

Buy 'Whole-Sale' Beef Cut it yourself & save

Woodward's Shows You How!



We have a free, easy-to-understand, step-by-step pamphlet that is designed to show you how to cut your own meat from the 'wholesale' cuts offered. There are two main advantages in buying meat this way. First you get a lower price per pound (or kilogram) because you are going to do the 'work' yourself and secondly you will be able to 'custom cut' the roasts, steaks and chops to the needs of your 'family.' Whatever the size of your family or whether there is just one or two of you, buying meat in this manner is both practical and economical. You can cut, wrap and freeze the packages of meat that are just right for you. All cuts could be made into all roasts or all steaks. As you gain in experience you will be able to cut the meat to exactly suit your own tastes. Watch the Mona Brun Show Wednesday, February 20 on BCTV for cutting demonstration

GRAINFED AGED BONELESS BEEF
APPROXIMATELY 18 LBS.

Bottom Round

Eye of Round included.

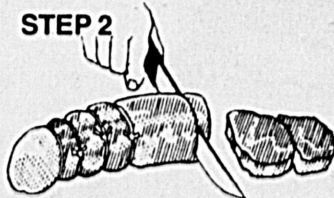
Canada **A lb. 2.39**

Bottom Round (Including Eye)



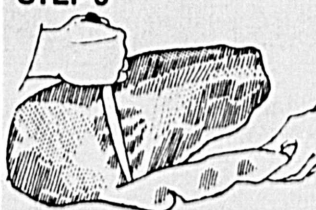
Approximately 20 lbs.
BEGIN by cutting out the 'eye' of the round along the dotted line.

STEP 2



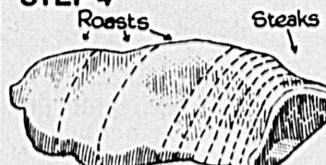
Trim any excess fat from 'eye'. Beginning at the middle, tie with butchers' string about every 1" to one end, to make round eye roast. Cut steaks 1" thick from other half.

STEP 3



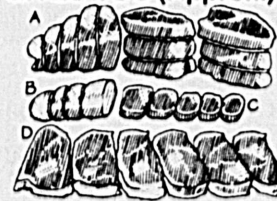
Trim the layer of fat from the main portion of the bottom round along the natural seam.

STEP 4



Turn meat over and cut along dotted lines to make steaks and roasts. Roll and tie roasts every inch with butchers' string securely with the fat covering on the outside.

GIVES YOU (Approx.)



A. 3 Bottom Round Roasts
B. Round eye roast
C. Round eye steaks
D. 7 Bottom Round Steaks
Steaks may be cut any size, cubed, etc.