MEAT for Every Occasion 1933

COMPLIMENTS OF National Live Stock and Meat Board
MEAT
FOR EVERY OCCASION

A Collection of Tested Recipes
and Pertinent Facts About the
Value of Meat in the Diet . . .

Published by the
NATIONAL
LIVE STOCK AND MEAT BOARD
407 SOUTH DEARBORN STREET
CHICAGO, ILLINOIS

Copyright 1932
# TABLE OF CONTENTS

## Meat Dishes for Special Occasions

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast Pork with Sweet Potato Oranges</td>
<td>5</td>
</tr>
<tr>
<td>Steak Maitre d’ Hotel</td>
<td>5</td>
</tr>
<tr>
<td>Roast Ribs of Beef</td>
<td>6</td>
</tr>
<tr>
<td>Roast Leg of Veal with Stuffed Pears</td>
<td>6</td>
</tr>
<tr>
<td>Baked Ham</td>
<td>6</td>
</tr>
<tr>
<td>Roast Leg of Lamb with Mint Apples</td>
<td>7</td>
</tr>
<tr>
<td>Individual Lamb Roasts</td>
<td>7</td>
</tr>
<tr>
<td>Crown Roast of Lamb</td>
<td>7</td>
</tr>
<tr>
<td>Pork Chops and Rose Apples</td>
<td>8</td>
</tr>
<tr>
<td>Pork Steak Grill with Spicy Sauce</td>
<td>8</td>
</tr>
<tr>
<td>Marinated Round Steak with Stuffed Mushrooms</td>
<td>8</td>
</tr>
<tr>
<td>Lamb Chop Grill</td>
<td>9</td>
</tr>
<tr>
<td>Broiled Steak</td>
<td>9</td>
</tr>
<tr>
<td>Planked Steak</td>
<td>9</td>
</tr>
</tbody>
</table>

## Meat Dishes for Real Breakfasts

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon with Pineapple</td>
<td>11</td>
</tr>
<tr>
<td>Stuffed Bacon Slices</td>
<td>11</td>
</tr>
<tr>
<td>Bacon and Cheese Omelet</td>
<td>11</td>
</tr>
<tr>
<td>Bacon Muffins</td>
<td>11</td>
</tr>
<tr>
<td>Ham Toast</td>
<td>12</td>
</tr>
<tr>
<td>Ham and Egg Ramekins</td>
<td>12</td>
</tr>
<tr>
<td>Sunday Morning Sausages</td>
<td>12</td>
</tr>
<tr>
<td>Baked Sausage</td>
<td>12</td>
</tr>
<tr>
<td>Broiled Ground Beef with Pineapple</td>
<td>12</td>
</tr>
<tr>
<td>Breakfast Lamb</td>
<td>13</td>
</tr>
<tr>
<td>Lamb Patties</td>
<td>13</td>
</tr>
<tr>
<td>Sweetbread Crisps</td>
<td>13</td>
</tr>
<tr>
<td>Sweetbreads in Egg Sauce</td>
<td>13</td>
</tr>
<tr>
<td>Liver in Baked Apples</td>
<td>13</td>
</tr>
</tbody>
</table>

## Meat Dishes for Attractive Luncheons

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russian Meat Balls</td>
<td>15</td>
</tr>
<tr>
<td>French Beef Hash</td>
<td>15</td>
</tr>
<tr>
<td>Fillet Mignon with Baked Tomato</td>
<td>15</td>
</tr>
<tr>
<td>Boneless Beef Rolls</td>
<td>15</td>
</tr>
<tr>
<td>Potatoes Stuffed with Lamb Hash</td>
<td>16</td>
</tr>
<tr>
<td>Lamb Soufflé</td>
<td>16</td>
</tr>
<tr>
<td>Lamb en Brochette</td>
<td>16</td>
</tr>
<tr>
<td>Baked Curried Lamb</td>
<td>16</td>
</tr>
<tr>
<td>Creamed Ham and Mushrooms</td>
<td>16</td>
</tr>
<tr>
<td>Pork and Celery au Gratin</td>
<td>17</td>
</tr>
<tr>
<td>Pork Sausage en Casserole</td>
<td>17</td>
</tr>
<tr>
<td>Baked Veal Fillets</td>
<td>17</td>
</tr>
<tr>
<td>Sweetbreads in Cream</td>
<td>17</td>
</tr>
<tr>
<td>Grilled Sweetbreads with Lemon Butter</td>
<td>17</td>
</tr>
</tbody>
</table>
Meat Dishes for Every Dinner

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple Meat Loaf</td>
<td>19</td>
</tr>
<tr>
<td>Stuffed Pork Shoulder Roast</td>
<td>19</td>
</tr>
<tr>
<td>Pork Chops Stuffed with Apple</td>
<td>19</td>
</tr>
<tr>
<td>Savory Pot-Roast</td>
<td>19</td>
</tr>
<tr>
<td>Short Ribs of Beef</td>
<td>20</td>
</tr>
<tr>
<td>Broiled Steak with Bananas</td>
<td>20</td>
</tr>
<tr>
<td>Swiss Cream Steak</td>
<td>20</td>
</tr>
<tr>
<td>Hungarian Veal Chops</td>
<td>20</td>
</tr>
<tr>
<td>Broiled Lamb Chops</td>
<td>21</td>
</tr>
<tr>
<td>Roast Rolled Shoulder of Lamb</td>
<td>21</td>
</tr>
<tr>
<td>Lamb Stew with Dumplings</td>
<td>21</td>
</tr>
<tr>
<td>Breast of Lamb, Jardiniere</td>
<td>21</td>
</tr>
</tbody>
</table>

Meat for the Buffet Supper

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veal Shortcake</td>
<td>23</td>
</tr>
<tr>
<td>Baked Ham in Aspic</td>
<td>23</td>
</tr>
<tr>
<td>Chop Suey</td>
<td>23</td>
</tr>
<tr>
<td>Pork Salad Platter</td>
<td>24</td>
</tr>
<tr>
<td>Ham Mousse</td>
<td>24</td>
</tr>
<tr>
<td>Lamb in Mint Jelly</td>
<td>24</td>
</tr>
<tr>
<td>Creamed Lamb in Pastry Shells</td>
<td>24</td>
</tr>
<tr>
<td>Lamb and Pineapple Salad</td>
<td>25</td>
</tr>
<tr>
<td>Sweetbread and Mushroom Patties</td>
<td>25</td>
</tr>
<tr>
<td>Jellied Tongue in Aspic</td>
<td>25</td>
</tr>
<tr>
<td>Baked Corned Beef Hash</td>
<td>25</td>
</tr>
</tbody>
</table>

Meat for Out-of-Door Meals

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broiled Steak</td>
<td>27</td>
</tr>
<tr>
<td>Broiled Frankfurters</td>
<td>27</td>
</tr>
<tr>
<td>Chipped Beef with Scrambled Eggs</td>
<td>27</td>
</tr>
<tr>
<td>Ground Beef and Bacon</td>
<td>27</td>
</tr>
<tr>
<td>Lamb, Hunter Style</td>
<td>28</td>
</tr>
<tr>
<td>Picnic Meat Loaf</td>
<td>28</td>
</tr>
<tr>
<td>Ribbon Sandwich Loaf</td>
<td>28</td>
</tr>
<tr>
<td>Mexican Camp Sandwiches</td>
<td>28</td>
</tr>
<tr>
<td>Ham Salad de Luxe</td>
<td>28</td>
</tr>
<tr>
<td>Barbecued Beef for Large Group</td>
<td>29</td>
</tr>
</tbody>
</table>

Meat Dishes for the Children

<table>
<thead>
<tr>
<th>Dish</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver Spinach Mold</td>
<td>31</td>
</tr>
<tr>
<td>Sweetbreads and Bacon en Brochette</td>
<td>31</td>
</tr>
<tr>
<td>Roast Tenderloin of Beef</td>
<td>31</td>
</tr>
<tr>
<td>Casserole of Liver</td>
<td>31</td>
</tr>
<tr>
<td>Beef Juice for Babies</td>
<td>32</td>
</tr>
<tr>
<td>Beef Broth with Vegetables</td>
<td>32</td>
</tr>
<tr>
<td>Broiled Bacon</td>
<td>32</td>
</tr>
<tr>
<td>Creamed Bacon and Potatoes</td>
<td>32</td>
</tr>
<tr>
<td>Lamb Stew with Vegetables</td>
<td>32</td>
</tr>
</tbody>
</table>
It has been said, "There is nothing so attractive to the appetite of man as certain of the meats to which he has become accustomed."

This is because meat is so rich in flavor that not only in itself is it pleasing to the palate, but it makes savory and interesting the bland cereals and vegetables with which it is usually served. That is one reason why meat makes the meal complete.

There is sound good judgment in eating foods which arouse pleasurable anticipation, for, at the same time, they are stimulating the flow of the digestive juice and aiding good digestion.

And scientists say that foods which appeal to the senses of sight, smell, and taste have a place in the diet because of this fact alone.

The great importance of meat as a food depends not only upon its fuel value and its protein, but also upon this quality known as palatability.

Eat meat for flavor.
### MEAT DISHES FOR SPECIAL OCCASIONS

| 1 pork loin | Butter |
| 6 oranges, uniform size | Flour |
| 6 sweet potatoes | Salt |
| 6 marshmallows | Pepper |

Have a loin of pork prepared at the market with the chine bone sawed loose from the ribs. Wipe the meat with a damp cloth, dredge with flour, and season with salt and pepper. Insert meat thermometer so that the bulb reaches the center of the roast. Place roast on a rack in an uncovered roasting pan. Sear for fifteen minutes in a hot oven (480° F.). Reduce the temperature to 325° F., and continue cooking until the roast is done. When the thermometer registers 185° F., the roast is done. Allow thirty minutes per pound for roasting.

Cut a slice off the top of the oranges and scoop out the pulp. Scallop the edges with a sharp knife. Pare and boil sweet potatoes. Mash. Mix with some of the orange pulp, season with salt, pepper and butter. Fill the orange cups with this mixture and place in the oven to heat. Two or three minutes before serving time, remove from the oven, top each orange with a marshmallow and put back in the oven to puff and slightly brown the marshmallows. Serve orange cups around roast pork on a large platter.

| 1 porterhouse steak, cut 1½ to 2 inches thick | Juice of ½ lemon |
| 1 teaspoon parsley, chopped | 2 tablespoons butter |
| ½ teaspoon Worcestershire sauce | ¼ teaspoon mustard |
| ¼ teaspoon grated onion | Salt |
|  | Pepper |

Broil steak as usual. (See recipe on page 9.) Mix other ingredients into paste. Remove steak to a warm platter, season with salt and pepper, and spread sauce on top. Garnish with watercress.

**NOTE:** The roast-meat thermometer mentioned in the recipes in this book is the best means of telling when the roast has reached the degree of doneness liked by your family. The thermometer is put into the thickest portion of the roast so that the bulb reaches the center of the meat. As the meat cooks, the thermometer registers the temperature at the center of the roast. When this temperature reaches a certain degree, the meat is done. The recipes themselves will tell you the internal temperatures at which the various roasts are done.
Roast Ribs of Beef

2 or 3 rib standing roast
1/2 cup raw cranberries
Flour
Salt and pepper

Wipe meat with a damp cloth. Sprinkle with salt, allowing 1/2 teaspoon for each pound, then lightly with flour. Place the roast in an open pan without adding any water and with the fat side up. Insert the meat thermometer so that the bulb reaches the center of the fleshiest part. Do not allow the bulb to touch either fat or bone. As the fat melts and cooks out, it will baste the meat. Place the meat in a hot oven (500°-525° F.). Sear for twenty or thirty minutes until lightly browned. Reduce the temperature to about 350° F., and continue cooking until the roast has reached the desired degree of doneness. The meat thermometer will register 140° F., for a rare roast, 160° F., for a medium-done roast, and 180° F., for a well-done roast. Allow sixteen minutes to the pound to be rare, twenty-two minutes to the pound to be medium, and thirty minutes to the pound to be well-done. Decorate attractively with raw cranberries stuck on with toothpicks. Garnish with parsley and surround with browned potatoes.

Roast Leg of Veal with Stuffed Pears

1 leg veal
6 pears, halved
1 package cream cheese
1 teaspoon paprika
Salt
Pepper

Wipe the veal carefully. Rub with salt and pepper and place on rack in roasting pan with the skin side up. Insert meat thermometer so that the bulb reaches the center of the fleshiest part of the muscle, taking care that it does not touch fat or bone. Place in a very hot oven previously heated to 500° F., and sear without covering for fifteen or twenty minutes. At the end of this time reduce the temperature rapidly to 260° F. Cover the roaster and continue cooking until the roast is done. Veal is always cooked well done. When the thermometer registers 160° F., the roast is well done. Allow twenty-five minutes per pound. Do not add water.

Work paprika well into the cheese. Form into balls and place in the center of the pear halves. Place around the roast a few minutes before it is done. When the cheese melts remove and serve around roast.

Baked Ham

1 whole ham
1 cup brown sugar
2 tablespoons flour
Whole cloves

Put the well scrubbed ham on a rack in an uncovered pan with the fat side up. Insert meat thermometer so that the bulb reaches the fleshiest part of the ham. Take care that it does not touch bone or fat. Place in a slow oven (300° F.). When the meat thermometer registers 160° F., the ham is done. A 10 to 12-pound ham requires twenty-five minutes per pound; a larger ham requires twenty minutes per pound; half hams require thirty minutes per pound. Forty-five minutes before the ham is done, remove from the oven, and take off the rind, all except a collar around the shank bone. Cut diagonals across the fat to form diamonds. Moisten brown sugar and flour with some of the fat drippings and
rub on the ham. Stick with a whole clove in each diamond. Return to the oven to finish cooking. During the last ten minutes of cooking, increase the heat to brown the ham.

1 leg of lamb
6 tart apples, medium-sized
2 cups sugar
1 cup water
Green vegetable coloring
Oil of peppermint
Flour
Salt and pepper

Do not remove fell from leg of lamb. Wipe with a damp cloth, sprinkle with salt and pepper, and rub well with flour. Place on a rack with the skin side down and the cut surface up. If the fat covering is very thin, lay strips of bacon across the top. Insert the roast-meat thermometer so that the bulb reaches the center of the fleshy muscle, taking care that it does not touch fat or bone. Sear the roast in a hot oven (480° F.) for thirty minutes or less if bacon has been added. When lightly browned, reduce the temperature to 300° F., and continue cooking without a cover or without the addition of any water. The roast will be slightly underdone at 175° F., and well done at 182° F. It requires about thirty-five minutes per pound.

Make a syrup by cooking sugar and water together. Color with green vegetable coloring but be sure to use sparingly. Flavor with a few drops of oil of peppermint. Pare and core apples and simmer in the mint syrup until tender but not soft. Place in a border around roast and garnish with mint leaves.

6 lamb chops, 2 to 2½ inches thick
6 slices bacon
Flour
Salt and pepper

Have chops trimmed and boned at the market. Have them rolled and wound with a slice of bacon fastened with small skewers. Rub with salt and pepper and dredge with flour. Place on a rack in a small roasting pan, and roast for thirty or forty minutes with the oven temperature at 500° F., for the first ten minutes, and 350° F., for the rest of the time.

1 crown of lamb
Slices of salt pork
1 head cauliflower
6 slices bacon
2 cups bread crumbs
½ cup melted butter
2 tablespoons chopped onion
Salt and pepper
Paprika

Have crown prepared at market. Wrap rib ends with slices of salt pork to prevent charring. Season with salt and pepper. Fill with dressing made from bread crumbs, butter and seasonings. Lay bacon slices on top of dressing. Place in a hot oven (480° F.) and sear until nicely browned. Reduce the temperature to 300° F., and roast one and a half hours. Remove to a hot platter. Replace pork on rib ends with a paper chop frill. Place cauliflower which has been boiled whole on top of dressing in center of crown. Sprinkle lightly with paprika.
Pork Chops and Rose Apples

6 large pork chops
1 egg
1 tablespoon milk
Bread crumbs, sifted
3 tablespoons fat

3 large tart apples
1 cup sugar
½ cup water
½ cup red cinnamon candies
Salt and pepper

Have the bones removed from the chops and trim into neat rounds. Dip each in egg beaten with milk, then into fine, dry bread crumbs. Brown in a frying-pan about ten minutes. Add about 2 tablespoons water, place in a moderate oven (350° F.) for forty-five minutes or until chops are tender.

Pare, core and halve the apples crosswise. Make a syrup of the sugar, red cinnamon candies, and water. Simmer the apples in this until tender and a bright red, being careful that they are not broken. Arrange chops on a hot platter, and place a half cinnamon apple on each. Garnish with watercress and insert a sprig of the cress in each apple.

Pork Steak Grill with Spicy Sauce

1 thick slice pork steak
4 tomatoes, medium sized
4 potatoes
½ cup finely chopped onion
1 tablespoon vinegar
1 teaspoon prepared mustard

2 tablespoons butter
2 tablespoons flour
⅓ teaspoon sugar
⅓ cup hot water
Salt
Pepper

Salt and pepper pork steak. Brown lightly on both sides in a hot frying-pan. Cover, reduce the heat, and simmer slowly for thirty minutes or until tender. Place the meat on a fire-proof platter, arrange around it tomatoes cut in halves with the cut surface dipped in flour and browned in the ham fat. Place rosettes of mashed potatoes between the tomato halves. Place platter in a hot oven (400° F.) until potato rosettes are browned.

Brown flour, blend in butter making a brown sauce. Add the chopped onion heated in vinegar to the mixture and cook for ten minutes. Remove from stove and add mustard, sugar and salt. Pour sauce over pork steak. Place rings of green pepper around the tomato halves and garnish with parsley or celery hearts.

Marinated Round Steak with Stuffed Mushrooms

Round steak cut 1 ½ to 2 inches thick
⅔ pound large mushrooms
1 teaspoon prepared mustard
4 teaspoons chili sauce
4 tablespoons lemon juice

3 teaspoons melted butter
1 teaspoon Worcestershire sauce
1 tablespoon grated onion
⅓ teaspoon paprika
Salt and pepper

Brush steak with mustard. Make a sauce of the last seven ingredients and marinate the steak in it for two hours. Break the stems from the mushrooms and stuff the caps with a well-seasoned bread dressing. Chop the stems. Remove steak from sauce, brown it on both sides in a hot frying-pan. Also brown the mushrooms. Mix the sauce with 1 cup hot water, pour it over the steak, and add the mushroom stems. Cover and cook slowly about forty-five minutes or until steak is tender. Serve on a hot platter, grouping the mushrooms around the steak.
Lamb Chop Grill

6 lamb chops, cut thick
6 onions, medium-sized
6 potatoes, cooked
6 peach halves
6 slices bacon
6 whole cloves

Lay the chops in a sizzling hot frying-pan. Sear quickly on both sides, then reduce the heat and panbroil about ten minutes, pouring off the fat as it collects. Parboil onions, remove the centers, dust with salt, and fill with bits of American cheese and cracker crumbs. Place a bit of butter on top and sprinkle with sugar to glaze.

Place the partially cooked chops on a fire-proof platter; arrange slices of cooked potatoes, stuffed onions, and peach halves into which a clove has been stuck. Season with salt and pepper. Put the bacon slices on the potatoes and place in a moderate oven (350° F.) until chops are done and vegetables browned.

Broiled Steak

1 porterhouse steak, cut 1 to 2 inches thick
4 tablespoons grated cheese

Butter
Salt and pepper

Have the steak cut from 1 to 2 inches thick. Preheat the broiler to 350° F., have the regulator set at 500° F. This will require about thirty minutes. Place the steak in the center of the broiler rack so that there is a distance of about 3 inches between the flame and the top of the steak. When the steak is nicely browned on one side, turn and brown on the other. The steak will be done when the second side is browned. Only one turning is necessary. For a 2-inch steak, allow thirty-five to forty minutes to be medium done. Season with salt and pepper, pour melted butter over the top and sprinkle with grated cheese. Serve on hot platter.

Planked Steak

1 porterhouse steak, 2 inches thick
6 potatoes
6 small tomatoes
6 small onions, cooked
3 slices bacon
1 egg
1 head cauliflower

Yz cup bread crumbs
Butter
Parsley, minced
Paprika
Salt and pepper

Trim the steak. Sear on both sides in a hot skillet or on the broiler. Broil or panbroil for about fifteen minutes. Oil a heated plank and place the steak on the plank. Arrange tomatoes stuffed with buttered bread crumbs and covered with bacon, small cooked onions, and cauliflower flowerets around the steak. Arrange a border of mashed potatoes and brush with slightly beaten egg. Place the plank in the oven until the potato border is browned and the tomatoes are tender. Take the steak from the oven and spread with butter into which finely chopped parsley, salt, and paprika have been rubbed.
It is a fact that all protein foods are not of equal value. Meat is one of the best sources of this indispensable food factor. For this reason meat has an important place in the diet.

The wear and tear of everyday activity is constantly breaking down the body tissues. Protein foods are the ones which repair and build up the worn-out tissues.

One reason that meat protein is so valuable is that it is 98 per cent digestible. The body is able to utilize practically all of the protein in meat.

Another important characteristic of meat protein is that it makes other proteins more valuable by making up their deficiencies.

The pendulum of "the protein requirement" has swung back and forth between high and low, but scientists are generally agreed that a liberal amount of high quality protein is safest.

Meat is a rich source of high quality protein.
MEAT DISHES FOR REAL BREAKFASTS

Bacon with Pineapple

- 12 slices bacon
- 6 slices pineapple
- Flour
- Salt

Place a single layer of bacon in a cool frying-pan. Place over a slow flame. Pour off the fat as it forms, in order that the bacon will be dry and crisp. Remove to the center of a hot platter and keep hot.

Season a little flour with salt and pepper. Dip the slices of pineapple in flour, covering both sides. Brown in very hot bacon fat and serve on platter around bacon slices.

Stuffed Bacon Slices

- 12 slices bacon
- 1 cup soft bread crumbs
- ½ cup melted butter
- 1 cup milk
- 2 eggs, slightly beaten
- Salt and pepper

Make a bread dressing. Place 1 heaping teaspoon on one end of slice of bacon. Roll the bacon slice around the dressing and fasten with a toothpick or small skewer. Place on a cool broiler rack about 5 inches from the flame. Set the oven regulator for a moderate oven (325°F.). Turn frequently. When the bacon becomes a light golden brown and evenly crisped, remove to a hot platter and serve garnished with watercress.

Bacon and Cheese Omelet

- ½ cup finely cut bacon
- 6 slices bacon, broiled
- 6 eggs
- ½ cup milk
- ½ cup grated cheese
- ½ teaspoon salt
- ½ teaspoon paprika
- Pepper to season

Beat eggs slightly, just enough to blend yolks and whites. Add milk, salt, paprika, and pepper. Place the diced bacon in a frying-pan and cook until browned. Pour in the egg mixture and cook slowly until firm. Spread the cheese over the omelet, and place in a hot oven for two minutes to melt the cheese. Fold, turn out on a hot platter and garnish with slices of bacon which have been broiled until a light golden brown and evenly crisped.

Bacon Muffins

- 3 tablespoons hot crisp bacon, diced
- 2 tablespoons bacon drippings
- 2 cups flour
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 2 well-beaten eggs
- 1 cup milk
- ½ teaspoon salt

Sift together flour, baking powder, salt, and sugar, then add well-beaten eggs, milk, hot bacon drippings, and hot crisp bacon. Pour into buttered muffin tins and bake twenty-five minutes in a hot oven (400°F.).
Ham Toast

2 cups ham, minced
3 tablespoons butter
4 tablespoons flour
1 cup milk
6 double slices buttered toast
Salt and pepper

Combine butter and flour with milk to make a cream sauce. Moisten minced ham with sauce. Cut the rounds of toast into two sizes and arrange the larger ones on a hot serving dish. Heap with creamed ham and place the smaller round of toast on top of each. Press down lightly so that a ring of pink will show. Pour the remaining sauce around, sprinkle with minced parsley, and serve.

Ham and Egg Ramekins

1 cup boiled chopped ham
4 eggs
½ cup rich milk
⅓ teaspoon salt
Pepper
Paprika

Beat the eggs lightly without separating yolks and whites. Add salt, a dash each of pepper and paprika, ham chopped very fine and milk. Pour into buttered ramekins, set in a pan of hot water and bake in a slow oven. Garnish with a ring of pimento in the center of each.

Sunday Morning Sausages

12 link sausages
2 tablespoons flour
6 triangles toast
1½ cups crushed pineapple

Fry the sausages until brown. Toast the triangles of bread. To 2 tablespoons of fat left in the pan after cooking the sausage add the flour and brown. Then add the crushed pineapple, stirring constantly until it reaches the boiling point. Pour pineapple mixture over the toast and place 2 sausages on each triangle.

Baked Sausage

1½ pounds sausage
1 cup bread flour
3 teaspoons baking powder
3 tablespoons fat
½ cup milk
½ teaspoon salt

Pat the sausage meat into a shallow baking pan. Make biscuit dough from other ingredients, roll, and cover over the sausage. Score in squares convenient for serving.

Broiled Ground Beef with Pineapple

1 pound ground beef
6 slices pineapple
3 tablespoons butter
⅓ teaspoon celery salt
Flour
Salt and pepper

Season the ground beef with salt, pepper and celery salt, and form into cakes about 2½ inches in diameter. Place in a broiler with the rack about 3 inches from the broiler flame and the oven regulator set for 350° F. Broil about ten minutes. Dip the slices of pineapple into flour and brown in butter until a golden brown. Arrange on a platter putting a meat cake on each slice of pineapple.
### Breakfast Lamb

- 2 cups cold cooked lamb
- 1 hard-cooked egg
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 6 baking powder biscuits
- Salt
- Pepper

Combine butter and flour, and add milk to make a cream sauce. Dice cooked lamb and combine it with the cream sauce. Add finely minced hard-cooked egg. Serve on baking powder biscuit, split open and buttered.

### Lamb Patties

- 1 pound chopped shoulder lamb
- 2 tablespoons grated onion
- 6 slices bacon
- 1/4 teaspoon paprika
- Salt
- Pepper

Add salt, pepper, paprika, and onion to chopped meat. Mix well and form into small cakes. Place a slice of bacon around each and fasten with a small skewer or toothpick. (Cut points in top edge of bacon slices, if desired.) Place on broiler rack about 3 inches from broiler flame. Have oven regulator set for 350° F. Broil for ten or fifteen minutes. Serve while hot on platter garnished with mint leaves.

### Sweetbread Crisps

- 1 pair sweetbreads
- 6 squares toast
- 1/2 cup stock
- 2 eggs
- 1 tablespoon flour
- 1/2 teaspoon lemon juice
- 1/2 teaspoon onion juice
- 1/2 teaspoon minced parsley
- Salt and pepper

Parboil sweetbreads and cut in small pieces. Heat the stock, season with salt and pepper and onion juice. Beat the eggs slightly and add to them lemon juice, flour smoothed in cold water, and parsley. Mix well. Add the stock and cook until thickened, stirring constantly. Add cooked sweetbreads cut in pieces, heat well, and serve either on toast or in cream puff shells.

### Sweetbreads in Egg Sauce

- 1 cup ground cooked liver
- 6 apples
- 2 tablespoons lemon juice
- 1/4 cup chopped nuts
- 1/2 cup raisins

Core apples but do not peel. Combine ground liver, raisins, nuts, and lemon juice. Fill the centers of the apples and bake in a moderate oven (350° F.) until the apples are tender.
THE human body contains certain inorganic or mineral substances which are absolutely essential to life, itself.

Two of these important minerals are phosphorus and iron and both of them are found in meat. Lean beef heads the list of foods which are considered excellent sources of iron.

The body must have iron "to make the fire burn," for iron is the oxygen carrier in the bloodstream. Without iron the fuel furnished by the food eaten would not be available to the body.

Meat is a rich source of phosphorus. This mineral is necessary to all the tissues of the body. Phosphorus is associated with calcium in building strong teeth and bones.

Foods are the best sources of minerals. Correct diet is an excellent tonic.

Meat contributes iron and phosphorus to the correct diet.
MEAT DISHES FOR ATTRACTIVE LUNCHEONS

• • •

6 beef fillets, cut 1½ inches thick
3 tablespoons butter
6 rounds toast
3 tablespoons grated cheese
3 tomatoes
Salt and pepper

Have fillets cut from a tenderloin of beef. Brown in butter, and fry until tender, about twenty minutes. Cut tomatoes in half and place in a buttered baking pan. Sprinkle with grated cheese and dot with butter. Place in a moderate oven (350° F.) and bake until tomatoes are tender. Arrange the fillets on rounds of buttered toast and place a baked tomato half on top of each one.

Fillet Mignon
with Baked Tomato

1 pound ground beef
1 stalk celery, diced
¾ pound ground pork
2 tablespoons green pepper
½ cup quick-cooking apples
1 cup tomatoes
1 small onion, sliced
3 tablespoons butter
Salt and pepper

Have beef and pork ground together. Add the egg, well beaten, and salt and pepper. Make into balls and brown them on all sides in hot fat. Place in a deep, buttered baking dish. Spread with sliced onion, diced green pepper, and lastly pour over it the tomatoes. Cover and bake slowly in a moderate oven (350° F.) for one hour.

Russian Meat Balls

1 ½ cups thin white sauce
2 cups cold cooked beef
½ cup grated cheese
6 potatoes
Salt and pepper
2 tablespoons grated onion

Slice the potatoes and arrange in a buttered baking dish. Season and cover with a thin white sauce. Grind the cold cooked beef and place on top potatoes. Sprinkle with grated cheese. Cover and bake in a slow oven (300° F.) for forty-five minutes. Dot with parsley and serve in baking dish.

French Beef Hash

2 pounds round steak
1 tablespoon milk
6 small carrots
3 tablespoons butter
1 cup bread crumbs, sifted
Salt
1 egg
Pepper

Have round steak cut thin into pieces suitable for individual servings. Season with salt and pepper. Place a carrot in each piece and roll. Fasten each roll securely with string or toothpicks. Roll in egg beaten with milk and fine bread crumbs. Brown in butter. When nicely browned, add 1 cup water and simmer until rolls are done, about one hour. Thicken liquid for gravy. Serve with baked potatoes, which have had the centers taken out, mashed and replaced. Decorate with paprika.

Boneless Beef Rolls
Potatoes Stuffed with Lamb Hash

- 3 cups chopped cooked lamb
- 6 potatoes, medium-sized
- 3 onions, medium-sized
- 1 cup diced fresh mushrooms
- 3 tablespoons butter
- 2 tablespoons parsley
- 3 whole cloves
- 3 peppercorns
- 1 Bay-leaf
- Salt and pepper

Chop onions. Add mushrooms, salt and pepper, and brown in butter. Add the lamb and mix thoroughly with seasonings. Moisten with lamb stock. Pare potatoes. Trim them on one side so that they will lie flat and cut an even slice off the top of each. Scoop out the potatoes into as large hollow receptacle as possible without breaking. Fill the potatoes with the lamb mixture, place in baking pan and bake in a moderate oven (350° F.) until potatoes are done, about thirty minutes. Sprinkle with parsley.

Lamb Soufflé

- 2 cups cold minced lamb
- 2 egg yolks
- 2 egg whites
- 1 tablespoon flour
- 1 ¾ cups milk
- 1 tablespoon butter
- Salt
- Pepper

Beat egg yolks, add milk and flour, salt and pepper. Stir well, add lamb. Cook until slightly thickened, cool and add the stiffly beaten egg whites. Pour into a buttered baking dish, and bake twenty minutes in a moderate oven (350° F.).

Lamb en Brochette

- 2 pound lamb shoulder
- ½ pound bacon squares
- 6 tomatoes
- 3 onions
- Salt
- Pepper

Have lamb shoulder boned and cut into inch squares of about 1/2 inch thickness. Slip a square of lamb on a skewer, a piece of bacon, then a piece of tomato, another square of bacon, and so on until the skewer is pretty well filled. Broil under a hot flame for ten to fifteen minutes.

Baked Curried Lamb

- 2 pounds lean lamb flank
- 1 teaspoon curry powder
- 2 small onions, sliced
- 1 teaspoon vinegar
- 3 tablespoons flour
- 3 tablespoons fat
- 1 cup water
- Salt and pepper

Have meat cut in small pieces. Mix curry powder, flour and seasoning and sprinkle over meat. Brown onion in hot fat, add meat and cook until it is browned. Pour water to which vinegar has been added over it and simmer until meat is tender, about one hour.

Creamed Ham and Mushrooms

- 1 ½ cups diced cold cooked ham
- 1 ½ cups thin cream sauce
- Ripe olives, sliced
- 1 cup button mushrooms
- 1 tablespoon pimento, minced
- 2 tablespoons butter
- Salt
- Pepper

Brown mushrooms in melted butter. Add diced ham, mushrooms, pimento, and salt and pepper to the white sauce. Heat thoroughly in top of double boiler. Fill patty shells and decorate with slices of ripe olives.
MEAT DISHES FOR ATTRACTIVE LUNCHEONS

Pork and Celery au Gratin
2 cups cooked pork
1 1/2 cups white sauce
1/2 cup celery, diced
1/2 cup bread crumbs
Dice cooked pork and combine with white sauce. Add diced celery, season with paprika and put in baking dish. Cover with buttered bread crumbs and bake in a moderate oven (350° F.) until crumbs are browned.

1 1/2 tablespoons butter
Paprika
Salt
Pepper

1 1/2 pounds pork sausage
1 cup tomato sauce
1/2 teaspoon chopped green pepper
1/2 teaspoon chopped onion
Brown pork sausage, slightly. Place in baking pan. Pour tomato sauce over it and season with chopped green pepper and onion. Bake in a moderate oven (350° F.) for forty-five minutes.

Pork Sausage en Casserole
2 pounds pork sausage
1 1/2 cups milk
2 tablespoons butter
2 tablespoons flour
Salt
Pepper
Have veal cut 1/2 inch thick and cut in the shape of fillets. Sprinkle with salt, pepper, and flour. Brown on both sides in melted butter. Place in baking pan, pour milk over meat and bake in a moderate oven (350° F.) until tender. Serve on pieces of toast cut to fit pieces of meat.

1 1/2 pairs sweetbreads
3/4 cup blanched, shaved almonds
3/4 cup smallest button mushrooms
1/2 cup milk
1/2 cup cream
2 tablespoons flour
2 tablespoons butter
Mace
Salt
Pepper
Parboil sweetbreads twenty minutes in water acidulated with 1 tablespoon vinegar. Blanch by plunging into cold water. Blend flour and butter. Add hot milk and cream slowly, stirring constantly. Season with salt and pepper. Put in a blade of mace for a few minutes and remove when its flavor becomes perceptible. Cook the sauce until it thickens. Add the shaved almonds, mushrooms, and sweetbreads, cut into pieces about an inch square. Serve in fried potato nests or fried noodle baskets.

1 1/2 pairs sweetbreads
1/4 cup butter
1 tablespoon lemon juice
Salt and pepper
Plunge sweetbreads into cold water and soak for one hour, then parboil them twenty minutes in water to which 1 teaspoon salt and 1 tablespoon vinegar have been added for each quart. After draining, plunge again into cold water. Remove the little strings and membranes.
Slice the sweetbreads and broil. Melt butter and add lemon juice. Beat with a fork or whisk and let it boil up to a froth. Season with salt and pepper and dress with lemon butter.

Grilled Sweetbreads with Lemon Butter

- 17 -
MEAT
FOR PROTECTIVE VITAMINS

There are certain meat products which should be regarded very highly as sources of those essential food factors, known as vitamins. The glandular organs; liver, kidney, sweetbreads; are good sources of vitamins.

Beef, pork, and lamb have all been found to contain vitamin G; however, beef, pork, and lamb liver and kidney appear to have five to eight times as much as the muscle tissue of these meats.

Liver, kidney, sweetbreads, etc., should be included frequently in the diet for their vitamins, for their excellent protein, and for their good supply of minerals.

Liver is especially valuable in the diet of the child for all of these reasons.

There is no difference in the dietetic value of the liver from veal, beef, pork, or lamb.
MEAT DISHES FOR EVERY DINNER

• • •

1 pound ground beef
1 pound ground pork
3/4 cup crushed pineapple
6 slices bacon, cut in half

1 cup graham bread crumbs
1 pimento, chopped
1 egg, slightly beaten
Salt and pepper

Pineapple Meat Loaf

Combine the ingredients in the order given. Line a loaf pan with bacon and pack in the meat mixture. Place slices of bacon across the top and bake in a moderate oven (350° F.) for one and a half hours.

1 pork shoulder
4 cups soft bread crumbs
2 eggs
2 tablespoons chopped onion
1 cup corn
4 tablespoons melted butter
4 tablespoons chopped green pepper
Salt and pepper

Stuffed Pork Shoulder Roast

Have bone removed from the pork shoulder at the market. Wipe with a damp cloth. Make dressing from other ingredients and press into the cavity made by removing the bone from the shoulder. Sew the end with a coarse thread. Place in a hot oven (480° F.) and sear for twenty minutes. Then reduce the temperature quickly to a very moderate heat (300°-325° F.) and continue cooking until the meat is done, allowing thirty minutes to the pound.

4 double pork chops, cut 1 inch thick
1 cup apple, sliced
2 cups bread crumbs

1 egg
1 cup water
Salt and pepper

Pork Chops Stuffed with Apple

Cut pork chops through the middle to form a pocket. Season inside and out with salt and pepper. Fill pocket with sliced apple and fasten with toothpicks. Add 1 tablespoon water to egg and beat it slightly. Roll stuffed chops in egg, then in crumbs, and repeat. Brown on both sides in hot fat. When nicely browned, add 1 cup water, cover and finish cooking in a moderate oven (350° F.). It will require about forty-five minutes. Garnish with apple rings to serve.

4 pounds chuck roast
2 onions, sliced
1 clove garlic, sliced
1/2 cup raisins

2 bay-leaves
1 cup boiling water
Salt
Pepper

Savory Pot-Roast

Brown onions and garlic in a little suet. Sprinkle meat with salt and pepper and brown on all sides. Add raisins, bay-leaves and boiling water. Cover tightly and simmer two hours or until meat is tender. Add more liquid if necessary. Remove meat from kettle, strain and measure liquid. To each cup of liquid add 2 tablespoons flour smoothed with cold water. Cook until thickened, stirring constantly. Serve gravy with meat.
**Short Ribs of Beef**

- 3 pounds short ribs
- 8 slices bacon
- 1 onion
- 4 tablespoons butter
- 2 cups purée of tomato
- 2 tablespoons prepared mustard
- 1 teaspoon tobacco sauce
- 1 cup water
- Salt
- Pepper

Brown onion in butter. Add tomato purée, mustard, tobacco sauce, salt and pepper, and 1 cup water. Cook for about five minutes.

Cut the ribs into portions between the bones. Wipe with a damp cloth. Around each portion secure a slice of bacon. Brown on all sides in hot fat. Put in a covered kettle, cover with the sauce, and simmer until tender, about three hours. Remove the meat to a hot platter, pour the sauce over the meat and serve garnished with parsley, potato balls, glazed carrots and slices of green pepper.

**Broiled Steak with Bananas**

- 1 sirloin steak
- 4 bananas
- Butter
- Paprika
- Salt
- Pepper

Have the steak cut from 1 to 2 inches thick. Preheat the broiler to 350° F., have the regulator set at 500° F. It will require about thirty minutes. Place the steak on the center of the broiler rack so that there is a distance of about 3 inches between the flame and the top of the steak. When the steak is nicely browned on one side, turn and brown on the other. The steak will be done when the second side is browned. Only one turning is necessary. For a 2-inch steak, allow thirty-five to forty minutes to be medium done.

Cut bananas into slices and brown in butter until a golden brown. Serve around the steak.

**Swiss Cream Steak**

- 2 pounds round steak
- 2 onions
- ½ cup sour cream
- ½ cup water
- ¼ cup butter
- 2 tablespoons grated cheese
- Paprika
- Salt
- Pepper

Cut meat into pieces for serving. Dust with pepper, salt, and paprika, and brown on both sides in butter. Add sliced onions, water, and cream to which grated cheese has been added. Cover the pan tightly and let simmer until the meat is tender.

**Hungarian Veal Chops**

- 6 veal chops
- 1 cup sour cream
- Flour
- Butter
- Salt
- Pepper

Have veal chops trimmed neatly. Dredge well with flour. Season on both sides with salt and pepper and brown in butter. When nicely colored, pour sour cream over them and cover. Simmer until meat is very tender. Remove to a hot platter, garnish with thick slices of tomatoes dipped in melted fat and sprinkled liberally with cheese, then browned in the oven. Thicken the liquid in the pan, adding more cream if necessary, and strain over the chops.
**Broiled Lamb Chops**

6 thick lamb chops  Salt and pepper

Have lamb chops cut of uniform thickness and the fell removed. To broil, lay the chops on a cold greased rack and place over live coals or under an electric grill or gas flame. If gas is used, have chops two or three inches from the flame. Sear them on both sides. After searing, lower the flame and finish cooking at a reduced temperature. Turn chops occasionally but do not pierce brown crust. It will require ten to fifteen minutes to broil chops \( \frac{3}{4} \) to 1 inch thick.

**Roast Rolled Shoulder of Lamb**

1 lamb shoulder 6 slices bacon  Flour  Salt and pepper

Have the shoulder boned and rolled. Wipe with a damp cloth, sprinkle with salt and pepper and rub well with flour. Place on a rack in an open roasting pan. If the fat covering is thin lay strips of bacon across the top. Insert meat thermometer so that the bulb reaches the center of the roast. Sear in a hot oven (480° F.) for thirty minutes, or less if bacon has been added. When lightly browned, reduce the temperature to 300° F., and continue cooking without a cover or without the addition of any water. Remove from oven when the thermometer registers 182° F., if liked well done, or 175° F., if desired slightly underdone. Allow about thirty minutes per pound for cooking.

**Lamb Stew with Dumplings**

2 pounds lean lamb 6 onions, sliced 6 potatoes 2 cups flour 4 teaspoons baking powder \( \frac{3}{4} \) cup milk Salt and pepper

Have the lamb cut in cubes of suitable size. Brown the meat in hot fat, cover with boiling water and simmer until tender. During the last hour of cooking add the vegetables. Fifteen minutes before serving drop the dumplings by the spoonful on top of the stew, letting them rest on top of the meat and vegetables rather than settling into the liquid.

**Breast of Lamb, Jardiniere**

3 pounds breast of lamb 3 stalks celery 1 onion, chopped 1 leek, chopped 1 green pepper, chopped 3 tablespoons butter \( \frac{1}{2} \) cup flour Paprika Salt Pepper

Have breast of lamb boned and cut into 2-inch squares. Season with salt, pepper, and paprika. Brown in butter with celery, green pepper, onion, and leek. When browned, add flour and water enough to make a thin gravy. Cover and cook slowly until tender.
In reducing it is most important that there should be no loss of body protein. The calories may be cut down, but there must be a liberal supply of high quality protein.

Meat furnishes high quality protein.

The reducing diet must satisfy. Meat above all other foods has that quality known as "satiety value." Meat "sticks to the ribs."

To insure a reducing diet that will furnish the required amount of high quality protein, include lean meat.

To insure a reducing diet that will satisfy the craving for food and keep away hunger for the longest time, include lean meat.

Strenuous reducing should not be entered into lightly, nor should it be undertaken without medical advice and direction.

Unwise dieting reflects itself in health and disposition and should be avoided.

EAT MEAT WHEN REDUCING
MEAT FOR THE BUFFET SUPPER

1 ham
4 tablespoons gelatine
⅛ cup cold water

Decorations

4 tablespoons lemon juice
4 cups meat stock
Salt and pepper

Place ham in an uncovered pan, fat side up. Insert meat thermometer so that the bulb reaches the center of the fleshiest part of the muscle, taking care that it does not touch fat or bone. Bake in a slow oven (300° F.) until the internal temperature of the ham reaches 160° F. For a 10 to 12-pound ham, allow twenty-five minutes per pound; for larger hams, allow twenty minutes per pound; for half hams, allow thirty minutes per pound. Remove from the oven, and carefully remove the rind, leaving a collar around the shank bone. Cool and slice the ham into thin slices to the bone. Press back into shape.

Soak gelatine in cold water, add boiling water, lemon juice, salt and pepper and stir until gelatine is dissolved. Strain through double thickness of cheesecloth. Cover the ham with a thin layer of aspic. Decorate the ham along the lines where it has been sliced with strips of red pepper; and at each end make a decoration of flowers made of sultana raisins, green stems of angelica and candied vegetable molds. Over all, spread a layer of aspic.

Place on a large platter or plank and arrange chopped aspic and black and green olives around it. Edge with a green border of smilax.

2 cups cooked veal, diced
1 cup rich white sauce
1 hard-cooked egg

Combine diced veal with rich white sauce. Add hard-cooked egg cut fine. Season with salt and pepper and paprika. Serve on a freshly baked baking powder biscuit, slit open and buttered.

1 pork tenderloin
1 stalk celery
1 onion
½ cup button mushrooms
½ cup bamboo sprouts

2 to 4 Chinese potatoes, or plain ones
3 tablespoons fat
3 tablespoons Chinese sauce

Cut meat, celery, onion, mushrooms, bamboo sprouts, and potatoes in cubes. Put fat in kettle or frying-pan and heat, add meat and fry five minutes, turning to brown on all sides. Then add (about five minutes apart) onions, next bamboo sprouts, mushrooms, celery, and lastly potatoes. Cook chop suey about thirty minutes. After adding potatoes, pour in Chinese sauce, which usually salts it sufficiently. Continue cooking until potatoes are tender. Serve with steamed rice or crisp noodles.
### Pork Salad Platter

- 3 cups cold roast pork, diced
- 3 hard-cooked eggs
- ½ onion, grated
- 1 chopped green pepper
- 1 cup whipped cream
- 3 stalks celery, diced
- Stuffed olives, sliced
- Mayonnaise dressing
- French dressing
- Paprika

Add the diced celery and chopped green pepper to the diced pork. Grate in the onion. Marinate with French dressing. Add paprika and set aside to chill. When ready to serve, add whipped cream to mayonnaise and fold into the salad. Pile in a rounded mound on crisp lettuce leaves on a large platter. Garnish the salad with slices of hard-cooked egg and olives. Around the salad place a border of pineapple slices masked with mayonnaise dressing and sprinkled liberally with paprika. Celery stalks, filled with cream cheese, add attractiveness to the platter.

### Ham Mousse

- 3 cups boiled ham, minced
- ½ tablespoons gelatine
- ½ cup cold water
- ½ cup boiling water
- 2 tablespoons chopped parsley
- ⅝ teaspoon paprika
- 1 cup whipping cream
- Few grains cayenne
- Lettuce
- Mayonnaise dressing

Soak gelatine in cold water for five minutes. Add the boiling water and stir until dissolved. Add ham, paprika, cayenne, and parsley. Fold in the whipped cream and pour into a ring mold which has been dipped into cold water. Set in the refrigerator until stiff. Unmold onto a nicely garnished platter. Garnish the mold with mayonnaise roses made with a pastry tube.

### Lamb in Mint Jelly

- 3 cups cold cooked diced lamb
- 2 tablespoons gelatine
- ½ cup cold water
- 12 stalks mint
- ½ cup sugar
- ½ cups boiling liquid
- 2 tablespoons lemon juice
- ¼ teaspoon paprika
- Stuffed olives
- Mayonnaise dressing
- Green coloring
- Lettuce

Soften the gelatine in cold water. Wash mint, tie in a bunch, and cook for ten minutes in boiling liquid. Pour over the softened gelatine, and stir until gelatine is thoroughly dissolved. Add lemon juice, salt, paprika, and a few drops of vegetable coloring. Cool and when beginning to set, stir in the diced lamb and turn into one large or six small individual molds previously dipped in cold water. Chill, unmold and garnish with lettuce, stuffed olives, and mayonnaise.

### Creamed Lamb in Pastry Shells

- 3 cups cold cooked lamb, diced
- 4 tablespoons flour
- 4 tablespoons butter
- 2 cups milk
- Currant jelly
- Salt and pepper
- Parsley

Make a white sauce by melting butter, adding flour, and gradually adding milk. Season with salt and pepper and add meat. Serve very hot in pastry shells with a cube of currant jelly on top, and garnished with parsley.
Lamb and Pineapple Salad

Marinate cold diced lamb with French dressing. Drain and combine with pineapple, chives, and seasoning. Chill and just before serving, mix with mayonnaise which has been thinned with whipped cream and flavored with Roquefort cheese. Toss until well mixed, then heap on crisp romaine leaves. Arrange pineapple slices around it and decorate with radish roses.

Sweetbread and Mushroom Patties

Parboil sweetbreads in acidulated water and blanch by plunging into cold water. Cut mushrooms in small pieces and brown in butter. Pour rich white sauce over mushrooms, add sweetbreads and season with salt and pepper and paprika. Simmer over hot water ten minutes. Remove from fire, fold in beaten egg yolk and a few drops lemon juice. Serve in patty shells.

Jellied Tongue in Aspic

Cover tongue with water and simmer until tender. Let it cool in its own liquor. Run a skewer through the tip of tongue and fleshy part so that it will keep in shape. When cool, remove the skewer, remove the skin and hard parts, and season.

Soak gelatine in cold water for five minutes. Add lemon juice, salt and pepper, and hot meat stock. Stir until gelatine is dissolved. Strain through cheesecloth. Place a round pan in ice water, cover the bottom with gelatine mixture, and when firm decorate with cooked carrots, beets cut in fancy shapes, and parsley. Cover with gelatine, adding it carefully so as not to disarrange the vegetables. When this layer is firm, put in tongue and gradually add the remaining mixture. Chill and unmold on garnished platter.

Baked Corned Beef Hash

Melt fat in frying-pan, add the meat, potatoes and seasonings. Moisten with milk and mix well. Place in a neat mound on a fireproof platter. Place around it tomatoes cut in halves, sprinkled with cheese and dotted with butter. Bake in a slow oven (325° F.) until meat is slightly browned. Garnish with parsley.
MEAT
FOR HEAT AND ENERGY

All meats contain fat, some more, some less, and fat is the best source of heat and energy.

Fat is the form in which food is ultimately stored in the body.

The fat of all meats is completely and easily digested, 95 per cent of animal fats being utilized in the body. Bacon is one of the most easily digested fats from any source. This is the reason why it is usually baby's first meat.

While fat is completely and easily digested, it takes a longer time than does the digestion of sugars and starches. This gives a staying quality to food which is a distinct advantage, especially to the person engaged in hard physical labor, for he will not have the feeling of hunger which results in lowered vigor and efficiency.

That satisfied feeling after eating meat is due in part at least to the fat that it contains.

Fat increases the palatability of meat and adds to its energy value.

EAT MEAT FOR ENERGY
MEAT FOR OUT-OF-DOOR MEALS

1 porterhouse steak, cut thick  Salt and pepper

Construct an outdoor fireplace with stones or brick. Build two walls parallel to each other. If stones or brick are not at hand, freshly cut green logs may be used in the same way, or a ditch may be dug deep enough for the fire. Build a large fire and let it burn down until it is a mass of coals. Place grate across the rocks or logs about three inches above the coals. Place steak on the center of the rack and brown well on one side, turn and brown on the other. For a steak 1½ inches thick, it will require about forty minutes.

Baked potatoes roasted in the fireplace are delicious with the steak. Choose medium-sized potatoes, wrap them in green leaves, and bury them in the red hot embers. When the potatoes can be easily pierced with a fork, they are done. Allow about twenty minutes to roast them. Remove from embers, cut them open and put a pat of butter on each to melt.

Corn, onions, sweet potatoes, carrots, turnips, and apples may all be roasted in the outdoor fireplace in the same way.

Broiled Steak

Frankfurters

Rolls

Place frankfurters in a long-handled corn-popper and hold over hot coals, shaking occasionally so that the frankfurters are evenly cooked. Split open lengthwise and place inside roll. Flavor with ketchup or mustard.

As dessert, toast marshmallows. Place, together with a piece of chocolate bar, between two graham crackers.

Broiled Frankfurters

Chipped Beef with Scrambled Eggs

Mix ground meat with onion and pat into small flat cakes. Wrap with bacon, season and place in frying-pan on grate of improvised outdoor fireplace. Turn when thoroughly browned on one side. When thoroughly browned on the other, the meat will be done. Serve with chili sauce.

Ground Beef and Bacon
Lamb, Hunter Style

2 pounds leg of lamb
6 slices bacon
6 tomatoes, sliced

Have lamb cut into 1-inch squares. Choose a strong, pointed green stick about 1/4 inch thick or you may use a heavy iron wire fork for a skewer. Thread a slice of bacon onto the skewer, then alternate squares of lamb, tomato and onion. Last of all thread other end of bacon over the stick. Broil over hot coals, never over blazing fire. When the outside is browned, hold farther from the coals so that it will cook more slowly. Serve with graham rolls.

Picnic Meat Loaf

2 pounds ground lamb
1 pound ground fresh pork
1 pound veal, ground
1 green pepper, minced
1 small onion, minced
2 eggs
1/4 cup cracker crumbs
1/4 cup cooked tomatoes

Mix thoroughly and form into a loaf. Pour over it 1 cup tomato juice and bake in a medium oven (350° F.) for an hour, basting several times with tomato juice.

Ribbon Sandwich Loaf

6 slices baked ham, rather thick
2 teaspoons prepared mustard
3/4 cup ketchup
1 cup grated cheese

Place a slice of ham in a baking pan and spread sparingly with ketchup and mustard which have been mixed together. Sprinkle liberally with grated cheese, and place another slice of ham over this. Spread with ketchup-mustard sauce, sprinkle with cheese, add another slice of ham, and continue until all ingredients are used.

Mexican Camp Sandwiches

1 pound bacon
1 pound shredded dried beef
1 cup grated cheese
3/4 cup chili sauce

Place bacon in cold frying-pan and cook slowly until crisp. Remove from pan, drain on brown paper. Remove half of fat from pan. Crisp the dried beef in remaining fat. Add chili sauce and blend. Add grated cheese and stir until melted. Spread on buttered buns, top with a slice of bacon and serve while hot.

Ham Salad de Luxe

2 cups chopped ham
3/4 cups diced celery
3/4 cup cream
2 hard-cooked eggs
1 teaspoon prepared mustard
2 tablespoons grated horseradish
3 tablespoons mayonnaise
Cayenne Paprika

Beat cream until stiff. Add mustard, salt, and a dash of cayenne. Beat in the mayonnaise, then fold in the horseradish, chopped ham, and celery. Place in a loaf pan, garnish over the top with sliced hard-cooked eggs and sprinkle with paprika. Pack carefully in the picnic kit.
Dig a trench about 40 inches deep and 3 feet wide; the length of the trench will depend entirely upon the quantity of beef to be barbecued. A trench 10 feet long will accommodate about 400 pounds of beef and a trench 15 feet long will accommodate 600 pounds.

Throw the dirt back out of the trench far enough so there will be sufficient room to walk around the trench conveniently.

Start a fire on the bottom of the trench with kindling. Gradually add larger pieces of wood and keep the fire burning as rapidly as possible until a bed of live coals 15 to 18 inches thick has accumulated in the bottom of the pit. Hard, dry wood (oak or hickory preferred) should always be used for the fire. The pieces should not be too large. It is necessary to see that the chunks of wood are all thoroughly burned so that they will char. To accomplish this an iron rod with a hook on the end is very convenient. If the chunks are not sufficiently burned to break into coals they should be thrown out of the pit. Level the coals off as evenly as possible. About 3 hours is usually required to get a sufficient bed of coals.

A sufficient amount of sand should be available to cover the bed of coals about 1½ inches thick. This should be clean, fairly coarse sand and must be dry. While the fire is burning, it is easy to dry out the sand and have it hot when the time comes to put it on the fire by using a piece of sheet iron over one end of the trench. It is important that the sand be put on the bed of coals just as quickly as possible after a sufficient amount of coals has been obtained.

The quantity of beef to be barbecued should be cut into chunks of as near 20 pounds each as possible. Wrap and tie each piece in two thicknesses of cheese cloth and one thickness of burlap. Old gunny sacks will answer for this purpose if clean. Have the beef cut and wrapped and at the trench by the time the fire is ready. Spread the sand on the coals as quickly as possible and without any delay place the wrapped pieces of beef on the sand.

It is also important that the trench be covered and sealed as quickly as possible after the beef is placed in the trench in order that there will not be any loss of heat. The most convenient covering is a piece of sheet iron, but, if this is not available, boards may be used. All cracks should be tightly sealed with either mud or sand, so that none of the steam will escape.

The beef should be placed on the fire about ten hours before the time it is to be served. However, if placed on the fire earlier it will do no harm, for after ten hours the heat from the bed of coals has died out and it will not hurt to leave the beef in the trench. It is not necessary to turn the beef while it is being cooked and the trench should not be opened until time to serve. Two good carvers can carve the beef as fast as it can be conveniently served. After carving it may be salted to suit the taste, but no sauce or other seasoning is necessary.

The amount of beef required depends largely upon the generosity of those serving but it is safe to figure that 100 pounds of beef will serve 300 people.
MEAT
FOR YOUR CHILD AND WHY

SCIENCE has decided in favor of meat in the diet of the child. Even the very young child may have meat several times each week.

Meat is introduced first in child feeding in the form of broth or of scraped meat. As soon as he is able to chew he may have meat in other forms.

The child needs high quality protein for growth as well as for the repair of tissues. His need for protein is greater than that of the adult.

There are the same good reasons for meat in the diet of the growing child as in the diet of the grown-up.

Meat for young children should be prepared simply. Broiled steaks and chops and roasts are well suited to the child’s meal. Stews are good, too, because of the combination of vegetables which will be more acceptable because of the meat flavor.

Liver, because of its protein, iron, and vitamins, has a very definite place in the child’s diet.

LET YOUR CHILD EAT MEAT
MEAT DISHES FOR THE CHILDREN

1 pound liver
1/4 cup bread crumbs
2 tablespoons butter
1/2 cup cream

2 cups cooked spinach
2 hard-cooked eggs
1 egg, beaten
Salt and pepper

Parboil liver five minutes. Chop finely and mix with bread crumbs. Add beaten egg, cream, and seasonings. Place in a buttered mold, cover with a layer of cooked spinach—which has been put through a colander and garnish with slices of hard-cooked eggs. Place in a pan of hot water and bake in a slow oven (325° F.). When firm, unmold on a platter and serve with creamed tomato sauce.

1 pair sweetbreads
8 slices bacon
Salt
Pepper

Parboil sweetbreads for twenty minutes in water to which 1 teaspoon salt and 1 tablespoon vinegar have been added for each quart. After draining, plunge into cold water to make them firm. Detach any strings or membranes. Cut sweetbreads into 1-inch squares. Arrange on skewers alternating with bacon. Place on a broiler rack and broil slowly for ten or fifteen minutes. Serve on skewers.

1 beef tenderloin
4 tablespoons melted butter
2 tablespoons flour

1 cup milk
Salt
Pepper

Have tenderloin trimmed and larded. Rub well with salt. Place in roasting pan and pour hot melted butter over it. Roast in a hot oven (400° F.) for thirty minutes, basting occasionally. When done, remove to a hot platter. Brown flour in drippings. Gradually add milk and cook until it is thickened, stirring constantly. Serve gravy with tenderloin.

2 pounds pork liver, sliced
8 slices bacon
3 tablespoons flour

1 cup meat stock or water
Salt
Pepper

Cover sliced liver with boiling water and allow to stand a few minutes. Drain and remove outside membranes. Lay half the bacon in baking dish. Roll liver in flour and season with salt and pepper. Place on top of bacon. Put remaining slices of bacon on top and cover with stock. Cover and bake in a moderate oven (350° F.) until liver is tender.
Beef Juice for Babies

\( \frac{3}{4} \) pound round steak, Salt

Make enough beef juice for only one meal at a time. Salt round steak very slightly and cut in all directions. Place in a double boiler, over boiling water, and extract the juice. Feed 1 teaspoon of this once a week at the beginning of the ninth month and 1 tablespoon of mashed potato. Increase the amount during the month until at the beginning of the tenth month 1 tablespoon is being given. Beef broth with vegetables, strained, may be given in quantities of 1 cup at a time.

Beef Broth with Vegetables

3 pounds beef shin, 1 cup carrots, diced
1\( \frac{1}{2} \) quarts water, ½ cup carrots, ground in food chopper
2 cups raw diced potatoes, 2 teaspoons salt
2 onions, sliced

Have meat cut in pieces, put in the soup kettle, and salt. Cover with cold water and slowly bring to a boil. Then simmer until meat is tender. Add potatoes, carrots, and onions and cook until vegetables are tender. Strain and serve while hot.

Broiled Bacon

6 slices bacon, Parsley

Place slices of bacon on a cool broiler rack. Have rack five inches below the flame. Turn gas for a moderate oven (325° F.). Turn bacon frequently. When a light golden brown and evenly crisped, remove to a hot platter. Garnish with parsley.

Creamed Bacon and Potatoes

1 cup finely chopped cooked bacon, ¾ cup milk
2 cups potatoes, cut in dice, 1 tablespoon chopped parsley
3 tablespoons bacon drippings, Paprika
3 tablespoons flour, Salt and pepper

Add flour to bacon drippings and brown. Stir in the milk gradually and cook until thick and smooth. Add bacon and seasoning, then potatoes. Cover and heat over a very slow fire. Sprinkle with chopped parsley and paprika. Serve very hot.

Lamb Stew with Vegetables

2 pounds breast of lamb, 1 bunch celery, cut in 3-inch lengths, Salt and pepper
2 cups potatoes, in thick slices, Flour
2 cups carrots, cut in inch cubes

Have meat cut into small pieces, sprinkle with salt and pepper and dredge with flour. Cut some of the fat in small pieces and fry out. Add meat and brown. Cover with boiling water and simmer until meat is tender. During last hour of cooking, add carrots, potatoes, and celery. Place meat in a mound in the center of platter and around it arrange carrots and potatoes in separate groups.