


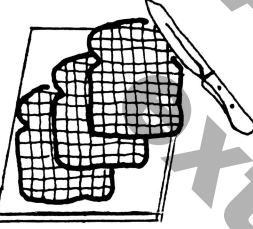
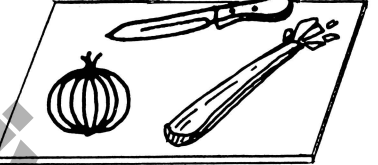



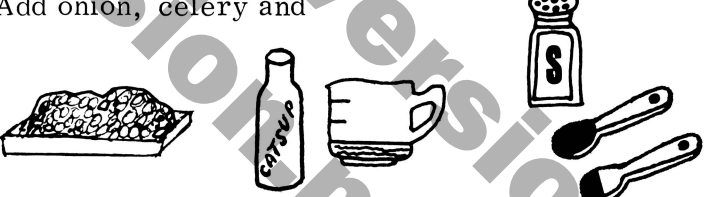
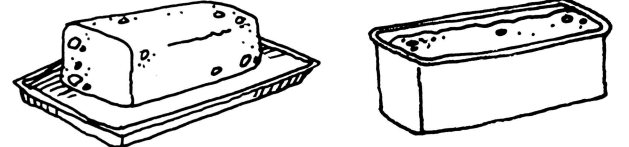
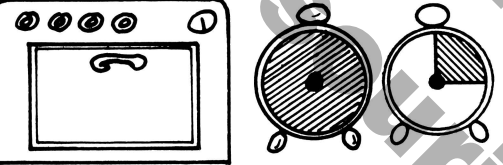
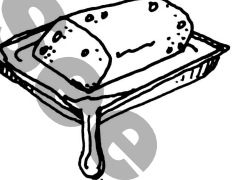
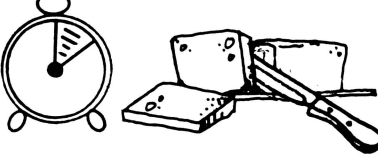
BEEF LOAF

For 6 servings, two slices each, you need:

- 3 slices bread
- 1 small onion
- 1/2 stalk celery
- 1 egg
- 2/3 cup fluid milk
- 1-1/2 pounds ground beef
- 1-1/2 teaspoons salt
- Pepper, as you like
- 1/4 cup catsup
- 1 teaspoon worcestershire sauce, if you like

MENU SUGGESTION

- Baked Potato
- Stewed Tomatoes
- Raisin-Rice Pudding
- Milk Coffee

<p>①</p>  <p>Preheat oven. Set at 375° F. (moderate).</p>	 <p>Cut-up 3 slices of bread.</p>	 <p>Finely chop 1 small onion and 1/2 stalk celery.</p>	 <p>Break 1 egg in a large bowl. Slightly beat egg.</p>	 <p>Add bread to egg.</p>
<p>②</p>  <p>Pour in 2/3 cup fluid milk. Let bread soak up milk and egg.</p>	<p>Add onion, celery and</p>  <p>1-1/2 pounds ground beef, 1/4 cup catsup, 1-1/2 teaspoons salt, pepper, as you like, and 1 teaspoon worcestershire sauce, if you like. Mix well.</p>			
<p>③</p>  <p>Shape in a loaf in a shallow baking pan OR a loaf pan 9 by 5 by 3-inches.</p>	 <p>Bake at 375° F. (moderate oven) about 1-1/4 hours until browned.</p>	 <p>Drain off fat.</p>	 <p>Let stand 10 minutes for easier slicing.</p>	



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SMART SHOPPER RECIPE



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