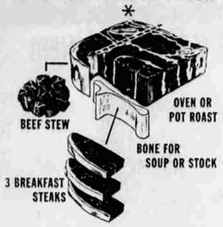
3 DIFFERENT MEALS FROM ONE CUT OF BEEF CHUCK



With a little meat cutting at home, cut your budget and plan interesting, delicious menus around a blade chuck roast.

Select a high quality roast 3" thick (about 7 lbs.) Note the cartilege at the tip end of the feather bones. If it appears white, you can be assured this cut came from a young animal. This point is marked by an asterisk on the chart above.

CUTTING INSTRUCTIONS: (1) With a sharp knife, cut away one section of lean beef simply by following the blade bone. Trim fat from edges and cut into three 1" thick breakfast steaks **across the grain.**

(2) Remove the blade (or 7-bone) from roast. Don't trim too close to the bone, as this meat will provide rich beef stock.

(3) Remove large end of roast as shown on the chart, including feather bones (about 3") leaving remainder of bones as a frame for roast. These bones will add flavor to roast and hold the moisture while cooking.

(4) Cut small end of roast and other trimmings into chunks for beef stew meat.

A 7 lb. blade chuck roast will provide approximately:
1 lb. Breakfast Steaks
3 lbs. Oven or Pot Roast
1¾ lbs. Beef Stew Meat
1¼ lbs. Bone and Trimmings for Beef Stock
See Recipes on back panel.

FREEZING TIP: Separate the pieces of stew meat and place on a tray; quick freeze. Pour the chunks into a plastic bag and seal. The stew meat pieces will not stick together and can be used from the bag as needed.

NUTTY FLAVOR — Wheat Germ homemade bread is rich in nutrition, easy to make, delightful to taste.

Quick And Easy Homemade Breed

Hungry for good homemade bread?

If you are—and who isn't?—bake up a loaf or two of this wheat germ quick-and-easy, can't fail bread. You don't have to knead it, nor do you have to bother with double or triple risings. Like all batter breads, o t wheat germ-fortified loaf does not have the fine texture of kneaded bread, but slices cleanly, and it does not crumble when spread with butter. Wheat germ, as you know, nutrifies the bread with generous amounts of the B vitamins, protein, iron, vitamin E and even iodine.

Nutrition, of course, is important, but you'll make this bread over and over again because of its delightful nut-like, toasty taste. The recipe can be cut in half for a single loaf, but you'd better make two. You can freeze a loaf for future eating (if it isn't devoured before you have time to freeze-wrap it) and the bread makes grand toast.

WHEAT GERM HOMEMADE BREAD

1½ cups boiling water
6 tablespoons soft shortening
⅓ cup honey
1 tablespoon salt
2 pkgs. active dry yeast
½ cup warm water (105-115 degrees)
2 eggs
1 cup wheat germ
5½ cups all purpose flour

Combine boiling water, shortening, honey and salt; stir until shortening melts. Cool to lukewarm. Dissolve yeast in warm water. Add yeast, eggs, wheat germ and half the flour to lukewarm mixture. Beat 2 minutes on medium speed with electric mixer, or 300 vigorous strokes with a spoon. Blend in remaining flour with a spoon. Dough will be sticky. Spread dough evenly in 2 well-greased loaf pans, 9x5x3 inches. Smooth tops by flouring hand and patting into shape. Let rise in warm place until 1 inch from top of pans. Bake at 375 degrees for 45 to 50 minutes or until loaf sounds hollow when tapped. Crust will be dark brown. Remove from pans at once; cool on racks. Brush tops with melted butter or margarine. Cool before cutting. Makes 2 loaves.

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Peas	Cottage No. 303	8 for	$1.00
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Mashed Potatoes	PY-O-MY	3-oz.	10¢
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ALL BLADE AND 7-BONE CUTS U.S.D.A. CHOICE **CHUCK ROASTS** 39¢ lb.
ROUND BONE ROASTS 45¢ lb.

OCEAN FRESH **Fillet of Sole** 49¢ lb.

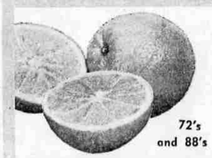
Pure Ground Beef 39¢ lb.
GROUND FRESH DAILY

Boneless Beef Stew 69¢ lb.
LEAN CUBES OF TENDER MEAT

SPARE RIBS 39¢ lb.
COUNTRY STYLE, LEAN, MEATY

Pork Loin Roast 49¢ lb.
LOIN END

Pork SAUSAGE 33¢ lb.
COUNTRY STYLE, SEASONED JUST RIGHT



72's and 88's **ORANGES** LARGE NAVELS NO SEEDS 2 Lbs. 29¢

Cauliflower Large Snow White Heads. Tight Clusters. 2 for 29¢

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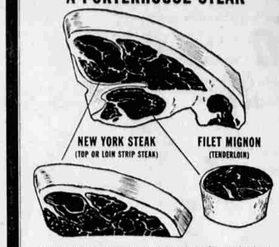
Radish - Gr. Onions CRISP Garden Fresh	BUNCH	5¢
White ONIONS Texas Flat Sweets SLICERS, CRISP	2 lbs.	25¢
CUCUMBERS Large Green Slicers 25 CALORIES	2 for	19¢

2 DIFFERENT MEALS FROM A PORTERHOUSE STEAK



With a sharp knife, cut around the T-bone for two kinds of steak—New York and Filet Mignon. Trim edges and remove tail portion. Grind the tail portions or use as stew meat for a third meal.

Buy several steaks at once when taking advantage of low prices resulting from seasonal supplies. Steaks should be cut cut 1" to 2" thick. Tender steaks will have some fat mixed in with the lean; this is known as "marbling."

Broiling times will vary depending on the temperature of the beef when it is placed on the grill, the thickness of the cut, and the source of heat.

For rare and medium steaks, broil 3" from heat; well done, 5". Turn only once, seasoning just before turning. Serve on a hot platter.

STEAK BROILING CHART

Thickness of steak	Minutes on each side
1 inch	6 to 10
1½ inches	10 to 15
2 inches	17 to 22

The times shown above are for thawed, room temperature steaks that are placed under a preheated broiler. To keep steaks from curling while broiling, slash outside fat covering in several places.

Steaks may also be panbroiled. Preheat heavy skillet and rub with beef fat or sprinkle bottom of skillet with salt. Brown beef on both sides. Season. Reduce temperature and finish cooking. Do not cover or add water. Turn occasionally.

FREEZING TIP: After cutting steaks for freezing, place freezer wrap between each steak before wrapping. Any number of steaks can then be used without thawing more than required. Frozen and partially thawed steaks may be broiled.

RECIPES

BAKED SHORT RIBS

3 lbs. beef short ribs
2 t. salt
1 c. tomato juice
¼ c. chopped canned green chili
1 (8-ounce) can whole onions (or, 6-8 small boiling onions)
1 t. cornstarch
1 T. cold water

Trim excess fat from short ribs. Rub heated skillet with a bit of the fat, then brown short ribs on all sides in skillet. Sprinkle with salt, add tomato juice and green chili, cover and bake in moderate oven (350°F.) about two hours, or until meat is tender. Add drained onions and heat. If raw onions are used, add peeled onions to meat about 1 hour before ribs are done. Stir in cornstarch mixed with cold water, and cook and stir until mixture boils and is clear and slightly thickened. Serves 6.

BARBECUED SHORT RIBS

4 lbs. lean short ribs
1 c. olive oil
1 c. pineapple juice
1 T. minced parsley
2 cloves crushed garlic
1 crushed bay leaf
1 t. sage

If you plan to barbecue short ribs, tell your retailer not to crack them, leaving the bones their full 3" length.

Rub ribs with salt and pepper. Place in a bowl and cover with marinade made of olive oil, pineapple juice, parsley, garlic, bay leaf and sage, for 24 hours.

Remove ribs from marinade and drain 3 to 4 minutes before placing on grill over hot coals. Cook slowly and turn frequently, basting often with marinade. Serves 4 or 5.

DEVILED BONES

3 meaty ribs from roast beef
Seasoned salt
1 T. prepared mustard
½ t. Worcestershire sauce
½ c. fine soft bread crumbs
2 T. melted butter

Cut meaty ribs from standing rib roast, and sprinkle with seasoned salt. Mix mustard and Worcestershire sauce and spread lightly over ribs. Toss crumbs with butter. Pat crumbs into mustard, and place ribs in shallow baking pan. Bake in moderate oven (350°F.) 15 to 20 minutes; until thoroughly heated and lightly browned. Makes 2 or 3 servings.

BREAKFAST STEAKS

Preheat a heavy skillet and sprinkle salt in the bottom of the pan. Do not use fat. Place the 1" thick steaks in skillet and brown on both sides. Do not cover pan. Season steaks before serving. Allow about 6 minutes on each side for rare, 8 minutes for medium, and 10 for well done.

Spring Salad

Pineapple rings are topped with lime gelatin molds filled with ripe olives and cucumber for colorful "Springtime Fruit-Vegetable Salad." Sliced or chopped ripe olives are a uniquely flavorful ingredient in a wide variety of salads and sandwich fillings. For a gay-looking, tasty sandwich spread, combine finely chopped ripe olives with softened pimento cheese and a little garlic powder and chili powder.

SPRINGTIME FRUIT-VEGETABLE SALAD

1 package lime gelatin
1¼ cups hot water
½ cup ripe olives
½ cup mayonnaise
1 tablespoon lemon juice
1 cup cubed cucumber
6 pineapple rings
Lettuce

Dissolve gelatin in hot water and chill until partially thickened. Whip until fluffy and thick. Cut olives into large pieces and fold into gelatin along with mayonnaise, lemon juice and cucumber. Turn into shallow pan and chill until firm. Cut into 6 squares. Place pineapple ring on each of 6 lettuce-garnished salad plates and top with gelatin square. Garnish with extra mayonnaise, if desired.

Makes 6 servings.

Your small fry will appreciate that raw carrot salad if it's sprinkled with shredded coconut.

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