

# Meat Loaf



- 1 pound ground beef
- 1/4 pound ground lean pork
- 1/4 pound ground veal
- 1 cup dry bread crumbs or cubes; 1¼ cups of milk
- or-
- 3 medium slices of white bread, torn into pieces; 1 cup of milk
- 1 egg beaten
- 1/4 cup minced onion
- 1¼ teaspoon of salt
- 1/4 teaspoon each of pepper, celery salt, garlic salt, dry mustard and sage
- 1 tablespoon Worcestershire sauce

Mix all ingredients thoroughly. Spread in un-greased loaf pan - 9x5x3 inches. Bake in oven at 350° for 1<sup>1/2</sup> hours. 6 Servings