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Favorite Recipes



from

Entry Island

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All proceeds from the sale of this book will go towards the Entry Island School Trip for the 1978 - 1979 School year. Thank - you for buying one.

We would like to thank the following generous people without whose valuable contribution of good recipes this book could not have been made.

They are listed in alphabetical order.

Judy Aitkens	Connie Dickson	Rhoda Josey	Ellie Quinn
Luella Aitkens	Gerald Dickson	Shelia Josey	Ada Welsh
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Peter Cumings	Bill Griffiths	Clara Patton	Tom Welsh
Ann Dickson	Faye Griffiths	Mavis Patton	
	Olive Josey	Audry Quinn	

We would also like to thank Faye Griffiths for doing the tedious work of typing it all up for us.

Upon proofreading, a few spelling mistakes were noticed and it is hoped that the reader will overlook them as to correct them in most cases would have meant retyping two entire pages.

I thank all the students of grades 7 & 8 who did the legwork of gathering the recipes, taking orders and delivering the books. The class of this year is composed of the following students who are listed in alphabetical order.

Vivian Chenell	Darrell Dickson	Lyndon Patton	Philip Welsh
Doug Collins	Marty McLean	Burton Welsh	
Karen Collins	Cheryl Patton	Delsey Welsh	

Bon Appetit

Yours Truly,
W.H. Griffiths
Head Teacher
Entry Island School



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MEAT
POULTRY
&
SEAFOOD

FRIED CLAMS

1 can baby clams, drained and washed.

Batter 1 cup flour
2 eggs
2/3-cup milk

Mix together and put in drained clams.
Stir and drop by spoonfuls into hot deep fat.
Remove and drop in brown paper bag.

Carol Clark

Quick Tip- What you will have after-----?

Macaroni - 1 cup-----2 21/4 cups cooked

Rice - 1 cup-----3 cups cooked

Cheese - 1 lb.-----5 cups grated

SEAFOOD SOUFFLE

4 slices buttered bread without crust sliced into 1-inch cubes
7oz. Can shrimp, lobster or crab
1-1/2 cups grated Swiss cheese
1-teaspoon mustard

Butter a 1-quart casserole dish, alternate layers of bread, meat and cheese.
Place mustard on top.

Beat 3 eggs with:

1 1/2 cups milk
1/2 teaspoon salt
1/2 teaspoon paprika

Pour over mixture. Bake at 325° for 45 minutes
Insert knife. If it comes out clean casserole is done.

Minnie Dickson

DEEP FRIED FILLETS

Dry fish

Beat 2 eggs.

Dip fillets into egg mixture

Put flour, pepper, salt, 2 teaspoons parsley and ½ teaspoon seafood seasoning in a dish.

Dip fillets into flour mixture.

Fry in deep fat and Crisco oil.

Ada Welsh

Quick Tip- To chop parsley quickly put a few sprigs in a teacup, and snip up with scissors, turning the cup with one hand as you work.

CRISP BATTER FOR FRYING FISH

2 cups flour

4 teaspoons baking powder

1 teaspoon salt

1 tablespoon sugar

2 tablespoons corn oil

1 cup milk

½ cup water

Mix and sift together flour, baking powder, salt and sugar. Add corn oil, milk and water and beat until well blended. Add an additional 2 teaspoons of milk if necessary to thin batter slightly.

With a fork drag fish pieces through batter, making sure to completely coat the fish with batter.

Fry only a few pieces of fish at one time in hot oil 375° for 4-6 minutes

Shirley Welsh

Quick Tip- To divide an egg, beat slightly and measure with a tablespoon.

FISH

Take 2-3 boxes of frozen cod fillets and place them on a baking sheet or roaster.

Add 1 can milk and ½ can water over fish.

With this, add:

Salt

Pepper

1 small onion

½ cup butter or margarine (approximately)

When the butter or margarine has melted, add about ½ cup sifted flour to thicken the sauce. (if more flour is needed, add to your own liking.) Mix to a smooth consistency.

Sprinkle paprika and parsley lightly over fish, and bake in an oven at 400°

Serve with vegetables and potatoes.

Serves 8 people.

Judy Aitkens

Quick Tip- Freeze liquids such as soup in coffee cans lined with plastic bags. When the liquid is frozen, remove the bag from the can and the liquid will store easily. The can may then be reused.

SHIPWRECK

Into the bottom of a large baking dish slice (in the following order)

1 layer of onion

1 layer thinly sliced potatoes (raw)

1 layer thick hamburger (1 Lb.)

1 layer uncooked rice (minute rice)

1 layer chopped celery (or use celery salt)

Season each layer with salt and pepper.

Pour one can of tomatoes (or 1 can of tomato soup and 1 can boiling water)

Over above.

Bake uncovered for 1 hour at 375°.

Clara B. Chenell

Quick Tip- Save the dark outer, vitamin-rich leaves of lettuce (unless they are badly bruised) To shred into a salad or slip into sandwiches where appearance is not important.

BAKED COD FISH

Use whole fish, cleaned and dressed. Rub inside and outside of the fish with salt. Stuff loosely. As stuffing will expand during cooking. Sew up opening in fish with needle and thread or tie up with string. Place fish on a greased rack in shallow, uncovered pan. Bake at 375° allowing 10 minutes per pound for fish under 4 pounds. Add 5 minutes per pound to cooking time for larger fish. If fish seem dry while cooking. Baste occasionally with the juice from the bottom of the pan. Strips of bacon or salt pork may be put across the top of the fish.

Stuffing:

2 cups soft breadcrumbs
½ teaspoon mixed poultry seasoning
1 teaspoon salt
1 onion
2 tablespoons melted butter
Pepper
Enough milk to mix dressing (about ½ cup)

Olive Josey

FISH FILLETS

2 eggs
2 tablespoons rice
2 ½ lb. fillets
1 tablespoon butter
½ teaspoon pepper
1 teaspoon salt
1 cup evaporated milk

Chop fillets.

Add melted butter, beaten eggs, rice, salt and Pepper. Whip cold milk stiffly. Fold in. Bake 45 minutes in 325° oven

Joyce Dickson

Quick Tip- Fold any leftovers bits of rice into tuna, egg, or chicken salad. You will gain an extra serving or two.

BOTTLED COD LIVERS

Place the cod livers in salt and water for approximately 30 minutes, then remove and clean them by taking out the worms and treads (nerves and veins). The worms stick to the skin – like membrane on the liver so take it off entirely.

Place in preserving jars, alternating between a row of cod livers and slices of onion with salt and pepper.

Use approximately 1 medium onion to a small jar and 1 large onion to a large jar.

Use about 1 teaspoon of salt and pepper for a small jar: double the amount for a large jar.

Boil the jar lids for a few minutes as instructed on the box in order to soften the rubber for a firmer hold on the jar, then close the bottles tightly and boil for approximately 2 ½ hours.

If you don't like onions try it with out them.

Bill Griffiths

Quick Tip- To chop onion cut peeled onion in half. Place flat side on a board and hold with a fork. Slice finely first lengthwise then across. Rinse hands in cold water immediately, or the smell will cling to you.

MACARONI FISH PIE

¾ cup macaroni

1 lb. white fish

Salt

Water

Cheese Sauce

2 tablespoons butter or margarine

¼ cup all-purpose flour

1 ¼ cups milk

¾ cup grated cheddar cheese

Seasoning

Pinch of dry mustard

1. If using long macaroni, break it into small pieces; cook in nearly 5 cups of salted boiling water until tender. If using short-cut macaroni, cook as directed on the pkg.
 2. Meanwhile simmer fish in little salted water until tender but not too soft. Lift fish out; break into big flakes
 3. Heat butter in pan. Stir in flour; cook 2-3 minutes over low heat. Remove, from heat, gradually add milk and seasoning.
 4. Bring to a boil, cook until thickened, then add grated cheese but do not reboil.
 5. Put drained macaroni and fish into a hot dish, and top with cheese sauce.
 6. Put under a hot broiler for 2-3 minutes until top is bubbly.
- To Vary: Top with breadcrumbs and grated cheese before browning.

Marie Collins

SALT CODFISH WITH PORK SCRAPS

Break salt codfish into pieces and cover in cold water. Bring slowly to a simmer point, but do not boil. Drain and repeat 2 more times using cold water and bringing to simmer point until salt fish is fresh enough to suit you. If fish boils it will be tough. Serve with potatoes with skins on. Fry out salt pork, using hot fat and pork scraps over salt fish and potatoes.

Pork Scraps:

Cup up ¼ pound fat salt pork (bacon may be used) in small cubes. Place in frying pan and simmer slowly until pork is crispy. Onions may be added to this.

Pickled beets or onion slices in vinegar add to this old time dinner

White sauce may be served in place of pork scraps.

4 tablespoons butter

4 tablespoons flour

2 cups hot milk

½ teaspoon salt

1/8 teaspoon pepper

2 hard boiled eggs

2 tablespoons sugar (optional)

Melt butter, add flour and blend well. Add hot milk and cook until thick. Slice hard boiled eggs and add to sauce.

Olive Josey

SALMON LOAF

2 cups cooked salmon

2 eggs beaten

½ cup soft breadcrumbs

¼ cup butter, melted

1 tablespoon minced parsley

Salt

Pepper

Flake salmon and add beaten eggs. Add remaining ingredients and place in greased loaf pan. Bake in moderate oven at 350° for 40 minutes

Marg Welsh

Quick Tip- Save foil scraps and wrap them around sharp bone or meats and poultry that go in the freezer. The foil makes a padding that helps protect the freezer bag or other wrap.

PORCUPINES

1 large can (1 lb.) Salmon or mackerel
½ cup uncooked rice
½ cup grated raw carrots
1 onion chopped
1 egg
½ teaspoon salt
½ teaspoon pepper
2 cans mushroom soup
1 can water

Mix all ingredients, except soup. Shape into balls and place in buttered baking dish. (Deep)

Mix soup with water and pour over all. Cover dish and bake at 350° for 1 hour.

Ann Dickson

HOMEMADE LOBSTER PASTE

Get as many lobster bodies as possible or buy bags of the contents from the lobster plant. Clean the bodies completely. Put all the contents into a blender. Add salt and pepper. Add 1 teaspoon of cornstarch per blender load. For color and extra flavor, add some lobster meat. Blend it and bathe them for 2-3 hours.

Joan Welsh
Ann Dickson

Quick Tip: Temperature Chart

Very slow oven-----250°-300°
Slow oven-----300°-325°
Moderate oven-----325°-375°
Moderate hot oven-----375°-400°
Hot oven-----400°-450°
Very hot oven-----450°-500°

MARINATED HERRING

Use 2-3 dozen fresh herring, but any number can be used. For best results, remove the skin from the herring because the skin is very fat, although it is not necessary to do so. The herring must be well washed in cold water. Fill the belly of each herring with coarse salt. In a clean bucket put 1 row of herring prepared as above and then sprinkle more coarse salt over them and continue this way until all the herring has been packed. Cover the herring with cold water and leave it for at least 3 days in this brine.

Next, rinse each herring in cold water and fillet it. Cut your fillets into approximately 2-inch pieces. Peel and slice (not too thinly) as many onions as you think are required for the amount of herring fillets you have. In sterilized bottles, alternate a row of cut up fillets with a row of sliced onion until the bottle has been filled. Put in a bay leaf and a pinch of pure pickling spices on top of each bottle. Fill each bottle with pure white vinegar. Put the cover on tightly and leave it to marinate for at least a week before eating.

Bill Griffiths

OVEN COOKED SEAL FLIPPERS

Remove all the fat from the meat.

Soak overnight in salt and water (1/4-cup salt – 1 gal.)

Drain well in the morning

Line roaster with pork rind.

Brown both sides.

Add salt, pepper, onion, and savory.

Add 1-cup water.

Bake in 350° oven for 1-1/2 hours.

Marie Collins

Quick Tip: Sprinkle fine salt in your frying pan before frying fish and it will not stick to the pan.

CHICKEN HADDIE SUPREME

5 slices of bread
1 1/4 oz. Tin chicken haddie
1 cup grated cheese
4 eggs
2 1/3 cups milk
Salt
Pepper

Place 4 slices of bread on bottom of square casserole dish spread half the fish over the bread.

Sprinkle with half the grated cheese, add the rest of the fish, then remaining cheese.

Butter remaining slice of bread, quarter, and place over the cheese.

Beat eggs add milk and seasoning. Pour over all.

Bake in oven at 325° for 45-50 minutes.

Serves 6

Clara B. Chenell

POULTRY STUFFING

2 cups peeled potatoes
2 cups soft breadcrumbs
1/4 cup butter or margarine
2 teaspoons poultry seasoning
2 teaspoons savory
Pinch of salt and pepper
Pinch of sage
Mix together

Sheila Josey

Quick Tip: If sauce or gravy is lumpy try straining it through a fine sieve.

TURKEY OR CHICKEN A LA KING

¼ cup butter
1 cup canned mushrooms
¼ cup flour
1 teaspoon salt
2 cups milk
2 cups diced turkey or chicken
2 egg yolks, beaten
Buttered toast

Melt butter in a large skillet, and brown mushrooms in butter.
Stir in flour and milk plus salt – adding milk gradually.
Cook and stir constantly until mixture thickens.

Add turkey or chicken to sauce.
Cook slowly for 5 minutes
Stir to prevent burning
Stir in beaten egg yolks.

Serve hot on buttered toast. Serves 6.

Clara B. Chenell

FRIED CHICKEN

2 egg yolks, well beaten
½ cup cracker crumbs

Coat chicken and put into hot deep fat until brown.

Carol Clark

Quick Tip: If a whole chicken is more than enough for your Family. Freeze the bony pieces until you have four or five backs and necks, and then boil them with ¾ teaspoon of poultry seasoning. When done, take all the meat off the bones for casseroles or sandwiches.

BAKED CHICKEN

1 pkg. Chicken breast

Butter or margarine

Salt and pepper

Place chicken halves on baking dish, grease generously with butter and seasoning to taste.

Bake for 45-60 minutes or until golden brown in 375° oven

Gravy:

3 tablespoons drippings from chicken

3 tablespoons flour

2 cups cold water

salt and pepper

Mix fat and flour together.

Gradually add water and cook over low heat until thickened.

Add seasoning.

Ellie Quinn

LOVELY LIVER

Liver is one of the most nutritious meats you can eat. Yet, many people don't eat much of it because of its strong flavor. Here's a recipe that makes liver mill, tender and delicious.

This recipe calls for onions but you can cook bacon with the liver

Sauté 5 minutes in 1-tablespoon vegetable oil:

4 large chopped onions

Cut 1 pound of liver into ¾ inch cubes (bite size) and add to onions.

Add: 2-3 tablespoons of apple juice

1 teaspoon salt

Pepper

Spices (pinch of basil, thyme, or oregano)

Stir while cooking 5-10 minutes.

Serve immediately.

Peter Cummings

QUICK AND DELICIOUS PORK CHOPS

4 thick pork chops
1 can cream of mushroom soup
¼ cup milk
½ cup chopped onion
½ teaspoon caraway seed (optional)
1 small head of cabbage finely sliced (optional)
2 cups sliced carrots
Generous dash of pepper
Sprinkle of salt

In a frying pan, brown the chops (use shorting if necessary); pour off fat. Stir in soup, milk, onion, and seasonings. Cover and cook over low heat for 25 minutes or until done. Stir occasionally. Uncover and cook to desired consistency.
Serves 4.

Minnie Dickson

Quick Tip: To melt butter without burning it, add a small amount of cooking oil. The fat can be then raised to a much higher temperature without burning.

ORANGE GLAZED PORK CHOPS

6 large pork chops
1 teaspoon salt
½ teaspoon pepper
2 tablespoons butter or margarine
1 tablespoon vegetable oil
1 tablespoon mustard
2/3 cup light brown sugar
grated rind and juice of 1 orange or ¼ - 1/3 cup orange juice and dried orange peel

Preheat oven to 350°

Rub the chops all over with salt and pepper. Set aside. In a large frying pan, melt the butter with the vegetable oil over moderate heat. When the foam subsides, add the chops and fry for 3 minutes on each side, or until lightly browned all over. With a slotted spoon, transfer the chops to a medium size shallow casserole dish. Set aside. In a small bowl, combine the orange rind and juice, sugar and mustard. Stir well to mix. Spoon the mixture over the chops. Cover the dish with tin foil and place in the center of the oven. Bake for 1 - ½ hours, or until chops are tender. After the first 45 minutes, remove foil.

Serve immediately, using sauce as gravy.

Faye Griffiths

ROAST DUCK WITH APPLE STUFFING

2 large ducks
½ cup chopped celery
½ cup chopped onion
2 medium apples cut up
¼ cup brown sugar
¼ cup chopped walnuts
2-4 slices of bread, cubed
¼ cup raisins
1/8 teaspoon marjoram
½ teaspoon salt
1 bouillon cube
1 cup warm water
Dash pepper
Dash salt

Soak ducks overnight in salt and water brine. Drain and place in roaster pan.

Mix celery, onion, apples, brown sugar, walnuts, bread cubes, raisins and seasonings.

Dissolve bouillon cube in 1-cup warm water. Add ½ cup bouillon to dressing mixture to moisten.

Place dressing in the duck. Pour the rest of the bouillon in the pan. Bake 3-4 hours in oven at 350°-400°

Joan Welsh

SPAGETTI SAUCE

2 large cans tomatoes
2 small cans tomato paste
1 medium onion
2 stalks celery, chopped
1 lb. mushrooms
1 pepperoni roll, sliced
1 green pepper
½ cup white sugar
2 bay leaves
Salt and pepper to taste
Oregano (shake some in)

Fry 3 lbs. Hamburger meat and onions.

Drain off fat after cooking is done.

Boil above mixture, hamburger, and onions on low heat for 3-4 hours.

Use some immediately and freeze that rest, or freeze it all after it cools, for future use. Do not put it all in one container.

Audrey Quinn

Quick Tip: To keep spaghetti hot, drain in a colander and set over pan containing small boiling water. Coat with 3-4 tablespoons butter to keep strands from sticking together. Cover colander.

CURRIED LAMB CHOPS

6-8 lamb chops
3 tablespoons cooking oil
1 medium onion
1 ½ tablespoons curry powder
1 ½ tablespoons flour
1 ½ teaspoon salt
1 ½ teaspoons sugar
¼ teaspoon dry mustard
2 ½ cups water

Trim excess fat from chops.

Heat oil in heavy skillet and brown chops on both sides. Remove meat.

Add onion to oil in pan and cook until lightly brown. Sprinkle in curry powder, cook, and stir for a few seconds.

Sprinkle in flour, salt, sugar, mustard, and stir to blend. Add water and bring to a boil.

Return chops to the pan, spoon sauce over chops, cover and let simmer until chops are tender. (About 30 minutes.) Add a little water if mixture get too thick.

Cathy Welsh

Quick Tip- Grate leftover pieces of cheese and store in a plastic bag in the refrigerator. Use for salads and casseroles.

SWEET & SOUR SPARERIBS

2-3 lbs. Spareribs
Salt
Pepper
1 medium onion
water

Cook above ingredients in oven at 325° for approximately 1-½ hours.

SAUCE:

1 bottle catsup
1 teaspoon salt
1 ¼ cups vinegar
1 cup white sugar

Mix together and pour over spareribs, then return to the oven and bake for 1 hour or until spareribs are tender. Sauce may be saved and used over meats and baked chicken.

Cathy Welsh

BEEF POTATO BURGERS

1 ½ hamburger
3 eggs, beaten
1 cup finely chopped onions
1 ½ teaspoons salt
½ teaspoon pepper
1 ½ cups shredded raw potato
2 tablespoons melted fat

Combine hamburger, eggs, onion, salt, pepper and potato. Shape into 12 patties 3 inch in diameter and ½ inch thick. Fry in fat in covered pan for 3 minutes each side. Uncover and increase heat slightly and cook until done – approximately 15 minutes

Clara B. Chenell

Quick Tip: to keep lettuce fresh and crisp longer, turn upside down and cut thick centerpieces out. Hold lettuce under cold-water tap for 1 minute. Turn off water and hold lettuce, still upside down, for another minute. Then turn right way up and drain.

MIGHTY MEATBALLS

1 lb. ground beef
½ cup fine, dry breadcrumbs
½ cup finely chopped onion
1 egg, slightly beaten
1 can tomato soup
½ cup water
2 tablespoons chopped parsley

Mix beef, breadcrumbs, onion and egg.
Shape into 16 meatballs
Brown meatballs; pour off fat
Stir in soup, water, and parsley
Cover and cook over low heat for 20 minutes, stirring now and then.

Serve over rice, noodles, or macaroni. Serves 4

Minnie Dickson

Quick Tip: When cooking rice, use approximately double the amount of water to rice.

CROSBY CASSEROLE

1 large onion
1 lb. ground beef
1 cup creamed corn
2 cups macaroni
1 tin tomato soup
Cheese
Salt
Pepper

Cook macaroni as instructed. Drain thoroughly. Fry onion in butter, add beef and brown. Add corn, soup, salt and pepper to taste. Place in a buttered casserole and sprinkle with cheese. Bake in 350° oven for 30 minutes.

Connie Dickson

Quick Tip: To make carrot curls remove thin slices from a large carrot with a potato peeler. Curl and hold ends together with pin or toothpick. Leave in cold water until required. Remove pin before serving.

QUICK STEAK CASSEROLE

1 lb. can stewing steak or fresh
1 lb. can mixed diced vegetables (defrosted and drained, but uncooked)
1 pkg. Onion soup
1 tablespoon cornstarch
2 cups water (scant)
2 large potatoes

Put the stewing steak into a casserole dish. Add the drained vegetables. Blend the onion soup and cornstarch with the water; and pour over the ingredients in the casserole dish. Place the potato slices on top and bake in 375° oven

To Vary: Use tomato or celery soup.

Serves 4.

Marie Collins

HAMBURGER CASSEROLE

1 lb. hamburger
1 onion minced
1 can tomatoes
2 cup thinly sliced potatoes
1/3 cup flour
1 can corn
1 can green peas
Salt
Pepper

Mix first 4 ingredients.

Put a layer of each in greased casserole dish. Sprinkle with grated cheddar cheese. Bake uncovered 35-40 minutes at 375°

Rhoda Josey

Quick Tip- to reheat rice put it into a covered saucepan with a few tablespoons of water and heat gently. Shake the pan now and again and the rice will be as fluffy as when it was first cooked.

MEAT PIE

2 tablespoons shorting, melted in a pan
1 lb. hamburger
1 cup chopped onion

Fry until lightly browned, then sprinkle with:

1 cup shredded raw carrots
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon sugar

Stir in:

¼ cup catsup
1 cup water
2 teaspoons prepared mustard

Cover and simmer, stirring occasionally, for 15 minutes. Heat oven to 425° (hot). Line deep pie plate with pastry. Pour in hot meat mixture. Top with pastry. Bake 40 minutes.

Olive Josey

CABBAGE ROLLS

½ cup milk
1 cup breadcrumbs
1 egg
1 small onion chopped
1 cup cooked rice (5 minute rice)
1 ½ teaspoons salt
½ teaspoon pepper
½ teaspoon all spice
1 teaspoon sugar
1 lb. ground pork
Cabbage leaves
Butter
Tomato juice

Pour milk over breadcrumbs; add egg, onion, rice spices and ground meat. Pour boiling water over cabbage leaves and let stand until slightly wilted. Place spoonful of crumbs and meat mixture on leaf and roll. Insert toothpick to hold in place.

Melt butter in skillet. Place cabbage rolls in this and cover. Cook until brown and turn.

When all are brown, add ½ inch tomato juice to skillet. Cover and steam approximately 1 hour. Remove and make gravy from drippings in pan and pour over cabbage rolls.

Large recipe – leftovers and be frozen and reheated

Clara B. Chenell

WESTERN BEEF AND RICE CASSEROLE

1 lb. ground beef
2 tablespoons oil
½ cup chopped onion
1 cup sliced celery
¼ cup chopped green pepper
1 cup raw rice
2 ½ cups canned tomatoes
1 cup water
2 teaspoons salt
2-3 teaspoons chili powder
¼ teaspoon pepper
½ teaspoon Worcestershire sauce

Preheat oven to 325°

Brown the beef in the oil. Remove the meat from the pan and add onion, celery and green pepper and rice. Cook, stirring until browned. Add the tomatoes, water, seasoning, and meat. Bring to a boil. Pour into a 2-quart casserole dish and cover. Bake 45 minutes to 1 hour.

Wanda Collins

MEAT LOAF

1 can meat
3/4 cup rolled oats
3/4 cup ketchup
1/2 cup onion
1/4 cup water
1-2 eggs
3/4 teaspoon salt
1/4 teaspoon pepper

Thelma McLean

Quick Tip: Do not throw away left over rice. Freeze it and, when you have a sizable amount, thaw and fry it. Stir rice in hot oil, separating the grains. Add some chopped fresh vegetables and continue stirring until they are tender and crisp. Add some left over cooked meat, a little garlic salt, a dash of ginger and several doses of Soya sauce. Mix together well and you've got a tasty and economical meal.

MEAT LOAF

1 1/2 lb. hamburger
2/3 cups breadcrumbs mixed with
1 cup milk

Mix & add:

2 eggs, slightly beaten
1/2 teaspoon sage
1 teaspoon salt
1/4 cup onions, chopped as finely as possible

Then mix together

3 tablespoons brown sugar
4 tablespoons tomato ketchup
1/4 teaspoon nutmeg
1/4 teaspoon dry mustard

Pour over the meat mixture.

Bake at 350° for 1 hour and 15 minutes

Marg Welsh

PLAIN MEAT LOAF

1 ½ lb. ground round steak
1 cup soft breadcrumbs
2 eggs
2 teaspoons minced onion
1 teaspoon salt
¼ teaspoon pepper
1 cup milk

Mix well and bake in a loaf pan for 1 hour at 375°
Dot with butter or strips of bacon.

Glen Clark

Quick Tip: To coat chicken or meat, measure flour and seasonings into paper bag. Add a few pieces at a time and shake to coat. Use remaining seasoned flour to thicken gravy.

TANGY MEAT LOAF

Preheat oven to 350°

Combine:

1 ½ lb. lean ground beef
½ cup grated cheddar cheese
¼ cup rolled oats
2 onions, finely chopped
2 tablespoons chopped parsley

Mix together and blend in:

1/3 cup ketchup
1 egg
1 teaspoon salt
1 teaspoon Worcestershire sauce
½ teaspoon pepper

Press in loaf pan.

Top with:

3 slices of bacon.
Bake in preheated oven for 1 hour.
Makes 6 servings.

Joselyn Dickson
Mavis Patton

MEAT LOAF

1 ½ cups ground beef
1 can tomato soup
1 egg
2 cups bread crumbs
1 teaspoon mustard
1 teaspoon salt
½ teaspoon pepper
1 large onion chopped

Place in a pan and bake at 375° for ¾ of an hour

Sylvia McLean

Quick Tip: When cooking a beef roast save the pan juices for use later. Put it in ice cube trays and freeze. When solid, wrap 1 or 2 cubes in foil, store in freezer, and you'll have instant beef stock for gravy's.

MEAT LOAF

1 lb. ground beef or hamburger
1 cup fine breadcrumbs
1 egg
½ can tomato soup
Salt
Pepper
Mix and press in loaf pan.

Sauce:

1 cup cold water
2 tablespoons brown sugar
½ can tomato soup
1 tablespoon prepared mustard
1 tablespoon vinegar
Mix and pour over meat

Bake approximately 1 hour.

Clara Patton

COMPANY MEAT LOAF

Bake in preheated oven at 350° for 1 hour.

Beat 2 eggs lightly in large bowl.
Stir in 1 envelop Lipton onion soup mix

Add:

1/3 cup ketchup
3/4 cup warm water
1/2 cup soft breadcrumbs
2 lb. ground beef

Mix well and bake.

Serves 6 - 8

Joan Welsh

Quick Tip: Dumplings can have other flavorings than herbs. Add grated orange or lemon rind for beef casseroles, a pinch of nutmeg and 1 tablespoon finely chopped onion for pork casseroles, and add 1 level teaspoon caraway seeds for tomato flavored veal casseroles.

MEAT LOAF

3 lb. chopped cold meat
2 eggs
1 teaspoon salt
1 teaspoon pepper
1 onion
2 cups breadcrumbs
1 cup milk
1/3 cup tomato ketchup

Mix and shape in a loaf pan.
Bake 30 minutes in moderate oven.

Luella Aitkens

Quick Tip: To transform boiled rice into fried rice, heat a tablespoon of oil, stir in about 6 oz. of cooked rice, breaking up with a fork. When hot stir in 1/2 teaspoon Soy sauce, 2 chopped onions and 1 beaten egg. Cook, stirring until egg is set.