



RATES HIGH PRAISE—A pot roast of beef rates high praise in most families. Here it is spiced with thyme, mustard, parsley flakes, black pepper and sage for a sauerbraten (spiced beef) that is wonderfully good hot and cold.

Feeding the Family

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Food Editor

How to Buy, Prepare Economy Beef Cuts

It is easy to meet your meat problems when you know the different cuts of meat. Today's refresher course is on beef steaks and beef pot roasting cuts which are wonderful buys now and likely to continue so as fall beef comes to market after summer shortages.

Americans eat more beef than any other meat. We average around 83 pounds of beef per person per year. It is well to reflect that all the steer isn't steak. Two thirds of the animal is made up of chuck, rump, flank, heel of round, brisket, short ribs, plate; all of which have the same high nutritive values of the more expensive rib roast, sirloin, porterhouse, T-bone and other fancy cuts.

Chuck Roast. Juicy, well-flavored meat. Both the blade bone pot roast and the arm bone cut contain a moderate amount of bone and fat. Fine for pot roasting.

Rump Roast. Triangular piece of meat, sold either bone-in or boneless. Juicy, tender, moderate amount of fat. Usually pot roasted, though prime or choice rump may be oven-roasted or broiled as steaks.

Chuck Steak. From the shoulder section of beef. Round bone or blade bone steaks. Muscles are small and run in different directions. This is braised or pot roasted.

Flank Steak. A lean, flat muscle with no bone; meat fibers running lengthwise. Only one in a side of beef. Score on both sides for cooking. Usually stuffed and baked covered, or braised as steak and that means long, slow, moist cooking.

Short Ribs. These are cut from the ends of the ribs and the plate. Contain layers of lean and fat with the flat rib bone. These are braised, usually by browning first, then long, slow, moist cooking.

Brisket and Plate. Layers of fat and lean with some bone; plate being the ends of rib bones. This cut frequently is cured, becomes corned beef. Simmer slowly in water until tender.

Round Steak. Priced in between fancy steaks and economy cuts, round steak is obtained from the leg, is practically all lean meat, oval in shape with small round bone. Is cooked by braising, making Swiss steak, or ground with suet for patties and loaves. Heel of round is less expensive cut.

Oven Pot Roast With Vegetables
Choose chuck, bottom round or rump roast weighing three to five pounds depending on size of family, though we earnestly recommend the larger roast and more vegetables for two days of feasting.

Melt two tablespoons fat in deep kettle or Dutch oven. Brown meat well on all sides. Spread one cup chili sauce over surface of meat. Add one-half cup water, one tablespoon salt, and two or more medium size onions, sliced. Cover and cook in moderate, 350 degree, oven for two hours.

Add potatoes, carrots and quartered onions according to family needs. Cover and continue cooking for an additional hour or until meat is fork tender and vegetables are done. Add thickening, if necessary, for making gravy, remembering that it takes five minutes of simmering to completely cook the flour.

Soup for Breakfast
A cup of hot spiced with cinnamon tomato soup is a super way to start the day. Its warmth, aroma and flavor do wonders for waking up morning appetites, perking up morning spirits. It goes a long way, too, toward satisfying hunger and providing energy for a busy morning.

Famed Spiced Beef
Everybody's Favorite
Spiced beef is another

name for sauerbraten which has been a favorite of generations of good cooks and their lucky families. As the name implies, it depends on spices and marinating for 24 hours to achieve its savory, spicy goodness.

Another exciting thing about this recipe is that it makes 8 to 10 servings so if you're lucky or the family not too large, you'll have some for the next day.

4 pound rump or heel of round beef roast

1 teaspoon salt
1/2 teaspoon thyme
2 teaspoons dry mustard
2-4 tablespoons parsley flakes
6 whole cloves
1/2 teaspoon whole black pepper or 1 teaspoon freshly ground pepper
1/4 teaspoon powdered sage or 1/2 teaspoon leaf sage
2 tablespoons grated lemon rind
2 bouillon cubes
2 cups boiling water
1 onion, sliced
1/2 cup cider vinegar

Place meat in a pan with close-fitting lid. Combine all other ingredients; heat to boiling point. Simmer, but do not boil. Pour over meat. Cool. Place in refrigerator to marinate full 24 hours, turning several times.

Remove meat from marinade. Brown on all sides in two to three tablespoons shortening. Add marinade; cover and simmer until tender, about two hours. Or, if desired, bake in a covered roasting pan in a slow oven, 325 degrees, for two hours or until meat is tender. Remove meat and make gravy in the usual way.

Quickly Made Pie Crusts
Tune in with the tempo of modern living! For the quickest-made pie crust we know anything about use graham crackers, zwieback, ginger-snaps, vanilla wafers, or chocolate wafers. Roll out enough to make 1 1/2 cups crumbs. Add one-third cup melted butter; mix well. Put in nine-inch pie pan and press firmly on bottom and sides of pan. Chill. Fill crust with cream filling or cooked fruit filling. Top with whipped cream.

Meat Stuffed Peppers
Piquant Supper Dish
Freshly ground, bargain priced ground beef combined with corn cut from the cob or other whole kernel corn, tomatoes and onion makes fine fare when baked in piquant, spicy, low priced green peppers. We make eight servings because men and growing boys want seconds.
8 green peppers, medium size
1 small onion, minced

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Alcorn Repudiates

Campaign Pamphlet

Washington — (UPI) — Republican National Chairman Meade Alcorn has repudiated a controversial pamphlet which Democrats charged was being used in Sen. William F. Knowland's California gubernatorial campaign.

Child marriages are an old custom in India. In a village of central India, a one-month-old boy is reported to have been married to a two-week-old girl. The bride and bridegroom were held on their mothers' laps for the ceremony.



CHINA REPRESENTATIVE — Red Chinese Ambassador Wang Ping-nan is meeting U. S. Ambassador Jacob Beam in Warsaw, to discuss possible solutions of the Formosa and Quemoy crisis.

1 pound ground beef
2 tablespoons fat
4 medium tomatoes, cut up
1 1/2 cups whole kernel corn
Salt and pepper
Buttered bread crumbs.
Remove top and seeds from green peppers. Parboil five minutes; drain. Brown onion and meat in hot fat. Add tomatoes, corn and seasonings. Stuff peppers and top with buttered crumbs. Stand upright in medium size baking dish. Add small amount of water. Cover and bake in moderate oven, 350 degrees, one hour.

Broiled Swordfish

Is Gourmet Dish
Swordfish, fillet of sole and fresh mackerel especially deserve your attention in today's fish markets. Swordfish, long prized by gourmets for its unique rich flavor, is at its best, we believe, when broiled and topped with a flat anchovy fillet during last few minutes of broiling.

High heat should be used when broiling fish. The broiling is simplified if the fish is arranged on a greased shallow pan or sheet of aluminum foil instead of directly on broiler rack. Brush swordfish steaks with oil or other fat; season. Adjust broiler rack so that top of the steaks are two to three inches from flame. Bake often. Do not turn. Serve with plenty of lemon wedges on the side.



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