



CANADIAN NATIONAL RECIPES

*Which Help to Make the C.N.R.
Dining Car Service Popular*

CANNELON OF BEEF

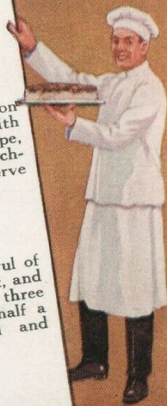
(For four persons)

Chop fine two cupfuls of cold roast beef. Season with salt, pepper and grated nutmeg and moisten with beaten egg. Roll rich pie crust into an oblong shape, spread with meat, roll up. Fasten the ends by pinching the pastry, rub with butter and bake brown, serve either hot or cold.

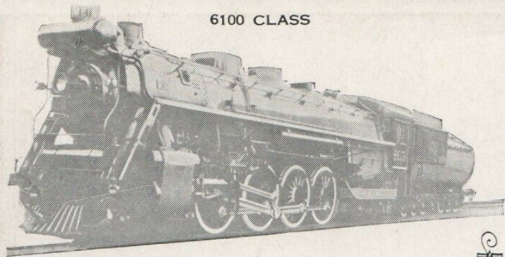
FRUIT PUDDING

(For ten persons)

Mix one cupful of chopped beef suet, one cupful of molasses, one cupful of sour milk, and a little salt, and one-half cupful of raisins or currants. Sift in three cupfuls of flour, one teaspoonful of soda and half a nutmeg grated. Turn into a buttered mould and steam for three hours.



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