

BEEF STEW.

2 lbs. beef from leg.	1 onion cut in slices.
$\frac{1}{2}$ c. turnip cut in dice.	1 tsp. salt.
$\frac{3}{4}$ c. carrot cut in dice.	$\frac{1}{4}$ tsp. pepper.
4 potatoes cut in $\frac{1}{2}$ in. slices.	$\frac{1}{2}$ c. flour.
	1 qt. water.

Remove fat and cut meat into 1 in. pieces; put aside tenderest pieces of meat; put the rest of the meat and bone into the cold water, and soak 1 hour, then heat until it bubbles. Season reserved meat and roll it in the flour; melt the fat in a frying pan, remove the scraps, brown the sliced onion and then the floured meat in the hot fat, add both to the stew and cook for 2 hours at a low temperature. Add the vegetables and the flour, which has been mixed with $\frac{1}{2}$ c. cold water, and cook for 1 hour or until the meat and vegetables are tender. Remove the bone, season and serve.

KIBBEE.

1 lb. uncooked tough meat.	Pepper.
1 tbsp. grated onion.	1 c. stewed and strained
1 tbsp. chopped parsley.	tomatoes.
1 tsp. salt.	1 tbsp. butter.

Chop meat very fine, add seasonings; form into balls about the size of an egg, place in baking pan, add tomatoes and butter. Bake slowly 30 minutes, basting three or four times.

CANNELON.

2 lbs. uncooked tough meat.	Grated rind of $\frac{1}{2}$ lemon.
2 tsp. salt.	Few gratings nutmeg.
$\frac{1}{8}$ tsp. pepper.	2 tbsp. butter (melted).
$\frac{1}{2}$ tsp. onion juice.	1 egg.
1 tbsp. chopped parsley.	

Chop meat very fine and add remaining ingredients. Shape in a roll about 6 inches long. Wrap in buttered paper, put in baking pan, bake in a quick oven 45 minutes, basting the paper every ten minutes with 4 tbsp. beef drippings melted in 1 c. boiling water. When done, carefully remove the paper, and serve Cannelon with Tomato Sauce.

BEEF LOAF.

Mrs. Williams.

2 $\frac{1}{2}$ lbs. round steak, minced.	1 tsp. salt.
1 egg, beaten.	1 tsp. sage or savory.
1 c. bread crumbs.	A little pepper.

Mix well together, form into a loaf, and bake $\frac{3}{4}$ of an hour, with dripping enough to baste occasionally.