

Super dishes fit for a king

MEAT SCALLOP

1 tsp. butter *
1/2 cup milk
1 tsp. flour
2-3 cup hot water
1 cup chopped cold meat
Mashed potatoes
Heat butter and onion in saucepan. Add flour, stir until well mixed. Season to taste, add meat and milk. Place in a casserole and cover with a layer of potatoes.
Pour the beaten white of an egg will improve the potatoes. Bake 20 minutes or until light brown.
Serve hot.

MRS. STIRLING BIRT

EGG AND TOMATO SCRAMBLE

6 beaten eggs
2 medium tomatoes, chopped
1/2 tsp. salt
1/2 tsp. pepper
2 tsp. butter or Bacon fat
Melt fat in heavy pan. Season eggs, tomatoes and seasonings. Add egg mixture and cook until scramble begins to thicken stirring occasionally. Serve at once.

MRS. FRANK ROSS

BAKED CARROT RING
1 large bunch carrot (washed peeled and grated)
3 eggs, beaten separately
2 tsp. butter
1 cup cream or top milk
1/2 tsp. salt
dash pepper
1/2 tsp. sugar
Place mixture in buttered dish or mold set in pan of hot water. Bake at 350 for 40 minutes.

MRS. TED CRANE

MILKVIEW

BEEF AND SAUSAGE PATTIES
1/2 lb. hamburger
1/2 lb. sausage meat
1 1/2 cups soft bread crumbs
1 cup water
1/4 tsp. poultry seasoning
Half a ten ounce can of cream of mushroom soup
2 tsp. flour
Mix meats, crumbs, seasonings. Shape into 8 patties. Brown on both sides. Drain off fat. Blend soup, water, flour; pour around patties; cook until thickened.

MRS. FRANK ROSS

SUPPER DISHES

YM POT ROAST

Put a small amount of drippings in pot. When hot put in beef add 1 onion chopped and fried in butter until brown. Pour in water that has boiled to about the height of meat. Add salt and pepper and cover close. Thicken the gravy.
Simmer from 2 to 3 hours according to weight. When done take meat out of pot, pour gravy over the roast and serve.

MRS. AGNES SHEA

Indian River W. L.

IBB SUPER DISH

1/2 lb. hamburger (partly cooked)
1 - 20 oz. can cream style corn
4 cups mashed potatoes
Salt and pepper to taste
Spread hamburger in bottom of baking dish, next, the corn, and lastly the mashed potatoes. Dot with butter and bake 1 hour.

MRS. HUBERT GILLIS

Indian River W. L.

RED FLANNEL HASH

1 cooked beef, chopped
6 cooked potatoes, chopped
1 1/2 cups chopped cooked corned beef
3/4 cup fat, melted
Salt to taste
1/2 tsp. pepper
6 cups water
Combine beef, beef, potatoes, fat, salt, pepper, and water. Place in greased baking dish and bake in moderate oven (350 deg.) for about 45 minutes. Serves 6.

MRS. DONALD J. MacLEAN

DeGres Marsh

GOUTLASH

Fry 1 onion in fat. Add: 1/2 cup hamburger and brown. Put in casserole and season with salt and pepper.
Over this pour 1 can vegetable soup adding a few tps. water to moisten. Cover with buttered bread crumbs and bake for 1/2 hour.

MRS. RUSSELL CAMPBELL

Indian River W. L.

SCALLOPED ONIONS

Roll till tender 6 large onions
When tender, cut in pieces. Take a casserole, add a layer of bread crumbs and a layer of onions until dish is 1/2 full. Add salt and pepper, pieces of butter to taste, 1 egg beaten in 1/4 cup milk. Pour over top and bake until nicely brown (1/2 hour or more) at 350 degrees F.

MRS. LLOYD FERGUSON

285 Allan St., Parkdale

HAMBURG CASSEROLE

1 lb. hamburger
1 egg (beaten and mix with meat)
1/2 cup water
1/2 tsp. salt and bit of pepper
Form into balls brown on both sides. Then put into casserole leaving 2 tps. fat in pan.
To fat add:
3 tps. flour
2 cups vegetable water
Make into gravy and pour over meat balls. Pre-cook 4 carrots, 2 onions chopped, put ever meat balls. Cook 15 minutes.
2 cups mashed potatoes
2 tsp. butter
1/4 cup rich milk
Salt, pepper and celery salt
Bit of grated cheese
Dot and brown.

MRS. ERNEST LADNER

North River

MEAT-IN-ONE-DISH

1 cup diced onion
1 lb. ground beef
1 tsp. shortening
1 tsp. salt
1/2 tsp. pepper
2 cups cooked diced carrots
2 cups cooked peas
Mashed potatoes
Brown onions and meat in fat. Add salt and pepper. Place meat mixture in baking dish. Combine carrots and pea place over meat. Top with fluffy mashed potatoes. Put into a hot oven with potatoes are brown and all heated through. Serve.

MRS. ERNEST LADNER

North River

SPANISH FORK CHOPS

Turn electric fry pan up to 375 and add 1 tsp. shortening. Roll 4, 5 or 6 pork chops in 2 tsp. flour.
1/2 tsp. salt
Let brown on both sides.

SAUCE

20 oz. can tomatoes
1 pkg. onion soup
1/2 cup chopped celery
one-third cup chopped green pepper
2 tsp. parsley flakes
1/2 tsp. pepper
Four sausage or even browned chops; turn down heat to simmer; leave until ready to serve.

MRS. ERNEST LADNER

North River

SUPPER CASSEROLE

1 lb. pork sausage links
3 cups cooked noodles
1/2 tsp. lemon juice
1/2 tsp. nutmeg
1 cup applesauce
1/2 cup shredded cheese
Bake sausage in shallow bak- ing pan in hot oven (over 400) for 25 minutes. Turn, continue cooking for even brown- ing. Add 4 tsp. sausage drippings to hot noodles and place salt in 1 quart casserole. Add lemon juice and nutmeg to ap- plesauce and spoon over noodles.
Add remaining noodles, ar- range sausages on top and sprinkle with cheese. Bake for 10 minutes in moderate oven (350 deg.) Serves 4. Serve with buttered peas, baked squash.

Mrs. Ernest Weatherlie

Pewall

CRISPY BAKED CHICKEN

2 (2-3/4 pound) broiler or fry- ing chicken
1/2 cup parafin oil
1 tsp. paprika
2 cups finely crushed potato chips
Cut chickens in quarters.
Dip chicken in parafin oil, then roll chicken in potato chips with paprika until well covered. Place chicken skin-side up in shallow pan. Bake uncovered in moderate oven 350 deg. F. for one hour or until tender and brown.

MRS. W. H. BURNS

Baltic Lt 18 W.L.

BAKED EGGS

Break 6 eggs in greased cas- serole, add salt and pepper, then 1/4 cup cream.
Sprinkle with 1 cup cracker crumbs. Bake 30 minutes.
HELEN TURNER
Indian River W. I.

YORKSHIRE BURGER

Prepare hamburger (1/4 lbs.).
1 envelope onion soup
1 tsp. salt
1/2 tsp. pepper
One egg
Mix all together. Make into balls and put in casserole.
Mix:
1/2 cup flour
1/2 tsp. salt
2 tsp. baking powder
3 eggs, beaten
3/4 cup melted butter
1 1/2 cups milk
Beat together until smooth. Pour over hamburgers and bake in 350 deg. oven 50 to 60 min- utes.

HILDA RAMSAY

Indian River W. L.

CHICKEN CASSEROLE

2 tps. butter or chicken fat
2 tsp. flour
1 cup milk
1 cup chicken stock
Salt and pepper to taste
2 cups diced chicken
2 cups sliced potatoes
Mashed potatoes
Dash of celery salt
Alternate layers of bread crumbs chicken and potatoes. Pour on sauce. Top with crumbs and dot with butter. Bake 30 minutes in oven 350 deg. F.

MABEL MacLELLAN

Indian River W. I.

CHICKEN SUPPER DISH

1 can chicken
Cream sauce
1 can string beans
3 tps. grated cheese
1 pkg. potato chips
Cut chicken into small size chunks. Make sauce of 3 tps. butter, blend, in 2 tps. flour, season cook 3 minutes and add milk and cook until thickens. Place chicken and beans in cas- serole pour the sauce over it, sprinkle cheese and chips on top and bake 20 mins at 350 degrees.

RITA MANN

Indian River W. I.

CHEESE FONDU

1 cup bread crumbs
1 cup cheese (grated)
2 tsp. butter
Salt and pepper
2 eggs
Scald milk, add crumbs season- ings, and cheese. Beat yolks, add and beat in well, add beat- en whites. Put in casserole. Bake 30 mins. at 350 deg. F.

RITA MANN

Indian River W. I.

BEEF POTATO BURGERS

1/2 lbs. hamburger
1/2 eggs (slightly beaten)
1/2 cup finely chopped onion
1/2 cup chopped green pepper

1 1/2 tsp. salt
1/4 tsp. pepper
1/4 cups shredded raw potato
3 tps. melted fat
Combine hamburger, eggs, onion, green pepper, salt, pepper and potato. Shape into 12 pat- ties (1/2 inch thick).
Fry in fat, 2 to 3 minutes each side. Uncover, increase heat slightly and continue cooking another 10 minutes on each side.

RITA MANN

Indian River W. I.

CREAMED FISH ON TOAST

2 cups of boned cooked smoked or canned fish
Salt and pepper
3 tps. flour
1 1/2 cups hot milk
1/4 cup grated cheese
Salt and pepper
Melt butter in saucepan, add the flour stir well dampen with the milk and cook 5 minutes. Season. Add fish and cook 3 minutes, stirring constantly. Serve hot on toasted bread squares, garnish with cheese.

RITA MANN

Indian River W. I.

SALMON SUFFLE

1 lb. can salmon
1/2 cup soft bread crumbs
1/2 cup milk
3 eggs yolks
Salt
Cayenne, pepper
lemon juice
3 egg whites
Separate the salmon into flak- es and season with salt, cayenne and lemon juice. Cook the crumbs in milk 10 minutes and then add the salmon and yolks of beaten eggs.
Beat the whites of eggs un- til stiff and dry. Cut and fold into the mixture. Turn into a buttered baking dish and bake until firm. Serve with a de- sired sauce.

RITA MANN

Indian River W. I.

STUFFED EGGS

Cut hard boiled eggs cross- wise remove yolks and mash fine add to yolks 2 tsp. butter, 1 oz. cream 2 drops onion juice

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salt and pepper to taste. Mix all thoroughly and fill the eggs with the mixture.

With the filling that is left add one well beaten egg. Cover the eggs with this mixture and roll in cracker crumbs. Fry a light brown.

MRS. AGNES SHEA

Indian River W. L.

MEAT LOAF

1 lb. hamburger
1/2 cups bread crumbs
1 cup milk
1 tsp. salt
Poultry seasoning
1 onion (chopped)
1 egg (beaten)
Scald milk, add bread crumbs. To this add other in- gredients. Put in loaf pan and moisten well with tomato juice. Bake until well cooked.

MRS. STERLING BIRT

CABBAGE ROLLS

1 1/2 cups rice (parboil)
1/2 lb. bacon (cut fine)
2 onions, cut fine
1 can tomato soup
Salt and pepper to taste
Mix rice, bacon, onions, pep- per, salt and tomato soup. Form into small rolls and wrap each one in a steamed cabbage leaf. Pack in a shallow baking dish, add 1 cup water and bake for 1 hour.

MRS. HUBERT GILLIS

Indian River W. L.

SCALLOPED CHEESE

1 cup cheese, chopped fine
2 well beaten eggs
1 cup milk
1 cup cracker crumbs
1/2 spoonful of salt
Stir well together, turn into buttered dish and bake in quick oven.

MRS. AGNES SHEA

Indian River W. I.

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