A Pennsylvania Dutch Chuck Roast depends on plenty of parsley for seasoning plus a touch of onion and celery.

Making The Most Of Your Food Dollar

NEW ENGLAND CHUCK ROAST

1 3-pound chuck roast
1 ½ teaspoons Accent
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons butter or margarine
2 onions, cut in quarters
4 carrots, pared and cut in chunks
1 rib celery, cut in chunks
1 large bay leaf
2 tablespoons vinegar
5 cups water
1 small cabbage, cut in wedges

Sprinkle chuck roast on both sides with Accent, salt, and pepper. Melt butter in Dutch oven; brown roast on both sides. Add remaining ingredients and cover. Simmer for 1½ hours, until meat is tender. Add cabbage wedges and cook 15 minutes longer. Drain off 2 cups broth for sauce.

HORSERADISH SAUCE:

3 tablespoons butter or margarine
1 medium onion, chopped
2 tablespoons flour
2 cups reserved beef broth
¼ cup prepared horseradish
One-third cup vinegar
2 whole cloves
3 tablespoons sugar
½ teaspoon salt

In medium size suacepan melt butter. Add onion and cook until tender. Blend in flour. Add remaining ingredients and cook over low heat, stirring constantly, until thickened. Simmer 1 minute longer. Serve with sliced roast and vegetables. YIELD: 6 servings.

PENNSYLVANIA DUTCH CHUCK ROAST

1 2-pound chuck roast
1 teaspoon Accent
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons salad oil
1 onion, sliced
2 ribs celery, cut in pieces
¼ cup chopped parsley
1 can (10½ ounces) condensed beef broth
3 cups water
2 tablespoons vinegar
1 package (10 ounces) frozen peas

Sprinkle chuck roast on both sides with Accent, salt and pepper. Heat oil in Dutch oven; brown roast on both sides. Add onion, celery, parsley, undiluted beef broth, water and vinegar. Cover and simmer 2 hours. Add peas and drop batter for Dumplings* onto broth. Cover and simmer ½ hour longer, until meat is tender and dumplings are done.
YIELD: 4 to 6 servings.

DUMPLINGS

2 cups unsifted all-purpose flour
1 tablespoon chopped chives
4 teaspoons baking powder
½ teaspoon salt
1 egg
2 tablespoons butter or margarine, melted
Two-thirds cup water

In large bowl mix together flour, chives, baking powder and salt. Beat egg with melted butter and water; add to dry mixture all at once and stir to mix well. Drop by ¼ cup into boiling broth.

MINNESOTA CHUCK ROAST

1 3-pound chuck roast
1 ½ teaspoon Accent
1 ½ teaspoons salt, divided
¼ teaspoon pepper
3 tablespoons salad oil
2 carrots, pared and cut in half
2 onions, sliced
2 cups apple juice
2 cups water
¼ cup red wine vinegar
1 bay leaf
¼ teaspoon dried leaf basil
½ large turnip, or 1 medium yellow turnip, pared and cut in large cubes
3 potatoes, pared and cut in half
2 apples, pared and cut in eighths

Sprinkle chuck roast on both sides with Accent, 1 teaspoon salt and pepper. Heat oil in Dutch oven; brown roast on both sides. Add carrots, onions, apple juice, water, vinegar, bay leaf and basil. Cover and simmer for 2 hours. Add turnip, potatoes and apples. Cover and simmer 30 minutes longer. Remove turnip and potatoes from Dutch oven and place in mixing bowl; add ¾ cup liquid from Dutch oven, remaining 1 teaspoon salt and beat at medium speed until light and fluffy. Serve sliced meat with mashed vegetables and pan liquid with apples.
YIELD: 6 servings.

TEXAN CHILI CHUCK ROAST

1 2-pound chuck roast
1 teaspoon Accent
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons salad oil
1 clove garlic, minced
½ cup chopped onion
1 tablespoons chili powder
1 teaspoon cumin seeds
1 teaspoon dried leaf oregano
1 can (1 pound) whole tomatoes
1 can (8 ounces) tomato puree
1 teaspoon sugar
2 tablespoons vinegar

Sprinkle chuck roast on both sides with Accent, salt and pepper. Heat oil in Dutch oven; brown roast on both sides. Add remaining ingredients. Cover and simmer for 2 to 2½ hours, or until meat is tender. Serve with rice.
YIELD: 4 to 6 servings.

Skimming Off The TOP

Taxes, taxes and more taxes. Pretty soon the way it's goin, I won't have no take home pay at all. The government, the state, the county and even the city taxes me.

The federal government taxed me to run the country. They used my money to put those men on the moon, which ain't gonna do me a bit of good as cold as it is up there. They also taxed me so they could help those other countries make war on each other.

The state taxes me on my cigarettes. I pay tax on the gasoline I buy to drive to work, so I can make the money to pay my taxes. An' they got a sales tax on everything. Even when I try to forget my taxes, the state's got a you-know-what on my liquid refreshment.

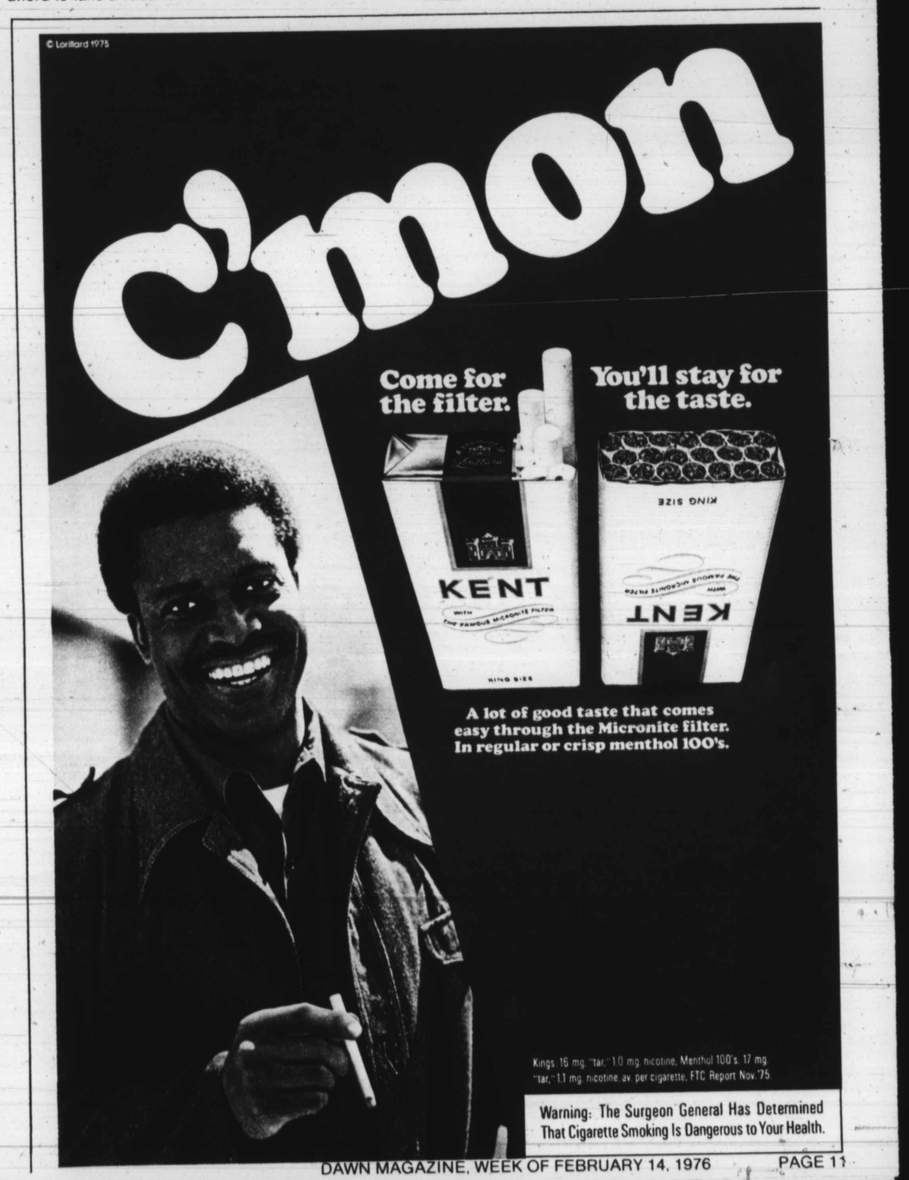
Taxes, taxes and taxes; it's the same old story with the federal, state and city governments . . . taxes and death still are the only two sure things.

The county got in the act a long time ago, when I bought my house. These real estate taxes are some twice-a-year headache. They say my taxes support the schools, but the way I hear it, the kids aren't learnin' the right things, the teachers are strikin' an' the Board is askin' for a bond issue to make my taxes higher.

My taxes are also supposed to take care of the highways and turnpikes. I don't drive on 'em anymore 'cause those you-know-whats are so high, I can't afford to take a vacation.

To top it all, the city slapped me with an income tax. Of course, one per cent of my pay ain't much, but it might buy me a couple of coffee breaks.

I've always heard that there are only two sure things in life, death an' taxes . . . an' I'll be darned if taxes ain't gonna' be the death of me yet!

Bicentennial Memento

As a Bicentennial memento for the traveling public, American Airlines has produced a new take-home seat pocket piece that is available on all of its aircraft. The folder includes a history of transportation in America and a reproduction of one of the earliest maps created of the U.S. after the signing of the Constitution in 1781.