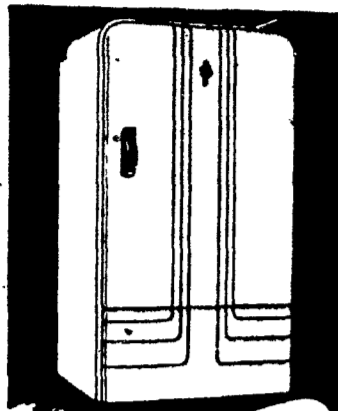


INTRODUCING NEW NOTES IN KITCHEN OPERATION and PLANNING

NEW 1940 SERVEL ELECTROLUX

Next School at Corpus Christi In Parish Hall January 19th



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SERVEL ELECTROLUX REFRIGERATORS ARE SOLD BY
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237 Joseph Ave.

The third in the series of the Catholic Courier "Schools of Cookery" will be held in the Parish Hall of Corpus Christi Church on Friday evening, January 19th, at 7:30 P. M. This school like all others of the series will be conducted by Miss Irene Muntz, Guest Demonstrator of the Home Service Department of the Rochester Gas and Electric Corporation, who are co-operating with the Courier in these schools.

Miss Muntz needs no introduction to Rochester housewives. Her excellent reputation as a cooking expert and a demonstrator is well known. Her background of experience in this field well qualifies her for these high type schools. In her demonstration she will show an entire menu for a day starting with an unusual breakfast, through lunch and finishing with an appetizing yet economical evening dinner. She has planned her menu to fit the average pocketbook yet presents dishes that are unusual and tempting to the most jaded appetites.

Kitchen planning for more efficient operation will also be featured at all school sessions. The kitchen planning expert of the Catholic Courier will be in attendance to answer all questions regarding this important subject. A modern kitchen with all its accessories will be displayed on the stage. There will also be some exhibits throughout the hall. The schools are free to all women of Corpus Christi Parish and their friends. Each woman attending will be given an attractive recipe book containing numerous recipes selected by Miss Helen Smith of the Gas and Electric Corporation. Samples of food items used in the demonstrations will also be given away.

Fresh Vegetable Salad

Combine tiny flowerettes of raw cauliflower, raw grated carrots, raw shredded spinach, cabbage and celery. Serve with very tart French dressing.

We must strive in following Christ to be perfect even as our heavenly Father is perfect.

Cooking Information Sought—and Found



The above photograph shows a section of the interested group of housewives who attended the first of the series of Catholic Courier Schools of Cookery at the Pro-Cathedral Hall last Friday evening. Miss Irene Muntz, Guest Demonstrator of the Home Service Department of the Rochester Gas and Electric Corporation is conducting the demonstrations at these schools. The second in the series will be held in St. Andrew's Hall this Friday night.

Economical Dishes For Folks Who Like Company For Meal

If you enjoy having the "crowd" in and yet hesitate to put too much of a strain on the food budget—try these hot meat dishes. They are not only economical, but delicious and have the additional advantage of being easy to prepare.

ITALIAN SPAGHETTI

1 lb. spaghetti
1/2 cup oil
1/2 cup onion
1/2 cup garlic
1/2 cup tomato
1/2 cup pepper
1/2 cup salt
1/2 cup sugar
1/2 cup vinegar
1/2 cup parsley

Vanilla Adds Zest To Morning Meals

Every day in the modern kitchen are made discoveries of new blends of foods and flavors, of more delicious dishes to tempt appetites, and by tempting them, bring happiness and health. There are many kinds of extracts on the wise cook's pantry shelf, and she knows not only of their ordinary uses but the many unusual ways in which she can employ them.

Vanilla

Vanilla is one of the most useful extracts in the many ways the modern woman has found to use this extract particularly in making the breakfast cereal more attractive to the younger members of the family who sometimes try to pass or prunes. Add it to your other things.

Second School At St. Andrews

The second in the series of Catholic Courier "Schools of Cookery" conducted by Miss Irene Muntz, will be held in the St. Andrew's Parish Hall, 801 Portland Avenue, this Friday evening, January 12th at 7:30 P. M. The school is free to all women of the parish and their friends.

BOTTLING PLANT MODEL OF MODERN SANITATION

The housewife who prides herself on a spotless and open kitchen should visit the Nehi Bottling Plant at 445 State Street for some new ideas on modern sanitary methods. This large bottling plant is claimed to be the most modern in the country, made so at a cost of \$100,000. The equipment used is fully automatic handling the beverages for bottling, washing and sterilizing bottles, filling them without touching air or human hands.

UNIVERSAL C-P Gas Range Makes Oven Cooking

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HOT POTATO SALAD WITH FRANKFURTERS

Wash and cook in boiling salted water 4 to 8 medium size potatoes. Peel, remove skins and slice thin. Sauté 4 slices chopped bacon with 1 small chopped onion. Add to hot fat 3 tablespoons cider vinegar. Pour this over the potatoes, mix well, cover and heat about 15 minutes in a slow oven. Line a bowl with lettuce leaves, arrange the salad and sprinkle with chopped parsley.

BRILLED FRANKFURTERS

Six frankfurters lengthwise the fat juice kitz spread lightly with prepared mustard and generously with cheese wrap a slice of bacon around each and skewer with toothpicks. Broil under a hot flame until the bacon and frankfurters are done to your taste. This will take about 10 minutes. Serve hot with the potato salad.

TOASTED NUT HAMBURGERS

1 lb. hamburger 1/2 cup chopped onion 1/2 cup minced beef 1/2 cup minced pork 1/2 cup minced chicken 1/2 cup minced turkey 1/2 cup minced lamb 1/2 cup minced mutton 1/2 cup minced veal 1/2 cup minced beef 1/2 cup minced pork 1/2 cup minced chicken 1/2 cup minced turkey 1/2 cup minced lamb 1/2 cup minced mutton 1/2 cup minced veal

Selecting Paints

When it comes to paint, be sure to select a reliable and suitable product. It is also important that the paint be mixed properly. Directions on the can should be followed with care. Precautions must be taken against mixing or thinning paint near the open flame. Paint should never be left in an uncovered can overnight as it contains volatile ingredients which evaporate.

Home-made Caramels

If you like homemade candy, you'll enjoy these chewy caramels.

VANILLA CARAMELS
Cook 2 cups granulated sugar, 2 cups dark corn syrup and 1/2 teaspoon salt together until soft ball forms in water. Add 1/2 cup butter and 2 cups evaporated milk, stirring continuously. Remove from heat when soft ball stage is again reached and pour in 12-inch square buttered pan. When cool cut in squares and wrap in waxed paper.

Bacon Baked Potatoes

When baking potatoes, make a hole in one end of the potato and insert a small slice of bacon, rolled. It greatly improves the flavor.

PRODUCE LIGHT FLOUR FOR FANCY CAKE BAKING

The Pillsbury's Flour Mills Company throughout the past years have made considerable research involving the baking, testing and rating of many hundreds of cakes to produce an ideal cake flour. This resulting in what is now known as "Sno-Sheen Cake Flour." It is milled from certain exceptional types of soft wheats by a special process that includes repeated siftings through the finest of silks.

Governments Test Producing Dairies

The Federal and State governments maintain milk inspection and experimental units to provide the milk drinking public, particularly the younger ones, with the very safest and purest milk possible.

To Prepare for Painting

Varnished and shellacked surfaces to be painted, enamelled or lacquered require sandpapering, or washing with a very weak solution of caustic soda in water will sometimes suffice to remove the gloss. Light sandpapering is advisable if the wood is to be varnished. The varnish preferably should be removed if it is desired to stain the wood.

Doughnut Dates

Roll some of the doughnut dough to about one-quarter inch thick; wrap it around a pitted date which has been stuffed with a walnut sweet and dry in hot fat till a golden brown.

Planned Kitchen Adds To Harmony of Home

From floor to ceiling, in construction, arrangement and equipment, the modern kitchen is an example of what can be done to make the home efficient, comfortable and attractive. The kitchen is really the most important room—the heart of the home. No other room offers that delightful feeling of informality for all the family.

An unattractive, ill planned kitchen too often puts the whole family off key. But a kitchen that works without a hitch, looks like a dream, and draws admiration like a magnet, is the secret of a happy home.

Studies of the steps and motions required in preparing thousands of recipes and menus have resulted in determining the "wise" arrangement and grouping of equipment, food supplies, utensils, and serving dishes. Rules have been made for determining the amount of kitchen cabinet or storage space required for a given size of home and family.

The addition of new kitchen equipment does not complete the kitchen harmony. These shiny new appliances are out of place if the kitchen is not decorated with a view to making the best use of available light, color harmony to match equipment and furnishings. Paint and wall paper, properly used, go far in adding to the pleasure of being the family cook.

Any new planning new kitchens are urged to make use of the service of the Catholic Courier Kitchen Bureau. Questions on arrangement, floor plan and decoration are welcomed, regardless of the proposed expenditure of few or many dollars.

How To Care For Your Food Mixer

Location: Keenly accessible on shelf or table where most mixing is done. Use drawer nearby for attachments. A cellophane cover for mixer may be purchased.

Oiling: For ordinary use, oil once a month. Avoid too much oil and follow instruction book as to where oil is to be applied. Use only a drop of good light oil in each oil hole. Sewing machine oil is good. If bowl platform does not rotate easily, put a drop of oil on the pin.

Cleaning: Wipe platform for bowl with a damp cloth when necessary to clean. The rest of the mixer may also be cleaned using a damp cloth. Always remove beaters for washing. Bowls should be washed in warm soapy water.

Caution: Never immerse mixer in water or let water get into motor. If bowls are made of glass or china, never put in oven. Do not pour very hot water or hot mixtures into bowl without first heating bowl by allowing a little warm water to stand in it. Do not chill bowl suddenly. When removing beaters from mixture, allow mixer to slow speed and gradually raise beaters as the mixer is stopped. When

Painted Furniture Fits Light Pocketbook

The fashion of painted furniture has developed in such a degree in the last few years that nearly every shop handling furniture has its department where you can find painted furniture. Furniture of this painted type fits in admirably into the home where nice-looking must go a long way. There is nothing in this age of water power than a cheery kitchen, a gay breakfast room, a nursery that radiates color, or a simple child's room or nursery.

For Cleaning Brushes

The heads of cheap hair brushes should be soaked with vasoline to protect them from water when they are washed. When dry rub a little olive oil into the wood.

Work your work before the time and you will give your reward in this time. Begin, L. S.

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