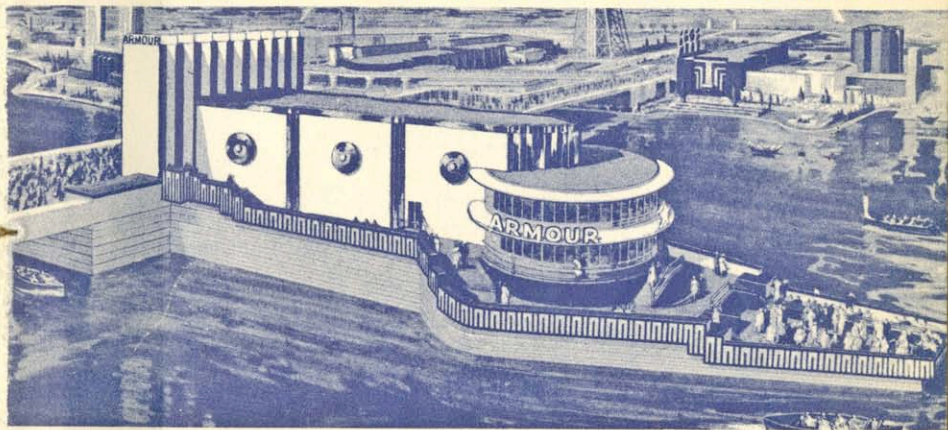


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# MEAT

SELECTION • PREPARATION  
AND MANY WAYS TO SERVE



A SOUVENIR OF YOUR VISIT TO THE ARMOUR BUILDING  
A CENTURY OF PROGRESS • 1934

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# meat

SELECTION  
PREPARATION

AND

MANY WAYS  
TO SERVE



*Prepared by*  
DEPARTMENT OF FOOD ECONOMICS  
ARMOUR AND COMPANY  
CHICAGO

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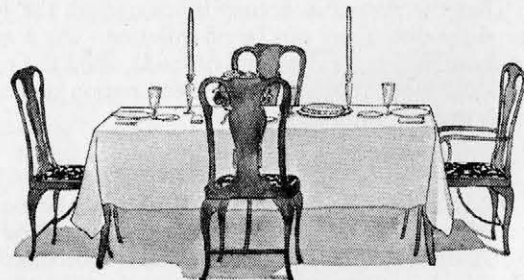
# INTRODUCTION

"Dinner is served, madame!" . . . "Dinner, everybody; are you ready?" . . . "Children, Father; come on, let's eat!" . . .

Whatever the words that summon a hungry family to the table, you as a homemaker are faced with the responsibility of serving your family a well selected, properly balanced meal, every time you put "dinner" on the table.

Every well-balanced meal is built, first of all, around that indispensable protein food, meat. For protein is absolutely *essential* for building and rebuilding bodily tissues, and meat is a *complete* protein.

We believe that you will be interested in increasing your knowledge of meat and its uses. That is our purpose in preparing this book, and placing it before you. The facts which you will find in the succeeding pages are based upon the results of the most extensive research by the medical profession, and by the world's leading nutrition authorities.



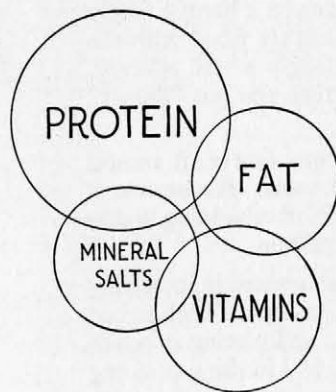


# What Meat Is . . .

The term "meat" includes the flesh of all animals used for food, the most common being beef, pork, veal, mutton and lamb.

As a food, meat is invaluable. From the standpoint of nutrition, it supplies protein for building and rebuilding body tissues; fat for producing heat and energy; mineral salts, without which life cannot be sustained; and vitamins, which are essential to maintain good health, and build resistance to disease.

Of all these valuable constituents (of meat) protein is the most important. The body tissues are composed largely of substances containing nitrogen, which are known as proteins. These tissues are not fixed and indestructible, but are constantly undergoing a process of change . . . regeneration and reconstruction.



*Protein is the most important nutritional constituent of meat*

the truth. For, considering flavor, convenience and popularity, as well as food value, *there is no substitute for meat.*

That the American housewife recognizes the importance of meat in the daily diet, there can be no question. As a nation, we spend more for meat than any other kind of food. And the money is well spent, as we shall show you! "The best fed nation on earth," we eat twice as much meat as the Europeans do.

## What Disinterested Authorities Say About Meat

Dr. Casimer Funk and Dr. Benjamin Harrow make the following statement about the use of meat as a protein food in their book, "What the Housewife Ought to Know About Nutrition": "Meat is the most popular protein food, but at the same time contains other food con-

stituents. We find protein in peas, beans and cereals, though as a rule the proteins found in the plant world are not as complete as those found in the animal world. *This is a strong argument against the adoption of a strictly vegetarian diet.*" (Note: The italics are ours.)

## The Place of Meat in the Diet

Nature's way of indicating what she requires Man to eat is through the *appetite*. And one of the strongest human appetites is the liking for meat!

Just sit a big husky, he-man down to a meatless dinner, and watch him glance around expectantly, wondering when the "food" will begin to appear! Leave an eighteen months old baby alone for a few moments with his feeding bowl. When you return, he will have eaten all of the meat *with his fingers*, while the rest of the plate remains untouched! Indisputable testimony to the fact that no other food has such a great instinct appeal and contributes so much palate-appeal to the diet, as meat.

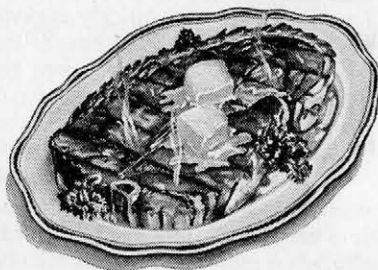
Because there are so many ways in which it serves the nutritive requirements of the body, not only in health, but in sickness and convalescence as well, meat may very properly be considered a protective food.

Under proper dietary conditions, meat may prevent or cure anemia, pellagra, rickets, beri-beri and scurvy. Properly used, it may even build back to health and strength, a person who for years has been weak, sickly, and run down.

Aside from its nutritive value to the body, meat satisfies the appetite as does no other food. Everyone loves the rich flavor of meat, and after a meal of a juicy, well cooked piece of meat, we feel well fed. The tantalizing flavor of meat is due to a class of substances called "extractives." They are called "extractives" because they may be extracted from the meat by water. Extractives have relatively little food value in themselves, but they act as powerful stimulants to the digestive juices, especially the gastric juice, and thus they are an aid to digestion. Meat also gives to the body a sense of physical well being, obtained with no other food.

## The Composition of Meat

As has been suggested, meat is first of all, valued as a protein food. All active body cells contain protein as a prominent constituent. In a sense, only protein lives; other components of the body serve as energy producing foods, or as substances that support the living protein structure





Meat is Nature's own principal source of food protein for human beings, who are beyond the stage of weaning. It is a *complete protein*, containing all the elements necessary to build or repair protein tissues. In the assimilation of meat protein, there is little waste, because the meat protein is well balanced, and is so nearly like the protein which makes up the human body.

In addition to its splendid protein, meat also contains energy value in its *fat* content. The fat in meat is an excellent fuel food that is necessary for heat, vitality, energy, and the much sought-after quality known as 'pep'. The fats of meat are two and one-half times as valuable as starch and sugar, for the production of heat, energy and fat in the body.

Meat is extremely valuable, also, as a source of iron, phosphorus, sulphur, sodium and iodine, minerals necessary to keep the body well regulated and in good physical condition.

Besides protein, fats, and minerals, meat also contains Vitamins A, B, C, D, and G. The leading nutrition authorities of the world have proved over and over again, in the past decade, that these mysterious nutritional factors, known as vitamins, are most important to life.

The vitamins are necessary for growth, for health, for proper metabolism. They promote appetite and well-being, and they prevent the dread deficiency diseases such as scurvy, pellagra and beri-beri. At one time men died by the hundreds of thousands of dread "plagues," which were in reality due to a lack of knowledge of the vitamins which would combat nutritional deficiencies.

### *The Digestibility of Meats*

Meat is readily digested because it comes in almost complete contact with the digestive juices. It is ninety-seven percent digestible.

The connective tissues which determine the tenderness or lack of it in meat, are quickly dissolved by the gastric juice. Experiments show that the protein of meats is digested as easily as that of milk and eggs. Lean meat is more quickly digested than meat with an excess of fat. Less-tender, inexpensive cuts of meat, if properly cooked, are every bit as easily digested as the more tender or generally more costly cuts. Research has shown that if two meats of varying tenderness contain the same amount of nutritive materials, the body will ultimately derive as much benefit from the less tender, as from the tender cut.

There was a time when some Americans held the opinion that veal was less digestible than beef or lamb. But research has shown that veal acts very much the same in the stomach as do beef and lamb. Occasionally, some individual cannot take care of veal properly, but this may also

be true of other foods, and in no way affects the digestibility of veal for persons in general.

In Germany and many other European countries, veal holds a high place among meats, and is considered preferable in many respects to beef. Veal is even fed to invalids.

Feeding experiments bear out the fact that pork is as completely digested as beef and lamb. Fat pork, however, will digest more slowly, but this does not mean it in any way is less digestible. Pork is a highly nutritious food that should be included frequently in the diet from the standpoint of variety and palatability.

Experiments show that chicken, stewed, roasted, or fried, remains in the stomach fully as long as beef or mutton. So there is little foundation for the erroneous belief that chicken is more digestible than beef or mutton.

### *Place of Meat in the Child's Diet*

Not all doctors and dietitians are definitely agreed as to the age at which a child should have meat introduced into his diet. But the latest findings in nutrition indicate that the child should have meat just as soon as his front set of four teeth are cut. However, scraped beef, and bits of well crisped bacon, may be given to the infant after the eighth or ninth month.

The meats best suited to the child's diet are beef, lamb, mutton and poultry, also heart, liver, kidney, brain, tripe, tongue and sweetbread. These meats should be roasted, broiled, stewed, simmered in water, but not fried. The edible organs are remarkably efficient. Recent feeding tests show that liver is not only a splendid body builder, but also particularly valuable as a blood regenerator. All kinds of liver can be used to advantage. Beef, pork, lamb and calf's liver are equally valuable dietetically. Beef, sheep and pork livers are less in demand than calf's liver, and there-

fore are lower in price—a point in their favor when cost must be considered. According to the findings of research scientists, these livers are fully as nutritious and potent in iron and vitamins, as is calf's liver.

The fact that vitamins A, B, C, D, and G are present in all lean meats and found in ample supply in kidney and liver, places these meat organs in the list of "preventives" of deficiency diseases prevalent among school children as well as adults. The book



"Liver in the Daily Diet," prepared by the Department of Food Economics, Armour and Company, Chicago, Illinois, offers an attractive collection of tested recipes featuring liver. This booklet will be sent upon request.

### *The Care of Meat Before You Buy It*

When we consider that more money is spent for meat than for any other food, and that meat is perishable, it is not surprising that the United States Government maintains a rigid control over the meat industry. Governmental control, however, is exercised only when the product of the packing houses is handled in interstate or foreign shipment.

#### *U. S. Government Inspection*

Few women know that only 65% of the meat sold in this country is U. S. Government Inspected. Yet, it is true, and the fact doubly emphasizes the necessity of insisting that the Government Inspection Stamp appear on all the meat food products purchased.

Each of the nineteen big Armour Plants is under the daily supervision of a corps of Federal Government experts. It is their duty to safeguard and make certain that the Armour Foods the homemaker obtains through Armour Dealers are pure, fresh and of wholesome quality.

Look for the U. S. Government Inspection Stamp. It appears on every Armour Food Product and is your guarantee of pure and wholesome meat—always.



This is the U. S. Government Inspection Stamp which appears on all Armour Inspected Meats.

## *Armour's Beef and Lamb*

Repeatedly, homemakers have asked: "How can I be certain of fine quality when buying beef and lamb?" The answer that Armour and Company has given is a simple, easy to follow, and reliable guide. Look for the name "Armour's" which appears on each cut of meat from the chuck, ribs, loin, and round or sections from which are cut pot roasts, roasts, and steaks. Thus the guesswork in meat buying has been eliminated. You can make no mistake if you will insist upon "Armour's Beef" or "Armour's Lamb"—your guarantee of finest quality, U. S. Inspected meats.

### *Supplying the Dealer with Fresh Meats*

The modern system of refrigeration has made world-wide distribution of fresh meat possible. Refrigerator cars, iced enroute so that the contents are kept always in a current of cold air, make it possible to carry the products of Armour and Company to remote parts of the country and deliver them in perfect condition.

### *How to Select Meat*

The homemaker in turn may have such products by being discriminating in her marketing, skillful in her cooking, and careful in her serving.

By a knowledge of all the cuts of meat, the homemaker can keep down her meat expenditures. A recipe file well stocked with tested recipes for the wide variety of popular meat dishes to be made from the less tender cuts, will assist in accomplishing this end.

When shopping there are two things usually in mind: the purchase of a meat cut that will fill the desired place on the menu and the limitations of the pocketbook. It is therefore, well to know the various cuts and how to cook them to bring out the best qualities of the meat.

In every meat animal there are two distinct types of meat; the tender cuts, and those less tender. To make up for their lack in tenderness, nature has endowed these latter meats with qualities that make them very desirable. These meats are high in flavor-giving extractives and in nutrients—health and life giving elements.

### *Characteristics of Good Meat*

Meat in good condition is firm, bulky, and odorless. To be palatable, meat must be tender, juicy, and well flavored. The proportion of fat to

lean affects the flavor. Good cooking contributes much toward the palatable meat serving.

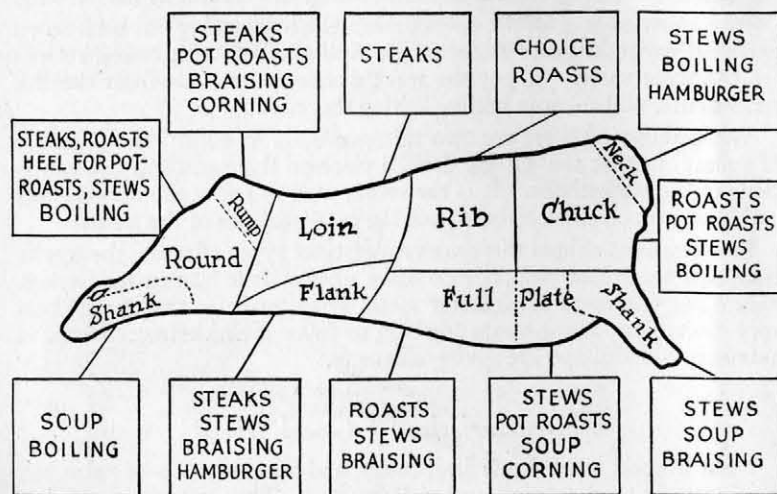
Tenderness is judged by texture of the lean—the grain of the meat being fine and as free as possible from connective tissue, stringiness and gristle. The meat should be firm and have a smooth velvety appearance, and be well marbled or mottled with fat. There should be a good outer covering or coating of the same creamy white fat. A red porous soft bone indicates a young animal and therefore more tender meat.

The flavor of the less tender cuts from a well developed and well finished carcass is generally superior to the more popular portions from a not so well developed carcass.

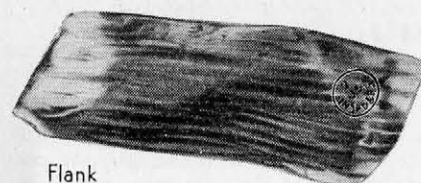
The food value of a cut does not affect the market price, since the less tender cuts are by far the least expensive sources of lean and fat.

## BEEF

A recent survey shows that beef is still the preferred meat. Good beef is a light to medium red in color, is fine grained and of firm texture. The meat is well mottled or marbled with a creamy white fat and there is a good outer covering of the same type of fat. The surface of the meat is smooth and velvety in appearance. (See illustrations, page 11.) The less tender cuts of good beef are especially delicious when cooked slowly and for a long time.



BUY ARMOUR'S  
AND BE SURE

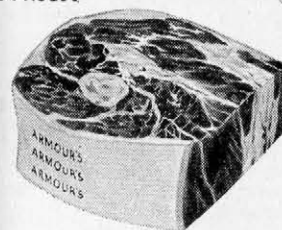


Flank  
Steak



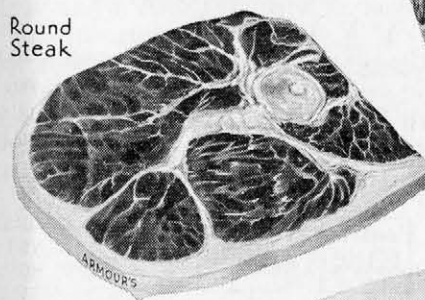
Short Ribs

Round Bone  
Pot Roast

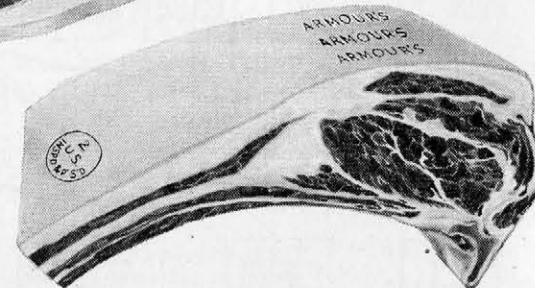


Blade Bone  
Pot Roast

Round  
Steak



Rib Roast



Good beef is light to medium red in color, fine grained and firm in texture. There is a good outer covering and marbling of creamy white fat.

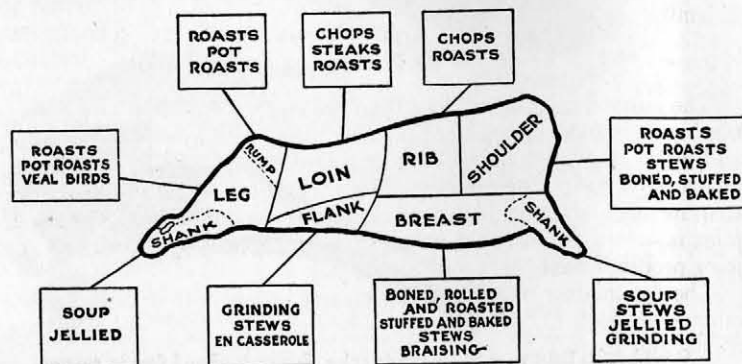


## 22 Ways to Serve Beef

<i>For These Dishes</i>	<i>Buy</i>	<i>These Cuts of Beef</i>
Baked stuffed flank steak		Flank steak
Beef a la mode		Round, rump, chuck and brisket
Beef roast		Prime ribs, short ribs, sirloin
Boiled beef		Brisket, short ribs, neck, chuck
Corned beef		Short ribs, brisket, rump
Spiced beef		Chuck, rump, flank
Braised brisket with vegetables		Lean brisket (boned)
Braised ribs with macaroni		Lean short ribs
Tenderloin with mushrooms		Tenderloin
Braised beef with noodles		Top sirloin, flank, rump
Tenderloin steak, broiled		Tenderloin
Broiled Porterhouse steak		Porterhouse steak
Minute steak		Club steak, top round steak
Filet of beef		Larded tenderloin
Hamburg steak		Neck, lower round, flank meat (ground)
Salisbury steak		Neck, lower round, flank meat (ground)
English beef soup		Neck, shank
Beef soup stock		Neck, shank
Beef croquettes or loaf		Leftover beef
Beef steak and mushroom pie		Flank steak, round steak
Beef stew		Neck, chuck, shoulder clod
Pot roast of beef		Chuck, brisket, round, rump

## VEAL

Veal, or the flesh of the young beef animal, is a grayish pink, almost a white in color with a scanty covering of firm fat. The meat is of a very fine grain, fairly firm, velvety in texture, and not marbled or mottled with fat. The bone is porous, soft and red and the ends of some of the bones are still pliable.



## 18 Ways to Serve Veal

<i>For These Dishes</i>	<i>Buy</i>	<i>These Cuts of Veal</i>
Veal birds		Leg
Veal cutlets		Leg
Veal stew		Breast, shoulder
Jellied veal		Knuckle
Veal loaf		Neck, shoulder, foreshank (ground)
Stuffed veal breast		Breast
City chicken		Leg slices
Creamed veal		Leftover veal
Breaded chops		Rib or loin chops
Roast veal		Leg or shoulder
Veal steak		Leg or shoulder
Curry of veal		Shoulder or neck
Stuffed shoulder of veal		Boned shoulder
Veal croquettes		Leftover veal
Pot roast of veal		Larded shoulder
Fricassee of veal		Breast or shoulder
Braised veal		Cutlets or chops
Roast loin of veal		Veal loin

## LAMB

It is easy to distinguish between lamb and mutton when one knows the characteristics of each.

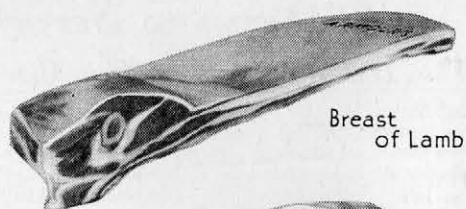
Good lamb is a rich, pinkish red in color. The meat is fine grained, firm and of a velvety texture. A fair covering and some mottling or marbling of fat insures a good flavor. The bone of young lamb is porous and red in color. (See illustrations, page 14.) The forefoot ankle joint is jagged or uneven, showing that the bone was sufficiently porous to break the forefoot joint. This is known as the "break joint" and is found only in lamb.

## MUTTON

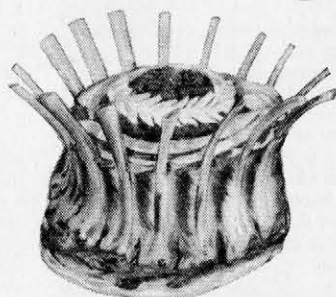
The mutton carcass is larger than the lamb. The flesh or meaty portions are a grayish or brick red in color. The flesh should be fine grained and when of good quality is firmer than the flesh of lamb, and it has a rather thick outer covering of white, brittle fat. The bones are larger than in the lamb animal and are very white and flintlike. The forefoot joint is smooth and dry, showing that the forefoot was removed at the joint proper.

The forequarter or neck, shoulder, and breast cuts of both lamb and mutton are high in flavor. They make delicious boned and rolled steam roasts, pot roasts, or cuts for braising, casseroling, or steaming.

BUY ARMOUR'S  
AND BE SURE



Breast  
of Lamb



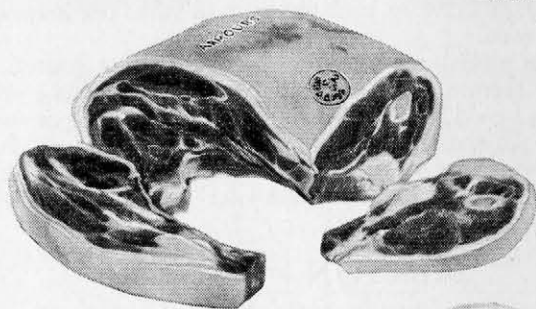
Crown Roast



Rib Chop



Loin Chop

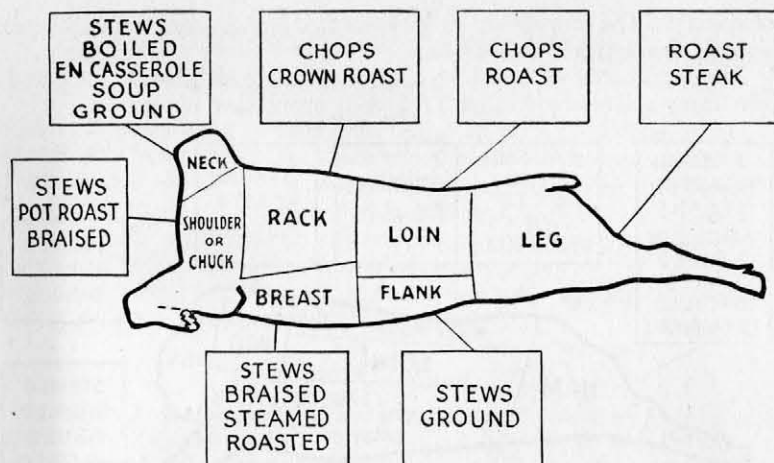


Lamb  
Shoulder



Leg of  
Lamb

Good lamb is rich in color, fine grained with a fair outer covering and marbling of fat. Look for these characteristics.



## Lamb and Mutton Dishes for Variety

<i>For These Dishes</i>	<i>Buy</i>	<i>These Cuts of Lamb or Mutton</i>
Roast lamb with mint sauce		Leg, shoulder roll, crown ribs
Braised lamb with currant jelly		Shoulder
Boiled lamb with caper sauce		Shoulder, leg
Saute of lamb		Shoulder
Curried lamb		Leftover
Ragout of lamb		Leftover, chuck, neck
Irish stew		Neck, breast
Roast saddle of mutton		Saddle
Broiled chops		Loin or rib chops
Breaded lamb chops		Loin or rib chops
Lamb steak		Steaks cut from leg
Lamb croquettes		Leftover lamb or mutton
Barbecued lamb		Leg, loin, shoulder
Casserole of lamb		Neck, shoulder, chuck

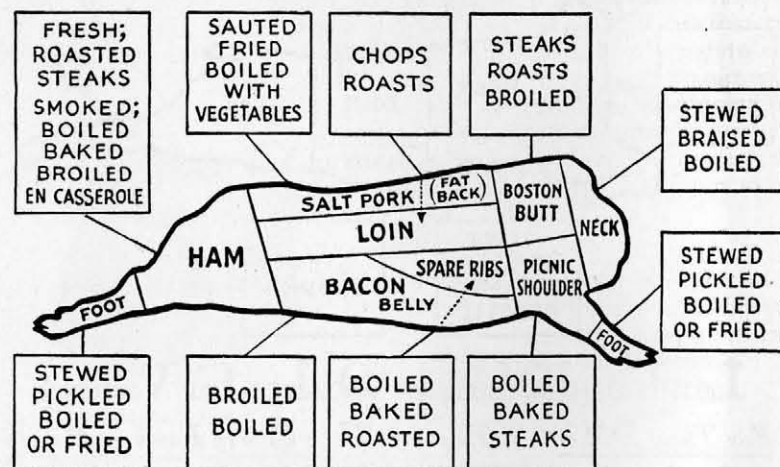
## PORK

The consumption of pork has increased materially because of the greater production of this meat animal. Although most of the pork animal is cured and smoked, the loin, rib and shoulder are generally sold as fresh pork.

The lean of fresh pork from a good young carcass is grayish white turning to a delicate rose color in the older animal; firm and velvety in texture and fine, smooth grained. It should appear juicy but not wet

or watery. The lean should be well marbled and covered with a white, smooth, firm fat, free from fibers.

The forequarter or shoulder cuts of pork are deliciously juicy and offer many splendid pieces for a tempting economical dinner.



## 18 Ways to Serve Pork

### For These Dishes

### Buy

### These Cuts of Pork

Sautéed pork chops  
Breaded pork chops with tomato sauce  
Pork steak  
Roast pork with apple sauce  
Stuffed pork tenderloin  
Pork tenderloin with sweet potatoes  
Crown roast of pork  
Spareribs and sauerkraut  
Boiled pork with vegetables  
Breaded pork cutlets  
Roast Boston butt  
Hot pork sandwich  
Cold pork sandwich  
Creamed pork in patties  
Stuffed pork chops  
Baked stuffed spareribs  
Stuffed pork shoulder  
Roast fresh ham

Chops  
Loin chops  
Steak cut from shoulder  
Loin, Boston butt, shoulder, tenderloin  
fresh or smoked ham  
Tenderloin  
Tenderloin  
Crown prepared from ribs  
Spareribs  
Neck, hocks, feet, tails, jowl, snout, ears  
Shoulder  
Boston butt  
Roast pork  
Boiled fresh pork  
Lean loin (use leftovers)  
Chops  
Spareribs  
Boned pork shoulder  
Fresh ham

# The Art of Cooking

## Care of Meat in the Home

Meat should always be kept in a cold, clean place away from all contamination. When it reaches the kitchen, it should be unwrapped immediately and wiped with a clean cloth wrung from clean cold water, then placed in a clean uncracked dish and kept in the coldest part of the refrigerator until cooked. Cooked meats stored in a mechanical refrigerator should always be covered to prevent drying out. (Note: meat should never be washed, as water not only extracts the meat juices and flavor, but also the soluble protein.)

## Meat Cooking

No matter how carefully selected, the palatability of the cut of meat depends largely upon proper preparation. A knowledge of meat cooking, its purpose and definition of methods will be helpful in accomplishing the following purposes:

## Purposes of Cooking Meat

1. To develop the color and flavor of the meat.
2. To improve the appearance of the meat.
3. To improve the texture by softening the connective tissue.
4. To secure the nutrients from the bone, which otherwise would be unavailable.

The less tender cuts are made into most attractive, delicious dishes by slow cooking at a low temperature, after proper searing.

## Seasoning Meat

The following amounts of seasoning are suggested for tasty meat dishes:

$\frac{3}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper for each pound of beef, veal, mutton and lean pork and 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper for each pound of fat pork.

The weight of the meat should be known. Measure and mix the seasonings, rub into the meat, then dredge with flour and sear. This method is followed for all types of meat cookery OTHER THAN FOR BROILED MEAT, which is the exception to the rule. When broiling, the seasoning should be sprinkled over the meat when it is three-quarters done; or just before serving, when the meat is removed to a heated platter and spread with Cloverbloom Butter.



# Meat Cuts

## Classified According to Method of Preparation

The following tables give the method and name of the cut. Unless otherwise specified the cuts refer to all meats; beef, veal, lamb, and pork. (See meat charts pages 10 to 14.)

STEWES	BRAISED MEATS	SIMMERING	POT ROASTS
Neck	Short Ribs (beef)	Neck Shank	Chuck or shoulder
Breast	Flank (beef)	Short ribs (beef)	Rump
Shoulder	Chuck or shoulder	Brisket (beef)	Round or leg
Shank	Neck	Chuck near neck	
STEAM ROASTS	OVEN ROASTS	CASSEROLING	GRINDING
(oven)	Ribs	Neck	Flank
Chuck or shoulder	Loins	Breast	Lower round
Breast (veal or lamb)	Leg (veal, lamb, pork)	Flank steak	Shank meat
Short ribs (beef)		Round steak	Chuck near neck
CHOPS	STEAKS		
Ribs (veal, lamb, pork)	Loin (beef)		
Loin (veal, lamb, pork)	Leg (lamb, veal, pork)		
Shoulder	Round (beef)		
	Flank		

## DESCRIPTION OF METHODS

### SEARING

Cooking the surface of the meat in a very high heat to caramelize or brown the surface. The meat may be seared in a hot oven, a hot skillet, or under the broiler while the oven is preheating. Experiments show it is not necessary to sear meat, however, browning the meat does enhance its appearance, and flavor.

### ROASTING

Cooking of meat in the oven by the application of indirect dry heat using an uncovered pan. (This method is for tender cuts only.)

### STEAM ROASTING

Cooking meat in the oven in a covered roaster, using indirect moist heat. Sometimes a little water is added to the pan to assure enough moisture for steam. (This method is used for less tender cuts.)



### POT ROASTING

Cooking meat on top of the stove using direct heat, browning the meat and then cooking it slowly in a covered kettle in moist heat. (This method is for less tender cuts.)

### BROILING

Cooking of meat over, under, or in front of direct heat. The meat is turned during the cooking period. (This is for tender cuts.)

### PAN BROILING

Cooking of meat in a hot frying pan without any fat. (This method is for tender cuts.)

### FRYING

Cooking of meat in deep fat at a temperature of 350 to 375° F. for uncooked meat and 380 to 390° F. for cooked meat. (This method is for tender cuts.)

### PAN FRYING

Cooking meat in a frying pan with a small amount of fat. (This method is for tender cuts.)

### BRAISING

Combination of stewing and baking. The meat is prepared as for a stew, then baked in the oven in a covered dish. (This method is for less tender cuts.)

### SIMMERING

Cooking of meat slowly in water below the boiling point. (This method is for less tender cuts.)

### STEWING

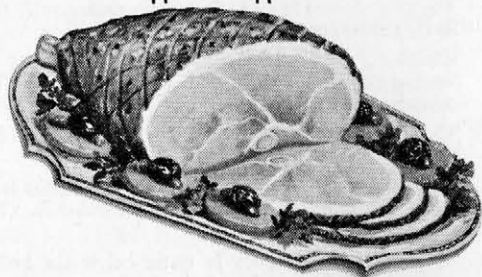
Cooking the meat in a limited amount of water in a tightly covered pot. The meat is usually browned first, then a small amount of liquid is added and the meat is simmered. (This method is for less tender cuts.)

## MEAT COOKING TABLE

MEAT	SEARING		TEMPERATURE OF OVEN FOR COOKING AFTER SEARING	DEGREE OF DONENESS AND TIME OF COOKING		
	TIME	TEMPERATURE		RARE	ME- DIUM	WELL DONE
				MIN. PER LB.	MIN. PER LB.	MIN. PER LB.
BEEF						
Ribs	25 min.	500°—550° F.	325° F.	15	18-20	22 to 25 25 to 30
Chuck	25 min.	450°—500° F.	325° F.			
LAMB						
Leg	30 min.	450° F.	300° F.			30
Shoulder	30 min.	450° F.	300° F.			36
VEAL						
Leg	25 min.	500° F.	300° F.			25
Shoulder	25 min.	500° F.	300° F.			27
PORK						
Loin	15 min.	500° F.	300° F.			30
Shoulder	15 min.	500° F.	300° F.			30
Ham			300° F.			21

## Armour's STAR HAM and BACON

*fixed flavor*



For flavor, tenderness and uniform mildness, Armour's Fixed Flavor Star Ham and Star Bacon are without rivals. The first trial of either of these products will reveal an exceptional flavor delight, the enjoyment of which will increase with each succeeding use of this finer tasting ham and bacon.

There is only one Fixed Flavor. It was originated and developed by Armour and Company and is the flavor climax to improved methods of curing and smoking. There is no substitute for Fixed Flavor goodness, so be absolutely certain that the name "Armour's Fixed Flavor Star" appears on the ham and bacon purchased. Only by so doing can the purchaser be sure of the finer quality and flavor which Fixed Flavor gives to ham and bacon. The mild sweetness of Fixed Flavor Star Ham makes parboiling or soaking unnecessary. Just remove ham from wrapper and follow directions as given in any one of the "60 Ways to Serve Ham" recipes.

The purchase of a whole or half Fixed Flavor Star Ham is a decided economy, too, because there are so many different ways to serve the leftovers. And the delicious flavor of the meat adds to the complete enjoyment of these many ways to serve.

Send to the Department of Food Economics, Armour and Company, Chicago, Illinois, for a copy of the famous book—"60 Ways to Serve Ham." Free upon request.



## Planning Your Meals Around Meat

"The joys of the table belong equally to all ages, conditions, countries, and times; they mix with all other pleasures and remain the last to console us for their loss."—BRILLAT-SAVARIN.

Planning three adequate meals a day is a problem every homemaker must face. Not only must the meals be planned, but the plans executed. Consequently the homemaker with no outside help will wisely plan simple, but attractive combinations that will meet the requirements of her family. The mother with young children will do well to keep in mind that adults can eat with enjoyment and satisfaction, foods that are particularly suitable for children. But—children should not always be served foods that appeal to adult taste.

There are certain basic food requirements that should be met by the daily menus in order to promote good health. They are:

- |   |   |
|---|---|
| 1. Meat—at least 1 to 2 good servings     | 5. Whole grain cereals or bread                         |
| 2. Vegetables—at least two besides potato | 6. Sugar—4 tablespoonfuls                               |
| 3. Fruits—at least 1                      | 7. Milk—1 quart for each child<br>1 pint for each adult |
| 4. Eggs—about 3 a week                    | 8. Water—8 glasses                                      |
|   | 9. Fat—4 tablespoonfuls                                 |

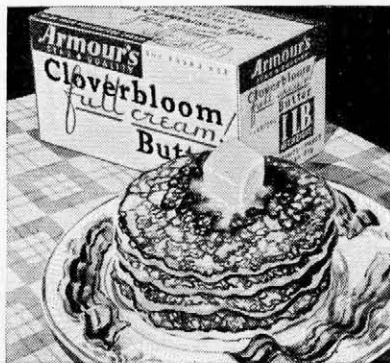
Foods selected for the family dietary should serve at least one of a threefold purpose. 1. Foods that build the body—protein; 2. Foods that furnish heat and energy—starches, sugars, and fats; 3. Foods that assist in regulating body processes—vitamin, mineral, and roughage.

Since dining is really an art as well as a pleasure, all food should taste good and look well when served. This means care in preparation and cooking.

Keeping these basic facts in mind let us consider the first meal of the day.

### BREAKFAST

Mothers everywhere are realizing the need for a good breakfast for every member of the family, since this meal sounds the beginning of the day. Breakfast should not be eaten with one eye on the



clock, nor should any member of the family be permitted to go without this important meal. School children, especially, should be served an adequate breakfast.

With the great variety of fresh and canned fruits now available at all seasons of the year, and the endless variety of both ready to serve and cooked cereals on the market, there is no need of sameness for either of these two courses. The main course requires the greatest thought, and to secure added variety we suggest a list of attractive breakfast main dishes:

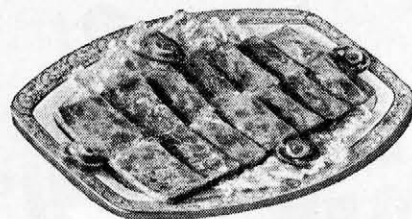
Broiled Fixed Flavor Star Bacon with country style  
Fried Cloverbloom Eggs  
Broiled Fixed Flavor Star Bacon with griddle cakes and  
Cloverbloom Butter  
Soft cooked Cloverbloom Eggs  
Creamed Fixed Flavor Star Bacon on toast  
Creamed lamb kidney on toast  
Fixed Flavor Star Bacon and fried mush with syrup  
Fixed Flavor Star Ham with poached Cloverbloom Eggs  
Fried Star Pure Pork Sausage with waffles, griddle cakes,  
or toast

## FAMILY BREAKFAST MENUS

Fruit Juice  
Corn Flakes with Milk  
Fixed Flavor Star Bacon with  
Plain Omelet  
Toast—Cloverbloom Butter  
Coffee—Milk  
★  
Fresh Fruit  
Cracked Wheat—Milk  
Creamed Lamb Kidneys on Toast  
Toast—Cloverbloom Butter  
Orange Marmalade  
Coffee—Milk  
★  
Farina and Dates with Milk  
Fixed Flavor Star Bacon with Fried  
Cloverbloom Eggs  
Toast—Cloverbloom Butter  
Preserves  
Coffee—Milk

Fresh Fruit  
Hot Cereal with Milk  
Wheat Cakes with Syrup and  
Fried Star Pure Pork Sausage  
Coffee—Milk  
★  
Canned Fruit  
Rolled Oats with Milk  
Broiled Fixed Flavor Star Bacon  
Muffins—Jam  
Coffee—Milk  
★  
Fruit Juice  
Shredded Wheat—Milk  
Scrambled Cloverbloom Eggs on Toast  
Toast—Cloverbloom Butter  
Coffee—Milk

★  
Stewed Fruit  
Rice Flakes with Milk  
Frizzled Fixed Flavor Star Ham  
Toast—Cloverbloom Butter  
Coffee—Milk



## LUNCHEON OR SUPPER MENUS

Luncheon, served in the middle of the day, or supper served in the evening should be just satisfying enough to appease the appetite, but not heavy enough to make the diner logy.

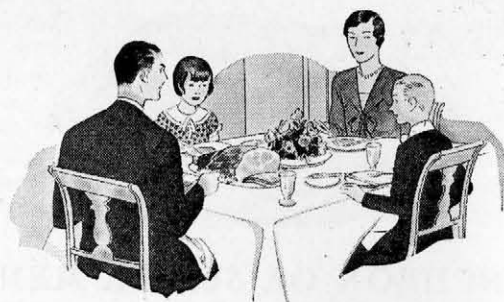
Waffles with Fixed Flavor Star Bacon Maple Syrup	Cream of Corn Soup Star Corned Beef Sandwiches Cabbage Salad
Fruit Salad	Cocoa
Coffee—Milk	Wafers
★	★
Spanish Omelet Apple Celery Salad Bread—Cloverbloom Butter Cup Cakes	Meat Pot Pie Fruit Salad—French Dressing Bread and Cloverbloom Butter Wafers
Milk	Milk
★	★
Cream of Mixed Vegetable Soup Star Sliced Tongue and Whole Wheat Bread Sandwiches Apple Betty	Casserole of Meat and Rice Lettuce Salad Baked Apples Rolls—Cloverbloom Butter Tea—Milk
Cocoa	Top Milk
★	★
Creamed Leftover Meat on Toast Lettuce Tomato Salad—French Dressing Toast—Cloverbloom Butter Peach Custard Delight Tea—Milk	

## DINNER

Dinner may be served at noon or in the evening, depending upon the hour most convenient for the members of the family. Children should be served their dinner at noon and a light meal or supper in the evening. Where the adult members of the family are not in position to get a hot meal at noon the dinner should be served at night.

To be satisfying the meal need not be elaborate but should show good selection and be planned around a meat dish.





## FAMILY DINNER MENUS

Pot Roast Shoulder of Lamb  
 Parsley Buttered Potatoes Creamed Carrots and Peas  
 Lettuce and Tomato Salad  
 Whole Wheat Bread Cloverbloom Butter  
 Apple Compote Cookies  
 Coffee  
 ★  
 Tomato Juice Cocktail  
 Olives Pickles  
 Baked Fixed Flavor Star Ham Raisin Sauce  
 Baked Potatoes Buttered Cabbage  
 Carrot and Pineapple Salad  
 Rolls Cloverbloom Butter  
 Peach Bavarian Cream Coffee  
 ★  
 Swiss Steak with Gravy  
 Boiled Potatoes Buttered Brussels Sprouts Creamed Celery  
 Rolls Cloverbloom Butter  
 Apple Turnover  
 Coffee  
 ★  
 Stuffed Pork Chops  
 Baked Potatoes Buttered String Beans  
 Carrot Salad  
 Rye Bread Cloverbloom Butter  
 Lemon Cream Pie Coffee  
 ★  
 Pan Cooked Star Pure Pork Sausage  
 Mashed Potatoes Pan Gravy  
 Buttered Cauliflower  
 Head Lettuce Salad  
 Rolls Cloverbloom Butter  
 Canned Fruit Cookies  
 Coffee

Pot Roast of Beef  
 Browned Potatoes  
 Cucumber Salad  
 Graham Rolls  
 Apple Pie  
 Buttered Beets  
 Cloverbloom Butter  
 Cloverbloom Cheese  
 Coffee  
 ★  
 Cream of Celery Soup—CROUTONS  
 Casserole of Lamb Mashed Potatoes  
 Buttered String Beans Beet Salad  
 Baking Powder Biscuits Cloverbloom Butter  
 Pineapple Sponge Cookies  
 Coffee

## HOLIDAY MENUS

Onion Soup  
 Olives Celery  
 Roast Cloverbloom Turkey  
 Pickled Pears  
 Giblet Gravy  
 Cranberry Sauce  
 Browned Potatoes  
 Dinner Rolls  
 Head Lettuce Salad  
 Pumpkin Pie  
 Buttered Cauliflower  
 Cloverbloom Butter  
 French Dressing  
 Coffee  
 ★  
 Tomato Juice Cocktail  
 Olives Celery  
 Roast of Armour's Beef  
 Creamed Beans  
 Orange and Grapefruit Salad  
 Browned Potatoes  
 Graham Rolls  
 Star Mince Pie  
 Coffee  
 ★  
 Fruit Cocktail  
 Celery  
 Roast Stuffed Cloverbloom Goose  
 Giblet Gravy  
 Buttered Turnips  
 Parker House Rolls  
 Plum Pudding  
 Mashed Potatoes  
 Apple Salad  
 Cloverbloom Butter  
 Coffee

## Roast Chicken Menu

Soup  
 Olives  
 Roast Chicken  
 Mashed Potatoes  
 Celery  
 Bread Stuffing  
 Brown Sauce  
 Peas  
 Cauliflower au gratin  
 Parkerhouse Rolls  
 Star Mince Meat Pie  
 Cranberry Jelly  
 Mixed Nuts  
 Coffee

## HOLIDAY MENUS—(Continued)

Clear Soup  
 Celery Olives  
 Baked Star Ham with Orange Sauce  
 Candied Sweet Potatoes Brussel Sprouts  
 Tomato Jelly Salad  
 Rye Rolls Cloverbloom Butter  
 Fruit Cake with Hard Sauce  
 Candies Raisins  
 Coffee  
 ★  
 Fruit Cocktail in Orange Cups  
 Olives Radishes Celery Pickles  
 Roast Fresh Ham Glazed Apple Garnish  
 Carrots, Parsnips and Turnips roasted with the ham  
 Browned Potatoes  
 Baking Powder Biscuits Cloverbloom Butter  
 Apricot Preserves  
 Cranberry Pie  
 Coffee

## SUPPERS

Creamed Veal in Timbale Cases  
 Shredded Apple, Celery, Lettuce Salad  
 Tiny Baking Powder Biscuits  
 Cloverbloom Butter Orange Marmalade  
 Chocolate Mousse Wafers  
 Salted Nuts Coffee  
 ★  
 Cold Meat Platter  
 Tomato Cups filled with Vegetable Salad  
 Thin Cloverbloom Cheese and Plain Sandwiches  
 Spiced Crabapples  
 Frozen Peaches with Raspberry Sauce  
 Small Cakes  
 Coffee  
 ★  
 Pork Chop Suey Rice  
 Muffins  
 Cloverbloom Butter Apricot Jam  
 Orange-Grapefruit Salad  
 Chocolate Cake  
 Coffee  
 ★  
 Casserole of Sweetbreads, Mushrooms and Spaghetti  
 Bran Muffins Cloverbloom Butter  
 Head Lettuce Salad French Dressing  
 Fruit Bavarian Cream Small Cakes  
 Coffee

## Meat Recipes

"The discovery of a new dish is more beneficial to humanity than the discovery of a new star."—BRILLAT-SAVARIN.

## BROILING

### Broiled Porterhouse Steak

Select a porterhouse steak from 1 to 2 inches thick. Trim off excess fat, wipe with a damp cloth. Grease heated broiling rack and lay steak on it. Place under heat unit with the temperature set at broil. If gas is used, do not close broiling oven door. When seared on both sides, lower pan in broiling oven to permit a greater air space between heat unit and meat. Turn occasionally until cooked to the desired doneness. A one to two inch steak requires from 18 to 25 minutes to cook medium rare under the flame of a gas oven. When done season with salt and pepper and spread with Cloverbloom Butter.

### Pan Broiled Meat Cakes

1½ pounds hamburger steak	1 teaspoon salt
2 tablespoons minced onion	¼ teaspoon pepper
1 tablespoon minced green pepper	¼ cup diluted Star Evaporated Milk
½ cup cracker crumbs	Fixed Flavor Star Sliced Bacon

Mix all ingredients well, shape meat into cakes. Wrap a slice of bacon around each cake, skewer with toothpick. Heat heavy skillet, grease slightly (to prevent sticking), place cakes on hot skillet, brown on both sides. Cook over low heat until bacon is brown and meat is cooked through, about 8 to 10 minutes. Serves 5 to 6 portions.

### Pan Broiled Lamb Chops

Place lamb chops in a sizzling hot skillet, sear quickly on both sides, when brown, reduce heat and cook at a lower temperature until done. Do not cover nor add water to skillet. Season chops with salt and pepper and spread with Cloverbloom Butter when ready to serve.

### Brochette of Mushrooms and Star Bacon

Peel fresh mushroom caps and discard the stems (use the peeling and stem for some other dish.) Break the prepared caps, if large, in two or three pieces each; roll in melted Cloverbloom Butter and press on skewers, alternately, with very thin pieces of Armour's Fixed Flavor Star Bacon an inch square. Broil about four minutes on each side. Push from the skewers to slices of hot toast, spread over the whole maitre d'hotel butter, and serve at once.

## ROASTS

### *Baked Fixed Flavor Star Ham*

12 lb. Fixed Flavor Star Ham	½ teaspoon paprika	Whole
1 teaspoon mustard	½ cup vinegar	cloves
½ cup brown sugar	6 red apples	

Wash and dry a Fixed Flavor Star Ham. Place in roaster, fat side up, cover bottom of pan with hot water, about 1 quart. Cover roaster and bake in a slow or 300° F. oven, allowing not less than 21 minutes to the pound. When more than half done remove the rind. Sprinkle the fat surface with mustard and paprika, add the vinegar to liquid in the pan and continue cooking, basting frequently. About ¾ hour before serving sprinkle fat surface with brown sugar, dot with whole cloves. Place the washed and cored apples around and continue baking uncovered without basting. Interior temperature of ham when done should read 158° F. Serves 16 to 18.

### *Roast Fresh Ham*

Wipe the ham with a damp cloth, and leave the rind on. (The ham will cook more quickly and shrink less when the rind is not removed.) Sprinkle the surface of the meat with salt and pepper and rub with flour. Place the ham, rind side up, on a rack in an open roasting pan without water. Put in a hot oven (500° F.) and sear for about 20 minutes. Then reduce the oven temperature rapidly to very moderate heat (300° F.) and continue cooking, allowing 25 to 30 minutes per pound. Do not add water and do not cover the meat during the roasting. When the ham is done, remove it from the oven and carefully take off the rind. To remove the rind easily, break through it on the fleshy side at the hock, then turn the ham over, and lift the rind off in one piece. With a sharp knife score the fat covering in squares. Stick long stemmed cloves into the intersections and sprinkle brown sugar over the fat surface. Return to a moderately hot oven (375° F.) to brown over the top. Serve hot or cold. A 12 lb. fresh ham will serve 18 to 20.

### *Meat Loaf*

2 lbs. hamburger steak	¾ cup water
1 Cloverbloom Egg	1 cup bread crumbs
½ onion, chopped	2 tablespoons chopped parsley
1 green pepper, chopped	2 teaspoons salt
¼ cup Star Evaporated Milk	½ teaspoon pepper

Have the meat chopped fine, mix it thoroughly with the unbeaten egg, bread crumbs, seasonings and liquid. Form into a flat loaf and fry in hot drippings until well browned, about 15 minutes. Remove to a well greased baking plate or baking pan, and lay strips of Fixed Flavor Star Bacon over the meat. Place in a moderate oven, 350° F., and complete cooking, allowing 45 minutes. Serves 6.

### *Roast Beef*

Wipe roast with damp cloth. Weigh, noting weight. Rub with salt and pepper, allowing ¼ teaspoon salt and ½ teaspoon pepper to each pound of meat. Dredge with flour, place in dripping pan or roaster and sear for 30 minutes in a very hot oven (500° F.). Reduce temperature to (250° F.) slow oven and cook uncovered. For rare, allow 18 minutes per pound per weight of the roast. For medium rare, 20 minutes to the pound, and 25 minutes to the pound for fairly well done. The last 30 minutes, increase the temperature to (350° F.) for final browning.

## *Roast Chicken or Turkey*

To prepare bird, singe carefully by holding over a gas flame, turning it over slowly. Then cut off neck, close to the body. Loosen tendons one inch below leg joint. Place the point of a skewer under the tendons, pull out one at a time, then break off feet. Remove pin feathers, using a pair of large tweezers or strawberry huller. Remove oil bag from tail. Using a small poultry or vegetable brush, scrub bird very carefully inside and out. Dry carefully and rub inside of bird well with salt. Place in refrigerator to become thoroughly chilled. Stuff with following or any favorite dressing:

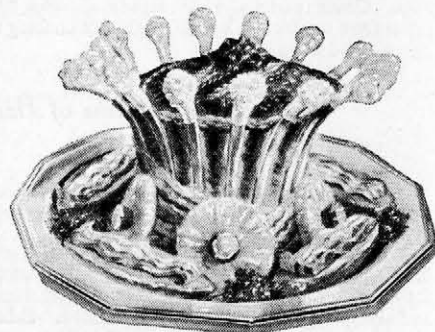
### *Bread Dressing*

1 quart stale bread	2 Cloverbloom Eggs
¼ onion, chopped	½ cup strained tomatoes
¼ cup celery, diced	2 tablespoons Star Bacon Drippings
Liver, gizzard and heart, chopped	1 teaspoon salt
½ teaspoon each of pepper, ginger, and nutmeg	

Soak bread crumbs in cold water and squeeze dry. Melt drippings in pan, add liver, gizzard, heart, onion and celery, then bread and fry 15 minutes. Then add other ingredients and mix well. Cool and stuff into prepared turkey or chicken. Sew or skewer the opening, then truss the bird and return to the refrigerator. Before baking sprinkle salt over the bird and rub it into the skin. Dust with flour and lay strips of Star Bacon over the breast and legs. Place in a roasting pan and roast uncovered in a hot oven (550° F.) 20 minutes, cover, reduce temperature to 400° F. and allow 20 minutes for each pound figuring the weight of the bird after it is cleaned and stuffed. Baste frequently with hot water and Cloverbloom Butter.

### *Crown Roast of Lamb*

Select parts from loin of lamb, scrape flesh from bone between ribs as far as lean meat, and trim off. Shape each piece in a semi-circle, having ribs outside, sew pieces together to form crown. Wrap strips of Fixed Flavor Star Bacon around the lower part of the crown. Fill center of crown with hamburger steak, mixed with lamb trimmings chopped. Cover filling with Star Bacon Strips feathered at the sides. The ends of the bones should be trimmed very carefully. See that they are not too long. Wrap each bone in a thin strip of Star Bacon, or a small potato may be placed at each bone end to prevent it from burning. Sear for 20 minutes at 450° F. or a hot oven. Reduce heat to 350° F. or a moderate oven. Roast for 2 hours. Serve on a chop plate garnished with sautéed pineapple slices, radish ends, candied sweet potatoes and broiled slices of Star Bacon.





## STEAM ROASTS

### *Roast Chuck*

Wipe roast with damp cloth, weigh, noting weight. Rub with salt and pepper, allowing  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper to the pound. Dredge with flour, place in dripping pan or roaster, and sear for 30 minutes in a very hot oven (500° F.). Reduce heat to (250° F.) slow oven, and cook covered, allowing 30 minutes to the pound for well done. The last 30 minutes increase the temperature to (350° F.) for final browning.

### *Stuffed Shoulder of Veal*

Remove the bone from the shoulder of veal without cutting through the outer skin. Fill the cavity with a rich stuffing, sew up and truss into shape. Dredge with flour and roast, basting with melted Cloverbloom Butter or Star Bacon Drippings and hot water. Roast, allowing 20 minutes to the pound. An hour before the meat is done, arrange around it peeled raw potatoes cut in halves, and bake, basting with the drippings. Remove cover from roaster. Thicken the gravy with flour browned in fat and serve immediately. The breast of veal may be used instead.

### *Baked Stuffed Spareribs*

Either a bread or mashed potato stuffing may be used. For this dish, use two sets of spareribs that are either sewed or skewered together; then the bread or potato stuffing is slipped into an opening before the sewing or skewering is completed. Place in a covered roaster or casserole, sear on both sides in an oven at 450° F. Then add a cup of water or stock or tomato juice. Reduce the temperature to 350° F., moderate oven. Have the roaster or casserole covered and let the meat cook slowly for 1½ hours.

### *Roast Leg of Lamb*

Wipe lamb with damp cloth. Sprinkle with salt and pepper, allowing  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper for each pound of meat, dredge with flour. Place in roaster, fat side up. Sear in hot oven (550° F.) for 30 minutes. Reduce heat of oven to (300° F.), or slow. Cover roaster and cook slowly, allowing 28 to 30 minutes to the pound. Remove cover from roaster the last 30 minutes of cooking to brown meat. Make gravy by thickening liquid in pan.

### *Baked Short Ribs of Beef with Vegetables*

5 lbs. short ribs of beef	1 small rutabaga turnip
5 medium sized potatoes	4 medium sized carrots
2 large onions	3 teaspoons salt
	$\frac{3}{4}$ teaspoon pepper

Wipe the meat with a damp cloth, rub with salt and pepper, place in roaster and sear for 30 minutes in a hot oven, 550° F., reduce temperature to 325° F., or moderate. Add 2 cups water, cover closely and bake 1 hour, then add whole potatoes pared, carrots cut in halves, onion and rutabagas quartered. Bake for 2 hours. Serve meat on platter garnished with vegetables. Serves 5 to 6.

## POT ROASTS

### *Pot Roast of Beef with Spaghetti*

4 to 5 lbs. round of beef	2 slices Fixed Flavor Star Bacon
1 lb. spaghetti	3 bay leaves
2 cups canned tomatoes	6 cloves
$\frac{1}{4}$ cup chopped beef suet	1 clove of garlic
1 large onion	1 cup hot water
1 large green pepper	Grated Cloverbloom Cheese
	Salt and pepper

Chop suet and bacon, and fry. Add onion, garlic, and green pepper finely chopped, and when they begin to brown, add the meat. Brown it on both sides and then add water, tomatoes and seasoning, allowing  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper for each pound of meat. Simmer gently three hours. Cook the spaghetti, drain and add to the meat mixture. Let cook 10 minutes. Serve the meat on a platter with the sauce either in a separate dish or around the meat. Sprinkle the cheese over the sauce. Serves 6.

### *Veal Birds*

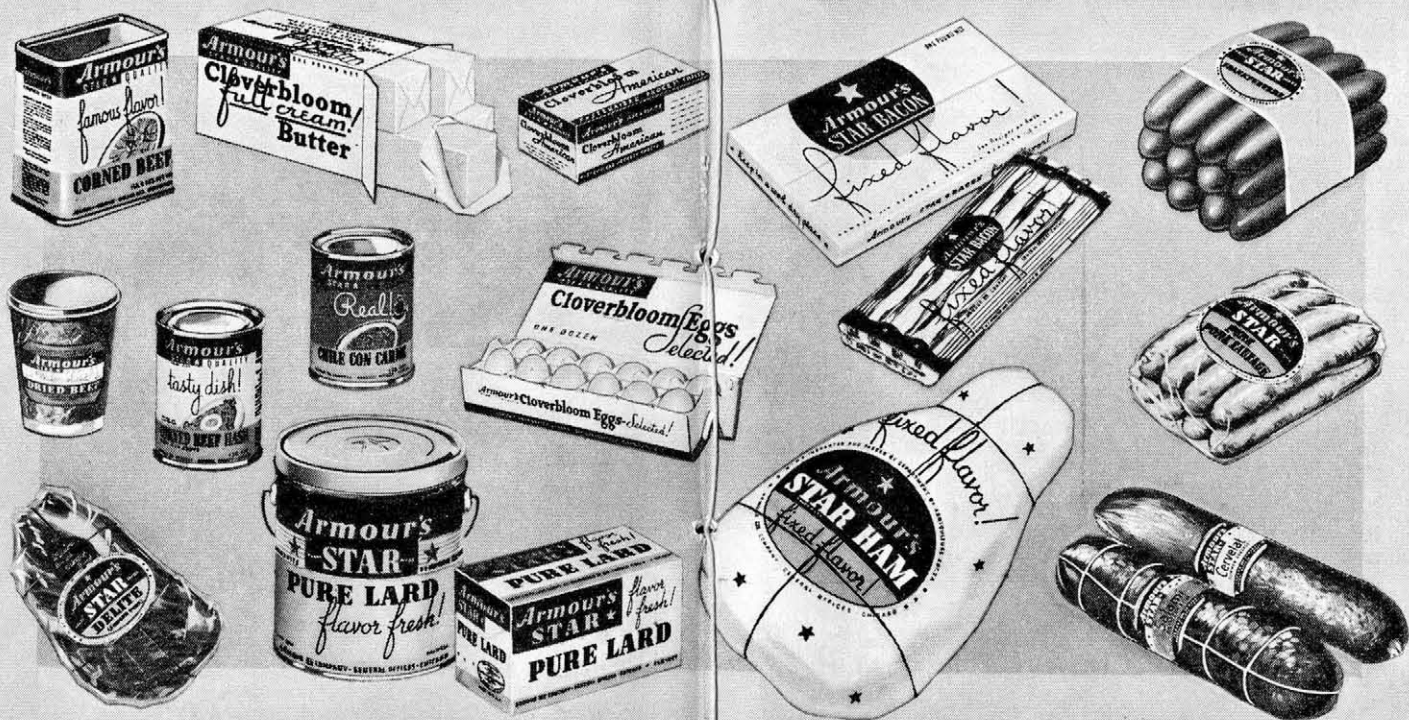
Cut veal cutlets into convenient pieces and flatten with a potato masher. Mix seasoned crumbs with chopped salt pork or Star Bacon and make a stuffing. Roll up and tie into shape with strings. Brown in Star Bacon Drippings with a sliced carrot and a chopped onion. Add 1 cup of stock or milk, cover and cook slowly for 40 minutes. This may be prepared in a casserole.

### *Beef a la Mode*

The day before meat is to be cooked, rub it thoroughly with a mixture of  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{2}$  teaspoon cinnamon and the same of pepper. Pour over 2 tablespoons vinegar, and set the meat aside overnight. The next day brown the meat in hot drippings; add 1 chopped onion and 1 carrot. Add  $\frac{1}{2}$  teaspoon celery seed, 1 bay leaf, 2 cups of stock or boiling water. Cover the kettle closely and cook slowly, allowing about 4 hours for a 5 to 6-lb. piece of beef. Three quarters of an hour before serving, add 5 or 6 pared potatoes, cut in half, and continue cooking. Serve with vegetables, browned potatoes and lettuce salad.

### *Baked Lamb Shoulder*

Wipe rolled shoulder of lamb with a damp cloth. Rub drippings or lay strips of Fixed Flavor Star Bacon over the top. Sprinkle with 1 teaspoon salt and  $\frac{1}{4}$  teaspoon pepper, dredge with flour and brown quickly in hot drippings in Dutch oven. Pour half a cup of hot water over the meat, adjust the cover of the Dutch oven closely and cook slowly, allowing 35 minutes to each pound. Serve with a sauce made by heating a half cup of chopped sweet pickle of any sort with the gravy in the pan.



## Armour's Highest Quality Foods \* \* \*

To get acquainted with these many Armour quality foods is to experience complete appetite satisfaction. These products are a few of the many on which Armour and Company stakes a 65 year old reputation. Judge them for quality—price—and purity. You will find each one convincing proof that "Armour foods are of highest quality."

Near you is a retail dealer eager to sell you Armour products. Patronize him and ask for Armour foods by name. You can buy with confidence from an Armour dealer for his willingness to sell Armour products indicates a desire to satisfy your demands with the finest quality at reasonable price. So—better buy Armour's and be sure.

## BRAISING or CASSEROLING

### *Baked Tomato Lamb Chops*

Select as many shoulder lamb chops as desired; salt, pepper and flour, allowing  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper for each pound of meat. Put chops in baking dish. Slice onion, green pepper and lemon over chops, allowing 4 slices of onion, 4 green pepper rings and 4 thin slices of lemon for every four chops. Then pour 1 can tomato juice over to cover the chops. Bake in a moderate oven ( $350^{\circ}$  F.) for  $1\frac{1}{4}$  hours. Serve hot with baked potatoes, or noodle ring.

### *Stuffed Pork Chops*

6 rib pork chops, $1\frac{1}{2}$ inches thick	$\frac{1}{4}$ teaspoon salt
1 cup fine dry bread crumbs	$\frac{1}{8}$ teaspoon savory seasoning
$\frac{1}{4}$ cup chopped celery	Dash of pepper
1 tablespoon Cloverbloom Butter	$\frac{1}{8}$ teaspoon celery seed
1 tablespoon minced onion	3 tart red apples
1 tablespoon chopped parsley	

For the stuffing cook the celery, onion and parsley in the butter for a few minutes, add the bread crumbs and seasonings, and stir until well mixed. Wipe the chops with a damp cloth. Cut a pocket in each chop. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a heavy, hot skillet, turning the fat edges down at first and then browning both sides. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On top of each place, cut side down, one half of an apple which has been cored but not pared. Cover closely and bake in a moderate oven ( $350$ - $375^{\circ}$  F.) for about 45 minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter and remove the toothpicks. Garnish with parsley and serve at once. Serves 6.

### *Chicken Fricassee*

1 3-pound chicken	1 Cloverbloom Egg Yolk
2 tablespoons Cloverbloom Butter	3 cloves
1 cup chicken stock or water	1 bay leaf
1 tablespoon flour	3 whole allspice
$\frac{1}{2}$ cup milk	Salt and pepper

Cut up the chicken as for stewing. Brown in pan with butter. Cover with chicken stock or water, add seasonings. Simmer until fowl is tender, about one hour, strain, and to the cooking liquid add the flour mixed to a paste with a little cold water. Add milk and cook until thickened, stirring constantly. Add the beaten egg yolk which has been mixed with 2 tablespoons cold milk. Heat and pour the sauce over the chicken and serve. Serves 5.

### *Swiss Steak*

$2\frac{1}{2}$ lbs. round steak, cut 1 inch thick	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup flour	1 medium sized onion
2 teaspoons salt	$\frac{1}{2}$ medium sized green pepper

Sprinkle meat with  $\frac{1}{4}$  cup flour and seasoning. Pound this into the meat with a meat hammer or edge of a thick plate. Turn the meat and repeat on other side. Brown on both sides in hot drippings in a heavy skillet. Add 1 cup water, cover tightly and cook slowly on top of stove for one hour. If necessary add more water during cooking. Serves 5 to 6.

### *City Chicken*

1 pound veal cutlets or steak	$\frac{3}{4}$ cup fine bread crumbs
1 pound pork steak	2 tablespoons Star Bacon Drippings
$1\frac{1}{4}$ teaspoons salt	2 tablespoons flour
$\frac{1}{2}$ teaspoon pepper	2 cups stock (part milk)
1 Cloverbloom Egg	1 teaspoon minced onion

#### *Dash mace*

Scald and wipe wooden or metal skewers. With a mallet or meat hammer pound meat until flat and thin. Pound in the salt and pepper at the same time. Cut into two inch squares. Insert skewers in center of pieces of meat, alternating the veal and pork and using 5 or 6 pieces of meat on each skewer. With fingers, mold the meat on the skewers into drumstick shape, roll in crumbs then dip into beaten egg (diluted with a little cold water) and into fine bread crumbs again. Let stand about 5 minutes, then carefully brown the drumsticks in hot fat and place in casserole or baking dish. To the hot fat, add flour to form paste, then add liquid and stir until thickened. Add seasonings and pour gravy over the meat. Cover and bake in a moderate oven one hour. Serve with hot biscuits or noodles. Serves 8.

### *Braised Lamb Neck Chops*

1 lb. neck chops of lamb	1 tablespoon flour
$\frac{1}{2}$ cup tomato	1 tablespoon Star Bacon Drippings
$\frac{1}{2}$ slice onion	$\frac{1}{2}$ cup water
1 teaspoon salt and $\frac{1}{8}$ teaspoon pepper	

Brown the meat on both sides, add the vegetables, seasoning and make a gravy with the hot water and a little fat. Place the meat in a covered baking dish, cover tightly and bake slowly until the meat is very tender. Serves 4.

### *Spanish Steak*

Chop 2 large onions fine and brown in Fixed Flavor Star Bacon Drippings, then sear flank steak on both sides in the drippings. Remove steak, place in a greased casserole, sprinkle with salt and pepper, allowing  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper to each pound of meat. Spread onions over the meat, pour over tomato juice to cover, and add a green pepper, chopped and seeded. Cover tightly and cook slowly for an hour in a slow oven ( $300^{\circ}$  F.). Thicken liquid with browned flour to make a gravy. Serves 5 to 6.

### *Liver with Vegetables*

2 lbs. sliced beef liver	1 tablespoon celery top or parsley
2 tablespoons Star Bacon Drippings	2 tablespoons flour
1 cup small onions	2 teaspoons salt
2 cups diced carrot or turnip	$\frac{1}{4}$ teaspoon pepper
1 quart small potatoes	

Prepare vegetables, cover with boiling water, and cook for twenty minutes; then put into a baking dish or casserole with the stock in which the vegetables have been cooked; add 1 tablespoon of flour mixed with cold water. Cover with the liver prepared as follows: Remove the skin and the veins from the liver; cut into convenient pieces; sprinkle with the salt, pepper and flour; put into a hot pan with the fat and sear quickly over a hot fire. Cover dish and bake in a slow oven for one hour. Serve in casserole. Serves 6.



### Stuffed Flank Steak

Pound a flank steak until flat, score well and stuff with dressing made of equal parts of bread crumbs and Star Sausage, season with 1 onion, minced. Rub  $\frac{1}{2}$  teaspoon pepper and  $1\frac{1}{2}$  teaspoons salt into the meat. Roll so that when served the steak will be cut across the fibres, tie into shape. Brown in Fixed Flavor Star Bacon Drippings, pour over  $1\frac{1}{2}$  cups boiling water or stock and simmer or bake slowly for about 2 hours. Thicken gravy with flour paste. Serves 5 to 6.

## STEWING

### Beef Stew with Dumplings

Have 3 or 4 pounds of chuck near the neck cut into convenient pieces. Cover with cold water, add 3 each of carrots and onions, sliced thin. Season with 2 teaspoons salt,  $\frac{1}{4}$  teaspoon pepper and 2 tablespoons minced parsley. Cover and cook until meat is nearly done. Sift 2 cups of flour with 3 teaspoons of baking powder and a pinch of salt. Add a well beaten Cloverbloom Egg with sufficient milk to make a stiff batter. Drop the dumplings from the tip of a spoon into the boiling stew, cover and cook for 15 minutes. Take out the meat and dumplings, thicken the gravy with browned flour, pour over and serve. Serves 5 to 6.

### Lamb Stew

Have the meat cut into convenient pieces for serving, brown in Star Bacon Drippings, cover with stock or water, add a bunch of sweet herbs, a small clove of garlic, an onion and 2 tablespoons of vinegar. Simmer until the meat is done, skim and strain the liquid, add one half cup of stewed and strained tomatoes, pour over meat and serve with a border of boiled rice.

### Chicken Stew

Clean and cut up a chicken and brown it in Star Bacon Drippings. Dredge with flour and cover with 4 cups of white stock. Cook until sauce thickens, stirring constantly. Add the mashed chicken liver with a tablespoon of capers and salt and pepper to taste. Simmer slowly for 45 minutes. Then add  $\frac{1}{4}$  pound sliced fresh mushrooms or 1 cup of canned mushrooms cut into small pieces. Cook 15 minutes longer and serve with mashed potatoes.

### Veal Stew

Cook together 2 tablespoons of Star Bacon Drippings and 2 tablespoons flour. Add a pound of veal cut into small squares and brown. Cover with water or stock and add 1 cup of young onions, diced mushrooms, peas and sliced carrots, all mixed together. Season with salt and pepper and cook slowly until veal is tender, about 45 minutes. Serve hot. Will serve 4.



## SIMMERING or COOKING IN WATER

### Lamb Shanks with Vegetables

3 medium sized lamb shanks	1 cup canned kernel corn
6 carrots	6 small onions
6 small potatoes	2 teaspoons salt
$\frac{1}{4}$ cup chopped parsley	$\frac{1}{4}$ teaspoon pepper
1 cup canned whole tomatoes	Flour

Wipe lamb shanks with a damp cloth, put into kettle and add three cups boiling water, salt and pepper. Simmer  $\frac{1}{2}$  hour, then add the carrots cut in halves and onions. Cook  $\frac{1}{4}$  hour longer before adding the potatoes. When potatoes are almost done, add the tomato, corn and parsley. The sauce may be thickened if desired. Serves 6.

### Fixed Flavor Star Ham Shank with Vegetables

1 shank end Fixed Flavor Star Ham	5 small onions
5 small potatoes	3 small turnips, cut in quarters
1 small head cabbage cut in fifths	3 medium sized carrots, cut in quarters lengthwise

Plunge the ham in a kettle of hot water and simmer one hour before adding the vegetables. At the end of the first hour's cooking, add the turnips, and when these have cooked fifteen minutes, add the other vegetables; cook 30 minutes longer; remove the vegetables carefully so as not to break in pieces and serve on a platter. Arrange the ham in the center of the platter and surround with the vegetables. Serves 5.

### Short Ribs of Beef

Use a short rib of beef. Put into a saucepan with a sliced onion, a clove, a sliced carrot, a bunch of sweet herbs, salt and pepper (allow  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper to the pound of meat),  $\frac{1}{2}$  cup of cooking wine or fruit juice and 4 cups water. Cover and cook slowly for two hours or more. Take up the meat, strain and skim the liquid, reduce half by rapid boiling, thicken with browned flour, pour over the meat and serve with macaroni or noodles. Serves 5 to 6.

### Heart with Rice Border

2 calves', lambs' or pigs' hearts	2 tablespoons Cloverbloom Butter
2 tablespoons cut onion	1 teaspoon salt
2 tablespoons carrot or celery	1 tablespoon caramel
2 tablespoons flour	1 tablespoon vinegar or lemon juice

Wash hearts thoroughly in cold water; remove all muscles and veins; cut in small dice and cover with cold water for fifteen minutes. Drain and cover with boiling water; add onion and carrot and simmer for three hours. If water cooks away, add just enough to keep heart covered. When tender, add salt, a little pepper and flour which have been rubbed smooth with butter. Cook five minutes, add the caramel and vinegar or lemon juice. Put into the center of a chop plate with cooked rice or mashed potatoes as a border. Sprinkle with parsley or celery top and paprika. Serves 4.

## SOUPS

### Hamburg Vegetable Soup

- |  |                                  |
|--|----------------------------------|
| $\frac{3}{4}$ to 1 pound hamburger                     | 1 medium sized onion chopped     |
| 2 cups each canned tomato and potato                   | 2 teaspoons salt                 |
| 2 medium carrots diced or 1 cup leftover cooked carrot | $\frac{1}{4}$ cup rice or barley |
| $\frac{1}{2}$ cup diced celery                         | $\frac{1}{4}$ teaspoon pepper    |
|  | $1\frac{1}{2}$ quarts water      |

Put all ingredients in large kettle, add water and simmer slowly  $\frac{3}{4}$  to 1 hour. Serve with toast or crackers as the main dish for luncheon or supper. Serves 4.

### Soup Stock

- |                                 |  |
|---------------------------------|--|
| 3 lbs. beef from shin           | A few sprigs parsley   |
| 2 quarts cold water             | 1 cup canned tomatoes  |
| $1\frac{1}{2}$ tablespoons salt | $\frac{1}{2}$ cup each diced carrots, onion, turnip, potato and celery |
| 4 to 6 peppercorns              |  |
| 2 cloves                        |  |

Have shin bone cracked in several places. Wipe with damp cloth. Place in large kettle, add the cold water and salt, simmer slowly for three hours, then add the remaining ingredients and simmer another hour. Add more salt if necessary. Serve hot, or chill, remove fat and use as basis for creamed or other soups. The soup meat may be served with the hot soup, or prepared following any one of the suggestions for using leftover meat. Serves 6.

### Philadelphia Pepper Pot

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 4 slices Fixed Flavor Star Bacon | 1 teaspoon salt                  |
| 1 onion                          | $\frac{1}{2}$ teaspoon pepper    |
| 1 green pepper                   | 1 cup diced potatoes             |
| 2 quarts soup stock              | 2 tablespoons flour              |
| 1 lb. honeycomb tripe            | 2 tablespoons Cloverbloom Butter |

Cut the bacon into small dice and fry until a golden brown. Add onion and green pepper finely chopped and cook gently for five minutes. Add soup stock and tripe which has been washed and shredded. Season with salt and pepper and bring to boiling point. Add potatoes and simmer one hour. Thicken with flour and butter which have been creamed together. Just before serving add  $\frac{1}{2}$  cup Star Evaporated Milk.

### Ox Tail Soup

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 ox tail, cut in small pieces | 1 tablespoon salt                   |
| $\frac{1}{2}$ cup cut onion    | $\frac{1}{4}$ teaspoon white pepper |
| $\frac{1}{2}$ cup diced carrot | 1 tablespoon parsley                |
| 1 cup diced potatoes           | Little thyme or marjoram            |
| $\frac{1}{4}$ cup barley       | 1 tablespoon caramel                |

The ox tail should be chopped at each joint, making pieces from one to two inches long; wash well in two or three waters; put on to cook with two and one-half quarts water; add the barley and cook slowly for two hours; then add onion, carrot, salt and pepper; cook for thirty minutes. Add potatoes and cook twenty-five minutes. Add a little paprika, thyme, parsley, marjoram and the caramel. Serve all with pieces of ox tail. Serves 5.

## Solving the Leftover Meat Problem

There are few homes that do not have some food left over from at least one or two meals every day. Often there is not enough for another meal for the family, but when combined with other leftovers, or with fresh foods, a tempting dish results.

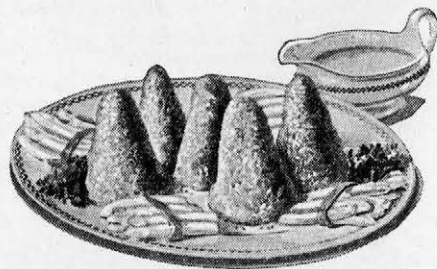
The art of combining these leftovers into tasty dishes means a big saving in materials, cost, fuel and labor. Properly prepared leftovers are as tempting in appearance and flavor as any freshly cooked food.

Because the use of leftover meat presents a problem to many homemakers and because Armour and Company wish to urge every homemaker to utilize every bit of meat, fat, and bone that has been purchased, the Food Economics Department tested and compiled the recipes that follow. Although many of the recipes call for a definite kind of cooked meat, any leftover meat may be used, making the recipes very flexible and most practical.

Every bit of bone and fat should be used to advantage—the bone as a foundation stock for soups and sauces; and the fat, rendered and mixed with Star Bacon drippings for a delicious, highly palatable shortening for ginger bread, chocolate cake and waffles; or for enriching and enhancing the flavor of vegetables and meat sauces.

There are certain meat products that are decidedly "flavor" foods, therefore, the homemaker will find Star Bacon and Star Ham drippings used as the fat for many of the suggested dishes. The mild sweet cure of Fixed Flavor Star Ham and Star Bacon gives a flavor to the drippings that will add deliciousness to the leftovers.

The greatest care should be used in seasoning leftover foods and a sameness of flavor should be avoided. If possible bring out the original meat flavor or if the leftover product is by chance lacking in tastiness, add those condiments which will combine well with the other ingredients. The addition of a Star Bouillon Cube or a small amount of Star Solid Beef Extract will give a delightful meat flavor. The ingenuity and ability to make leftovers into tempting dishes will assist the homemaker in keeping food bills at a minimum.

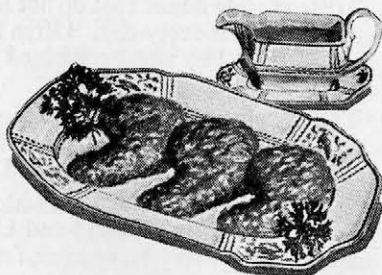


## Leftover Meat Recipes

### Meat Cutlets

- 2 cups minced cold cooked meat
- 1 cup thick white sauce
- Few grains cayenne
- 1 tablespoon minced green pepper

Add sauce to meat, then seasonings. Spread on a plate to cool. Shape in form of cutlets, dip in crumbs, egg, then crumbs again. Fry in deep Star Lard at 380° F. 1½-minutes. Drain and garnish with greens. Serves 5.



### Casserole of Meat and Rice

- |                                |                                |
|--------------------------------|--------------------------------|
| 3 cups cubed cold roast meat   | 3 cups seasoned stock          |
| ½ lb. Star Bacon, chopped fine | 2 peeled tomatoes, cut fine    |
| 1 medium sized onion           | 2 sweet green peppers, chopped |
| 1 tablespoon minced parsley    | ½ cup well washed rice         |

Cook onion with bacon in pan until golden brown. Add meat, cover with stock, add tomatoes, peppers, parsley and simmer for five minutes. Then add rice and simmer slowly until rice is tender. This may be cooked in a casserole. Season to taste. Serves 5 to 6.

### Meat Salad

- |                               |                                    |
|-------------------------------|------------------------------------|
| 3 cups cooked diced meat      | ¼ cup diced cucumbers (if desired) |
| 1 cup crisp lettuce, shredded | ½ cup mayonnaise dressing          |
| 1 cup chopped sweet pickles   | ½ cup sweet red pepper, chopped    |
| ½ cup diced celery            |                                    |

Toss all ingredients together, moisten with mayonnaise. Serve on crisp lettuce. Garnish with mayonnaise. Serves 6.

### Jellied Meat Loaf

- |  |   |
|--|---|
| 2 cups finely diced cooked meat        | ½ teaspoon salt                           |
| 1 tablespoon granulated gelatin        | ½ teaspoon diced celery                   |
| ¼ cup cold water                       | 1 chopped pimiento                        |
| ¼ cup boiling water                    | ½ cup chopped green pepper                |
| ¼ cup vinegar                          | 2 tablespoons finely minced onion         |
| 2 hard cooked Cloverbloom Eggs, sliced | ½ cup mayonnaise or boiled salad dressing |

Soak the gelatin in cold water, then dissolve in the boiling water. Add vinegar and salt. Cool. When mixture begins to jell mix in all the other ingredients excepting the eggs. Rinse a mold in cold water, arrange the egg slices on bottom and sides, then pour in the meat mixture. Set in cold place until firm. Serve on a bed of shredded lettuce. Serves 6.

### Meat in Patty Cases

- |  |                                 |
|--|---------------------------------|
| 2 cups diced cold cooked meat                    | 4 tablespoons Tarragon Vinegar  |
| 1½ cups gravy seasoned with Worcestershire Sauce | 1 tablespoon Cloverbloom Butter |
| 1 tablespoon grated onion                        | Salt and pepper to taste        |
|  | 2 Cloverbloom Egg Yolks         |

Heat meat in seasoned gravy. Boil vinegar and onion until reduced to 1 tablespoon, add butter, salt and pepper and egg yolks. Stir over hot water until smooth and very thick. Fill heated patty cases with hot meat and gravy, cover with 1 teaspoon of sauce and serve at once. Serves 4.

### Creamed Star Bacon and Potatoes

- |   |                             |
|---|-----------------------------|
| 1 cup finely chopped cooked Fixed Flavor Star Bacon | ¾ cup water                 |
| 2 cups potatoes, cut in dice                        | 1 tbsp. minced parsley      |
| 3 tbsp. Fixed Flavor Star Bacon drippings           | 1 tbsp. minced green pepper |
| 3 tbsp. flour                                       | ½ tbsp. minced celery       |
|   | Salt and pepper to season   |

Add chopped pepper, celery and parsley to bacon drippings and cook slowly for a few minutes. Stir in flour and then add the liquid. Cook until thick and smooth. Add Fixed Flavor Star Bacon and seasonings, then the cold potatoes. Cover and re-heat over hot water or a low fire. Sprinkle with chopped parsley and paprika. Serve very hot. Serves 5.

### Shepherd's Pie

- |                          |                         |
|--------------------------|-------------------------|
| 5 cups diced cooked meat | ¾ cup stock or water    |
| ½ cup diced celery       | 1 tablespoon flour      |
| ¼ cup minced onion       | 3½ cups mashed potatoes |

Combine meat, celery, and onion and place in a casserole or baking dish. Mix the flour with the stock and pour over the meat mixture. Pile the seasoned mashed potatoes over the whole and bake in a moderate oven (350° F.) 30 minutes.

### Star Bacon Meat Loaf

- 3 cups minced cooked meat
- 1 small onion
- 3 sprigs parsley
- 2 Cloverbloom eggs
- ¼ teaspoon pepper
- ½ cup sifted bread crumbs
- 1 tablespoon prepared mustard
- 1 cup milk



Put meat, onion and parsley through food chopper. Add beaten eggs and other ingredients. Mix well and put into a baking pan lined with strips of Fixed Flavor Star Bacon. Press mixture down firmly. Bake in a moderate oven, 350° F., for 45 minutes. Serves 6.

### Meat Stew

- |                          |                  |
|--------------------------|------------------|
| 2 medium sized onions    | 1 quart tomatoes |
| 2 cups diced cooked meat | Salt and pepper  |

Cut onions in small pieces and cook until tender in a small amount of Star Bacon Drippings, then add meat and tomatoes, and seasoning. Cook until tomatoes thicken.



### Meat Souffle

- |   |                                       |
|---|---------------------------------------|
| 5 tablespoons flour                     | $\frac{1}{2}$ cup bread crumbs        |
| 5 tablespoons melted Cloverbloom Butter | $1\frac{1}{2}$ cups cooked diced meat |
| 1 cup Star Evaporated Milk              | 3 Cloverbloom Eggs                    |
| 1 cup water                             | 1 tablespoon minced parsley           |

Add flour to melted butter, then add water and milk which have been heated and stir until smooth. Season with salt and pepper, and add bread crumbs. When thickened, remove from fire and stir in meat, well beaten egg yolks, parsley, and lastly the stiffly beaten egg whites. Turn into a buttered casserole and bake 30 minutes in a moderately slow oven, 300° F.

### Southern Hash

- |                       |                                  |
|-----------------------|----------------------------------|
| 6 raw potatoes        | 4 tablespoons Cloverbloom Butter |
| 2 medium sized onions | 1 cup meat stock                 |
| 3 green peppers       | 2 cups chopped cooked meat       |
| 2 large tomatoes      | Salt and pepper                  |

Put vegetables through food chopper. Melt butter in frying pan and add vegetables with stock and cook until potatoes are done, keep covered and stir occasionally to prevent sticking. Now add meat and season well with salt and pepper. Heat through and serve hot with toast points.

### Stuffed Peppers

Mix cold mashed potatoes with an equal amount of chopped corned beef. Season with Cloverbloom Butter and salt. Stuff peppers that have been parboiled. Bake in a moderate oven, 350° F. Rice may be used in place of the potatoes.

### Scalloped Meat

Place a layer of diced cooked meat in the bottom of a baking dish, cover with a layer of mashed potatoes which have been seasoned with salt, pepper, and a little chopped onion, then sprinkle with a layer of bread crumbs. Repeat this until the dish is filled having for the top layer buttered bread crumbs. Pour over whole sufficient gravy to cover all but top layer. Bake in a moderate oven, 350° F., for one hour.

### Everyone's Delight

- |                           |                |
|---------------------------|----------------|
| 1 cup diced cooked meat   | 1 cup tomatoes |
| 1 cup cold cooked cabbage | Bread crumbs   |

Place a layer of the meat in a baking dish, cover with cabbage, then tomatoes and bread crumbs. Continue until ingredients are used, having bread crumbs for top layer. A little grated Cloverbloom Cheese may be sprinkled over the top. Bake in a moderate oven, 350° F., for 30 minutes.

### Deviled Meat Fritters

- |                                    |                          |
|------------------------------------|--------------------------|
| $\frac{1}{2}$ cup deviled meat     | 1 cup flour              |
| 1 cup boiled rice or mashed potato | 1 teaspoon baking powder |
| 2 Cloverbloom Eggs                 | Cream                    |

Combine meat, rice and well beaten eggs. Sift flour and baking powder and add. Add sufficient cream to make mixture soft enough to drop by spoonfuls. Fry in deep hot Star Lard, 380° F. Serve at once.

### Macaroni and Meat

- |   |
|---|
| 2 cups macaroni                         |
| 1 cup diced cooked meat                 |
| 2 cups tomatoes, either canned or fresh |
| 2 medium sized onions                   |



Cook macaroni in boiling salted water until tender. Drain, blanch in cold water. Place a layer of the macaroni in a casserole, then cover with a layer of meat, then a layer of sliced onion, then a layer of tomatoes. Sprinkle with bread crumbs. Season with salt and pepper and place several small pieces of Cloverbloom Butter over the crumbs. Continue layers until all ingredients are used, having a layer of buttered cracker crumbs on top. Pour over all gravy to cover. Bake in a moderate oven (350° F.) for 45 minutes.

### Barbecued Eggs and Ham

- |  |                                  |
|--|----------------------------------|
| 2 tablespoons Cloverbloom Butter           | 2 tablespoons Armour's Salad Oil |
| $\frac{1}{2}$ teaspoon finely minced onion | 1 tablespoon vinegar             |
| 1 cup minced cooked ham                    | 6 Cloverbloom Eggs               |

Season ham with pepper and small amount of mustard. Then pour over it the oil and vinegar and let stand in a covered dish for 2 hours in a cold place. Heat the butter in a skillet and add the onion. Then add ham and cook until heated through. Add well beaten eggs and stir until eggs are cooked. Serve on buttered toast that has been moistened with a little stock or milk.

### Scrambled Eggs with Tomato and Ham

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups strained tomato | 4 Cloverbloom Eggs                  |
| $\frac{1}{4}$ cup soft bread crumbs | $\frac{1}{2}$ cup cooked diced meat |
| 2 Tablespoons Cloverbloom Butter    | Salt and pepper                     |

Cook together the tomato, bread crumbs and butter for 3 minutes; then add well beaten eggs and cook until it thickens. When thick add meat. Season to taste. Serve on hot baking powder biscuits.

### Portuguese Toast

Skin 1 cold cooked Star Pure Pork Sausage Link and cut into slices  $\frac{1}{4}$  inch thick. Put 3 tablespoons tomato sauce into small pan with 1 tablespoon cold cooked rice and season to taste. Arrange some of the slices of sausage on pieces of finger shaped toast, let them slightly overlap each other. Spread the sauce over them, heat in the oven for a few minutes and serve at once.

### Meat Rolls

Cut thin slices of cooked meat, place a spoonful of bread dressing on each slice and roll up. Fasten ends with toothpicks or skewers and place in a baking dish. Cover with leftover gravy or tomato sauce. Bake in a moderate oven, 350° F., for 30 minutes.

## What to Serve with Leftover Meats

MAIN DISH	ACCOMPANIMENT	POTATOES OR STARCH VEGETABLE	VEGETABLES	SALAD	DESSERT
Meat in Patty Cases	Olives	Potato salad	Buttered beets		Jellied fruit Small cakes
Meat stew	Watermelon pickles	Boiled potatoes		Apple and celery	Lemon cream pie
Meat Souffle		Baked potatoes	Oven cooked turnips	Spinach	Baked chocolate pudding, sauce
Pressed meat	Chutney	Creamed potatoes	Asparagus	Carrot and pineapple	
Meat loaf	Creole sauce	Parsley potatoes		Lettuce and cucumber	Fruit tapioca
Meat Pot Pie	Pickled beets	Au gratin potatoes	Baked tomato	Cabbage	Peach upside down cake
Meat ring mold	Spanish sauce	Macaroni	Baked onions		Devil's food cake
Meat Cutlets	Tomato sauce	Mashed potatoes	Buttered string beans	Lettuce and beet	Fruit shortcake Whipped cream
Jellied Meat Loaf	Lettuce and tomato sandwich				Custard pie
Southern hash	Chili sauce		Green peas	Watercress and cucumber	Chocolate marshmallow roll
Scrambled eggs with tomato and ham		Stuffed baked potatoes		Grapefruit and Orange	Graham cracker cake

## Appetizing and Nourishing Ways to Reduce Your Food Costs

Most housewives are not familiar with all the edible portions of beef, pork or mutton, such as the heart, liver, brains, kidney, tripe, tongue, sweetbreads and tail. These meats are rich in vitamins, minerals, and protein, and are very nutritious. They are relatively inexpensive. A few tasty recipes follow:

### SWEETBREADS

#### GENERAL PREPARATION

Plunge sweetbreads into cold water; soak  $\frac{1}{2}$  hour. Remove loose membrane. Then cover with boiling water, allowing 1 teaspoon salt and  $1\frac{1}{2}$  tablespoons vinegar to each quart of water. Simmer 20 minutes. Keep in cold water until ready to use to prevent darkening.

#### *Creamed Sweetbreads*

Chop fine  $\frac{1}{2}$  can mushrooms, mix with prepared sweetbreads. Add 1 cup well seasoned white sauce. Heat thoroughly in double boiler. Garnish with peas.

#### *Breaded Sweetbreads*

Parboil sweetbreads, split and spread both sides with tartar sauce. Roll in crumbs, egg, and again in crumbs. Fry. Serve with tartar sauce served separately. Garnish with lemon and parsley.

#### *Sweetbreads en Casserole*

Place three tablespoonfuls of drippings in a frying pan. Parboil the sweetbreads and remove skin. When fat is hot, add sweetbreads and brown well, then place in baking dish and arrange sliced cooked carrots, small onions, sliced green peppers, canned peas and diced cooked potatoes around sweetbreads. Lay strips of Fixed Flavor Star Bacon on the vegetables, add one cup of liquid, cover and bake 20 minutes.

### HEART

#### *Baked Stuffed Heart*

Buy either beef, mutton or pork heart to the amount of four pounds. Wash heart and remove valves and arteries. Stuff with bread dressing seasoned with sage and onion. Rub with salt and pepper, roll in flour and brown in hot drippings or Star Lard. Place in baking pan and half cover with boiling water. Cover tightly and allow to bake slowly.

If cooking a beef heart, two hours of slow cooking will be required. If baked in an uncovered pan, baste every fifteen minutes. When heart is tender remove it from the roasting pan and thicken the remaining liquid to serve as gravy, seasoning it well with salt and pepper. Bake pork hearts about 1½ hours.

## TONGUE

### Tongue Omelet

- |                                |                            |
|--------------------------------|----------------------------|
| 5 Cloverbloom Eggs             | 1 tbsp. minced parsley     |
| 3 tbsp. chopped, cooked tongue | Salt and pepper            |
| 1 tbsp. milk                   | 2 tbsp. Cloverbloom Butter |

Beat eggs until frothy; add tongue, milk, parsley and seasoning. Melt butter in frying pan, and when hot pour in the mixture and stir slowly with a fork over quick fire. When quite set, fold, allow it to brown in the oven and serve at once. Serves 4.

### Cold Jellied Tongue

- |          |                   |
|----------|-------------------|
| 1 tongue | ½ box of gelatine |
|----------|-------------------|

Boil tongue until tender, about two hours for beef tongue. When cold press into a brick shaped mold. In a pint of seasoned tongue liquor or soup stock stir the gelatine, and when this is dissolved, pour around the tongue in the mold. Place in refrigerator or cool place until jelly is firm.

### Calves' Tongues, Roasted

Have the tongues fresh and cook until just tender enough to allow the skin to be removed easily. Remove skin and then lard each tongue with lardons of salt pork; put into a roasting pan and roast until tender, basting with a little stock and melted Cloverbloom Butter in which there is a sliced onion. Cook one hour. Fifteen minutes before they are to be taken out, sprinkle with fine bread crumbs moistened with melted Cloverbloom Butter. Have the oven very hot and brown well. Take out of the roasting pan and into the pan put a little white stock, let cook and thicken it with flour. Add one tablespoonful of vinegar, and serve separately. Serve red currant jelly with the tongues.

## LIVER

### Calf's Liver Pasadena

Have the butcher slice one-half pound of calf's liver very thin. Remove skin and veins and wipe with damp cloth. Pan quickly in hot frying pan containing two tablespoonfuls of Cloverbloom Butter. Lift to hot platter and garnish with strips of broiled fried Fixed Flavor Star Bacon. Serve with sweet potatoes which have been fried in the bacon fat.

### Liver Loaf

Remove skin from one pound of beef liver, cut into slices and cook in boiling salted water for five minutes. Drain, put through the meat grinder and add:

- |                          |                              |
|--------------------------|------------------------------|
| 1 c. bread crumbs        | 1 tbsp. finely chopped onion |
| 2 tbsp. tomato ketchup   | 1 Cloverbloom Egg, beaten    |
| ½ c. fresh pork, chopped | Juice ½ lemon                |
| Salt and pepper to taste |                              |

Mix well together and turn into baking pan lined with slices of Fixed Flavor Star Bacon. Press the mixture firmly into the pan and lay strips of Fixed Flavor Star Bacon on top. Bake in a moderate oven 1½ hours. Serves 5.

### Scalloped Liver

- |                         |                           |
|-------------------------|---------------------------|
| 2 c. diced cooked liver | 1 tsp. capers             |
| 1 tsp. onion juice      | 1 c. bread crumbs         |
| 1 tsp. chopped parsley  | ½ c. stock                |
| 1 tsp. salt             | 3 tsp. Cloverbloom Butter |

Butter a casserole, cover the bottom with bread crumbs. Mix liver with parsley, salt, capers, and pepper. Distribute this over bread crumbs. Add some of the butter between layers, pour over the stock and onion juice and add remaining crumbs and butter for top layer. Bake twenty minutes. Serves five portions.

### Spanish Liver

- |                    |                         |
|--------------------|-------------------------|
| 1 lb. liver sliced | Juice 1 lemon           |
| 2 large potatoes   | ½ c. Veribest Salad Oil |
| ½ onion            | 1 tsp. salt             |
| ½ bay leaf         | 1 tbsp. catsup          |

Carefully trim the liver. Rub each slice with onion and salt and for one hour keep it covered with the oil and lemon juice combined. Pare and dice the potatoes. Dice the liver, mix with the potatoes, and add the bay leaf and salt. Cover with boiling water and boil slowly until the potatoes are tender. Just before removing from the pot, add the catsup. Place in serving dish and sprinkle with paprika, if desired. Serves five portions.

### Casserole of Liver

- |                              |                  |
|------------------------------|------------------|
| 1¼ lb. liver in one piece    | 3 c. potatoes    |
| 4 tbsp. Star Bacon drippings | 1½ tsp. salt     |
| ¼ cup flour                  | ½ tsp. pepper    |
| 1 small onion                | 1 small bay leaf |
| 2 carrots                    | ½ c. salt pork   |
| 1 c. celery                  | 2½ c. tomatoes   |

Melt drippings in hot frying pan. Dredge liver with flour; place in frying pan and sear to a golden brown on all sides; then put in casserole. Add thinly sliced onion and carrots, chopped celery, diced potatoes and seasoning. Pour tomatoes over all and sprinkle with finely chopped salt pork. Cover and bake in a moderate (350° F.) oven for 2½ hours. Serves six portions.



### *Salmi of Liver*

- |                              |                  |
|------------------------------|------------------|
| 1 lb. liver                  | 1 tsp. catsup    |
| 1 c. stock or sauce          | 4 chopped olives |
| 1 tbsp. Star Bacon drippings | ½ c. mushrooms   |

Prepare liver and boil three-quarters of an hour in slightly salted water. Cool, then cut in dice. Make a sauce of the broth, seasoned well with salt and pepper; add the olives and mushrooms; simmer for 15 minutes and serve hot, adding the diced liver. Serves five portions.

## KIDNEY

### *Beef Kidney, Creole Style*

- |                                       |                        |
|---------------------------------------|------------------------|
| 1 beef kidney                         | 1 pint canned tomatoes |
| 1 thick slice Fixed Flavor Star Bacon | 1 tsp. salt            |
| 2 tbsp. chopped suet                  | ½ tsp. cayenne pepper  |
| 4 tbsp. flour                         | ½ tsp. curry powder    |
| 1 sweet pepper                        | 4 onions               |

Trim fat from a fresh kidney and cut into three-quarter inch slices. Dredge with flour. Fry chopped bacon and suet in deep saucepan, add kidney, chopped onions, and pepper and turn until meat is thoroughly seared and coated with a rich brown gravy. Add tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot on narrow strips of buttered toast. Serves 5.

### *Kidney Stew*

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 pork kidney or four small kidneys | 1 tsp. salt                |
| 2 tbsp. Star Bacon drippings        | ½ tsp. caramel             |
| 2 tbsp. finely cut onion            | 1 tsp. parsley, minced     |
| 2 tbsp. flour                       | Pepper and nutmeg to taste |

Remove white tubes and cut kidneys into small dice; cover with cold water and to each quart of water add one teaspoonful salt. Let stand for thirty minutes; drain, rinse in cold water, put in saucepan, cover with boiling water, and boil slowly for two hours; drain. Put the drippings and onion into a pan; add kidney, salt and pepper; cover, and cook or steam for twenty minutes, add one cup of water, and flour mixed in cold water. Boil for ten minutes; add the caramel, nutmeg and parsley. Serve with hominy grits. Serves 4.

### *Broiled Kidneys*

- |                      |                 |
|----------------------|-----------------|
| Small kidneys        | Salt and pepper |
| Star Bacon drippings | Grated nutmeg   |

Split kidneys; cover with boiling water and simmer over a low fire for five minutes. Drain and remove the skin. Dip into melted bacon drippings and season with salt, pepper and nutmeg. Broil five to eight minutes, turning frequently and brushing with the drippings. Serve with any preferred sauce.

## Added Hours of Leisure with Ready to Serve and Easy to Prepare Meats

Many of the homemaker's most perplexing meat problems come up unexpectedly. While the routine of three meals a day raises the constant question "What shall I serve?" most housewives plan their routine meals in advance. Knowing the meats most relished by their families, it is comparatively easy to arrange balanced menus which are satisfactory and nourishing and at the same time offer the necessary touch of variety and economy.

But how upsetting it is to the best planned routine when a sudden call from friend husband announces that he is "bringing John home for dinner tonight"—especially when you know that John is likely to stay late and that a tasty snack of something different would be nice before he left. It is even more disconcerting when some one drops in without any warning at all!

It is puzzling too, to decide just what to do for refreshments at your afternoon tea or the two or three tables of bridge you are planning—how satisfying to have something definitely appetizing and different!

So many times when homemakers are called upon to prepare a quick supper lunch, a bite after some pleasant home gathering, an after school sandwich for the children, or even the picnic basket, it is a great help to know what would be fitting and appetizing and quick to prepare. That's when recipe suggestions prove such a help, especially when they aid in preparing a meal with less time in the kitchen.

### *Prepared Meats in Almost Endless Variety*

There are so many different kinds of Ready-to-Serve Meats that it would be almost impossible to remember them all. Armour and Company prepares 197 totally different varieties.

Every homemaker is familiar with the better known varieties, but listing a number of them may prove helpful for quick reference.



There are several types of Prepared and Ready-to-Serve meats, all solid delicious meat—no waste—providing variety so wide that there is always a refreshing change.

### *Boiled and Baked Ham*

Boiled and Baked Ham are universal favorites. By insisting upon Armour's Fixed Flavor Star Boiled or Fixed Flavor Star Baked Ham you assure yourself of the utmost tenderness and flavor.

### *Delightful Luncheon Meats*

Ready-to-Serve Meats of the type commonly known as Luncheon Meats are so numerous as to satisfy every taste. They are usually mild in seasoning, tasty and tender, and exceedingly economical because they are concentrated meat foods. Among the most delicious are:

- Armour's Star Luncheon Roll
- Armour's Star Pimento Minced Luncheon Meat
- Armour's Star French Tasty Loaf
- Armour's Star Pressed Luncheon Meat
- Armour's Star Pure Pork Luncheon Meat
- Armour's Star Spiced Ham
- Armour's Star Spiced Luncheon Meat

### *Appetizing Meat Loaves*

It is really unnecessary for any homemaker to spend time in the kitchen preparing her own meat loaf when she can select from a wide variety of ready made loaves. This type of Ready-to-Serve Meats includes such favorites as Ham Loaf, Veal Loaf and many tasty combination loaves such as:

- Armour's Star Pickle and Pimento Loaf
- Armour's Star Meat N'Olive Loaf
- Armour's Star Macaroni and Cheese Loaf
- Armour's Star Home Made Loaf

### *Sausage Delicacies*

While there are many delicious sausage items—all healthful foods, full of nutrition—those most usually found in well stocked Ready-to-Serve Meat departments are, Bologna, ideal for buffet suppers, quick

luncheons and tasty sandwiches—and healthful Liver Sausage, liver in its most appetizing form. When planning wholesome and nourishing menus keep in mind such favorites as:

- Armour's Star Bologna
- Armour's Star Braunschweiger Liver Sausage
- Armour's Star Strassburg Liver Sausage
- Armour's Star Berliner

### *Fancy Sausage (Cervelat, Summer Sausage, Salami)*

One type of fancy sausage which most people know only as Dry or Summer Sausage in reality includes numerous delicately seasoned and tasty varieties. The better known are, Cervelat or Summer Sausage and Salami.

Summer Sausage is of two kinds, the dryer variety such as Armour's Star Summer Sausage, and an equally delicately tasty semi-dry variety, Armour Thuringer Sausage.

Salami varies in seasoning and dryness. Armour's Star Salami is a tempting delicacy, skilfully blended beef and pork, very similar to Summer Sausage, but more piquant through spicing and longer smoking.

Armour's Star Genoa Salami is an Italian variety famous for its zest and piquancy, and widely favored as an appetizer.

Armour's Star Cooked Salami is a semi-dry sausage, a tender and delightfully different addition to your list of sausage delicacies.

For any meal . . . any time . . . you'll appreciate the convenient, ready to serve qualities of dry sausage . . . and delight in the added zest it imparts to every dish. Too, there's the economy feature to be considered. Armour's Star Dry Sausage is a highly concentrated food . . . and for that reason will go farther than a pound of any other kind of meat.

#### *American Favorites*

Star Summer Sausage	Old Fashioned Cervelat
Star B. C. Salami	Thuringer Summer Sausage
Star Gothaer	

#### *Other Popular Varieties*

Star Goteborg	Star Genoa Salami	Star Frisses
Star Capiccoli	Star Mortadella	La Stella Prosciutto
Star Milan Salami		



## *Meats for Your Pantry Shelf*

Just imagine the convenience of having meat on your pantry shelf, there when you need it, ready to serve hot or cold. With it you are prepared for a hearty, satisfying warm meal or an emergency pickup. Any occasion, an outing, picnic, or a cold plate supper is easy to plan when you have Armour's Star Quality Ready-to-Serve Meats on hand. Sealed in tin or glass in sizes to meet the needs of every family. Delicious recipes and ways to serve are printed on every package and in addition, the number of portions each tin will serve. You will find quality, convenience and economy in these meats.

Keep a supply of Armour's Star Quality Canned Meats in your pantry.

### *For the Complete Meal*

Armour's Star Quality Corned Beef  
Armour's Star Quality Corned Beef Hash  
Armour's Star Quality Sliced Dried Beef  
Armour's Star Fixed Flavor Sealed Ham

### *For Sandwiches, Cold Plates or Salads*

Armour's Star Quality Sandwich Spreads  
Liver Spread      Deviled Tongue  
Buffet Spread      Genuine Deviled Ham  
Armour's Star Quality Veal Loaf  
Armour's Star Quality Ham Loaf  
Armour's Star Quality Potted and Deviled Meats  
Armour's Star Quality Ox Tongue

### *As Appetizers*

Armour's Star Quality Pickled Pigs Feet  
Armour's Star Quality Pickled Lambs Tongue  
Armour's Star Quality Pork Feet Cutlets

### *For the Zestful Meal*

Armour's Star Quality Chili Con Carne  
Armour's Star Quality Hot Tamales

## *Suggestions for Serving Ready to Serve Meats*

### *For the Bridge Luncheon or Tea*

Divide a small dinner plate into four sections using stuffed celery, pickles and olives to mark divisions. In the first section place an assortment of ready-to-serve meats, such as slices of Star Baked Ham, Star Spiced Luncheon Meat, Armour's Corned Beef or Star Bologna. In the second section place a combination vegetable salad, in the third section, bread and butter sandwiches or a hot roll, and in the fourth section, potato chips or shoe string potatoes. Serve with a hot beverage and a fruit dessert.

*Another Suggestion.* Cold sliced lamb tongue decorated with sprigs of crushed mint. Jellyed chicken loaf, served whole on a platter surrounded with fresh vegetable salad. Pagoda sandwiches of rounds of toast. First round topped with barbecued ham slices. Next round, Armour's Cold Sliced Chicken. Next round, Jellyed Tongue. Top slice of tomato. Plenty of mayonnaise throughout the whole and a ripe olive for a pinnacle.

### *Cold Plates*

*Hot Night Cold Cuts.* Come out of the kitchen these hot afternoons. For dinner, arrange on cold plates a generous serving of Armour's Cold Meat. Add to each plate a mound of potato salad or cold slaw, a butter roll, crisp slices of cucumber and tomato. Dinner is ready!

*A Cold Plate Supper.* In the center of a large platter arrange spiced peaches or pears on crisp lettuce leaves. Divide the plate into six spoke-like sections. Place overlapping slices an assortment of Star Spiced Ham, Star Liver Sausage, Star Meat Loaf, Star Cooked Salami, Star Luncheon Tongue or Star Summer Sausage in the sections. Garnish with curled celery and pickle fans.



## For the School Lunch Basket

*Nutritious Sandwiches That Are Easy to Digest.* Slice Armour's Summer Sausage very thin and place between rye or graham bread or slice

Armour's Star Liver Sausage and place between buttered slices of white bread. Both of these sausages contain nutritious qualities. Doctors recommend Liver as a health food.



*Star Ham Sandwich.* Mix chopped Star Ham with  $\frac{1}{4}$  part currant jelly and spread on buttered bread.

*Corned Beef Sandwich.* Slice chilled Star Corned Beef and place between slices of buttered bread, adding sliced tomato or pickles.

## The Unexpected Guest

*For Dad and His Friends.* And don't forget to let the men of the house have their innings with good old fashioned bologna, such as only Armour's make, spiced ham, thuringers, Muenchner Sausage, and the many cuts we make especially to cater to men. Keep them on hand!

Just imagine how helpful it will be when unexpected guests arrive to have on hand a tasty, economical and satisfying meal that Armour's Star Corned Beef Hash is ideal for it is already to heat and serve. A tasty meal that can be prepared in just eight minutes.

## For the Midnight Snack

*After-Movie Kitchen Raid.* Stock up your refrigerator with Armour's sausages and cold meats. Then when national nibbling hour comes around the young folks and grownups, too, can combine these choice meats with bread and butter and crispy hot toast.

*Satisfying Sandwiches.* Place some slices of Star Summer Sausage, Star Ham, Star Pork Luncheon Meat between two slices of hot buttered toast and serve with dill pickles.

Place thinly sliced Armour's Corned Beef on a slice of rye bread which has been spread with mustard butter. Cover with another slice of rye bread and serve with tiny pickled onions.

## Tasty Appetizers

*Dinner Appetizers.* Everybody serves 'em. You can make a thousand and one with Armour's cold meats. For example, slice Armour's rich, spicy summer sausage into inch slices. Cut in wedges. Impale on toothpicks for finger's sake. Spread Armour's dried beef with Armour's sandwich spread. Roll. Fasten with toothpicks and slice into cute little rounds. Cut rye bread in rounds. Butter lightly with blend of butter and horseradish. Top with Armour's beef tongue. Open rounds of toast spread with Armour's liver sausage.

*Everybody Likes This One.* Arrange several popular sausages, such as Armour's Star Summer Sausage, Liver Sausage, Spiced Ham, Cooked Salami on a platter with pickles, olives, crackers and thinly sliced white and rye bread.

Wrap olives with fried Armour's Star Bacon strips; hold bacon around the olive in place with a toothpick. A tasty addition to such an appetizing plate would be Armour's Star Boneless Pigs Feet. Garnish the plate with lettuce, parsley or watercress.

*Ham and Olive Canape.* Cut 6 slices bread  $\frac{1}{4}$  inch thick. Cut with round cookie cutter and fry until brown in Armour's Star Lard. Cook and spread with following mixtures:

1 c. Armour's Star Ham, finely chopped	$\frac{1}{2}$ c. chicken, chopped
$\frac{1}{4}$ c. mayonnaise	$\frac{1}{4}$ c. olives, chopped
	Salt—cayenne—paprika

Mix until well blended to make a smooth paste. Season and spread on canapes. Garnish with slices of olive or fancy pieces of pickled beets. Serves 6.

Armour's Star Ham, used in a canape, supplies a very savory and appetizing flavor for the beginning of a meal, this due to the Fixed Flavor Process of sugar-curing and smoking.

All Armour Sausages and Ready-to-Serve Meat items are made from selected, government inspected meats, insuring for you an absolutely pure, uniform and fresh food product.

# Poultry

## Armour's Cloverbloom Poultry

Appetites are keenly appreciative of fine quality fowl and homemakers are extremely critical of the results of their efforts to prepare a successful dinner in which poultry is the main dish. Naturally, this desire for perfection causes a great deal of apprehension as to whether or not the fowl purchased is going to live up to expectations. To allay these fears, Armour and Company has given to poultry a brand name, "Cloverbloom" which assures at all times plump, tender, well-fed poultry, the result of modern scientific methods of raising and feeding. By asking your dealer for Armour's Cloverbloom Poultry, you can be certain that your dinner will be a genuine success.

## Characteristics of Young Fowl

- FOWL— Term includes young and old chicken, turkey, goose and duck.  
CHICKEN—Term applied to young spring chickens of either sex, not over 6 months old. May be either fryer or roaster.  
BROILERS—Young spring chickens about six months old.  
PULLET— Young hen (female spring chicken). Usually 4 to 6 months old.  
CAPON— Specially fattened young male chicken which has been castrated.

## Preparation Before Cooking

Care should be taken that the fowl is drawn and thoroughly cleansed. This is often attended to by the retailer, but special care and attention is also needed in the home. The pin feathers should all be removed and the fowl singed. All blood clots, portions of lungs, etc., should be removed. Hold fowl under faucet, and let water from the faucet rush through it to remove any clinging portions.

## Dressing the Fowl

So that the legs, wings and neck of fowl will not dry out, it is well to truss the fowl for roasting. Fold back the wings so that they form a "V" on the back. Fold the neck back so that it fits between the wings. Fasten with twine. Bend legs back and fasten them close to the rump, also fasten joints close to the body. If dressing is to be used, stuff the bird and sew up the openings. A darning needle threaded with twine makes trussing quite simple.

## Roast Chicken

Select a 4 to 5 lb. roasting chicken and draw it. Wash the chicken thoroughly inside and outside. Dry carefully and rub the inside well with salt. Then stuff with any desired dressing. Sew or skewer the opening, then truss. Sprinkle the outside of the chicken with salt, dust with flour and lay strips of Star Bacon over the breast and legs. Place on a rack in a roasting pan and sear in a hot oven, 500° F., 20 minutes, then cover, reduce temperature to 350° F., and allow 20 minutes for each pound.

## Broiled Chicken

Dress a Cloverbloom Broiler as for roasting and split it down the back. Wipe carefully. Rub well with salt and pepper and brush with melted Cloverbloom Butter or Star Bacon drippings. Place on rack in a broiling pan. Sear under a hot flame until nicely browned then lower heat and continue cooking until tender, turning frequently.

## Fried Chicken, Southern Style

Clean and cut a 2½ to 3 lb. fryer into convenient sizes for serving. Season with salt and pepper and roll in flour. Melt ½ cup Cloverbloom Butter in a deep frying pan and add the chicken. Turn the chicken frequently to brown it on all sides. Then lower the flame, cover the pan and let the chicken cook slowly until the meat is tender. Place the chicken on a hot serving plate and make a gravy of the drippings in the pan.

## Fricassee Chicken

Dress a Cloverbloom Chicken and cut into pieces. Rub with salt and pepper, then dredge with flour. Melt 3 tablespoons Star Bacon drippings in a deep skillet and add the chicken. When it is nicely browned, add 2 cups boiling water and simmer slowly until chicken is tender. Remove chicken, thicken broth with flour mixed to a paste with a little of the hot broth. Cook until smooth.

## Stewed Chicken

Select a plump chicken. Dress and cut in pieces for serving. Place in a medium sized kettle and cover with boiling water. Add 1 teaspoon salt, ¼ teaspoon pepper, and ¼ cup chopped onions. Simmer slowly until tender. Serve with dumplings cooked in the broth.

## Chicken a La King

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 tablespoons Cloverbloom Butter | Dash of paprika                 |
| 2 tablespoons flour              | 1 cup diced mushrooms           |
| 1½ cups Star Evaporated Milk     | 1 chopped green pepper          |
| ½ cup water                      | 1 pimiento cut in narrow strips |
| 1 teaspoon salt                  | 2 cups diced cooked chicken     |
| ½ teaspoon pepper                | 2 Cloverbloom egg yolks         |

Make a cream sauce of the butter, flour, evaporated milk, water, salt, pepper and paprika. Add the mushrooms, green pepper, pimiento and chicken. Cook over a low flame heated through. Then add the slightly beaten egg yolks, and cook for a moment, stirring constantly. Serve immediately on hot toast, patty shells or croustades.

### *Giblet Bread Dressing*

1 qt. bread crumbs	½ cup milk
¼ cup chopped onion	2 tablespoons Cloverbloom Butter
¼ cup diced celery	1 teaspoon salt
2 Cloverbloom Eggs	½ teaspoon pepper

Soak bread crumbs in cold water and squeeze dry. Melt butter in pan, add liver, gizzard, heart, onion and celery, then add bread and fry 15 minutes. Then add other ingredients and mix well. Cool and stuff into prepared fowl.

### *Roast Turkey*

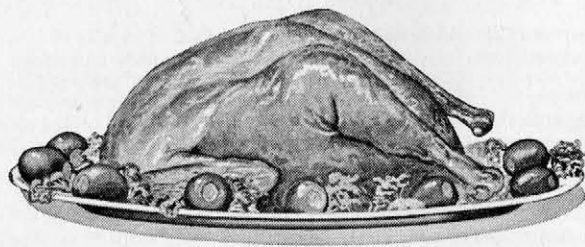
Dress the turkey and singe it carefully, wash it inside and out. Dry and rub the inside of the turkey well with salt. Stuff with any favorite dressing and sew or skewer the opening, then truss the bird. Sprinkle it with salt and place strips of bacon over the breast and legs. Lay breast side up on a rack in a roasting pan. Bake for 20 minutes, uncovered in a hot oven, 475° F. Then add 1 cup boiling water, cover the roaster and complete baking in a slow oven, 300° F. Allow 18 to 22 minutes per pound, depending on the size of the bird.

### *Roast Long Island Duckling*

Remove pin feathers, singe and remove the entrails from the duck. Wash thoroughly and dry well. Salt inside of duck and stuff with any favorite dressing. Sew or skewer opening and place on a rack in a roasting pan. Rub surface with salt and rub the breast and legs with Cloverbloom Butter. Dredge with flour. Sear in a hot oven, 500° F., for 20 minutes. Reduce heat to moderate, 350° F., cover pan and continue baking until breast meat is tender. The average duckling requires about 2 hours. Baste occasionally and turn to insure even browning.

### *Roast Goose*

Draw and wash a goose thoroughly. Salt the inside well and then stuff with a bread or potato dressing. Place on a rack in an open roasting pan and sear for 15 minutes in a 500° F. oven. Then reduce the heat to 300° F. and bake until the goose is tender. An 8 lb. goose will require about 3 hours.



*We have added LARD to our book, for a book on meat cooking would not be complete without suggested uses of that all important meat product.*



## *Biscuits and Pastry*

Assured success in biscuit and pastry making is inevitable if a few simple rules will be remembered. Flaky, delicious biscuits and crunchy flaky, tender pastry depend largely upon the type of shortening used. The rich deliciously flavored fats that constitute Star Pure Lard make for perfect shortenings. Star Pure Lard is 100% pure lard.

Because Armour's Star Pure Lard is easily digested and important as a source of energy, you can use it with confidence in your favorite recipes. And remember, its rich, pure goodness never varies.

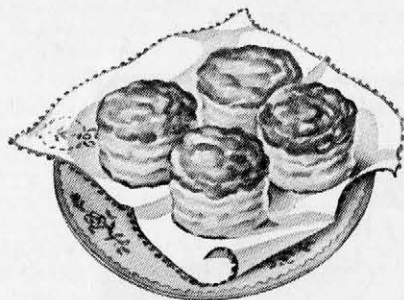
Whether it be a tablespoonful for shortening, or a kettleful for frying, the results will be perfect.

Try Star Lard and note the improved flavor and texture of your biscuits, pies, doughnuts and breads.

Every carton of Armour's Star Pure Lard carries interesting new recipe and menu suggestions.



## Standard Baking Powder Biscuits



2 cups flour  
4 tablespoons Star Pure Lard  
 $\frac{1}{8}$  teaspoon salt  
4 teaspoons baking powder  
 $\frac{1}{8}$  cup Star Evaporated Milk  
 $\frac{1}{4}$  cup water

Sift flour, measure. Mix and sift dry ingredients. Work in Star Pure Lard using two knives, pastry mixer or finger tips. When of consistency of coarse corn meal pour in the liquid all at once and stir vigorously until it thickens. Knead for 20 seconds. Roll or pat  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. Cut with

floured biscuit cutter. Place on an ungreased pan or sheet about  $\frac{1}{2}$  inch apart. Bake at 425° F. (hot oven), for 12 minutes. Yield: about 20 biscuits.

## VARIATIONS

### Fried Biscuits

Cut  $\frac{1}{4}$  inch thick. Place biscuits in slightly greased and very hot griddle or iron frying pan and bake on top of stove until well browned and puffed. Turn and brown on other side.

### Parkerhouse Biscuits

Proceed as for standard biscuits, cut with biscuit cutter, crease each with back of knife across center. Spread one side with softened Cloverbloom Butter. Fold one side well over and allow to stand 20 minutes in greased pan. Bake in a hot oven, 425° F., for 20 minutes.

### Pinwheel Biscuits

Proceed as for standard biscuits, but replace 2 tablespoons milk with 1 beaten Cloverbloom Egg. Roll dough very thin. Spread with softened Cloverbloom Butter. Sprinkle with brown sugar, cinnamon. Begin at edge nearest you, roll dough up carefully as you do for a jelly roll. Cut into slices 1 inch thick. Place in shallow greased pan. Place slices with the cut side down and sides touching. Bake in a 425° F. oven, (hot) 20 minutes.

### Orange Tea Biscuits

Standard baking powder biscuit dough	$\frac{1}{4}$ cup orange juice
Loaf sugar	Grated rind of 1 orange

Add grated rind to flour and fat mixture then proceed as for standard biscuits. When biscuits are cut and placed in pan press into center of each a loaf of sugar dipped in the orange juice.

## Cloverleaf Rolls

Proceed as for standard biscuits, roll dough into oblong shape, cut with sharp knife into even pieces and shape with floured hands into little balls and put three in each greased muffin tin. Allow to stand 20 minutes. Brush with milk or melted Cloverbloom Butter and bake in a hot oven, 425° F., for 15 minutes.

## Plum Rolls

Proceed as for Pinwheel Biscuits. Roll out  $\frac{3}{4}$  inch thick. Cover with 1 cup seeded, well drained canned or stewed plums. Roll like a jelly roll, pressing edges together. Cut into  $1\frac{1}{2}$  inch slices. Place in greased pan and pour plum sauce ( $\frac{1}{4}$  cup plum juice thickened with 1 tablespoon flour) over them. Bake in a hot oven, 425° F., 30 minutes. Baste twice. Serve with sauce poured over them.

## Caramel Rolls

Proceed as for Pinwheel Biscuits. Roll  $\frac{1}{4}$  inch thick. Brush well with melted Cloverbloom Butter, then sprinkle generously with granulated sugar mixed with cinnamon allowing  $\frac{1}{2}$  teaspoon cinnamon to each  $\frac{1}{2}$  cup sugar. Then cover with  $\frac{1}{4}$  cup raisins. Roll like a jelly roll. Cut in slices 1 inch thick. Place slices close together in round pan with bottom spread with following mixture:

$\frac{1}{4}$ cup Cloverbloom Butter	$\frac{1}{2}$ cup brown sugar
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Cream well together. Bake 25 minutes at 425° F. or a hot oven. When done turn upside down immediately or the caramel in bottom of pan will become hardened.

## Delicious Ice Box Rolls

$\frac{1}{2}$ cup Star Pure Lard	1 cup scalded milk
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ teaspoons salt	1 cake yeast
1 Cloverbloom Egg	$3\frac{1}{2}$ to 4 cups bread flour

Crumble yeast cake into a cup, add 1 teaspoon sugar and dissolve in the lukewarm water. Let stand in warm place while preparing other ingredients. Put the lard, sugar and salt into a large bowl. Pour over the scalded milk. When sugar is dissolved and lard is melted, add the Cloverbloom Egg beaten. When this mixture is lukewarm add the dissolved yeast. Sift in the flour, a cup at a time, beating thoroughly after each addition. When dough no longer sticks to sides of bowl it has been beaten enough. Add only enough flour to make a soft dough. Turn on to a floured board. Knead until elastic and smooth. Care should be exercised not to get too much flour into the dough. Grease bowl and place well kneaded dough in bowl. Punch down, then turn down side up, having greased surface on top. Cover closely and place in refrigerator or cold store room at least 12 hours. If kept under proper refrigeration, the dough will keep for a week. Cut off amount desired. Knead, shape, place into greased pan and let rise in warm place until double its bulk. Bake in hot oven, 425° F., 10 to 12 minutes. Yield: 3 dozen small rolls.

## Plain Pastry

$\frac{1}{2}$  cup Star Pure Lard  
 $\frac{1}{4}$  teaspoon salt

2 cups sifted pastry flour  
Ice water

### METHOD FOR ALL RECIPES:

1. Assemble all ingredients first.
2. Dust rolling pin with flour.
3. Measure ingredients.
4. Mix and sift dry ingredients.
5. Mix lard with dry ingredients, using knives or finger tips.
6. Add water slowly, mix with fork, toss water and flour together to just dampen flour. Mixture should be uniformly damp.
7. Divide dough in equal portions, form into balls.
8. Pat ball on floured board, roll lightly from the center toward the edges. Use short strokes and move dough to keep shape.
9. Transfer to pie tin—crust may be folded if desired.
10. Place in pie tin so it covers surface smoothly and loosely. Should fit the pan. Lift if necessary to remove air. Press down lightly.
11. *For shell*—Hold tin and have knife at 45° slant, trim edge, flute or press with tines of fork. Prick pastry with fork to release air and prevent formation of steam during baking. Or prick and then place pie tin (same shape as first) inside first. Remove when shell is baked. This keeps crust in perfect shape.
12. *Double Crust Pies*  
Upper crust—smaller than lower.  
Lower crust—allow 1 inch flange. When pie is filled dampen edges, place upper crust in place, then fold under crust over, making perfect seal. Press firmly with tines of fork or fingers.
13. Baking—hot oven, 425° F., for 35 minutes.  
Single crust pie—450° F. until firm and dry, and edge of crust is golden brown, about 12 minutes.  
A hot oven prevents shrinking and prevents the filling from soaking into the lower crust.

## Tarts

Cut pastry into rounds, allowing two rounds for each tart, removing center from one, leaving a rim about  $\frac{1}{2}$  inch wide. Brush the whole piece of pastry with water. Lay on rim. Press together tightly. Chill and bake as directed for Pinwheel Tarts. When cool fill with lemon or any favorite filling, top with whipped cream. Glazed fruit may be used for filling.

## Star Mince Pie

Add 3 cups hot water to the contents of 9 oz. Star Mince Meat and boil for 20 minutes, stirring occasionally. Cider or fruit juice may be used to replace part of the water. Cool the mince meat and bake between two crusts in a hot oven 425° F., for 45 minutes.

## Lemon Meringue Pie

$\frac{1}{2}$  cup flour  
1 cup sugar  
 $\frac{1}{4}$  teaspoon salt

2 cups boiling water  
2 Cloverbloom Egg Yolks  
Juice and rind of 1 lemon

1 tablespoon Cloverbloom Butter

Mix flour and sugar in saucepan. Add boiling water, stir constantly. Cook about 15 minutes over low heat. Beat egg yolks. Pour portion of hot mixture over yolks, then return this to remainder of hot mixture. Cook until yolks thicken. Remove from fire, add lemon juice and rind, butter and salt, stir well. Pour into baked pastry shell. Cover with the following meringue:

## Meringue

2 Cloverbloom Egg Whites

4 tablespoons granulated sugar

Pinch of salt

Beat egg whites and salt until stiff. Add sugar gradually, continue beating until very stiff. Pile on top of filling. Bake at 300° F. (slow oven) for 15 to 20 minutes.

## Cherry Pie

### FILLING

1 can cherries, unsweetened  
1 cup white sugar  
2 tablespoons corn starch

$\frac{1}{4}$  teaspoon lemon extract  
1 teaspoon Cloverbloom Butter  
Pinch of salt

Drain juice from cherries, place over fire and when boiling add sugar into which corn starch and salt have been thoroughly mixed. Take from the fire, add the butter and lemon extract and pour over the cherries. While the filling is cooling, make the pastry, following directions given for double crust pie. Bake in a hot oven, 375° F., for 35 to 40 minutes.

## Doughnuts

3 tablespoons Star Pure Lard  
 $1\frac{1}{4}$  cups sugar  
2 Cloverbloom Eggs  
 $\frac{1}{4}$  cup Star Evaporated Milk  
4 cups flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon grated nutmeg  
 $3\frac{1}{4}$  teaspoons baking powder  
 $\frac{3}{4}$  cup water



Work Star Pure Lard until creamy, beat in sugar gradually. Then add yolks of eggs beaten thick and whites beaten stiff. Mix and sift dry ingredients; add alternately with liquid to first mixture. Toss on slightly floured board, knead lightly, pat and roll one-fourth inch thick, using one half mixture at a time. Shape with doughnut cutter, first dipped in flour, fry until golden brown in lard, at a temperature of between 360-370° F., drain on brown paper.

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STAR PURE LARD

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STAR PURE PORK SAUSAGE

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STAR SUMMER SAUSAGE

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SILVER CHURN  
AND SILVER NUT MARGARINES

★

ARMOUR'S BRANDED FRESH MEATS

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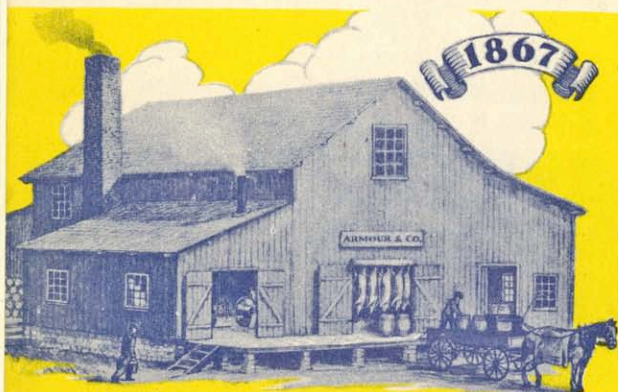
VEGETOLE

*A vegetable shortening*



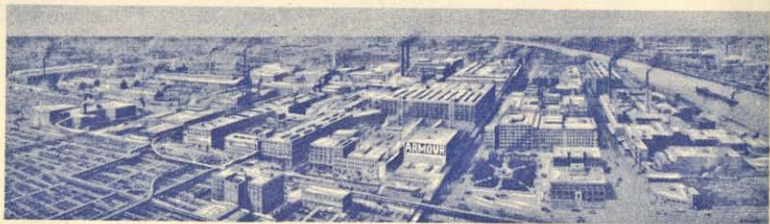
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