ABOUT THE MEAT BOARD

The National Live Stock and Meat Board is a non-profit service organization, supported by and representing the entire livestock and meat industry.

The Board's purpose is to . . .

- Initiate, sponsor and encourage scientific research on the place of red meat in the diet and its relation to health;

- conduct a continuous and far-reaching program of education and information about beef, veal, pork, lamb and associated meat products; and

- assist all segments of the livestock and meat industry in presenting a constantly-improved meat product to the American public.
**Round Steak Superb**

1 beef round steak, cut 1 inch thick  
1/3 cup flour  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
3 tablespoons lard or drippings  
1/3 cup water  
3/4 cup chopped onion  
2 packages (10 1/2 ounces each) mixed frozen vegetables  
1/2 teaspoon salt

Cut meat into 6 individual servings. Combine flour, 1 1/2 teaspoons salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Pour off drippings. Add water and chopped onion. Cover and bake in a slow oven (300° F.) 2 hours. Separate frozen vegetables, if necessary. Remove cover and place mixed vegetables in liquid under meat. Cover, return to oven and continue cooking 20 minutes or until vegetables are done. 6 to 8 servings.

**Traditional Pot-Roast**

4 to 5-pound beef blade pot-roast  
1/4 cup flour  
2 teaspoons salt  
1/2 teaspoon pepper  
3 tablespoons lard or drippings  
1 can (10 1/2 ounces) condensed onion soup  
1 bay leaf  
6 medium carrots

Combine flour, salt and pepper. Dredge meat with seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add onion soup and bay leaf. Cover tightly and simmer for 2 1/2 hours. Add carrots. Cover tightly and continue simming 30 to 40 minutes or until meat is tender and carrots are done. Remove meat, carrots and bay leaf and thicken liquid with remaining flour for gravy, if desired.
Company Casserole

2 pounds ground beef
1 package (8 ounces) noodles
1/2 cup chopped onion
1/4 cup chopped green pepper
1 tablespoon lard or drippings
1 1/2 teaspoons salt
1/8 teaspoon pepper
1 can (8 ounces) tomato sauce

1 can (4 ounces) mushrooms
1/2 cup chopped green pepper
2 packages (3 ounces each) cream cheese
1/3 cup milk
2 teaspoons lemon juice
1/4 teaspoon garlic salt
1 teaspoon Worcestershire sauce

Cook noodles according to directions on package. Brown ground beef, onions and green pepper in lard or drippings. Pour off drippings. Add salt, pepper, tomato sauce and mushrooms and liquid to meat mixture. Combine the cream cheese, milk, lemon juice, garlic salt and Worcestershire sauce and mix until smooth. Add the noodles to the cream cheese mixture. Alternate layers of noodles and meat mixture in a 2 1/2-quart casserole. Bake in a moderate oven (350° F.) 25 to 30 minutes. 6 to 8 servings.

Whether a steak, pot-roast or left-over meat in hash, you can be sure of the same outstanding nutritive values.

Pot-Roast Caprice

3 to 4-pound beef sirloin tip, rump, blade or arm pot-roast
2 tablespoons lard or drippings
2 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup water
1/2 cup apple juice
2 whole onions
4 whole cloves
1 1/2 cups dried prunes

Brown meat in lard or drippings. Pour off drippings. Season with salt and pepper. Add water, apple juice, onions and whole cloves. Cover tightly and simmer 2 hours. Add prunes and continue cooking 1 to 1 1/2 hours or until meat is tender and prunes are done. Remove meat, prunes and onions and thicken liquid for gravy.
Broiled Porterhouse or Sirloin Steak

Beef porterhouse or sirloin steak, cut 1 to 2 inches thick

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 to 3 inches from the heat and 2-inch steak is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 40 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

"Warm weather" or not, meat's complete protein, essential B-vitamins and minerals are as necessary in the diet as ever.

Boston Meat Balls

1 1/2 pounds ground beef
2 slices bread
1/2 cup milk
1 teaspoon salt
1 teaspoon onion salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
2 tablespoons lard or drippings

2 cans (16 ounces each) pork and beans
2 tablespoons flour
1 can (16 ounces) whole cranberry sauce
1 medium onion, sliced very thin

Break bread. Pour milk over bread and mix. Add ground beef, salt, onion salt, pepper and dry mustard. Mix well. Shape into 16 meat balls using a heaping tablespoon for each. Brown in lard or drippings. Pour off drippings. Combine pork and beans and flour. Add cranberry sauce and mix well, being careful not to crush beans. Alternate layers of beans, onion and meat balls in a 2 1/2-quart casserole. Bake uncovered in a moderate oven (350° F.) 50 minutes. 6 to 8 servings.
**Beef Biscuit Squares**

- 1 1/2 pounds ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons lard or drippings
- 3/4 teaspoon salt

1/4 teaspoon pepper
1 egg
1/4 cup milk
1 can (11 ounces) cheese soup
1/4 teaspoon soda
2 cups Homemade Biscuit Mix (see recipe page 36)
1/2 cup buttermilk

Brown ground beef, onion, celery and green pepper in the lard or drippings. Pour off drippings. Add salt, pepper, egg, milk and cheese soup. Add soda to Homemade Biscuit Mix. Add milk and mix until ingredients are moistened. Divide dough in half. Roll dough into an 8 x 8-inch square for top crust. Pat remaining half of dough in bottom of ungreased baking pan. Pour ground beef mixture over patted dough. Place top crust over meat mixture. Bake in a hot oven (400° F.)* 30 minutes. 6 to 8 servings.

*If a glass square cake dish is used, reduce oven temperature to 375° F.

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**Beef Brisket-Ginger Gravy**

- 3 to 4-pound beef brisket
- 1/4 cup flour
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon thyme

3 tablespoons lard or drippings
1/2 cup water
2 tablespoons lemon juice
3 medium onions, sliced 1/4 inch thick
1/3 to 1/2 cup water

Combine flour, salt, pepper, ginger, cloves and thyme. Dredge brisket in seasoned flour. Save remaining flour for thickening gravy. Brown brisket on all sides in lard or drippings. Pour off drippings. Add 1/2 cup water, lemon juice and sliced onions. Cover tightly and simmer 3 to 3 1/2 hours or until tender. Remove brisket and measure cooking liquid. Add water to cooking liquid to make 3 cups. Thicken with remaining seasoned flour to which 1/3 to 1/2 cup water is added to make a smooth liquid. Add flour mixture to cooking liquid. Cook, stirring constantly, until boiled and thickened. Serve with brisket.
**Pot-Roast a la Dill**

3 to 4-pound beef arm pot-roast  
1/3 cup flour  
2 teaspoons salt  
2 teaspoons paprika

Combine flour, salt and paprika. Dredge pot-roast in seasoned flour. Brown in lard or drippings. Pour off drippings. Add water and dill seed. Cover tightly and simmer 3 to 3 1/2 hours or until tender. Remove meat from pan. Use remaining seasoned flour for thickening gravy.

**French Fried Liver**

1 pound beef or pork liver, sliced 1/2 inch thick  
1/3 cup flour  
1/2 teaspoon salt

Cut liver into strips about 1/2-inch wide, using kitchen shears. Combine flour, salt and pepper. Dredge liver in seasoned flour. Fry in lard (350°F) until brown, about 3 minutes. Drain on absorbent paper. 4 to 6 servings.

*A powerhouse of all essential nutrients — protein, minerals and vitamins — it's your choice!*

**Liver and Mushrooms**

1 pound beef or pork liver, sliced 1/2 inch thick  
2 tablespoons flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons lard or drippings

1 can (4 ounces) mushroom stems and pieces  
1 tablespoon soy sauce  
1/4 teaspoon ground coriander  
1/2 teaspoon parsley flakes  
1/4 cup water

Combine flour, salt and pepper. Dredge liver in seasoned flour. Brown in lard or drippings. Pour off drippings. Add mushrooms and liquid, soy sauce, coriander, parsley flakes and water. Cover tightly and simmer 20 minutes. 4 servings.
Veal Viennese

2 pounds veal round steak, cut 1/2 inch thick
1/4 cup flour
1/2 teaspoon salt
1 teaspoon paprika
3 tablespoons lard or drippings
1 can (16 ounces) onions, drained
1 can (10 1/2 ounces) condensed celery soup

Cut each of the veal round steaks into 3 pieces. Combine flour, salt and paprika. Dredge veal in seasoned flour. Brown in lard or drippings. Pour off drippings. Place veal in a shallow 2-quart baking dish. Add onions. Combine 1/2 can celery soup with water and heat in frying-pan in which meat was browned. Pour over meat. Bake in a moderate oven (350° F.) 45 minutes to 1 hour or until done. To Homemade Biscuit Mix, add celery seed and poppy seed. Mix well. Add milk. Mix until all ingredients are moistened. Spoon over veal. Mix bread crumbs and butter and sprinkle over Biscuit Mixture. Bake in a moderate oven (375° F.) 15 to 20 minutes. Heat remaining celery soup with sour cream and serve over meat and dumplings. 6 servings.

"Weight-watchers" — there are 8 different cuts of cooked veal averaging 200 calories for a 3 1/2 ounce serving.

Standing Ribs of Beef

2 to 3-rib beef standing rib roast

Salt
Pepper

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. The meat thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well done.
**Beef Picnic Sandwich**

- 2 pounds ground beef
- ¾ cup crushed cracker crumbs
- ½ cup tomato juice
- 2 eggs, beaten
- 1 package (1½ ounces) dehydrated onion soup

Combine cracker crumbs, tomato juice, eggs and onion soup. Mix well. Add ground beef and blend all ingredients. Pack into an 8 x 4-inch loaf pan. Divide meat loaf mixture with a spatula into 8 slices. Bake in a slow oven (300° F.) 1½ hours. Let meat stand 10 minutes while bread heats. Cut Vienna bread, almost through, into ½-inch slices. Combine butter and garlic powder. Beginning with the first cut, butter one side of bread, continue buttering one side of bread of each pair of slices. Wrap loaf of bread in aluminum foil and heat 10 minutes. Slice each of the 8 slices of meat loaf again making a total of 16 slices. Place a slice of meat loaf and a piece of tomato between each pair of slices of bread. Separate “pairs” by cutting through bread. 8 servings.

**Veal ’Round the World**

- 2 pounds veal round steak or cutlets, cut ½ inch thick
- ⅓ cup flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 tablespoons lard or drippings
- 1 beef bouillon cube
- ½ cup hot water
- ¼ teaspoon garlic salt
- 2 tablespoons soy sauce
- 2 medium onions, sliced thin
- ¼ cup butter or margarine
- ½ pound fresh mushrooms, sliced
- ¼ cup sliced stuffed olives

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Dissolve bouillon cube in water. Add bouillon, garlic salt, soy sauce and onions. Cover tightly and simmer 30 minutes. Melt butter or margarine and cook mushrooms in it for 5 minutes. Add mushrooms last 5 minutes of cooking time. Add olives before serving. 6 to 8 servings.
**Tower Veal Salad**

2 pounds boneless veal shoulder, in one piece
Water to cover
1 teaspoon salt
1 can (16 ounces) jellied cranberry sauce
1 jar (1 pound 1 ounce) fruits for salad
1 avocado, cut in strips
1 cup pineapple chunks

Cover veal with water. Add salt and simmer for 2 hours, or until tender. Drain veal and save 1 cup cooking liquid. Cool and dice cooked veal. Chill jellied cranberry sauce, fruit salad, avocado and pineapple chunks. Heat cooking liquid from veal and add beef bouillon cubes. Stir until well mixed. Soften gelatin in cold water and combine with hot buillon. Cool until mixture begins to thicken. Add lemon juice, mayonnaise, celery, grapes, veal cubes and salt. Mix well. Pour into a 1 1/2-quart oiled mold. Chill. Cut jellied cranberry sauce into 8 servings. To serve, arrange fruit and cranberry slices around veal salad mold. Sprinkle almonds over the salad. 8 servings.

Meat as the basis of the meal, makes a healthy and happy family.

**Beachcomber Casserole**

2 pounds ground beef
1 package (8 ounces) shell macaroni
1 cup chopped onion
1 cup chopped green pepper
2 tablespoons lard or drippings

1 1/2 teaspoons salt
1/8 teaspoon pepper
1 can (8 ounces) whole kernel corn, drained
2 cans (10 1/2 ounces each) condensed tomato soup
1/2 cup chopped ripe olives

Cook shell macaroni according to directions on package. Brown meat, onion and green pepper in lard or drippings. Pour off drippings. Combine meat mixture, salt, pepper, macaroni, corn, tomato soup and ripe olives. Place in a 2 1/2-quart casserole. Bake in a moderate oven (350° F.) 30 minutes. 8 to 10 servings.
Modern Day Pork Roast

4 to 6-pound boneless pork loin roast, rolled and tied
Salt
Pepper

Season roast with salt and pepper. Place roast on rack in open roasting pan. Do not add water. Do not cover. Roast in a moderate oven (350° F.) for 1 1/2 hours, turn, insert meat thermometer so bulb reaches center of thickest part. Continue roasting 1 1/2 to 2 hours or until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on hot platter.

Rotisserie cooking. Season roast with salt and pepper. Insert spit lengthwise through exact center of roast using forks or prongs on spit to hold meat in place. Insert spit in oven and cook according to instructions with rotisserie. Place broiler pan, without rack, below meat to catch drippings. Roast at a moderate temperature (350° F.) allowing 25 to 35 minutes per pound or until done. If meat thermometer is used, insert the bulb until it reaches the center of the thickest part and roast until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on hot platter.

"Weight-watchers" — there are 7 different cuts of cooked pork under 250 calories per 3 1/2 ounce serving.

Baked Ham

12 to 14-pound ham

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer, so the bulb reaches the center of the thickest part and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting.
Smoked Pork Shoulder Butt
Apricot Glaze

2 to 4-pound smoked pork shoulder butt
Water
1 small onion, sliced
3 whole cloves
5 whole black peppers

Cover meat with water. Add onion, cloves, black peppers and cinnamon sticks. Cover tightly and simmer 1 1/2 hours. Remove meat and place on a rack in open roasting pan. Combine apricot preserves, dry mustard and orange rind. Spread over top of meat. Bake in a slow oven (300° F.) 25 minutes. Serve hot or chilled. 6 servings.

Pork is the best source of thiamine — for healthy nerves.

Savory Scalloped Pork Chops

6 pork loin chops, cut 3/4 inch thick
1 1/2 tablespoons prepared mustard
2 tablespoons lard or drippings
5 cups potatoes, sliced thin
1 can (10 1/2 ounces) condensed mushroom soup
1 cup milk
1/2 cup chopped celery
1 tablespoon instant minced onion
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon ground coriander

Spread pork chops lightly with prepared mustard and brown in lard or drippings. Pour off drippings. Arrange browned chops alternately with sliced potatoes in a 2 1/2-quart casserole. Combine soup, milk, celery, minced onion, salt, pepper and coriander in frying-pan in which meat was browned. Pour soup mixture over potatoes and chops. Cover and bake in a moderate oven (350° F.) 1 1/2 hours. 6 servings.
**Pork Maikai**

- 2 1/2 pounds boneless pork shoulder, cut into 1-inch cubes
- 2 tablespoons lard or drippings
- 1 can (4 ounces) mushroom stems and pieces
- 1/2 teaspoon salt
- 1 can (1 pound 4 1/2 ounces) pineapple chunks

Brown the pork cubes in lard or drippings. Cover and simmer 15 minutes, stirring occasionally. Pour off drippings. Drain mushrooms and save liquid. Add enough water to the mushroom liquid to make 1/2 cup liquid. Add mushroom liquid and salt to meat. Cover tightly and simmer 30 minutes. Drain pineapple and save juice. Add water, if necessary, to pineapple juice to make 1 cup. Combine cornstarch, soy sauce, vinegar and pineapple juice. Pour over meat mixture. Mix well and cook until thickened. Drain water chestnuts. Cook pepper strips 5 minutes in 1/2 cup boiling water to which 1/8 teaspoon salt has been added. Drain. Add pineapple, water chestnuts, mushrooms and onions to meat. Cover tightly and simmer 15 to 20 minutes or until meat is tender and vegetables are done. Fold in cooked pepper strips. Serve over rice or Chinese noodles, if desired. 6 to 8 servings.

**Breaded Pork Blade Steaks**

- 4 to 6 pork blade steaks, cut 3/4 inch thick
- 1/4 cup lard or drippings
- 3 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 egg, beaten
- 1 tablespoon milk
- 1/2 cup dry bread crumbs
- 1 medium onion, sliced

Combine flour, salt and pepper. Combine egg and milk. Dredge pork steaks in seasoned flour. Dip steaks in egg mixture, then into bread crumbs. Pat crumbs firmly on steaks. Brown steaks in lard or drippings. Pour off drippings. Add onion rings. Cover tightly and cook slowly 1 hour or until done. 4 to 6 servings.
Sunrise Lamb Chops

4 lamb blade chops, cut ¾ inch thick
2 tablespoons lard or drippings
1 teaspoon salt
¼ teaspoon pepper
4 orange slices, cut ⅛ inch thick
¼ cup brown sugar
¼ cup orange juice
¼ cup lemon juice
¼ cup water

Brown lamb chops in lard of drippings. Pour off drippings. Season with salt and pepper. Place an orange slice on each chop. Combine brown sugar, orange juice, lemon juice and water and pour around chops. Cover tightly and simmer 50 to 60 minutes or until meat is tender. 4 servings.

"Weight-watchers" — there are 3 different cuts of cooked lamb under 250 calories per 3½ ounce serving.

Lamb Shanks and Zucchini

4 lamb shanks
2 tablespoons lard or drippings
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon thyme
¾ teaspoon oregano
¼ teaspoon mint leaves
2 cloves garlic, minced
2 tablespoons lemon juice
½ cup water
2 medium zucchini squash, sliced
3 medium tomatoes, peeled
2 cups cooked rice
Parmesan cheese

Brown lamb shanks in lard or drippings. Pour off drippings. Season with salt and pepper. Combine thyme, oregano, mint leaves, garlic, lemon juice and water and pour over lamb shanks. Cover tightly and simmer 1½ hours. Add squash and whole tomatoes. Cover tightly and continue simmering 15 minutes. Serve on rice and sprinkle with Parmesan cheese. 4 servings.
**Lamb and Barley Ragout**

2 pounds boneless lamb shoulder, cut into 1-inch cubes

1/4 cup flour

2 1/2 teaspoons salt

1/4 teaspoon pepper

3 tablespoons lard or drippings

3 cups water

1 bay leaf

Combine flour, salt and pepper. Dredge lamb in seasoned flour and brown in lard or drippings. Pour off drippings. Add water, bay leaf, Worcestershire sauce and garlic. Cover tightly and simmer 1 hour. Add barley, carrots, onion and celery. Cover tightly and simmer 30 minutes. Separate frozen peas, if necessary. Add peas, cover and simmer 15 minutes or until tender. 6 to 8 servings.

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You never outlive your need for the high quality protein of meat.

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**Lamb Chops Ceylon**

6 lamb shoulder chops, cut 3/4 inch thick

2 tablespoons lard or drippings

3/4 cup chutney

1 tablespoon lime juice

1 teaspoon curry powder

1/4 teaspoon ginger

1/4 teaspoon crushed dried mint

1/4 cup water

1/4 cup raisins

Brown lamb chops in lard or drippings. Pour off drippings. Combine in saucepan, chutney, lime juice, curry powder, ginger, dried mint, water and raisins. Cook slowly, stirring constantly until well mixed, about 5 minutes. Pour over the browned lamb chops. Cover tightly and simmer 45 minutes or until tender. 6 servings.

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Lamb is a good source of niacin — the B vitamin necessary for a clear and healthy skin.
Picture Lamb Chops

6 lamb sirloin chops, cut 
3/4 inch thick
2 cans (15 ounces each) new potatoes
2 tablespoons melted butter or margarine
1 1/2 teaspoons paprika
3 tomatoes, cut in half
1 1/2 teaspoons parsley flakes

Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so the top of the chops is 2 to 3 inches from the heat. Broil about 6 minutes, season and turn. Brush potatoes with butter and sprinkle with paprika. Sprinkle tomato halves with parsley flakes. Arrange potatoes and tomato halves on rack of broiling pan with lamb chops. Broil for 6 to 8 minutes or until chops are done and vegetables are heated through. Serve hot. 6 servings.

Leg of Lamb

5 to 6-pound lamb leg
Salt
Pepper

Do not have the fell removed from the leg of lamb. Season. Place skin side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) 2 1/2 to 3 1/2 hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Allow 30 to 35 minutes per pound for roasting.

Freezing Meat

<table>
<thead>
<tr>
<th>Meat</th>
<th>Maximum Storage Time*</th>
</tr>
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<tbody>
<tr>
<td>Beef</td>
<td>6 to 12 Months</td>
</tr>
<tr>
<td>Lamb and Veal</td>
<td>6 to 9 Months</td>
</tr>
<tr>
<td>Fresh Pork</td>
<td>3 to 6 Months</td>
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<tr>
<td>Ground Beef and Lamb</td>
<td>3 to 4 Months</td>
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<tr>
<td>Ground Pork</td>
<td>1 to 3 Months</td>
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*This range in maximum storage time reflects differences in recommendations of various authorities using meat from different sources.
Meat Cuts and How to Cook Them

**LAMB CHART**

<table>
<thead>
<tr>
<th>Retail Cuts</th>
<th>Wholesale Cuts</th>
<th>Retail Cuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg of Lamb</td>
<td>(Three cuts from one leg)</td>
<td>American Leg</td>
</tr>
<tr>
<td>- Roast - Broil, Panbroil, Panfry - Braise, Roast</td>
<td>-</td>
<td>Boneless Sirloin Roast</td>
</tr>
<tr>
<td>Crown Roast</td>
<td>-</td>
<td>Frenched Leg Roast</td>
</tr>
<tr>
<td>-</td>
<td>- Broil, Panbroil, Panfry</td>
<td>-</td>
</tr>
<tr>
<td>Rib Chops</td>
<td>-</td>
<td>Loin Chop Roast</td>
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<tr>
<td>Frenched Rib Chops</td>
<td>-</td>
<td>English Chop Roast</td>
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<tr>
<td>Square Cut Shoulder</td>
<td>- Broil, Panbroil, Panfry</td>
<td>Rolled Loin Roast</td>
</tr>
<tr>
<td>Arm Chop</td>
<td>-</td>
<td>Patties Roast (Bake)</td>
</tr>
<tr>
<td>Broil, Panbroil, Panfry</td>
<td>-</td>
<td>Riblets Braise or Cook in Liquid</td>
</tr>
<tr>
<td>Blade Chop</td>
<td>-</td>
<td>Stew Meat</td>
</tr>
<tr>
<td>Roast</td>
<td>- Brail, Panbroil, Panfry</td>
<td>Rolled Breast Braise or Roast</td>
</tr>
<tr>
<td>Cushion Shoulder</td>
<td>-</td>
<td>Breast Braise or Roast</td>
</tr>
<tr>
<td>Roast</td>
<td>-</td>
<td>Shanks Braise or Cook in Liquid</td>
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<tr>
<td>Saratoga Chops</td>
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| Roll Shoulder | - | |}

NATIONAL LIVE STOCK AND MEAT BOARD
Meat Cuts and How to Cook Them

**BEEF CHART**

**Retail Cuts**
- Ground Beef
  - Roast (Bake), Broil, Panbroil, Pantry, Braise
- Heel of Round
  - Braise or Cook in Liquid
- Hind Shank
  - Cook in Liquid (Soup) or Braise
- Rolled Flank
  - Braise or Cook in Liquid
- Flank Steak
  - Braise
- Plate
  - "Boiling" Beef Plate Ribs
    - Braise or Cook in Liquid
- Brisket
  - Braise, Cook in Liquid
- Shank
  - Knuckle
    - Cook in Liquid (Soup), Braise
- English Cut

**Wholesale Cuts**
- Round Steak
  - Top Round, Bottom Round (Swiss Steak)
- Rolled Rump
  - Standing Rump
- Sirloin Steak
  - Pin Bone Sirloin Steak
- Flank Steak
- Fillets
- Porterhouse
- T-Bone
- Club Steak
- Standing Rib Roast
- Rolled Rib Roast
  - Rib Steak Roast
  - Braise, Panbroil, Pantry
- Blade Steak
  - Blade Pot-Roast
- Triangle Boneless Chuck Pot-Roast
- Shoulder
  - Fillet
- Arm Pot-Roast
- Arm Steak
- Rolled Neck
  - Boneless Neck
  - Braise or Cook in Liquid

**Retail Cuts**
- Round Steak
- Top Round
- Bottom Round (Swiss Steak)
- Rolled Rump
- Standing Rump
- Sirloin Steak
- Pin Bone Sirloin Steak
- Flank Steak
- Fillets
- Porterhouse
- T-Bone
- Club Steak
- Standing Rib Roast
- Rolled Rib Roast
- Rib Steak Roast
- Braise, Panbroil, Pantry
- Blade Steak
- Blade Pot-Roast
- Triangle Boneless Chuck Pot-Roast
- Shoulder
  - Fillet
- Arm Pot-Roast
- Arm Steak
- Rolled Neck
  - Boneless Neck
  - Braise or Cook in Liquid

*Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD
Methods of MEAT COOKERY

TO BRAISE
1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

Cuts to Braise
- BEEF: pot-roasts, shortribs, round steaks, heart, kidney.
- VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney.
- PORK (fresh): shoulder steaks, chops, loin, rib, spare-ribs, tenderloin (frenched), hocks, heart, kidney.
- LAMB: breast, shoulder, neck slices, shanks.

TO PANFRY
1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

Cuts to Panfry
- BEEF: steaks (suitable for broiling but cut thin), pattie.
- VEAL: chops, cutlets.
- PORK (fresh): thin chops, tenderloin.
- PORK (smoked): ham slice, Canadian-style bacon, hocks.
- LAMB: chops patties.
- VARIETY MEATS: liver, brains, sweetbreads.

TO COOK IN LIQUID
(Large Cuts and Stews)
1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper, if desired.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

Cuts to Cook in Liquid
- BEEF: neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef.
- VEAL: shoulder, flank, neck, shank, breast, tongue, heart, kidney.
- PORK (fresh): hocks.
- PORK (smoked): ham, picnic, butt.
- LAMB: neck, breast, shoulder, shank.

TO ROAST
1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

Cuts to Roast
- BEEF: ribs, rump (high quality), loin.
- VEAL: leg, loin, rack, shoulder loa.
- PORK (fresh): loin, shoulder, leg or ham, spareribs, loin.
- PORK (smoked): ham, picnic, shoulder butt, loin.
- LAMB: leg, shoulder, loin.

TO BROIL
1. Set the oven regulator for broiling.
2. Place meat 2 to 5 inches from the heat.
3. Broil until top of the meat is brown.
4. Season the meat with salt and pepper.
5. Turn the meat and cook until it is done.
6. Season and serve at once.

Cuts to Broil
- BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin) patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.

TO PANBROIL
1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from the pan as it accumulates.
5. Brown the meat on both sides.
6. Season the meat and serve at once.

Cuts to Panbroil
- BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin) patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder, rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.
## Time-Table for Roasting

<table>
<thead>
<tr>
<th>CUT</th>
<th>Approx. Weight</th>
<th>Oven Temperature Constant</th>
<th>Interior Temperature When Removed From Oven</th>
<th>Approximate Time Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing rib</td>
<td>6 to 8</td>
<td>300-325</td>
<td>140</td>
<td>18-20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>160</td>
<td>22-25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>170</td>
<td>27-30</td>
</tr>
<tr>
<td>Rolled rib</td>
<td>5 to 7</td>
<td>300-325</td>
<td>140</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>160</td>
<td>38</td>
</tr>
<tr>
<td>Standing rump (high quality)</td>
<td>5 to 7</td>
<td>300-325</td>
<td>140</td>
<td>48</td>
</tr>
<tr>
<td>Rolled rump (high quality)</td>
<td>4 to 6</td>
<td>300-325</td>
<td>150-170</td>
<td>25-30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PORK—FRESH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin—Center</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td>325-350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Ends</td>
<td>2 to 3</td>
<td>325-350</td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>5 to 8</td>
<td>325-350</td>
<td>185</td>
<td>30-35</td>
</tr>
<tr>
<td>Boned and rolled</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion-style</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Boston butt</td>
<td>4 to 6</td>
<td>325-350</td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Fresh ham, whole</td>
<td>10 to 14</td>
<td>325-350</td>
<td>185</td>
<td>30-35</td>
</tr>
<tr>
<td><strong>PORK—SMOKED</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham*—Whole</td>
<td>10 to 14</td>
<td>300-325</td>
<td>160</td>
<td>18-20</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td>300-325</td>
<td>160</td>
<td>22-25</td>
</tr>
<tr>
<td>Shank or butt portion</td>
<td>3 to 4</td>
<td>300-325</td>
<td>160</td>
<td>35-40</td>
</tr>
<tr>
<td>Ham, fully cooked</td>
<td>8-10</td>
<td>325</td>
<td>130</td>
<td>12-15</td>
</tr>
<tr>
<td>Ham, fully cooked</td>
<td>10-12</td>
<td>325</td>
<td>130</td>
<td>12-15</td>
</tr>
<tr>
<td>Ham, canned**</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder butt</td>
<td>2 to 4</td>
<td>300-325</td>
<td>170</td>
<td>35</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>5 to 8</td>
<td>300-325</td>
<td>170</td>
<td>35</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Shoulder (bone in)</td>
<td>4 to 6</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Rolled</td>
<td>3 to 5</td>
<td>300-325</td>
<td>175-180</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion-style</td>
<td>3 to 5</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300-325</td>
<td>170</td>
<td>25-35</td>
</tr>
<tr>
<td>Loin</td>
<td>4 to 6</td>
<td>300-325</td>
<td>170</td>
<td>30-35</td>
</tr>
<tr>
<td>Rib (rack)</td>
<td>3 to 5</td>
<td>300-325</td>
<td>170</td>
<td>30-35</td>
</tr>
<tr>
<td>Shoulder (bone in)</td>
<td>5 to 8</td>
<td>300-325</td>
<td>170</td>
<td>25-35</td>
</tr>
<tr>
<td>Rolled</td>
<td>4 to 6</td>
<td>300-325</td>
<td>170</td>
<td>40-45</td>
</tr>
</tbody>
</table>

* Hams now on market which require shorter cooking period due to method of processing.

** To heat canned hams, to serve hot, follow instructions on can.
### Time-Table for Broiling*

<table>
<thead>
<tr>
<th>CUT</th>
<th>Weight</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Rare</td>
</tr>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck steak—1 inch</td>
<td>1½ to 2½</td>
<td>24</td>
</tr>
<tr>
<td>1½ inches</td>
<td>2 to 4</td>
<td>40</td>
</tr>
<tr>
<td>Rib steak—1 inch</td>
<td>1 to 1½</td>
<td>15</td>
</tr>
<tr>
<td>1½ inches</td>
<td>1½ to 2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 2½</td>
<td>35</td>
</tr>
<tr>
<td>Club steak—1 inch</td>
<td>1 to 1½</td>
<td>15</td>
</tr>
<tr>
<td>1½ inches</td>
<td>1½ to 2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 2½</td>
<td>35</td>
</tr>
<tr>
<td>Sirloin steak—1 inch</td>
<td>1½ to 3</td>
<td>20</td>
</tr>
<tr>
<td>2 inches</td>
<td>3 to 5</td>
<td>40</td>
</tr>
<tr>
<td>Porterhouse steak—1 inch</td>
<td>1¼ to 2</td>
<td>20</td>
</tr>
<tr>
<td>1½ inches</td>
<td>2 to 3</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>2½ to 3½</td>
<td>40</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td>1 inch thick by 3 inches</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td><strong>PORK—SMOKED</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham slice—tendered</td>
<td>3/4 to 1</td>
<td>Ham always cooked well done</td>
</tr>
<tr>
<td>½ inch</td>
<td>1½ to 2</td>
<td>10-12</td>
</tr>
<tr>
<td>1 inch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canadian-style bacon</td>
<td></td>
<td>6-8</td>
</tr>
<tr>
<td>¼ inch slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ inch slices</td>
<td></td>
<td>8-10</td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td>4-5</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder chops—1 inch</td>
<td>5 to 8 ounces</td>
<td>Lamb chops are not served rare</td>
</tr>
<tr>
<td>1½ inches</td>
<td>8 to 10 ounces</td>
<td>12</td>
</tr>
<tr>
<td>2 inches</td>
<td>10 to 16 ounces</td>
<td>18</td>
</tr>
<tr>
<td>Rib chops—1 inch</td>
<td>3 to 5 ounces</td>
<td>12</td>
</tr>
<tr>
<td>1½ inches</td>
<td>4 to 7 ounces</td>
<td>18</td>
</tr>
<tr>
<td>2 inches</td>
<td>6 to 10 ounces</td>
<td>22</td>
</tr>
<tr>
<td>Loin chops—1 inch</td>
<td>4 to 7 ounces</td>
<td>12</td>
</tr>
<tr>
<td>1½ inches</td>
<td>6 to 10 ounces</td>
<td>18</td>
</tr>
<tr>
<td>2 inches</td>
<td>8 to 14 ounces</td>
<td>22</td>
</tr>
<tr>
<td>Ground lamb patties</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>1 inch by 3 inches</td>
<td>4 ounces</td>
<td></td>
</tr>
</tbody>
</table>

*This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F.; well done to 170° F. Lamb chops are broiled from 170° F. to 175° F. Ham is cooked to 160° F. The time for broiling bacon is influenced by personal preference as to crispness.
### Time-Table for Braising

<table>
<thead>
<tr>
<th>CUT</th>
<th>Average Weight or Thickness</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pot-Roast</td>
<td>3 to 5 pounds</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Swiss steak</td>
<td>1 1/2 to 2 1/2 inches</td>
<td>2-3 hours</td>
</tr>
<tr>
<td>Fricassee</td>
<td>2 inch cubes</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Beef birds</td>
<td>1/2 inch (x 2 in. x 4 in.)</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Short ribs</td>
<td>Pieces (2 in. x 2 in. x 4 in.)</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Round steak</td>
<td>3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Stuffed steak</td>
<td>1/2 to 3/4 inch</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>3/4 to 1 1/2 inches</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Spareribs</td>
<td>2 to 3 pounds</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>3/4 to 1 pound</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Whole</td>
<td>1/2 inch</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Fillets</td>
<td>3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder steaks</td>
<td>3/4 to 1 inch</td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>2 to 3 pounds</td>
<td>1 1/2-2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>1 1/2 to 2 pounds</td>
<td>1 1/2-2 hours</td>
</tr>
<tr>
<td>Neck slices</td>
<td>3/4 inch</td>
<td>1 hour</td>
</tr>
<tr>
<td>Shanks</td>
<td>3/4 to 1 pound each</td>
<td>1 1/2-2 hours</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>3/4 to 1 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>3 to 4 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>2 to 3 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Veal birds</td>
<td>1/2 inch (x 2 in. x 4 in.)</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Chops</td>
<td>1/2 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Steaks or cutlets</td>
<td>1/2 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>1/2 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder cubes</td>
<td>1 to 2 inches</td>
<td>45-60 minutes</td>
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</tbody>
</table>

### Time-Table for Cooking in Liquid

<table>
<thead>
<tr>
<th>CUT</th>
<th>Average Weight</th>
<th>Approximate Time Per Pound</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked ham (old style and country cured)</td>
<td>Pounds</td>
<td>Minutes</td>
<td>Hours</td>
</tr>
<tr>
<td>Large</td>
<td>12 to 16</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>10 to 12</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>5 to 8</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Smoked ham (tendered)</td>
<td></td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Shank or butt half</td>
<td>5 to 8</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Smoked picnic shoulder</td>
<td>5 to 8</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Fresh or corned beef</td>
<td>4 to 6</td>
<td>40-50</td>
<td></td>
</tr>
<tr>
<td>Beef for stew</td>
<td></td>
<td>2 1/2-3 1/2</td>
<td></td>
</tr>
<tr>
<td>Veal for stew</td>
<td></td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>Lamb for stew</td>
<td></td>
<td>1 1/2-2</td>
<td></td>
</tr>
</tbody>
</table>
Sausage, Canned and Ready-to-Serve Meats

Cheese Hashburgers

1 can (15 1/2 ounces) corned beef hash  1/4 teaspoon oregano
1/3 cup catchup  2 teaspoons mustard
2 tablespoons pickle relish  4 hamburger buns
8 slices Cheddar cheese

Combine corned beef hash, catchup, pickle relish, oregano and mustard. Split buns in half and toast slightly. Spread hash mixture on buns evenly, covering the toasted surface completely. Place on broiler pan. Place broiler pan and rack in oven so the meat is 3 to 5 inches from the heat. Broil 6 to 8 minutes or until mixture is heated through. Place a slice of Cheddar cheese on top of meat mixture on each bun and broil 2 to 3 minutes or until cheese is melted. 8 servings.

To meet the extra nutrients needed by the teen-age boy or girl, make it a meat sandwich between meals.

Saucy Dried Beef on Rice

5 ounces shredded dried beef  1 1/3 cups pre-cooked rice
1/4 cup finely chopped onion  6 tablespoons butter
2 tablespoons lard  6 tablespoons flour
1 1/2 cups water  1/8 teaspoon pepper
1/2 teaspoon salt  3 cups milk
1/8 teaspoon oregano  3 hard-cooked eggs, quartered
1/8 teaspoon sage

Cook onion in lard until tender. Add water, salt, oregano and sage. Bring mixture to the boiling point and add rice. Stir well. Cover and remove from heat. Let stand 10 minutes. Melt butter and add flour and pepper; blend well. Add milk gradually, stirring constantly until thickened. Add dried beef and eggs and heat through. Arrange rice and creamed beef mixture on platter. Garnish with egg wedges and parsley. 6 to 8 servings.
Sausage Clusters

1½ pounds pork sausage links
6 slices bread
2 tablespoons water
1 cup grated Swiss cheese
1 teaspoon prepared mustard
1/2 teaspoon salt
1/8 teaspoon nutmeg
1 teaspoon Worcestershire sauce
3 eggs, beaten
1 1/4 cups milk
3/4 cup light cream

Trim crust from bread and fit bread slices in bottom of 6 greased 10-ounce custard cups. Place sausage and water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Remove cover and brown sausage on all sides. Cut sausage links into 3 pieces and place on bread. Sprinkle cheese over the links. Combine the mustard, salt, nutmeg and Worcestershire sauce. Mix until smooth. Add eggs, milk and cream. Pour over cheese. Bake in a slow oven (325° F.) 20 to 25 minutes or until done. 6 servings.

Meat makes attractive, appetite-appealing and nutritious snacks for better health.

Meat 'N Cheese Salad

6 slices bacon
1 pound assorted cold cuts, cut in strips
2 medium heads lettuce
1/4 pound Swiss cheese slices, cut in strips
1/4 pound Cheddar cheese slices, cut in strips
2 tomatoes, cut in wedges
1 green pepper, cut in rings
1/2 cucumber, sliced
1/2 teaspoon celery seed
1/4 teaspoon oregano
1/2 cup French dressing

Cook bacon until crisp. Drain and break into small pieces. Combine celery seed, oregano and French dressing. Toss lightly meat strips, lettuce, Swiss cheese, Cheddar cheese, tomato wedges, green pepper rings, cucumber slices and dressing. Sprinkle bacon pieces over top. 10 servings.
**Franks and Cheese Boats**

1 pound frankfurters  
2 slices American cheese, cut into 1/2-inch strips  
1/3 cup pickle relish  
1/2 cup catchup  
1 teaspoon Worcestershire sauce  
1/2 teaspoon dry mustard  
1/4 cup hot water  
1/4 teaspoon salt

Cut frankfurters lengthwise, almost through, and place a strip of cheese in each frankfurter. Place frankfurters in a 1 1/2-quart oblong baking dish. Combine pickle relish, catchup, Worcestershire sauce, dry mustard, water and salt and pour over frankfurters. Bake in a moderate oven (350°F) 20 minutes. 5 to 6 servings.

◆

A teen's delight... and includes the nutrients so important to the fast growing and developing teen-ager.

◆

**Luncheon Meat Oriental**

1 can (12 ounces) luncheon meat, cut into 1/2-inch cubes  
1 can (16 ounces) bean sprouts  
1 cup finely chopped celery  
2 teaspoons instant minced onion  
1/4 teaspoon sugar  
1/8 teaspoon pepper  
1 can (10 1/2 ounces) condensed mushroom soup  
1 slice bread, cut into 1/4-inch cubes  
2 tablespoons butter, melted

Drain bean sprouts well. Combine luncheon meat, bean sprouts, celery, onion, sugar, pepper and mushroom soup. Mix well. Place in a 1 1/2-quart casserole. Combine bread cubes and melted butter and sprinkle on top of meat mixture. Bake in a moderate oven (350°F) 30 minutes. 4 servings.

◆

Meat is one of the best sources of iron in available form which is necessary for rich red blood.

◆
Canned Ham

Currant Jelly Glaze

8 to 10-pound canned ham  
16 whole cloves  
3/4 cup currant jelly

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Do not add water. Do not cover. Roast in a slow oven (325°F) 1 1/2 hours. Combine jelly and mustard. Score top of ham very lightly and stick cloves in ham. Spread half of jelly mixture over top of ham. Continue baking 30 minutes. Spread remaining jelly mixture and continue baking until the thermometer registers 130°F and glaze is set.

Ham and Vegetable Rarebit

18 slices “boiled” ham  
2 medium tomatoes  
1 can (15 ounces) asparagus spears

Peel tomatoes and cut each into 3 slices. Take 12 slices of “boiled” ham, using two slices of ham for each serving, and fold in half for each serving. Place in a broiling pan or a rectangular baking pan. Place a slice of tomato on top of each serving of ham. Wrap each remaining slice of ham around 2 to 3 asparagus spears, making a total of 6 rolls. Place the rolls in the pan around the servings of ham and tomatoes. Combine the cheese soup and milk. Mix well. Pour the soup mixture over the ham rolls and tomatoes. Broil 6 to 7 inches from the heat for 8 to 10 minutes or bake in a hot oven (400°F) for 15 to 20 minutes or until heated through. Serve on toasted bread. 6 servings.

Corned Beef Hash Sandwich Filling

1 can (15 1/2 ounces) corned beef hash  
1/4 cup minced onion  
1 cup grated American cheese

**Luncheon Meat and Carrot Filling**

1 can (12 ounces) luncheon meat  
3/4 cup grated raw carrots  
2 teaspoons horseradish  

Mash the luncheon meat with a fork. Combine luncheon meat, carrots, horseradish, mayonnaise and pepper. Mix well. Chill.  
Yield: 2 1/2 cups.

**Handy Sandwich Filling**

1 can (4 1/2 ounces) deviled ham  
3 hard-cooked eggs, chopped  
1/2 teaspoon salt  

Combine deviled ham, eggs, salt, pepper, mustard and lemon juice. Mix well. Chill. Yield: 1 1/4 cups.

**Golden Toasted Meat Sandwich**

8 slices Bologna, cut 1/8 inch thick  
1 cup Corned Beef Sandwich Filling (see recipe page 28)  
1 cup Luncheon Meat and Carrot Sandwich Filling (see recipe page 29)  
1 cup Handy Sandwich Filling (see recipe page 29)  
1 1/2 pound loaf bread, unsliced  
1/4 cup mayonnaise or salad dressing  
1/2 cup butter or margarine, melted  
1 can (10 1/2 ounces) condensed mushroom soup, if desired  
1/3 cup milk  

Trim crusts from bread. Cut loaf lengthwise into 5 slices. Place bottom slice on baking sheet and spread with Corned Beef Sandwich Filling. Add second slice of bread and spread with Luncheon Meat and Carrot Sandwich Filling. Add third slice of bread and spread with mayonnaise and arrange slices of Bologna on bread. Add fourth slice of bread and spread with Handy Sandwich Filling. Top with fifth slice. Brush entire loaf with melted butter. Bake in a moderate oven (350° F.) 15 to 20 minutes. Add milk to mushroom soup, mix well and cook until heated through. Slice sandwich and serve soup over sandwich. 10 to 12 servings.
Canned meats offer the homemaker many conveniences and benefits, among them ready availability, easy and compact storage, ease of carving and serving, wide variety and high nutritive value. Canned meats are economical, too, as there is no waste.

<table>
<thead>
<tr>
<th>Canned Meats Available for the Consumer</th>
</tr>
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<tbody>
<tr>
<td>Beef Hash</td>
</tr>
<tr>
<td>Chile Con Carne</td>
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<tr>
<td>Chopped Beef</td>
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<tr>
<td>Deviled Ham</td>
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<tr>
<td>Franks and Wieners</td>
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<tr>
<td>Hamburgers</td>
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<tr>
<td>Hams</td>
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<tr>
<td>Luncheon Meat</td>
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<tr>
<td>Meat and Gravy</td>
</tr>
<tr>
<td>Meat Stew</td>
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<tr>
<td>Picnics</td>
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<tr>
<td>Potted or Deviled Meats</td>
</tr>
<tr>
<td>Roast Beef</td>
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<tr>
<td>Sausage</td>
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<tr>
<td>Sliced Dried Beef</td>
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<tr>
<td>Spaghetti Meat Products</td>
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<tr>
<td>Tamales</td>
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<tr>
<td>Tongue (not pickled)</td>
</tr>
<tr>
<td>Vienna Sausage</td>
</tr>
<tr>
<td>Vinegar Pickled Products</td>
</tr>
</tbody>
</table>

...Plus a host of other specialty meat products...
Blackberry Portrait Pie

2 cans (16 ounces each) blackberries, packed in sirup
3 tablespoons cornstarch
1/2 cup sugar
1/2 teaspoon salt

Drain blackberries well and save 1 cup sirup. Combine sugar, salt and cornstarch and add blackberry sirup. Mix well. Bring mixture to a boil and cook slowly, stirring constantly, until thick and clear. Stir in butter and lemon juice. Divide pastry into 2 parts. Roll half of pastry about 1/8 inch thick and line a 9-inch pie pan, allowing 1/2 inch pastry to extend over edge. Roll remaining pastry for top, cut into strips 1/2 to 3/4-inch wide, for lattice top. Place blackberries in pie shell and pour thickened liquid over the fruit. Make lattice top over fruit mixture. Bake in hot oven (400° F.) 35 to 40 minutes or until lightly browned.

Date Nut Chocolate Squares

1/2 cup lard
1 square (1 ounce) chocolate
3/4 cup sugar
2 eggs, beaten
1 cup sifted enriched flour
1/4 teaspoon salt
1 teaspoon vanilla
1/2 cup chopped dates
1 cup chopped pecans

Grease the bottom of an 8 x 8-inch cake pan. Melt the lard and chocolate together. Add the sugar and mix well. Add beaten eggs and stir thoroughly. Add flour, salt, vanilla, dates and pecans. Pour batter into cake pan and bake in a moderate oven (350° F.)* 30 minutes. Yield: 16 squares.

*If glass square cake dish is used, reduce oven temperature to 325° F.
**Highland Cake**

1 1/2 cups sifted enriched flour  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
1 teaspoon soda  
1/2 teaspoon salt  
1 cup boiling water  
1 cup quick cooking oats  
1/2 cup lard

1/2 cup granulated sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
3 tablespoons butter, melted  
2/3 cup brown sugar  
1/2 cup shredded coconut  
1/2 cup chopped nuts

Grease the bottom of a 13 x 9-inch loaf pan. Sift together flour, cinnamon, cloves, soda and salt. Pour boiling water over oats. Cool. Cream lard with sugars until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add vanilla and oat mixture. Add sifted dry ingredients. Mix well. Pour into loaf pan. Combine butter, brown sugar, coconut and nuts. Sprinkle over batter. Bake in a moderate oven (350° F.)* 40 to 45 minutes or until done.  
*If glass oblong utility dish is used, reduce oven temperature to 325° F.

**Apple Crumb Bread**

2 cups sifted enriched flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup melted lard  
1 cup sugar  
2 eggs, beaten  
2 tablespoons milk  
1/2 teaspoon vanilla

1 cup grated unpeeled tart apples  
1/4 cup chopped nuts  
2 tablespoons sugar  
3 tablespoons flour  
1/8 teaspoon salt  
1/4 teaspoon cinnamon  
1 1/2 tablespoons butter, melted

Line the bottom of a 9 x 5-inch loaf pan with double thickness of waxed paper. Sift together 2 cups flour, baking powder and 1/2 teaspoon salt. Combine the lard, 1 cup sugar, eggs and milk. Mix well. Add the vanilla, apples and nuts. Add sifted ingredients, stirring only until dry ingredients are moistened. Pour into loaf pan and let stand for 30 minutes. Combine sugar, flour, salt, cinnamon and butter. Sprinkle mixture over batter. Bake in a moderate oven (350° F.)* 55 to 60 minutes or until done.  
*If glass loaf dish is used, reduce oven temperature to 325° F.
Banana-Prune Cake

4 cups sifted cake flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon soda
1 cup lard
2 cups sugar

4 eggs
2 cups mashed ripe bananas
1 teaspoon vanilla
1 cup finely chopped prunes
1 cup chopped nuts

Line the bottom of three 9-inch cake pans with double thickness of waxed paper. Sift together flour, baking powder, salt and soda. Cream the lard and sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add sifted dry ingredients alternately with mashed bananas. Add vanilla, prunes and nuts. Bake in a moderate oven (350° F.) 25 to 30 minutes or until done. Cool. Frost with Fromage Frosting.

Fromage Frosting

6 cups confectioners' sugar
2 packages (3 ounces each) cream cheese
6 to 4 tablespoons milk
1 teaspoon vanilla

Sift sugar. Cream the cheese. Add the sugar, 3 tablespoons milk and the vanilla. Beat well. Add the remaining milk, if necessary, for spreading consistency.

Mile High Pie

1 baked 9-inch pie shell
(see recipe page 37)
1 envelope gelatin
1/4 cup cold water
1 can (1 pound 13 ounces) apricot halves

4 eggs
1/4 cup sugar
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1/2 cup sugar

Dissolve gelatin in cold water. Drain apricots, chop and measure 1/2 cups. Save remaining apricot halves for garnish. Separate eggs. Beat egg yolks in top of double boiler and add chopped apricots, 1/4 cup sugar and lemon juice. Cook over boiling water 5 minutes. Add the dissolved gelatin to fruit mixture and stir until well mixed. Cool until slightly set. Beat the egg whites until frothy and add the salt and cream of tartar. Add 1/2 cup sugar gradually, beating until meringue stands in peaks. Fold apricot mixture into meringue. Pour into baked pie shell and chill 4 to 6 hours or until firm. 6 servings.
Brown Bread

1 1/2 cups unsifted whole wheat or graham flour
1 cup sifted enriched flour
3/4 teaspoon salt
1 1/2 teaspoons soda
1/2 cup sugar
2 tablespoons lard, melted
1/4 cup molasses
1 1/4 cups sour milk or buttermilk
1/2 cup chopped walnuts
1 cup raisins

Grease a 9 x 5-inch loaf pan. Sift together enriched flour, salt, soda and sugar in bowl. Add whole wheat flour and mix well. Combine lard and molasses. Add lard and molasses mixture and sour milk, stirring only until dry ingredients are moistened. Add nuts and raisins and stir quickly into batter. Pour into loaf pan and let stand for 30 minutes. Bake in a moderate oven (350° F.)* for 60 minutes or until done. Yield: 1 loaf.

*If glass loaf pan is used, reduce oven temperature to 325° F.

Lard is an excellent source of the nutrients which contribute to a clear, healthy skin.

Frosty Pumpkinettes

1 cup canned pumpkin
1/2 cup sugar
2 tablespoons molasses
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 teaspoon cinnamon
1 quart vanilla ice cream
1/3 cup chopped pecans

Combine pumpkin, sugar, molasses, salt, ginger and cinnamon. Soften ice cream and fold into pumpkin mixture. Mix well. Place 1/2 cup mixture into each tart shell. Sprinkle with chopped nuts. Freeze until firm and serve. Filling can also be served in a baked 9-inch pie shell (see recipe page 37)

Tart Shells

2 1/2 cups Homemade Pastry
Mix (see recipe page 37)
2 to 4 tablespoons cold water

Add water to the mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Roll about 1/8 inch thick. Cut into 8 circles about 5 1/2 inches in diameter. Place on inverted medium-size custard cups. Prick pastry with fork. Bake in a very hot oven (450° F.) 10 to 12 minutes. Cool and remove from custard cups. Yield: 8 tart shells.
Potato Refrigerator Rolls

6 to 7 cups sifted enriched flour
1 cake compressed yeast
1 envelope dry yeast
1/2 cup lukewarm water

Soften yeast in lukewarm water. Heat the milk and lard until lard is melted. Cool. Combine potatoes, sugar and salt in bowl. Cool to lukewarm. Add eggs, yeast, milk and lard. Stir in 6 cups flour. Mix well. Turn onto floured surface, using 1/2 cup or more of the remaining flour. Knead lightly to make a soft dough. Place in a greased bowl and cover. Set in refrigerator about 1 hour. Part or all the dough can be made into rolls. Make rolls in desired shapes. Place rolls on greased baking sheet and let rise until double in bulk. Bake in a hot oven (425° F.) 12 to 15 minutes or until browned. If part of the dough is used, punch down the remaining dough and return to refrigerator. Yield: 6 dozen.

The flavor in baking goods is enhanced with the use of lard as shortening.

Sugar Cookies Quick and Easy

3 cups sifted enriched flour
1 teaspoon cream of tartar
1/2 teaspoon soda
1/2 teaspoon salt
3/4 cup lard
2 eggs, slightly beaten
1 cup sugar
1 teaspoon vanilla or almond extract

Sift flour, cream of tartar, soda and salt into a mixing bowl. Cut in lard until mixture has a fine crumb. Combine eggs with sugar and vanilla. Add to flour mixture. Mix well. Shape into small balls, about one inch in diameter. Place on ungreased baking sheet. Flatten each with bottom of small glass tumbler covered with a dampened cloth. Bake in a moderate oven (375° F.) 8 to 10 minutes or until lightly browned. Yield: 6 dozen.

Suggested toppings: Granulated sugar (sprinkled on cookies before baking); marshmallows, chocolate squares or wafers (placed on cookies after baking 8 minutes. Return to oven 2 minutes.)
Homemade Biscuit Mix

8 cups sifted enriched flour  1 cup lard for soft wheat flour
1/4 cup baking powder  or 1 1/2 cups lard for
4 teaspoons salt  hard wheat flour

Sift together flour, baking powder and salt. Cut in lard until the mixture has a fine even crumb. Cover closely and store in the refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 10 cups mix.

To make biscuits, add 1/2 cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for 1/2 minute. Pat or roll 1/2 inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a very hot oven (450° F.) 12 to 15 minutes. Yield: 10 to 12 biscuits.

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Adjustments for High Altitude Baking

<table>
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<th>5000</th>
<th>7000</th>
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</thead>
<tbody>
<tr>
<td>Reduce Baking Powder</td>
<td>1/8 tsp.</td>
<td>1/8-1/4 tsp.</td>
<td>1/4-1/2 tsp.</td>
</tr>
<tr>
<td>Reduce Sugar</td>
<td>no change</td>
<td>no change</td>
<td>1-2 tbsp.</td>
</tr>
<tr>
<td>Reduce Lard</td>
<td>1-2 tbsp.</td>
<td>2 tbsp.</td>
<td>2-3 tbsp.</td>
</tr>
<tr>
<td>Increase Liquid</td>
<td>1-2 tbsp.</td>
<td>2-3 tbsp.</td>
<td>3-4 tbsp.</td>
</tr>
<tr>
<td>Increase Baking Temperature</td>
<td>6-10° F.</td>
<td>10-15° F.</td>
<td>15-25° F.</td>
</tr>
<tr>
<td>Decrease Baking Time</td>
<td>5 to 10 minutes</td>
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</tbody>
</table>

NOTE: When two amounts are given, try the smaller adjustment first; then if cake still needs improvement, use the larger adjustment the next time you make the cake.
Homemade Pastry Mix

7 cups sifted enriched flour  1⅓ cups lard for soft wheat flour or 2 cups for hard wheat flour
4 teaspoons salt

Sift together flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Pie

To make single pie crust, use:
1 to 1⅛ cups mix for 8-inch  2 to 4 tablespoons water
1⅛ to 1½ cups mix for 9-inch
1½ to 1⅓ cups mix for 10-inch

To make double pie crust, use:
2 to 2¼ cups mix for 8-inch  4 to 6 tablespoons water
2¼ to 2½ cups mix for 9-inch
2½ to 2¾ cups mix for 10-inch

Add water to mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for double pie crust. Roll to about ⅛ inch thickness and line pie pan, allowing ½ inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes to allow for escape of steam. Place over filling and cut ½ inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baking pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in very hot oven (450°F) 8 to 10 minutes.

Lard makes the tenderest, flakiest pastry.

Recipes in this booklet, except those made with cake flour, were developed using all-purpose flour. This type of flour is milled so it may be used satisfactorily for all kinds of cooking and baking. Since flours may vary slightly in different areas, both in moisture content and texture, some homemakers may need to make minor adjustments in the amount of liquid used in the recipes calling for all-purpose flour. Add the recommended amount of liquid slowly since soft wheat does not require as much liquid.
**Handy References for Homemakers**

**COMMON OVEN TEMPERATURES**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Term</th>
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<tbody>
<tr>
<td>250° F. and 275° F.</td>
<td>Very Slow</td>
</tr>
<tr>
<td>300° F. and 325° F.</td>
<td>Slow</td>
</tr>
<tr>
<td>350° F. and 375° F.</td>
<td>Moderate</td>
</tr>
<tr>
<td>400° F. and 425° F.</td>
<td>Hot</td>
</tr>
<tr>
<td>450° F. and 475° F.</td>
<td>Very Hot</td>
</tr>
<tr>
<td>500° F. and 525° F.</td>
<td>Extremely Hot</td>
</tr>
</tbody>
</table>

**COMMON MEASUREMENTS**

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 1 liquid cup = 8 ounces
- 16 ounces = 1 pound

**COMMON EQUIVALENTS**

- 1 ounce chocolate = 1 square
- 1 pound cake flour, sifted = 4 1/2 cups
- 1 pound all-purpose flour, sifted = 4 cups
- 1 pound granulated sugar = 2 1/4 cups
- 1 pound brown sugar = 2 1/4 cups, packed
- 1 pound confectioners’ sugar, sifted = 3 1/2 cups
- 1 cup rice = 3 cups cooked
- 1/2 pound grated cheese = 2 cups
- 1/4 cup finely chopped fresh onion = 1 tablespoon instant minced onion

**COMMON SUBSTITUTIONS**

- 1 tablespoon cornstarch = 2 tablespoons flour
- 1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 cup sour milk
# INDEX

## BEEF RECIPES
- Beachcomber Casserole .................................................. 10
- Beef Biscuit Squares ..................................................... 6
- Beef Brisket—Ginger Gravy .............................................. 6
- Beef Picnic Sandwich .................................................... 9
- Boston Meat Balls ......................................................... 5
- Broiled Porterhouse or Sirloin Steak ................................. 5
- Company Casserole ......................................................... 4
- French Fried Liver .......................................................... 7
- Liver and Mushrooms ...................................................... 7
- Pot-Roast a la Dill .......................................................... 7
- Pot-Roast Caprice ........................................................... 4
- Round Steak Superb ....................................................... 3
- Standing Ribs of Beef ..................................................... 8
- Tower Veal Salad ............................................................. 10
- Traditional Pot-Roast ..................................................... 3
- Veal 'Round the World .................................................... 9
- Veal Viennese ............................................................... 8

## PORK RECIPES
- Baked Ham ................................................................. 11
- Breaded Pork Blade Steaks .............................................. 13
- Modern Day Pork Roast ................................................ 11
- Pork Maikai ................................................................. 13
- Savory Scalloped Pork Chops ......................................... 12
- Smoked Pork Shoulder Butt—Apricot Glaze ...................... 12

## LAMB
- Lamb and Barley Ragout ................................................ 15
- Lamb Chops Ceylon ....................................................... 15
- Lamb Shanks and Zucchini ............................................ 14
- Leg of Lamb ................................................................. 16
- Picture Lamb Chops ....................................................... 16
- Sunrise Lamb Chops ..................................................... 14

## SAUSAGE, CANNED and READY-TO-SERVE MEATS
- Canned Ham—Currant Jelly Glaze ................................... 28
- Cheese Hashburgers ..................................................... 25
- Corned Beef Hash Sandwich Filling ................................. 28
- Franks and Cheese Boats ............................................... 27
- Golden Toasted Meat Sandwich ...................................... 29
- Ham and Vegetable Rarebit .......................................... 28
- Handy Sandwich Filling ............................................... 29
- Luncheon Meat and Carrot Filling ................................. 29
- Luncheon Meat Oriental ............................................... 27
- Meat 'N Cheese Salad ................................................... 26
- Sausage Dried Beef on Rice .......................................... 25
- Sausage Clusters .......................................................... 26

## BAKED GOODS
- Apple Crumb Bread ...................................................... 32
- Banana-Prune Cake ....................................................... 33
- Blackberry Portrait Pie ............................................... 31
- Brown Bread ............................................................... 34
- Date Nut Chocolate Squares ......................................... 31
- Fromage Frosting ......................................................... 33
- Frosty Pumpkinettes ..................................................... 34
- Homemade Biscuit Mix ................................................ 36
- Homemade Pastry Mix ................................................ 37
- Mile High Pie .............................................................. 33
- Potato Refrigerator Rolls ............................................. 35
- Sugar Cookies Quick and Easy ..................................... 35

## SPECIAL FEATURES
- Adjustments for High Altitude Baking ............................ 36
- Canned Meats Available for the Consumer ....................... 30
- Freezing Meat Table .................................................... 16
- Handy Hints for Homemakers ........................................ 38
- Meat Charts ............................................................... 17, 18, 19
- Methods of Meat Cookery ........................................... 20, 21
- Time Tables ............................................................... 22, 23, 24
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