

SCHOOLS OF COOKERY OFFER NEW IDEAS IN KITCHEN TECHNIQUE

GOOD LUCK PREPARED PIE CRUST

As good as home made pie crust? Just try it. Compare it with the best you can buy. You see, Good Luck Prepared Pie Crust contains the best New York State flour—pure vegetable shortening. The ingredients are blended by experts in the exact, just right proportions—no errors, the same for every package. You'll be proud to serve the flaky, tender crust, brown and rich, delicious to the last crumb.

EASY! QUICK! SURE!

Picture here is all you have to do to make a Good Luck crust. The time, fussing and failures you save will amaze you. Try Good Luck Prepared Pie Crust yourself. It costs only a few cents a package. See Demonstration at Cooking School **GOOD LUCK FOOD CO., Inc.** Rochester, N. Y.

Cookery School Sets Record

Holy Apostles Largest Group

Maybe it was the spring in the air, or something, but whatever the reason, the women of Holy Apostles parish are to be complimented on the splendid attendance at the Catholic Courier School of Cookery held in their parish hall last Friday.

Enthusiasm was rampant. Irene Muntz was besieged with interested questioners for an hour after the demonstrations were completed. An equally busy spot was the Courier Kitchen planning bureau, conducted by Dorothy Castle. The official count of attendance was 432, a mark for other parishes to shoot at.

That those who attended were pleased was best demonstrated by their eagerness to talk with these cookery and home planning experts. The Catholic Courier welcomes inquiries and urges all who attend the schools to make use of these experts who are there for just that reason. To give home making information inquiries may be made by writing or phoning the Courier. These will be passed on to Miss Muntz and Mrs. Castle, for prompt attention. Every Courier reader is urged to make use of the services and to attend the schools.

This Friday evening the school will be held at St. Boniface Hall on Gregory Street. Next week we move to St. Charles Borromeo, Maiden Lane and Dewey Ave.

The menu and recipes to be used by Miss Muntz in her demonstration this Friday night follows:

Golden Grapefruit In--and On--The Pie!

Luscious golden segments of fresh Florida grapefruit are the "trimmings" and fresh, flavorful grapefruit juice the "makings" of this delicate and delicious grapefruit pie.

Trim Kitchen For Living

It Is the 'Cozy' Spot of Home

The purpose of the kitchen is not a mystery to anyone. Everyone knows that it is the place to prepare meals both plain and fancy. The family looks forward very often to it in a cozy corner of the kitchen where many really problems are solved. Most people enjoy spending time in the kitchen if it has that friendly atmosphere. We are always looking for a little extra trimming and gadgets to make the kitchen more livable and workable. Here are a few ideas that will help in your present kitchen.

Decorative lighting fixtures, scroll and scalloped moldings open shelves, herb window gardens, circular corner, recessed niches and other variations create pleasant individual kitchens.

Decorate Cansister Nets

One of the current women magazines suggested a hanging kitchen canister sets by repainting them and putting strips of different colored Scotch cellulose tape on them. Another clever way of decorating them is with the use of Decals, there are so many unusual kinds from which to select.

One way to eliminate the problem of searching on a crowded shelf or in a drawer for spices is to insert a "tag" strip in one section of your wall cabinet.

Knife racks which are so convenient when they are close to the range and sink can be made or bought in wood. One that we have seen was made of a strip of leather 1 1/2 inch wide and upholstered with leather. The leather strip on the wall leaving loops of special sizes to hold the handles of each knife.

Trimming Up the Windows

Valances, whether of fabric or wood, are attractive for decorating window tops. So many variations in color and design are possible it offers an easy way of covering the curtain rods, too.

These days Venetian blinds are popular for kitchen windows. Depending on the color for the tape no longer has to be a permanent decision because all the drapery stores today have a wide color selection in tapes to cover the old ones. The little hooks in which fasten the new tapes on are included in the price of the tape which is very inexpensive.

Wallpaper gives a warm pleasant feeling somehow unobtainable in paint. There are many kitchen washable patterns which may be used that you want to cheer up your kitchen walls.

OVERHEARD AT GAMROD-HARMAN'S

IMPERIAL Washable WALLPAPERS

If I could only see how this Imperial paper would look with my new rug...

But you can! Your decorator or paperhanger will show you Imperial's new papers in your own home!

GAMROD-HARMAN

75 Exchange St. FREE PARKING

PASTEURIZING "The Blue Boy Way" YOUR PROTECTION

Completely new, stainless-steel plated equipment of highest quality makes the BLUE BOY pasteurizing plant as modern and clean as the production plant. The plant employs a scientifically perfected method of heating every particle of milk to a higher temperature for a shorter period—thereby destroying all undesirable bacteria while retaining every bit of TRUE MILK FLAVOR.

The Famous BLUE BOY FARM at Oakfield, N. Y.

Call MONROE 3222 FREE SAMPLE DELIVERED Without Charge of Delivery.

PAY US A VISIT Visiting Hours 2-5 P. M. To reach farm—Rochester to Batavia—Route 63 to Oakfield PASTEURIZING PLANT 1044 UNIVERSITY AVENUE

Blue Boy DAIRY

What Do You Know About Your Foods?

This is the sixth of a series of articles dealing about the things we eat or use in cooking every day. Their production, their food value and their everyday uses. This article on meats was furnished by the National Live Stock and Meat Board.

"We eat to live or live to eat." Of course we really eat to live, but, according to the latest discoveries in the science of nutrition, we find that many of the foods which taste best are best for us. And among these are meats.

Recent research has shown that meats are a good source of vitamins. In fact, it has just been found that pork ranks as the richest of our common foods in thiamin, one of the parts of the vitamin B complex. Thiamin is sometimes referred to as the "energy" vitamin because it performs many important functions in the body, among which are stimulating the appetite, promoting growth, and aiding in the utilization of carbohydrates by the body. All meats, and especially the glandular meats, such as liver, heart and kidney, are rich in essential vitamins, not only in thiamin but also in riboflavin and nicotinic acid, other important parts of the vitamin B complex.

Also Sources of Protein

Not to be overlooked is the fact that meats are excellent sources of high quality protein in the early days of nutrition all protein rich foods were considered equally valuable in the diet, but as the science of nutrition unfolded it was established that some proteins are of greater value to the body because they contain a greater percentage of the essential amino acids. Among the most valuable sources of proteins is meat, not only because it provides a large amount of quality protein, but the kind that the body can use to the best advantage for building and repairing body tissue.

Mineral Present in Meats

The role of minerals in nutrition is important also for even though the actual amount of these minerals is small they must be present. Lean meats, and especially the glandular meats, are sources of iron, copper and phosphorus. Three of the minerals so often lacking in the diet. These minerals are needed for many functions in the body. Iron and copper are necessary for building rich red blood phosphorus is needed together with calcium for the building of strong bones and teeth.

Wise Cook Knows Use of Extracts

The wise cook knows that conscientious cooking does more than stimulate digestion. She looks upon flavoring as did the Epicureans of old, regarding it as an art. To delight the sense of taste, just as music pleases the ear or as a painting pleases the eye.

She is constantly adding new uses for her favorite new blends that make her cooking more tempting and she uses the purest extracts partly for their wholesomeness and economy but mainly for their matchless flavor, such as Baker's pure flavoring extracts.

The Baker Extract Company receives numerous new ideas every day. These are tested by their experts and passed on for other housewives to use. Some of the flavorings are listed below.

A few drops of Vanilla or Cinnamon Extract put new zest into cocoa or chocolate.

Apricot pie is greatly improved by a few drops of vanilla.

To applesauce or to any insipid fruit any of the spice extracts add a welcome tang.

A few drops of Orange or Vanilla Extract makes coconut dishes particularly delicious.

Spearmint Extract makes excellent mint jelly.

A few drops of Essence of Peppermint in lemonade give it a new delightful flavor. Or add a few drops of Almond extract to canned peaches just before serving for improved flavor.

Thermometer Assures ROAST DONE TO LIKING

A slice of nice rare or medium rare roast beef is relished by most every one but a slice of rare lamb or pork is something else again. Housewives have had for years their own formulas of telling just when a piece of meat is roasted to the right degree of palatability or in case of pork "being done." Sometimes they work more often than they don't.

The housewife of today has a sure infallible method of telling when her roast is just the way she wants it that is by the use of the Rochester Roast Thermometer. This new cooking accessory takes all the guess work out of roasting. The dial of this instrument is graduated in five degrees of "doneness." The stem of the thermometer is inserted in the least part of the roast at an angle so that it may be easily read in no circumstances in the oven. The large easy-to-read dial will tell when the roast is done to the degree desired. A simple method and accurate.

The Rochester Roast Thermometer is made by the Rochester Manufacturing Company makers of the thermometers and temperature registering instruments. Mixing Mantz uses it in all her most roasting demonstrations and demonstrated at the Catholic Courier School of Cookery. The thermometers are available at all leading department and hardware stores. It is now on hand and in stock many times in eliminating underdone or overdone roasts that find their way into the waste can instead of being eaten by satisfied members of the family.

Sixty years of Fine Vanilla production

BAKER'S PURE VANILLA

Valances, whether of fabric or wood, are attractive for decorating window tops. So many variations in color and design are possible it offers an easy way of covering the curtain rods, too.

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Wallpaper gives a warm pleasant feeling somehow unobtainable in paint. There are many kitchen washable patterns which may be used that you want to cheer up your kitchen walls.

ASK FOR BAKER'S at your grocer or market

Question: What's the Favorite Flour of Many of Rochester's Best Cooks?

Answer: PILLSBURY'S BEST

Whatever you bake—cakes or pies, bread or biscuits, cookies, or doughnuts—you'll have the best flavor, lightness, and looks with Pillsbury's Best Flour. It's "balanced" for success in all baking.

Miss Smith and Miss Muntz use Pillsbury's Best exclusively in their Catholic Courier Cookery School demonstrations. The next schools will be held at:

St. Charles Borromeo April 19
St. John Evangelist April 26

Anytime of Year Is Waffle Time

With new fresh maple syrup just about ready to be picked up in the stores or roadside farm stands, thoughts turn again to waffles.

If waffles need accompaniment for breakfast broiled sausage and peach halves rate high. There are many other combinations but one thing that is needed to make good waffles is the right kind of flour. Waffles have no fancy flavorings to cover up the shortcomings in an inferior flour, so use the best like Pillsbury's.

The millers of Pillsbury's Best have been making flour for years. Grandma knew it and used it. The Pillsbury's flour label is perhaps one of the best and longest known, a time-tested recommendation for its quality. For bread, biscuits, pastries, or waffles, Pillsbury's will do an excellent job.

Here is a recipe, simple and sure, for waffles, as recommended by these millers:

2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
3 eggs, separated
1 1/4 cups of milk
8 tablespoons melted shortening

Sift together flour, baking powder and salt. Beat egg yolks and add milk. Add to flour mixture. Add melted shortening. Fold in stiffly beaten egg whites. Bake on hot waffle iron. Yield: 6 medium-sized waffles.

Pillsbury's also manufactures Snow-Brand flour used by Miss Irene Muntz in baking for schools for the Catholic Courier School of Cookery.

LEMON COCONUT TARTS

Temperature: 325° F. Time: 15 to 20 minutes. Fill baked Tart Shells with cooked Lemon Filling. Sprinkle generously with coconut. Top with meringue and sprinkle with more coconut. Bake in a preheated oven.

Edwards To Have Television Exhibit

Scientific marvels of electronic television will be exhibited to Rochester residents in a 3 day show to be held in E. W. Edwards & Son's 5th floor auditorium beginning Thursday, April 11th.

Equipment to be used is a complete sending and receiving television system recently constructed by Farnsworth Television & Radio Corporation, of Fort Wayne, Indiana. The small, compact television unit, built for transportation in a standard-size truck, is making a nationwide demonstration tour.

The approaching show will give thousands of Rochesterians an opportunity to get acquainted with television's advanced stage of development and to appraise the cultural and entertainment values of the new art.

Visitors will be able to see and hear the performers working before the camera and microphone in the studio, to inspect the intricate studio control board and to see and hear the studio action as it is re-created instantaneously on the viewing screens and by the speakers of three television receivers.

Hundreds of Rochester residents will be invited during the arrangement to appear briefly before the camera and microphones — to be "televized."

Catholics should read the Catholic Courier.

ASPARAGUS CARRIES ESSENCE OF SPRING

More than any other vegetable asparagus seems to carry the essence of spring. Its crisp, delicious creamed or buttered try it in these new ways for novelty.

ASPARAGUS CROQUETTES

1 bunch asparagus
1 cup bread crumbs
1/2 cup butter
1/2 cup milk
1 egg
Salt and pepper

Mash asparagus and salmon from which the liquid has been well drained season with the juice of one lemon pepper and salt. Moisten with the puree drained from the salmon and add the bread crumbs. Form this into croquettes. Roll in crumbs coated with egg. Fry these in deep fat drain the fat on brown paper and serve on a lettuce leaf.

ASPARAGUS LOAF

1 cup asparagus
1 cup bread crumbs
1/2 cup butter
1/2 cup milk
1 egg
Salt and pepper

Arrange the asparagus around sides tips down and on the bottom of a loaf pan. Make a cream dressing of the butter flour and milk. Season well and add first the egg yolks and then the whites. Four into pan with the asparagus. Bake one hour in a moderate oven. Place the pan in another pan of water while baking. Asparagus loaf may then be garnished with peas.

ASPARAGUS WITH PEAS

1 cup asparagus
1 cup peas
1/2 cup butter
1/2 cup milk
1 egg
Salt and pepper

Mix the cooked vegetables and add the butter, seasoning and cream.

For Good Cookery the skilled housewife uses "GOLD SEAL" New York State WINES

"Good with food... Good IN food"

TRY THESE RECIPES

SHERRY FIZZ

1/2 cup sherry
1/2 cup lemon juice
1/2 cup sugar
1/2 cup water
1/2 cup ice cubes

TUTTI FRUTTI FROZEN PUDDING

1/2 cup frozen pudding
1/2 cup fruit
1/2 cup sugar
1/2 cup water
1/2 cup ice cubes

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

6 DRINKS FOR A DIME!

Part-Pak beverages have—zip, punch, rich, racy flavor—smooth mellow goodness. For your next party, order Part-Pak Ginger-Ale, Sparkling Water, Root Beer, Fruit Orange, your favorite drink. They're made by NEHI, the world's largest producer of QUALITY beverages—and a full 32-oz. costs only 10c.

Try Well Seasoned Macaroni Casserole

Spaghetti and macaroni casseroles are with us always and spring merely emphasizes the need to employ more ingenuity in small seasoning additions.

Any tender left-over meat—ham, chicken or veal—fits put to good use in supplying a flavor foil for these economical pastes that can be combined in an inspired seasoning mixture of finely cut, sautéed green pepper and onion with chopped or sliced ripe olives. The richness of the combination lies in the mushroom-like character of ripe olives—ready-prepared in very usable form for this expeditious purpose, or cut from the pits of whole fruit in chunky wedges.

Use its mix-as-you-go form of casserole with the flavorful tidbits scattered throughout the dish, or arrange in alternating layers according to your favorite recipe. Use recipe proportions for white sauce or other moistening ingredients—go with the amount of spaghetti required to suit family needs. Add the seasoning of chopped or sliced ripe olives, green pepper and onion to suit individual taste.

Don't guess

get the bread that lists every ingredient... buy...

Bomb Bread

SO GOOD WE GUARANTEE EVERY INGREDIENT ON THE WRAPPER

Catholic people should know the Catholic view.

Variety Keyword To Successful Cooking

Deserts, especially make a bigger hit with the family, here are varied often. And here is where Good Luck Desserts and Good Luck Prepared Pie Crusts come in. With these versatile products dozens of delicious deserts, tasty and appetizing can be prepared easily and simply.

In the new Good Luck Recipe Book over a hundred recipes solve the "variety" problem for you. The four Good Luck Desserts—lemon, butterscotch, chocolate and vanilla can be used for pies, cake fillings, puddings, eclairs—but see for yourself, get a Good Luck recipe book at the Food Show or send to the Good Luck Food Co.

BAKED HAM SLICE WITH PEAS

Place a thin slice of ham in a baking dish. Let stand until fat browns then cover with a paste of 1 cup brown sugar, 2 tablespoons vinegar and 1/2 teaspoon mustard. Cover pan and bake 1 1/2 hours. Serve with peas, which are brushed with butter, rolled in fine crushed corn flakes and baked until brown. Add a spoonful of jelly to each plate.

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