

Beans on bread

Heat one can of white northern beans. Serve on buttered white bread with salt. Optional: canned vegetables on bread with butter, salt

Egg in a cup

Hard boil egg; peel while hot; use fork to mix in glass cup with butter and salt

Cold roast beef sandwich

Cut leftover roast beef, serve on buttered white bread with salt and pepper; lettuce optional

Tuna fish salad

Drain tuna fish, add mayonnaise, chopped celery and hard boiled egg, add dry mustard

Egg Salad sandwich

Hard boil 2 eggs, slice, mix with mayonnaise and dry mustard, spread on white bread. Diced celery optional

Baked chicken with paprika

Arrange chicken pieces on cookie sheet, add margarine, salt, pepper and paprika. Bake at 350 for one hour. Turn mid way and salt, pepper and paprika again. Gizzards, liver served separately. Save drippings for gravy.

Turkey/tuna ala king

White sauce: Approximately 2TbIs butter, 2 T flour, 2 cups of milk, salt, pepper, paprika, add torn up turkey/tuna meat and serve over ripped up toast