


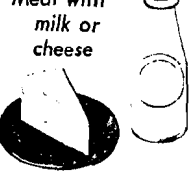
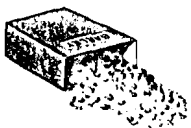
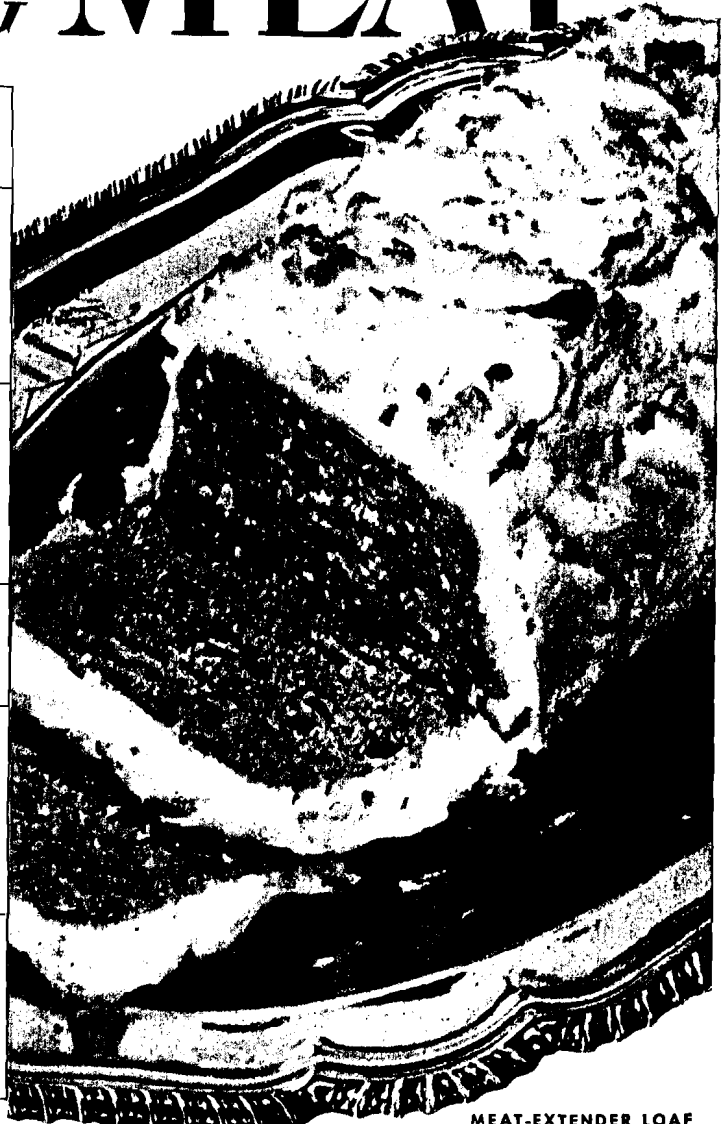


# EXTENDING MEAT

## WARTIME WAYS TO EXTEND THIS FINE PROTEIN FOOD OVER MORE MEALS PER WEEK

<p><b>Meat with cereals</b></p> 	<p>Meat loaf made with bread crumbs or oatmeal . . . Braised meat with noodles . . . Meat pie . . . Stuffed meats . . . Stew with dumplings . . . Curry with rice . . . Meat balls or sauce or cooked sausage meat with spaghetti or macaroni.</p>
<p><b>Meat with vegetables</b></p> 	<p>Stew or pot roast with vegetables . . . Ground meat baked in vegetables . . . Ham shanks with beans . . . Tongue and spinach . . . Braised oxtails or short ribs with vegetables . . . Baked lima beans and bacon squares . . . Shepherd's pie (mashed potato topping).</p>
<p><b>Meat with eggs</b></p> 	<p>Diced or ground meat in omelets . . . Soufflés . . . or cooked sausage meat scrambled with eggs.</p>
<p><b>Meat with milk or cheese</b></p> 	<p>Creamed meat . . . Salt pork or bacon squares with cream gravy . . . Ham and cheese sandwich . . . Bacon or ham with toasted cheese.</p>
<p><b>Meat in soup</b></p> 	<p>Beef barley soup made from soup bone . . . Oxtail soup, with vegetables and rice . . . Split pea soup with ham bone.</p>



**MEAT-EXTENDER LOAF**  
(with mashed potato covering)  
(Serves a family of 4 two meals)

- 1 lb. veal, ground
- 1/2 lb. pork, ground
- 1/2 lb. beef, ground
- 1/2 teaspoon powdered sage
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 cup chopped onion
- 1/2 cup soft bread crumbs or oatmeal
- 2 eggs, slightly beaten
- 3/4 cup liquid (milk or tomato juice)
- 1 cup peas
- 1 cup thinly sliced carrots
- 2 1/2 cups mashed potatoes (quite dry)
- 1/2 cup catchup
- 1 flour

Combine all ingredients except potatoes, catchup and flour (reserve 1 tablespoon of beaten egg for brushing potato frosting) and mix well. Pack in medium-sized baking pan. Bake in moderate oven for 1 1/2 hours. Make sauce by thickening liquid from loaf (or use meat drippings or bacon fat) with 2 tablespoons flour blended with cold water for every cup of liquid. Stir in catchup. Unmold meat loaf on baking sheet, frost with mashed potatoes, brush with beaten egg and brown in very hot oven (450° F.).

tritional value into more frequent "parcels".

The government reminds you that you've been using meat as a source of seven nutritional elements: complete high-quality proteins, the B vitamins—thiamine, riboflavin and niacin—and the minerals—iron, copper, phosphorus.

There's a lot of personal satisfaction in making the most of meat these days. Your meat-man has many helpful ideas.

AMERICAN MEAT INSTITUTE, Chicago



This Seal means that all statements made in this advertisement are acceptable to the Council on Foods and Nutrition of the American Medical Association.

**SEND FOR THESE TWO HELPFUL BOOKLETS**

1. "32 Tested Meat Recipes"—Step-by-step recipes and complete menus.
  2. New Edition of "Meat Buying Guide for Thrifty Meals"—Purse size—48 page handbook of more than 80 meat cuts. What to ask for, how to prepare, what to serve with them and easy ways to plan meals for good nutrition.
- For Both Books, send 5¢ in coin to Dept. 3, Lock Box No. 1133, Chicago, Illinois.

A world at war is placing new values on many of the things we used to take for granted.

More and more meat is going to our armed forces and our fighting allies. There is less meat for our home tables.

We are glad to share because we realize how much the nutritional value of meat means to our fighters and how much its good flavor means to their morale.

Here at home, with the domestic allotment of meat reduced, we are realizing how much the enjoyment of the meal centers around meat.

You "can't keep a good cook down"

With typical pioneering ingenuity and thrift, and the newer knowledge of nutrition, women are learning how to combine meat with other food foods—how to stretch its good flavor over many meals and how to divide its nu-

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