly Sauce: Melt 1/2 cup currant jelly and add 1 tablespoon finely chopped blanched almonds and 1 tablespoon grated horseradish without vinegar. Excellent with roast beef, hot or cold.

Pimiento Sauce: Chop very fine 2 canned pimientos. Add 1 tablespoon grated onion and rub to a paste. Combine with 1/2 cup salad oil. Season with salt and juice of 1/2 lemon. Heat. Serve with steak.
Beef Budget Balancers

CUBE STEAKS
Economical and Quick

The less-demanded cuts may be used for cube steaks. These steaks are boneless and so represent a thrifty purchase.

Purchase one cube steak for each person. Place in frying-pan which has been heated and rubbed with suet. Cook quickly until brown on one side; season, turn and brown other side for about ten minutes. If steaks are not done, reduce heat and cook slowly, turning occasionally.

BEEF AND RICE LOAF
Good Hot or Cold

1 pound ground beef 1 1/2 teaspoons salt
1/2 pound ground pork 1/4 teaspoon pepper
1 cup cooked rice 1 cup evaporated milk
3 tablespoons chopped onion 1/2 teaspoon poultry seasoning

Mix all ingredients thoroughly. Pack into a greased loaf pan and bake in a moderate oven (325° F.) for one and one-half hours. One cup macaroni may be substituted for the rice.

BRAISED BEEF WITH VEGETABLES
For Hearty Appetites

4-5 pound chuck pot-roast 1 cup diced onions
Salt 1 cup diced celery
Pepper 1 cup water
Flour 1/2 cup catsup
1 cup diced carrots 8 medium potatoes

Select an arm or blade bone pot-roast. Season meat with salt and pepper. Dredge well with flour and brown meat slowly in own fat or lard. Add vegetables and pour over the water mixed with the catsup. Cover and cook slowly for three to three and one-half hours. Turn meat occasionally. Add potatoes forty-five minutes before meat is done.

BACON-WRAPPED BEEF PATTIES
Delicious and Different

1 1/2 pounds ground beef Salt and pepper
1 1/2 teaspoon lemon juice 3 large bananas
6 slices bacon

Combine meat, lemon juice, salt and pepper. Shape into six patties. Wrap each in bacon. Place on broiler rack and broil until brown. Turn carefully and brown second side. Cut bananas in two crosswise and roll in melted butter. Place on rack and broil until nicely browned, about five minutes.
SHORT RIB CROWN
A Sure Way to Culinary Fame

Buy 2 strips of short ribs, each about 3 inches wide and 6 inches long. Sew or skewer the ends together. Place on a rack in a roasting pan and fill center of crown with Potato Dressing. Season. Cook uncovered in a slow oven (300° F.) for one hour. Add a little water, cover pan and continue to cook one and one-half hours or until tender.

Potato Dressing

4 slices bacon
1 tablespoon chopped onion
1 teaspoon chopped parsley
1 teaspoon salt
1/2 teaspoon ginger

1/4 teaspoon poultry seasoning
1/2 teaspoon pepper
1 quart bread crumbs
1 egg
2 cups mashed potatoes


SPANISH SHORT RIBS
Serve This Restaurant Treat at Home

Season short ribs with salt and pepper and rub with a bruised clove of garlic. Cover with water, add a sliced onion and simmer gently for about
two hours. Add 2 cups tomatoes and 1 teaspoon paprika and continue to cook for one hour to blend the flavor thoroughly.

BEEF BRISKET WITH ONION SAUCE
One the Men Will Cheer

4 pounds brisket
1 diced carrot
½ cup diced celery
2 teaspoons salt

6 peppercorn
6 whole cloves
1 egg
½ cup dry bread crumbs

Cover meat with water. Add vegetables and seasoning. Simmer about three hours until tender. Remove from broth and place in shallow baking dish. Spread lightly beaten egg over meat. Sprinkle with crumbs and brown in oven. Serve with onion sauce.

Onion Sauce

2 tablespoons sugar
1 tablespoon lard
2 sliced onions
1 tablespoon flour

1 cup meat broth
1 teaspoon vinegar
Salt

STUFFED FLANK STEAK
A Pleasant Way to Extend the Meat

1 large flank steak
Salt

Pepper
2 cups Sausage Stuffing

Spread steak with Sausage Stuffing and roll lengthwise. Sew along the edge to hold in place. Brown on all sides in hot lard. Cover and cook in slow oven (300° F.) for one and one-half hours.

Sausage Stuffing

½ pound sausage meat
1 cup dry bread crumbs
Salt

Pepper
1 tablespoon lemon juice
1 tablespoon minced parsley

Mix all ingredients thoroughly and spread on flank steak.

SWISS STEAK WITH ONIONS
Always Wins Acclaim

3 pounds round or arm steak
¾ cup flour
1 teaspoon mustard
1 cup water

1½ teaspoons salt
¼ cup lard
2 cups sliced onions

Mix dry ingredients and pound flour into meat until all is absorbed. Brown steak slowly in hot lard. Add water and arrange onions on top of steak. Cover and cook in slow oven (300° F.) for two and one-half hours. Serve with baked potatoes.

KOHL-DOLMAR
Ground and Wrapped in a Cabbage Leaf

1 pound ground beef
½ pound ground pork
1½ teaspoons salt
½ teaspoon pepper

½ cup grated onion
½ cup raw rice
1 loose head cabbage
3 cups water

Combine meat, seasonings and rice. Shape into 12 loosely formed rolls. Remove core from cabbage and steam until leaves begin to wilt. Separate and wrap each meat roll in a leaf. Fasten with a wooden pick. Place in baking dish and cover with water. Cover and cook in a moderate oven (350° F.) for one and one-half hours or until rice is done.

SAVORY BEEF POT-PIE
High Hat Stew

2 pounds beef
3 tablespoons lard
1 cup potato balls
½ cup carrot balls

6 small white onions
Salt
Pepper
Flour

Cut beef neck or chuck into 1-inch tubes. Roll in flour seasoned with salt and pepper. Brown in hot lard. Cover with water and simmer gently for about forty-five minutes. Add vegetables. (The potatoes and carrots...
may be cubed, but cutting with a French vegetable cutter adds to their appearance.) Cook fifteen or twenty minutes or until vegetables begin to get tender. Transfer to a casserole. Top with baking-powder biscuits and put in hot oven (400° F.) to bake the biscuits.

**BEEF AND KIDNEY STEW**

*A Good Stew Is No Hardship*

- 1 pound beef neck or shank meat
- 1 beef kidney
- 1 cup sliced carrots
- 1 cup cubed potatoes
- 2 tablespoons Worcestershire
- 3 tablespoons salt
- 2 tablespoons minced parsley
- 2 tablespoons water

Remove skin and fat from kidney. Cover with cold water and bring slowly to the boiling point and drain. Cut in small pieces. Cut beef in small cubes, roll in flour and brown in fat. Place meat and kidneys in kettle. Cover with water, season with Worcestershire sauce, season with salt and pepper and cook or simmer for one hour. Add vegetables the last thirty minutes. Add parsley. Thicken with flour smoothed in water.

**PRESSED BEEF**

*Good When Pressed for Time*

- 4 pounds beef shank
- Water
- 6 cloves
- 1 medium onion
- 1 stick cinnamon
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon powdered sugar

Cover shank with water. Cook slowly with cloves, onion, cinnamon, salt and pepper, until ready to fall from the bone. Pull the meat apart with forks until finely shredded. Pack in a loaf pan. Add sage to liquid in kettle and cook down to 1 cup. Pour over the meat. Chill until firm. Serve in thin slices.

**ACCOMPANIMENTS AND EXTENDERS**

*For Variety and Economy*

**Meat Pies:** Cut biscuits in crescents and place in circles around one round biscuit in the center. Instead of a pastry or biscuit dough, top with a thin layer of cornbread batter.

**Stews:** Use the vegetables which are in season. This makes for economy and variety. Green beans, cauliflower, lima beans, peas, cabbage all have a place in the stew. Dumplings, spaghetti, macaroni, or rice may take the place of potatoes.

**Stuffings:** A well-seasoned bread stuffing is a fine extender for the roast. A crispy dressing may be cooked in one corner of the roasting pan. Or a moist dressing may be put in a small sack and placed under the roast so that it is flavored with the delicious meat juices.
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Veal for Mealtime Treats

VEAL LEG ROAST
*Available in Any Size*

Select a roast of the desired size. Season with salt and pepper and, for a different flavor, rub lightly with powdered ginger. Place on a rack in an open roasting pan. Insert meat thermometer so that bulb reaches center of largest muscle. Roast in a slow oven (300° F.) until thermometer reaches 170° F., or allow thirty to thirty-five minutes per pound. Blend flour into the drippings and add milk, water, or sour cream to make gravy.

BREADED VEAL STEAKS
*Appetite Satisfying*

2 veal steaks
Salt and pepper

Egg
Bread crumbs

Season with salt and pepper. Dip in crumbs. Let stand fifteen minutes in the refrigerator. Dip in beaten eggs and again in fine dry bread crumbs. Place in refrigerator for fifteen minutes. Brown on both sides in hot lard. Cover and cook for about thirty minutes.

PAPRIKA SCHNITZEL
*Zesty and Flavorful*

Cut 1½ pounds veal steak into serving size pieces. Season with salt and pepper and dredge well with flour. Heat 2 tablespoons lard in heavy frying-pan. Add paprika until red. Add 3 sliced onions, fry until transparent. Add meat and brown on all sides. Add ½ cup sour cream, cover and cook slowly for thirty minutes or until tender.
SAVORY VEAL STEAKS
Tender and Tempting

1½ pounds veal shoulder steaks
2 tablespoons flour
1½ teaspoons salt
1½ teaspoons dry mustard

2 tablespoons lard
2 onions
½ cup water
1 cup top milk

Buy 3 arm bone veal shoulder steaks. Mix dry ingredients and pound into meat. Brown one side in hot lard. Sprinkle with remaining flour mixture. Turn and cover with sliced onions. When second side is brown, add water, cover and simmer until tender. Remove meat to platter. Add milk to drippings, heat thoroughly and serve as sauce with meat.

ROAST STUFFED VEAL BREAST
Thrifty With a Smile

4 pound veal breast
Salt

Pepper

Apple Stuffing

Have breast bone removed from a veal breast and a pocket cut from the end. Season with salt and pepper and fill pocket with Apple Stuffing. Place on a rack in an open roasting pan and roast in a slow oven for about two and one-half hours.

Apple Stuffing

2 cups finely chopped apples
2 tablespoons butter
2 cups bread crumbs
1 teaspoon salt
½ teaspoon pepper
2 tablespoons parsley

Cook apples and parsley in butter for a few minutes. Add crumbs, seasonings and enough water to make a slightly moist dressing.

OVEN VEAL STEW
Easy One-Dish Dinner

1½ pounds veal shoulder
2 slices salt pork
1 large onion, chopped
6 small onions
2 tablespoons flour
1½ cups water
1 can condensed tomato soup
½ teaspoon pepper
¼ teaspoon paprika
1 teaspoon salt
6 medium carrots
6 medium potatoes

Remove veal from bones (using bones to make broth). Cut into two-inch cubes, cut salt pork into cubes and brown together in a frying-pan. Remove to a baking dish. Brown chopped onion in fat remaining in frying-pan. Add flour and mix well. Add water, tomato soup, salt, pepper and paprika. Cook three minutes, stirring constantly. Pour over meat. Add whole onions, potatoes, and carrots. Cover and cook in a slow oven (300° F.) for about two hours.

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MAYONNAISE VEAL LOAF

Ready for a Crowd

3 cups diced cooked veal
3 tablespoons gelatin
3 tablespoons water
1 1/4 cups hot veal stock
1/2 cup diced celery
1/2 cup sliced olives
1 cup peas
3 diced hard-cooked eggs
2 tablespoons capers
1 cup mayonnaise

Shoulder veal may be purchased for this dish or left-over veal may be used. Trim veal of any fat and cartilage. Soak gelatin in water and dissolve in meat stock. Cool. Add remaining ingredients to diced veal. When gelatin mixture begins to congeal, combine with meat mixture and pour into loaf pan or ring mold. Place in refrigerator and allow to stand until very firm. Place in the center of a large platter. Surround with potato salad in lettuce cups. Garnish with radish roses and tomatoes filled with cottage cheese and sprinkled with parsley.

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Pork for the Festive Occasion

ROAST LOIN OF PORK
Always Popular

Have backbone loosened from ribs to make carving easier. Season with salt and pepper and place with bones down in an open roasting pan. A rack is not necessary as the bones keep the meat from the drippings. Insert meat thermometer so that bulb reaches the center of the largest muscle. Roast in a moderate oven (350° F.) until meat thermometer registers 185° F.; allow about thirty minutes per pound for roasting. Pork needs to be very thoroughly cooked to bring out all its rich goodness. The pan should not be covered and no water should be added.

BAKED SMOKED HAM
For Easter Dinner or Evening Buffet

Place whole or half ham fat side up on a rack in an open roasting pan. Make an incision and insert meat thermometer so that the center of the bulb reaches the center of the largest muscle. Be sure that the bulb does not rest on either fat or bone. Do not cover and do not add water. Place in a slow oven (300° F.) and bake until done. Smoked ham is done when the meat thermometer registers 170° F. Allow about twenty-five minutes per pound for baking a whole ham and about thirty minutes per pound for a half ham. Many of the hams now on the market are done at an internal temperature lower than 170° F., and require about one-fourth less cooking time than given above. Cooking directions are enclosed with these hams and should be followed.

About forty-five minutes before ham is done, remove from the oven and take off the rind (if any). Leave enough of the rind to form a collar.

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Cut in narrow strips as shown on page 24. Spread fat surface with honey and brown sugar. Return to the oven to glaze. Decorate with cherries and garnish platter with pineapple slices.

**CUSHION SHOULDER ROAST**

*Ideal for Thanksgiving Dinner*

1 cushion shoulder  
Salt  
Pepper  
Chestnut Stuffing

A cushion shoulder is made from the fresh picnic. The hock and skin are removed, then the bones are lifted out by cutting in from one side. The edges are sewed together leaving a pocket for stuffing.

Season inside and out with salt and pepper and fill pocket with Chestnut Stuffing. Sew or skewer open side. Place roast on a rack in an open roasting pan with fat side up. Roast in a moderate oven for about three hours.

**Chestnut Stuffing**

1 quart chestnuts  
3 tablespoons butter  
1 tablespoon salt  
½ teaspoon pepper

Shell and blanch chestnuts and boil thirty minutes in water to cover until tender. Drain and rub through coarse sieve. Season with butter, salt and pepper.
OVEN COOKED PORK CHOPS
Pork for Thiamine, the Morale Vitamin

6 pork chops
\( \frac{1}{2} \) cup finely chopped ham
\( \frac{1}{2} \) cup finely chopped mushrooms
1 cup bread crumbs
\( \frac{1}{2} \) cup uncooked rice
2 tablespoons minced onions
2 tablespoons minced green pepper
\( \frac{1}{2} \) cup tomato
Salt
Pepper

Have pork chops cut thick. With a sharp knife cut a pocket one and one-half inches long on inside of each chop. Brown ham, mushrooms, onion and green pepper in a little fat. Add rice and tomatoes and 2 cups water or meat stock. Cook until rice is tender. Add bread crumbs and season with salt and pepper. Fill pocket with stuffing and brown on both sides. Cover and cook slowly for about one hour. If there is more stuffing than needed to fill chops, place it to one side in baking dish.

CROWN ROAST OF PORK
As Good as It Is Beautiful

Use the rib section of two pork loins, each having an equal number of ribs. Remove a one-inch strip from the ends of the ribs of each section. Scrape the ribs. Saw parallel to the chine bone to remove the backbone from each section. Sew ends together on outside to form a crown. Season with salt and pepper. Place roast in pan so that it stands on ends of ribs. As the meat cooks the fat will keep the bones from charring. Insert a meat thermometer so that the bulb reaches the center of the thickest muscle. Do not add water and do not cover. Roast in a moderate oven (350° F.) until done, allowing about thirty minutes to the pound, or until the meat thermometer registers 185° F. When done remove to a hot platter. Fill center of crown with buttered peas, topped with slices of carrots and place bananas around the base of the crown. Put white frills on ends of ribs.

FAMILY REUNION HAM LOAF
Will Serve Thirty Thriftily

3 pounds ground smoked ham
3 pounds ground fresh pork
3 eggs
1 large can evaporated milk
1 can condensed tomato soup
1 cup cracker crumbs

Combine all ingredients thoroughly. Pack into two meat loaf pans (five by nine inches) and bake in a moderate oven (350° F.) for two hours. Serve hot or cold with Epicurean Sauce.

Epicurean Sauce

1 pint whipping cream
\( \frac{3}{4} \) cup mayonnaise
\( \frac{1}{2} \) cup grated horseradish
2 teaspoons salt
4 teaspoons prepared mustard
\( \frac{1}{4} \) cup minced parsley

Whip cream until stiff. Fold in other ingredients until well blended. Chill.
BROILED HAM SLICE
Good News at Any Meal

Have ham sliced the desired thickness, from one-fourth to one inch. Breakfast ham is usually cut fairly thin and for lunch or dinner a slice one-half to one inch thick should be chosen.

Slash the fat edge so the slice will lie flat. Place on broiler rack and put in broiler so that the top of the ham is about three inches from the source of heat. Slow broiling is best because the ham will be juicy and tender. Brown top side, turn and brown second side. It will take about ten to fifteen minutes to broil a slice one-half inch thick and twenty to thirty minutes to broil a slice one inch thick.

The smoky fragrance and flavor of ham blends equally well with fruits and vegetables—from lusty onion to dainty pineapple and so it is easy to plan meals around ham.

FESTIVE HAM SLICE
Sugar and Spice and Everything Nice

Have ham slice cut one-inch thick. Sprinkle with brown sugar and stick with cloves. Place in shallow pan. Pour over 1/2 cup plum juice. Bake in 350° F., oven one hour. Turn once. Place one No. 2 can blue plums on ham. Return to oven for fifteen minutes.

A Crown Roast of Pork
Crown of Distinction
## 30 Answers to the Left-over Question

### 1. Veal Spread
Chop together cooked veal, raw carrot and sprig of parsley. Season and moisten with mayonnaise and lemon juice.

### 2. Escalloped Pork
Arrange in alternate layers in casserole 2 cups diced roast pork and 1-1/2 cups diced cooked cabbage. Pour over well-seasoned thin white sauce. Sprinkle with buttered crumbs and heat in 375° F., oven.

### 3. Little Meat Loaves
Chop left-over meat, moisten with milk or gravy. Cut from hard dinner rolls, scoop out center and fill with meat mixture. Replace top. Pour gravy over roll and heat in oven.

### 4. Pork à la King
Add 2 cups diced roast pork, 2 tablespoons chopped pimiento and 1/3 cup chopped cooked green pepper to 2 cups well-seasoned white sauce to which the yolk of 1 egg has been added. Heat.

### 5. Meat Stuffed Potatoes
Slice tops off baked potatoes and remove centers. Mash, season with hot milk, butter, salt and paprika. Mix with chopped cooked meat. Refill shells, dot with butter and return to oven to brown.

### 6. Pork Salad
Cut left-over pork roast in match-like pieces. Add 1 cup diced celery, salt and paprika. Toss with French dressing. Chill, drain and serve in lettuce cups with mayonnaise.

### 7. Golden Croquettes
Left-over meat takes a bow on its second appearance as crispy golden croquettes. Fry them in lard for especially good flavor.

### 8. Ham Fritters
Mix 1/2 cup ground ham, 1 cup cooked corn, 1 tablespoon minced onion, 2/3 cup flour, and 1-1/2 teaspoons baking powder. Fry in deep lard.

### 9. Breaded Roast Slices
Cut cold roast in 1/4 inch slices. Dip in catsup, then in corn flakes. Fry the slices quickly to golden brown in hot lard.

### 10. Devilled Roast Beef
Cut cold rare roast beef into thick slices. Mix dry mustard with melted butter and Worcestershire sauce. Spread over slices and broil.

### 11. Potato Nests
Shape mashed potatoes in little nests. Brush with egg and place in each tiny ball of seasoned ground meat. Brown in 350° F., oven.

### 12. Pork Savory
Chop cold, left-over pork with small onion. Add bread crumbs. Season well and fill scooped out tomatoes. Bake.

### 13. Lamb Hash
Add zest to lamb hash with 2 cups barbecue sauce for 3 cups diced meat, 4 diced potatoes, 1/4 cup grated onion.

### 14. Ham Scramble
Mix chopped cooked ham with finely minced chives. Pour on well-beaten eggs, enough for number to be served. Heat and stir.

### 15. Veal Tartlets

### 16. Quick Stew
Brown 2 cups diced cooked meat in lard. Add 2 tablespoons flour and a can of vegetable soup. Heat. Serve on hot biscuits.

### 17. Lamb Casserole
Place alternate layers of ground left-over lamb and cooked spaghetti in casserole. Add tomato sauce. Bake thirty minutes in 375° F., oven to heat and brown.

### 18. Easy Barbecue
Brown slices of cold roast or pot-roast of beef in fat. Pour over it a barbecue sauce. Bake thirty minutes at 300° F.

### 19. Cottage Pie
Place layer of mashed potatoes in baking dish. Add finely chopped and seasoned meat, moisten with gravy. Top with mashed potatoes. Bake.

### 20. Hash Cakes

### 21. Ham Salad
Combine diced ham, shredded lettuce, diced sweet pickles, celery and sweet red pepper, mayonnaise and mustard. Chill. Serve on crisp lettuce.

### 22. Corn Beef Patties

### 23. Hash De Luxe
Add a pinch of poultry seasoning and place 1/2 pound of mushrooms tossed in butter on top of baked hash, made of cooked lamb.

### 24. Creamed Ham
Heat diced ham with diced green pepper and pimiento. Combine with rich cheese sauce. Serve in noodle ring.

### 25. Meat Muffins
Combine 2 cups ground cooked ham, 1 egg and 1 cup macaroni and cheese. Bake in greased muffin pans in 375° F., oven for thirty minutes.

### 26. Sandwiches Supreme
Combine 2 cups diced roast pork, 1 chopped onion, 1 cup cooked peas, 1 cup cooked noodles, and 2 cups white sauce. Season. Bake thirty minutes at 375° F.

### 27. Economy Oven Dish
Combine chopped cooked meat, 1 chopped onion, 1 cup cooked peas, 1 cup cooked noodles, and 2 cups white sauce. Season. Bake thirty minutes at 375° F.

### 28. Mincemeat
Combine 1 cup diced celery, 1/2 cup diced cooked apples and 1/4 cup mayonnaise with 2 cups diced cold roast pork. Serve in lettuce cups.

### 29. Supper Salad
Add finely diced cooked ham to cornbread batter before baking.

### 30. Tasty Cornbread
END OF THE LOIN ROAST
Same Fine Flavor as the Center Cut

Either end of the loin makes an excellent choice for the economical roast. Being not quite so easy to carve the end roasts are not so much in demand as the center cut, but so far as tenderness and flavor go there is no difference.

Follow the directions for roasting the loin given on page 16, except that the time for roasting is about fifteen minutes more per pound.

STUFFED BAKED SPARERIBS
American Favorites Get Together

2 sections spareribs
Cornbread Stuffing
Salt
Pepper

Spread inside of one section with Cornbread Stuffing. Cover with other section and sew or skewer together. Sprinkle with salt and pepper. Place spareribs on rack in open roasting pan and roast in a moderate oven (350° F.) for one and one-half hours or until tender.

Cornbread Stuffing

2 cups soft cornbread
¾ cup milk
1 small onion, minced
4 tablespoons melted butter
½ teaspoon thyme
Salt and pepper

Cook finely minced onion in butter and add other ingredients. Mix thoroughly and cook for three minutes and spread on spareribs while hot.

CURRIED PORK CHOPS
Select Thrifty End of Loin Chops

End pork loin chops
1 tablespoon chopped onion
1 teaspoon curry powder
2 tablespoons butter
Salt
Pepper
½ cup tart apple sauce
1 cup boiling water

Brown pork chops nicely on both sides. Season with salt and pepper. Cover closely and cook slowly about forty-five minutes or until thoroughly done. Fry the onion, seasoned with curry powder. Add apple sauce and water. Simmer for ten minutes, pour over chops and serve.

COUNTRY-STYLE BACKBONES
Equally Enjoyable in the City

2½ pounds country-style
backbones
1½ teaspoons salt
Pepper
½ teaspoon poultry seasoning

Brown country-style backbones. Add seasoning, cover and cook in a moderate oven (350° F.) for about one and one-half to two hours or until well-done. Pork always requires thorough cooking at a moderate tempera-
ture to bring out the full rich flavor. Small potatoes may be added forty-five minutes before the meat is done to cook and brown in the meat juices.

PANBROILED BONELESS PIGS’ FEET
*A Savory Delicacy*

6 pigs’ feet
2 quarts cold water
1 large carrot
1 medium onion
3 sticks celery

Few sprigs parsley
Salt
3 tablespoons whole mixed spices

Cover pigs’ feet with cold water and simmer gently for about three and one-half hours or until tender enough for bones to slip out. Drain, slip out bones and press into shape with hands. Place between two platters with a weight on top and let cool overnight. Separate, dip in melted butter, then roll in fine bread crumbs. Let stand in refrigerator after patting well. Panbroil on a lightly greased skillet to a golden brown, turning frequently. Place on platter around a mound of braised red cabbage. Garnish with parsley and serve with Piquante Sauce.

**Piquante Sauce**

2 tablespoons vinegar
1 small onion
1 dill pickle
Few capers

½ teaspoon mustard
1 cup stock
1 tablespoon butter

Chop onion, pickles and capers very fine. Add vinegar, mustard and stock. Simmer until stock and vinegar are reduced to one third original volume. Strain. Stir in butter and serve.

BUTTERFLY HAM SLICES WITH BROILED ORANGES
*Easy on the Budget*

The butt end of the ham represents an economical purchase and prepared as described below will make two or more meals depending on the size of the family.

Have the retail meat dealer divide it into two pieces. The piece containing the aitch bone may be cooked with vegetables. (See next recipe). The other piece may be baked or cut into butterfly slices for broiling, panbroiling or other favorite methods. These are made by cutting double slices, that is, the first slice is cut not quite through, then when the second cut is made, the double slice is opened up into as attractive a slice of ham as one could wish and it is one of the thriftier cuts.

One very good way to serve butterfly ham slices for a company dinner is to have the slices cut fairly thick. Place one slice on a rack in an open roasting pan. Spread with well-seasoned mashed sweet potatoes. Lay the second slice over the top and fasten together with small wooden
picks. Bake in a slow oven (300° F.) for about one hour. Serve on a hot platter surrounded by Broiled Orange Halves.

Broiled Orange Halves
Cut medium size oranges in halves. Scallop the edges with a small sharp knife. Sprinkle with brown sugar and place in the broiler to brown.

HAM BUTT AND BLACK-EYED PEAS
*Famous in the South*

1 pound black-eyed peas  
Ham Butt  
3 cups boiling water  
1 teaspoon salt

Soak black-eyed peas (or split peas if more convenient) over-night in water to cover. Simmer the “boiling” piece of the ham butt, described above, in water to cover for about one hour. Add the peas and continue to cook at a simmering temperature for two hours longer.

PORK CHOP FAVORITES
*The Dressing Makes Bigger Servings*

Brown loin end chops in a small amount of lard. Place 2 tablespoons of a moist cracker crumb dressing on each pork chop. Add 1 cup milk. Cover and cook in moderate oven (350° F.) for two hours, uncovering the last thirty minutes to brown and give a crispy finish to the dressing.
ONE-DISH PORK CHOP MEAL
For the Busy Day Dinner

<table>
<thead>
<tr>
<th>6 loin end pork chops</th>
<th>4 cups cooked broad noodles</th>
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<tr>
<td>1 tablespoon lard</td>
<td>1 can tomato soup</td>
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<tr>
<td>2 teaspoons salt</td>
<td>1/2 cup water</td>
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<tr>
<td>1/2 teaspoon pepper</td>
<td>2 tablespoons grated onion</td>
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</table>

Brown chops to a golden brown in hot lard. Season with half the salt and pepper. Place noodles in a casserole. Dilute tomato soup with water and pour over noodles. Add remaining seasoning and place pork chops on top of noodles. Cover. Cook in moderate oven one and one-half hours.

FRESH PORK HOCKS AND VEGETABLES
Welcome on a Frosty Day

<table>
<thead>
<tr>
<th>2 fresh pork hocks</th>
<th>1 small red cabbage</th>
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<tr>
<td>4-6 carrots</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>4-6 potatoes</td>
<td>4 tablespoons vinegar</td>
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</table>

Have skin removed from fresh pork hocks and have the meat retailer saw them in two pieces crosswise. Cover with water and simmer gently for one to one and one-half hours. Cut cabbage into quarters and put with the other vegetables into the kettle. Continue cooking until vegetables are done. Arrange hocks in center of platter with vegetables around them.

Braised Pork Steaks for Good Eating and Economy
FRIED SALT PORK AND CREAM GRAVY
Just to Be Different

1 pound salt pork  4 tablespoons flour
Boiling water  2 tablespoons fat
1/2 cup cornmeal  from salt pork
2 tablespoons lard  2 cups milk

Have salt pork sliced one-fourth inch thick. Pour boiling water over meat and drain. Dip slices of salt pork in cornmeal and fry slowly in the hot lard until a golden brown.

To make the Cream Gravy, add flour to salt pork fat, stirring constantly. Add milk gradually until thickened.

Serve with potatoes cooked in the jackets and mild onions sliced into French dressing and allowed to marinate for an hour.

DEFENSE SCRAPPLE
Old American Favorite Up-to-Date

1 pound lean pork  1/4 cup minced parsley
1 quart water  1/2 teaspoon sage
1 1/2 cups cornmeal  1 egg
1 teaspoon salt  Cracker crumbs
1 tablespoon celery leaves,  Lard for frying
minced

Simmer meat until tender enough to slip from bones. Remove meat, cool and grind. Measure remaining liquid and add enough water to make a quart. Bring broth to boil. Add cornmeal slowly, stirring constantly. Add seasonings and meat. Pour mixture into a loaf pan and chill until set. Slice, dip in beaten egg and then in cracker crumbs. Fry in lard until the slices are crisp and nicely browned.

MORE ABOUT PORK
For Mealtime Pleasure

Bacon: Alone or in combination with other meats or with vegetables, bacon adds flavor and food value to any meal.

Bacon Waffles: Cut each bacon slice into four pieces. Put a piece in each section of waffle iron. Pour in batter and bake. The bacon may be diced and added directly to waffle batter.

Ham Shank: It is thrifty to buy a ham shank and cook it in water until very tender. Then use the meat to prepare tasty left-overs. The bone will add zest to pea or bean soup or to vegetables.

Cold Roast Pork: There is economy of time and money in cooking a roast of pork, larger than is needed for one meal. It is delicious in salad; has a company rating, creamed and served in patty cases; and it is good just sliced and served cold.
# PORK and what to serve with it

<table>
<thead>
<tr>
<th>PORK CUT</th>
<th>STARCHY FOOD</th>
<th>VEGETABLE GREEN</th>
<th>SALAD</th>
<th>DESSERT</th>
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<tr>
<td>Roast</td>
<td>Candied Sweets</td>
<td>Spinach</td>
<td>Fruit and Ginger Ale</td>
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<td>Tomato Orange and</td>
<td>Chocolate Ice Cream</td>
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<td></td>
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<td>Hot Potato Salad</td>
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<td>Pineapple and Cheese</td>
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<td>Glazed Carrots</td>
<td>Cabbage Pear</td>
<td>Cream Pie</td>
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Popular Lamb Cuts for Party Meals

LEG O'LAMB
Leads the Easter Dinner Parade

Select a French or American style leg of lamb. Do not have the fell removed. Rub well with salt and pepper and place on a rack in an open roasting pan with the skin side down and the cut surface up. Insert meat thermometer so that the bulb reaches center of the thick round of the leg, being sure the thermometer does not rest on bone. Place the roast in a slow oven (300° F.). Do not cover and do not add water. Remove from oven when the thermometer registers 180° F. It will take about thirty to thirty-five minutes per pound. Place on hot platter. Decorate end of leg bone with a paper frill. An attractive garnish for the Easter leg of lamb is pear halves, notched at the small end to make bunny ears and stuck with cloves to make their cunning faces. Place on galax leaves or surround with tufts of parsley.

SIRLOIN LAMB ROAST
When Two's Company

A sirloin lamb roast is made by cutting the loin end from the unsplit legs. The bones are removed and the meat sewed into a compact roll, weighing a little over two pounds.

Season roast with salt and pepper. Place on rack in uncovered roasting pan. Add no water. Insert meat thermometer so that bulb reaches center at larger end. Place in a slow oven (300° F.) and roast until thermometer reads 180° F., allowing about forty minutes per pound. (A small roast requires more minutes per pound than a large roast. A boned and rolled roast requires more minutes per pound than a roast with bone in.)
BROILED LAMB CHOPS
*The Hostess' Standby*

Select rib, loin, or shoulder chops. Have regulator set for broiling. Place the chops so that there is a distance of about three inches between top of chops and source of heat if broiling two-inch chops, or two inches if chops are one inch thick. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When chops are browned on one side, season, turn, and finish the cooking on the second side. Chops cut one inch thick require twelve to fifteen minutes. Chops cut one and one-half to two inches thick require eighteen to twenty-two minutes.

BROILED ENGLISH LAMB CHOPS
*Their Generous Proportions Please the Men*

An English lamb chop is made by cutting across the entire width of the unsplit loin. The chop is cut two inches thick and one-half of a lamb kidney is used with each chop. The bones are removed and the flank ends of the chop are wrapped around and skewered into place. Sometimes the kidney is enclosed in the chop or it may be placed on top.

Broil as directed above, allowing twenty-two minutes and having the chops three inches from the source of heat. If the kidney halves are
separate, they should be fried in fat and one-half placed on top of each chop after the chops have been arranged on the platter.

Planking is a very attractive service for English chops. About ten minutes before the chops are done, remove from the broiler and place on an oiled wooden plank or fireproof platter. Individual planks may be used if desired. Duchess potatoes may be piped around the edge and boiled Brussels sprouts arranged at intervals. Another attractive garnish for planked lamb chops—and a good flavor combination as well—is a border of crushed pineapple, mixed with finely chopped pimiento. Return the chops to the broiler to finish cooking. Be sure that the side of the chops which was uppermost when taken from the oven is the top side on the plank.

LAMB EN BROCHETTE
Something New for the Party Luncheon

2 pounds lamb shoulder  1 onion, minced
3 tablespoons salad oil  1 teaspoon salt
6 tablespoons lemon juice  ½ pound mushrooms

Have arm lamb chops cut three-fourths inch thick. Cut into one-inch squares. Make marinade of oil, lemon juice, onion and salt. Pour over lamb and let stand for several hours in the refrigerator. When ready to cook, drain lamb and arrange on skewers, with a mushroom cap between each two pieces of lamb. Place on broiler rack so that there are three or four inches between meat and heat. Turn frequently and broil for twelve to fifteen minutes.

PANBROILED RIB OR LOIN CHOPS
Easy Way to Cook a Few

Select rib or loin lamb chops cut one inch thick. Place in heavy frying-pan. Brown on both sides. Season with salt and pepper. Reduce temperature and turn frequently so chops will cook evenly. Pour off accumulated fat from the pan. When chops are done, remove to hot platter. Brown pineapple fingers or slices in the lamb fat and serve as a border around the chops.

ENGLISH GRILL
A Real Treat for the Hale and Hearty

For each person to be served provide 1 thick lamb chop, 1 lamb kidney, 1 slice bacon, 1 sausage and 1 thick slice of tomato. Put lamb chops on to broil first. When nicely browned and about half done, turn chops and add tomato slices, sprinkled with grated cheese, and kidneys, which have been split. Put bacon on about five minutes before chops are done. Serve with baked potato.
Thrifty Lamb Dishes to Serve with Pride

CUSHION SHOULDER ROAST
For the Budget-Minded Hostess

Have a cushion-style lamb roast prepared at the market. This thriftier cut is made by boning the square cut shoulder in such a manner that a pocket is made to be filled with stuffing. It is sewed around the edges, leaving one side open for inserting the stuffing.

Season the roast inside and out with salt and pepper. Fill loosely with Celery Stuffing. Sew or skewer the opening. Place on rack in an uncovered pan, fat side up and roast, without water in a moderate oven (300° F.) allowing about forty minutes per pound for roasting.

Celery Stuffing

1 cup finely chopped celery 1/8 teaspoon marjoram
1 tablespoon minced onion 1/8 teaspoon celery seed
1 tablespoon minced parsley Salt
1 tablespoon butter Pepper
2 1/2 cups bread crumbs Water or stock

Cook celery, onion and parsley in butter for a few minutes. Add other ingredients and enough liquid to make a slightly moist dressing. Decorate platter with mint leaves and radish roses.

STUFFED BREAST OF LAMB
Delicious, Nutritious, Economical, Too

Lamb breast Salt and pepper
2 tablespoons lard Savory Stuffing

Have breast bone removed and pocket cut into lamb breast from flank end. Sprinkle inside and out with salt and pepper. Fill with Savory Stuffing and fasten opening together with wooden picks. Brown on all sides in hot lard. Place on rack and add 1/2 cup hot water to pan. Cover and cook in a slow oven (300° F.) for about one and one-half hours.

Savory Stuffing

2 cups hot mashed potatoes 4 tablespoons minced onions
1 cup dry bread crumbs 1 egg slightly beaten
1/2 cup finely chopped salt 1 teaspoon salt
pork 1/2 teaspoon sage
2 tablespoons minced parsley

Put hot boiled potatoes through ricer so there will be no lumps. Add other ingredients and mix lightly.

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ROLLED LAMB SHOULDER ROAST
The Carvers' Delight

Have shoulder of lamb boned and rolled at the market. Place on rack in open roasting pan. Insert meat thermometer so that bulb is in center of roast. Place in slow oven (300° F.) until thermometer registers 180° F., allowing about forty to forty-five minutes per pound. (A rolled roast always takes more time per pound than one with the bone in.) For a different flavor and a delicious gravy, baste the roast several times with French dressing.

LAMB PIE WITH BISCUIT RINGS
Applause for This Encore

2 cups cooked diced lamb 1 teaspoon Worcestershire
1 onion Salt and pepper
3 tablespoons lard Pepper
1 can vegetable soup ½ cup water

Brown lamb and onion, which has been sliced into rings, in hot lard. Add soup, seasonings and water. Cover and simmer for ten minutes. Pour hot mixture into a small casserole. Cover with partly baked Pimiento Biscuit Rings, placing top side down. Finish baking in moderately hot oven (400° F.) for fifteen minutes.
Pimiento Biscuit Ring

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
4 tablespoons lard
1-3 cups chopped pimiento
4 tablespoons chopped parsley

Sift flour, measure and sift with salt and baking powder. Cut in lard until mixture is consistency of coarse cornmeal. Add pimiento and parsley to the mixture. Add milk and stir until mixture holds in a soft ball. Turn onto a floured board and knead lightly for a half minute. Roll to one-half inch thickness and cut with a 2-inch doughnut cutter. Bake on an un-greased cookie sheet in a hot oven (450° F.) for about eight minutes, remove and place on top of lamb pie. If there are more biscuits than required to cover pie, let these finish baking, about fifteen minutes.

BRAISED LAMB SHANKS
Grand With Stewed Prunes and Apricots

Lamb shanks 1 cup water
Flour 1 cup pitted cooked prunes
Salt and pepper 1 cup cooked apricots

Purchase on lamb shank for each person to be served. Season meat with salt and pepper. Dredge with flour and brown in hot lard. Place in baking dish. Rinse out browned particles with water and pour over
lamb shanks. Cover and cook in a slow oven (300° F.) for about two hours or until meat is tender. Cook prunes and diced apricots and glaze in sugar syrup. Serve on platter around lamb shanks.

**LAMB STEW WITH DUMPLINGS**

*Homey Fare for Hungry Folk*

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 pounds lean lamb shoulder</td>
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<tr>
<td>3 tablespoons lard</td>
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<tr>
<td>3 cups water</td>
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<tr>
<td>6 small carrots</td>
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<tr>
<td>6 small white onions</td>
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<tr>
<td>6 small potatoes</td>
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1 ½ teaspoons salt
Pepper
2 tablespoons chopped parsley
Paprika

Cut meat into 2-inch pieces. Brown in hot lard. Add water, cover and simmer gently until meat is tender, about two hours. Prepare the vegetables. Cut potatoes and carrots in half lengthwise or into balls with a French vegetable cutter. Add vegetables about forty-five minutes before meat is done. If carrots and potatoes are cut into balls, put them in to cook about twenty minutes before serving. Drop Tomato Dumplings on top of meat and vegetables, cover and cook for twelve minutes without removing cover. Remove stew to a hot platter, arranging the vegetables and dumplings in separate mounds around the meat. Sprinkle meat with parsley and dumplings with paprika.

**Tomato Dumplings**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 ½ cups flour</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1 tablespoon baking powder</td>
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<td>1 egg</td>
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<tr>
<td>1 tablespoon lard</td>
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<tr>
<td>½ cup tomato juice</td>
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Sift flour, measure and sift again with salt and baking powder. Beat egg until light. Add melted lard and tomato juice. Combine liquid with flour, stirring only until flour disappears.

**PLANKED LAMB LOAF**

*Thrift in Attractive Guise*

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 pounds ground lamb</td>
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<td>1 egg</td>
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<tr>
<td>1 cup cracker crumbs</td>
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<tr>
<td>2 tablespoons minced parsley</td>
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<tr>
<td>2 tablespoons minced onion</td>
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</table>

1 tablespoon minced green pepper
Salt and pepper
Milk

Combine ingredients, using just enough milk to moisten. Place on a wooden plank or fire proof platter. Shape into an oval about two inches thick. Bake in a slow oven (300° F.) for one hour.

In the meantime, boil 6 medium potatoes. Cook 6 medium onions gently to retain shape. Remove meat from the oven. Pipe the potatoes, which have been mashed and seasoned, in a border around the outside of the plank or platter. Arrange the onions on each side of the loaf and place 6 thick slices of tomatoes at the ends of the loaf. Return to the oven for about fifteen minutes to brown the vegetables and cook the tomatoes.
SHOULDER CHOPS WITH VEGETABLES

A Whole Meal Cooked in the Broiler

Shoulder lamb chops 1 can tomato soup
2 tablespoons grated onion Salt
1 tablespoon lard Pepper
2 cups boiled rice 1 No. 2 can green beans

Have required number of shoulder lamb chops cut one inch thick. Brown onion in lard. Add rice, tomato soup and seasoning. Place in broiler pan. Drain beans and arrange around edge. Place chops on broiler rack over rice and vegetables. Insert broiler rack and pan so that there are three inches between top of meat and source of heat. When chops are nicely browned on top side, season and turn. Brown other side. Only one turning is necessary. It will take approximately twelve to fifteen minutes to broil the chops cut one inch thick.

RAGOUT OF LAMB IN RICE RING

Nourishment and Flavor Aplenty

2 pounds lamb shoulder 2 teaspoons salt
2 cups canned tomatoes 1/2 teaspoon pepper
1 small onion, minced 1 1/2 cups cold water
1/3 cups cold water
3 tablespoons flour

Trim meat neatly and cut into 1-inch cubes. Place bones and trimming in cold water and simmer gently for about thirty minutes. Strain. Brown meat in hot lard, then place in large baking dish. Add tomatoes, onion, pepper, salt and broth in which bones were simmered. Cover dish and cook in a slow oven (300° F.) for one and one-half hours. If desired, 2 cups diced carrots or 2 cups green peas may be added to meat during last thirty minutes of cooking.

Rice Ring

1 cup raw rice 3 tablespoons melted butter
1 teaspoon salt Pepper
1 egg yolk

Add the rice and salt to 2 quarts boiling water. Boil exactly twenty minutes. Drain off the water. Pour cold water through rice in a sieve. Butter a ring mold thoroughly. Mix the beaten egg and a little pepper with the rice and press very firmly into the mold. Set the mold in a pan of water and bake in the oven for twenty-five or thirty minutes. Unmold onto a heated platter and fill center with the meat. Thicken the gravy with flour smoothed in water. Let come to a boil and pour over the ragout.

SAUCES TO SERVE WITH LAMB

For That Mealtime Sparkle

Caper Sauce: Add 1/2 cup capers and 1/2 teaspoon onion juice to 1 cup hot white sauce made with water or broth as the liquid. A little of the caper vinegar may be added. Heat one minute and serve.
Cucumber Sauce: Chop 3 medium cucumbers and one small onion very fine. Season to taste with salt, cayenne, vinegar and celery seed. Chill. Excellent with cold roast lamb.

Curry Sauce: Mash the yolks of 2 hard-cooked eggs with 1 teaspoon curry powder. Add gradually 1 cup salad oil and ½ cup tarragon vinegar. Stir until very smooth and keep in a cool place.

East Indian Sauce: Chop very fine the leaves only from 12 stalks of fresh mint. Rub to a paste with a little lemon juice. Remove seeds from a large green pepper, chop it very fine and rub it to a paste with lemon juice. Mix the mint and pepper pastes and add 1 teaspoon of sugar and more lemon juice, stirring until the sauce is a thick, green liquid. Should be served at once.

Currant Sauce: Cook 1 cup dried currants with 5 whole cloves in 3 cups boiling water until soft enough to mash, about thirty-five minutes. Remove from heat, add ½ cup vinegar and 4 tablespoons brown sugar. Return to heat and cook until thick, about forty minutes. Good hot or cold.

LAMB and what to serve with it

<table>
<thead>
<tr>
<th>LAMB CUT</th>
<th>STARCHY FOOD</th>
<th>GREEN VEGETABLE</th>
<th>SALAD</th>
<th>DESSERT</th>
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<tbody>
<tr>
<td>Roast</td>
<td>Browned Riced Potatoes</td>
<td>New Peas Baked Onions</td>
<td>Jellied Fruit Minted Pineapple</td>
<td>Raspberry Sherbet Berry Pie</td>
</tr>
<tr>
<td>Chops</td>
<td>Creamed Browned Potatoes</td>
<td>Baby Limas Carrots and Peas</td>
<td>Cranberry and Orange Fresh Fruit</td>
<td>Date Tapioca Cream Pie</td>
</tr>
<tr>
<td>Stuffed Breast</td>
<td>Mashed Rice Stuffed Green Pepper</td>
<td>Creamed Turnip Fritter-Fried Egg Plant</td>
<td>Jellied Grapefruit Apple and Date</td>
<td>Peach Cobbler Banana Fritters</td>
</tr>
<tr>
<td>Braised Shanks</td>
<td>Pearl Barley Broad Noodles</td>
<td>Harvard Beets Celery Croquettes</td>
<td>Endive Grape and Cucumber</td>
<td>Brown Betty Butterscotch Pie</td>
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<tr>
<td>Loaf</td>
<td>Buttered Noodles Wild Rice</td>
<td>Wax Beans Scalloped Egg plant</td>
<td>Minted Pear Carrot Sticks</td>
<td>Chilled Melon Cranberry Pie</td>
</tr>
</tbody>
</table>

Page Thirty-six
Everyone is familiar with the popular roasts, chops and steaks, whether of beef, veal, pork or lamb. But the thriftier cuts offer to the kitchen budgeteer a marvelous chance to stretch her food dollar to the full extent and at the same time serve nutritious and appetizing meals. The table below will help the homemaker to know the thriftier cuts.

<table>
<thead>
<tr>
<th><strong>Beef</strong></th>
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<th><strong>Pork</strong></th>
<th><strong>Lamb</strong></th>
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<tbody>
<tr>
<td>Blade Pot-roast</td>
<td>Arm Steaks</td>
<td>Shoulder Steaks</td>
<td>Shoulder Roast</td>
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<tr>
<td>Arm Pot-roast</td>
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<td>Shoulder Roast</td>
<td>Shoulder Chops</td>
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<tr>
<td>Neck</td>
<td>Shoulder Roast</td>
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<td>Breast</td>
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<tr>
<td>Short Ribs</td>
<td>Breast</td>
<td>Smoked Shoulder</td>
<td>Riblets</td>
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<td>Plate</td>
<td>Riblets</td>
<td>Ham Shank</td>
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<tr>
<td>Brains</td>
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<td>Heart</td>
<td>Heart</td>
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*Page Thirty-seven*
SAUSAGES

FRANKFURTER SALAD BOWL
Sunday Supper Special

1 1/2 cups sliced frankfurters  3/4 cup French dressing
1 No. 2 can kidney beans  1 head lettuce
3/4 cup sliced sour pickles  1/2 large sliced mild onion

Skin the frankfurters and slice. Drain kidney beans. Add meat, sour pickles and 1/2 cup French dressing. Chill. Wash lettuce, separate leaves and break into pieces. Place alternate layers of the frankfurters and bean mixture and lettuce and onion in a shallow salad bowl. Pour over the remaining French dressing.

TOASTED SAUSAGE CRISP
Fine for a Taste-Tempting Snack

Provide 3 pork sausages for each person to be served and as many thin slices of bread as there are sausages. Place sausages in a cool frying-pan with a little water. Cover and cook for several minutes until water evaporates. Remove cover and brown. Roll each sausage in a slice of bread from which crust has been cut. Fasten with picks and toast under the broiler.

PORK LINK LOAF
For the Hurry-Up Meal

Place sausage links in cold frying-pan. Add water, cover and cook until water evaporates. Remove cover and brown. Line bottom of loaf pan with wax paper. Stand the links around the sides of the pan. Combine macaroni with a well-seasoned cheese sauce and pour into the pan. Bake in a moderate oven (350° F.) for thirty minutes.

SAUSAGE ’N’ SQUASH
Savory and Satisfying

Divide sausage into 8 portions. Wash the squash. Split lengthwise and remove seeds. Sprinkle with salt and pepper. Fill squash with sausage. Place in a flat baking pan and bake in a moderate oven (350° F.) for one to one and one-half hours or until squash is tender.
SPECIALTIES

BRAISED LIVER AND VEGETABLES
Storehouse of Natural Vitamins

1½ pounds sliced liver
Flour
8 tablespoons bacon drippings
6 carrots
2 green peppers
6 small onions
Salt and pepper
½ cup water

Wash liver, dry and dredge with flour. Brown in hot drippings. Clean and dice vegetables. Arrange in mounds on pieces of liver. Season, add water and cover. Simmer gently for about forty-five minutes or until vegetables are tender, adding more water if necessary.

KIDNEY AND BACON LOAF
Famous Food Affinities in New Role

1 pound beef kidneys
1 cup milk
8 slices bread
⅛ cup bacon drippings
2 eggs
1 No. 1 can pimientos
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons grated onion
½ teaspoon powdered sage
Sliced bacon

Wash kidneys in cold water. Drain and trim. Grind, including internal fat. Soak bread in milk. Combine all ingredients except bacon. Line bottom of pan with slices of bacon. Pack loaf mixture firmly into pan. Bake in a moderate oven (350° F.) for one and one-half hours.

VEAL HEARTS WITH NOODLES
A Thrifty Dish With Flavor Plus

3 veal hearts
Flour
2 tablespoons lard
8 small onions
1½ cups water
Salt
Pepper
½ pound noodles

Cut hearts in half and wash well. Dredge with flour and brown in hot lard. Add onions, water and seasonings. Cover and simmer for two hours or until tender. Cook noodles in boiling salted water. Drain, season and place on chop platter. Arrange hearts on noodles and pour over the liquid in which hearts are cooked.

Beef, pork or lamb hearts may be used instead of veal, if desired. One beef heart will serve the average family. A lamb heart will make a good individual serving; a pork heart will serve one to two, and a veal heart will serve two. Heart is good stuffed with a well-seasoned bread dressing and then braised.
# VITAMINS

## Common Foods as Sources of Vitamins

<table>
<thead>
<tr>
<th>Food</th>
<th>A (Thiamine)</th>
<th>B (Riboflavin)</th>
<th>C (Nicotinic Acid)</th>
<th>D (Ascorbic Acid)</th>
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</thead>
<tbody>
<tr>
<td>LIVER</td>
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<tr>
<td>KIDNEYS</td>
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<td>SWEETBREADS</td>
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<td>BRAINS</td>
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<td>BEEF</td>
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*Not determined but present in small amounts. †A portion of the vitamin C is destroyed in cooking. §Evaporated milk diluted with an equal amount of water has the same value as pasteurized milk.

(1) Thiamine: 1 microgram = 1⁄₂ International Unit
(2) Riboflavin: 1 microgram = 1⁄₅ Sherman-Bourquin Unit
(3) Ascorbic Acid: 1 milligram = 1⁄₂₀ International Units

Recent research has proved that meat and meat products are among the most important food sources of essential vitamins. The above chart gives the very latest authentic information on vitamins in common foods.

PRINTED IN U.S.A.
MEAT for
natural vitamins
complete protein
essential minerals
(iron - copper - phosphorus)
Every Day