HOW TO CARVE
HIND QUARTER OF BEEF

1 Porterhouse and Sirloin Roasts and Steaks.
2 Rump Steaks and Corned Beef.
3 Aitch Bone — Boiled and Pot Roasts.
4 Buttock — Round Steaks and Boiling.
5 Round — Corned Beef Hash and Stewing.
6 Shin — Soup and Croquettes.
7 Flank — Boiling.
8 and 9 Corned Beef and Pressed Meats.

FORE QUARTER OF BEEF

10 Fore Ribs — Roasting and fine Steaks.
11 Middle Ribs — Rib Roasting.
12 Chuck Ribs — Second quality Roasts and Steaks.
14 and 15 Shoulder — Stews, Soups, and Hashes.
16 Neck — Consommes, Soups, Mince Meat, Sausages, etc.
17 Cheek.
HAS it ever happened at your table — that a clean, snowy-white table-cloth was soiled at the very beginning of the dinner by the unskilfulness of the carver?

Perhaps it was a piece of juicy beef, a chicken leg, or wing, or a splash of gravy that did it; whatever it was you could probably blame the carver for "not knowing how."

Possibly for years, whenever you have had a guest, you have dreaded the carving process, and yet, —

a few directions
a little study
some patience

and your own practise will make carving a delight to you and be a great help in putting your guests and your family "at their ease."
First of all have the right “tools” to work with—
Fork: one with a good guard.
Knife: pointed, thin-bladed, and sharp.
Sharpener: use it often—you cannot carve well with a dull knife.
Rest: for the knife and fork.
Platter: comfortably large. For roast meats it is better to use a platter with a raised center, so that the knife can work horizontally.

Now for the actual carving—
The greatest help to proficiency in carving is some knowledge of the natural construction of the various roasts, etc., so that you will know the location of the joints and bones and the way the grain of the meat runs. Meat cut with the grain is stringy and fibrous; so cut across the grain.

THE ILLUSTRATIONS
on the following pages, in each case show the carver facing towards the reader—they also show the correct position for the knife and fork.
For Finest Bread Use "Wingold" Flour

RIB ROAST

Cut downward across bottom of roast, separating the meat from the bone. Then, from side nearest carver, cut slices lengthwise, following line of the ribs.

Hints in preparing: The flavor is spoiled by the removal of the bones. After cutting off part of lower rib "top" the roast and place in the pan, bone side down. No fastenings are required.
SIRLOIN ROAST

Thin slices should be cut across the grain in the direction shown in the illustration. The lower part of the roast is tenderloin; the upper, sirloin. As tenderloin is not liked by every one, it is best, in serving, to ask the preference. To those wishing fat, serve a thin slice from the upper end.
SIRLOIN STEAK

Run the knife close to the bone, first removing the tenderloin, then the sirloin—cut in slices about an inch wide—serving both tenderloin and sirloin to each person.

Round Steak should be carved in thin strips across the grain.

Rolled and Braised Steak should be carved across the roll in thin slices.
LEG OF LAMB OR MUTTON

Carve straight across the leg, as shown, cutting right to the bone. Cut as many slices as needed, then run the knife lengthwise to the bone, loosening all the slices cut.

A Haunch of Venison is carved in the same way as the above.
SADDLE OF MUTTON

Cut thin slices parallel to the backbone, making the first cut near the middle of the saddle and working outward. From about half way down the side cut thin slices of the crisp fat, carving at right angles to the backbone. Serve a slice of fat with each slice of lean meat.
TURKEY OR CHICKEN

Plunge the fork upright into the center of the breast-bone — keep it there during the carving. On the side farthest from you cut off the leg at the second joint by passing the knife between the thigh and the body until the bone is reached. Force the thigh back until the joint is laid open, then, with the point of the knife, finish the operation. Next separate the wing from the body by slicing close to the ribs. Bend the limb back to expose the joint and sever with the point of the knife. In the same manner sever
DUCK OR GOOSE

Carved in same general way as turkey or chicken, but much more care is required.
the leg and wing from the nearer side. Then carve thin slices from the breast by a downward and outward direction of the knife. Remove the wish-bone, cut through the ribs about half way down, and by a turn of the knife separate the breast from the back. Remove the fork, separate the second joint from the drumsticks and serve.
HAM

Before slicing — in thin slices — cut around the bone with the point of the knife. This will allow the slices to fall away from the bone as they are carved. Repeat the operation of cutting around the bone as often as is necessary.

When the fat is very thick it is advisable to cut off some before carving, leaving just a thin even edge on the slices.

Hot Boiled Ham is very tender, and requires more care in carving than Cold Ham. The slices should be cut a little thicker.
FISH

A rule generally observed for cutting fish at the table is to use only silver implements.

To carve any fish of a long shape, first cut off the head, then run the knife through the fish close to the back-bone and parallel with it. Cut the upper half into slices, crosswise, and serve. Loosen the back-bone, turn it over on to the back part of the platter, and cut and serve the under side of the fish.

Planked and Broiled Fish should be cut straight through the back-bone at the joints.
ANOTHER IMPORTANT HOUSEKEEPING QUESTION ANSWERED

WHAT FLOUR SHALL I USE?

Flour differs so widely in quality and in nutrition that the proper selection becomes a matter of the utmost importance.

There are many good flours, but some of the good flours are better than others as you have no doubt found out for yourself in searching for the best you could buy. We want to tell you why "WINGOLD" is the one flour you should use.

"WINGOLD" Flour is milled in what is generally conceded to be the finest milling plant ever erected. It embodies the latest ideas of the world's foremost milling engineers, and has many quality-promoting features which are not to be found in any other mill.

WHEAT CLEANING

Some mills have no wheat cleaning process. Others clean it after a fashion. The "Wingold" Mill has a double cleaning process.

As the wheat enters the mill it goes straight to a steel scouring machine, where each kernel comes in contact with rapidly revolving steel brushes, which remove all dust and impurities until it shines like a new dollar.
“Wingold” Flour—The Cleanest

Cleaner now than in 99 out of 100 flour mills, it is not yet clean enough for “WINGOLD” Flour. It is then thoroughly washed in special machines; 500,000 gallons of pure fresh water is used daily in this process, thus insuring the absolute purity and cleanliness of the raw material.

And so on through each process of milling down to the final packing; the entire work is done by the finest and most sanitary machinery.

When you open a package of “WINGOLD” Flour in your pantry, yours is the first hand to touch it since it was brought as wheat to the mill.

No flour could be made from better wheat—no flour could come to your home purer than “WINGOLD.”

If you are eager for the “Staff of Life” that is best in color, in flavor, and in body-building value, ask your grocer for

“WINGOLD” Flour the one flour in the world that “Has no Equal.”
HOME OF "WINGOLD" FLOUR

The Finest Flour Milling Plant in the World
A Model of Sanitary Perfection

BAY STATE MILLING CO.,
4,000 BARRELS DAILY

WINONA, MINNESOTA