

Armour ideas make the most of meat

Food fights for freedom



don't waste it!



HOW TO saving leftover meats

Try these Armour suggestions to help you cut waste in your home and conserve America's food supply

WITH wise planning, your leftover meats can often win you more praise than the original roasts. And our war needs make it vital now to save every bit of food left over. You may be wasting only a spoonful or two in your house—but America's wasted spoonfuls add up to 40 billion pounds of food every year. That's enough to feed all our armies overseas and our fighting allies, too!

Even the ounces of food you save will help to shorten this war. That's why Armour and Company brings you these meat-saving ideas. Check them over. If you have been using them all, you are doing better than average in making "Food Fight For Freedom!"



HAM SHORTCAKE

- 2 cups cubed cooked Star Ham
- 1/4 cup Cloverbloom Butter or Margarine
- 1/4 cup flour
- 2 cups milk
- 1/4 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Worcestershire sauce
- 1/2 cup minced green pepper
- Biscuit dough

Make a white sauce by melting butter, adding flour and stirring in milk. When thickened, season with salt, pepper, Worcestershire Sauce. Add green pepper and ham and let heat through. Make regular biscuit dough, pat out 1/2 inch thick and cut 4 circles with a plain biscuit cutter and 4 with a doughnut cutter the same size. Bake in 450° F. oven for 12-15 minutes. Serve like shortcake with ham mixture between biscuits. 4 servings.

FREE! Armour's new booklet "69 Meat Ration Recipes" shows how to make many of the dishes suggested below. Write Marie Giford, P. O. Box 6310A, Chicago, Illinois, for your free copy today!



What to do with SLICES of LEFTOVER MEAT

When you have leftover meat in a piece that is large enough to slice, you can whisk up another hearty meat dinner in a hurry. Serve beef, veal, pork or lamb:

1. Sliced cold with hot vegetables.
2. Hot slices with gravy and noodles.
3. Hot sandwiches with gravy.
4. Hot slices with barbecue sauce.

For an exceptionally tasty meal from left-over ham, serve:

1. Hot slices in orange or other fruit sauce.
2. Hot slices with cheese sauce on toasted buns.

Tempting ways to use CUBED LEFTOVER MEATS

Dishes made with diced or cubed leftover meats can be so temptingly different the family will never recognize them as leftovers. Cubed ham, beef, veal or lamb are grand when served in:

- Casseroles with noodles, potatoes, spaghetti, etc.
- Meat pie with vegetable extenders
- Curries with rice ring
- Salads
- Shortcakes (see recipe above)
- Creamed vegetable soups

NOTE: Don't use leftover meats in two successive meals—serve them on alternate days.



How to make the most of GROUND LEFTOVER MEATS

You can make a hearty meal out of just a little leftover meat if you grind it and serve it with vegetables, bread crumbs or other extenders that spread the flavor of your meat through more servings.

Leftover ham, beef, veal, lamb or pork take on new appeal when ground and served in the following ways:

- Meat loaves
- Patties
- Souffles
- Hash

Or use them for:

- Sandwich fillings
- Omelets
- Turnover fillings
- Jellied cold meats

Bones and Tidbits make RICH, HEARTY SOUPS

Use bones and meat tidbits for soup stock. Put in cold water with seasonings of salt, pepper, onion and bay leaf and simmer for 2 hours. Strain and use as a foundation for vegetable, bean, pea or noodle soup.

Leftover bones and small pieces of meat from beef can serve as a foundation for a hearty vegetable soup.

Lamb bones and tidbits can be made into delicious Scotch broth.

A leftover ham bone and small pieces of ham can be used for a delicious Ham Split Pea Soup that is practically a meal in itself.



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