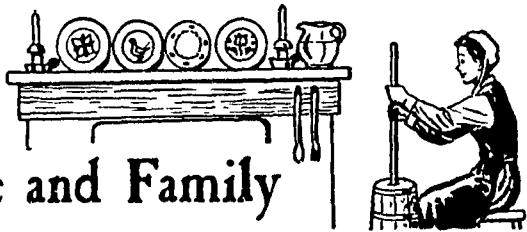


## For the Farm Wife and Family



### Flank Steak, Treated and Cooked With Care, is Tasty, Economical

Would you like to serve a steak dinner that is easy on your budget? Then, answer your family's "cries for steak" by preparing a kinky flank steak dinner.

Flank steak is economical because it comes from the hind quarter of beef located below the sirloin, giving the meat good quality but rendering it less juicy and tender than sirloin. However, it's no secret that flank steak is easily tenderized and keep juicy through proper cooking.

Most flank steaks are less than one-inch thick about 12-14 inches long, and 46 inches wide — an ideal shape for rolling. The fibers run lengthwise, making it wise to cut the surface in diamond shapes (called scoring) to shorten the fibers. For tenderness, long, slow cooking with moist heat is needed.

Stuffing and rolling flank steak is easy because of the meat's flatness. Fastened with skewers or string, the roll is easy to brown and cook. Braising with a tart liquid or juice imparts a flavor and texture that makes flank steak a dish "fit for a king."

Here's a recipe for an easy-stuffed flank steak. The ginger in the stuffing joints the tangy vinegar of the braising liquid in a tasty alliance. Sliced after cooking into pin wheels, this flank steak makes a handsome main dish.

#### EASY-STUFFED FLANK STEAK

- 1 flank steak
- 1 large onion, finely chopped
- 1 1/2 cups soft bread crumbs
- 1/2 cup chopped celery
- 2 tablespoons chopped parsley
- 1 teaspoon salt

- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger
- 2 tablespoons lard or drippings
- 2 tablespoons brown sugar
- 1/2 cup each, vinegar and water

Score flank steak. Pound steak with edge of a heavy saucer or a meat pounder. Mix onion, bread crumbs, celery, parsley, salt, pepper, and ground ginger, and spread evenly on one side of the steak, leaving an inch margin all around. Roll steak, beginning at narrowest end, and tie with string or fasten with skewers. Brown meat roll in hot fat. Add mixture of brown sugar, vinegar, and water; cover and cook over low heat about 1 1/2 to two hours, or until tender. When cooked, remove string or skewers and cut into slices. Serve with cooking liquid as gravy; thickened, is necessary. Makes four to six servings.

Roll in a "jelly roll" fashion, corn stuffed flank steak is colorful as well as flavorful eating. The red tomato juice lends a bright background to golden corn and rich brown meat.

#### CORN STUFFED FLANK STEAK

- 1 flank steak
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- 5 tablespoons lard or drippings
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 small clove garlic, minced
- 1 cup soft bread crumbs
- 1 can (8 ounces) whole kernel corn, drained

1 egg, well beaten  
1 can (18 ounces) tomato juice  
2 teaspoons salt  
1/4 teaspoon pepper  
Sprinkle scored steak with mixture of flour, salt, paprika, and pepper. Pound with edge of a heavy saucer or a meat pounder. Melt two tablespoons fat, add onion and cook over medium heat 3 minutes. Add celery, garlic, bread crumbs, corn, and egg; mix until ingredients are well blended. Spread over steak and roll, starting at the widest end, in a jelly roll fashion; tie with string or fasten with skewers. Brown roll in remaining fat. Add tomato juice, salt and pepper. Cover and cook over low heat 1 1/2 to two hours, or until meat is tender. Slice and serve with cooking liquid. Four to six servings.

Here is a wonderfully good-tasting way with flank steak. Stuff the steak with noodles which have been cooked in bouillon and flavored with basil. Then brown the meat, cover and bake until tender. To serve, cut the rolled-up steak and noodles in slices. This delicately flavored main dish has a big future, we think.

#### STUFFED FLANK STEAK

- 4 ounces medium noodles
  - 3 cups beef bouillon
  - 2 tablespoons minced onion
  - 1/4 cup finely sliced celery
  - 1/2 teaspoon basil
  - 1 flank steak (1 1/2 to 2 lbs.)
  - Salt
  - Pepper
  - Fat or drippings
- Add noodles to boiling bouillon. Boil rapidly, stirring constantly, for two minutes. Drain immediately, reserving bouillon for cooking liquid. Then rinse noodles with warm water and drain well. Add onion, celery and

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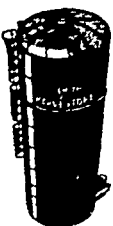
The resulting feed has more protein in his case, pound for pound on a dry matter basis, than the grain itself. Delivers up to \$136 income per acre from oats.

University of Illinois researchers found that switching from grain harvesting to whole-plant storage tripled income per acre from oats when the oat haylage was fed to beef calves.

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basil, and mix well. Season steak with salt and pepper. Arrange noodle mixture over steak, or if steak is in two pieces, place noodles over one piece of steak and put other piece of steak over noodles. Hold edges together with metal skewers. Tie securely with string and then remove skewers. Add fat or drippings to Dutch oven (or saucepot). Add rolled-up steak and brown lightly on all sides on top of range. When browned, place rack under steak in Dutch oven. Add bouillon. Cover and bake in moderate oven (350°) about 1 hour and 50 minutes. Add hot water if more cooking liquid is needed. To serve, cut roll into crosswise slices. Makes six servings.

Another way to make a stuffed steak —

#### STUFFED STEAK

- 2 pounds flank or round steak
- 1 cup crumbs
- 1/2 cup stock or water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon chopped onion
- 3/4 cup chopped celery
- 1 small turnip, diced
- 1 small carrot, diced

The meat should be cut from a half to an inch thick. Wipe steak, remove skin and place meat flat on a board. Combine crumbs, stock or water, salt, pepper, chopped onion and one-fourth cup celery. Spread on meat. Roll steak with the grain, so meat will slice across the grain when it is cut. Place remaining vegetables in roasting pan and place meat on top. Add two or three cups of water, depending upon size of pan. Cover and bake in moderate oven (350°) three hours, or until tender.

To cook on top of stove, melt one-half cup suet in flat-bottomed heavy kettle, flour roll thickly and place in kettle. Turn from

side to side until it is well browned, then add hot water to nearly cover and simmer for three hours. When meat is cooked, remove from kettle and thicken broth, using one to two tablespoons flour to each cup of broth.

Variations — Omit stuffing suggested above. Stuff steak with Sausage Stuffing, Potato Stuffing or Oyster Stuffing.

#### HOT-OVEN FOR BROILER-FRYERS

Birds for the family platter this month are the young, tender broiler-fryer chickens on most markets the country over in heavy supply. Most of these birds sell cut-up in serving pieces and packaged. The traditional and most common method of cooking is frying.

Even if fried chicken is your favorite dish, most families appreciate variety when chicken comes to the table often. So it pays to know different successful ways to cook these young, lean birds. Many homemakers today are interested in cooking with less fat than is required by frying. They also want cooking that saves time and labor for the cook.

A simple hot-oven bake meets these specifications and has been proved successful in tests at the U. S. Department of Agriculture's Institute of Home Economics. In an oven at 400 degrees the tender chicken pieces take only 50 to 60 minutes to cook. They should come out delicately browned, plump and juicy. Only a little fat is needed and no flouring or dipping in batter as for fried chicken. Oven-cooking calls for the minimum of attention by the cook — another advantage.

Here's how to do it: Rub or lightly brush chicken pieces with soft fat. Season with salt and pepper as desired. Place pieces skin side down on a rack in a shallow

(Continued on page nine)

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