



Cuts of Meat and how to use them

*How the whole side of
Beef and Lamb is cut—
with useful cookery
hints for every joint.*

Presented with the
compliments of

Stanford's Limited

STANTORD

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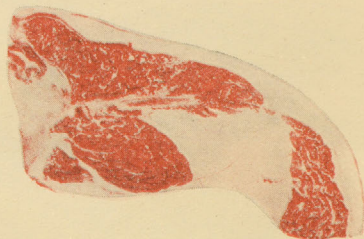


BEEF TENDERLOIN STEAK

OF all the portions of the whole side of beef none comes in for such commendation as those cuts taken from the Loin, chief among which is the Sirloin and Tenderloin Roast and the Tenderloin Steak. These are cut from that part lying between the end rib and the rump and have a flavor unsurpassed by any other cut.

Tenderloin steak should be grilled over an open fire or, lacking that, under the flame on the broiler of the oven. Planked and served with new carrots, new beets, or green beans, mushrooms and French fried potatoes, it makes a dish de luxe.

We are direct importers of fancy cheeses from Italy, Holland, Switzerland and France. The Cheese Department can supply you with genuine Gorgonzola, Roquefort and Edam cheese.

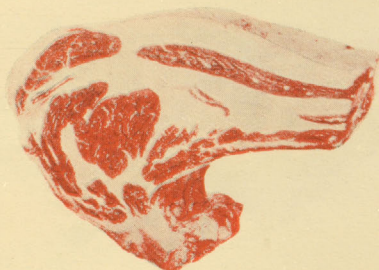


SIRLOIN ROAST

THE Sirloin Roast is cut from the loin midway between the Tenderloin and the end of the ribs. This part is a prime favorite with epicures as it is extremely tender and full of delicious juices. Steaks from this portion are also very fine and vie with the Tenderloin in popularity.

Sirloin roast should be cooked in the English way, well dredged with flour and roasted in an open pan with pure beef dripping. Serve with baked potatoes and fresh green or butter beans.

Fresh-gathered vegetables, tender and full of flavor. The Vegetable Department can supply you with the finest quality that you could desire, either in or out of season.

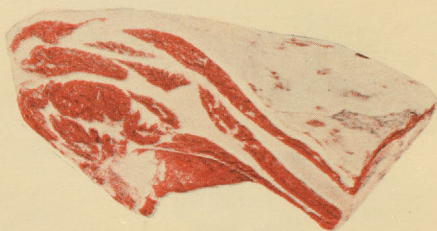


RIB ROAST OF BEEF

USUALLY referred to as the "Standing Rib Roast" this cut is typical of England. Though not as expensive as the foregoing cuts it is well received at the best of tables. It is often sold boned and rolled and is then known as "Rolled Rib Roast". Extremely tender and delicious.

The English open-pan method of roasting is to be recommended for this cut. It should be roasted slowly so that the inside is slightly rare. Dredge with flour and salt before cooking. Serve with baked potatoes, French artichokes or cauliflower and Yorkshire pudding.

Mail Orders and orders by telephone for out-of-town points are especially packed and shipped without delay. All fish is packed in ice. Call Mail Order Department.



THE FIFTH RIB

THE roast shown above is cut from the fore end of the rib near the chuck. It is thicker than the ribs that join the loin and generally has more fat. It will be seen that the flesh mounts high on the bone on this cut, due to the thickening of the flesh on the forepart of the breast. A delicious and tender roast.

This cut can be prepared equally well in the open-pan way or in the more common self-basting pans. The former, however, gives a flavor to the outside of the roast that is impossible by the newer method. Serve with pan roast potatoes and boiled or braised celery.

Our Delivery Department makes 36 deliveries in Montreal and district daily. A detailed time-table appears on page 30.



THE CLUB STEAK

FROM the loin, just at the point where the rib cuts commence is taken those delicious cuts known as "Club Steaks". In hotels and clubs these steaks have a wide popularity, being of excellent flavor and unusually tender. Beef chops are cuts from this portion but nearer to the end of the Loin.

While the open grill method of cooking steaks is without doubt the most delicious, the "Club steak" lends itself to frying or planking with equally pleasing results. Serve with French fried or boiled potatoes and mushrooms.

When planning entertainments or when desirous of serving something especially delicious, consult the Cooked Meat Department for timely and appetising suggestions.

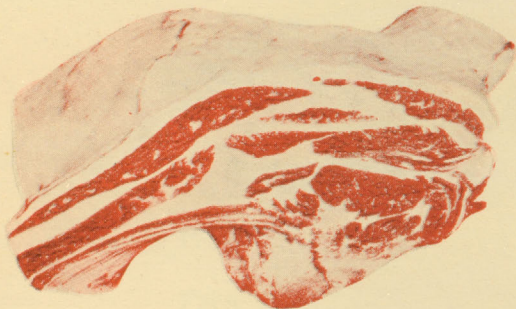


THE ROUND OF BEEF

THE "round" is cut from the thick part of the hind leg joining the rump and between the end of the loin and the hind shank. This part gives very excellent steaks, being free from any waste and with but one small bone running through the centre. Of all steaks this is the most profitable. The lower half is extremely tender while the upper part, near the rump, lends itself to pot roasting.

A round roast is most delicious when served cold. It should be roasted in a fairly slow oven and cooked rare. Served with cucumber, horseradish sauce and a little salad, it is most tempting.

All the choicest Fish in season. Our Fish Department can supply you with the very finest from sea, lake or river. Deliciously fresh.



THE CHUCK ROAST

THE chuck is that part of the side between the neck and ribs. Its lower edge is joined by the foreshank and brisket. This portion makes excellent pot roasts, stews and beef tea, being full of glutinous substances which produce rich, nourishing jelly. Beef pies can be profitably made from the Chuck of the beef.

For invalid's beef-tea the beef should first be cut into small portions and then slowly stewed in a covered vessel. Do not remove sinuous parts, for it is there that the valuable gluten is stored.

Fancy cuts of meat—Crown Roasts of Lamb, English Saddles of Mutton and Spiced Christmas Beef - for banquets and formal dinners. Let us supply the dish of honor.

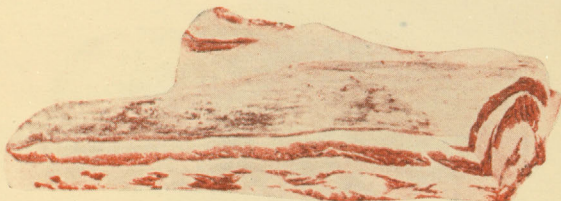


THE BRISKET

THE brisket of beef is a delicious portion which lends itself admirably to boiling and stewing. This part makes excellent corned beef having fat and lean evenly spread. The raw smoked beef of Germany and Holland is usually made from the brisket smoked in hickory or chestnut smoke.

Boiled beef and vegetables or corned beef and vegetables is a delicious dish during cold weather. In boiling or stewing it is advisable not to add salt until the dish is almost ready to serve. This will insure the meat being tender.

Cheese, the final dish of every well-planned dinner. Choice French and Swiss kinds as well as the finest domestic varieties. The Cheese Department will serve you well.

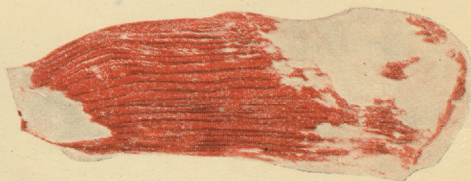


THE PLATE

FROM the ends of the ribs downwards to the centre of the belly is a large and valuable piece of beef known as the plate. This portion is excellent for stewing, pot roasts, and boiling, and when pickled makes corned beef of excellent quality. Plate corned beef is rather leaner than the brisket cut but is much preferred by many on that account.

The preparation of pickle for making corned beef requires very careful attention and, whenever possible, it is advisable to purchase the beef already "corned". New England dinner should be made with corned plate beef.

New Carrots, New Beets, New Turnips, Mushrooms, Radishes, Watercress—the choicest of vegetables either in or out of season can be purchased at the Vegetable Department.



FLANK OF BEEF

THIS portion, also widely known as the skirt, lies behind the plate and below the loin. It is largely used as stewing beef and for beef and kidney pies and puddings. Inside the flank is a small portion of very tender meat as illustrated of about a pound weight known as the Flank Steak or Skirt Steak.

To make a delicious beef and kidney pudding, line a pudding basin with paste and fill with finely cut (not minced) flank of beef and beef kidneys. Add a little water, close with lid of paste, cover with cloth and boil two and a half hours. Serve with potato and cabbage.

Behind the service of the Cooked Meat Department is the skill of a chef trained in the school of experience to make delicious dishes to tempt the fugitive appetite. Have you tried his skill?

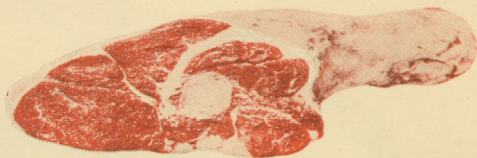


THE RUMP

THE Rump is a somewhat square portion of the side joining the round on one side and the upper portion of the loin cuts on the other. It contains portion of the spine bone and the root of the tail. When cut fairly large some splendid steaks are to be obtained and the smaller end makes excellent pot roast or corned beef.

Being so near the bony portions of the carcass the Rump is particularly sweet in flavor and unusually nourishing. It has the right admixture of fat and lean which makes it a profitable cut either for use as Boiled Beef or cold Corned Beef.

You will find every seasonable kind of Game and Poultry ready for your choice in the Poultry Department. Young Roasting Turkeys and Brome Lake Ducks are a specialty.



THE FORESHANK

LIKE the hindshank, this portion is largely used in the preparation of soups and stews. Under the name of shinbeef, it is in demand for invalids' cookery, making most nourishing beef tea. It contains much glutinous substance highly prized as a basis for gravies and meat jellies.

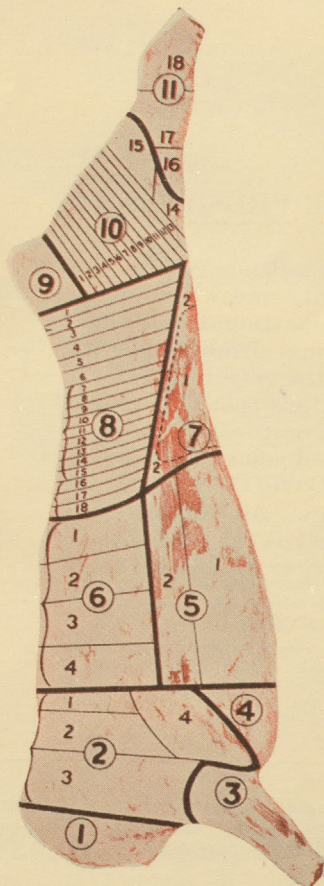
A well-filled stock pot is the secret of successful cookery. A surprisingly varied list of delicious soups can easily be prepared by the addition of different vegetables or seasonings to this valuable base. The Foreshank makes excellent soup stock.

We are importers of Genuine Virginia Hams and can supply you with that quality of Bacon that makes breakfast a pleasure. Ask at the Meat Department.

DO YOU LIKE FRESH FISH ?

IF you do, you will appreciate the splendid quality and wide variety that our Fish Department can offer. Twenty-four hours from water to counter—that is the secret of its delicious flavor. We have special facilities for handling it en route as well as when it arrives here, and you can always be sure that STANFORD'S FISH is in perfect condition. All the delicate fancy kinds as well as the more popular varieties at prices no greater than usual.

Fresh Creamery Butter, new season honey, and eggs of guaranteed quality are among the many delicacies to be had from the Cheese Department.



THE SIDE OF BEEF

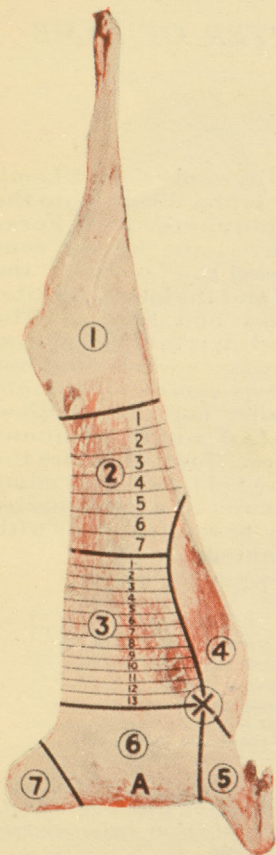
FOREQUARTER

- (1) NECK
 (2) WHOLE CHUCK
 1. 5th Rib Roast
 2. Chuck Steaks
 3. Pot Roast
 4. Clod
 (3) FORE SHANK
 (4) BRISKET
 (5) PLATE
 1. Navel
 2. Rib Ends
 (6) RIB
 1. 11th and 12th Rib Roast
 2. 9th and 10th Rib Roast
 3. 7th and 8th Rib Roast
 4. 6th Rib Roast

HIND QUARTER

- (7) FLANK
 1. Flank Steak
 2. Stew
 (8) LOIN
 1. Butt end Sirloin
 2. Wedge Bone Sirloin
 3. Round Bone Sirloin
 4.-5. Flat Bone Steaks
 6. Pin Bone Steak
 7.-15. Porterhouse
 16.-18. Club Steaks
 (9) RUMP
 (10) ROUND
 1. First cut round steak
 2.-13. Round steaks
 14. Knuckle Soup Bone
 15. Pot Roast
 (11) HIND SHANK
 16.-17. Soup Bone
 18. Hock Soup Bone

**THE SIDE OF
LAMB**



(1) LEG

(2) LOIN

(Cut full in illustration)

1.-7. Loin Chops,
English Mutton
Chops

(3) RIBS OR HOTEL
RACK

1. - 13. Rib Chops,
French Rib Chops
(illustrated), crown
roast (illustrated)

(4) BREAST

(5) SHANK

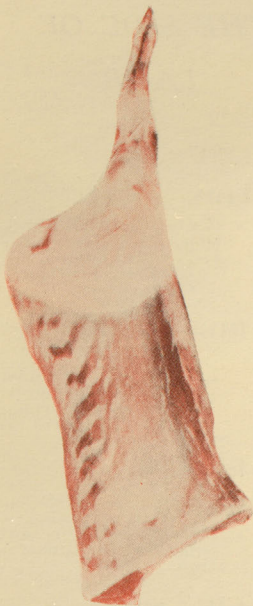
Note 4 and 5 are cut
together in illustration

(6) CHUCK

(a rolled shoulder)

(7) NECK

THE HINDQUARTER OF LAMB



THE whole side of Lamb is first divided into the Hindquarter and Forequarter, the former containing the Loin and the Leg and the latter the Ribs, Breast and Shank. The Hindquarter is seldom served as a whole joint but is more commonly cut into smaller portions as illustrated on subsequent pages. However, where the household consists of many persons the hindquarter may be roasted whole with advantage.

Lamb should be roasted slowly and well cooked through. The fat should be crisp and dry and the flesh should leave the bone easily.

The Fruit Department can supply you with choice fruits all the year round. We specialize in out-of-season fruits from all parts of the world.



THE FOREQUARTER

AS shown in illustration, this cut comprises as well as the ribs and breast, the shoulder and neck. It is a profitable cut on account of the wide diversity of uses to which the different portions can be put. When roasted, the shank, neck and breast are removed from the shoulder. It makes a particularly delicious roast.

On account of its moderate price and the ease in carving due to the removal of the blade-bone this joint is extremely popular. It should be well roasted and served with potatoes, green peas, cauliflower or creamed carrots and brown gravy. Mint sauce is usually served.

Many of the catering problems of the household can easily be solved at the Cooked Meat Counter. Cold cooked meats, delicious salads and other tasty dishes are always ready.

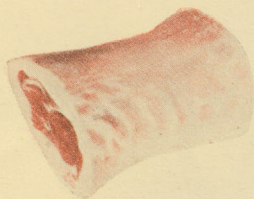


LEG OF LAMB

THE Leg of lamb is cut from a point at the base of the Loin directly downwards and contains all the portions from that line to the large joint of the hind leg. It makes delicious and profitable roasts having but one bone through its centre. For boiling there is no cut quite its equal.

Boiled Leg of Lamb is comparatively simple to prepare. Select a leg free from fat, pare it, trim it and boil it slowly until tender. Add barley and seasoning herbs at commencement. Serve hot with caper sauce, mashed turnips or boiled beets and a little of the soup in which it was boiled. Potatoes should be well dried before serving.

We have made a specialty of fine Smoked Fish of every kind. Genuine Scotch Kippers and Haddies as well as the choicest varieties from the Maritime curers. At the Fish Department.

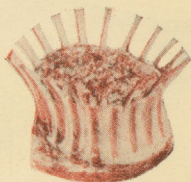


LOIN OF LAMB

ALTHOUGH this cut is usually divided and sold in the form of Loin Chops, it also makes a most delicious roast. Indeed, few cuts are so tender and delicate of flavor. The loin is sometimes cut so as to contain the portion of the meat at the end of the leg and is then known as the saddle.

A saddle of lamb makes an excellent centre-piece for formal dinners on account of its highly decorative appearance. It should be well roasted so that the outside fat is a rich golden brown. Serve with boiled potatoes, fresh green peas or cauliflower and red currant jelly.

Our beef is of the finest. Heavy western steers supply the choicest kind and it is from the best of these that our beef is cut. Let the Meat Department fill your needs.

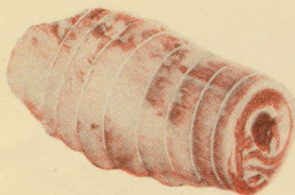


THE CROWN ROAST

IN making the Crown Roast, the Ribs and part of the Loin are first cut to even length and the flesh rolled back from the bone. The chops are cracked so as to almost separate them and then the whole is turned backwards to form a crown. When sent to table each bone should be decorated with a paper frill.

This roast is a splendid one for any occasion when a decorative effect is desired, as well as when you require a particularly tempting dish. It is carved by dividing the chops from centre to outside with ease. Serve with tiny potato balls, mint or onion sauce and green peas or salisfy.

We are direct importers of fancy cheeses from Italy, Holland, France and Switzerland. The Cheese Department can supply you with the genuine Camembert and Rocquefort.

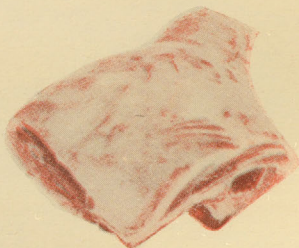


ROLLED SHOULDER ROAST

IN making this delicious and highly economical roast the blade bone is first removed from the forequarter, the flesh carefully lifted away and then rolled into a tight even roll. This cut is also known as the English Shoulder of Lamb and is highly prized in homes where economy counts.

This cut should be roasted slowly in order to insure that the inner parts are thoroughly cooked while the outside still remains moist and juicy. Baste well from time to time and serve with salsify, marrow or squash and mint sauce or red currant jelly.

Fresh-gathered vegetables, tender and full of flavor. The Vegetable Department can supply you with the finest quality that you could desire.



SHOULDER OF LAMB

THE illustration shows the Shoulder with part of the neck attached. The neck being sweet and tender is usually used in the making of Irish Stews, while the shoulder makes a most admirable roast of fine flavor.

To prepare Irish Stew correctly the neck should be divided into chops which should be seared and well-browned in the frying-pan before being stewed. The chops should be whole and the potatoes unbroken when the dish is brought to table.

Mail Orders and Orders by telephone for out-of-town points are specially packed and shipped without delay. All fish is packed in ice. Call Mail Order Department.



BREAST AND SHANK

THIS portion is cut, as might be inferred from its name, from the lower part of the chuck or shoulder and along the bottom edge of the ribs. It contains the upper part of the forelegs below the shoulders. This cut makes delicious soups and stews and is the main ingredient of that delicious dish known as Scotch Broth.

The reader must not confuse Scotch Broth with the now classic dish, Cock-a-leekie, which is prepared from the head of the lamb, boiled with barley, a little oatmeal and savory herbs.

Our Delivery Department makes 36 deliveries in Montreal and District daily. A detailed time-table appears on page 30.



LAMB CHOPS

LAMB Chops are cut from the ribs and loin and are a very valuable portion of the lamb. The longer one shown above is from the rib and is usually known as a French Lamb Chop, the thicker one, from the loin, is known as the English Chop. French Lamb Chops are usually served with the bone scraped clean and decorated with a frill.

A delicious way of preparing lamb chops is to dip them in egg, roll them in cornmeal and fry in clear fat. Serve with fresh tomato sauce or green peas, marrow and mashed potatoes.

When planning entertainments or when desirous of serving something especially delicious, consult the Cooked Meat Department for timely and appetising suggestions.

*A Word about the
Stanford Store*



FROM the four quarters of the earth come all that is finest in foods for your table. The choicest selections of every market are collected and shipped to us in order that we can supply the needs of the most exacting buyers. The Maritimes—perhaps the finest fish supplies of the continent—send us their best; the Western coast and the United States supply their choicest selections; and such delicious things as Caviare from Russia, English Soles and Turbot and Scotch Kippers and Haddies find their way to us also. From the Niágara Peninsula to Georgia,

Stanford's Limited

California and Florida, come delicious fruits and early vegetables. Belgium sends her finest grapes; while England, Spain and Italy also contribute to the fruit supply. Add to this a line of cheese importations covering the whole field of Europe and America, where epicurean cheeses are to be purchased, and a supply of Poultry and Game from as far as Egypt and South America, and you have an idea of the resources of the Stanford Store. No market is unexplored that can supply new and interesting foods.

The secret of this unusually wide buying ability is that each of the different departments in the store is under the charge of one man who is an expert in his line. Thus the world markets are closely

watched and a command of domestic markets secured that enables closer buying and the securing of first selections. All this, in its turn, means that Stanford's, while offering only the finest of foods, is able to offer also prices that make purchasing a pleasure. The economy of buying the first quality in all foods is easy to see when the quality of what you purchase is Stanford Quality and the price is Stanford Price.

Stanford's Limited

Delivery Time Table

MORNING

Westmount.....	7.00 and 10.00 o'clock
Montreal West.....	7.00 o'clock
Short West.....	7.00 9.30 10.30 11.30 o'clock (Guy, Metcalf, Sherbrooke & Dorchester)
N.D.G.....	7.00 o'clock
Far East.....	7.00 o'clock
Short East.....	7.00 9.30 10.30 11.30 o'clock (Metcalf, Main Sherbrooke & Dorchester)
Annex.....	7.00 and 11.00 o'clock
Outremont	7.00 and 11.00 o'clock

AFTERNOON

Westmount.....	12.00 noon and 3.00 o'clock
Montreal West.....	3.00 o'clock
Short West.....	12.30 1.00 3.00 5.00 o'clock (Guy, Metcalf, Sherbrooke, Dorchester)
N.D.G.....	12.00 clock noon 3.00 o'clock
Far East.....	3.00 o'clock
Short East.....	12.30 1.00 3.00 5.00 o'clock (Metcalf, Main, Sherbrooke, Dorchester)
Annex.....	3.00 o'clock
Outremont	3.00 o'clock

SATURDAY

Extra delivery to all points leaving at 8.00 P.M.

MONDAY EXTRA

Extra delivery at 10 A.M to Montreal West and N.D.G.

LAKESHORE DELIVERY

May, Sept. and Oct., Tues. and Fri.

June, July, Aug., Tues. Thur. Sat.

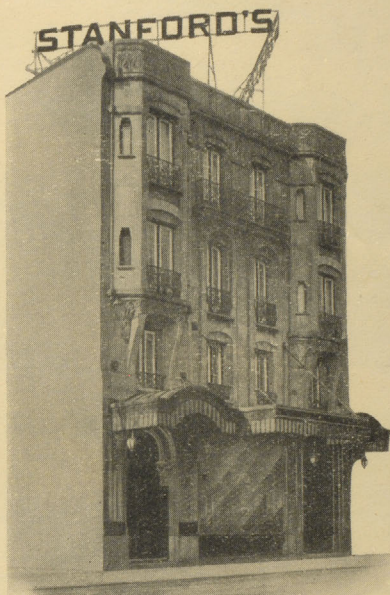
Winter Months every Thursday

PLEASE PLACE YOUR ORDER HALF AN HOUR BEFORE TIME SCHEDULED FOR DELIVERY TO LEAVE OUR STORE.

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