

Meat balls: (Cassia)

Half pork & beef - 1 lb - 1 lb;  
Worcestershire sauce - very little  
1 pkg onion soup mix  
1 egg.

Some bread crumbs to make  
right consistency.

~~Salt~~, pepper, garlic, (savory?)

onion so, brown balls - cook in  
oven with sauce 1 hour - 325°.

Sauce (Double sauce)

1/2 cup br. sugar

1 cup ketchup

1/2 " vinegar or pickle juice (better)

1 cup pineapple juice

1 tbs corn starch mix with starch

Lettuce & watermelon

is hand together:

Spoon 1 tea b.  
butter on each  
mitten.

Add parsley for garnish.

### Peanut Butter Muffins

½ cup p. butter

3 tbs veg oil

1 tea salt

¼ <sup>cup</sup> sugar w or b.

1 egg

1 ½ cup milk

1 cup flour.

1 tbs b. powder

1 cup whole wheat flour

p. b. to spoon on top.

Blend peanut b & oil, beat in the egg  
stir in milk - Sift flours together then

Combine peanut butter to measure the flour.

Bake 400° for 20 min. \*