

Casserole Dishes Favored For Supper



SO THAT'S HOW IT IS DONE

Bringing the elements together as required by a good recipe is partly a work of skill, partly a work of art, and generally good fun, as is being discovered by

these girls—Janet Macdonald and Leigha Jamieson—while taking part in a cooking class at Queen Charlotte High School.

VEGETABLE CASSEROLE

(Supper Dish)
 1 cup diced potatoes
 ½ cup diced onions
 1 cup diced carrots
 ½ cup uncooked rice
 1 pound hamburger
 1 small tin canned tomatoes
 2 cups boiling water.
 Place in casserole in order given. Place the hamburger on top. Bake in moderate oven for two hours.

Julia Hall
 Reads Corner W. I.

GOLDEN CHEESE CASSEROLE

½ cup finely chopped onion
 ½ cup chopped green pepper
 2 tbsp butter
 3 cups cooked rice
 ½ cup chopped parsley
 1½ tsp salt
 Dash of pepper
 ½ lb. old cheddar cheese shredded
 3 eggs beaten
 ¾ cup milk.
 Sauté the onion and green pepper in the butter. Combine with the rice, parsley, salt, pepper and cheese. Mix lightly. Combine eggs and milk and fold into the rice mixture. Pour into a 1½ quart greased baking dish. Bake in a slow oven, 325 deg. for 1 hour.

Mrs. I. P. McEneaney
 Mermaid W.I.

GROUND STEAK AND MUSHROOM CASSEROLE

¾ lb. ground steak
 ¼ lb ground pork
 1 egg beaten
 ¼ cup soft bread crumbs
 1½ cup milk
 ¼ tsp onion grated.
 2 tsp. ground mustard.
 1 teaspoon salt. Pepper.
 Form into patties and fry until brown on one side. Place in casserole with brown side up. Cover with 1 can of mushroom soup, mixed with ½ cup cold water. Place covered dish in 350 deg. oven for about 40 minutes. This makes a delicious brown sauce to serve with the patties.

Mrs. R. MacMillan
 Reads Corner

MACARONI SALMON CASSEROLE

4 cups well drained cooked macaroni
 1 cup well drained canned salmon
 2 tbsp. finely diced onion
 ¼ cup chopped stuffed olives

Make cream sauce of above place 1½ cups buttered bread crumbs in casserole, add salmon mixture, and place 1½ cups of buttered crumbs on top, dot with butter and bake.

Mrs. Allison McLeod
 New London

CORN CHOWDER

3 cups diced potatoes
 1 cup diced carrots
 3 tbsp. onion
 2 tbsp diced pork or bacon
 1 tsp salt
 Pepper
 1 qt. milk
 2 cups creamed corn
 Bake in hot oven one half hour.

Mrs. Wyman Cairns
 Reads Corner W.I.

SUPPER DISH

1 can celery soup
 ¾ cups milk
 1 small can salmon
 Seasoning.
 Potato chips to thicken.
 Mix and dot with butter. Save enough potato chips to spread on top and bake.

Mrs. Brad Cairns
 Reads Corner W.I.

LIVER CASSEROLE

1 lb. beef liver
 ½ cup flour
 1 can consomme soup
 1 can tomatoes
 2 medium potatoes
 2 carrots
 1 onion.
 Wash liver and cut into 1 in. cubes. Dip in flour, brown in frying pan, and place in bottom of casserole dish. Pour consomme and canned tomatoes into frying pan and simmer for 5 minutes. Slice potatoes and carrots and cover liver. Chop onion and add to casserole. Pour consomme and tomato mixture over top and bake in oven at 350 deg. for 1¼ hours. Serves four.

Mrs. Frank Ross
 Parkdale W.I.

SALMON AND PEAS SOUFFLE

1 cup hot milk
 ¾ cup soft bread crumbs
 1 tbsp butter
 ½ tsp salt
 ¼ tsp. paprika
 1½ cups flaked salmon
 ½ cup peas
 Whites of 2 eggs.
 Cook crumbs, butter and seasonings in the hot milk 3 minutes. Add salmon and peas, fold in whites of eggs which have been beaten stiff. Put in greased dish and bake about 25 minutes in moderate oven. This is a delicious never fail souffle.

Mrs. Reid Underhay
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FRANKFURTER LOAF

½ cup chopped celery
 1 sliced small onion
 2 tbsp melted lard or drippings
 1 lb. frankfurters.
 ½ cup drained chopped pickle salt
 Pepper
 3 cups sifted pastry flour
 4 tbsp. baking powder.
 ¼ tsp dry mustard
 6 tbsp. chilled shortening
 1 cup milk
 Grease an 8½ x 4½ inch pan. Preheat oven to 450 deg. Sauté celery and onion in heated drippings. Put frankfurters through food chopper, using medium blade, add to celery and onion and mixed in chopped pickle. Season to taste. Mix and sift flour, baking powder, ¾ tsp. salt

and dry mustard. Cut in shortening finely. Make a well in flour mixture add milk and mix lightly with a fork, knead for 10 seconds on lightly floured baking board, roll out 2-3 of dough and use to line prepared loaf pan. Fill with meat mixture. Roll remaining dough and fit over top of pie. Sealing edges. Slash top to allow steam to escape. Bake in preheated oven about 30 minutes. Serve hot with cream sauce flavored with prepared mustard.

Mrs. Evelyn McLeod
 Vernon River W.I.

FAMOUS WRITER.

John Galsworthy, the English author who died in 1933, wrote his first books under the name John Sinjohn.

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