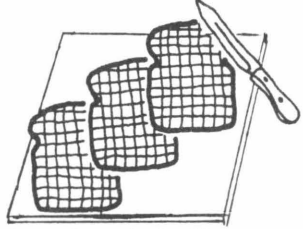
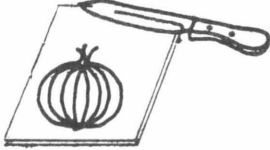





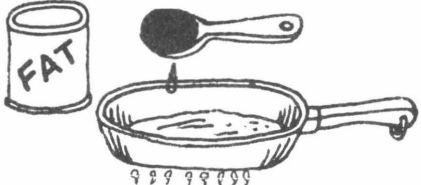
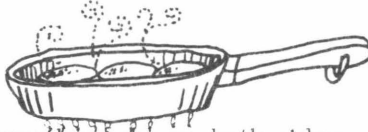




For 6 servings, 1 medium or 2 small hamburgers each, you need:  
 3 slices bread  
 1 small onion  
 1 egg  
 1/3 cup water

1 teaspoon salt  
 1/4 teaspoon pepper  
 1 teaspoon worcestershire sauce, if you like  
 1 pound ground beef  
 1 tablespoon fat

MENU SUGGESTION  
 Baked Beans  
 Spinach  
 Fruit  
 Milk Coffee

<p>①</p>  <p>Cut or break 3 slices of bread into small pieces.</p>	 <p>Finely chop 1 small onion.</p>	 <p>Break 1 egg in a large bowl. Beat slightly.</p>	
<p>② Add to egg bread, onion and</p>  <p>1/3 cup water, 1 teaspoon salt, 1/4 teaspoon pepper, and 1 teaspoon worcestershire sauce, if you like.</p>		 <p>Mix.</p>	 <p>Add 1 pound ground beef. Mix well.</p>
<p>③</p>  <p>Shape mixture into 12 thin or 6 thick burgers.</p>	 <p>Heat 1 tablespoon fat in heavy fry pan over medium heat.</p>	 <p>Brown burgers on both sides, turning once. Lower heat. Cook until meat is no longer pink when a knife is stuck in center.</p> <p>{ Thin burgers take about 8 minutes to cook.          { Thick burgers take about 16 minutes to cook.</p>	

## SMART SHOPPER RECIPE

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.