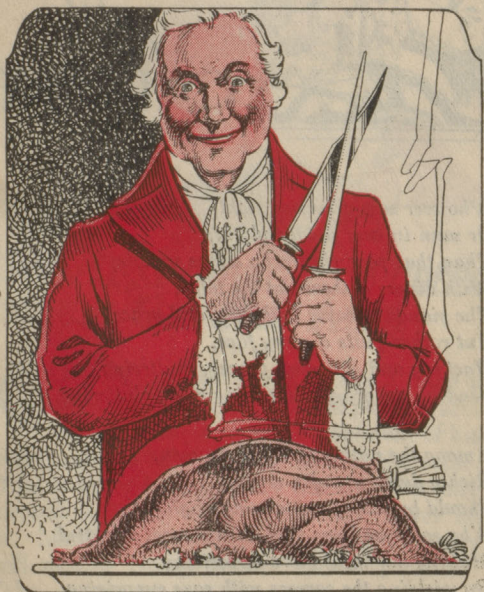


The
FINE ART



of
CARVING

SHEET METAL PRODUCTS CO. of Canada

The fine...

Club 2001

meat,
Cookery



The
FINE ART
of
CARVING

*Who ever saw a sorrier sight,
Or man in any sadder plight,
Than that poor chap who seems unable,
With diners gathered at the table,
The viands to carve with ease and grace
But rather pulls a sorry face,
Hacking and slashing, fiercely muttering,
Sending the gravy splattering and spluttering.*

*Among the names of world renown,
Richly deserving of a crown,
Should be that of mine host delightful,
Who saves us from such scenes most frightful,
Making our meal more appetizing
By wielding the carvers with ease surprising.
Such skill to his carving he imparts,
'Tis placed amongst the Finer Arts.*



mm

10"



CARVING *should be listed among the Fine Arts.*

CARVING is an art it takes a man a lifetime to master. Perhaps he starts off when he is married, confident of his ability, proud to sit at the head of the table. If he is lucky he gets away with it, with only himself knowing what a hopeless carver he is. Maybe he resorts to excuses and for years will mutter things about "the——butcher," "the —— meat" or "this —— carving knife," as he mangles the poor roast or turkey. Give him time! One fine day he will realize that at last he has mastered the art of carving. And he will crown himself with a laurel wreath to celebrate the fulfilment of a life-time's effort!

1922



Have you ever witnessed anything like this!

Many young married men, after one or two attempts at carving, give it up and never learn. Others, baffled at every joint, lose all control of themselves, and the resulting scene often ends in the first battle of married life. Just because a young married man cannot do as good a job of carving as his father did is no reason why he should vent his fury on the poor fowl, the tablecloth, and his poor little bride. However, it

is well to remember that a tender chicken or roast makes the husband's job of carving ever so much easier.



*There's a moral!
learn how to
select Fowl
Meat & Fish.*



Take Lessons from Your Butcher

This is for the bride's ear! Don't be like your husband, who pretends he knows it all. Go to any good butcher's (there are several in your neighborhood) and tell him you are going to deal at his store. Tell him frankly you don't know much about choosing meat, but you want to learn. Any butcher is glad to get a steady, new customer, and will gladly teach you how to select poultry, roasts and the different cuts of meats.

*But Listen!
No matter how good
the Meat, it must be
Properly cooked, so --*



Buy Yourself one of the New Covered Enameled Roasters

Have you ever tasted meat that was roasted in a covered roaster? If not, there is certainly a treat in store for you. The Covered Roaster has been used in the States for years and is increasing in popularity in Canada in an amazing manner. Be a little careful, though, when selecting a roaster.



*The best kind
to get are the
ones labelled
with the
celebrated*
SMP

Trade Mark



Why every woman deserves one of these Wonderful Roasters

After all, when the men of the family spend their good money on the latest equipment or appliances for their offices, factories or farms, why shouldn't the womenfolk have the same chance to equip their homes with the new labor and time-saving inventions?

The SMP Covered Enameled Ware Roaster is one of the most valuable kitchen utensils ever presented to Canadian women, ranking in usefulness with the electric washer or vacuum cleaner. Of all the pots and pans in your kitchen, you'll find the SMP Roaster the "best-ever" as a work-saver.





Reduces
Your Meat Bill
\$24⁰⁰ a Year

When you have an SMP Covered Roaster you can buy cuts that are 10c a pound cheaper than the meat you have been getting, because the SMP Roaster gives inexpensive cuts all the juicy tenderness and rich flavor of high-priced meat. The average-sized family of four eats approximately 240 pounds of roast meat a year. Through buying meat that is 10c a pound cheaper this family can save \$24.00 a year—enough to buy a dozen roasters. The bigger the family the bigger the saving!



You can Select
Cheaper cuts
of
Meat



They Roast Without Shrinking the Meat

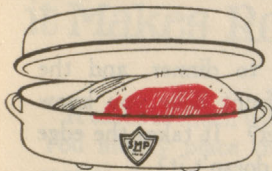
The New Way *The Old Way*



The roast as it comes from the butcher, ready for the Covered Roaster.



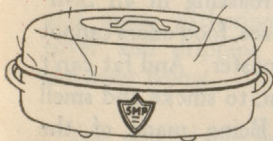
This roast, identical in size and weight with the other; for open roasting.



The roast is placed in covered roaster.



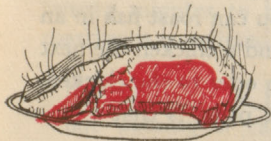
The roast is placed in open roast pan.



The meat is roasting under even temperature; odors cannot escape; self-basting.



Heat fiercely attacks exposed meat; fat spatters around oven, causing smoke.



Behold the finished roast! Roasted to perfection--juicy, plump and tender.



See how this roast has shrunk in open roast pan. Why waste meat like this?

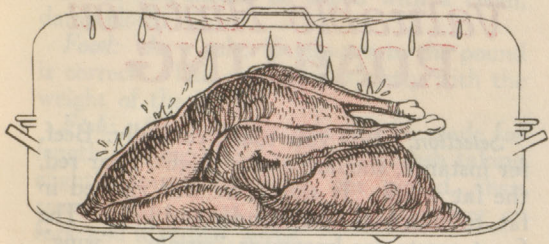


Cooking Odors Can't Spread all through the House

Ever get asked out to dinner, and the minute you open the front door you know what you're going to get? It takes the edge off your appetite a bit, doesn't it?

There's really no need for this, not when a woman can do her roasting in an SMP Covered Roaster. You see, food odors cannot escape from an SMP Roaster. And fat can't spatter all over the oven, to smcke and smell for days afterwards. Being made of the purest, hardest SMP Enameled Ware, the Roaster cleans off in a jiffy with soap and water after the roasting, leaving it sweet and clean as china. You can roast fish in an SMP Roaster one day and a chicken the next and there will be no fish odor to the chicken. Another very important point is that

**Your Oven is always
Sweet & Clean**



You dont have to baste! it Makes Roasting easy

It saves so much work, this fine, new utensil. You merely place the roast or fowl in the roaster, put on the cover and put the roaster in the oven! *You don't have to baste!* It does the basting automatically, the moisture and juices gathering on the inside of the cover and dripping down continuously on the meat below.

You don't have to bother with the roast from the time you put it in the roaster until it is practically finished. If you like a crisp surface to the fowl or meat, remove the cover twenty minutes to half an hour before the roasting is completed.

Put the roast in the oven—go to church—out walking or calling on friends—or do some other work! Really, the convenience of roasting the SMP Roaster way is almost too good to be true.

Valuable Hints on **ROASTING**

Selection: Buy your roasts carefully. Beef, for instance, should be of a bright, clear red, the fat white. It should be well clothed in fat, to insure its being tender and juicy. The finest roasts are known as "sirloin", "wing" or "rib" roasts.

Buy pork with care. Do not buy any that is clammy or has kernels in the fat. When the rind is hard the pork is old.

Veal should be fine in grain, of a delicate pink, with plenty of kidney fat. It should never be eaten under two months old.

Mutton or lamb should be firm and juicy, the flesh close grained, the fat hard and white.

Poultry: If the point of the breast bone bends easily, the fowl is young and tender. Another method is to turn the wing backwards—if it yields readily, it is tender. The same is true if the skin of the leg is easily broken.

Fish: Be sure that the flesh is firm, and the eyes clear.

Time of Roasting

Ovens vary in heating qualities, but 15 minutes to the pound will do most roasts. The oven must be at the proper heat when the meat is placed therein, so that the surface of the meat will crisp quickly, and the juices be retained in the meat. Meat need not b

washed, but should be wiped with a clean, damp cloth.

Fowl: As a rule, 15 minutes to the pound is correct. This may vary slightly with the weight of the bird.

Fish: Again no set rule can be made for length of time to bake fish, large fish taking slightly longer to bake, per pound, than smaller fish. Test the fish with skewer or fork and if tender, serve.

ROAST BEEF

Sirloin, wing, rib or rib roast rolled. Wipe with damp cloth, season with salt. Place in roaster. If meat is lean, pour small cup of boiling water into the roaster after it has been in oven 15 minutes. If roast is fat, you need no water in the pan. Make a brown gravy.

ROAST MUTTON

Get a leg of 8 lbs. which has hung a week, weather permitting. Rub lightly with salt. Place in roaster with tablespoonful of good dripping and roast slowly until done. When within 20 minutes of being done, dredge with flour and increase slightly the heat of oven. When froth rises, take from roaster and serve at once, on a hot platter. Make gravy, adding a little stock, a little boiling water, pepper and salt. Serve gravy in boat, or pour around meat, not over it.

ROAST LOIN OF VEAL

Leave in the kidney, around which put considerable salt. Make a dressing as for fowls; unroll loin, put stuffing well around kidney, fold and secure with several coils clean twine, wound around in all directions. Place in roaster, thick side down, in hot oven, gradually decreasing heat. Use a little good dripping. In one-half hour add half a cup of boiling water; half an hour later turn roast over; just before roasting is finished, dredge with flour and baste with melted butter. Before serving, remove twine. A 4 to 5-lb. roast will bake in 2 hours. For gravy, skim off part of fat, dredge in flour, stir until brown, add hot water if needed and boil a minute or two. Serve with green peas and lemon jelly. Very nice cold.

ROAST LOIN OF PORK

Score the skin of a fresh loin of pork at regular distances of one-quarter inch apart. Brush it over with salad oil, place in roaster and put in hot oven. Fifteen minutes before roasting is finished, remove the cover. Remove from roaster, place on hot platter and serve with brown gravy and apple sauce. It requires $2\frac{1}{4}$ hours to cook a 5-pound roast of pork.

ROAST SPARE RIBS

Trim the ragged ends of the spare ribs neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper. Fold it over, stuff with a turkey dressing, sew up tightly and place in roaster with a pint of water. Turn it once or twice during roasting and remove cover of roaster 15 minutes before roast is finished.

ROAST SADDLE OF PORK

Have the butcher cut a saddle of pork as he would a saddle of mutton, strip off the skin, trim the joint neatly and cover the fat with buttered paper. Place in roaster in hot oven. Three-quarters of an hour before taking up, remove the paper, dredge the meat lightly with flour and remove cover of roaster. If preferred, the skin can be left on and it shall then require to be scored lengthwise, the same way in which the saddle is carved. Serve with brown gravy and apple sauce.

MARYLAND BAKED HAM

Place a medium-sized ham in a pot and cover with sweet cider. Let it simmer gently for $3\frac{1}{2}$ hours. Skim frequently to remove the grease as it rises. When tender, take out and remove the rind. Outline the fat on top with a sharp knife into diamonds and in each diamond stick a clove. Now rub over the top of the ham $\frac{1}{2}$ cupful of maple syrup, place in the roaster and bake slowly for one hour.

ROAST VENISON

The flavor of venison is improved by being kept as long as possible and yet remaining perfectly sweet. Choose venison with clear, bright and thick fat. Wash in warm water and dry well with a cloth. Slit the venison and lard it with pieces of pork or bacon. Place pieces of pork or bacon in the bottom of a pan. Slice vegetables, place on the pork. Then place your meat on this. Season as desired, brown well on the top of

the stove, turn over and brown on other side. Set in oven and put soup stock or water in bottom of pan and cover. Serve with gravy and tart jelly.

ROAST TURKEY

Dress turkey carefully and rub thoroughly inside and out with salt and pepper. Stuff with dressing as preferred, sew up the openings and spread the turkey over with butter, salt and pepper. Place turkey in roaster, and add half a pint of boiling water and place in well-heated oven. One-half hour before turkey is roasted, remove the cover, dredge with a little flour and baste with the juices and melted butter, which gives a frothy appearance. When making gravy, pour off most of fat, add chopped giblets, previously boiled until tender, with the liquor in which they were cooked. Place one heaping tablespoonful of flour in a pint bowl, mix smooth with a little cream; fill up bowl with water and add to the gravy in the pan. Boil several minutes, stirring constantly, and pour into the sauce-bowl. Serve with cranberry sauce. A turkey weighing 10 lbs. will require 3 hours to cook.

ROAST GOOSE

Do not cook a goose that is more than eight months old and the fatter it is the more juicy the meat. The dressing should be made of three pints of bread crumbs, six ounces of butter, teaspoonful each of sage, black pepper and salt and an onion chopped fine. Do not stuff very full, but stitch very closely, so that the fat will not get in. Place in SMP Roaster, add a little water and turn the bird several times. Bake 2½ hours. Half an hour before roasting is completed, remove the cover. When done, remove from roaster, drain off fat and add the chopped giblets, which have previously been boiled tender, together with water in which they were done. Thicken with flour and butter rubbed together, let boil and serve.

TO ROAST OLD FOWL

Neatly dress and then soak in cold water for 2 hours, then boil until tender. Stuff with nice sage dressing and place in SMP Roaster with good dripping. Take 2 tablespoonfuls of flour, mixed with butter and spread over chicken. Place in oven and bake. Half an hour before roasting is complete, remove cover.

TO ROAST ANY SMALL BIRDS

Birds, dressing, bacon, 1 pint of rich stock or 1 teaspoonful meat extract dissolved in hot water, butter, pepper, salt and biscuit crust. Stuff the birds with any dressing. Place the bacon in an SMP Roaster and upon this set the birds. Add butter, pepper, salt and roast until finished.

ROAST DUCK

Two small young ducks make a better dish than a large, handsome, hard-fleshed drake which, as a rule, is best fitted for a stew. For stuffing, take $\frac{1}{2}$ lb. onions, 1 teaspoonful powdered sage, 3 teaspoonfuls of bread-crumbs, the liver of duck parboiled and minced with pepper, salt and cayenne. Cut the onions very fine, throw boiling water over them and cover for ten minutes, drain through a gravy strainer and add the other ingredients. This quantity is for one duck. Before roasting, let the duck be hung a day or two, according to the weather, to make the flesh tender. Place in roaster, dredge with flour and place in good, hot oven. Fifteen minutes to the pound should do. Half an hour before the roast is completed, remove the cover of the roaster. Serve with brown gravy and apple sauce.

FISH

It is difficult to lay down any rule about baking fish, as they vary in size and character so greatly. Haddock, pickerel, whitefish, cod, pike, salmon, shad, bass and some shellfish, such as lobsters, are delicious when properly baked in an SMP Covered Roaster, as their delicate flavor is in no way affected by this splendid method of baking. However, we recommend that the fish be firm and fresh before baking, that they are thoroughly cleaned. If fish have been salted, wash thoroughly in cold, fresh water; then wipe dry, place in roaster, season properly and cover with butter, chopped into fine pieces. Bake slowly until done. Add a little butter and water if the sauce thickens too much. When the fish is done, remove to a hot dish, strain the sauce over and serve. Almost invariably lemon, cut into appropriate pieces, is served with the baked fish.

Valuable Hints on CARVING

In the word "carving" a man recognizes the *bête noire* of his existence, the destroyer of his peace of mind, and the threatener of his leadership as the head of the house.

The host who has mastered the art of carving is the envy of all his guests and the pride of his family. We have made quite a study of carving in its many phases and pass on for the benefit of poor carvers the knowledge we have gained.

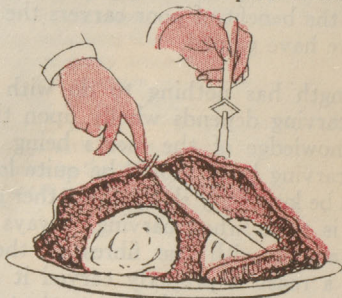
Strength has nothing to do with it, for good carving depends wholly upon the skill and knowledge of the meats being carved. Also, carving knife should be quite long and should be kept very sharp. Another point to know is that, when carving, always cut at right angles with the fibres of the joint. When a roast is properly carved it is more agreeable to the eye, pleasing to the taste and much more easily masticated. If possible, the carver should sit, not stand, and the platter should be large enough to hold the slices of meat as they are cut.

Carving Fowl: A few simple rules are to be observed in carving birds. The cuts may seem to be simple enough, but the difficulty is to carry them out with success on the bird itself. From its shape alone some awkwardness arises, but it may be overcome by plunging the fork upright into the very centre of the breast-bone and keeping it there until the bird is completely carved. The use of a second and smaller fork is sometimes necessary when carving a large turkey, goose or capon.



1

Carving a Turkey—Figure No. 1. Pass the knife between the thigh and body until the bone is reached, then the thigh is forced back and the joint laid open. Separate the entire leg with the point of the knife.



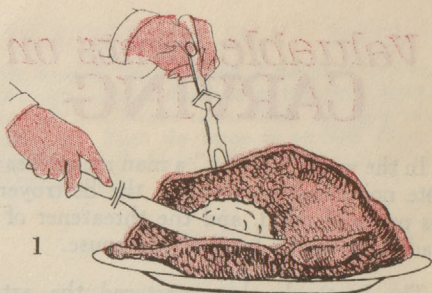
2

Figure No. 2. Now that the leg is removed, the next process is to remove the wing. This is accomplished by slicing a part of the breast, carving close to the ribs and then, when the joint is reached, bend out this limb also to expose the joint; then sever with a knife.

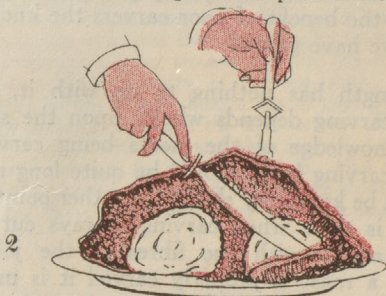


3

Figure No. 3. Having removed the legs and wings of the bird, they should be cut into two pieces by passing the knife through the joints. The breast can then be sliced in thin, even slices and served with the dark meat.



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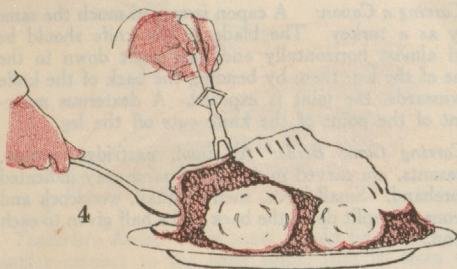
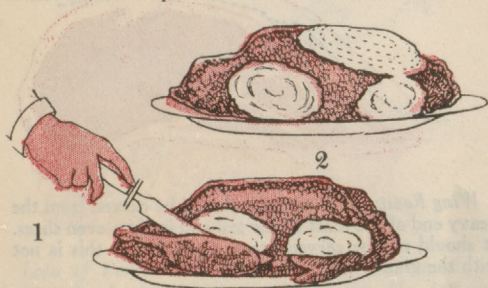


Figure No. 4. The dressing is reached by making an incision between the legs of the bird and lifting the apron just above the tail. Dressing is served by means of a tablespoon. Over the dressing, giblet sauce can be served at the option of the one being served.



Carving a duck—Figure No. 1: Remove the upper and lower parts of the leg in similar manner to that of carving turkey. Note that the legs are considered choicest parts and are, as a rule, served first. Slice part of the breast, carving close to ribs; when joint is reached bend out the wing and then sever with a knife. *Figure No. 2.* Cut the breast into thin, even slices.

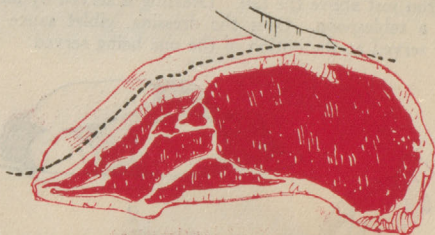
Ducklings may be simply cut into four pieces, first by a lengthwise cut and then by a crosswise.

Canvasback Duck: With a canvasback duck, only the breast is served. The joints, however, are first removed in order that the breast and dressing may be properly reached.

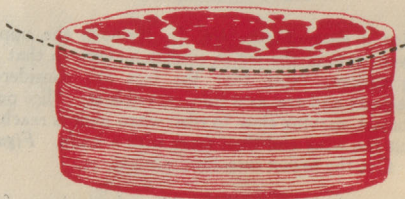
Carving a Capon: A capon is carved much the same way as a turkey. The blade of the knife should be held almost horizontally and pass right down to the bone of the leg; then, by bending the back of the knife downwards, the joint is exposed. A dexterous movement of the point of the knife cuts off the leg.

Carving Game Birds: All fowl, partridge, grouse, pheasants, are carved in much the same way indicated beforehand. Small birds, such as quail, woodcock and pigeons, are split down the back and a half given to each person.

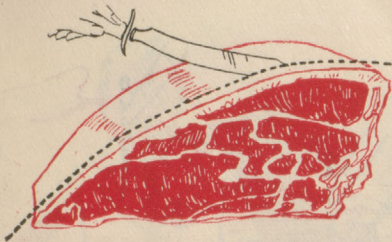
Carving Beef



Wing Roast: A wing roast should be carved from the heavy end of the roast to the tail end in thin, even slices. It should not be carved across the roast as this is not with the grain.

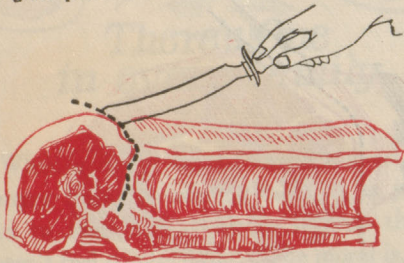


Rolled Roast: A rolled roast is, as a rule, bound with twine and skewered. The best results are obtained if the carving knife is placed on the far side of the roast and drawn toward the carver, cutting the meat in thin, even slices.

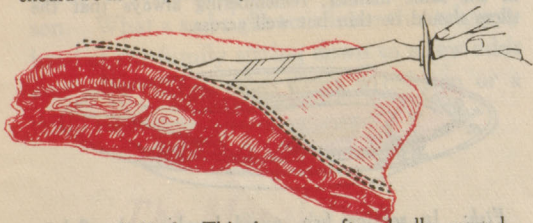


Tenderloin Roast: This roast should be carved in a similar manner to the wing roast; that is, from the thick end to the tail.

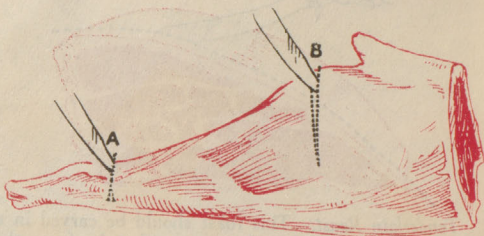
When carving rib or sirloin of beef, cut the slices thin and from the side next to you. Never offer anyone the outside piece unless they ask for it. Enquire how each guest prefers his—whether rare or well done.



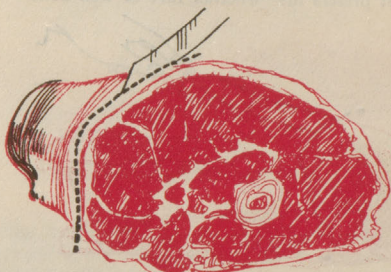
Loin of Pork: Loin of pork should be carved as indicated. A sharp knife is needed for this, but in order to get nice pieces for each plate the pieces of meat should be as complete as possible.



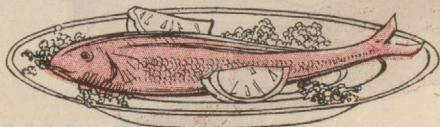
Breast of Veal: This is very often badly carved. The carving knife should be drawn from side to side, as shown, and a good, sharp knife is needed if the best results are to be had.



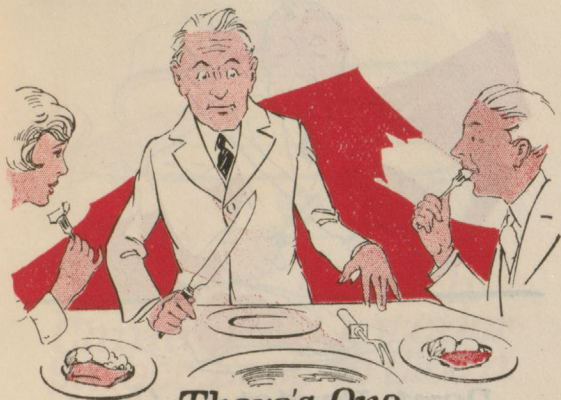
Leg of Lamb: The small end of the leg yields the choicest and tenderest parts. In carving it, therefore, the carver should place upon each plate a piece from the small end and a piece from the large end, as shown.



Leg of Mutton: In carving a leg of mutton, begin across the middle, cutting the slices away down to the bone. Small pieces may also be cut from the end, as this part contains more fat. Ham should be divided in the same manner, remembering always that the slices should be thin but well across.



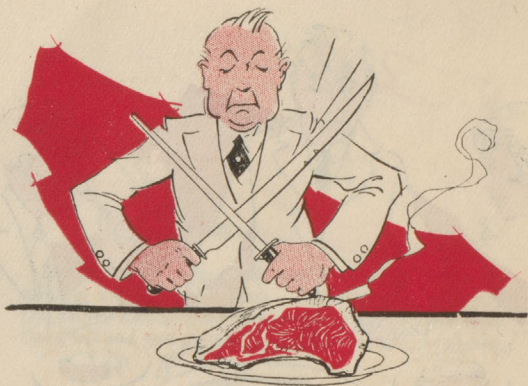
Fish: In serving fish, avoid breaking the flakes. This can be done by using a fish trowel. The middle portion of the fish is considered the choicest, but the tail end is sweetest.



There's One in every family

While nobody wants to send a guest away hungry from the dinner table, it is just as bad to send him away so full up that he doesn't feel comfortable. The moral is, don't be too generous when serving. Count the number of guests and estimate, before you start, how much you can give to each person. What a sad sight to it is see the unhappy head of the family sitting down to a few odds and ends that are left from a chicken or a small roast!

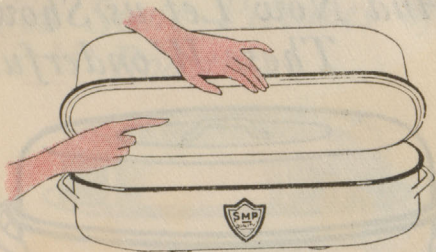
*The Moral Is—
Plan Your Carving
Before You Begin*



Don't Forget to Care for Your Carvers

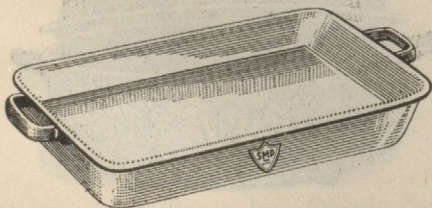
The carvers should be sharpened before the guests take their places. Many men, however, are very proud of the accomplishment of being able to whet a knife. In any event, whether the carving knife is sharpened before dinner or at the table, the blade should be sharp and keen. The carving knife should never be used for any other purpose but carving. It should never be found in the kitchen cutting up vegetables, raw meat or bread. Its sole object in life is to carve meat brought to the table. Bear in mind that heat destroys its temper, and when the temper of the knife goes the temper of the carver is liable to go, too!

So, don't forget to care for your carvers. A good carving knife and fork should pass from generation to generation, like heirlooms.



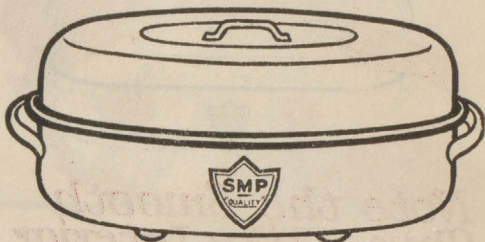
Note the Smooth China-like Interior Surface; Easy to Clean

These splendid SMP Roasters are made with the object always in view of providing the housewife with a roaster that is very easy to clean and keep clean. When you first see an SMP Roaster pay particular attention to the perfection of manufacture. The absolutely smooth, glass-like interior which cannot harbor grease or dirt and which is positively impervious to odors.



Of course, we make open roast pans, and have done so for two generations, but we recommend the SMP Covered Roaster before the open pan because of its super-roasting efficiency.

*And Now Let us Show
These Wonderful*



SMP Crystal Ware

Made in following sizes:

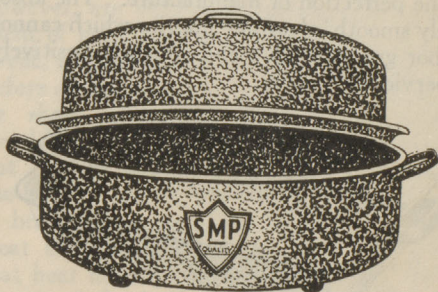
No. 10—15 $\frac{1}{2}$ x 11 $\frac{1}{8}$ x 7 $\frac{1}{8}$ in.

20—18 x 12 x 7 $\frac{3}{8}$ in.

30—18 x 12 x 8 $\frac{1}{8}$ in.

Also made in Round Shape:

No. 0—12 $\frac{7}{8}$ x 7 $\frac{1}{8}$ in.



SMP Pearl Ware

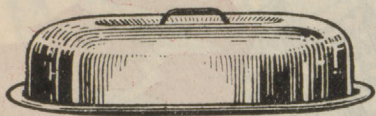
No. 0—12 $\frac{7}{8}$ x 7 $\frac{1}{8}$ in.

Also made in Oval Shapes Nos. 10, 20, 30 and

No. 40—19 $\frac{7}{8}$ x 14 x 8 $\frac{1}{4}$

See Crystal Ware for sizes.

You Some Pictures of **SMP** Roasters



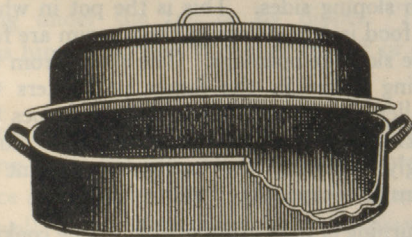
SMP Aluminum Ware

Round

No. 00A— $11\frac{1}{8}$ x $6\frac{3}{4}$ in.
0A— $12\frac{3}{4}$ x $7\frac{1}{8}$ in.

Oval:

10A— $15\frac{1}{2}$ x $11\frac{1}{8}$ x $7\frac{1}{8}$ in.
20A—18 x 12 x $7\frac{3}{8}$ in.
30A—18 x 12 x $8\frac{1}{8}$ in.



SMP Sheet Iron Ware

No. 200—18 x 12 x $7\frac{1}{2}$ in.
400— $19\frac{1}{8}$ x 14 x $8\frac{1}{2}$ in.

Also made in Oval and Round Shapes as enumerated in Pearl Ware, Crystal Ware and Aluminum.

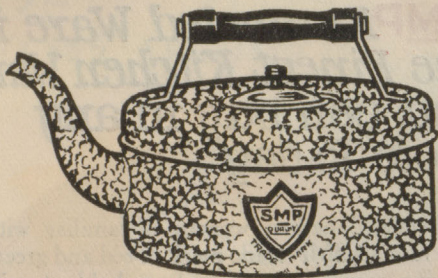
Note: Pearl and Aluminum Roasters also made in No. 200 size, shown above.



The SMP Vegetable Steam Cooker

is the most perfect vessel for steam cooking. It is the result of years of close study of cooking methods. The outer pot is straight-shaped and holds a good supply of water. Into this outer pot fits the "steaming pot," with sloping sides. This is the pot in which the food is put. Close to the top rim are four little slot-like openings. The steam from the boiling water in the larger pot enters the smaller pot through these slots and does the cooking. An enameled cover fits down snugly, allowing the necessary amount of steam to escape.

Burning of food is impossible. The cooking is about as speedy as medium boiling. The outer pot can, also, be used as a straight sauce pan. We are told by expert professional cooks that the SMP Vegetable Steam Cooker is a wonderfully practical and valuable utensil. We guarantee it—absolutely.



SMP Savoy Tea Kettle

A different shaped kettle, embodying the most up-to-date ideas. Note the extra large, rigid handle, shaped to fit the hand. This handle never gets hot and, being rigid, it gives you perfect control at all times. That means no slipping, scalded hands or accidents.

The lid is at the side of the kettle for speedy filling under the tap or by dipper. This lid is hinged, so that it cannot fall off or get lost.

It brings water to the boil very speedily, owing to its flat top, which permits no waste space above water line. The tip of the spout is well above the water line, to prevent over-boiling or spilling. This kettle is made in SMP Pearl and SMP Diamond Enameled Ware, also in SMP Nickel-Plated Copper Ware. Our SMP trade-mark is on every genuine kettle.

SMP *Enameled Ware is the Finest Kitchen Ware You can buy in any Store To-day*

Every Canadian woman is familiar with the famous **SMP** trade mark in red and green, having seen it on either household utensils or in hardware stores on articles for household use. When you are buying any enameled ware utensil which carries the shield-shaped **SMP** trade mark, you may buy it with the utmost confidence that it will give complete and lasting satisfaction.

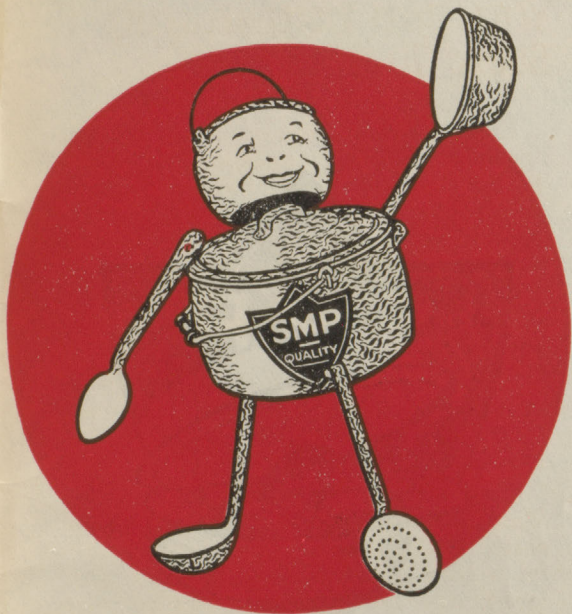
SMP Enameled Ware utensils are all made in handy shapes which will enable a woman to do her work with the least effort and trouble.

There are three styles of **SMP** Enameled Ware, the first being Pearl Ware, a two-coated, pearly-gray ware possessing wonderful wearing qualities; Diamond Ware, that lovely, sky-blue and white mottled ware with the lining of snowy white, and Crystal Ware, without question the most beautiful kitchen ware manufactured today. It is wonderful for wear and it retains its glowing, pure white surface throughout its lifetime.

Every piece of **SMP** Enameled Ware is backed by our positive and absolute guarantee of satisfaction. If, through any defect in the utensil, it does not give the service you expect, return it to the dealer and he will replace it with a new piece immediately.

DRIVER Q126.1

*TX 885 F55 1922



Mr. SMP

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