

Wash beef and cut into $1\frac{1}{2}$ inch cubes. Brown these in a frying pan with chopped onion. Add two cups water, rinsing out frying pan, and putting meat and liquid into kettle. Cook for three hours or until the meat is tender. Add salt, and thicken gravy with flour and fat cooked together.

SCRAPPLE

7 cups water

3 teaspoons salt

$2\frac{1}{2}$ cups cornmeal

2 cups chopped meat

Make a mush of cornmeal. Add meat and cook two to three hours in a double boiler or fireless cooker. Put in a mold to cool. Slice and sauté in hot fat. Cracklings from fat rendering may be used in place of meat.



TOP LINE.—ROLLED SPARE RIBS, PORK LIVER, ROLLED SPARE RIBS

BOTTOM LINE.—THREE PORK KIDNEYS

IRISH STEW

1 lb. neck pieces of mutton

2 onions

12 potatoes

6 cups boiling water

Salt and pepper

Wash and cut meat into small pieces. Wash, peel and slice potatoes and onions. Arrange in layers with seasoning in a saucepan. Pour on water and simmer $1\frac{1}{2}$ hours. Serve on a hot platter.

QUICK MEAT LOAF

Take three-quarters of a pound of some solid kind of meat and run it through the meat grinder twice. Do not