

ESCALLOPED HAM

2 slices raw ham
2 carrots
1 bunch parsley
Salt and pepper

4 large raw potatoes
1 onion
1 pint milk

Slice potatoes thin, chop onion, carrots and parsley fine. Place layer of potatoes in buttered baking dish, season and sprinkle with onions, parsley and carrots, cover with one slice ham cut in 3 or 4 pieces. Repeat till dish is filled. Cover with milk, and bake 1 hour or more in slow oven.

Mrs. Dahners

RUSSIAN PILAF

2 tablespoons butter
1 cup tomatoes
1 cup chopped meat
A little stock

2 tablespoons minced onion
1 cup cooked rice
Salt and pepper

Melt butter, brown onion, add tomato, rice, meat and seasoning. Cook 10 minutes.

Mrs. H. W. Ranlett

CHICKEN TIMBALES

2 tablespoons butter
2-3 cup milk
2 eggs
Salt and pepper

$\frac{1}{4}$ cup stale bread crumbs
 $\frac{1}{2}$ tablespoon chopped parsley
1 cup chopped cooked chicken

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly, add chicken, parsley, and eggs slightly beaten. Season. Place in buttered individual moulds 2-3 full, set in pan hot water, cover with buttered paper, bake 20 minutes in a moderate oven.

ITALIAN SPAGETTI

Put spaghetti in big kettle of boiling water (without breaking), boil 25 minutes, fry in a tablespoon of butter 2 onions, 1 pound ground beef and 4 slices bacon, pour in a little water and about $1\frac{1}{2}$ cups Italian sauce (tomato). When ready to serve mix with spaghetti and sprinkle with grated cheese.

Mrs. Roy Wheeler

BAKED APPLES

6 large apples
1 cupful brown sugar
1 tablespoon flour

1 tablespoon butter
 $\frac{1}{4}$ teaspoon powdered cinnamon

Round, red, Northern Spies are best. Wipe and remove cores. Then fill centres with the following mixture:

Cream the butter and sugar, add flour and cinnamon and mix well. Bake in hot oven until soft, baste well with remainder of sugar stirred into a little hot water. There should be a rich, thick gravy around apples when done.

Mrs. Dahners

BAKED OMELET

6 eggs
1 tablespoon butter
1 teaspoon salt

1 teacup warm milk
1 tablespoon flour
A little pepper

Beat eggs separately and very light, melt butter in warm milk, add flour, salt and pepper. Mix together, adding whites last. Bake 20 minutes.

Mrs. B. A. Dumper