

Tasty sandwiches for the young fry

WESTERN SANDWICH
Fried Egg
 Fried bacon
 Fried onion
 Seasonings
 Spread between slices of toasted bread in layers of fried egg, fried bacon and fried onion. Season to taste.
MRS. EVELYN MacLeod
 Vernon River

EGG SANDWICH FILLING
 3 cup chopped hard-cooked egg
 chopped pickles
 1/2 cup mayonnaise
 Salt and pepper
 Chop egg, mix with mayonnaise, and pickles, salt and pepper. Spread on bread slices.
FRANCES WALSH
 Elliotvale

CHICKEN SANDWICH FILLING
 1 cup cooked chicken meat
 1/2 cup mayonnaise
 salt and pepper
 Chop chicken fine, add mayonnaise, and pickles, salt and pepper. Spread on thin slices of bread.
FRANCES WALSH
 Elliotvale

Supper dishes

CHOP SUEY
 2 lbs. hamburger or ground steak
 3 large onions.
 Salt and pepper to taste
 1/2 package cut macaroni
 1 large can tomatoes
 Boil macaroni 30 minutes.
 Fry onions and add meat when they are partly cooked. Stir all together until it becomes pebbly.
 Combine and bake about 1 1/2 hours in medium oven.

BUNBURY WI
MEAT LOAF
 1 lb. raw hamburger
 1/2 cup dried bread crumbs
 1 egg (beaten)
 1/2 cup milk
 1 onion cut small
 Mix well together with small can of tomato sauce. Put in loaf pan and bake 1 1/2 hours. Serve warm.
MRS. MAJOR YOUNG
 East Baltic

CHEESE SUFFLE
 1 cup cheese (grated)
 8 eggs
 1 cup milk
 4 tbsp. flour
 4 tbsp. butter
 1/2 tsp. salt
 dash paprika
 2 tsp. prepared mustard
 2 cups milk
 First mix 3 or 4 slices bread in casserole, pour on some of mixture, then add more bread, and cover again. Use all of mixture. Then let set 1 hour.
 Put in oven at 350 degrees and 1 hour.
MRS. VERNA DOCHERTY
 Placette

BEEF STEAK LOAF
 2 lbs. round steak chopped fine
 1 egg
 1 cup bread crumbs (crushed fine)
 1/2 cup milk
 1/2 tsp. pepper
 1 tsp. salt
 Mix all together well and place in a loaf pan. Bake in 300 degree oven for 2 hours.
MRS. MAJOR YOUNG
 East Baltic

ELEGANT HASH
 1/2 lb hamburger
 1 cup ground raw carrots
 2 cups ground raw potatoes
 1 onion (chopped)
 1 1/2 cups milk
 1/2 cup bread crumbs
 salt and pepper
 Mix together hamburger, carrots, potatoes and onion. Add milk, salt and pepper and put into buttered casserole. Cover with crumbs and dot top with butter. Bake at 375 degrees until done (about 2 hours).
Mrs. Everett Weatherbie
 Pownal

SALMON CASSEROLE
 Put 1 large can salmon in a casserole. Put 1 can peas on top of salmon, slice enough raw potatoes on top of peas to fill dish.
 Cover with milk, salt and pepper, dot with butter, and bake until potatoes are done.
Mrs. Everett Weatherbie
 Pownal

TUNA APPLE SANDWICH FILLING
 1 cup flaked tuna
 1/2 cup diced apple
 1 tsp. lemon juice
 1/2 tsp. salt
 1/2 tsp. pepper
 1/4 cup finely minced celery
 4 tsp. mayonnaise
 Flake tuna. Add diced apple, lemon juice, salt, pepper and celery. Mix well.
 Add mayonnaise and keep in refrigerator. Yields 2 1/2 cups filling.
MRS. VERNON MacDONALD
 Parkdale

LETTUCE AND WALNUTS
 Lettuce, chopped walnuts and a good thick dressing spread between thin buttered bread.
FRANCES WALSH
 Elliotvale

CELERY AND NUT FILLING
 Spread thin slices of brown or white bread with butter, then with finely chopped celery and walnuts, mix together one part nuts to two parts celery.
 Moisten with mayonnaise. Press two slices together and cut into strips or triangles.
FRANCES WALSH
 Elliotvale

SANDWICH FILLINGS
Savory Meat:
 Combine chopped cooked or canned meat with chopped celery. Moisten with mayonnaise or salad dressing. Season with Worcestershire sauce.
Ham and Coleslaw:
 Combine chopped cooked or canned ham and chopped cabbage. Moisten with mayonnaise or salad dressing. Season with prepared mustard.
Corned Beef:
 Combine chopped cooked or canned cornbeef with a little prepared mustard. Moisten with mayonnaise or salad dressing.
ANNIE MacMILLAN
 Wood Islands West W. I.

EGG-SALMON FILLING
 3 hard-cooked eggs
 1 can (7 oz.) salmon
 1 tsp. chopped pickle
 1/2 tsp. pepper
 1/4 tsp. salt
 2 tps. prepared mustard
 Chop eggs fine, add flaked salmon, pickles, seasonings and mustard. Combine lightly with mayonnaise to spreading consistency.

FRANCES WALSH
 Elliotvale
NUT SALMON FILLING
 1/2 lb. tin salmon
 1 tsp. vinegar
 2 tsp. salad dressing
 salt and pepper

1/2 cup finely diced celery
 cream cheese
 chopped toasted almonds
 Flake salmon, add vinegar, salt and pepper celery, mix slightly.
 Spread cream cheese on bread then filling, and roll like jelly roll. Chill slightly.
MRS. VERN MacDONALD
 Parkdale

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"It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew, 4, 4.

The good mother is careful in seeing that her children receive plenty of wholesome and nutritious food . . . so that young bodies may properly develop. In addition, the Christian mother also sees to it that spiritual food is provided for her family through the Word of God, realizing that "Man does not live by bread alone . . ."

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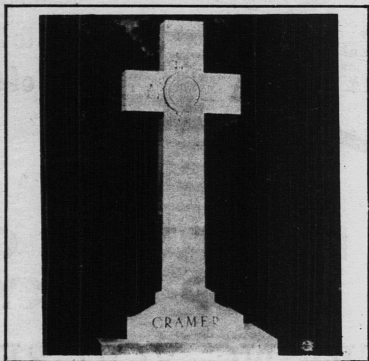
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