

remove the fat that is on the meat. Soften enough bread in milk to make three-quarters of a cup when well drained. Add a beaten egg to the bread and seasoning of salt and pepper. Add lemon juice, nutmeg and onion juice. Add this mixture to the meat and sprinkle it with flour substitute. Melt two tablespoons of butter substitute in a frying pan. Put in a sliced onion. Cover and cook slowly until the onion is a light brown. Remove the onion and put the meat loaf in the pan, floured side up. Cover and cook for ten minutes. Turn and cook for another five minutes. Lift the meat loaf on to a platter. Put the cooked onion on top and pour over the juice remaining in the pan. The meat loaf can be served either hot or cold.

MEAT LOAF

1 cup raw minced meat	$\frac{1}{2}$ cup bean-pulp (beans
$\frac{1}{2}$ chopped onion	soaked, cooked till
Spray of parsley	tender, then
Pepper and salt	rubbed through a
	sieve.)

Mix all the ingredients; pack into a square bread-pan, which has been previously greased and a few bread-crumbs sprinkled in the bottom. Bake in a moderate oven about 1 hour. Turn out on a hot platter; garnish with parsley. Serve with tomato sauce.

MEAT AND OATMEAL LOAF

2 lbs. meat	Pinch of celery and salt
1 tablespoon salt	1 tablespoon onion juice
1 cup oatmeal	Paprika

Use a piece of meat, from the upper part of the shank. This is good on account of the marrow. Cover the meat and bone with boiling water and cook till tender. Cook and chop the meat fine. Take 4 cups of the stock. Add salt, and when boiling, add the oatmeal. Cook thoroughly and have quite thick. Add the meat and seasonings and turn into a small bread-pan. Bake and serve as a loaf with tomato sauce—or cool, cut in slices, roll in cornmeal and fry brown in hot fat.