

SUPPER DISHES

Enormous appetites appreciate these

BAKED CHICKEN LEGS OR WINGS

Prepare frozen or fresh wings or legs by wiping dry with a cloth. Dip each in milk and bread crumbs with pepper and salt to taste.
Put in a large pan lined with tin foil. Place in a moderate oven for about one hour or until tender and brown. Serve hot with cranberry sauce or apple sauce.

MRS. MAJOR YOUNG
East Baltic

Put meat through chopper. Mix thoroughly with bread or cracker crumbs, onion, salt and pepper and tomato sauce. Add beaten egg and milk. Pack in a well-greased loaf p.a. Place strips of bacon on top. Bake in moderate oven 60 minutes. Delicious for supper with scalloped potatoes.

MRS. MAJOR YOUNG
East Baltic

BRAISED HEART WITH STUFFING

1 beef heart
salt and pepper
bread stuffing
2 tablespoons lard
 $\frac{1}{2}$ cup water
Wash heart and remove hard parts, season. Fill with stuffing and brown in hot lard. Add $\frac{1}{2}$ cup water; cover and cook slowly for about 3 to 2½ hours or until tender; add more water if needed.

Stuffing for above: Brown 3 slices of bacon, chopped, in bacon fat. Fry 2 tablespoons onion, chopped, until yellow. Add 4 slices of stale bread, broken in coarse crumbs, 1 egg, beaten, salt and pepper to taste. Add all to chopped bacon and mix well.

MRS. MAJOR YOUNG
East Baltic

HAMBURG SUPPER DISH

$\frac{1}{4}$ pounds hamburger
 $\frac{1}{2}$ pound pork, lean, chopped fine
 $\frac{1}{2}$ cup rice, cooked
Put layer of rice, one of meat alternately using half a each time, a little onion, salt and pepper to taste, and 1 can tomato soup.
Bake about $\frac{1}{2}$ hour in 350 degree oven.

MRS. MAJOR YOUNG
East Baltic

APPLE SAUCE MEAT LOAF

1 pound ground beef
 $\frac{1}{4}$ pound lean pork
1 cup fine bread crumbs
2 cups grated raw potatoes
1 egg, well beaten
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons grated onion
1 can apple sauce
Mix all together well. Put in 350 degree oven for 1½ hours.

MRS. MAJOR YOUNG
East Baltic

MEAT LOAF

$\frac{1}{2}$ pounds ground beef
 $\frac{1}{4}$ cup fine dry bread crumbs
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup parsley
1 egg, slightly beaten
2 cans tomato soup
1 tablespoon Worcester sauce
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Save $\frac{1}{4}$ cup soup. Shape mixture into a loaf pan and cook one hour in 300 degree oven. When almost cooked spread the $\frac{1}{4}$ cup of soup over the meat.

MRS. MAJOR YOUNG
East Baltic

CALIFORNIA CHICKEN PIE

1 can tuna fish
carrots
2 potatoes, dice and cook
1 can peas
 $\frac{1}{2}$ teaspoon pepper
1 onion
Combine with white sauce
2 tablespoons butter
2 tablespoons flour
1 can milk
1 teaspoon salt
Pastry top;
1 cup flour
one-third cup shortening
1½ teaspoon salt
2½ tablespoons milk
Bake in moderate oven until crust is brown.

MRS. ALLAN NICHOLSON
Wood Island East WI

BAKED MACARONI

1 cup uncooked macaroni
 $\frac{1}{2}$ cup grated mild cheese
1 cup soft bread crumbs
2 teaspoons chopped green pickles
3 tablespoons melted butter
1 tablespoon chopped onion
1 cup milk, scalded
1 egg, well beaten
1 teaspoon salt
1 teaspoon pepper
Cook macaroni in salt water until tender. Drain and while still hot mix with remaining ingredients. Pour into a loaf pan and bake in oven in a dish of water. Serve with slices of tomato. Baking time one hour.

MRS. MAJOR YOUNG
East Baltic

CHICKEN WHIP

1 tablespoon gelatine
 $\frac{3}{4}$ cup chicken stock
 $\frac{3}{4}$ cup whipped cream
1½ cups chicken, finely cut up
Dissolve gelatine in the chicken stock when it is sure thickest heat slightly until frothy. Add whipped cream, then the cut up chicken. Season to taste with salt and pepper. Turn in to a mould and chill.
Serve on crisp lettuce leaves and garnish with thin slices of tomatoes.

MRS. MAJOR YOUNG
East Baltic

LUNCHEON EGGS

Make cream sauce as follows
3 tablespoons butter
3 tablespoons flour
1 cup milk
Add to this one-third cup of grated cheese, season with salt and paprika. Pour half of this sauce in shallow buttered bak-

ing dish and break over this six eggs.

Cover with the remainder of the sauce. Sprinkle the top with grated cheese and bake quickly in moderate oven.

MRS. RECTOR MACDONALD
Wood Island East WI

MEAT LOAF

Mix together:
1 pound ground beef
 $\frac{1}{2}$ pound ground pork
1 chopped onion
1 egg
2 crackers
1 teaspoon salt
1 can tomato soup
Cook 45 minutes at 375 degrees.

MRS. ARTIMAS ACORN
Wood Island East WI

CORNED BEEF DINNER

1 corned beef brisket
1 bay leaf
4 whole cloves
1 clove garlic
1 whole cauliflower
1 cup medium white sauce
 $\frac{3}{4}$ cup grated Canadian cheese
2 tablespoons chopped pimiento
Wash corned beef thoroughly. Cover with cold water and bring slowly to a boil. Cook 5 minutes, skin on and add bay leaf cloves and garlic. Cover, reduce heat and cook over low heat 5 to 4 hours or until tender. Allow 45 to 50 minutes per pound, if more hot water is needed add during cooking. Cook cauliflower whole in salted boiling water until tender. Prepare white sauce; add cheese and stir sauce over low heat until cheese melts. Pour over cauliflower at serving time. Sprinkle with pimiento. Serve with buttered green beans, salads or corn bread.

MRS. E. WEATHERS
Fowald

MEAT LOAF

$\frac{1}{2}$ pounds ground round steak or hamburger
 $\frac{1}{2}$ pound pork, ground
1 teaspoon salt
1 teaspoon pepper
2 eggs, slightly beaten
1 onion, cut up very fine
1 cup celery, cut fine
1 small grated carrot
 $\frac{1}{2}$ cup corn flakes
2 tablespoons barbecue sauce
1 tablespoon fat
 $\frac{1}{4}$ cup canned tomatoes
Mix all together well. Put in a deep pan and bake 1½ hours in moderate oven.

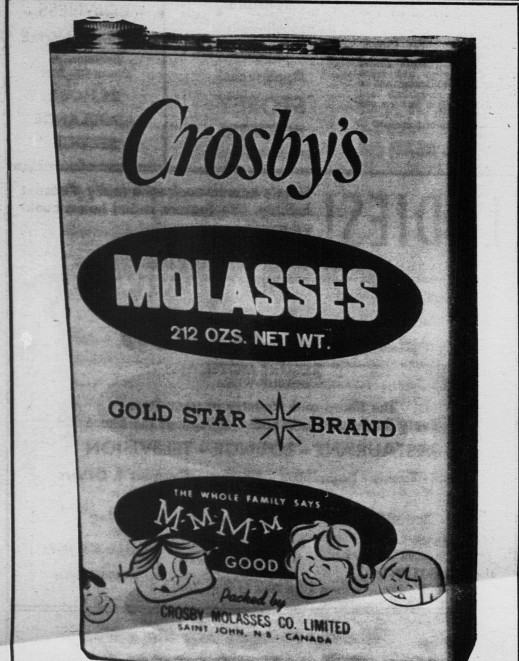
MRS. MAJOR YOUNG
East Baltic

DIFFERENT BEEF STEW

3 pounds shoulder beef, cut in cubes
3 tablespoons flour
2 medium onions, sliced
1 tablespoon fat
one-third cup vinegar
one-third cup molasses, scant
1 cup water
1 teaspoon salt
1 teaspoon celery salt
 $\frac{1}{4}$ teaspoon pepper
6 carrots, cut in pieces
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ cups canned tomatoes

Sprinkle meat with flour. Brown onions and onion in fat. Sautépan. Combine vinegar molasses and seasonings and water; add to meat. Cover and simmer until meat is tender. Add carrots, raisins, ginger and tomatoes. Cook until carrots are tender. Serve with mashed potatoes or hot steamed rice. Makes about 12 good sized servings. Very delicious.

MRS. EDNA JENKINS
345 Chestnut Avenue
Summerside



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