

Cooking Suggestions for Those Economy Beef Cuts

Beef continues in abundant supply, with many cuts wearing extremely attractive price tags. Here is a summary of some of the best buys in beef and how to cook them.

Good Buys in Pot Roasts

Beef pot roast is a favorite choice for he-man dinners in many households. The most popular buys in pot roasts are as follows: Blade, round bone and boneless chuck roasts (from the shoulder), rump roast and heel of round.

Follow this simple procedure for preparing a tempting pot roast:

Flour the roast and brown thoroughly in a little hot fat in a Dutch oven or other large, heavy utensil. Sprinkle well with salt and pepper and add any desired seasonings (onions, celery leaves, herbs). Slip a flat rack under the meat and add a small amount of liquid (about 1/2 cup) such as water, tomato juice or bouillon. Cover and simmer over low heat until meat is very tender, 2 to 3 hours. If desired, vegetables may be added about an hour before the meat is done.

Economy Beef Steaks

Steak every Sunday and often

during the week can be your motto if you choose from these: Round and blade bone chuck steaks, round and flank steaks.

These steaks should not be broiled like their fancier cousins, the porterhouse, T-bone and club; they should be braised. To braise, follow the directions given for preparing pot roast. Use 1/4 to 1/2 cup liquid and add a little more as it cooks away.

Penny-Wise Stew Meat

A hearty stew is one good answer to big appetites. For rib-sticking goodness, prepare your stew this way:

Cut the meat into 1 to 2 inch cubes. If desired, the meat may be floured before browning. Brown a few cubes at a time in little hot fat. Add seasonings and cover meat with liquid. Cover plan and cook over low heat until meat is nearly tender. Add vegetables, such as onions, potatoes and carrots, and continue cooking until these are done. Before serving, the meat and vegetables may be removed and the liquid thickened with a flour and water paste.

Into the Grinder and Out

In any review of economical beef buys, ground beef usually tops the list. Here are some thrifty cuts to have ground for use in meat loaves, patties, sauces and casseroles: Flank, chuck, shank, plate, rump and heel of round.

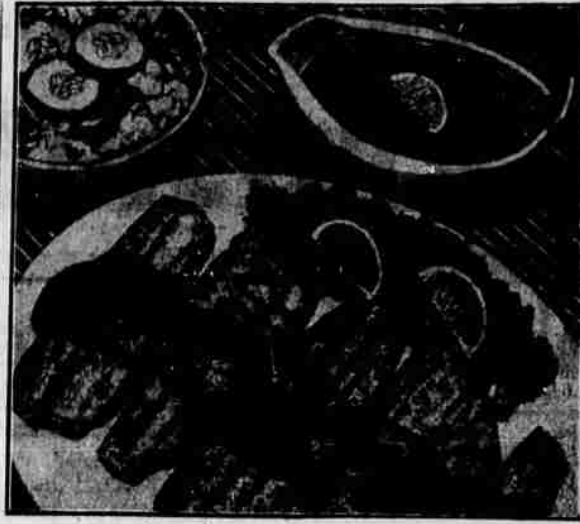
First Step to Economy

To start you on your way towards planning good tasting and economical beef dishes, here's a tested recipe for pot roast cooked with sour cream. Serve with cooked noodles topped with the gravy.

Swedish Pot Roast with Noodles

3 1/2 to 4 pound pot roast
3 tablespoons lard
2 medium onions, sliced
1 clove garlic, minced
1 teaspoon salt
1/2 pint sour cream (1 cup)
1 cup water
4-ounce package noodles

In a Dutch oven or other heavy utensil, melt lard and in it lightly brown onion and garlic. Push to one side. Rub meat with salt and brown well. Combine sour cream with water and pour over meat. Top meat with onions and garlic, cover and cook over low heat for 2 1/2 hours, or until tender. Remove roast, skim off all but 4 tablespoons fat. Into fat, stir 4 tablespoons flour; gradually add 2 cups bouillon or water and the sour cream mixture spooned from top of roast. Cook, stirring constantly, until thickened. Season to taste with salt, pepper and paprika. Serve sauce on cooked noodles.



Ladle tomato sauce (condensed tomato soup) over crisp-broiled fish for a heavenly fish dinner. Sauce is simple blend of tomato soup with lemon juice, mustard.

Broiled Fish Good With Tomato Sauce

The French had the word for it about fish: "It's the sauce that makes the fish." One fish sauce to sing about — tomato soup pointed up with lemon juice and mustard.

Fish glorified with sauce comes into its rightful place at Lent. A good time to remind yourself of all the advantages of these gifts from ocean and lake. Fish can be simply prepared, to taste like the fanciest fixings. And usually your market carries a kind or two at a bargain price.

Broiled Fish in Royal Red Sauce

1 1/2 pounds flounder fillets or other white fish
Salt and pepper
1 can (1 1/4 cups) condensed tomato soup
2 tablespoons lemon juice
2 teaspoons prepared mustard
Brush fillets with melted butter; sprinkle with salt, pepper, and a little crushed marjoram if desired. Broil about 15 minutes or until done and golden brown; thick fillets may need to be turned and broiled on other side. Serve on hot platter with sauce made this way: Blend together soup, lemon juice, and mustard; heat. Pour over fish.

Danish Pastry For Breakfast

Delicate Danish Pastry fashioned for you by your baker is delightful for breakfast. Serve it with that right-from-the-oven freshness by arranging the pastry in a heavy skillet. Place the skillet on the surface of the range and let it stand over high heat for about a minute. Turn

off the heat and allow it to stand for about two minutes. Bring the Danish Pastry to the table immediately and have plenty of whipped butter for spreading over each golden-brown roll.

Whipped Butter

3 tablespoons butter
3 tablespoons margarine
2 tablespoons evaporated milk or cream
Whip butter and margarine together until light and fluffy. Add milk slowly, and beat vigorously.
Yield: Approximately 1/2 cup Whipped Butter.

Vegetable Casserole For Dinner Entree

When your entire dinner entree is on the light side, supplement it with this satisfying "Vegetable Puff Casserole." Washed cooked carrots, chopped ripe olives and parsley are blended with a fluffy egg mixture and baked about 45 minutes. Even though you happen to have someone in your family who doesn't like carrots, this will still be a favorite.

Vegetable Puff Casserole

3 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
1 teaspoon salt
1/4 teaspoon pepper
1 (4 1/2-ounce) can chopped ripe olives
3 tablespoons chopped parsley
2 cups mashed cooked carrots
2 eggs
Melt butter and blend in flour. Add milk and cook and stir until thick. Blend in salt, pepper, olives, parsley, carrots and beaten egg yolks. Fold in stiffly beaten egg whites. Pour into greased casserole and bake in moderate oven (350 deg.) about 45 minutes, or until set.
Serves 4 to 6.

Cereal Foods Essential on The Day's Menus

Cereal foods as a class are important sources of energy. They also contain protein, but not of the same quality as meat, milk, eggs or cheese. However, when combined with a little of these high quality protein foods, cereals and grains offer a very good quality protein. Whole grain cereals . . . those with the germ and bran . . . make important contributions of iron and the B vitamin called thiamine.

Hot breads are a special treat for the family, and here's a recipe for muffins which offers a whole grain cereal and the flavoring of sweet unsulphured molasses.

Molasses Bran Muffins

1/4 cup shortening
1/4 cup unsulphured molasses
1 egg
1 cup bran
1 cup milk
1 cup sifted all-purpose flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup raisins

Blend together shortening and unsulphured molasses. Add egg; beat well. Stir in bran and milk; let stand until most of moisture is taken up. Sift together flour, baking powder and salt. Add to molasses mixture with raisins, stir only until blended. Fill greased muffin pans 3/4 full. Bake in moderate oven (350 degrees F.) 30 minutes. Yield: 12 small muffins.

Here is a hearty, meatless main dish loaf where protein comes from macaroni, cheese and unflavored gelatine.

Molded Macaroni and Cheese

1 envelope unflavored gelatine
1/2 cup cold water
1/4 cup hot water
1 cup grated American cheese
1 tablespoon lemon juice
1 teaspoon salt
2 teaspoons grated onion
2 tablespoons chopped parsley
1 tablespoon chopped pimiento
1/2 cup diced celery
1 1/2 cups cooked broken macaroni
1/2 cup mayonnaise or salad dressing
Soften gelatine in cold water. Add hot water; stir until gelatine is dissolved. Add grated cheese; stir until cheese has softened. Stir in lemon juice, salt and grated onion. Chill until mixture is consistency of unbeaten egg white. Stir in parsley, pimiento, celery, macaroni and mayonnaise. Turn into large or individual molds and chill until firm. Unmold and serve with salad greens. Yield: 6 servings.

Tangy Cheese Sauce Goes Over Greens

Cream sauces with tangy cheese have converted many a disliker of greens to unconditional surrender and sometimes a simple melted butter or margarine dressing will turn the trick for the fellow who imagines that all greens are dewy from the watery depths of the saucepan. It simply isn't so. Good cooks nowadays know that "greens" require no water whatsoever beyond that clinging to the leaves after washing; know too that tender greens require only a few minutes steaming; other greens slightly longer.

Available greens include beet tops, carrot and radish tops (add to other greens), collards, kale, mustard greens, outer leaves of chicory and escarole, outer leaves of lettuce, swiss chard and turnip tops.

Greens with Cheese

Buy 2 pounds of greens for 4 servings. Select greens that are fresh, crisp, tender. Simply grate some cheese into a thin white sauce, add to greens and toss gently. Top with crisp bacon or tiny croutons or chopped hard-cooked egg, if you like.

Toasted Egg Fluff Appeals

Make breakfast beckon even the hurrier or the skipper by varying the menu even though you keep to such a simple theme as eggs and toast. A quick and simple way to add a new note to the serving of eggs for breakfast is to serve them as Toasted Egg Fluff. Those who are really hungry will enjoy an extra serving of crisp, hot toast to go with the second cup of fragrant, hot coffee.

Toasted Egg Fluff

4 eggs, separated
1/2 teaspoon salt
4 buttered rounds or rusks
Whip the egg whites and salt until stiff enough to hold a peak. Pile the beaten egg whites on each toast round, making a depression in the center of each. Place 1 egg yolk in each depression. Bake in a shallow pan in a moderate oven (350 F.) for 20 minutes.
Yield: 4 Toasted Egg Fluffs.

If you pit and cut dates fine, you'll find that a pound of this unpitted fruit will give you about one and three-quarters cup.

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<p>CELERY 15c bunch</p> <p>DOG FOOD 3 cans 25c Play Fair</p> <p>HONEY 5 lb. pail 89c Bradshaw's</p> <p>CORN Cream Style 3.45 case 303 Size Cott. Brand</p> <p>The Home of TOMORROW'S BREAD TODAY HOT MASTER BREAD 4 p.m. every day Except Tue. and Sat.</p>	<p>POTATOES 25 lbs. 89c U. S. No. 2</p> <p>BISQUICK 39c 40-oz. pkg.</p> <p>SAUERKRAUT 2 for 25c Cott. Brand 2 1/2 Size</p> <p>TUNA 29c reg. size Light Meat, Cott. Brand</p>	<p>We also Have Vigoro, Lawn Rakes, Assorted Blooming Flowers, Rose Bushes, Garden Seeds</p> <p>SWIFTNING 75c 3-lb. can</p> <p>SALMON 29c can Pacific Rose - Columbia River Chinook</p> <p>Sunshine Krispy CRACKERS 25c 1 lb. box</p>	<p>BROADWAY MARKET Broadway and Market St. Store Hours 8 a.m. till 8 p.m. Every Day No Limits — Buy All You Want Prices Good Fri., Sat., Sun.</p>

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IMPORTANT: For best results when hand mixing, be sure to use one of these

Have ingredients at room temperature. In large mixing bowl, break up 1/2 cup **SNOWDRIFT**. Important: use only Snowdrift, it's pre-whipped for you

Add 2 eggs 1/2 cup milk
2 1/4 cups sifted cake flour
2 1/2 teaspoons double-action baking powder
1 1/2 cups sugar
1 teaspoon salt

Blend ingredients, then beat 1 1/2 minutes, scraping sides of bowl frequently. (Count 225 strokes for hand beating. With electric mixer use low speed, scrape sides during beating, scrape beaters after beating.)

Add 1/2 cup milk with 1 teaspoon vanilla
Blend, then beat to smooth out batter, about 75 strokes (1/2 minute, electric beater). Turn into 2 greased 8-inch layer pans, lined with paper. Swirl fork through batter. Bake in moderate oven (375° F.) 25 to 30 minutes.

CHOCOLATE ALMOND ICING: Blend 5 tablespoons Snowdrift with 1/2 cup sifted cocoa. Add 3 cups sifted confectioners' sugar and 1/2 teaspoon salt — alternately with 1/2 cup milk. When smooth, add 1 teaspoon almond flavoring. Frost cake. Decorate with blanched almonds.

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