

HOME PLANNING SERVICE IS A FEATURE AT THE 'SCHOOL OF COOKERY'

WHO are Rochester's happiest husbands?
Those whose wives use
PILLSBURY'S BEST FLOUR!

For looking that wins a man's heart, use the flour that's guaranteed for success in all baking. Flaky pie crust, fluffy cakes, fine-grained bread, light biscuits—you get them all with Pillsbury's Best.

See Pillsbury's Best demonstrated at Catholic Cooking Schools. The next two schools will be at:
HOLY APOSTLES
April 2
ST. BONIFACE
April 12

PILLSBURY'S BEST FLOUR

6 DRINKS FOR A DIME!

Spark beverages have zip, rich, racy flavor—smooth goodness. For your next party try T-Pak Ginger-Ale, sparkling water, Root Beer, Fruit Orange, your favorite. They're made by NEH, the largest producers of beverages—and a full case costs only 10¢.

PAR-TAK BEVERAGES

By the Bottlers of **ROYAL CROWN Cola**
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Don't Worry About the DESSERT PROBLEM

Just Serve **GOOD LUCK DESSERTS**

Good Luck Desserts are a family favorite. They're made with the finest ingredients and are so easy to make that even a beginner can make them. They're also a great way to save time and money.

GOOD LUCK FOOD COMPANY
Rochester, N. Y.

PASTEURIZING 'The Blue Boy Way' YOUR PROTECTION

Blue Boy Farm at Oakfield, N. Y.

FAY US A VISIT
1234 Main St., Rochester, N. Y.

DAIRY

Cookery School Starts Again
Reopen Series Friday, March 29

Well, here we are again. The Catholic Courier Schools of Cookery and the ever popular Miss Irene Blinn, ready to start the second series of these popular evenings at Blessed Sacrament Church Hall on Friday evening, March 29th.

Earlier in the Lenten season past, housewives may remember a thought for the things they are going to need for their families during the coming spring months and maybe pick up a few ideas for summertime meals. You know feeling a family in Spring and summer is almost as hard a chore as finding different things for Lenten meals. In the time when the value of foods and of course the warm days of summer are not conducive to heavy, hot meals, Miss Blinn and the Catholic Courier Home page will give you many ideas you may incorporate in your recipe list for future reference.

Each of the schools of Cookery and a new feature is to be added, something most women are anxious to know about, and about which the means of the family might have some definite ideas. Home Moderation will be another theme of the cookery schools and of the Catholic Courier throughout the spring and early summer.

A modernized home is a happy home. Miss Blinn says here and there, improvement of inside and outside all add to living in what might have been slightly drab surroundings. These home improvements are made in a simple and easy way. The Catholic Courier will try to show how these things can be done. A representative of the Courier will have various pamphlets available during the remaining schools for interested men and women.

DEMONSTRATION MENU

The menu prepared by Miss Blinn this week includes several good dishes any one of which would be a favorite with any diner. Here is the complete menu as it will be prepared Friday evening, April 2nd.

Temperature: 325° F. Time: 1 hour or 45° F. Time 25 minutes.

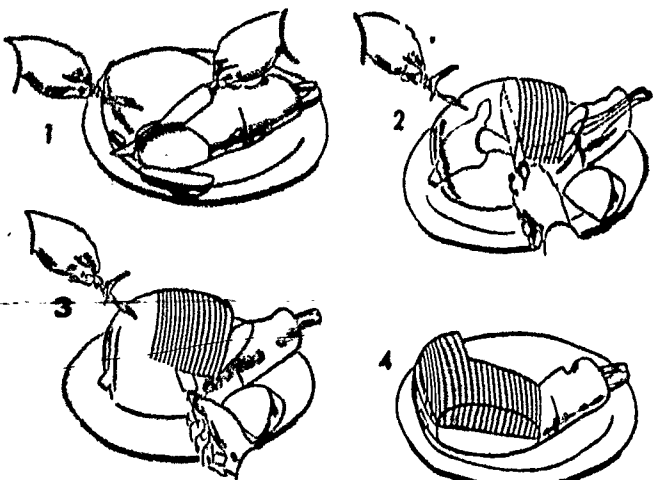
1/4 cup sugar 1/4 cup salt
1/2 cup flour 1/2 cup butter
1/2 cup milk 1/2 cup oil
1/2 cup vanilla 1/2 cup vanilla

1. Place ham with fat side up, shank end to carver's right. Cut two or three slices parallel to the length of the ham from the small or meaty section.

2. Turn the ham so that it rests on the fat side. Holding firmly with the fork, cut a small wedge shaped piece from the shank end. Then proceed to cut thin slices down to the leg bone until the shank bone is reached.

3. With the fork still in place, release the slices by running the knife along the bone and at right angles to the slices. For additional servings, turn and carve other side of ham.

4. If more servings are required, the ham is turned back in its original position on the platter with the fat side up and the slices are carved at right angles to the bone. These slices are not so large as those from the cushion section, but they make attractive servings for second helpings.



What Do You Know About Your Foods?

This is the second of a series of articles telling about the things we eat or use in cooking every day. Their production, their food value and their every-day uses. The information given in this article tells a few things, not generally known, about this excellent fruit.

Bananas are something that can be eaten as they come from the store or make the center of interesting dishes or just cooked by themselves. The information given in this article tells a few things, not generally known, about this excellent fruit.

Partially Ripe—When the banana is light yellow with a green tip it should be cooked as a vegetable or kept a few days at comfortable room temperature (65 to 70 degrees F.) for ripening. Do not place partially ripe bananas in a cold place, because cold temperatures prevent proper ripening and impair the delicate flavor.

Cooking the banana makes it thoroughly digestible and brings out a different delicious flavor. It can be cooked by baking, broiling or frying.

Yellow Ripe—When the skin is yellow and the green is gone from the tip, the banana can be served as a fruit, cooked as a vegetable or used in pies, cakes, puddings, salads and sandwiches.

Fully Ripe—Familiar brown streaks on the yellow peel indicate that the banana is fully ripe. At this stage the banana is in perfect condition to be served as a sweet fruit, sliced or whole, served with cereal, in salads, desserts, drinks, fruit cups and cocktails. When fully ripe the banana is at its best for flavor and is rich in readily digestible sugars. Doctors recommend bananas in this stage for infant feeding.

How to Prevent Discoloration of Sliced Bananas

Peeled or sliced bananas can be kept firm and light in color by using any of the following fruit juices: Grapefruit Juice (fresh or canned), Pineapple Juice (canned), Orange Juice or Lemon Juice. Dip bananas into or sprinkle them with the juice.

In this way it is possible to prepare salads, desserts and fruit combinations containing bananas, several hours in advance of serving.

Spreading The Food Dollar
Fresh Vegetables Expand Budget

With smaller servings of meat and larger, more varied servings of vegetables the food budget may be expanded amazingly.

CREAMED CABBAGE

1 pint chopped cabbage
1/2 cup butter
1/2 cup flour
1 cup sugar

Cut the cabbage and cook in salted water until tender. Then drain. Melt a white sauce of the butter, flour and milk. Cook in double boiler 20 minutes, mix with cabbage and reheat and serve.

BAKED BEANS

1 pint navy beans
1/2 cup molasses
1/2 lb. sliced ham
1 medium onion
1 tsp. salt

Soak beans with soda and salt until done. Put in bean pot and pour molasses and onion over. Then slice the ham and bacon over the top and bake in a moderate oven for 1 1/2 hours.

ITALIAN CAULIFLOWER

1 head cauliflower
1/2 cup butter
1/2 cup flour
1/2 cup milk

Parboil cauliflower in salted water until nearly soft. Dip each piece in beaten egg and then in fine bread crumbs. Do this twice. Fry until golden brown in deep fat.

SAVORY POTATOES

8 cups cubed potatoes
1 cup onion
1/2 cup butter
1/2 cup sugar

Place potatoes, onion, pimento, cream sauce in shallow baking dish. Cook in moderate oven about 25 minutes.

SCALLOPED CORN

1 can corn
1/2 cup sugar
2 eggs slightly beaten
1/2 cup milk
1/2 cup butter
1/2 cup flour

Mix ingredients and turn into a buttered pan and bake in a slow oven until firm.

SWEET CARROTS

3 dozen small carrots
1/2 cup butter
1/2 cup sugar

Leave the carrots whole and boil in salt water until very tender. Drain and make a syrup of the sugar, butter and water. Just before serving boil the carrots in the syrup a few minutes. If carrots are large cut them in half.

STUFFED PEPPERS

4 green peppers
1/2 cup milk
1/2 cup butter
1/2 cup sugar

Cut a cap from the stem end of each pepper. Remove the seeds, parboil for 10 minutes. Chop the cap. Cook with the onion in the fat for 3 minutes. Add remaining ingredients except water or stock. Stand them in a pan and pour liquid around them. Bake about 1/2 hour, basting often. The tops may be covered with buttered crumbs.

BUTTERED LIMA BEANS

1 cup dry lima beans
1/2 cup butter
1/2 cup sugar

Pick, wash and wash beans. Soak overnight. Drain. Add cold water to cover and boil slowly until tender, salting toward the end of the cooking period. Drain, add fat and serve.

TOAST IDEAS TO WARM HEART AT TEA TIME

TOAST and TEA are good companions—even better when there's something to munch on the toast by. Try one of these extra delicious—any one might easily become your tea-time specialty.

1. WINDSOR SANDWICHES—Toast slices of Bond Bread and Bond Bakers' Wheat, spread with softened butter and cut into rounds. Spread with any filling such as:
Peach, plum, rhubarb or grape conserve
Cottage cheese garnished with strawberry jam
Cream cheese spread with sliced olive
Strawberry, raspberry, pineapple jam
Orange marmalade
Majonaise seasoned with anchovy paste
Peanut butter and chopped apple
Cream cheese and grated cheddar
Crisp ham and sliced carrots
Cottage cheese and sliced carrots

2. CHEESE TEASERS—Blend together 1 package of Bond Bread, 4 tablespoons cream, 1/2 cup butter, 1 egg yolk, 1/4 teaspoon dry mustard, 1 tablespoon catsup or A-1 Sauce, dash of cayenne. Cut tiny rounds from slices of Bond Bread (if cutter is not available, remove crusts from bread and cut into small squares—1/2 for each slice). Place a half-teaspoonful of the cheese mixture in the center of each section of bread and cook in hot oven until cheese is puffed and golden brown.

3. CINNAMON BARS—Spread one slice Bond Bread with softened butter and sprinkle with cinnamon and sugar mixed. Use 1 teaspoon cinnamon to 1/2 cup sugar. Top with second slice and press firmly together. Remove crusts and cut into 3 finger length sections. Brush outside lightly with softened butter, roll in sugar mixture, and toast quickly under broiler or in hot oven. Serve warm. Makes 3 cinnamon bars.

TOAST BROCCHE—Remove crusts from slices of Bond Bread. Spread bread with softened butter and cut into quarters lengthwise. Dip in a mixture of 1 egg beaten together with 1/4 cup milk, 1 teaspoon sugar, 1/2 teaspoon nutmeg and a dash of salt. Toast quickly on both sides in broiler. Serve warm.

Make no haste to be rich if you would prosper.

FOR GOOD COOKERY
the skilled housewife uses
"GOLDSEAL" New York State WINES
"Good with food ... Good IN food"
TRY THESE RECIPES

PURE GOLD SELLY
Scallop two tablespoons of wine mixed with a half cup cold water then serve in one and one half cups of boiling water. Add one cup of strained sugar three tablespoons lemon juice and the tops of Gold Seal Sauternes. Thoroughly strain and set to cool.

CLARET CUP
Let 1/2 loaf sugar two sliced lemons one cup water stand one hour until sugar is dissolved. Pour into pitcher, add one bottle Gold Seal Claret and one-half bottle Gold Seal Rose Champagne.

Urbana Wine Co., Inc.
URBANA, HAMMONDSPORT, N. Y.
See Our Display at the "School of Cookery"

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Bond Bread
SO GOOD WE GUARANTEE EVERY INGREDIENT ON THE WRAPPER

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Excellence Is Blue Boy Slogan

Some time ago the milk producers and the State of New York cooperated in a publicity campaign on Milk. "Drink More Milk" was their slogan. This slogan was not an ideal dream but was backed up by the research findings of numerous food specialists who told why you should drink more milk for healthy sake.

The specialists who keep in constant touch with the production and distribution of Blue Boy Dairy are heartily in accord with those who urge drink more milk and are constantly watching that their product is one of excellence.

Blue Boy produces all its own milk from one farm, in Oakfield, N. Y. and distributes it through their own organization. Constant tests of cattle, absolute cleanliness in milking, the best bottling plant and in the final distribution have won Blue Boy high excellence awards at the New York State Fair. A trip through the plant and the distribution plant at 1044 University Avenue will be convincing proof of what Blue Boy is doing to produce more milk and excellent milk to drink.

Strawberry Pie Soon Available

Before many days have passed strawberries will be finding their way into local markets from the Southlands. Nearly everyone wants to get a few of them when they see their first appearance. There is something about strawberries, you like to see them and eat them too. The Good Luck Food Company, gives their recipe for Fresh Strawberry Pie and Old Fashioned Shortcake. When the berries make their first appearance try them.

FRESH STRAWBERRY PIE

1 package Good Luck Pie Crust
1 quart fresh strawberries
1/2 cup sugar
1/2 pint whipping cream

Add 4 tablespoons of cold water to a package of Good Luck Pie Crust, mix slightly, roll out, and bake in a pie tin. Just before serving fill with fresh strawberries washed, cut in half and sweetened to taste with powdered sugar. Spread thickly with sweetened whipped cream. (Fresh peaches or raspberries may be used.)

OLD FASHIONED SHORTCAKE

1 package Good Luck Pie Crust
1/2 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup butter

Mix ingredients; then add water. Bake in pie tin for 15 or 20 minutes in hot oven; split, butter, and while hot cover with crushed fruit.

Curried Veal Kidneys

Brown a chopped onion in butter and add to it a good pinch of curry powder to taste. Add 1-2 pint of thickened bouillon and pass through a sieve. Fry the kidneys in butter, having cut them first into small pieces. Stir in the sauce as soon as the kidneys are well cooked. Serve with Indian Rice prepared as follows:

Put the required quantity of rice in a shallow pan and boil for 10 minutes, commencing from the moment of boiling. Rinse in cold water and place in the oven for a short time so that each kernel is separate and not sticky.

'Was' Correct

Mrs. Gayboy had friends to tea, among them a professor's wife, who provided herself on her correct side of English. "With I knew where George was," remarked the hostess, referring to her husband. "The professor's wife drew herself up," "I presume, my dear," she said, "that you mean you wish to know where he is?" "Oh, no," replied Mrs. Gayboy sweetly. "I know where he is. He's upstairs in bed with a black eye and a fearful headache. I want to know where he was."