

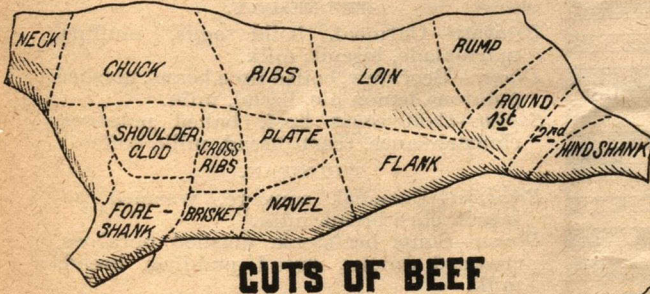
5. *Pork*—is a tender meat, but it is notoriously indigestible on account of the large percentage of fat. Bacon is much more digestible than pork, and ham occupies an intermediate position. If cut thin and cooked crisp, fat bacon becomes friable and readily broken into small particles during the process of mastication and digestion. It can often be eaten by dyspeptics and is an excellent variety of fatty food for consumptives.

6. *Fowl*—is digestible and nutritious and at the same time very agreeable.

CUTS OF MEAT

The methods of cutting sides of beef, veal, mutton and pork vary in different localities. The lines of division between the different cuts vary slightly according to the usage of the local markets, and even the names of the same cuts are different in different parts of the country.

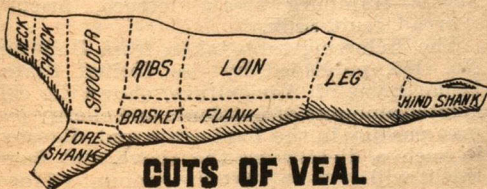
*Beef* is usually cut as indicated in the following diagram :



CUTS OF BEEF

Of these cuts it may be said that the part of the loin nearest the ribs is frequently called the "small end of loin" or "short steak." The other end of the loin is called "hip sirloin" or "sirloin." Between these is the "tenderloin," because the real tenderloin, the very tender strip lying inside the loin, is found most fully developed in this cut. "Porterhouse steak" is frequently applied either to the short steak or the tenderloin.

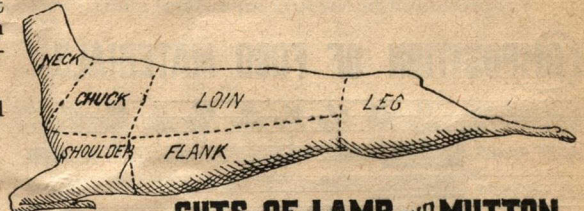
*Veal* is cut somewhat differently from beef as is illustrated below :



CUTS OF VEAL

LAMB.

In a side of lamb or mutton there are usually about six cuts, three in each quarter as indicated below :

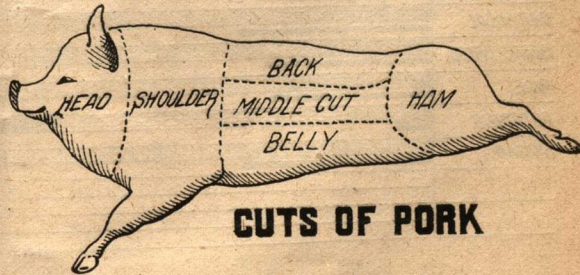


CUTS OF LAMB AND MUTTON

The chuck includes the ribs as far as the end of the shoulder blades, beyond which comes the loin. The flank is made to include all the under side of the animal. The term "chops" is ordinarily used to designate portions of either the loin, ribs, chuck, or shoulder, which are either cut or chopped by the butcher into pieces suitable for frying or broiling.

PORK.

A side of pork is cut as illustrated below :



CUTS OF PORK

A large portion of the carcass of a dressed pig consists of almost clear fat. This furnishes the cuts which are used for "salt pork" and bacon. The cut designated as "back" is almost clear fat and is used for salting and pickling, the "middle cut" being used for bacon. Beneath the "back" are the ribs and loin, from which are obtained "spareribs," chops, and roasting pieces. The hams and shoulders are more frequently cured, but are also sold fresh as pork "steak." The tenderloin proper is a very small strip of lean meat lying under the bones of the loin.