



FOODS ON PARADE

Presented by

NATIONAL LIVE STOCK AND MEAT BOARD

Homemaker's Service Dept.

407 So. Dearborn St., Chicago 5, Ill.

EAT THE RIGHT FOOD DAILY
TO MAKE YOU STRONG

MEAT POULTRY or FISH



1 or more servings

MILK

*1 pint for adults, more for children -
or evaporated milk or cheese*



EGGS

3 or 4 a week



POTATOES

1 or more servings



VEGETABLES

*2 servings - include
yellow or green often*



FRUITS

*2 servings -
include citrus or tomatoes often*



BREAD & CEREAL

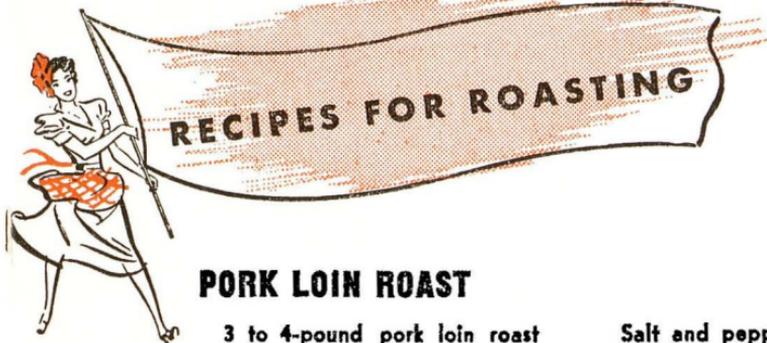
*as desired - whole grain products or
enriched white bread and flour*



FATS & SWEETS

as desired





PORK LOIN ROAST

3 to 4-pound pork loin roast

Salt and pepper

Recipe
1

Have backbone of pork loin loosened by sawing at right angles to ribs. Season. Place meat, fat side up, on rack in open roasting pan. Insert meat thermometer so bulb reaches center of thickest part, and does not rest in fat or on bone. Do not add water. Do not cover. Roast in moderate oven (350° F.) until the meat thermometer registers 185° F. Allow about 35 to 45 minutes per pound for roasting. 6 to 8 servings.

NOTE: When roasting meat include other foods in the menu that can be cooked in the oven at the same time.

MEAT LOAVES DE LUXE

1½ pounds ground beef

⅓ cup cracker crumbs

½ cup finely chopped onion

1½ teaspoons salt

¼ teaspoon pepper

1 cup seedless raisins

¼ teaspoon nutmeg

3 eggs, beaten

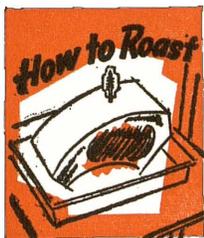
6 thin slices mild cheese

Recipe
2

Combine all ingredients except cheese. Mix thoroughly. Divide meat mixture into 12 balls. Pat 6 balls into bottom of 6 large muffin pans or individual casseroles. Cover each with a slice of cheese and pat one of the remaining balls on each slice of cheese. Bake in a slow oven (300° F.) for 50 minutes or until done. 6 servings.

NOTE: This recipe can also be baked in loaf pan in slow oven (300° F.) for 1½ hours.

HERE ARE THE MEAT CUTS AND THE RIGHT WAYS TO COOK THEM



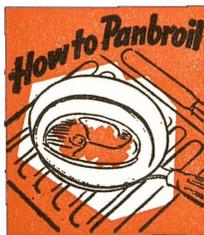
1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven.
6. Roast to desired degree of doneness.

CUTS FOR ROASTING—BEEF: ribs, rump (high quality), loaf. VEAL: leg, loin, rack, shoulder, loaf. PORK (fresh): loin, shoulder, leg or ham, spareribs, loaf. PORK (smoked): ham, picnic, shoulder butt, loaf. LAMB: leg, shoulder, loaf.



1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top is brown.
4. Season with salt and pepper.
5. Turn and brown on other side.
6. Season, serve at once.

CUTS FOR BROILING—BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, top round), patties. VEAL: liver. PORK (smoked): ham slice, Canadian-style bacon, bacon. LAMB: chops (shoulder, rib, loin), patties, liver, kidney. VARIETY MEATS: brains, sweetbreads.



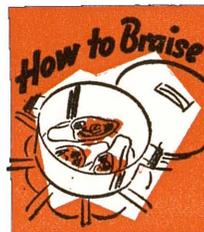
1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour off fat as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

CUTS FOR PANBROILING—BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, top round), patties. VEAL: liver. PORK (smoked): ham slice, Canadian-style bacon, bacon. LAMB: chops (shoulder, rib, loin), patties, liver, kidney. VARIETY MEATS: brains, sweetbreads.



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

CUTS FOR FRYING—BEEF: steaks (suitable for broiling but cut thin), patties. VEAL: chops, cutlets. PORK (fresh): thin chops, tenderloin. PORK (smoked): ham slice, Canadian-style bacon, bacon. LAMB: chops, patties. VARIETY MEATS: liver, brains, sweetbreads.



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

CUTS FOR BRAISING—BEEF: pot-roasts, short ribs, round steak, heart, kidney. VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney. PORK (fresh): shoulder steaks, chops (loin, rib), spareribs, tenderloin (frenched), hocks, heart, kidney. LAMB: breast, shoulder, neck slices, shanks.



1. Brown meat, when desirable, on all sides in own fat or lard.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

FOR COOKING IN LIQUID—BEEF: neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef. VEAL: shoulder, flank, neck, shank, breast, tongue, heart, kidney. PORK (fresh): hocks, (smoked): ham, picnic, butt. LAMB: neck, breast, shoulder, shank

TAMALE LOAF

Recipe	1 pound ground pork	1 cup whole kernel corn
3	1/4 cup chopped onion	2 eggs, beaten
	1 No. 2 1/2 can or 3 cups canned tomatoes	2 teaspoons salt
	1 cup corn meal	1/8 teaspoon pepper
		1 teaspoon paprika
		1 teaspoon chili powder

Brown pork and onion, stirring until crumbly. Add tomatoes and bring to a boil. Add corn meal gradually and cook 10 minutes. Add remaining ingredients and blend thoroughly. Pack mixture into 5x9-inch loaf pan. Bake in moderate oven (350° F.) for 45 minutes. 6 to 8 servings.

NOTE: An adaptation from south of the border. A complete meal with the addition of a green salad.

LAMB SHOULDER ROLL

Recipe	5 to 6-pound rolled lamb shoulder	Salt and pepper
4		

Season. Place on rack in open roasting pan. Insert meat thermometer so that bulb reaches center of thickest part. Do not add water. Do not cover. Roast in slow oven (300° F.), allowing 40 to 45 minutes per pound. Turn roast during cooking for even browning. 10 to 12 servings.

NOTE: Lamb should always be served very hot or cold.

BOHEMIAN SPARERIBS

Recipe	2 pounds spareribs	1 No. 2 can sauerkraut
5	1 teaspoon salt	1 tablespoon caraway seeds
	1/4 teaspoon pepper	1 medium onion, sliced
		1 No. 2 can tomatoes

Cut spareribs in individual servings and season. Mix caraway seeds with sauerkraut and place in 8x12-inch baking dish. Arrange onion slices on sauerkraut and pour tomatoes over mixture. Place spareribs on top. Bake in moderate oven (350° F.) for 2 hours. 4 to 6 servings.

NOTE: Spareribs are also tasty when cooked with barbecue sauce.

STANDING RIBS OF BEEF

Select a 2 or 3-rib roast and have chine bone loosened. Season with salt and pepper. Insert meat thermometer so bulb reaches center of thickest part, and does not rest in fat or on bone. Place meat, fat side up, on rack in open roasting pan. Do not add water. Do not cover. Roast in slow oven (300° F.) to desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast, 22 to 25 minutes per pound for medium, and 27 to 30 minutes per pound for a well done roast. 6 to 8 servings.

Recipe
6

NOTE: This same roast may be boned and rolled, but allow 5 to 10 minutes additional cooking time per pound.

ROAST HAM

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to desired degree of doneness. Allow about 18 to 25 minutes per pound.

Recipe
7

NOTE: Often referred to as Baked Ham, this is actually a roast. Glaze with desired mixture one hour before done.

LIVER-HAM LOAF

1 pound sliced liver	1 egg, beaten
1/2 pound ham	1/2 teaspoon salt
2 tablespoons lard or drippings	1/2 teaspoon paprika
1 small onion	1 tablespoon chopped parsley
1/2 cup dry bread crumbs	3/4 cup milk

Recipe
8

Cook liver in hot fat until lightly browned on each side, about 5 minutes. Grind liver, ham and onion. Add remaining ingredients and mix thoroughly. Pack in 5x9-inch loaf pan. Bake in slow oven (300° F.) for 1 1/2 hours. 6 to 8 servings.

NOTE: Liver is one of the best known sources of iron and Vitamin A. Include liver in the menu at least once a week.



RECIPES FOR BROILING PAN BROILING

PORTERHOUSE STEAK

Recipe
9

Have porterhouse, T-bone, sirloin or club steak cut at least 1-inch thick. Place on broiler rack. Insert broiler pan so that top of 1-inch steak will be 2 inches from heat and 2-inch steak will be 3 inches from heat. When one side is browned season with salt and pepper, turn and finish cooking on second side. Season. Steaks cut 1 inch thick require 8 to 10 minutes on each side; 2-inch steaks require 15 to 20 minutes on each side.

NOTE: Other cuts for broiling include club, T-bone and sirloin steak; shoulder, rib and loin lamb chops; ham slice; ground beef and lamb; and bacon.

FRUITED LAMB PATTIES

Recipe
10

1 pound ground lamb	1/2 cup crushed cornflakes
2 slices bacon, diced	1 egg
4 cooked, pitted prunes	1 teaspoon salt
	1/2 cup milk

Fry bacon until crisp and fill center of prunes. Combine lamb, cornflakes, egg, salt and milk, and mix well. Divide mixture into fourths, and shape each patty around stuffed prune. Place on broiler rack. Insert broiler pan allowing 2 inches between heat and surface of meat. Broil patties on one side until they are brown, 8 to 10 minutes. Turn and brown on second side. 4 servings.

NOTE: Ground beef and lamb may be used interchangeably in any recipe.

BROILED LAMB CHOPS

6 lamb rib, loin, or shoulder chops, cut 1-inch thick

Salt
Pepper

Recipe
11

Place chops on broiler rack. Insert broiler pan so top of chops is 2 inches from heat. When one side is brown, season, turn and finish cooking on second side. Season. Chops require 10 to 12 minutes for each side. 6 servings.

NOTE: Shoulder lamb chops are an economical buy, and are tender enough to broil.

BROILED HAM SLICE

Have ham slice cut $\frac{3}{4}$ to 1 inch thick. Score fat around edge of ham to prevent curling. Place on broiler rack and insert broiler pan, allowing 2 inches between surface of meat and heat. When brown, turn and brown second side. Broil 8 to 10 minutes on each side. 4 to 6 servings.

Recipe
12

NOTE: Any cut for broiling can also be panbroiled following basic directions on Page 1.

PANBROILED BEEF PATTIES

$1\frac{1}{2}$ pounds ground beef
 $\frac{1}{4}$ cup fine bread crumbs
2 tablespoons grated onion

1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{4}$ cup top milk or cream

Recipe
13

Combine all ingredients. Shape into patties $\frac{3}{4}$ to 1 inch thick. Add enough lard or bacon drippings to lightly grease frying-pan. Add patties and brown on both sides, turning frequently, allowing 10 to 15 minutes for cooking. 6 servings.

NOTE: The less tender cuts of meat have essentially the same food value as the tender cuts.



RECIPES FOR BRAISING

Recipe

14

SAUERBRATEN

3 to 4-pound blade pot-roast	2 cups water
1 clove garlic	1 medium onion, sliced
2 teaspoons salt	2 bay leaves
$\frac{1}{4}$ teaspoon pepper	1 teaspoon peppercorns
2 cups vinegar	$\frac{1}{4}$ cup sugar
2 tablespoons lard or drippings	

Rub meat with cut surface of garlic, salt and pepper and place in bowl. Heat vinegar, water, onion, bay leaves, peppercorns and sugar together, but do not boil. Pour hot mixture over meat and allow to cool. Cover and let stand in refrigerator 4 days. Save vinegar mixture. Brown meat in hot fat. Add one-half vinegar mixture. Cover and simmer 2 to 3 hours or until meat is tender, adding additional vinegar mixture if required. 6 to 8 servings.

NOTE: An age-old recipe appreciated by connoisseurs of good food. The heel of round or any beef pot-roast may be used.

BREADED SAUSAGE PATTIES

Recipe

15

1 pound bulk pork sausage	2 tablespoons milk
1 egg, beaten	$\frac{3}{4}$ cup crushed cornflakes
1 tablespoon lard or drippings	

Shape sausage into 6 patties. Roll patties in egg and milk mixture, then in cornflakes. Brown in hot fat. Cover and simmer for 20 minutes. 6 servings.

NOTE: 5 minutes before end of cooking time place apricot half, cut side down, on each patty and insert whole clove in center.

BEEF RUMP POT-ROAST

- | | |
|-------------------------------------|-------------------------------|
| 4 to 5-pound beef rump
pot-roast | 2 teaspoons salt |
| 3 tablespoons lard or drippings | $\frac{1}{4}$ teaspoon pepper |
| | $\frac{1}{2}$ cup water |

Recipe
16

Brown meat on all sides in hot fat. Season. Add water and cover. Simmer for 45 minutes to 1 hour per pound or until tender. 8 to 10 servings.

NOTE: Other excellent cuts for this recipe would be the arm or blade beef pot-roasts or rump or shoulder of veal.

BREAKFAST LINKS

- | | |
|----------------------------|---------------------|
| 1 pound pork sausage links | 2 tablespoons water |
|----------------------------|---------------------|

Recipe
17

Place sausage in frying-pan. Add water. Cover and simmer 8 to 10 minutes. Remove cover and continue cooking until sausage is brown. 4 to 6 servings.

NOTE: Without exception, all pork sausage should be cooked by braising for minimum shrinkage and maximum flavor.

CHOP SUEY

- | | |
|--------------------------------------|--------------------------------------|
| 1 pound diced pork | 1 can bean sprouts |
| 1 pound diced veal | 1 cup bean sprout liquid or
water |
| 1 pound diced beef | $\frac{1}{4}$ cup cornstarch |
| 2 tablespoons lard or drippings | $\frac{1}{4}$ cup soy sauce |
| 2 teaspoons salt | $\frac{1}{4}$ cup water |
| $\frac{1}{2}$ cups diced onion | $\frac{1}{4}$ cup molasses |
| 3 cups diced celery | $\frac{1}{3}$ cup blanched almonds |
| 1 cup shredded cauliflower
leaves | |

Recipe
18

Cook meat in fat in covered utensil 1 hour without browning. Add salt, vegetables and bean sprout liquid. Cook 20 minutes longer. Combine cornstarch, soy sauce, water and molasses and blend well. Add to meat mixture and cook until liquid is clear. Add $\frac{1}{4}$ cup almonds which have been cut in pieces. Serve over rice or Chinese noodles and shred remaining almonds over top. 10 to 12 servings.

NOTE: Leftover meats may be used in chop suey as part of the meat listed in this recipe.

HEART ANDALOUSE

Recipe
19

1 pound beef or veal heart	1 tablespoon Worcestershire sauce
1 cup water	
1 teaspoon salt	$\frac{1}{4}$ cup flour
1 No. 1 can tomato soup	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ pound cheddar cheese, grated	$\frac{1}{2}$ cup rice
	1 package frozen peas

Wash heart and remove hard parts. Cut in $\frac{3}{4}$ -inch cubes. Add water and salt. Cover. Simmer 1 hour. Add soup, cheese and Worcestershire sauce. Continue cooking until cheese is melted. Combine flour and milk and thicken heart mixture. Cook rice and peas separately and combine. Serve heart mixture over rice and peas. 6 servings.

NOTE: Heart is a variety meat which is high in food value and an economical buy.

SPICED SHORT RIBS

Recipe
20

3 pounds beef short ribs	1 cup prunes
$\frac{1}{4}$ cup flour	1 cup dried apricots
2 tablespoons lard or drippings	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ teaspoon allspice
1 cup water	$\frac{1}{4}$ teaspoon ground cloves
	3 tablespoons vinegar

Dredge meat with flour and brown in hot fat. Season and add water. Cover and simmer for 1 hour. Add prunes, apricots and mixture of sugar, spices and vinegar. Continue simmering 1 hour or until tender. 6 servings.

NOTE: Short ribs are a less tender cut of meat and should always be cooked by braising.

VEAL RIBLETS—SAVORY RICE

Recipe
21

1 veal breast (3 to 4 pounds)	$\frac{1}{4}$ cup chopped onion
$\frac{1}{4}$ cup lard or drippings	2 tablespoons chopped parsley
1 pound bulk pork sausage	$1\frac{1}{2}$ teaspoons salt
1 cup rice	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{4}$ cup milk

Cut veal breast into riblets. Brown in hot fat. Remove from frying-pan. Brown sausage, stirring until crumbly. Cook

rice in rapidly boiling water 10 minutes. Drain and add to sausage. Add remaining ingredients. Put rice mixture in bottom of large casserole. Place veal on top. Cover. Bake in slow oven (300° F.) for 2 hours. 6 to 8 servings.

NOTE: For variation, lamb riblets or beef short ribs can be used as alternates for the veal riblets.



RECIPES FOR COOKING IN LIQUID

CREOLE LAMB STEW

2 pounds boneless lamb shoulder, cut in 1-inch cubes	1/2 teaspoon pepper
2 tablespoons lard or drippings	1/2 cup chopped onion
1 pound dried lima beans	Water to cover
2 teaspoons salt	1 cup canned tomatoes
	6 stalks celery, cut in 1-inch pieces

Recipe
22

Brown meat slowly in hot fat. Add beans, seasoning, onion and water. Cover and simmer for 2 hours. Add tomatoes and celery and continue cooking for 30 minutes or until lamb and beans are tender. 6 to 8 servings.

NOTE: If old style dried lima beans are used, it will be necessary to soak over night. New style beans require no soaking.

SMOKED HAM HOCKS

6 smoked ham hocks 2 medium onions, sliced

Cover ham hocks with water and add sliced onions. Cover tightly and simmer for 1 1/2 to 2 hours or until meat is tender.

NOTE: Vegetables may be added 20 to 30 minutes before end of cooking time.

Recipe
23

BEEF AND KIDNEY PIE

Recipe
24

1½ pounds boneless beef chuck	2 cups water
½ pound kidney	4 medium carrots, cut in 1-inch pieces
½ cup flour	1 package frozen green beans or peas
3 tablespoons lard or drippings	1 8-ounce can mushrooms
1 teaspoon salt	3 tablespoons flour
¼ teaspoon pepper	½ cup water
2 bay leaves	
1 cup chopped onion	

Wash kidney, split, and remove fat. Cut beef and kidney in 1-inch cubes and dredge with ½ cup flour. Brown in hot lard or drippings. Add seasonings, onions, and 2 cups water. Cover and simmer 45 minutes. Add carrots and mushrooms, and cook 15 minutes. Add beans or peas and cook 15 minutes longer. Combine remaining flour and water and thicken liquid for gravy. Pour in 8x12-inch baking dish. Cover with Biscuit Topping. Bake in moderately hot oven (400° F.) for 20 to 25 minutes. 8 servings.

Biscuit Topping

2 cups Biscuit Mix (Page 29)	or Directions for single biscuit recipe (Page 29)
¾ to 1 cup milk	

Add milk to Biscuit Mix to make a soft dough or make single biscuit recipe.

NOTE: A delicacy in many countries, it is very tasty as well as high in nutritive value.

NEW ENGLAND DINNER

Recipe
25

3 to 4 pounds corned beef	4 to 6 medium onions
Water to cover	1 small head cabbage, cut into wedges
4 to 6 medium carrots	Cooked beets, if desired

Cover corned beef with water and simmer until nearly tender, about 3 hours. Add carrots and onions and continue cooking about 40 minutes or until tender. Add cabbage wedges 10 to 15 minutes before end of cooking time. Serve with buttered beets. 4 to 6 servings.

NOTE: Select vegetables for stews which give contrast in flavor, texture, color and shape.



RECIPES FOR FRYING

BREADED VEAL CHOPS

6 veal rib chops	1 cup fine bread crumbs
1 egg	$\frac{1}{4}$ cup lard or drippings
2 tablespoons milk	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Recipe
26

Beat egg slightly and add milk. Dip chops in crumbs, then in egg mixture, then in crumbs again. Brown in hot fat and season. Cook at moderate temperature until done, turning occasionally to insure even cooking. 6 servings.

NOTE: Veal kidney chops make a very tasty and unusual variation.

HAWAIIAN TOAST

4 eggs	1 cup pineapple juice
1 teaspoon salt	8 slices dry bread
$\frac{3}{4}$ teaspoon cinnamon	Bacon drippings
3 tablespoons sugar	4 slices pineapple
	8 slices bacon

Recipe
27

Beat eggs until light. Add salt, cinnamon, sugar and pineapple juice and beat thoroughly. Soak bread well in this mixture. Panbroil bacon until crisp. Remove from pan and fry bread in drippings until brown on both sides. Cut pineapple slices in half to make 8 thin slices. Heat on top of toast while second side is browning. Serve with bacon. 4 servings.

NOTE: To prevent bacon from curling, start cooking in a cold frying pan or broil.

APPLE FRITTERS

Recipe
28

1/4 cups sifted flour	1/8 teaspoon nutmeg
1 teaspoon baking powder	1 egg, beaten
2 tablespoons sugar	1/2 cup milk
1/2 teaspoon salt	1 cup diced apple

Lard for deep-fat frying

Sift flour, baking powder, sugar, salt and nutmeg together. Combine milk and egg and mix with dry ingredients. Add apple. Drop by spoonfuls into hot lard (360° F.). Fry until brown on both sides. Drain on absorbent paper. Yield: 8 medium fritters.

NOTE: Unpeeled apples add color and texture to any recipe in which they are used.

ORANGE DROP DONUTS

Recipe
29

3 cups sifted flour	4 egg yolks (1/3 cup)
4 teaspoons baking powder	1/2 teaspoon vanilla
1/4 teaspoons salt	1 tablespoon grated orange rind
2 tablespoons lard, melted	1 cup milk
3/4 cup sugar	Lard for deep fat frying

Sift flour with baking powder and salt. Beat together thoroughly lard, sugar, egg yolks, vanilla and orange rind. Add milk. Stir in dry ingredients until thoroughly mixed. Drop batter by small teaspoonfuls into deep hot lard (360° F.). Fry until golden brown on both sides. Roll in sugar if desired. Yield: 3 dozen donuts.

NOTE: Donuts without the traditional holes simplify donut-making.

FRENCH FRIED CAULIFLOWER

Recipe
30

1 medium sized head cauliflower	2 eggs
1 cup dry bread crumbs	1/4 cup milk

Lard for deep-fat frying

Break cauliflower into flowerets and cook in salted water for 10 minutes. Drain. Add milk to eggs and beat slightly. Roll in bread crumbs, then in egg mixture and again in crumbs. Fry in deep hot lard (360° F.) until browned. Drain on absorbent paper. 6 servings.

NOTE: For low fat absorption and high digestibility be sure to use correct temperature when deep-fat frying.



MEAT LUNCHEON DISHES

BANQUET FRANKFURTERS

12 frankfurters	1/4 cup finely chopped onion	Recipe 31
1/4 cup prepared mustard	2 tablespoons chopped pimiento	
2 cups seasoned mashed potatoes	1/4 cup chopped parsley	

Slit frankfurters lengthwise and spread with mustard. Combine remaining ingredients and spread on cut surface of 6 frankfurters. Place remaining frankfurters on top, cut side down. Bake in moderate oven (350° F.) for 20 minutes. 6 servings.

NOTE: Frankfurters, the popular picnic meat, can be served this way for dinner.

HASH ARISTOCRAT

1 No. 2 can corned beef hash	1/2 teaspoon salt	Recipe 32
1/4 cup pickle relish	1/8 teaspoon pepper	
4 slices Bermuda onion, cut 1/4-inch thick	1 tablespoon butter	
	1/2 cup catchup or chili sauce	

Mix corned beef hash with pickle relish. Mold into four patties and place on onion slices seasoned with salt, pepper and butter. Bake in moderate oven (350° F.) for 20 minutes. Serve with chili sauce or catchup. 4 servings.

NOTE: An emergency shelf stocked with canned meats makes quick meals possible.

JELLIED SWEDISH MEAT LOAF

Recipe
33

- | | |
|-----------------------------------|--|
| $\frac{3}{4}$ pound liver sausage | $\frac{1}{8}$ teaspoon pepper |
| 1 tablespoon gelatin | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ teaspoon dry mustard |
| $1\frac{1}{2}$ cups tomato juice | $\frac{3}{4}$ cup finely chopped celery |
| 2 teaspoons sugar | $\frac{1}{4}$ cup chopped green pepper |
| 2 tablespoons lemon juice | $\frac{1}{4}$ cup chopped stuffed olives |
| $\frac{1}{8}$ teaspoon cloves | $\frac{1}{4}$ cup chopped onion |
| $\frac{1}{2}$ teaspoon salt | 1 head lettuce, shredded |

Paprika

Rub liver sausage through a sieve. Soften gelatin in cold water. Heat $\frac{1}{2}$ cup tomato juice to boiling point, and add softened gelatin. Combine gelatin mixture with remaining tomato juice, sugar, lemon juice, cloves, salt and pepper. Cool until mixture begins to thicken. Combine liver sausage and remaining ingredients with gelatin-tomato mixture. Turn into 9-inch ring mold. Chill until firm. Unmold on bed of shredded lettuce which has been sprinkled with paprika. 8 to 10 servings.

NOTE: Molded meat salads relieve the last minute rush of the hostess.

SAUSAGE SURPRISE

Recipe
34

- | | |
|--------------------------------|--------------------------------|
| 1 pound bulk pork sausage | 2 teaspoons grated orange rind |
| 2 cups mashed sweet potatoes | 1 egg, beaten |
| $\frac{1}{2}$ cup orange juice | $\frac{1}{2}$ teaspoon salt |

Cook sausage until crumbly. Combine sweet potatoes with remaining ingredients and pour in round 9-inch greased baking dish. Cover with sausage. Bake in moderate oven (350° F.) for 30 minutes. 4 servings.

NOTE: Pork is a rich source of thiamin—a B vitamin essential for health.

CHIPPED BEEF—POTATO SCALLOP

Recipe
35

- | | |
|--------------------------------|---------------------------|
| $\frac{1}{2}$ pound dried beef | $\frac{1}{2}$ cup flour |
| 6 medium potatoes | 1 No. 1 can mushroom soup |
| | 2 cups milk |

Shred dried beef. Peel and slice potatoes. Alternate layers of potatoes, flour, and beef in greased casserole, finishing

with layer of meat. Combine mushroom soup and milk; pour over all. Bake in moderate oven (350° F.) for 1 to 1½ hours. 6 to 8 servings.

NOTE: When baked in a shallow pan less time is required than when baked in a deep casserole.



MEAT ACCOMPANIMENTS

CHEF'S SALAD BOWL

Into salad bowl put coarsely shredded crisp greens, diced celery, sliced radishes and tomato wedges. Toss with French dressing and top with julienne strips of cheese and ham, tongue, bologna or salami.

Recipe
36

NOTE: Any ready-to-serve or leftover meat may be cut into julienne strips and served with tossed salad.

TOMATOES TROPICAL

2 large tomatoes
1 firm banana

Salt
3 tablespoons grated cheese
Paprika

Recipe
37

Cut tomatoes crosswise into 3 thick slices. Peel banana. Cut into thin slices. Cover tomato slices with overlapping slices of banana. Sprinkle with salt, cheese and paprika. Place on broiler rack. Broil about 10 minutes, or until cheese is melted. Serve hot with broiled meat. 6 servings.

NOTE: Good broiled with meat, or baked in moderately hot oven (400° F.) for 20 minutes.

BAKED BANANAS

Recipe 38 6 firm bananas Salt
2 tablespoons melted butter
or margarine

Use all-yellow or slightly green-tipped bananas. Cut off tip of opposite ends of each banana. Remove lengthwise section of peel, about 1 inch wide, extending from end to end. Brush exposed portion of pulp with melted butter or margarine and sprinkle lightly with salt. Place in baking dish. Bake in moderate oven (375° F.) for 15 to 20 minutes, or until peels are dark and bananas are tender . . . easily pierced with a fork. Place under broiler heat for a few minutes to brown. 6 servings.

NOTE: Serve hot as a vegetable.

CORAL SALAD MOLD

Recipe 39 2 tablespoons gelatin 1 cup mayonnaise
1/4 cup cold water 1/2 cup finely diced green pepper
1 No. 1 can tomato soup 1/2 cup finely diced celery
2 three-ounce packages cream cheese 1/2 cup finely diced cucumber

Soften gelatin in water. Heat tomato soup and cheese, and add gelatin. Stir until dissolved. Add mayonnaise and stir until well blended. Add vegetables. Pour into mold. Chill. Unmold and serve with cold meats. 8 to 10 servings.

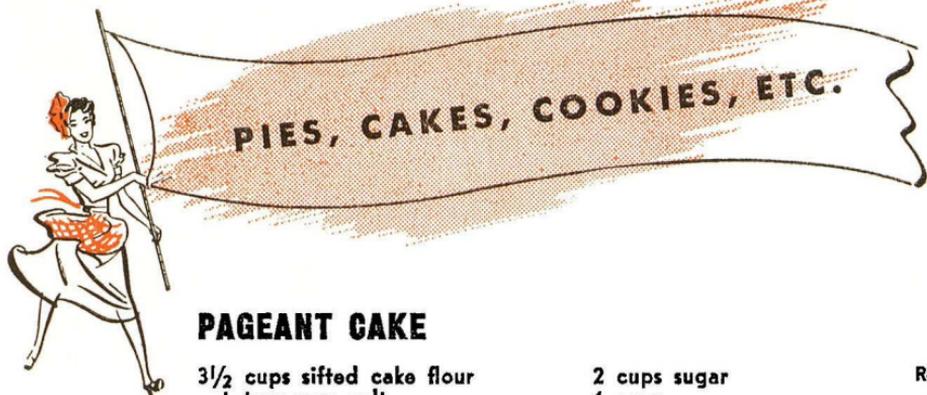
NOTE: A hearty salad to complete the cold meat platter.

BUFFET SALAD

Recipe 40 1 package lime gelatin 2 cups finely chopped celery
1 cup boiling water 1 cup finely shredded cabbage
1/4 cup vinegar 1/4 cup chopped pimiento
3/4 cup cold water 1/2 cup chopped nuts

Dissolve gelatin in boiling water. Add vinegar and cold water. When this mixture begins to set, add remaining ingredients and pour into mold. Chill. 8 to 10 servings.

NOTE: A zippy salad that may be made in individual molds and served with dinner.



PAGEANT CAKE

3½ cups sifted cake flour	2 cups sugar
1 teaspoon salt	4 eggs
5 teaspoons baking powder	1 teaspoon vanilla
⅔ cup lard	1 cup milk
	1 can moist coconut

Recipe
41

Line three 9-inch cake pans with waxed paper. Sift flour with salt and baking powder. Cream lard, gradually adding 1 cup sugar and vanilla. Beat until fluffy. Beat eggs thoroughly in small bowl, gradually adding remaining sugar. Add to lard mixture and beat well. Add dry ingredients and milk alternately, beating until well blended. Bake in moderate oven (375° F.) for 20 to 25 minutes. Set pans on cake racks. After slightly cooled turn out cakes and remove waxed paper. When cool frosh with Pageant Frosting, sprinkling coconut between layers and around sides of cake. 12 to 16 servings.

Pageant Frosting

1½ cups sugar	5 tablespoons water
2 egg whites	1 teaspoon vanilla
2 tablespoons corn syrup	⅛ teaspoon salt

Combine ingredients in top of double boiler. Cook over rapidly boiling water, beating constantly for 8 minutes. Spread on cake.

NOTE: Lard used in cakes gives a velvety texture and a feathery crumb.

BLACK BOTTOM PIE

Recipe 42	2 cups milk	1/4 cup cold water
	4 egg yolks, beaten	4 egg whites
	1/2 cup sugar	1/2 cup sugar
	1 1/4 tablespoons cornstarch	1/4 teaspoon cream of tartar
	1 1/2 squares chocolate, grated	1 tablespoon rum extract
	1 teaspoon vanilla	1 cup whipping cream
	1 tablespoon gelatin	1/2 square chocolate, grated
	1 baked 10-inch single pie shell (Page 30)	

Scald milk; slowly add egg yolks. Combine sugar and cornstarch; add to milk and egg mixture. Cook, stirring constantly, until mixture coats spoon, about 5 minutes. Remove from heat. To 1 cup of custard add 1 1/2 squares grated chocolate and vanilla, mixing well. When cool pour into 10-inch baked pie shell and chill. Soften gelatin in cold water and dissolve in remaining custard. Cool. Beat egg whites and cream of tartar until stiff and gradually add sugar. Fold into custard. Add rum extract. As soon as chocolate custard has set, pour in custard mixture. Chill until firm. Whip cream and spread on pie. Top with grated chocolate. 6 servings.

NOTE: To prevent a soggy crust be sure the baked pie shell is thoroughly cooled before adding pie filling which has also been cooled.

CARAWAY TEA CAKES

Recipe 43	1 1/2 cups sifted flour	1/4 cup lard
	1 cup sugar	1 egg, beaten
	2 teaspoons baking powder	3/4 cup milk
	1/4 teaspoon salt	1/4 teaspoon vanilla
	1 tablespoon caraway seeds	2 tablespoons sugar

Sift dry ingredients with exception of 2 tablespoons sugar; add caraway seeds. Cut lard into dry ingredients until fine crumb. Combine egg, milk and vanilla, and add to other mixture. Mix until all ingredients are moistened. Pour into greased 10x6-inch pan. Sprinkle 2 tablespoons sugar evenly over cake batter. Bake in moderate oven (375° F.) for 30 minutes. Cut in squares. Yield: 12 tea cakes.

NOTE: Poppy seeds may be used in place of the caraway seeds for variation.

CHOCOLATE FEATHER CAKE

2½ cups sifted cake flour	2 cups sugar
1 teaspoon soda	1 cup sour milk
1 teaspoon salt	5 eggs, separated
¾ cup lard	3 squares chocolate
1½ teaspoons vanilla	

Recipe
44

Line bottom of two 9-inch cake pans with waxed paper. Sift flour with soda and salt. Melt chocolate. Cream lard, gradually adding sugar until light and fluffy. Add egg yolks and vanilla and continue beating. Add chocolate. Add flour and milk alternately until well blended. Beat egg whites until stiff but not dry. Fold into cake batter. Bake in moderate oven (350° F.) for 30 to 35 minutes. Allow to cool slightly, then remove from pan and cool on racks. Frost with Velvet Frosting. 12 to 16 servings.

Velvet Frosting

¼ cup butter	1 egg yolk
3 cups confectioners sugar	1 teaspoon vanilla
3 tablespoons milk	⅛ teaspoon salt

Add ingredients in order listed and beat until smooth.

NOTE: Cakes made with lard have unusually good keeping qualities.

CLAN COOKIES

1 cup sifted flour	1¼ cups quick rolled oats
⅓ cup sugar	½ cup lard
1 teaspoon baking powder	1 egg, beaten
¼ teaspoon salt	2 tablespoons milk

Recipe
45

Sift together flour, sugar, baking powder and salt; mix with rolled oats. Cut lard into dry ingredients until mixture is a coarse crumb. Add egg and milk, and mix thoroughly. Roll on lightly floured board to ¼-inch thickness. Cut with floured cookie cutter. Bake on ungreased cookie sheet in slow oven (325° F.) for 20 to 30 minutes. Yield: 2 dozen cookies.

NOTE: A short tender cookie for the cookie jar that's good for after-school snacks.

BRAIDED COFFEE CAKE

Recipe 46	2 cups sifted flour	1/3 cup lard
	1 tablespoon baking powder	1 egg, beaten
	1/2 teaspoon salt	1/3 to 1/2 cup milk
	1/3 cup sugar	Fig-Apple Filling

Sift dry ingredients together. Cut in lard until mixture has a fine, even crumb. Add egg and enough milk to make a soft dough. Turn onto lightly floured board and knead 30 seconds. Place dough on greased baking sheet and pat or roll out into rectangle about 15x10 inches. Place filling down center of dough in a 2-inch strip. Cut dough in 1-inch strips from the outside edge to the filling. Braid the strips over filling by lifting one strip from each side and crossing diagonally in center. Bake in moderate oven (375° F.) for 25 to 30 minutes, or until done. 8 servings.

Fig-Apple Filling

1/3 cup chopped figs	2 teaspoons lemon juice
2/3 cup chopped apples	1/8 teaspoon salt
1/3 cup brown sugar	1/8 teaspoon cinnamon
1/3 cup water	1/4 cup chopped nuts

Combine all ingredients except nuts and cook 5 minutes, stirring often. Cool. Add nuts.

NOTE: To use Biscuit Mix, page 29, use 2 1/2 cups and add sugar, egg, and milk, and proceed as in above recipe.

BRUNCH MUFFINS

Recipe 47	2 cups flour	2 tablespoons sugar
	1 teaspoon salt	1 cup milk
	1 tablespoon baking powder	1 egg, beaten
	1/3 cup lard, melted	

Sift flour with salt, baking powder and sugar; combine milk, egg and lard. Add to dry ingredients and stir until all ingredients are moistened. Fill greased muffin pans 2/3 full and sprinkle with Peanut Butter Topping. Bake in moderately hot oven (400° F.) for 20 minutes. Yield: 12 muffins.

Peanut Butter Topping

3 tablespoons peanut butter 3 tablespoons flour
3 tablespoons sugar $\frac{1}{8}$ teaspoon salt

Combine above ingredients with fork until crumbly.

NOTE: If using Biscuit Mix, use 2 cups mix, adding sugar, egg and milk, and following above instructions.

SPICE CAKE

2 cups sifted flour	$\frac{1}{2}$ teaspoon nutmeg
1 tablespoon baking powder	$\frac{1}{2}$ cup lard
1 teaspoon salt	1 cup sugar
1 teaspoon cinnamon	$\frac{1}{3}$ cup brown sugar
1 teaspoon allspice	2 eggs
$\frac{1}{2}$ teaspoon ground cloves	1 teaspoon vanilla
	1 cup milk

Recipe
48

Sift together flour, baking powder, salt and spices. Cream lard, gradually adding sugar and brown sugar. Add eggs and vanilla and beat well. Add dry ingredients and milk alternately and mix until well blended. Pour into 8x12-inch greased cake pan and bake in moderate oven (350° F.) for 30 to 35 minutes. 12 to 16 servings.

Burnt Sugar Frosting

$\frac{1}{4}$ cup butter	5 tablespoons Burnt Sugar Syrup
2 cups confectioners sugar	1 tablespoon milk
	1 teaspoon vanilla

To make Burnt Sugar Syrup melt 1 cup sugar in skillet until it foams, stirring constantly. Remove from heat. Add $\frac{3}{4}$ cup boiling water slowly. Cook until bubbles are size of a dime. Cool.

Cream butter and add confectioners sugar, Burnt Sugar Syrup, milk and vanilla. Beat until well blended and spread on cake.

NOTE: Burnt Sugar Syrup may be stored indefinitely in a covered jar. Excellent flavoring for waffles, sweet potatoes, and ice cream topping.

BLUEBERRY PIE

Recipe
49

2 No. 2 cans sweetened
blueberries
 $\frac{1}{4}$ cup cornstarch
1 cup blueberry juice
 $\frac{1}{2}$ cup sugar

1 tablespoon butter or
margarine
 $\frac{1}{4}$ teaspoon salt
2 tablespoons lemon juice
Never-Fail Pastry (Page 29)

Drain blueberries. Combine cornstarch and blueberry juice and bring to a boil, stirring until thick and clear. Add sugar and stir until dissolved. Remove from heat and add butter or margarine, salt, blueberries and lemon juice, stirring carefully to prevent crushing berries. Cool. Roll $\frac{1}{4}$ of Never-Fail Pastry to about $\frac{1}{8}$ -inch thickness and line 9-inch pie pan, allowing $\frac{1}{2}$ -inch crust to extend over edge. Roll another $\frac{1}{4}$ of pastry for top crust, making gashes to allow steam to escape. Fill pie shell. Place top crust over filling and cut $\frac{1}{2}$ inch smaller than lower crust. Fold lower crust over upper. Crimp edges. Bake in moderately hot oven (400° F.) for 35 minutes. 6 servings.

NOTE: Lattice top or decorative shapes may be used for top crust.

RAISIN-NUT DROPS

Recipe
50

2 cups sifted flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cloves
1 teaspoon cinnamon
1 teaspoon allspice

$\frac{1}{2}$ cup lard
1 cup sugar
1 egg, beaten
1 teaspoon vanilla
1 cup chopped nuts
1 cup chopped raisins
 $\frac{1}{4}$ cup milk

Sift flour, baking powder, salt and spices together. Cream lard, adding sugar gradually. Add egg and beat well. Add vanilla, nuts and raisins and mix well. Add sifted dry ingredients and milk alternately. Drop by teaspoonfuls on greased cookie sheet. Bake in moderate oven (375° F.) for 12 to 15 minutes. Yield: 3 dozen cookies.

NOTE: Always use light metal cookie sheets. Dark cookie sheets and other dark baking pans have a tendency to over brown baked products.

PARTY CAKES

2 cups sifted cake flour	1 cup sugar
1 tablespoon baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla
$\frac{1}{2}$ cup lard	$\frac{2}{3}$ cup milk

Recipe
51

Sift flour, baking powder and salt together. Thoroughly cream lard and add sugar gradually, continuing to cream. Add eggs and vanilla and beat well. Add dry ingredients and milk alternately, stirring only enough after each addition to blend thoroughly. Fill greased muffin pans $\frac{2}{3}$ full. Bake in moderate oven (375° F.) for 20 to 25 minutes. Frost with Butter Frosting.

Butter Frosting

2 cups confectioners sugar	1 teaspoon vanilla
$\frac{1}{4}$ cup butter	2 tablespoons hot water

Combine all ingredients and beat until smooth. Spread on cup cakes.

NOTE: Cake batter can easily be poured in muffin pans by using small measuring cup.

PECAN CHEWS

1 cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup lard	1 cup chopped pecans
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup coconut
2 cups brown sugar	2 tablespoons flour
2 eggs, beaten	1 teaspoon baking powder
	1 teaspoon vanilla

Recipe
52

Cut together flour, lard, salt and $\frac{1}{2}$ cup brown sugar. Spread mixture in 8x12-inch baking pan. Bake in moderate oven (375° F.) for 10 minutes. Remove from oven, pour mixture of remaining ingredients over top. Continue baking for 20 minutes. Yield: 24 squares.

NOTE: This is an excellent dessert served with whipped cream or ice cream.

APPLE SAUCE COOKIES

Recipe	2½ cups sifted flour	1 teaspoon cinnamon
53	1 teaspoon baking powder	½ cup lard
	½ teaspoon soda	1 cup sugar
	1 teaspoon salt	1 egg
	¼ teaspoon ground cloves	½ teaspoon vanilla
	½ teaspoon nutmeg	1 cup apple sauce
	1 6-ounce package chocolate chips	

Sift flour with baking powder, salt and spices. Cream lard, adding sugar gradually. Add egg and vanilla and beat well. Add dry ingredients and apple sauce alternately. Add chocolate chips. Drop by teaspoonfuls on greased cookie sheet. Bake in moderately hot oven (400° F.) for 10 minutes. Yield: 4 dozen cookies.

NOTE: For a plain spice cookie, the chocolate chips may be omitted.

DUTCH MOLASSES PIE

Recipe	1 cup brown sugar	½ teaspoon ginger
54	½ cup molasses	½ teaspoon cinnamon
	½ cup coconut	1 tablespoon flour
	1 cup buttermilk	1 unbaked 9-inch pie shell
	1 egg	(Page 30)
	¼ teaspoon baking soda	

Mix all ingredients together. Pour in unbaked pie shell. Bake in slow oven (300° F.) for 1½ hours. 6 servings.

NOTE: To make attractive tarts for parties and teas, bake in pastry-lined muffin pans.

BANANA-BRAN BREAD

Recipe	1½ cups sifted flour	1 egg, beaten
55	2½ teaspoons baking powder	1½ cups mashed bananas
	½ teaspoon soda	(4 to 5 bananas)
	½ teaspoon salt	¼ cup melted lard
	½ cup sugar	1 cup shredded bran
	½ cup chopped nuts	

Sift flour with baking powder, soda, salt and sugar. Combine egg, bananas, lard, and bran. Add dry ingredients and nuts to banana mixture, mixing only enough to moisten dry ingredients. Pour into greased 5x9-inch loaf pan and bake in moderate oven (350° F.) about 1 hour. Yield: 1 loaf.

NOTE: When mashing bananas, use fully ripe or all yellow bananas. Use a ricer to simplify mashing.

APPLE-RAISIN PIE

1 cup raisins
1½ cups water
5 cups sliced apples
1 cup sugar
3 tablespoons flour
1 egg, beaten

1 tablespoon butter
2 tablespoons lemon juice
1 teaspoon grated lemon rind
1 unbaked 9-inch double crust
pie shell (Page 30)

Recipe
56

Simmer raisins in water until tender, about 10 minutes. Add sliced apples. Mix sugar with flour and stir into raisin mixture. Continue cooking, stirring constantly until thick. Slowly add hot mixture to egg, butter lemon juice and rind, stirring constantly for about 3 minutes. Cool before pouring into pie shell. Bake in moderate oven (375° F.) for 35 minutes. 6 servings.

NOTE: According to tests, the flakiest and most tender pastry is made with lard.

BAKED CHOCOLATE PUDDING

1 cup sifted flour
½ teaspoon salt
¾ cup sugar
2 teaspoons baking powder
4½ teaspoons cocoa

2 tablespoons melted lard
1 teaspoon vanilla
½ cup milk
½ cup chopped nuts
Cocoa Mix

Recipe
57

1 cup water

Sift flour with salt, sugar, baking powder and cocoa. Combine the melted lard, vanilla and milk and add to dry ingredients. Add the nuts. Pour into a well-greased 5x9-inch baking dish. Cover with Cocoa Mix. Pour the water over all and bake in a moderate oven (350° F.) for 40 minutes. Serve in sherbet glasses with whipped cream. 6 to 8 servings.

Cocoa Mix

½ cup granulated sugar
½ cup brown sugar
6 tablespoons cocoa

Combine all ingredients and cover top of the pudding with the mix.

NOTE: A pudding with its own topping, as smooth as any chocolate sirup you have ever eaten.

FRUIT BREAD

Recipe	2 cups sifted flour	1/4 cup chopped citron
58	4 teaspoons baking powder	1/4 cup chopped candied orange peel
	1/2 teaspoon cinnamon	1/4 cup chopped candied lemon peel
	1/8 teaspoon cloves	1/4 cup chopped candied cherries
	1/4 teaspoon allspice	1/4 cup chopped nuts
	3/4 cup sugar	2 eggs
	1/2 teaspoon salt	1 cup milk
	1/4 cup currants	3 tablespoons lard, melted
	1/4 cup raisins	

Grease a 5x9-inch loaf pan and line with wax paper. Sift together flour, baking powder, spices, sugar and salt. Add fruits and nuts and mix thoroughly. Beat eggs, add milk and melted lard. Add liquid ingredients to flour and fruit mixture. Stir just until mixed. Pour into loaf pan and let stand in a cool place for 30 minutes. Bake in a moderate oven (375° F.) for 1 hour. Yield: one 5x9-inch loaf.

GINGER COOKIES

Recipe	5 cups sifted flour	1 cup lard
59	1 tablespoon soda	2 cups brown sugar
	1/2 teaspoon salt	2 eggs, beaten
	1 tablespoon ginger	1 teaspoon vinegar
		1/2 cup dark molasses

Sift flour with soda, salt and ginger. Cream lard, add sugar and continue creaming. Add eggs, vinegar and molasses. Mix in dry ingredients and roll in balls using about 1 1/2 tablespoons of dough for each cookie. Place on a cookie sheet and bake in a moderately hot oven (400° F.) for 12 to 15 minutes. Yield: 5 dozen cookies.

WAFFLES

Recipe	2 cups Biscuit Mix	2 eggs, separated
60	(See Page 29)	1 3/4 cups milk

Beat egg whites until stiff but not dry. Add egg yolks and milk to Biscuit Mix. Stir until evenly mixed. Fold beaten egg whites into batter. Pour into hot waffle iron and bake until golden brown. Yield: 6 medium waffles.

NOTE: This same recipe may be used for pancake batter.

BISCUIT MIX

8 cups sifted flour
1/4 cup baking powder
4 teaspoons salt

Lard (1 1/2 cups for hard
wheat flour, or 1 cup for
soft wheat flour)

Recipe
61

Sift flour with baking powder and salt. Cut in lard until mixture has fine, even crumb. Store Biscuit Mix in covered container in refrigerator. Yield: 10 cups mix.

To use Biscuit Mix:

Rolled Biscuits—2 cups mix—add 1/3 to 1/2 cup milk

Drop Biscuits—2 cups mix—add 1/2 to 3/4 cup milk

Bake in hot oven (425° F. to 450° F.) for 15 to 20 minutes.

BISCUIT—Single Recipe

2 cups sifted flour
1 tablespoon baking powder
1/3 to 1/2 cup milk

1 teaspoon salt
4 to 6 tablespoons lard

Recipe
62

Sift flour with baking powder and salt. Cut in lard until mixture has fine, even crumb. Add milk. Turn on lightly floured surface and knead gently for 1/2 minute. Pat or roll 1/2 inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Place on baking sheet and bake in hot oven (425° F. to 450° F.) for 15 to 20 minutes. Yield: 10 to 12 biscuits.

NEVER-FAIL PIE CRUST

3 cups sifted flour
1 teaspoon salt
1 cup lard

1 egg, beaten
5 tablespoons water
1 teaspoon vinegar

Recipe
63

Cut lard into flour and salt. Add egg, water and vinegar, and blend thoroughly. Bake according to pie recipe used. Yield: 2 double crust or 4 single crust pies.

NOTE: The pastry may be stored in the refrigerator. Bring to room temperature before rolling.

PASTRY MIX

Recipe
64

7 cups sifted flour
4 teaspoons salt

Lard (2 cups for hard wheat flour, or 1 $\frac{3}{4}$ cups for soft wheat flour)

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

To use Pastry Mix:

Double Pie Crust—2 $\frac{1}{4}$ cups mix—add 4 to 6 tablespoons water

Single Pie Crust—1 $\frac{1}{4}$ cups mix—add 2 to 4 tablespoons water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Roll to about $\frac{1}{8}$ inch thickness and line pie pan, allowing $\frac{1}{2}$ -inch crust to extend over edge. **IF** double crust pie, roll other half of pastry, making several gashes to allow steam to escape; place over filling and cut $\frac{1}{2}$ inch smaller than lower crust. Fold lower crust over upper. Crimp edges. Bake according to pie recipe.

PIE CRUST—One Double Crust

Recipe
65

2 cups sifted flour
1 $\frac{1}{2}$ teaspoons salt

$\frac{3}{4}$ cup lard
4 to 6 tablespoons cold water

Add salt to flour. Cut lard into flour mixture until crumbs are about size of small peas. Add cold water, a little at a time, mixing quickly and evenly with a fork until dough just holds in a ball. Divide dough in half for 2 crust pie. Roll to about $\frac{1}{8}$ -inch thickness and line pie pan, allowing $\frac{1}{2}$ -inch crust to extend over edge. Roll other half of pastry, making several gashes to allow steam to escape; place over filling and cut $\frac{1}{2}$ inch smaller than lower crust. Fold lower crust over upper. Crimp edges. Bake according to pie recipe.

NOTE: For a single pie crust use $\frac{1}{2}$ of the above recipe. Follow directions for making lower crust. If filling is to be put in baked pie crust, prick the bottom of pie crust before baking.

TIME-TABLE FOR ROASTING

Roast	Weight	Oven Temperature Constant	Interior Temperature When Removed from Oven	Approximate Time Per Pound
	Pounds	Degrees F.	Degrees F.	Minutes
Beef				
Rib				
Standing.....	6 to 8	300	140	18 to 20
			160	22 to 25
			170	27 to 30
Rolled.....	6 to 8	300	140	32
			160	38
			170	48
Rump (high quality)				
Standing.....	3 to 5	300	150 to 170	25 to 30
Rolled.....	3 to 5	300	150 to 170	30 to 35
Pork—fresh				
Loin				
Center.....	3 to 4	350	185	35 to 40
Half.....	5 to 7	350	185	35 to 40
Ends.....	3 to 4	350	185	45 to 50
Picnic Shoulder				
Rolled.....	4 to 6	350	185	40 to 45
Cushion style.....	4 to 6	350	185	35 to 40
Boston butt	4 to 5	350	185	45 to 50
Fresh ham	10 to 12	350	185	30 to 35
Pork—smoked				
Ham				
Whole.....	10 to 12	300	160	15
Shank half.....	5 to 8	300	160	18 to 20
Butt half.....	5 to 8	300	160	18 to 20
Shoulder butt	2 to 4	300	170	35
Picnic shoulder	3 to 10	300	170	30 to 35
Lamb				
Leg	6½ to 7½	300	175 to 180	30 to 35
Shoulder				
Whole (bone in).....	4½ to 5½	300	175 to 180	30 to 35
Rolled.....	3 to 4	300	175 to 180	40 to 45
Cushion style.....	3 to 4	300	175 to 180	30 to 35
Rib	1½ to 3	300	175 to 180	30 to 35
Veal				
Leg				
Rump half.....	5 to 8	300	170	25 to 30
Shank half.....	5 to 8	300	170	25 to 30
Loin	3½ to 6	300	170	30 to 35
Rack	2½ to 5	300	170	30 to 35
Shoulder				
Whole (bone in).....	7	300	170	25
Rolled.....	5	300	170	40 to 45

TIME-TABLE FOR BROILING*

Panbroiling requires approximately one-half the time required for broiling.

Cut	Weight	Approximate Total Cooking Time	
		Rare	Medium
Beef	Pounds	Minutes	Minutes
Rib steak—1 inch.....	1½	15	20
1½ inches.....	2	25	30
2 inches.....	2¼	35	45
Club Steak—1 inch.....	1	15	20
1½ inches.....	1¼	25	30
2 inches.....	1½	35	45
Porterhouse or T-bone steak—1 inch.....	2	20	25
1½ inches.....	2½	30	35
2 inches.....	3	40	45
Sirloin steak—1 inch.....	3	20	25
1½ inches.....	4¼	30	35
2 inches.....	5¾	40	45
Ground beef patties 1 inch thick by 3 inches.....	4 ounces	15	25
Lamb			
Shoulder chops—1 inch.....	3 ounces	Lamb chops are not served rare	12
1½ inches.....	6 ounces		18
2 inches.....	10 ounces		22
Rib chops—1 inch.....	2 ounces		12
1½ inches.....	4 ounces		18
2 inches.....	5 ounces		22
Loin chops—1 inch.....	3 ounces		12
1½ inches.....	5 ounces		18
2 inches.....	6 ounces		22
Ground lamb patties..... 1 inch by 3 inches.....	4 ounces		18
Pork—smoked			
Ham slice—½ inch.....	¾ to 1 1½ to 2	Ham always cooked well done	10 to 12
1 inch.....			16 to 20
Shoulder butt slice ½ inch.....			10 to 12
Canadian-style bacon ¼ inch slices.....		6 to 8	
½ inch slices.....		8 to 10	
Bacon.....		4 to 5	

*This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 130° F., medium to 160° F. Lamb chops are broiled to 170° F. Ham is cooked well done. The time for broiling bacon is influenced by personal preference as to crispness.

TIME-TABLE FOR BRAISING

Cut		Average Weight or Thickness	Approximate Total Cooking Time
Beef	Pot-roast.....	3 to 5 pounds	3 to 4 hours
	Swiss steak.....	1½ to 2½ inches	2 to 3 hours
	Fricassee.....	2 inch cubes	1½ hours
	Beef birds.....	½ inch (x 2 in. x ¾ in.)	1½ hours
	Short ribs.....	Pieces (2 in. x 2 in. x 4 in.)	1½ hours
	Round steak.....	¾ inch	45 to 60 min.
	Stuffed steak.....	½ to ¾ inch	1½ hours
Pork	Chops.....	¾ to 1½ inches	45 to 60 min.
	Spareribs.....	2 to 3 pounds	1½ hours
	Tenderloin		
	Whole.....	¾ to 1 pound	45 to 60 min.
	Frenched.....	½ inch	30 minutes
Shoulder steak.....	¾ inch	30 to 45 min.	
Lamb	Breast		
	Stuffed.....	2 to 3 pounds	1½ to 2 hours
	Rolled.....	1½ to 2 pounds	1½ to 2 hours
	Shoulder		
	Chops.....	½ to ¾ inch	45 minutes
	Cubes.....	1 to 2 inches	45 minutes
	Neck slices.....	¾ inch	1 hour
Shanks.....	½ pound each	1 to 1½ hours	
Veal	Breast		
	Stuffed.....	3 to 4 pounds	1½ to 2 hours
	Rolled.....	2 to 3 pounds	1½ to 2 hours
	Birds.....	½ inch (x 2 in. x 4 in.)	45 to 60 min.
	Chops.....	½ to ¾ inch	45 to 60 min.
	Chops—breaded.....	½ to ¾ inch	45 to 60 min.
	Steaks or cutlets.....	½ to ¾ inch	45 to 60 min.
	Shoulder		
	Chops.....	½ to ¾ inch	45 to 60 min.
	Cubes.....	1 to 2 inches	45 to 60 min.

TIME-TABLE FOR COOKING IN LIQUID (large cuts and stews)

Cut		Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
Ham	Shank half.....	Pounds	Minutes	Hours
	Butt half.....	5 to 8	20 to 25	
		5 to 8	20 to 25	
Ham Old Style Country Cured	Large.....	12 to 14	20	
	Small.....	10 to 12	25	
	Half.....	6 to 8	30	
	Smoked picnic shoulder.....	4 to 8	45	
	Corned beef.....	4 to 6	40 to 50	
	Fresh beef.....	4 to 6	40 to 50	
	Beef for stew.....			2½ to 3½
	Veal for stew.....			2 to 3
	Lamb for stew.....			1½ to 2

INDEX

Recipes	Page	Recipes	Page
Apple Fritters	14	Fruited Lamb Patties.....	6
Apple-Raisin Pie	27	Ginger Cookies	28
Apple Sauce Cookies.....	26	Hash Aristocrat	15
Baked Bananas	18	Hawaiian Toast	13
Baked Chocolate Pudding.....	27	Heart Andalouse	10
Banana-Bran Bread	26	Jellied Swedish Meat Loaf.....	16
Banquet Frankfurters	15	Lamb Shoulder Roll.....	4
Beef and Kidney Pie.....	12	Liver-Ham Loaf	5
Beef Rump Pot-Roast.....	9	Meat Loaves De Luxe.....	3
Biscuit Mix	29	Never-Fail Pie Crust.....	29
Biscuit—Single Recipe	29	New England Dinner.....	12
Black Bottom Pie.....	20	Orange Drop Donuts.....	14
Blueberry Pie	24	Pageant Cake—Pageant Frosting	19
Bohemian Spareribs	4	Panbroiled Beef Patties.....	7
Braided Coffee Cake.....	22	Party Cakes—Butter Frosting.....	25
Breaded Sausage Patties.....	8	Pastry Mix	30
Breaded Veal Chops.....	13	Pecan Chews	25
Breakfast Links	9	Pie Crust—One Double Crust...30	
Broiled Ham Slice.....	7	Pork Loin Roast.....	3
Broiled Lamb Chops.....	7	Porterhouse Steak	6
Brunch Muffins	22	Raisin-Nut Drops	24
Buffet Salad	18	Roast Ham	5
Caraway Tea Cakes.....	20	Sauerbraten	8
Chef's Salad Bowl.....	17	Sausage Surprise	16
Chipped Beef-Potato Scallop.....	16	Smoked Ham Hocks.....	11
Chocolate Feather Cake— Velvet Frosting	21	Spice Cake—Burnt Sugar Frosting	23
Chop Suey	9	Spiced Short Ribs.....	10
Clan Cookies	21	Standing Ribs of Beef.....	5
Coral Salad Mold.....	18	Tamale Loaf	4
Creole Lamb Stew.....	11	Tomatoes Tropical	17
Dutch Molasses Pie.....	26	Veal Riblets—Savory Rice.....	10
French Fried Cauliflower.....	14	Waffles	28
Fruit Bread	28		



If you want to get the most out of your finished meat dishes, there's more to it than just knowing the right way to cook meat. First, you must know how to take proper care of it.

Fresh meat, for example, should be unwrapped as soon as you get it home. It should be stored, uncovered or **loosely** covered, in the coldest part of the refrigerator. Ground meats and variety meats should be cooked within 24 hours after purchase, unless you buy them frozen.

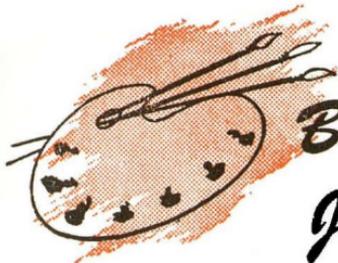
Leftover meats, on the other hand, should be stored **tightly** covered in the refrigerator. Ham, bacon, and other cured meats also fall in this category, so you can leave the wrappings on.

Frozen meat must be kept frozen until you are ready to cook it. To thaw before cooking, loosen the wrappings and thaw at room temperature or in the refrigerator.

All meats, of course, should be stored in the refrigerator. And following these few simple rules will not only be an economy measure but will start you on the way to more delicious meat dishes.

The Inside of this Cover is

FOR MEN ONLY

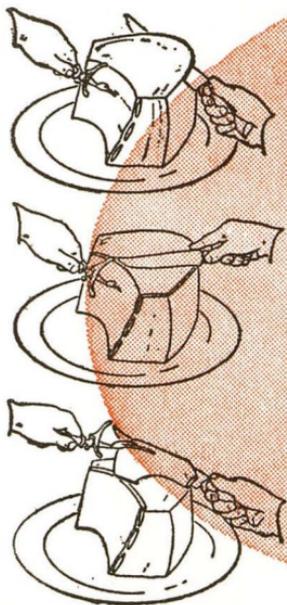


Brush up on that Carving Job... It's a Cinch

Do they laugh when you start to carve? . . . Or maybe you have never yielded to the pleadings of the little woman that you go through with the terrible ordeal at the table. . . . But actually it doesn't need to be terrible at all. It's quite easy. If you will just follow a few simple rules and, of

course, practice a little you'll soon be a real expert and the hero of the dinner table. . . . Here's one very important point to remember. Always see to it that your knife is sharp. You can't possibly do a good job with a dull knife. Easy steps in carving three different meat cuts follow.

Standing Rib Roast



1. Insert fork firmly between two top ribs, then slice across grain toward rib side of roast.
2. Release slice by cutting close along rib with tip of knife.
3. Lift slice on knife blade to side of carving platter or to auxiliary serving platter.

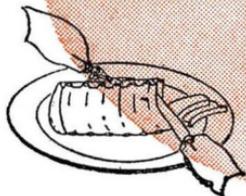
Pork Loin Roast



1. Have retailer loosen backbone from pork loin roast at market.



2. Finish removing backbone in kitchen before roast is brought to table.



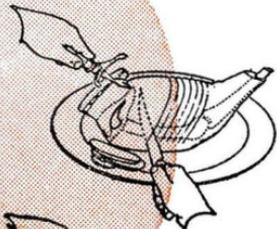
3. Carve close along both sides of each rib, thus making one slice with a bone and one without.

Leg of Lamb Roast

1. Have shank end of leg at carver's right. Remove several slices from thin side of leg.



2. Turn leg on cut surface (as in carving a ham), then carve thin slices down to leg bone.



3. Cut along bone to release all slices at one time.

