The Wilson Label Protects Your Table

YOU have profited when you have one sure indication of the purity, quality and healthfulness of the food products you buy for your family.

You are benefited when you have one guide to the selection of your food products—one symbol upon which you can rest your judgment in confidence. You are protected not only in the purchase of the foods, but in their use.

The Wilson label, wherever you see it, identifies a food product on which you can thoroughly rely. You may depend upon the cleanliness, wholesomeness and excellence of Wilson products. Their appearance alone will endorse all we say of them and all that the Wilson label means.

We mean that the phrase "The Wilson Label Protects Your Table" shall convince you of its truth. The only way in which it can convince you satisfactorily is through actual experience in using Wilson food products in your own home.

Everything bearing the Wilson label has been selected, handled and prepared with respect. By this respect we mean the same thoughtfulness and carefulness with which your own mother would prepare the favorite dish for the family.

The familiar "W-shaped" Wilson label, with the "big red W" trade mark, stands for our good faith and our pledge to you that Wilson food products are exactly what we say they are. You can buy them with the fullest confidence in their quality.

The Wilson label protects your table

"This mark WILSON & Co. your guarantee"
FOOD products must always be bought with economy and utilized with care. We have prepared this book in the hope that it will help the women of America to purchase and use food products carefully and wisely.

Wilson’s Meat Cookery illustrates in a simple, practical manner the different cuts of meat, and tells in everyday language the most economical and appetizing methods of preparing them for the table.

The cheaper cuts of meat heretofore have been neglected; possibly because people considered them not good enough, or did not realize their high nutritive value.

The suggestions here presented will be new to many a modern housewife, yet our grandmothers used these inexpensive cuts and relied upon them for some of their best dishes.

The average grade of live stock today is much superior to that of ten or fifteen years ago. Consequently, when we use the cheaper cuts of meat, we have the advantage of this betterment in quality.

For example, in considering meats, we naturally think of the loin and ribs. These constitute only a part of the meat available in the animal. It is obvious that if all the available meat is used properly, the total supply of meats will increase in proportion, and the average price will be lowered correspondingly.

The charts and illustrations show you just how the cuts of meat look and tell you exactly what portions to ask for. They also show you the large percentage of excellent meat that is not being utilized by the average family.

You can only take full advantage of this knowledge by doing your marketing in person. You must select your own meats if you expect high quality at a reasonable price.

Our recipes tell you in detail the best way to prepare these cuts for the table. We have compiled this book along practical lines. We want it to be useful and helpful to those who have to make every penny count—to the family of moderate means—and to the more prosperous as well. So that you will save money and have better food, study this book and accept its suggestions in the spirit in which they are given.

—President

"This mark Wilson & Co. your guarantee"
HERE ARE THE "BUY" WORDS FOR QUALITY

Certified Bacon
Certified Sliced Bacon in 1 lb. cartons and 3/4 lb. parchment wrappers
Certified Ham
Certified Square Boiled Ham
Certified Pure Pork Sausage in convenient 1 lb. cartons
Certified Mince Meat
Certified Peanut Butter
Certified Pure Kettle Rendered Lard in tins
Certified Shortening
Certified Salad Oil
Certified Summer or Dry Sausage
Appenino
Aries
Capicola
Cervelat
Frisse
Genoa Salami
Italian Style Ham
Menage
Milano Salami
Mortadella
Pepperoni
Salami (B. C)

Sarno
Certified Sausage
Bologna
Frankfurty Style
Liver Flavor
New England Style
Pure Pork
Certified Margarine
Majestic Milk Fatted Broilers
Milk Fatted Friers
Milk Fatted Roasting Chickens
Milk Fatted Powl
Milk Fatted Squabs
Clear Brook Butter
Eggs
Cheese
American
Brick
Limberger
Swiss
Laurel Pure Lard
Certified Baked Loaf
Estrella Chili Con Carne (condensed)
Advance Shortening

CERTIFIED CANNED MEATS

All made from choice, selected, fresh meats. These meats are prepared under the most hygienic conditions, are cooked and some of them only need warming to serve. Most of them may be served cold and are especially fine for picnics, unexpected guests, or hot summer evenings when a delicious lunch is wanted with the minimum of effort.

Among these products are:

Certified Beef Extract
Beef Steak and Onions
Boned Chicken
Bouillion Cubes
Chicken Cubes
Cored Beef
Cored Beef Hash
Dried Beef
Genuine Deviled Chicken
Genuine Deviled Ham
Genuine Deviled Tongue
Hamburger Steak
Lunch Tongue
Luncheon Tongue
Minced Cullops
Ox Tongue
Pickled Boneless Hocks
Pickled Honeycomb Tripe
Pickled Lamb Tongues
Pickled Lunch Tongues
Pickled Pig Feet
Pickled Pig Hearts
Pickled Pig Snouts
Pickled Mix
Roast Beef
Roast Mutton
Sausage Meat
Sliced Bacon
Sliced Beef
Stewed Kidneys
Veal Loaf
Vienna Sausage

HOW TO SERVE DRY SAUSAGE

Dry sausage needs no cooking, and keeps indefinitely without refrigeration.

For Breakfast: Creamed dry sausage with apple fritters; diced and cooked in pancakes; stuffed into potatoes before baking.

For Luncheon: Dry sausage croquettes; sandwiches; cheese and dry sausage rarebit; omelet au summer sausage; dry sausage salad.

For Dinner: Dry sausage dressing for fowl or meat; dry sausage stuffed in peppers; dry sausage with tomato sauce; potatoes stuffed with dry sausage and cheese, dry sausage meat loaf, casserole of dry sausage and hominy.
EAT, as far as history records, always has been the main article of diet of the human race in the greater part of the world. It has, through the centuries, held its place as the staple item of the meal around which other foods have been grouped to make a balanced ration. Long before there existed a science of food and nutrition, instincts led man to choose the combination of foods which best met his bodily needs. Many present day foods have changed their physical and chemical characteristics through new methods of manufacture, but meat is still prepared in such a way so as to retain all of its valuable nutritive material.

The science of nutrition in the past few years has indicated and proved some of the reasons why meat has always been a very important part of man’s diet.

The greatest nutritive value of meat is due to its protein content, usually called the tissue building and repairing material. Although other foods contain proteins, meat is by far the most important and valuable source, particularly in the diet of the adult. One reason for this is the similarity in chemical characteristics of the animal and of human tissue proteins.

It has been proved that fats are essential in our diet. Meat furnishes us with a valuable form of fat and in generous quantities,—a fact which is often disregarded in estimating the nutritive importance of meat.

Meat and meat products also contain vitamins, organic substances about which we have very little exact chemical knowledge but which perform functions of extreme importance in the life activities of the body. Recent experimentation is proving the statement that meat is a valuable source of the vitamins, so that when combined in the meal with other natural foods, it will completely satisfy nutritive requirements.

Another essential constituent of meat is its mineral content, particularly of phosphorous and iron,—indispensable to body growth and repair and to the regulation of body processes.

Meat is well digested by the normal healthy person. Its digestibility varies somewhat with the amount of lean and fat, and possibly with the texture and cooking. Meat prepared in an appetizing manner stimulates the appetite which in turn increases the ease and thoroughness of digestion.

As is the case with many other foods, the use of meat in disease is an extensive study in itself. It is not wise to overeat of any food. Where a person has continually overeaten, the diet must sometimes be restricted. At the other extreme are those who have been on such a limited diet that disease has developed as a result. In such cases fresh foods, including meat, are prescribed to cure the disease. Among the latter may be mentioned such diseases as scurvy, beri-beri, pellagra, and anemia.

Meat in this country has been very plentiful but, as a result has led to a wastefulness to be considered seriously. Economic conditions producing a higher cost of living does not mean that meat should be omitted from the diet, but it does warn us that every means should be used to eliminate waste. Furthermore, meat cuts from all parts of the animal, whether fore-quarter or hind-quarter, furnish approximately the same nutritive value although they may vary greatly in price. The economical housewife will feed her family equally well and at less cost if she learns to also use the less expensive cuts. Wise buying, careful preparations, and attractive serving all will aid in satisfying the taste and the appetite at a minimum cost.
GOVERNMENT inspection is a tremendous factor in the production of meat. The breeder knows that his cattle must undergo a most rigid examination by a number of government experts. These experts must be graduated veterinaries and pass a rigid civil service examination before they are admitted to the Government Inspection Bureau. These men are on hand to detect any indication of unsound meat before, during and after the stock is slaughtered. Our greatest insurance against unwholesome meat is the stamp of Government Approval, and only meat which bears this guarantee should be purchased. Immediate chilling follows the killing of the animal and the meat is kept from five to ten days in a sanitary cooler to render its condition perfect. The meat is then ready for the refrigerator of the retail butcher, where it hangs until placed on the block.

Frozen meat is perfectly wholesome, and may be used with safety by any one, provided it is used at once. Meat when thawed out spoils very quickly, so that the cooking should be started as soon as the thawing is done. People eat frozen fish half of the year, and yet many have an idea that frozen meat is undesirable.

Cold storage, under proper conditions, is a great boon to the consumer. It keeps clean food clean at a temperature at which deterioration is impossible. If it were not for modern cold storage, the market would be flooded with needful foods at one season and without them at another. The average person has no conception of the wonderful value of the present system of cold storage which modern scientific knowledge has developed. The waste of food products would be appalling, if there were no way of keeping them at a continued low temperature.

The refrigerator car has solved a great problem in getting fresh meat to all parts of the world. First the meat is chilled for forty-eight hours in order to eliminate all animal heat. The meat is shipped in cars which hold enough ice to last twenty-four hours. There are icing stations at division points every 150 to 250 miles. Fast train schedules are arranged so that not more than twenty-four hours elapse between the icings. Each refrigerator car is thoroughly cleaned twenty-four to forty-eight hours before time to load.

All of these things have been worked out on a scientific scale so that the product reaching the ultimate consumer will be in the best possible condition. This care and selection are steps which the housewife can help to control by her demand for inspected and well cared for meat, another factor in economy.

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SATISFACTORY marketing can only be done in person. The
order boy and the telephone are convenient at times, but do
not prove economical in daily use. Some planning should be
done before going to market, but it may be desirable, when one sees
what the retailer has in stock, to change these plans. Sensible
women patronize reliable dealers and do not hunt for food bargains,
which often are actually unsafe. A clean market means wholesome
food and an insurance against doctor bills. Upon the choice of meat
depends the choice of vegetables for the same meal, so that the
butcher should be visited first. We must not mistake cheapness for
economy. Soup or stew needs bone for flavor—a pot roast may be
boneless.

We need variety in our diet, but this variety should be obtained
by having a different menu each day rather than a large number of
dishes at any one meal. The old fashioned idea of a table laden
with all kinds of food is not considered good form today—since
it leads to overeating, which is not only harmful, but forms a waste
of food. The good housekeeper takes "just enough" for her motto.
She is neither extravagant nor stingy and well cleared dishes at
the end of a meal are an indication of her careful planning. She
has few left-overs, but those which she has, are carefully used at
future meals.

It is often desirable to cook enough of a certain food for two
meals at one time, but it should not all be placed on the table at the
first meal—as then no one is tempted to overeat and there is no hint
of future service. The amount of foods necessary may not be
calculated exactly at first—but experience will soon teach the house-
wife how to figure the correct amount required. The quantity of
meat usually eaten by each member of the family should be con-
sidered when the purchasing is done.

Some attention must be given to fuel economy in planning a
meal. The cook who uses the oven for one dish and the top burners
for several others at the same time shows poor judgment; her oven
should be used at full capacity whenever possible. A list of standard
dishes that the family likes is a convenience, although no set of
menus, however helpful, can be exactly followed, as tastes and
personal choice differ. In time of unusual conditions, however, we
should all try to eat the foods that are available.

Intelligent marketing, careful preparation, skillful cookery and
judicious service are tasks worthy of any woman.
TRUE economy consists in knowing the nature of the various cuts of meat as to their proportion of fat, lean, bone and waste.

If we eliminate fat, the edible meats vary little in their food value; the loins and ribs, which form about one-fourth of the weight of the cattle, represent nearly one-half the retail cost. The rational way to equalize the market is to use all of the meat, but the demand for center cuts of quality has so increased that the lower priced parts are sadly neglected. Yet experience in making soups shows that a greater amount of extract and flavoring matter is found in these cheaper portions.

Many will be glad of these suggestions that cut down the cost of meats and supply nourishing dishes at the same time:

1. Take advantage of varying market conditions.
2. Purchasing large amounts of meat, provided one has space and equipment for keeping it.
3. Occasionally substituting fish, game or whatever similar food may be less expensive in the community.
4. Utilization of left-overs.
5. Careful use of meat, bone, fat and trimmings.
6. Use of less expensive cuts.
7. Careful serving at the table.

The last two items mentioned should receive no small amount of consideration. Of course the first step in economy is the wise selection of meat which is handled and marketed in a sanitary way, but, no matter whether the cut is cheap or expensive, it must be well cooked in order to utilize it to the best advantage.

If meat is not well prepared it is very likely to be wasted at the table. Such circumstances would make it of greater advantage to use canned meats and their products, for they are wholesome, appetizing and palatable. The quantity of meat usually eaten by each member of the family should be considered not only when the purchasing is done but also in the serving. Table waste can thus be eliminated. The dignity of the family is far from lessened when these points of economy are seriously regarded.
THE cook, to use cheaper meats to the best advantage, must know how to utilize all the fat. The home rendering of excess fats and those remaining from cooked meat, cut down the need for commercial fats and oils. The clarifying of used fats greatly increases their use.

Large bones should be cracked before cooking to get all possible flavor, gelatine and marrow out of them; this necessitates straining the liquid after the cooking is completed, so as to avoid all bits of bone. Meat trimmings should be used with the bones to prevent waste. In fact, every part should be utilized.

The housewife should take advantage of the fact that tenderness, appearance, and convenience in cooking, rather than actual food value, largely determine retail prices. The facts are that the cheaper cuts of meat are by far the most economical from every standpoint. She can get the most for her money by purchasing cheaper cuts and serving tender ones through skillful methods of cooking. Either money cost or considerable labor must be put into food materials to produce perfect results, so that she who has more time than money finds it pays to spend time in her kitchen. Statistics show that over 30 per cent of the average modest income is spent for food, and these figures do not take into account any allowance for fuel or labor. This indicates the large amount of responsibility that rests upon the shoulders of the housewife.

The prudent buyer considers the following points in choosing meats:

1. Quality, which includes color, grain and fat.
2. Method of cooking, which includes flavor, fuel and time.
3. Number to be served; also whether all the meat is to be used at one meal or part reserved for a second serving; the possible use of left-overs.
4. The cost, which means not only the initial outlay but the total cost of fuel, time and additional material.

The Government stamp assures us that the meat is from healthy stock, but it cannot go further and point out why one animal is finer than another—since, while all the meat is good, some is better. Meat should be heavy for its bulk, solid and firm. The bones of young animals are spongy and those of mature stock solid. Uncut beef is a deep red color; it turns brighter after it is cut and exposed to the air. The color of the fat may come from breed and feed, as well as from maturity—a creamy, waxy fat is preferable to a yellow, oily one; but fat there must be to indicate proper feeding.
WHEN meat is brought into the kitchen, either by the delivery boy or by the housekeeper herself on her return from market, the wrapping should first be removed and the meat weighed to check up the household accounts.

Buy a pair of good scales; keep them in a handy place for incoming supplies and use them. First weigh the plate or dish in which the meat is usually placed; then weigh the meat itself and deduct the weight of the dish. Trim off any portion of the meat that looks unsound, or has a particle of odor. Divide the meat into the proper amount, if only a portion of it is to be cooked that day. Wipe with a damp cloth, or scrape the surface of the meat with a knife or scrub with a brush, but avoid washing it unless necessary, for juices are lost when meat is placed in water. When washing is essential, it should be done quickly and the meat wiped dry. Place the meat on a plate or other suitable container and put it in a cool place (but never on ice) until ready to use.

Meat kept for some hours should be well covered. Almost any clean utensil may be used; either of crockery, aluminum or enamel ware; but iron and tin will rust, cracked plates absorb odors and chipped granite is unsafe. The common custom of using any old dish for the pantry and the refrigerator is neither sanitary nor economical. Careless cooks put meat away without removing the paper in which it is wrapped and then wonder why the flavor is impaired and juices are lacking with the result that the butcher gets the blame for faults which lie nearer home.

It sometimes happens, that owing to a change of plans, the meat purchased for use today must be kept over until tomorrow. If refrigeration is good, a day’s delay will cause no harm, but the use of a marinade is a wise precaution, especially since both beef and mutton are really improved by it.

The marinade may be prepared by modifying French Dressing. Blend a tablespoon of vinegar or lemon juice with two or three table-spoons of oil (olive, corn or peanut oil may be used) and adding a light seasoning of salt and pepper. If desired, a bit of bay leaf or onion may also be added, but if this is done, the meat should be tightly covered if placed afterwards in a refrigerator.

The meat is placed in an earthen dish and thoroughly coated with this marinade and turned occasionally to distribute the coating evenly. The amount of dressing necessary is determined by the quantity of meat with which it is to be used. The oil enriches the meat, the acid makes it tender and the combination protects the surface from the air and aids in preserving it. A good steak is made better and poor meat more palatable by this process.
WE cook meat for one of two purposes: either for the meat itself or for soups. A combination of the two methods is possible in a stew or casserole dish where meat and liquid are served together.

Different methods of cooking meat depend largely upon the meat itself. Tough fibres require an entirely different treatment from tender meat, but in every case the first consideration is to retain the juices.

The larger the surface of the meat the more the juices are likely to be drawn out; that is why we cut meat into pieces for soup. The protein of meat is partly soluble in cold water and as we wish to secure as much of it as possible in the making of good soup, cold water is used. The meat should be allowed to stand in the cold water before heating until the liquid becomes red and then slow heat applied to still further draw out the juices. Tough meat and poor soup is the result of rapid cooking which hardens the albumin and retains the juices in the meat instead of allowing them to escape.

A tender cut should be cooked at a much higher temperature than tougher pieces and the method employed in cooking any particular piece of meat depends upon its quality and the cut. A proper understanding of muscular fibre is therefore necessary in selecting meat. It is quite possible to roast or broil a piece of meat that is hung a little too long, but meat for stewing must be fresh and sweet.

If cost is not an object, the ribs and loins furnish flavor and nutrition together with meat in its most tender form. If we desire to retain the juices in the meat, we must apply strong heat to harden the surface. This heat may be applied in several ways: (1) By the direct heat of broiling over a flame; (2) by radiated heat in a hot oven, contact with hot fat or a heated utensil; or (3) by immersion in boiling water.

The result of intense dry heat differs entirely from that of moist heat. A caramel-like flavor is developed under dry heat at a much higher temperature than the boiling point of water. It is this special flavor that makes the pot roast richer than the boiled meat and gives steak the fine taste that is lacking in a stew.

The flavor of meat is much improved if it is browned before boiling; this crisping or browning may include all or only a portion of the surface. To make a savory broth put part of the meat in cold water and heat slowly as in soup making; then add the brown parts for additional richness and simmer the whole until tender. If meat does not have sufficient fat to crisp in the hot pan by itself, additional fat must be added.
The juices evaporate quickly in cooking unless the meat is protected by the fat. Brown meat well but avoid scorching, if you value your digestion and your reputation as a cook. Boiling liquid surrounding a piece of meat holds in the original flavoring matter, but does not impart the additional flavor obtained by dry heat.

The whole process of preparing the cheaper cuts demands time, care and attention to detail, but results in palatability will amply repay the effort and work.

Certain cuts are best adapted to certain dishes only and some cuts are adapted to various dishes; but the same general principle underlies the preparation of them all.

We soften cheaper cuts by several different processes in order to make them more palatable:

(1) Long, slow cooking (the most important way).
(2) Chopping or grinding, to separate the fibres.
(3) Pounding, to break the fibres.
(4) The use of acids, such as vinegar or lemon juice.
(5) Freezing or hanging the meat in a low temperature (Cold Storage); this develops acids which soften the meat without injuring it.

Opportunity for variety lies in adapting these methods to the various cuts. Long slow cooking with moist heat is the first essential to making a tender palatable meat dish out of a cheaper cut. Stewing, steaming and baking in a tightly covered pan are the methods of cooking used to soften the tissues of the less tender cuts.

Such aids as chopping and pounding are especially adapted to those cuts which are composed of long one-way fibres. The neck, flank and round belong in this class.

There is a reason besides the attractiveness of the flavor for the frequent addition of tomato to stews. The acid in the tomato is valuable for softening the fibres of the meat.

Any tough piece of meat can be made palatable if it is cooked properly. The cooking may take some little time, but when the meat is done, it will be tender enough to cut easily and yet compact when served.

The attractiveness of the serving of cheaper meat cuts has almost as great an effect on their palatability as has proper cooking. A little attention devoted to arrangement, and seasoning will often be the means of making a specially tempting dish out of an otherwise unappetizing one.
We have few meats but many flavors—consequently, by combining different spices and herbs one cut of meat has many variations. Ordinary meats are improved by good seasoning and fine ones made finer. Several materials in small amounts give better results than an excess of any one. Too much flavoring will ruin the food; just enough makes a common dish a success. In a well stocked pantry we find thyme, summer savory, marjoram, mace, cloves, sage, peppercorns, paprika, celery salt, bay leaves and nutmeg.

Vegetables of all sorts should be utilized. The ends of tomatoes or carrots, or the coarse stalks of celery furnish flavor without added cost. Onion is almost indispensable in the cooking of meat, but when onion is prohibited our next best flavor is celery. The leaves, root, or outer stalks are chosen and the better part of the celery saved for separate service. Onion juice is often preferred to the onion itself. Clean parings and unsightly bits of any vegetable may be utilized to prevent waste and improve taste.

Garlic often arouses prejudice, but it has a wonderful flavor when carefully used. The least bit is all that is needed. Dried mushrooms are often substituted for fresh ones. The cost per pound is high, but only a small amount is needed when they are soaked and cooked.

Beef extract should be in every kitchen—not only for warmed over meat which needs more meat taste, but also to enrich soups and sauces.

For vegetable seasoning we depend upon the onion family, shallot, leek, scallions, chives and garlic; upon peppers, both green and red; and upon tomatoes, carrots, turnips, parsley and celery as well.

Special dishes call for mustard, chili powder, curry powder, capers, ginger, horseradish, tomato paste, catsup, mushrooms, raisins and vinegar of various kinds.

Brown sugar will help correct flavors of a dish, if it is too salty but it is hard to remedy food that burns.

Different fats may be used in browning meat, such as the fat from ham, bacon, salt pork or beef. These fats which give variety to the flavor are carefully saved by the thrifty cook.

Squares of coarse cheesecloth or white mosquito netting are handy for tying up seasonings, so that they can be removed before the cooking is finished, and are particularly desirable for removing vegetables that would spoil the flavor of the meat if cooked too long with it.
The natural juices which flow from the roast or steak when carved are true gravies, but custom has applied the term "gravy" to the thickened liquid which is properly known as the sauce. Care in making these sauces results in a smooth pleasing combination, thoroughly cooked, well seasoned and served piping hot. Half cooked, lumpy, flavorless sauces or gravies are unwholesome and wasteful.

In cooking meat, we utilize the fat of the meat itself to enrich the gravy, while in made dishes, beef drippings or beef fat, or bacon drippings, are used. Use meat fat when dishes are warmed over. Any one of the following ingredients—wheat, rice, or corn flour, corn starch, arrowroot, or bread crumbs—may be used to thicken the gravy.

Blend in a shallow saucepan in the proportion of two level tablespoons of flour and two tablespoons of fat to a cup of liquid. The liquid should be added gradually and the mixture stirred constantly as it cooks. The preparation takes a little longer when the liquid is cold; but the sauce is more certain to be smooth.

If it is not desirable to cook the flour in the fat, or inconvenient to skim the fat from the stock, the thickening ingredients may be carefully mixed with cold water and stirred into the liquid. The liquid should be taken off the fire when the mixture is stirred in, as this will avoid too rapid cooking and uneven results. After the thickening is added, replace the dish on the fire and stir as it cooks.

A third method is to mix the softened fat and flour smoothly in a bowl, blend with a little of the liquid, add to the stock and cook until the gravy thickens.

If a rich brown sauce is required, the meat fat is first well browned in a heavy pan, then flour is added. The whole is browned carefully, and the liquid poured in gradually. It is necessary to use a little more flour in this method, as browned flour does not thicken as much as ordinary flour.

If there is no stock on hand, a substitute can be made by cooking bits of vegetables in water, and seasoning with beef extract. Fresh or evaporated milk may be substituted for the stock in some meat dishes.

Thickened gravies which boil for some time are apt to separate and the fat comes to the surface. This fact is utilized in making gravy for people with poor digestions, since the fat can be entirely removed before serving. If gravy accidentally boils and separates, add a few spoonfuls of boiling water, stir vigorously, and it will be restored to its former smooth consistency.
This story of a piece of brisket beef illustrates the possibilities of inexpensive meat. The amounts given are for a small family, but may be readily increased for a large one. Let us say that a generous three-pound piece of brisket beef costs 60 cents, and it may be cut so as to give almost two pounds for serving whole, and the remainder, cut up and cooked with a quart of cold water and various seasonings, will make a good soup.

The piece of meat to be used in soup making should be cooked in a tightly covered kettle, with a low flame for about five hours. The meat and fat are then removed from the bone and separated while still warm—then set aside to cool.

The broth will make the foundation of a fine vegetable soup, or the popular onion soup with cheese. For the latter, the onions are sliced thin and cooked in a small amount of water, or no liquid at all. They should be cooked with a tight cover, over a low fire. Slices of bread are toasted, covered with cheese and put into the oven, or under the flame, to melt the cheese. The onions and the broth are put into deep soup dishes, with a slice of the cheese toast on each one, and the result is a delectable dish, which will be eaten with relish by the whole family.

The meat remaining from the first meal and the soup meat can be chopped or ground together to be used for hash, meat balls, croquettes, soufflé or in any other way preferred as the main part of another meal. Accompanied by sauces and gravies these re-used meats can be made into attractive and satisfying dishes.

All pieces of fat should be put into a covered kettle with a little water and cooked until the bits are crisp and the fat clear. The cooking should be watched to avoid scorching. When the cooking is complete, put through a fine strainer or cloth and the result is a cup of rendered fat, to be used for future frying.

Thus the three pounds of brisket beef, yield one meal of fresh meat, one hearty soup for the main part of a dinner, one reheated meat dish, and one cup of rendered fat. The labor involved is not great, the cost of the meat very low, and at the same time an attractive variation in the menu has been provided.

This is only one example of what every housekeeper can do, if she will make a thorough study of the cuts of meat—to learn just what they can be used for and how she can get the maximum amount of value from them. A knowledge of how all the different parts can be utilized to the best advantage will be a distinct help in economical buying as well as in preparing the meat after it is purchased.
MANY choice pieces of meat are spoiled by cooking in unsuitable utensils; consequently the butcher sometimes gets the blame when the trouble is in the kitchen. Kettles that are too large, waste fuel. Kettles should have close fitting covers and flat bottoms broader than the flame under them. The shape of the kettle should depend upon the kind of fuel available, and its size upon the use to which it is to be put. Aluminum is easy to clean, holds heat, and is always safe. The lack of seams in aluminum cooking utensils is an advantage.

Iron also holds the heat, and is very satisfactory. A heavy frying pan should be part of the equipment of every kitchen. A revival of old customs is shown in the "Dutch Oven" or the iron kettle with an iron cover.

Enamelware, unless of good quality, is not desirable. Food has a tendency to stick to it, and cheap enamelware chips easily. High grade tinware is a better investment than cheap granite ware. Copper and nickel are too expensive for the average kitchen and need great care in their use.

Earthenware, in the form of a casserole, is deservedly popular. It can be used for many dishes, holds heat well, is easy to clean and does double duty as a cooking and serving dish. The regulation dish, glazed inside and out, is suitable only for use in the oven; but the brown or red clay dish which is dull on the outside can be used on top as well as inside the range. This is a great help in fuel economy. With the protection of an asbestos mat, such a dish may be used over a low flame for hours with perfect results both in flavor and food value.

Portable ovens of various kinds save fuel and do away with extreme heat in the kitchen in summer; the flavor of baking is far better than when foods are cooked directly over the fire, as the whole surface is equally heated. Covered roasters are well adapted for braising, and for preparing similar dishes.

In addition to these various dishes, a cook requires good knives and a knife sharpener, a meat grinder, a heavy cutting board, wire rack or trivet, skimmers, wooden spoon, strong meat fork, quart measure, basting spoon, coarse and fine strainer. Reliable scales are a sensible investment, and a set of steel skewers has many uses.
IT IS a common belief that the cheaper cuts use enough more fuel to make the final expense equal. But this is usually untrue if the heat is properly regulated. Ten minutes broiling of chops at a high temperature costs more than four hours simmering of a less tender cut. Another popular, but mistaken idea is that the shrinkage, due to long cooking, greatly exceeds that of short cooking. When cooked in the right way, there is little difference in volume and no loss in flavor if the liquid and the meat are combined.

It is a wise precaution to avoid a draft upon a kettle over a slow fire. For this reason the back burner is a sensible choice. In a slow oven the flame is not exposed and once the burner is adjusted, the meat may be left in peace; there is no need for watchful waiting.

Repeated experiments in slow cooking with a tightly covered utensil show that the amount of fuel used is amazingly small. In fact, it is possible to keep liquid at the simmering point for any length of time desired, without attention, with a consumption of less than two feet of gas per hour.

Other fuels show that comparative cost is always in favor of slow cooking. Oil and gasoline burners cannot be maintained at as low a point as gas and the protection of an asbestos mat or thick iron plate is therefore advised to temper the heat.

Wood and coal stoves are harder to regulate for any extended period but the experienced housewife can make equally palatable dishes with such fuel. The results will never be the same if the meat boils hard part of the time and stops cooking entirely at other intervals. Steady continuous heat is essential for the best results.

Too much emphasis cannot be laid upon the slow continuous cooking method for the less tender cuts of meat. The heat gradually softens the connective tissue and makes the dish a truly palatable and appetizing one. In these days of modern conveniences there is little reason for the complaint that time, fuel and labor make it uneconomical to buy the cuts requiring long cooking. Our tastes still hunger for a juicy pot roast, an old fashioned boiled dinner, an Irish stew, pork shank and sauer kraut, or an English meat pie.

On the following page are given some helpful suggestions for the use of the fireless cooker, the pressure cooker, the waterless cooker, and the Dutch oven cooker.
THE principles of the fireless cooker have long been known, but housewives have not adopted it as universally as its value deserves. A good fireless cooker will boil, steam, bake and roast all kinds of food. It does not produce heat, but is so constructed that it will retain heat and use it to much greater advantage. For the best results with all forms of cooking use a fireless with stones. The stones may be heated on any kind of stove or range or even in a camp fire.

In using a fireless cooker it is best to follow definite directions which have been tested and found satisfactory. Such information is furnished in bulletins, books and advertising material through manufacturers. Foods which are to be boiled or stewed may be heated to the boiling point and put in without a stone, or the stone may be heated and the cold food put in, or both may be heated to hasten the cooking, especially with a large amount of food. For foods which are to be baked or roasted one or two stones are used depending upon the type of dish but with meats which are to be browned stones both below and above give best results.

Gas, electric and other ranges with insulated ovens and burners, on the principle of the fireless cooker and electric fireless cookers are now on the market, many of which give splendid results. Automatic attachments on some makes add to the efficiency of the range or cooker.

The pressure cooker depends for its saving in fuel and labor upon the principle of steam under pressure, which causes the temperature to rise and thus shortens the length of time needed for cooking. The pressure can be controlled so as to raise the temperature to any required degree. Special directions which come with each type of cooker should be carefully followed, so as to obtain best results with its use. In general as much as one-third to two-thirds of the time, and one-half to three-fourths of the fuel usually burned can be saved. Cooking of foods can also be finished in the pressure cooker on a principle similar to the fireless cooker.

The pressure cooker is suited to the preparation of all cuts requiring more heat and longer cooking to make them tender and palatable. It is not used for broiling tender steaks and chops. Modifications using electric heat are a late improvement.

Cookers made on the principle of the waterless or Dutch oven combine the characteristics of a roaster and a kettle or stewing pan. The bottom has insulating material and the top is tight fitting. Food such as meat is cooked in its own juices. As with the other cookers already described, this type is particularly valuable in utilizing the less tender cuts of meat. The directions furnished by the manufacturer should be followed to insure success. It can be used on any kind of fuel and will roast on top of stove, thus economizing on oven heat.

Housewives may claim that some of these devices are too expensive, but in the long run this is not generally true. Buy a cooker which will serve as many purposes as possible, one that is durable and easily kept clean, one that is known to be reliable, then learn to use it in every way, on every occasion and in the right way. Then there will be no more complaints about using tough cuts of meat.

On page 19 will be found suggested recipes for some specific cuts of meat.
Thru experience one can learn to judge the heat of radiators but time and effort will be saved by using a thermometer. A special thermometer for the purpose is not expensive and is a great help. For that reason the heat required is given in degrees in following recipes:

Oyster Stuffing
1 cup stale bread crumbs
\(\frac{3}{4}\) cup melted butter or fat
\(\frac{1}{2}\) teaspoon lemon juice or vinegar
\(\frac{1}{2}\) teaspoon salt
1 teaspoon chopped parsley
\(\frac{1}{4}\) teaspoon pepper
If oysters are large cut them in half. The oyster liquor may be strained and a little of it used to moisten the bread crumbs.

Roast Loin of Pork—with Sweet Potatoes
2 to 3 pounds loin of pork
5 or 6 sweet potatoes
1 tablespoon salt
1 teaspoon pepper
Wipe meat with damp cloth. Rub salt and pepper on surface of roast. Place small pieces fat in bottom of large cooker kettle. Peel and cut in half the sweet potatoes, then place around the roast. Season potatoes with a little salt. Put vessel into fireless with two radiators heated 500 degrees, one below and one above the kettle. Allow 3 hours for roasting. Meat will be thoroughly done and well browned while the potatoes will be tender and a delicate brown.

Roast Beef in the Fireless
2 to 2 1/2 pounds of chuck or rump roast
1 teaspoon salt
\(\frac{1}{2}\) teaspoon pepper
Wipe roast with damp cloth. Tie or skewer it into round shape. Rub salt and pepper over surface. Place roast in large cooker kettle after putting in a few small pieces of suet. Put in fireless using two radiators heated to 500 degrees, one below and one above the kettle. Allow 2 1/2 hours for roasting. This gives a brown and tender roast. Potatoes may be peeled and put around the meat after it has cooked one hour. In that case it is best to heat the top radiator up to 450 degrees a second time.

Roast Fowl in Fireless
An old chicken or fowl when cooked in the fireless will be very tender and have a delicious flavor. Clean, wipe, salt and pepper fowl. Stuff, skewer and place in large fireless kettle with giblets which have been cut into five pieces and cooked in water for fifteen to twenty minutes. Rub chicken with fat and put same fat into the kettle. Put in fireless with two radiators heated to 500 degrees and allow to remain three hours. If the fowl is very tough the stones may be reheated and roasting continued another hour. If chicken is more tender, heating stones and allowing two and a half to three hours is sufficient.

Swedish Stuffing
2 cups bread crumbs from stale bread
\(\frac{3}{4}\) cup chopped raisins
\(\frac{3}{4}\) cup melted butter
\(\frac{3}{4}\) cup English Walnuts, chopped
Salt, pepper and sage

Beef Stew with Vegetables
2 1/2 to 3 pounds chuck, rump or other inexpensive cut
4 or 5 medium sized potatoes
3 medium sized tomatoes
2 cups of water or meat stock
1 teaspoon salt
\(\frac{1}{2}\) teaspoon pepper
Left over roast can be used in place of fresh meat. If fresh meat is used cut it into small pieces and sear well in large cooker kettle using a small amount of fat or suet. Add the vegetables which have been peeled and sliced, seasonings and liquid. The liquid may be thickened slightly with one tablespoon of flour.

Stuffed Steak in the Fireless
2 pounds flank steak
2 cups oyster or other stuffing
1 teaspoon salt
\(\frac{1}{4}\) teaspoon pepper
When buying the flank steak have a deep pocket cut in it. Fill with the stuffing, then roll closely, skewer or tie. Put in low cooker kettle with two radiators heated to 450 degrees. Allow two hours forty-five minutes to three hours for cooking and meat will be well browned and thoroughly done.
Whenever possible, the bone and the fat should be separated from left-over meat as soon as the meal is finished, as this can be done easier and better while the food is still warm. Roasted or boiled meat may have bone, which still contains value, and this bone can be cooked, together with the parts that cling to it and with other trimmings, a second time, for stock. The meat should be put in some utensil that prevents it from drying out. Containers, of either enamel or red clay, are good—since they are unbreakable and useful for reheating. Plates or shallow dishes are a poor choice. The meat should be packed solid, covered with the stock, if any is available, and then put away as soon as possible to cool.

Cooked meat should be used up as quickly as possible in hot damp weather; dry heat is not so hard on food materials.

Salted and smoked meats keep better than fresh meats, and for this reason are often chosen for slicing cold in summer. Jellied meats should be kept in a cold place and used within a day or two since the gelatine causes such meat to spoil more rapidly.

A serious handicap to economy in the use of meat is the unreasonable prejudice against reheated meat.

Flavor and fat are often lacking, to be sure, but food values remain; consequently in preparing dishes for cooked meat, it is well to add other seasonings, and enrich the dish with fat in some such form as sauces. By cutting meat small or chopping it up, the portions are more easily heated and the flavors better distributed. So far as possible the flavor in the second service should be quite different from that of the original service.

Continued heat and high temperature should both be avoided, as they tend to toughen meat. With these facts in mind, it is possible to prepare a variety of excellent dishes from cooked meat, and several kinds of meat can often be used to advantage at one time. Tender steak is especially good if sliced cold for luncheon or supper. Other meats may be reheated in their own gravy or juices.

The various steamed dishes may be substituted for those to whom fried foods are forbidden. They are convenient when it is impractical to use the oven. Turned out of a mold and covered with a good sauce, they are attractive and palatable. No thoughtful woman will serve the same meat at two successive meals. Under favorable conditions (cold weather, or with a good refrigerator) she may even avoid repetition the next day. A meatless dinner—fish or fowl—may be used in between times to afford variety.
THE worker must have fat to do his work; the child must have it for proper development; and all must have it for bodily heat and bodily energy. Winter calls for additional fats in our food to keep warmth in our bodies.

The clean, wholesome article known as Margarine or Oleomargarine is manufactured under strict government inspection, in clean sanitary surroundings, by a process of incorporating pure animal fats and highly refined vegetable oils into pasteurized whole milk. The result is a pure, wholesome, readily digested product of good flavor and produced at a reasonable price. Furthermore the standards imposed upon the manufacturer by Federal and State Legislation are an assurance of a pure, clean fat for the public to serve on the table and for use in cooking. Government experts and practical housewives both highly endorse oleomargarine as a wholesome and desirable product.

Recent scientific improvements in refining have made available a large variety of vegetable oils and brought about the opportunity for a greater development of the margarine industry. It is now manufactured in large quantities all over the world. Its first extensive use was in England and the European continent, but it has gradually found favor in all countries.

There are two types of margarines, Oleomargarine, and Nut margarine. Oleomargarine is composed of highly refined nut and vegetable oils equal in quality to the best salad oils that you use on your table, and pure animal fats which are as fine and wholesome as the choicest fats of beefsteak and ham. These are churned with whole milk.

The highly nutritive value of Oleomargarine recommends it as a valuable addition to the daily diet. A good quality of margarine is a wholesome delicious spread for bread and in all sorts of cooking for which butter is used, it produces ideal results.

For table use, the natural, cream-white color of Oleomargarine is sometimes preferred, though a deeper "butter" yellow can be obtained by mixing the margarine with the capsule of color furnished. This is exactly the same coloring matter which during the fall and winter months is almost always used to give to butter its attractive yellow color.
WHOLE CHUCK

(See figure 9, pages 32 and 33)

The steaks cut from the chuck are juicy and well flavored. The lower part of the shoulder has little bone, but the meat is very fat. The distribution of fat and bone gives good results in stewing. Pot roast, stews, casserole dishes, and spiced beef may all be made from chuck beef. It is sometimes corned, also. Care must be taken when bones are cut away, that any small bits are removed before cooking. The neck makes good mince meat; or it can be served as a brown stew. It is also exceedingly good if strips of salt pork are run through the meat for flavor and richness. Chuck combines well with spaghetti or macaroni since the rich gravy supplies what the pastes lack. If the meat has been cut up before cooking, the gravy will be better, and the serving can be done to better advantage.

The clod, included here, and which extends from the shoulder into the fore shank, is suitable for pot roast or braising. A medium chuck as purchased has about 10% fat, 16% protein, and 15% waste.

CHUCK STEAK WITH ONIONS

2 pounds chuck steak
5 or 6 onions
Salt
Butter or oleomargarine

Slice onions in water. Drain thoroughly. Place onions in a shallow saucepan, cover closely and cook over a slow fire for 15 or 20 minutes till tender. Use no water or fat, as the onions contain both moisture and richness. When the onions are done, uncover and brown slightly if preferred, but they are more digestible without browning. Heat a frying pan smoking hot, and brown the steak quickly on both sides; reduce the heat and turn the meat frequently until it is cooked through. Season the steak and salt the onions. Serve the meat on a platter with onions around it. Add butter or oleomargarine if desired.

POT ROAST WITH VEGETABLES

3 or 4 pounds chuck roast
1 cup sliced carrots
1 cup sliced onions
1 cup celery cut in bits
1 cup sliced turnips
3 tablespoons fat (preferably from salt pork)

If the meat is not in a solid piece, skewer or tie it into shape, wipe it with damp cheesecloth, and roll in flour. Boil vegetables in salted water to barely cover, until soft. Rub through a coarse strainer. Heat fat in a frying pan or Dutch oven. Put in the meat and brown on all sides. If the frying pan is used, transfer the meat, after it is brown, to a kettle, unless the pan is deep enough to hold the beef. Pour the vegetables and their liquid over the meat, together with any preferred seasoning. Cover tightly and let simmer slowly for four or five hours, turning twice. Thicken the gravy a little, and pour over the meat.

BEEF STEAK PIE

Chuck steak, cut in narrow strips
Bit of garlic
1/4 bay leaf
6 peppercorns
Sprig of parsley
1 onion stuffed with 2 cloves
1 cup sliced carrots
1 cup celery cut in strips
4 halved potatoes

Place steak in a kettle with boiling water to cover, and let it simmer for half an hour. Add seasoning in bag together with salt to the meat, and thicken the stock. Place the kettle on an asbestos mat to keep sauce from sticking. Some dried mushrooms soaked and drained improve the flavor. Simmer while making the pastry. Then remove the bag of seasoning. Put all in a baking dish with a rolled crust over the top and sides. Brush with milk and bake forty minutes, covering it with heavy paper as soon as it is brown.
SHANK
(See figure 9, pages 32 and 33)
Over one-third of the fore shank consists of bone, and the amount of fat is very small, so soup making is the logical use for this cut of meat. A solid piece of meat is first cut off from the top for Hamburg Steak or stewing. Bones and trimmings should then be cooked an hour or more before adding the browned meat, if the full flavor is to be obtained. Vegetables may be added during the last hour, and rice, dumplings, split biscuits or crust added at the time of serving, if the full meal in one dish is desired. For variety in flavoring, crisp salt pork, some dry grated cheese, or a little curry, may be mixed with the flour used in thickening, and will prove an agreeable addition. If there is more than enough meat for one meal, it would be well to sort over the pieces before serving, reserving the best pieces to use whole, and the balance for hash meat or some similar use.

The hind shank contains valuable flavoring matter and the large amount of bone makes it desirable for use in the preparation of soup. The proportion of lean varies. From the top part a good pot roast may be prepared. The middle cut is the most economical. The shank meat averages high in protein and is good stewed and served with noodles or hominy grits. Beef tea and beef extract are made from the shank. The former is of known value in the sick room; the latter is a great convenience in cooking. Beef tea as a food has been greatly overrated, however. It has stimulating properties and is an aid to digestion, but the strong meaty taste is deceptive. All of the flavor and much of the fat is extracted from meat in the proper preparation of soup but food value still remains in the solid portion of meat even though it may have lost half its weight through continued cooking.

SOUP MAKING—Wipe the soup shank with a damp cloth, crack the bones and cut the meat into pieces. Place bones, meat, fat and marrow in a large kettle, which has a tight fitting cover. Add cold water in the proportion of a pint to each pound of material, if you desire rich stock, and a quart per pound if you desire light stock. Let it stand for one-half hour, then heat very slowly to the bubbling point, and add salt. Other seasonings may be tied in a cloth and left for an hour or two in the stock. Vegetables should not be cooked too long with the soup stock, as overcooking develops an unsatisfactory flavor. If clean materials are used, no skimming is needed; since this makes clear soup, but takes away some of the nourishment. The soup should simmer from four to ten hours according to ingredients used, and the strength desired. The soup should simmer from four to ten hours according to ingredients used, and the strength desired. Fuel cost is small if the gas flame is kept at its lowest point. The vegetables should be removed, unless the soup is to be served at once. Quick cooling aids in preserving the quality. The fat which forms on top should not be removed until the stock is to be used, as the solid cake of fat acts as a preservative. In warm weather stock should not be kept over twenty-four hours; in cold weather it can be kept for several days. If the stock is to be used immediately, all fat should be removed. The fat that cannot be taken off with a spoon may be absorbed by blotting paper or a soft cloth. Greasy soup is exceedingly unpalatable. The bright color in a good brown soup is obtained by browning part of the meat before adding it to the stock.

JELLIED SOUP—Rich beef or other soup stock may be chilled and served cold for special occasions in summer. The stock is cleared with egg to make it attractive in appearance. Mix together a quart of stock and the shell and white of one egg. Apply gradual heat and stir constantly until a thick scum forms on the top. Let the dish stand for a few minutes, then strain the soup through a napkin or other fine cloth. The soup must be made with considerable bone if it is to jelly. If it is not firm enough, it can be stiffened with gelatine in the proportion of a tablespoon of gelatine softened in two tablespoons of water for each three cups of soup. The jellied soup must be rather highly seasoned and a small amount of caramel coloring will give the desired tint to a pale soup.
The brisket gives the streak of lean and streak of fat that the epicure demands in fine corned beef. Smoked brisket is excellent. As the texture of brisket is closer than that of the navel end, the brisket takes longer to cook. Fresh boiled brisket is good, hot, cold, or warmed over—in fact, it deserves more attention than it usually gets. It can be boned and a good stock made from the bones, with the addition of seasoning. The solid meat can be braised with salt pork for flavor, with stock for moisture, and vegetables. Several hours are needed to prepare this dish. The vegetables should be added when the meat is partly done. The brisket can be sliced, pounded in flour, browned in drippings, and stewed in stock with potatoes and parsnips in a casserole. These "One Piece Dinners" are economical, since they save labor, fuel and service.

BEEF BRISKET, boiled and browned — If the piece has a large amount of bone, some of this may be removed to use for soup stock, or to furnish gravy to be used with the warmed-over meat for a second service. Cook the solid part of the meat until tender, with a little celery salt and a bit of garlic added, turning it once during the cooking, which will take from four to six hours according to the amount of meat used. Remove meat from liquor and place in a shallow pan with the skin side up and score the top several times. Have boiled potatoes ready and drop them into the kettle to take up a little of the fat, then place them around meat and brown all in a hot oven for about twenty minutes. Make a gravy with the remaining liquor and serve separately.

BRISKET WITH ONION SAUCE—Wipe the meat with a damp cloth, and tie it into a compact shape with strips of cloth. Place it in a deep kettle with boiling water. Add a soup bunch, several cloves and peppercorns. Simmer until tender, add salt when partly cooked. Take the meat from the liquid, remove the cloth, and place the meat in a shallow baking dish. Beat one egg and spread over the beef, then sprinkle with coarse crumbs, and brown under a flame or in a hot oven. For sauce—for a three-pound piece of meat—cut up half a cup of green onions and cook these with two tablespoons of oleomargarine. Brown slightly. Stir in two tablespoons of flour, add a cup and one-half from the stock and a tablespoon of minced parsley. Keep the sauce over hot water, or in a double boiler, until the meat is finished. Pour the sauce over the meat and serve.

BRAISED BEEF—Cut the meat into cubes; brown in frying pan with drippings. Use strong heat—stir meat so it will coat quickly and not lose its juice. Tender cuts can be cooked whole. Remove the pieces to a closely covered kettle that can be used on top of range (unless the oven is heated for other cooking). Rinse the pan with a ¼ cup of boiling water to save all browned bits, and pour over meat. Cover tightly and cook slowly for two hours.

Prepare the following sauce and pour over the meat and continue cooking for another hour.

SAUCE

| 1 onion | 1 carrot | Few sprigs parsley |
|        |        | 2 tablespoons butter or oleomargarine |
|        |        | ½ cup diced celery |
|        |        | 1 cup canned tomatoes |
|        |        | Salt and paprika |

NAVEL END OF PLATE

(See figure 3, No. 1, pages 32 and 33)

The meat from the navel end is sometimes used for stew and pot roast, but more often it is corned. Corned and smoked meats are toughened by the process of curing, so that they need longer cooking than fresh meat. Always place cured meat in cold water, heat gradually, and skim the water when it begins to bubble. It is almost impossible to cook cured beef too slowly, as it is toughened by strong heat. A steam cooker or double boiler gives good results.

CORNED BEEF—Wash the meat quickly and if it has been in brine longer than desired, cover it with cold water and bring slowly to a boil, drain off the water and reheat with fresh cold water. As soon as the liquid bubbles, reduce the heat, add a few peppercorns, and continue the slow cooking (always below the boiling point), until the meat is tender. At least one hour's cooking will be required on each pound of beef. Keep the meat closely covered during cooking and it will have to be turned when partly done, if the water does not cover it. Carrots, parsnips, turnips and potatoes can be added during the cooking if desired. Cabbage and meat should not be placed in the same kettle. Cut the cabbage into quarters, use some of the stock to cook it in to obtain a meat flavor. Vegetables can all be cooked in the stock without the beef, if the meat is to be used cold afterwards. Place the left-over meat that is to be served cold in the stock to cool.

CORNED BEEF HASH

1 pint (2 cups) chopped corned beef
1½ pints chopped cooked potatoes
½ cup beef drippings
2 tablespoons minced onions
½ cup water

Mix corned beef and potatoes. Melt fat in frying pan and add onions. Add hash and mix thoroughly. Add water. Cover closely, and cook slowly for half an hour or until a brown crust is formed on the bottom. Loosen carefully from the pan and turn out like an omelet on a hot platter. If the oven is in use, hash may be baked either in a frying pan or in a shallow dish from which it can be served. For variety a cup of white sauce instead of water, may be mixed with baked hash, in which case less fat will be necessary for cooking.

SAVORY BEEF

2 pounds beef cut in size for serving (use plate, shank, rump or round)
3 large onions sliced
3 tablespoons lard
3 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme or summer savory
1 pint brown stock or boiling water and meat extract
1 tablespoon catsup

Brown onions slowly in lard. Increase the heat. Add meat and brown. Mix the flour, pepper and other seasonings. Sprinkle this mixture over the meat. Add the stock, vinegar and catsup. Cover closely. Simmer till meat is tender, allowing two hours for shank or plate and 1½ hours for rump or round.

ESCALLOPED CORN BEEF

2 cups cooked corned beef, cubed
1 cup medium white sauce
1 stalk celery, chopped fine
2 slices onion, chopped

Cook celery and onion in sauce. Put the corned beef in a shallow baking dish. Remove celery and onion from sauce. Add sauce to meat. Sprinkle with bread crumbs moistened with melted oleomargarine. Brown in hot oven.
The first cut of the upper part of the forequarter consists of seven ribs. The ribs, as purchased, medium fat and lean, contain about 21% fat, 14% protein, 20% waste or refuse. The prices paid for this choice meat does not represent food value as much as it does agreeable eating. A large amount of surface, cut across the grain, is exposed in cooking, and this is one reason why a small roast is rarely satisfactory, as at least two ribs are needed to retain the juices—three are even better.

The first cut is considered best, and is not too heavy for an average family. The second cut is larger and equally good (as shown in the right-hand picture). The third and largest cut is not quite so choice. The ribs are cut off to about eight or ten inches, leaving what is known as 'short ribs.' (See figure 3, No. 2.) These are either boiled, browned, or boned, rolled and baked. The ribs are always roasted, inasmuch as much flavor is lost by boning. The fat is used for basting, since to add water to a choice roast of beef is a culinary crime.

**ROASTING**—Roasting is a process similar to broiling, the only difference being in the cut and weight of the meat, and the amount of time required. Tough meat is not made tender by rapid cooking; but roasting is the ideal method for a choice tender cut, although these cuts are not economical on account of their high first cost. Rolled roasts are popular and easily carved. The best shape is the standing roast, which is not boned, but the bones cut short. Boned meat can easily be tied or fastened with a skewer. Steel skewers are superior to wood, on account of the greater ease in serving.

Roasts should be placed on a rack to prevent the meat from frying in its own fat. Strong heat is necessary at the outset as in broiling, and at least ten full minutes' heat of the oven is necessary when gas is used. The smaller the roast, the stronger should be the first heat, so as to prevent the juices drying up. Sear each side of the roast under a flame, add seasoning, and finish cooking at a lower temperature on a lower slide; or else place in baking oven as preferred. Pork and fowl require water in roasting, but beef or mutton never do unless a covered roaster is used. Rare meat will be better flavored if cooked in an open pan; well done roasts may be cooked in a covered roaster.

**THE RIBS**—A fine roast requires attention. There is no danger of the meat cooking dry if the heat is moderate and basting frequent. Lean meat requires additional fat (drippings saved from previous cooking may be used). Gravy can be cooked in the oven at the same time—without additional fuel. Add to cold water—stock from the bone—trimmings and vegetables—together with browned fat from the roasting pan and flour to thicken. Secondary flavors can be extracted from roasts or steaks (after serving) by stewing the bones for a long time. This stock can be intensified with vegetables and seasonings, if desired.
The flank is attached to the loin of beef. There is practically no bone in the flank, but a large portion of it is fat. Most of this fat is trimmed off. The lean portion is used for boiled meat, and for stew. It is rather coarse in texture, and, as it lacks flavor, additional ingredients are advisable. The flank steak is cut away to be sold by itself. An excellent pot pie can be made from flank meat, and an excellent covered meat pie may be made with the addition of a suet crust. The best way to utilize the meat, however, is to bone and roll it, and then put it in brine. This will result in excellent corned beef, which will slice to good advantage either hot or cold. If it is to be used cold, it is well to place a weight on the meat as it cools in the stock.

STUFFED FLANK—Make a pocket in a thick flank steak to hold the dressing, or if the meat is thin, fold one-half over the other and skewer together, after it has been filled. To make the dressing, crumble one pint of bread, soften with cold water and drain well after it is moist throughout. Season the crumbs with salt and pepper, onion salt and celery salt, a little poultry seasoning and two tablespoons of drippings. Pack the dressing closely into the meat, pat it into shape and bake for one hour in a covered roaster, or for an hour and a quarter in an open pan. In the latter case it is necessary to baste several times. A few slices of bacon placed on the top of the meat ten minutes before serving, improves the dish.

BEEF STEW WITH DUMPLINGS

1 pound flank, rump or plate
4 cups potatoes cut in ¼-inch cubes
½ small onion cut in slices
¼ cup flour ½ teaspoon salt
¼ teaspoon pepper
Carrot two-thirds cup, cut in
Turnip ¼-inch cubes

Wipe meat, remove from bone, cut in 1 ½-inch cubes. Dredge with seasoned flour. Cut some of the fat in small pieces and heat in frying pan—add meat. Stir constantly that the surface may be seared, when well browned put in kettle. Rinse frying pan with boiling water, boil five minutes, then cook at a lower temperature until meat is tender (about three hours). Add carrot, turnip and onion the last hour of cooking. Cook potatoes five minutes. Add to stew fifteen minutes before removing from the fire. If dumplings are added, allow fifteen minutes for cooking.

DUMPLINGS

2 cups flour
4 teaspoons baking powder
¾ cup milk ¾ teaspoon salt
Sift dry ingredients into a bowl. Add milk enough to make a soft dough, dropping spoonfuls of the dough on the stew. Marrow taken from the soup bone before cooking and placed on top of the dumplings before steaming improves them.

THE FLANK

(See figure 3, pages 32 and 33)
WEDGE BONE SIRLOIN

PLANKED SIRLOIN STEAK
Slice sirloin steak, cut 1 inch thick
Salt
Pepper
Wipe steak with cloth wrung out in hot water. Sear in greased iron pan. Then place on oiled oak plank. Put in hot oven and cook twelve minutes. When about half done arrange a border of mashed or duchess potatoes around the edge of the steak. Brown the potatoes. Place on platter for serving. Browned onions and parsley may garnish this dish.

SIRLOIN BUTT ROAST—Wipe meat carefully with damp cloth, season surfaces with salt and pepper. Heat an iron kettle or frying pan, grease well with some of the fat removed from the meat. Place the roast in the hot pan, turning until all sides are well seared and browned. Remove to baking pan, add enough water to cover bottom of pan, cover tightly and place in hot oven. Roast, allowing 15 minutes to each pound of meat. Potatoes may be roasted in the same pan with the meat. Serve with brown gravy made by mixing a flour paste with the juice in the pan, adding boiling water and cooking until thick.

SIRLOIN BUTT
The Boneless Sirloin Butt makes a good steak or roast. The back of the sirloin with the tenderloin removed can be made into a boneless strip for similar use, or for pot roast.
Loin (figure 8, pages 32 and 33) contains the fine steaks, including sirloin, club and porterhouse steaks. These various steaks take their name according to the bone—the first cuts taken from the rump end have the least bone, and the amount of bone increases as the cuts continue. The steak cut last, the club steak, contains most bone.

The tenderloin is neither so fine flavored or juicy as the other cuts, but brings a high price on account of its tenderness. Salt pork is generally added to tenderloin steak in cooking, for additional fat and flavor. Tenderloins are not generally taken out of the best grade of meat, as the balance would then have to be sold at reduced prices.

TENDER meat in broiling should be surrounded by fat, or brushed over with soft fat to avoid dryness. The edges of the meat should be cut in several places to prevent curling, as they will contract from heat. No seasoning should be used until the meat is partly cooked. A thick steak is far better eating than a thin one, so that for a small family it is better to buy a fair-sized steak and cut it in two portions and broil at different times, than to choose a thin one for economy. It is a mistake to bone a steak before cooking, although it may prove convenient. Remember that "the nearer the bone, the sweeter the meat."

Intense heat is necessary for broiling. A perfect bed of coals is not easily secured, and may interfere with other cooking; hence, broiling by this method has not been popular with the housewife. At the present time, when gas is almost the universal fuel, broiling has become a practical process. The fire should be lighted fully ten minutes before the cooking begins, and the broiling pan well heated. The metal rack should be removed because meat sticks to hot wires. The meat is placed near the flame at first and turned as soon as seared. Avoid piercing the meat with a fork, as this will cause juices to be lost. As soon as each side is brown, reduce the heat and season the meat lightly. If the steak should contain too much fat, place the fat part towards the front of the oven.

Leave the lower door of the gas oven open when broiling, to do away with smoke and the fumes of cooking. The meat need only be turned once or twice, and the time for cooking depends upon the thickness of the cut and the family's taste for rare or well-done steak, but a good rule is to broil a steak 1 inch thick seven to ten minutes, and 1 ½ inches thick ten to fifteen minutes. Place the meat on a heated platter, add part of the fat from the pan, and serve at once. The flavor, delicacy and digestibility is far superior to steak cooked by any other methods. Even Hamburg steak takes on a new dignity when broiled. It should be lightly seasoned (a little onion juice helps), and if the meat is moistened with cream the dish will be a treat. Shape it lightly so that it will not become dry when cooking. Hamburg steak is better if cooked in one large flat cake than if made into small ones, and can also be more easily handled by inverting it on a pie pan.

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THE RUMP

(See figure 5, pages 32 and 33)

The average beef rump consists of about 20% fat, 14% protein, and 21% waste, yielding about 1,100 calories per pound. The rump requires considerable trimming which increases the actual cost of the meat. As beef is cut in the east, the tip of the rump is an economical large roast and the middle cut of six or seven pounds is good. In western cuts, the rump is generally corned. It may be braised with vegetables in a covered roaster. After the initial browning it should be simmered at a very low temperature for an hour and a half for each pound of meat. The tough fibre may be broken up by pounding. Pounding in the old fashioned way meant lost juices; but when we pound in flour we accomplish the same purpose and save the juice. The flavor of the meat is improved by a stock made from bones and trimmings and the use of spices and vinegar makes the meat more tender and also improves its flavor.

SMOTHERED BEEF

3 pounds of rump or clod
3 large onions sliced
3 tablespoons oil or drippings
2 tablespoons mild prepared mustard
Flour mixed with salt and pepper
1 teaspoon celery seed
1 cup strained tomatoes or ½ can tomato soup

Dredge meat with flour. Brown well in a heavy pan. Brown onions in oil and add mustard, celery seed and tomatoes. Pour this sauce over the meat and cook slowly for three hours or more on top of the stove or for six hours in a fireless cooker.

BEEFSTEAK AND KIDNEY PUDDING

1 pound beef from rump cut in cubes
1 beef kidney, washed and membrane removed, and cut in eight pieces
Seasoned flour

Add kidney suet to beef and roll all in seasoned flour.

CRUST

3 cups flour
6 teaspoons baking powder
Salt
¾ cup beef suet chopped fine
Mix to stiff paste with cold water. Roll out thicker than pie crust. Line bowl with it. Put in meat. Season with onion juice and add water to within two inches of the top. Moisten the edge of the crust, cover the dish with the rest of the paste and press well together. Wring out a large cloth in boiling water, flour it, place it over the top and tie it down. Set the pudding on a trivet in boiling water to cook in a steamer for two hours and a half. Remove the cloth and cut a hole in the crust before serving.

BEEF A LA MODE

5 pounds rump, round or chuck roast
½ pound firm salt pork
1 teaspoon each ground cloves, allspice, cinnamon, black pepper, summer savory, thyme and salt
1½ cups vinegar
2 bay leaves
Bit mace
Chopped parsley
Slice of onion, chopped

Cut the pork in small strips and roll in a mixture of the dry seasonings. Make deep cuts in the beef with a sharp knife, and force the strips of pork in with a larding needle. Cover the surface of the meat with the balance of the spices and place it in a deep earthen dish. Cool the vinegar and pour this sauce over the meat, which should then be tightly covered and set aside in a cool place. It should be turned morning and night for several days and then boiling water added to barely cover. Let it simmer for four hours or more. Thicken the liquid, strain and serve with the meat, which will be dark in appearance but most savory in flavor.
ROUND STEAK

The round is popular because it is juicy and free from fat and has a somewhat larger amount than have some of the other cuts. The top of the round (or inside) can be used for steak and roast; the bottom (or outside) is lower in price and is best utilized either chopped or for slow cooking. It makes inferior steak but is a good meat for a pot roast or for cooking in a casserole. It is sometimes corned. The round makes the best flavored beef tea. The housewife exercises economy in buying a thick slice cut across the round—particularly in cold weather. A large thin steak loses more juice in cooking than a small thick one. The latter may not look sufficient, but if it is equal in weight, it will serve as well. If the thick round is large, it will do for two servings. A two-inch cut from the top of a round of fine beef can be broiled and sliced like a roast.

ROUND STEAK, browned — Round steaks are usually pan-broiled. The pan must be very hot and the cooking done quickly to retain the juices. The meat should not be seasoned until after it is cooked. No fat should be added to the pan, but the addition of a little butter to the finished meat improves its flavor. Prompt serving is most important with round steak as it toughens by standing even for a few minutes. Round steak is sometimes cut in thin pieces, dipped in milk, then rolled in crumbs and fried in beef fat. An economical method of preparing round steak is to pound flour into it, then brown in drippings and add onion and soup stock or strained tomato, put a light cover over the steak and simmer for forty or fifty minutes. If soup stock is not at hand, water flavored with beef extract and catsup can be used. An excellent substitute for breaded veal can be prepared from the round, which should be thoroughly pounded, dipped in egg and seasoned crumbs, browned well in fat and then simmered in stock or milk until it is tender.

SWISS STEAK

2 pounds round or sirloin steak cut 2 inches thick
1/2 cup flour
Salt and pepper

Mix

1/2 cup ham or bacon drippings
Few slices onion
1/2 green pepper, chopped fine
2 cups boiling water or 1 cup water and 1 cup strained tomatoes

Pound flour into meat with wooden potato masher or edge of heavy plate. Heat the fat. Brown the meat on each side of it. Add onion, green pepper, boiling water and tomato. Cover closely. Simmer two hours. This may be cooked in a casserole in the oven. Other vegetables may be added if desired.

ROUND POT ROAST

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FORE QUARTER

1. Neck
2. Whole Chuck
   - 5th rib roast
   - Chuck steaks
   - Pot roast
   - Clod
3. Fore Shank
4. Brisket
5. Plate
   - Navel
   - Rib ends
6. Rib
   - 11th and 12th rib roast
   - 9th and 10th rib roast
   - 7th and 8th rib roast
   - 6th rib roast

HIND QUARTER

7. Flank
   - Flank steak
   - Stew
8. Loin
   - Butt end sirloin
   - Wedge bone sirloin
   - Round bone sirloin
   - Flat bone steaks
   - Pin bone steak
   - Porterhouse
   - 16-18. Club steaks
9. Rump
10. Round
   - First cut round steak
   - Round steaks
   - Knuckle soup bone
   - Pot roast
11. Hind Shank
   - 16-17. Soup bones
   - 18. Hock soup bone

A-A—Portion above this line is the hind quarter, while that below is the fore quarter.
BONELESS CUTS

THE three cuts shown on this page bring high prices, because they are practically boneless. One can get the same cuts from beef of lighter weight at a more reasonable cost. The meat, because it is tender, is easily cooked, and there is no waste. These cuts combine economy and good eating. The restaurants have for a long time adopted the wise practice of utilizing this meat of cheaper quality. The cuts lack fat, which may be added in the cooking, but they contain food value. The compact cuts prove most useful for the woman whose time is limited, and who, therefore, finds it impossible to give much time to cooking.

In the Fall, when second or third grade cattle are plentiful, these cuts are packed for future use. Because housewives are not familiar with the advantages of these cuts, the demand for the fresh meat is not sufficient for the retailers to handle all of it. Butchers will carry these cuts if there is a call for them. Women should demand them.
SHORT RIBS OF BEEF—Short ribs of beef and browned potatoes are one of the most popular moderate priced dishes served in hotels and restaurants. Some butchers do not sell short ribs. After they have prepared their rib roast, they return the short ribs to the packer to use. The price is low enough to offset the bone and fat, so that the dish furnishes food value in a very palatable form. The ribs should be separated and can be cooked in pot roast fashion, with or without water, for several hours with good results, but the best method of cooking is to simmer until tender in a small amount of water, and brown them afterwards.

For three ribs, weighing a pound and one-half each, allow three cups of water and two teaspoons of salt. If convenient, tie a little garlic, parsley and green pepper in a piece of netting and put in the water. Simmer about three hours in a tightly covered kettle. The meat should be turned at the end of the first hour, and the seasoning removed. Simmer longer if the meat is not perfectly tender at the end of three hours. Potatoes may be parboiled and added to the meat during the last part of the cooking. Place the meat, well drained, in a shallow roasting pan and surround with the potatoes. If boiled potatoes are used, dip each one in the rich liquid to coat them with fat. Season with a little salt, and brown all in a hot oven for about half an hour or over a gas flame for about twenty minutes. Remove part of the fat from the top of the liquid and thicken the balance to make a rich, brown gravy.

QUICK MEAT LOAF

3/4 pound round or some other solid meat run through meat grinder twice
3/4 cup softened bread
1 beaten egg
Salt and pepper
Lemon juice added to bread
A little nutmeg
Onion juice

Add the bread mixture to the meat. Shape in a bowl and sprinkle well with flour. Melt a tablespoon each of butter and oleomargarine in a frying pan, put in a sliced onion, cover and cook slowly, until the onion is a light brown; remove the onion; put the meat loaf into the hot pan with the floured side down. Cover and cook for ten minutes, then sprinkle the top with flour, turn carefully, and cook for five minutes longer. Lift the meat loaf on to a platter with a cake turner, place the cooked onion on top and pour over the juices remaining in the pan. This meat loaf can be served either hot or cold.

POTTED HOMINY AND BEEF—Hominy is excellent to use as part of a one-dish dinner if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker. Heat one and one-half quarts of water to boiling; add one teaspoon of salt and two cups of hominy which has been soaked over night. Cook in a double boiler for four hours or in the fireless cooker over night. This makes five cups. Hominy is excellent combined with dried, canned or fresh fish, or meat and vegetable left-overs may be used. Here is one combination: Two cups medium white sauce, four potatoes, two cups carrots, five cups cooked hominy, one-fourth pound dried beef, one teaspoon salt. Cut the potatoes and carrots into dice, mix all the materials in a baking dish and bake for one hour.

DRIED BEEF—Dried beef in glass is another form of meat for occasional use. The salty flavor offers a change. Dried beef requires no cooking, and is always ready for the picnic basket or for the regular luncheon. It is acceptable for the home table either served cold or in a creamed sauce, with potatoes or other vegetables. Drying renders the flesh quite dense, so strong heat must be avoided in cooking dried beef. Simple methods are best. An easy and palatable dish is prepared by first melting two tablespoons of oleomargarine in a saucepan, and heating a cupful of meat in it. Two tablespoons of flour are then stirred in carefully and a cup of water or light stock added. When the sauce is smooth, season with pepper and serve at once on toast or with potatoes.
BEEF SWEETBREADS—The sweetbread of the calf is an expensive delicacy. The beef sweetbread is moderate in price, and if cooked carefully may be utilized for many choice dishes. The beef sweetbread should be washed as soon as it is brought into the house, and soaked in cold water for an hour or more. It may then be simmered until tender, with the addition of salt, a little bay leaf, a little onion and a slice of lemon. It may also be steamed, in which case the seasoning is placed on top of the sweetbread. As soon as the sweetbread has become tender it is placed in cold water, so that it will chill and become firm. Preliminary simmering is always necessary, no matter what methods of final cooking are used. Sweetbreads must always be carefully handled to completely remove the membrane and all unsightly portions. Sweetbreads may be separated into sections, shredded with a knife and fried in beef fat, and then served with any sauce preferred, either white, brown, tomato or combination.

Popular and delicious salad is made by substituting sweetbread for chicken, and serving with the usual dressings, either celery, hard-boiled eggs, lettuce and mayonnaise or other dressings. Sweetbreads are particularly delicious served in scooped-out, chilled tomatoes, and in the season when tomatoes are plentiful, this dish is not expensive. Sweetbreads make a fine luncheon dish if served in combination with peas and with the addition of a creamy sauce. They may also be served in a border of boiled rice, mashed potatoes, or with small hot biscuits. Sweetbreads answer in place of veal in any made dish, as their delicate flavor lends itself well to various seasonings and sauces.

BEEF TONGUE IN CASSEROLE—Wash a fresh beef tongue quickly, cover it with boiling salted water, cook gently for about an hour and a half or until tender. Remove all the skin and unsightly portions, (the bits of meat can be used later for hash) place in a casserole with a cupful of sliced carrots to which is added minced onion, celery and parsley. Thicken stock enough to cover the vegetables with fat and flour, season well and place the dish in a moderate oven. Remove the cover of the casserole after an hour’s cooking and allow a half hour longer so that the meat will brown slightly. Some like a sour sauce served with tongue.

BEEF HEART—The heart from good beef furnishes considerable food value at a moderate cost. It should first be thoroughly washed. The arteries and veins are then cut out, and the heart washed again to free it from blood. The heart is usually stuffed to fill it out and to improve its shape, as well as to extend the service of the meat. Bread toast or cracker crumbs may be used. Finely cut onion and parsley, and a few of the savory herbs may be added to the bread crumbs if desired. Salt and pepper should be used plentifully for seasoning. Beef fat from some other cut may be added to enrich the heart. Add a small amount of water (the soft dressing becomes softer from moisture during the cooking), and put the dressing into the opening. The flavor of this dressing will be increased if, instead of putting the fat into it, it is sauteed with a little fat. Sew up the end of the heart loosely, to allow for swelling, and sprinkle with seasoned flour. Use either a frying pan or an iron kettle and brown the heart in pork fat or drippings. The cooking can then be finished in the kettle with the addition of enough water to partly cover, or the heart can be transferred to a casserole or baking dish, water added and the cooking completed in the oven. In either case the liquid should be slightly thickened, and the heart turned several times during the cooking. The heart must be basted every twenty minutes if it is cooked in an open baker. Onions, carrots and cut celery added to the dish, make a pleasing combination. Meat of such close texture requires long, slow cooking to make it tender. If the cooking is right, the result will be excellent.
LAMB FRIES—SAUTÉ
Remove skin and cut into three slices. Marinade for 1 hour in mixture of ¼ tablespoon salt, 1 tablespoon oil, and juice of 1 lemon. Remove and dip in flour, egg, then bread crumbs. Sauté in small amount of fat. Serve with tomato sauce, allemande sauce, or similar sauce. Garnish with parsley and lemon.

PIG'S TAILS WITH SAUERKRAUT
Wipe three fresh pig's tails. Add to boiling salted water and cook slowly one and a half hours. Arrange sauerkraut and pig's tails in a baking dish. Bake one half hour. Other seasonings and vegetables, such as onion, carrot and potato, may be added so that it can be served as a one meal dish.

BEEF KIDNEY WITH BROWN GRAVY
Wipe kidney, split open and remove fat and stringy portions from center. Soak five to ten minutes in cold slightly salted water. Cut into thin slices or squares, and brown in 4 tablespoons of bacon fat. At same time add one small onion chopped. When brown add 4 tablespoons flour to form paste, pour on 1 pint stock or water and cook till gravy is thickened. Add ⅛ teaspoon salt, pepper and a little chopped green pepper. Either tomato juice or milk may be used for part of the liquid. Serve on toast or with cooked rice, or macaroni.

VEAL or LAMB KIDNEYS may be prepared in same manner.

STUFFED BEEF HEART— STEWED OR ROASTED
Wash and wipe heart. Remove arteries and soak in cold salted water twenty minutes to half an hour. Lard outside with a few lardoons made from fat pork. Sprinkle surface inside with salt and fill with 2 cups seasoned bread stuffing to which a little pork sausage meat has been added. Skewer or tie into shape. Sew up in cheese cloth and cook 2 hours in salted, slightly acidulated water, or dredge with flour and roast in oven ½ to 1 hours. Baste frequently with butter and water. If heart is stewed, a sliced onion and a diced carrot may be added to the water. Serve with boiled macaroni or potatoes.

BAKED CALF'S LIVER
Wipe liver, roll and skewer or tie into shape. Lard outer surface with fat pork. Spread with butter which has been creamed with ⅛ teaspoon salt, and ⅛ teaspoon pepper. Put in baking pan, add ⅝ cup hot water and bake in a moderate oven about 1 hour. Baste every 10 minutes. Take from oven, skim off fat, thicken gravy with 2 tablespoons flour. Serve with toast, boiled rice or potatoes.

BEEF TONGUE RAGOUT
Wash fresh beef tongue, cover with water or beef stock, add 1 chopped onion, salt, pepper, thyme, bayleaf and peppercorn, or a kitchen bouquet. Cook slowly 2½ to 3 hours. Cool, remove outer skin, and cut meat into cubes. To liquor add 1 cup each cubed carrot, turnip, and celery. Boil till almost done, add tongue and finish cooking. When done, make gravy of 2 tablespoons fat, 2 tablespoons flour, and 2 cups of liquor. Combine mixtures. Serve with boiled noodles, macaroni or spaghetti.

BOILED CALF'S HEAD
Ask dealer to split open the head and remove gristle from around nose, eyes, and ears. Wash or wipe head well. Remove tongue and brains to be used for other dishes. Put head into cold salted water, bring to a boil for two or three minutes. Pour off water and allow to cool. Cover with hot water, add seasonings, 2 tablespoons vinegar, 6 peppercorns, and bayleaf. Chopped onion, 1 carrot diced, and a sprig of parsley. Boil slowly for two hours. Carefully remove meat from bone. Sprinkle with egg and buttered bread crumbs and brown in oven, or serve with boiled meat with vinaigrette or similar sauce.

CALF'S BRAINS—SAUTÉ
Soak pair of brains in salted acidulated water two hours. Thyme, bayleaf, peppercorns and celery may be added to give delicate flavor. Remove loose skin. Blanch with hot water, cool and cut each in two. Roll in flour, in egg, and in buttered bread crumbs. Sauté in fat or fry in deep fat. Serve with sauce tartare or sumtar sauce. Any recipe for sweetbreads may be followed in cooking calf’s brains. Mushrooms always add flavor to any of these dishes.
Veal Recipes

Veal, the meat from calves, is easily distinguished from beef by the pinkish color of its lean and the clear white of its fat. It contains less fat and a larger proportion of connective tissue and consequently needs to be subjected to a longer, slower process of cooking to make it tender and more easy to digest.

To make up for its own deficiency of fat, some other fat should be added during cooking. Fat in the form of salt pork strips or fat bacon can be placed on the meat while roasting or added in small pieces to a stew.

**BREADED VEAL CHOPS**—Remove skin, dip chops in beaten egg to which a few tablespoons of milk and a pinch of salt has been added, then in bread crumbs. Place in a hot frying pan containing a small amount of bacon drippings or other fat. When one side is well browned, turn and brown the other side. Reduce the heat, cover pan tightly and let cook until tender.

Serve with tomato sauce made with:

- 21/2 can tomatoes
- 1 slice onion
- Pepper
- 3 tablespoons fat
- 3 tablespoons flour
- 1/4 teaspoon salt

Cook onion with tomatoes. Rub through strainer. Mix flour and melted fat. Add tomato juice gradually and cook until thick.

**ROAST LEG OF VEAL**—Wipe meat with damp cloth, sprinkle with salt and pepper and dredge with flour. Place on rack in dripping pan. Lay across top surface strips of fat salt pork. Bake in moderate oven, basting occasionally with melted fat. Serve with brown gravy made by adding flour to fat left in pan and pouring on gradually boiling water, stirring constantly, cooking until thick.

**CALVES’ LIVER**—Wash liver well with cold water. Slice, dip each slice in flour and fry slowly until brown in bacon fat. Season well with salt and pepper and serve garnished with crisp bacon or French fried onions.

**VEAL LOAF**—Select three pounds of veal from shoulder, wipe with damp cloth, remove skin and membrane. Chop finely or force through food chopper. Then add 1/2 pound fat salt pork chopped, six crackers ground, 2 tablespoons lemon juice, 1 tablespoon salt, pepper and few drops of onion juice. Pack in bread pan, brush top with egg white (slightly beaten) and bake slowly for about three hours. Cool slightly, remove from pan and cut into slices for serving.

**VEAL FRICASSEE**—Select two pounds of meat cut from shoulder or loin. Cut it into small pieces, dredge them with flour and brown well bacon drippings. Add one onion, stalk of celery and several carrots and potatoes all cut into cubes, cover with boiling water and cook gently until vegetables and meat are tender. Season with salt and pepper, thicken gravy with flour and serve with dumplings and garnish with parsley.

**VEAL SWEETBREADS**—To prepare sweetbreads: As soon as received from the market, soak in cold water for an hour. Drain and cook slowly in salted boiling water for about 20 minutes. Drain again and plunge into cold water to chill. They may be put into refrigerator for future use or used immediately.

**CREAMED SWEETBREADS**—Separate cooked sweetbreads into pieces and reheat in a medium thick white sauce. Season well with salt and pepper.

**BROILED SWEETBREADS**—Split the cooked sweetbreads crosswise, sprinkle with salt and pepper and dot with butter or margarine. Broil five minutes and serve with lemon butter sauce, garnished with watercress.
The dividing line between lamb and mutton is not based wholly upon age; a well bred and well fed animal, twelve or eighteen months old, may still belong in the lamb class, while a yearling of rangy stock, which has been poorly fed, yields meat of an inferior grade of mutton.

The best grade of mutton consists of fat, heavy meat. Light and flabby meat is not very palatable. Lamb rarely is an economical meat to serve. The relative difference in food value between lamb and mutton is the same as between veal and beef.

Mature meat furnishes more protein and fat (nutrition), but has a more pronounced flavor. Lamb has a delicate taste and the fat is not as strong as it is in mutton.

The mutton flavor, to which many object, is largely due to the outside fat, so that this fat, together with any particles of heavy skin, should be removed before cooking. Any remaining strong mutton flavor can be removed by cooking with lemon juice, either rubbing the meat with the juice before cooking or placing small pieces of lemon in the water in which the meat is boiled. The meat should be of deep red color and firm to the touch; the fat, creamy, white and solid. Mutton absorbs odors easily, so it must be kept in a cool place under proper conditions. Mutton may be placed in spiced vinegar or in a marinade and kept in it for some time to absorb the flavor and to become more tender.

The forequarter of mutton is cheaper than the hindquarter, as the amount of bone is greater and the flesh is less tender; but the forequarter has more flavor and so is excellent for stews and soup. As more of the fat of mutton dissolves in cooking than does the fat of beef, it is desirable to skim off a portion of this fat before serving the stew.

A shoulder roast, boned, stuffed and rolled, is appetizing served hot and the meat will slice well when cold. The rib chops are dainty, but very expensive. The loin chops serve better, as they have a greater amount of meat on them.

A leg of mutton may be boiled or roasted. The saddle from the two sides of the loin furnishes a choice roast for special occasions, as does also the crown of lamb, which is made from the ribs on each side, cut in the form of a circle.

Mutton should be served hot in every detail, as mutton fat hardens at a higher temperature than other fats. Fat usually calls for an acid to add flavor; hence, the use of capers, mint sauce, tart jelly, and spiced fruit with mutton or lamb. A bit of garlic inserted in a leg of mutton before roasting, improves the flavor. Herbs well rubbed into the surface and the whole wrapped in cloth before cooking to retain the flavor, produces boiled mutton that is unusual.
MUTTON AND LAMB CUTS

The meat should be of a deep red color and firm to the touch—the fat creamy-white and solid.

1. LEG .................................................................Roasts
2. LOIN ...............................................................Roasts and Chops
3. RIBS (or hotel rack) ........................................Roasts and Chops
4. BREAST ..........................................................Roasts and Stews
5. CHUCK (Shoulder) ............................................Roasts and Stews
6. SHANK ..............................................................Broth, Soups and Stews
7. NECK ..............................................................Broth, Soups and Stews

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SUGGESTED USES OF LAMB BY-PRODUCTS — Pickled lamb tongues are popular served cold, and the tongues, boiled and baked, and served with a sauce, are delicate and savory. The kidneys are broiled with bacon, en brochette (sliced and strung on a skewer before broiling), or else they can be stewed with onions and carrots in the English fashion. The heart may be stuffed, boiled and browned with salt pork. The liver is usually fried in the same manner as calf’s liver. The brains are sometimes substituted for calf’s brains in made dishes, or else they may be breaded and fried. It is best to simmer or steam the brains first to make them tender. The addition of a little lemon juice will whiten them and make them firm.

MUTTON IN CASSEROLE— Wipe the meat with a damp cloth—cut it in uniform pieces, and roll in seasoned flour. Brown part of the meat in hot drippings, then place all the meat in a casserole (or a kettle if it is to be cooked on the range instead of in the oven). Add carrots, onion and parsley, and cover with cold water if a rich broth is desired. Cook very slowly until the meat is quite tender. Remove the bone which will slip easily from the meat when the cooking is finished. Drain the liquid off and thicken with flour. Pour the sauce back over the meat and serve piping hot. Dumplings may be added, or potatoes put in with the meat when it is partly cooked.

STUFFED LEG OF MUTTON— Prepare the following dressing: Take two cups of soft bread, which has been soaked in cold water until well moistened, and then all the possible liquid pressed out. Season the bread with salt and pepper. Add a little thyme or sweet marjoram, together with a little onion, some fat and a beaten egg. Place this dressing in the boned meat, skewering the ends into shape. Have the oven very hot and place the meat in a pan. When the surface is seared, reduce the heat, dredge the meat lightly with flour, and add any other left-over seasoning, and baste every fifteen minutes unless a covered roasting pan is used. A six-pound roast will require from one hour and a half to two hours.

BROWNED BREAST OF MUTTON— Cook the meat in a small quantity of water until very tender, seasoning it with salt and pepper, a little garlic and parsley. Drain the meat well, put it into a shallow pan or baking dish and brown in a hot oven. Make a thickened gravy from the stock, coloring it with a little prepared caramel if desired. Serve meat with boiled rice and the gravy. Carrots may be boiled with the meat and browned afterwards with a little sugar and meat dripping if desired.

MUTTON STEW WITH BARLEY— Cut meat from the neck or breast into small pieces and put into a kettle with enough water to cover. Use about a cup and a half of water to a pound of meat. Add onions, carrot, salt and pepper. For each pint of liquid add a third of a cup of pearl barley. Simmer gently for two or three hours.

ROAST SHOULDER OF LAMB— Have a shoulder of lamb boned and rolled by the butcher. Wipe off surfaces with damp cloth. Place on a rack on the bottom of a roasting pan in a hot oven, reducing the heat when the meat has seared over. After the meat has cooked about 15 to 20 minutes, placed pared and halved potatoes in the pan around the edge of the meat. Season them with salt and pepper. For each pint of meat dripping add a third of a cup of pearl barley. Simmer gently for two or three hours.
LAMB AND MUTTON CUTS

FRENCH RIB LAMB CHOPS

LOIN LAMB CHOPS

LEG OF LAMB

LOIN ROAST

ENGLISH MUTTON CHOPS

"This mark your guarantee"
CROWN OF ROAST PORK
3 pounds of ribs or loin of pork
Flour, salt and pepper, mixed
Select two loins containing ribs. Trim the rib ends to make them even without making them too long. Dredge with seasoned flour. Place in baking pan, rib ends down; also put in the pork trimmings. Bake in hot oven two hours. Baste every 15 minutes with the drippings. When done, remove to heated platter, ribs up. Surround with browned potatoes and small baked apples, alternating. Paper frills should garnish the rib ends and a large bunch of parsley should be placed in the center.

CHOP SUEY
1 1/2 to 2 pounds lean pork shoulder (cut into pieces)
2 large onions
2 cups mushrooms
1 stalk strong celery
2 tablespoons cornstarch
4 teaspoons sugar
1/4 cup olive oil
3 slices bacon cut fine and fried
1 tablespoon Worcestershire sauce
Cut meat, mushrooms, celery and onions in small pieces. Chop onions if preferred. Blend cornstarch and sugar in warm water; sauté meat in olive oil or bacon fat until well browned, then add vegetables. Last add water. Cook one-half hour, stirring briskly, then add Worcestershire sauce. Serve with steamed rice. This is a suitable one-piece meal.

SOUTHERN POT ROAST
1 small pork shoulder
1 medium onion, sliced
2 cups canned tomatoes
Salt and pepper
2 tablespoons flour
Fry out the trimmings in pan suitable for the roast. Remove cracklings and all fat leaving but one tablespoon. Add flour. Brown slowly. Add onion. Brown slightly then add tomatoes. Season the meat and add. Cook in fireless cooker four hours.

BREADED PORK CHOPS
6 pork loin chops
Bread crumbs
Salt and pepper
Wipe chops. Season. Dip in bread crumbs. Cook slowly in small amount of heated fat, till tender. Brown well on one side before turning. Turn and brown on other side. Remove to heated platter and garnish with fried apples.

BAKED SPARERIBS WITH DRESSING—Arrange one piece of spareribs in dripping pan curved side up, fill with bread dressing made by moistening stale bread in water, and seasoning with salt, pepper, onion and sage—cover with another section of spareribs—sprinkle top with salt and pepper. Place in hot oven. Lower temperature gradually and baste meat occasionally with fat drippings from pan. Serve garnished with baked apples.

PORK SAUSAGES—One of the easiest dishes for the housewife to prepare is pork sausages. To fry link sausages cover with cold water and gradually bring to the boiling point. Pour off water and fry to a rich brown, turning frequently and being careful not to pierce with a fork.

After the sausages have been prepared in this way there are many ways in which they can be served which makes them suitable for a luncheon as well as for breakfast. They may be served with fried or baked apples, cabbage, onions, squash, turnips, rice, hominy, baked beans, and with potatoes of all kinds.

Sausage meat which may be purchased already made in patties, in bulk form or in bags, can be used in a great variety of ways. It may be prepared with cracker or bread crumbs and raw eggs to hold it together and baked till brown; or it may be used in combination with other meats in preparing meat loaf. Then, too, when mixed with bread crumbs it makes a delicious stuffing for fowls.
PORK CUTS

1 HAM—It is more economical to buy a whole ham. The butt can be baked, the center sliced—fried or broiled, the shank boiled, and the rind used for seasoning.

2 LOIN—Roasts and chops.

3 BELLY—Used for bacon. The best grade of bacon, "Certified," brand is the heart of this cut.

4 FAT BACK—Smoked or pickled.

5 SPARE RIBS.

6 PICNIC BUTT (Shoulder)—Roasts, steaks, chops, hams.

7 HOCK—Stewed and pickled.

8 BOSTON BUTT—Steaks and roasts.

9 CLEAR PLATE—Smoked, salted, pickled.

10 JOWL—Used for cheap bacon and generally cooked with baked beans.

"This mark Wilson & Co. your guarantee"
PORK CUTS

Pork contains more fat than any other meats. Then, too, the method of cutting a side of pork differs from that of other meats. Hams may be purchased fresh or cured. Shoulders are corned, smoked, or they, too, may be purchased fresh. Fat salt pork comes from the back on either side of the backbone.
BAKED HAM WITH APPLES
2-pound sliced ham cut \( \frac{3}{4} \) inch thick
2 large baking apples
Brown sugar
Trim rind from ham and keep for seasoning purposes. Remove fat. Mince or put through food chopper. Sprinkle the ham with brown sugar and then spread on the minced fat. Place in baking pan. Core the apples, cut in two crosswise and place on ham. Sprinkle apples with brown sugar. Pour hot water in pan. Bake in moderate oven for one hour.

HAM A LA KING
2 cups ham cooked and diced
2 cups medium white sauce
2 hard cooked eggs sliced
1 cup mushrooms quartered
1 pimento cut in narrow strips
1 minced green pepper
Heat the white sauce. Add green pepper, pimento, mushrooms and ham. The egg may be used as a garnish or added with the other ingredients.

HAM EN CASSEROLE—Wash and pare potatoes. Cut into slices. Place in casserole in layers, dredging each layer well with flour and seasoning with pepper. Add just enough milk to cover. Place ham slice (cut about 2 inches thick and with rind removed) on top, and place in moderate oven. Cook 1 hour uncovered and 1 hour more covered. Serve in casserole.

STUFFED HAM ROLL
Slice of ham \( \frac{3}{4} \) -inch thick, cut from center of ham
2 cups moistened bread crumbs
1 tablespoon minced parsley
1 cup tomato juice
Spread bread crumbs over ham; sprinkle parsley over it. Roll up and tie. Pour over tomato juice, adding a little hot water. Place in baking pan, basting occasionally during the two hours usually required for the baking process.

SOUTHERN HAM—Put a slice of ham in a casserole. Sprinkle over with brown sugar and dot with oleomargarine. Pour over 1 cup of milk. Bake in a slow oven for an hour. Serve in casserole dish.

ARKANSAS HAM—Cook thin slices of ham in hot frying pan until slightly browned. Remove to hot platter. To the fat in the pan add the following mixture well beaten:
3 tablespoons vinegar
1 1/2 teaspoons mustard
1 1/2 teaspoons sugar
Paprika
When mixture is thoroughly heated, pour over ham and serve at once. Ham cut about one-half inch thick is sometimes preferred to the thin slices.

BOILED HAM WITH LIMA BEANS—Examine the ham carefully and trim off bits of hard skin around the end of the bone. Wash very thoroughly, place in kettle, and cover with cold water. Cook slowly until tender, allowing about one hour for every three pounds. When cooked serve in thin slices with fresh or canned lima beans as a border around the ham. Potatoes may be boiled with the ham, by placing in the kettle about one half hour before the ham is ready to serve. This makes a good one-dish meal.

GREEN PEPPER STUFFED WITH HAM
1 cup minced cooked ham
1 cup cooked rice
1 tablespoon chopped onion
WHITE SAUCE MADE WITH:
2 tablespoons flour
2 tablespoons fat \( \frac{3}{4} \) cup milk
Cut large sweet green peppers in halves—remove seeds and cores. Parboil in salted water. Mix together, ham and rice, season to taste and moisten well with white sauce. A dash of Worcestershire may be added if desired. Fill pepper shells with mixture, sprinkle top with dried bread crumbs and melted ham fat. Place in baking pan containing just enough hot water to cover bottom. Bake gently about thirty-five minutes.
Broiled Bacon is at once the most easily digested and the most savory of all forms of cooked fat. Choice bacon of a dependable brand is uniform both in its quality and its proportion of fat and lean. Bacon is one of the few meats that can be kept on hand constantly and cooked quickly. It is one of the few meats of which people never tire. Sliced bacon in packages proves convenient in an emergency and is unexcelled in flavor. The addition of a few slices of bacon improves many meat and vegetable dishes. A breakfast of bacon and eggs will satisfy almost any man and is one of the easiest breakfasts that the cook can prepare.

Bacon can be cooked in several ways but the best results are obtained by having the bacon cold and the fire hot. Bacon that has stood in a hot kitchen becomes soft and will not crisp nicely. Broiling is the ideal method of cooking bacon. A fine wire rack should be used to hold the slices in place, since the regulation broiler of a gas range will prove too large. Place the rack over a pan to catch the dripping, have a hot fire and turn the bacon as soon as one side is lightly cooked and finish the browning quickly. Place the cooked bacon on pieces of soft paper and drain the fat while it is still warm.

When the oven is in use, bacon can be baked on the rack in a similar manner. Some cooks prefer the following way of frying bacon: Put boiling water in the pan to cover the bottom and boil the bacon quickly until the water has cooked away, finish the browning with dry heat. The quickest way to cook bacon is to put the slices in a hot pan, turning them as soon as they have browned on one side. When it is desired to draw out the fat, use a slow fire. Place the bacon in a frying pan heated gradually; frequent turning will insure even cooking, and increased heat at the last results in crisp slices.

Overheated fat is unwholesome, so care must be taken to avoid scorching. The drained fat that remains is very useful in many forms of cooking. It should be strained and kept in a cold place where it will be ready for use in a sauce for other meats, or in a milk gravy for potatoes (boiled, baked or re-heated). It can also be used to saute cooked potatoes, to enrich the dressing of a potato salad, or a bread stuffing for fowl and meat.

Bacon is an economical meat, as every bit of both fat and lean is utilized. Left-over bacon may be used in sandwiches or cut up in scrambled eggs, omelets, cereals or stuffed eggs. It can be crushed fine and sprinkled over stewed potatoes or baked stuffed potatoes. It can also be sprinkled on green or lima beans, used in a cream sauce for toast or as a spread for bread.
TO CLEAN AND PREPARE POULTRY
First singe, then remove pin feathers and oil sac. Remove as many tendons as possible from the leg by inserting a skewer below the knee joint and twisting carefully. Cut the skin at the back of the neck and remove the crop and windpipe. Just below the breastbone make an incision through the skin, large enough to admit the hand. Remove the entrails, gizzard, heart and liver, keeping the fingers close to the breastbone. Very carefully remove the gall bladder from under the right lobe of the liver. Remove the lungs and kidney which lie against the backbone. Fowl should be carefully washed inside and out in water to which has been added about one teaspoon of soda. It should then be wiped with a dry cloth. The giblets should be washed well after the liver has been cut from the gall bladder and the outer coat of the gizzard has been cut and drawn off from the sac containing the sand, etc.

CHICKEN, SOUTHERN STYLE
Clean and disjoint a young chicken. Roll each piece in melted butter or pork drippings; then roll in flour which has been well seasoned with salt and pepper. Place a few strips of salt pork or some lard in a dripping pan and heat until there is sufficient fat to cover pan. Put the chicken in the pan and set in a hot oven. When it begins to brown add about one-half cup boiling water. Baste frequently until well browned. Then cover the pan and let cook gently about one hour or until chicken is tender. Serve with the following sauce:

2 tablespoons flour
2 tablespoons butter
3/4 cup milk
3/4 cup cream
Salt and pepper

Melt butter, stir in flour to form a smooth paste. Add to the scalded milk. Let cook until mixture thickens, stirring carefully to prevent scorching. Pour in the cream gradually. Season.

ROAST CHICKEN
Clean, prepare and truss a chicken. Stuff with poultry dressing until about three-fourths full. Sew or bring skin together with a skewer where incision has been made. Rub entire surface with salt. Rub three tablespoons butter until creamy and mix with two tablespoons flour. Spread this paste over the breast and legs. Place in roasting pan which has been dredged with flour. Place in hot oven until the flour has browned. Pour one cup boiling water into pan and baste frequently. Reduce the heat of the oven considerably. Turn the chicken during the roasting that it may brown evenly. The bird may be dredged with flour two or three times during baking. Bake until the breast meat is tender.

SUNDAY NIGHT CHICKEN
2 cups cooked chicken, diced
2 cups medium white sauce
1 small green pepper, finely cut
1 cup cooked mushrooms
A dash of mace
Salt and pepper

Heat the white sauce, season well with salt and pepper. Add green pepper, mushrooms, chicken and mace. Serve in patty shells or on toast.

POULTRY DRESSING
2 cups toasted bread crumbs
1/3 cup butter or fat salt pork cubes
1/3 cup celery chopped fine
1/3 onion chopped fine
Salt, paprika, sage, marjoram, etc.
1 egg
Hot water
Milk

Mix just enough hot water with the bread crumbs to moisten. Add other ingredients. If the mixture seems too dry add milk. Oysters, chestnuts, peanuts, apples, prunes, raisins, walnuts, potatoes, or sausage meat may be used in poultry dressing.
CASSEROLE OF RICE AND MUTTON—Line a casserole with boiled rice. Fill the center with 2 cups cooked mutton finely chopped, seasoned well with salt, pepper, onion and lemon juice, mixed with ½ cup cracker or dried crumbs, I slightly beaten egg, and moistened with hot water or meat stock. Place a layer of rice over top. Cover tightly and cook in a hot oven for 45 minutes.

CROQUETTES WITH TOMATO SAUCE—Chop or grind any cooked, left-over pieces of veal, lamb, or beef. Season well with salt and pepper. Make a thick white sauce, using 4 tablespoons flour to 2 tablespoons fat and 1 cup of milk. Cook thoroughly and mix with twice its amount of meat. A little chopped onion or parsley or meat stock added to the white sauce will enrich the flavor of the croquettes. Allow the mixture to become perfectly cold, shape, roll in bread or cracker crumbs, then in beaten egg, and again in crumbs. Fry in deep fat until well browned. Serve with tomato sauce.

MACARONI WITH HAM—Break macaroni into boiling salted water and cook until tender. Drain in colander and rinse with cold water. Beat 2 eggs slightly, add 2 cups milk, 1 cup chopped cooked ham and ¼ teaspoon nutmeg. Place macaroni in a buttered baking dish and pour over it the milk mixture. Dot the top with bits of margarine and bake an hour in a moderate oven.

MEAT SOUFFLE

1 tablespoon oleomargarine
1 tablespoon flour
1 cup milk
½ teaspoon salt
¼ teaspoon pepper
¼ tablespoon chopped parsley
½ teaspoon onion juice
2 eggs, separated
1 cup cold meat, chopped

Melt oleomargarine, stir in flour, add milk and stir until smooth, add seasonings, and cook one minute. Take from fire, stir in beaten yolks of eggs, and meat. Stir over fire until eggs have thickened a little and set aside to cool. Rub a little butter over the top. Beat up whites of eggs to a thick froth and stir them lightly into cold mixture. Turn into greased fire-proof dish and bake in moderate oven twenty minutes. Serve at once.

DRY OR SUMMER SAUSAGES—a happy compromise between fresh and canned meat. These meats may be served alone or may be used in preparing left-over dishes. Many housekeepers are familiar only with the pork sausage which is so popular on winter mornings. They do not know of the newer varieties. Summer sausage is always ready for use at a moment’s notice, and as it is concentrated in bulk and highly seasoned, it keeps better than any meat not canned. Foreign nations have long used summer sausage as a staple food, but only in recent years have many varieties been made successfully in this country. Summer sausage made under Government inspection, and carrying the brand of a reliable company, will suit particular people. The meats are carefully blended and skillfully seasoned, and many combinations are offered to suit different tastes. Summer sausage comes in convenient form for the picnic basket, or for the use of campers. Summer sausage sliced cold and surrounded with a savory potato salad, is delicious. It can be lightly chopped and served on toast with the addition of a white sauce. It is often minced and blended with left-overs to add flavor or else served sliced and crisped in the frying pan with potatoes. A very savory omelet can be made by the addition of summer sausage chopped fine. A delicious sandwich can be made by mixing chopped summer sausage with butter and spreading it on crackers. A plain lettuce salad with a little summer sausage mixed with the dressing takes on new character. Cabbage and potato salad with bits of sausage added have a perfect right to put on airs, for they are the "something different which every housewife likes to serve. The emergency shelf is never completely stocked unless it contains one or two varieties of dried sausage.
A WELL cooked meat can lose its appetizing appearance if it is not carved well. There are a few points well worth knowing which are suggested in the following outline:

1. Type of chair: high enough to sit and carve at the table.
2. Size of platter large enough so that the legs of fowl or pieces of meat will not fall on table when cut off.
3. Skewers and string should be removed from meat before bringing to table.
4. Large fowls should be placed so that the head of the fowl is at the left of the carver.
5. Small fowls, as squab, should be placed crosswise of platter, head away from the carver.
6. Venison and mutton should be placed lengthwise, heaviest end at the left of the carver.
7. A roast of ham or leg of lamb or veal: place with thick end toward the right hand of the carver.
8. Standing rib roast: place toward left of the carver.
9. Beefsteak: place tenderloin nearest carver, especially if the carver does not know cuts of steak.
10. To learn first steps of carving: cut bread thin and even; then try veal loaf or meat without bone. Cultivate steady hand.
11. Round steak: do not remove bone; cut in right angles to bone.
12. Standing rib roast: cut away gristle between back bone and meat. (Cut meat from rib or carve thin slices to the rib; after carving enough slices remove meat from rib.)
13. Rolled rib roast: place meat side to platter; fork put in side and slices begin at right; should be very thin. Remove skewers and string before taking to the table.
14. Meat pie: cut in center to edge. If cup is in centre, remove.
15. Carving turkey or chicken: if family is small, one-half should be carved at first meal. Begin at breast bone; cut slices thin. Cut enough white meat. Take collar (paper) in hand and separate first and second joint; remove wing; do not divide if small family. Serve the dressing with a spoon. Ask the preference of each, for dark or white meat; or if a large number are present give a little of each. Duck is the hardest of all fowls to carve.
In order to have satisfying and balanced meals certain food combinations are necessary. Vegetables are always served with meats. They furnish materials which are lacking in meats, and at the same time provide variety in the diet. There are two types of vegetables—starchy and green. Neither two starchy nor two green vegetables should be served at the same meal, but a proper balance maintained by serving one starchy and one green.

Potatoes are the commonest variety of starchy vegetables. They are served in some form at almost every meal. Consequently a special effort has to be made to vary the method of cooking in order to prevent dulling the appetite with a constant repetition of the same food. Some suggestions are presented here for suitable combinations of meat and vegetables:

**ROASTED OR BAKED MEATS**—Serve one vegetable from each group.

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<tr>
<th>KIND OF MEAT</th>
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<th>SAUCES, ETC.</th>
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**BROILED MEATS**

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MISCELLANEOUS MEATS

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COLD MEATS (CANNED OR LEFT-OVER)

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"This mark Wilson & Co. your guarantee"
There are certain recognized limits in the cooking of meat dishes for small families. It is practically out of the question to get a choice roast of a weight less than five pounds. It is possible to make a pot roast out of a pound of meat if it is rightly cooked in a small close-covered kettle. Braised meat with vegetables can be satisfactorily prepared in small amounts if cooked on a rack in a kettle over a low fire, or in a covered roaster in a slow oven. Braised meat is richer than stewed meat, as less water is used and the broth is more concentrated. No more actual time need be spent in the kitchen in the longer, slower processes of cooking meat than in the shorter methods; but an earlier start is necessary. Unless ample time is allowed for cooking, it is useless to attempt such dishes, as the materials will inevitably be wasted, or the results poor.

No matter how slow the main process is in the cooking of cheaper cuts of meat, the first few minutes should be at strong heat to seal the surface of the meat and to retain the juices.

Boiled meat (it should not really boil but barely simmer at about 180° F.) goes further if prepared with a generous amount of liquid, and the addition of dumplings, biscuits, and strips of toast. The common practice of adding water while boiling meat, for the reason that the water cooks away, indicates bad fuel management.

Meat cut up for stewing gives a richer gravy than when cooked in one piece. It is a good plan to leave one solid piece of meat to slice cold, if the supply is sufficient for two meals. The cold meat should be left in the stock until it is ready to serve, so as to retain the moisture, but any vegetables that are in the stock must be removed, or the flavor will be too strong.

One advantage of slowly cooked meat dishes is that prompt service is not as necessary as with roasts, steaks and so forth. Tender, red meat deteriorates rapidly if allowed to stand after it is ready to eat, and much of the delicious flavor is lost. The stew, pot roast, and casserole dishes are equally good whether placed on the table at a certain moment or not. In fact, they can be kept an hour if necessary without any harm, provided they are kept hot. It is a great convenience, when a meal is delayed, to place the kettle over hot (but not boiling) water, without having the meal suffer.

When meat is cured in brine the action of the salt hardens to some extent the tissues of the meat. Cured meat should not be eaten frequently but should be added to the diet for variety. It develops the best flavor if slowly and thoroughly cooked.
WILSON’S Certified Ham
—juicy, tempting, delicious

Most every one likes good ham, and when you can serve Wilson’s Certified Ham—baked—as the chief dish, the success of your dinner is absolutely assured. Certified Ham is tender, juicy, mildly sweet in flavor—and the rich savor and delicious quality tells of the careful selection and cure. Ask your dealer for Wilson’s Certified Bacon, Certified Lard and other Certified products. You will find them as good as Certified Ham.


The Wilson label protects your table

“This mark WILSON & CO. your guarantee”
Crisp, Delicious, Tempting Bacon Cured and Smoked the Wilson Way

WILSON’S Certified, the brand name for our best quality products, has been given our famous Majestic Bacon to make more certain your selection of this highly nutritious and economical food.

“Certified” is the key-word in our institution. It means everything that the Wilson label stands for. It means our good faith, our skill, our experience, our judgment. It means the last limit of our determination that the Wilson label must guide you to the selection of foods that are beyond question as to quality. Every Wilson product is selected, handled and prepared with respect—the carefulness and thoughtfulness your own mother would show if she were to oversee their preparation for you.

When you buy ham or bacon, ask for Wilson’s Certified.

If your dealer cannot supply you, we can stock him immediately, for our distribution is national.
TENDER and tempting, perfectly cooked, Wilson's "square pressed" Certified boiled ham not only gratifies your hot-weather appetite, but it saves time and tiresome work in the kitchen. Each ham is carefully selected, properly boned and trimmed, then boiled by expert chefs. Our exclusive method of pressing the ham squarely gives it the ideal shape for wasteless slicing. Divide the slice and make two sandwiches. Your delicatessen store, grocer or meat dealer will be glad to slice this ham for you—ask for Wilson's Certified square pressed boiled ham.

All Wilson products are selected, handled and prepared with respect. Thoughtfulness, care and consideration, such as your own mother would show, are second nature in our organization. The Wilson label is a pledge and promise to you that your purchase must entirely satisfy you.
Delicately browned biscuits that break open to velvety whiteness and coax you with their goodness — that’s the kind you make with Wilson's Certified Shortening.

Deliciously rich, luscious, fine-textured cakes — the sort your friends praise to the skies — you can make them economically with Wilson’s Certified Shortening.

A Shortening so Good that it is GUARANTEED

You must be pleased with Wilson's Certified Shortening, or we will pay back your money. We print this guarantee on every can because we want you to realize what splendid foods it helps you make, and the fact that it is so economical — it goes so much farther — it saves you money while it makes your pies, biscuits, doughnuts, cakes and other things so much better and tastier. This fine, grainy-textured, smoothly mixing shortening is, like all Wilson products, selected, handled and prepared with the same thoughtful respect your own mother would show toward the good things she makes for you to eat.

Ask your dealer for Wilson's Certified Shortening — the only "money back" kind. If he doesn’t handle it, please send us his name. No matter where you live, we can supply your dealer, for our distribution is national and prompt.

The Wilson label protects your table

"This mark Wilson & Co. your guarantee"
GIVE your boys and girls good, growth-helping, muscle-making food, so that they can work well in school and play well outdoors. Spread their bread with Wilson’s Certified Oleomargarine. It contains the rich food elements so essential for the growing child. Rich, creamy in flavor, appetizing, satisfying in taste—a product that proves itself to have the quality which earns our Certified label and backs up our ‘money-back’ guarantee.

Ask your dealer for Wilson’s Certified Oleomargarine; use it in your cooking, serve it on your table. It is made in the cleanest churnery you can find; it is made according to our standards of preparing a food product with respect. You be the sole judge of its merit. If for any reason you do not consider it a pure, wholesome, healthful, economical food—there’s our ‘money-back’ pledge on each package.
OUR GUARANTEE
IF YOU ARE NOT SATISFIED
THAT THE CONTENTS OF
THIS CAN IS OF THE HIGHEST
POSSIBLE QUALITY, YOUR
DEALER WILL REFUND THE
PURCHASE PRICE.

Thomas B. Wilson,
President

Among the canned meats added to
the Certified line and sold under our
“money-back” guarantee—repro-
duced in center of this page—are:

- Corned Beef Luncheon Tongue
- Roast Beef
- Corned Beef Hash
- Rolled Ox Tongue
- Lunch Tongue
- Vienna Style Sausage
- Bouillon Cubes
- Beef Extract
- Pure Pork Sausage
- Sliced Beef
- Sliced Bacon

Flavor that tempts, quality that pleases you

The mere fact that these canned meats bear the Wilson Certified
label tells you that they are without a peer. Pure, clean, properly
cooked, they have a flavor seldom found. Not only are they
most appetizing, but most economical, as they are wholly without
waste. Their quality conforms to the Wilson standard and the Wilson
policy, which is to make you the judge. If your dealer cannot supply
you with these and other Wilson products—all of which are selected,
handled and prepared with the respect your food deserves—give us
his name and we will stock him, as our distribution is national.

The Wilson label protects your table

“This mark Wilson & Co. your guarantee”
WILSON'S
Produce Products

"This mark your guarantee"
MEMORANDUM

“This mark Wilson & Co. your guarantee”
Fill out these coupons with names of your friends and mail to Thos. E. Wilson & Co., Adv. Dept., 41st St. and Ashland Ave., Chicago, Ill.

Please send a copy of your book, "WILSON'S MEAT COOKERY" to

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