



THE FAMILY APPROVES

As a recipe that has found favor with her family, Mrs. J. Waldron Lavers (above), Georgetown, offers the following for all-bran Date bread: 2 eggs; ½ cup sugar; 1-4 cup molasses; 1 cup sour milk or buttermilk; 3 tbsps. melted shortening; 1 cup all-bran; 2½ cups sifted flour; 2 tps. baking powder 1½ tsp. salt; ½ tsp. soda; cup or so of dates.

beat eggs well; add sugar, molasses, milk, shortening (melted and cooled) and all-bran; mix well and let stand until most of the moisture is taken up. Sift flour, baking powder, salt and soda, sifted together, and add to first mixture, with dates; stir only until flour disappears. Bake in greased pan in moderate oven (over 1 hour).

BOSTON BAKED BEANS

3 cups beans, soaked over night
Boil beans till skin cracks. Add ½ tsp. soda just before removing from stove. Drain and put in bean pot. Add 3 tsp. salt ½ cup brown sugar, ½ tsp. mustard, ½ cup vinegar. Cut up ½ lb lean side bacon, mix with beans cover with boiling water. Bake 4 hours in slow oven.

Vera Arsenault
St. Eleanors W.I.

PORK CHOPS BAKED IN SOUR CREAM

4 loin pork chops, cut not too thick
Seasoned flour
4 cloves
Pork fat or lard
½ cup water
½ bay leaf
2 tbsps. vinegar
1 tbsps. sugar
½ cup sour cream
¼ tsp savory

Dredge pork chops in seasoned flour and insert a clove in each. Brown chops lightly in a little hot pork fat or lard and place in a baking dish. Combine water, bay leaf, vinegar, sugar, sour cream and savory. Heat and pour over chops. Cover baking dish and bake chops in a 350 deg. oven for 1 hour. Serves four.

Mrs. Ena A. Birch
St. Eleanors W. I.

ASPARAGUS SALMON LOAF

1 one-pound tin salmon
1 can asparagus
8 to 10 crackers
¾ cup milk
1 tsp. salt
1 tsp. pepper
Break cracker crumbs and put about half on bottom of casserole mix all other ingredients and pour over cracker crumbs. Spread remaining crumbs over top and bake 25 minutes in a moderate oven.

Mrs. Ena A. Birch
St. Eleanors W. I.

FRIED CHICKEN

2½ to 3 lb. chicken, cut up
½ cup fat
1½ tsp. salt.
2 tablespoons butter or margarine
½ cup flour
¼ cup water.
Wash chicken and dry with paper towels melt fat and butter over low heat in chicken fryer, or large skillet. Combine flour and salt in a sturdy paper bag. Place 3 or 4 pieces of chicken in bag, shake to coat the chicken. put chicken in hot fat. Repeat until all chicken is floured. Fry over low heat until browned on one side, turn to brown on all sides evenly. Add water. Cover, and simmer 30 minutes, adding a little more water, if necessary. Uncover, cook 15 minutes longer. Makes 4 servings.

Mrs. Ena A. Birch
St. Eleanors W.I.

SALMON SCALLOP

2 to 4 crackers (crushed)
4 medium sized potatoes
1 onion
1 tin mushroom soup
½ lb. tin salmon
1½ cups milk

More Good Supper Dishes, Island-Style

1-3 cup salad oil
½ lb. fresh mushrooms, thickly sliced
1 can undiluted cream of mushroom soup
1-4 tsp. nutmeg
¼ tsp. Worcestershire sauce,
Cooked carrots, green peas and onions (to taste).
Mashed potatoes (to taste)

Place ground beef, eggs, bread crumbs, butter, salt and milk in a bowl and mix well. Form meat into 1 or 2 inch balls and roll in paprika. Heat salad oil in a large frying pan and fry meat balls in it until they are a golden brown. Remove from pan. Add thickly sliced fresh mushrooms to the fat left in the pan. Stir quickly over medium heat for not longer than 1 minute and remove from pan. Add to the remaining oil in the pan, undiluted cream of mushroom soup, nutmeg, Worcester sauce. Stir together (scraping the bottom of pan) until soup has a nice caramel color.

Place meat and mushrooms in a casserole and pour gravy over top, arrange carrots, peas, and onions attractively in the centre and make a border of the mashed potatoes. Bake in a 320 deg. oven for 35 minutes.

Mrs. Eva A. Birch
St. Eleanors W. I.

MEAT LOAF
(With Cheese)
½ lb. hamburger
1½ cups milk
3 tbs. green pepper, chopped
¾ cup flour
½ tsp. salt
¼ tsp. pepper
1½ cup crumbs
1-3 cup grated nippy cheese
1 tbsps butter

Mix all together and pack in loaf pan and bake in oven 375 degrees for 1 hour. Serve hot or cold.

Mrs. D. R. Baker
Margate W. I.

MEAT CAKES
2 cups ground cooked beef (leftover roast)
2 tbs. minced onion
1 tsp. sage
1 tsp. salt - 1-4 tsp. pepper.
2 eggs
2- cups mashed potatoes

Combine all ingredients together. Form into cakes. Roll in flour. Brown in hot fat in frying pan.

Mrs. D. R. Baker
Margate W. I.

STUFFED RAW HAM

Use a slice of ham ¼ inch thick and not more than 1¼ lbs in weight. Spread the ham with a well-seasoned bread stuffing. Then roll up the meat with the stuffing inside and secure with a string or tooth picks. Place in a baking pan add two thirds cup boiling water. Cover tightly and bake in a moderate oven of 375 deg. F. for 45 minutes or until the meat is tender. Serves 2 or 3.

Vera Arsenault
St. Eleanors W. I.

SHIPWRECK

Place in escallop pan: -
1 layer sliced potatoes
1 layer sliced carrots
1 layer diced onion
Sprinkle lightly with flour, then salt and pepper. (Continue in this manner until required amount is needed (about 2 or 3 more layers). Sprinkle 1 lb. ground steak over top, add salt and pepper. Then pour 1 can tomato soup and enough milk until visible over top. Bake in oven 2½ to 3 hrs.

Mrs. Clair Mayhew
Margate W. I.



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