



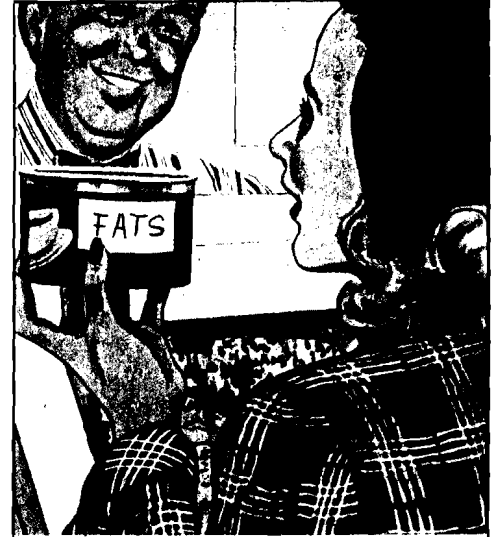
THE BRIDE LEARNS *BRAISING*



AUNTIE SUE ESCORTS Judy the bride to market. Judy needs coaching on how to make the most of her meat stamps. Not enough of 'em to buy just steaks and roasts (all she knows how to cook), and Mac works so hard at the munitions plant... he needs the fine proteins of nutritious meat for dinner.



A GRAND BUY! Point-saving shoulder chops of Swift's Premium Veal! No extra points for Swift's Premium tenderness and flavor, and Auntie Sue says shoulder chops delicious if properly cooked, by braising. "Furthermore," says wonderful Auntie Sue, "I'll come over later on and show you how to braise."



JUDY KNOWS FOOD FIGHTS FOR FREE-*DOM*. Meat drippings should be strained and every possible use made of them for flavor and food value. What's left should be turned in because fats are badly needed to make explosives. Dealer pays Judy both points and cash for the pound that she's brought along.



BRAISING LESSON BEGINS in late afternoon. "First, season the chops and dredge them with flour," directs Auntie Sue. "Next, brown the chops on both sides in a little hot fat. Then you add a small amount of liquid, if it is necessary. It is necessary with veal; and you add more when it cooks away."



"COOK COVERED in heavy kettle or frying pan over low heat until tender. For chops, that will take about 45 minutes to an hour. Because veal has little fat, it is best cooked by moist heat; broiling and frying are not recommended. Braising is also the best way to cook many cuts of beef and lamb as well as veal."



"DEE-LICIOUS" is the verdict on braised shoulder chops served with broccoli and carrots. "Be sure," cautions Auntie Sue, "to get Swift's Premium or Swift's Select Veal whenever you can. Those brand names always give you tender, fine-flavored veal. And it's Saniseal-Wrapt to keep it fresh and juicy."

SWIFT'S BRANDS OF VEAL
Swift's Premium · Swift's Select

VEAL SUPPLIES HIGH-QUALITY PROTEINS, B VITAMINS, MINERALS



Rib chops like these, shoulder chops like those shown above, and other cuts of veal carry Swift's identifying brands. Under war-time conditions, Swift's brands may not always be available but they remain your best guide to quality. So ask your dealer for them.

