

Here's help with your biggest food expense NEW! FREE!

(Size: 5 3/4" x 8 3/4")

How to save money on meat

(A homemaker's guide to budget meals)

NEW WAYS TO STRETCH YOUR MEAT DOLLAR
AND MAKE BUDGET MEALS MERRIER



from Ocean Spray Cranberry Sauce
-the natural mate for every meat

Here are some questions this handy guide answers:

How long can you safely store uncooked meats? SEE PAGE 3
How is meat graded? ... Who grades meat? SEE PAGE 2
How do you get the most from a cut of beef? SEE PAGE 7
How can chopped beef be glamorized? ... SEE PAGES 10, 11, 13, 15
How can leftover poultry be made company good? ... SEE PAGE 27
Which cuts of lamb are the most economical? SEE PAGE 41



All this and more from

Ocean Spray Cranberry Sauce
... the natural mate for every meat!

"How to save money on meat"

a 56-page guide to help you stretch your meat dollar!

- Packed with recipes for budget meat dishes!
- Special cost-cutting hints!
- Diagrams showing which budget cuts of beef, veal, lamb, pork, poultry to ask for!
- How to store meats in refrigerator and freezer!
- How to carve for more slices and less chunks!
- How much meat to buy per person!
- How to glamorize leftover meats!

Look for these budget recipes in this FREE book



Budget
CHICKEN
recipes



Budget
BEEF
recipes



Budget
HAM
recipes



Budget
VEAL
recipes

HERE'S HOW TO GET YOUR FREE BOOK

Just send the labels from two 1-lb. cans of Ocean Spray to:

Ocean Spray, Dept. F-2
Box 850
New York 46, N. Y.

Please send me _____ copies of the new book "How to Save Money on Meat!" I've enclosed 2 Ocean Spray labels for each.

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Extra coupon with book! Good for 5¢ off on Ocean Spray Cranberry Juice Cocktail!