PLANNED KITCHEN FOR GREATER COOKING EFFICIENCY SHOWN AT SCHOOLS

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• BREAD • PIES
• BISCUITS • CAKES

See the fine baking done with Pillsbury's Best at the cooking schools . . . then try it in your own kitchen!

Pillsbury's Best flour will be used exclusively at Catholic Courier Cooking Schools. Next two schools will be at

Immaculate Conception MAY 3

SS. Peter and Paul's MAY 10

PILLSBURY'S BEST FLOUR

Good Eating Not Expensive

Budget Meals Can Be Good

Snow or sunshine, cold or warm we still must eat. And eating is what some folks do with greatest pleasure. Good food is something we all desire and relish. Some folks think that good food costs a lot of money. Preparation has a lot to do with the goodness of what we eat. And many delicious meals can be made with excellent ingredients and still keep within the average budget.

Keeping her ideas within the average budget is one thing shown by Miss Irene Muntz in her demonstrations at the Catholic Courier Schools of Cookery. It will be noted that the recipies she uses week to week are not the most expensive. The most of us who do our own cooking are within the average budget class and new ideas gleaned from these schools of cookery often help stretch that old bothersome budget a little bit.

This week the Schools of Cookery move to the Church of St. John the Evangelist, on Humboldt Street. Next Friday the schools move to Immaculate Conception Church on Plymouth Avenue South.

The recipies submitted by Miss Muntz for this week follow:

Pineapple Pie

1 pkg. lemon pie filling
¾ T sugar
1½ c cold water
2 egg yolks
¾ c pineapple juice
1 c crushed pineapple

Mix the pie filling, sugar, cold water and egg yolks in top of double boiler, add the pineapple juice (the juice may be drained from the can of pineapple and cup filled with water to make the 2 c juice). Stir in the pineapple and cook until the mixture thickens. Cool and pour into a baked pie shell. Top with a meringue or sweetened whipped cream. Garnish with pieces of pineapple.

Golden Sponge Cake: Temperature 400° F. Time: 30 minutes
OR
Temperature: 325° F. Time: 1 hour

6 egg yolks
1 c sugar
1 t. vanilla or lemon
2 egg whites
1 c cake flour
¼ t salt

Beat egg yolks until thick and lemon colored, add sugar gradually and beat well. Add flavoring. Beat egg whites until stiff. Then fold into the egg yolk mixture and when partially mixed, fold in the flour and salt. Pour into an unbuttered tube pan and bake in a preheated oven. Invert on rack until cool.

Broiler Meal

Preheat broiler and pan for 5 minutes. Roll strips of bacon loosely and fasten with a tooth pick. Allow 2 per serving. Cut tomatoes into thick slices and shape mashed sweet potatoes into nests. Brush both tomatoes and potato nests generously with melted butter. Place on broiler rack and broil turning bacon as it browns. Pile grated cheese on top of tomato slices and broil until cheese melts. Serve on chop plate with garnish of cress.

Creole Pilaf

1½ c diced cooked meat (chicken, lamb or veal)
½ c raw rice
No. 2½ can tomatoes
¼ c chopped onion
¼ c chopped green pepper
½ c diced celery
½ t pepper
2 T butter

Mix ingredients in order given except butter. Melt butter in a covered pan. Add rice mixture, cover closely and when steam comes from cover, turn burner low and cook 35 to 40 minutes.

Cheese Strata: Temperature: 400° F. Time: 25 to 35 minutes.

12 slices bread
½ lb. cheese
2 eggs
2⅔ c milk
1 t salt
⅛ t pepper

Cut the crusts from the bread and line a buttered baking dish with 8 slices of the bread, slice the cheese and cover the bread with it. Cover with remaining slices of bread. Beat the eggs, add milk, salt and pepper and pour over the bread, cover and place in an automatic refrigerator overnight. Uncover and bake in a preheated oven.

PAR-T-PAK ANSWERS BEVERAGE PROBLEM

Summer time and warm weather is not too far away even if the weather man is trying to fool us now. Those coming warm days call for ample liquid refreshments of the cooling type. Just what to drink or serve is easily solved for you by your bottlers.

The Nehi Bottling Company, offer in their Par-T-Pak beverages a wide assortment of fruit flavoring drinks and ginger ales, suited for mixers or for drinking chilled. They are the solution to many problems for something to give the unexpected crowd that "just dropped in for a minute" and stay for a lunch. They are also the bottlers of Royal Crown, another beverage that is rapidly gaining more acclaim wherever it is sold.

Par-T-Pak Beverages are used in demonstrations at the Catholic Courier Schools of Cookery. They are available in almost every neighborhood and are inexpensive. A trip to the bottling plant on State St. will convince the housewife of the precautions taken to make them pure and sanitary.

KITCHEN FANS

Installation of a kitchen fan to remove cooking odors from the kitchen need not be either a difficult or an expensive thing to do, according to the Federal Housing Administration. There are now fans available that may be installed in the window. The installation does not require much labor, and the fan operates without interfering with the window.

Maple sugar and sirup are 100 percent American products; the only countries in the world that make them are the United States and Canada.

PROGRESS IN THE KITCHEN SHOWN

It is a far cry from the old kitchen of the "Gay 90's", but occasionally we find one that is almost this type with few exceptions. There is a great difference between this "labor-atory" of the past and the clean-cut efficient kitchen of today. Kitchen planning information is available to all who attend the Catholic Courier Schools of Cookery. Dorothy Castle, kitchen planning expert, will answer all questions at the Schools and mail inquiries addressed to her at the Catholic Courier.

Foundation for Many Dishes Found In Eggs and Cheese

It is amazing how many varieties of dishes may be prepared with these familiar staples -cheese and eggs. The wise cook will see to it that her recipe file contains many suggestions for their use for such foods are high in nutritive value and appetite appeal.

JELLIED CHEESE MOLD

Prepare 1 package of lemon flavored gelatine according to the manufacturer's directions. Cool. When the gelatine is slightly thickened stir in 2 cups of cottage or cream cheese, one-half cup minced green pepper, salt and a bit of Worchestershire sauce. Place in a lightly oiled ring mold and chill until firm. Unmold on lettuce and serve with pineapple dressing.

SWEDISH EGGS

Hard cook half a dozen eggs. Remember that the best way to cook them is to put the eggs in boiling water, reduce the heat so that the eggs cook, but the water no longer bubbles. After 15 or 20 minutes plunge the eggs into cold water. When cool shell, split and remove yolks. Mash the latter and blend with 2/3 cup of mayonnaise, ⅓ cup finely minced cooked beets, 2 tablespoons capers, salt and pepper to taste. Stuff the mixture in the egg whites and sprinkle the tops with finely minced parsley. Top the center of each half with 2 or 3 spears of beet and a bit of pickle.

RAISIN AND RIPE OLIVE RAREBIT

Halves of English muffins topped with this rarebit are delicious. Rinse, drain and chop 2/3 cup seedless raisins. Slice ripe olives to make ½ cup. Force 1½ cups soft American cheese through a seive. Blend ingredients, add ¼ cup minced green pepper, 3 tablespoons cream and spread on split English muffins or rolls. Put under the broiler flame till cheese melts and browns slightly. Serve piping hot.

What Do You Know About Your Foods?

This is the eighth 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.

Uses of Lamb

Lamb is available in our markets all the year around, a great advantage to the homemaker seeking menu variety.

Lamb may be served either hot or cold, but never lukewarm.

A leg of lamb will cook more quickly and keep its shape better if the fell, that thin paper-like covering, is not removed before cooking.

Lamb chops are at their best when cooked just short of well done, so that they are slightly pink throughout. Lamb roasts, too, are a treat when medium done

Allow ten to fifteen minutes longer per pound for roasting boned cuts than those with the bones in.

Sour cream gives a zestful flavor to lamb gravy.

A clove of garlic tucked into the joint of a leg of lamb adds a delightfully different flavor. This should be removed before serving.

Mint leaves make an attractive garnish and a pleasant flavor accompaniment for lamb. They may be chopped and added to the stuffing.

Lamb makes a tasty stew because its flavor blends well with all vegetables.

GOOD CAKE FLOUR AN AID TO BAKING

Going to bake a cake? If it is an angel food, or a sponge cake it requires a light, delicate flour, which gives air beaten in for leavening full opportunity to expand. Women who prefer a fluffy, delicate butter cake should also use a cake flour, because it helps them get the most benefit from the tenderness and richness contributed by the butter and eggs.

The Pillsbury's Flour Mills, makers of Sno Sheen Cake Flour say,

"As is to be expected, cakes made with cake flour are more velvety in texture than those made with all-purpose flours. This is reasonable, since cake flours are specially milled from soft wheats for that special purpose. Cake flours contain small quantities of very delicate gluten."

Irene Muntz uses Pillsbury's Sno Sheen and Pillsbury's Best all-purpose flour in her CATHOLIC COURIER demonstrations.

Cold water should be used for soaking dishes in which egg, milk, sugar, or starch have been cooked.

SPRING FRUITS MAKE TEMPTING SWEET PIES

New fruits on the market tempt the pie-lover to concoct sweet, piquant pies—with just the right amount of tartness to make them suitable for early spring consumption.

RHUBARB PIE

Wash 1½ pounds of rhubarb (4 cups, cut) and cut in 1-inch lengths. Mix 1 cup sugar and 2 tablespoons flour; add 1 well-beaten egg, 1 teaspoon lemon juice and finely grated rind of ½ orange. Combine with cut-up rhubarb. Turn into uncooked 8-inch pie shell. Braid strips of pastry over the top of the pie. Bake in a hot oven for 10 minutes then reduce the heat to moderate and bake 30 minutes longer. The use of lemon and orange gives new zest to this rhubarb pie.

COUNTRY RHUBARB PIE

Pie crust: Chop ⅓ cup shortening into 1⅓ cups flour and ½ teaspoon of salt. Add ¼ cup iced water a little at a time. Blend carefully together with your hands. Roll out and fit into the pie pan, crimping it around the edges.

The filling: Cut enough rhubarb to make 1 quart full. Blend 1 cup sugar, 1/3 cup flour, pinch of salt and ¾ cup of heavy cream together, beating until thick. Put rhubarb into unbaked pie shell. Pour the above mixture over the rhubarb. Bake in a hot oven for about 20 minutes or until the crust begins to brown. Reduce temperature and continue baking until the filling thickens up and becomes glossy. This pie is also delicious made with tart apples.

Desserts Shouldn't Take Much Time

In this day and age no woman need fuss and bother too long over the daily dessert. Good Luck Desserts, and Good Luck Prepared Pie Crust solve this problem to a "T." A few minutes, a few simple instructions to follow and the tastiest dessert you ever saw can be made, with success every time. The latest Good Luck Recipe book shows over a hundred splendid recipes for your favorite desserts, including pies, short cakes, puddings and many ways to use Good Luck Pie Crust in regular cooking.

Here is one of the favorites:

Lemon Cream Meringue

1 package Good Luck Lemon
½ cup sugar
2 eggs
¼ cup cold water
1¾ cups boiling water

Put contents of Good Luck Lemon package into cooking vessel, adding ½ cup sugar. Stir in slowly ¼ cup cold water. Add beaten yolks of two eggs and 1¾ cups boiling water. Cook and stir until thick. Pour into custard cups, cover with meringue and brown lightly in oven.

For A Quick Pick-Me-Up

If you tire of the commercial fruit juices why not try these unusual and delectable flavor combinations. Many of these will be enjoyed by the children; others will serve as a delightful introduction to a meal.

PRUNE MILK DRINK

1 cup evaporated milk, diluted with 1 cup water
2 cups prune juice
1 teaspoon lemon juice

Combine ingredients and stir well or shake vigorously.

TOMATO MILK COCKTAIL

1 cup evaporated milk
2 cups tomato juice
Few grains salt
Few grains pepper

Combine ingredients and stir well or shake. For adults season with celery salt, tabasco sauce, or Worchestershire sauce.

MAPLE CREAM GINGER ALE

2 teaspoons maple syrup
1 tablespoon heavy cream
Ginger ale

Put maple syrup in bottom of a chilled glass, add cream, blend with a silver fork and fill glass with ginger ale. Mix until frothy and serve at once.

CHILDREN'S MILK SHAKE

To 1 cup whole milk add ¼ cup unsweetened, canned pineapple juice and 1 scoop vanilla ice cream. Have milk and juice chilled. Shake up thoroughly.

First Picnic Not Far Away

Eating Problem Not Difficult

When the air grows balmy and the first green leaves appear — when there is certainty that tiny buds will be found peeping up from ground that not so long ago was stark and frozen — then comes the picnic urge!

First of all, there is the matter of equipment to consider — for picnicking is a bore unless careful plans have first been laid for comfort and ease in the preparation of the outdoor meal. If you plan to cook your dinner over a camp fire (and that is real fun) you'll want some sort of grill. There are long legged grills with the legs sharp pointed to stick into the ground that will be a joy for many seasons. But if you haven't one take the grill from your stove and stand it over some large rocks placed on each side of the fire.

Choose the man who fancies himself as a Boy Scout to build your fire and wait until he has produced a bed of glowing coals before beginning cooking operations. Meanwhile you . . . the coffee. Set it on a rock just at the side of the fire where the coffee may begin gently brewing — later it may be placed nearer the coals. Here are some appetite quenchers that may be prepared outdoors.

CAMPFIRE STEAK

Have the butcher prepare as many club steaks as there are members in your picnic party. When a good bed of coals is ready place the steaks over the grill. Have a long handled fork and turn the steaks frequently to prevent scorching. Be sure that all the other dishes you plan to serve are ready the second the steaks are cooked for they must be eaten piping hot to be good. As you place each steak on individual plates salt and pepper it and add a liberal pat of butter.

SCALLOPED POTATOES

If you are serving steaks or lamb chops on your picnic menu try preparing a big casserole of escalloped potatoes at home to accompany the lunch Slice the potatoes very thin. Salt and pepper, dot liberally with butter and fill the casserole with milk till the tops of the potatoes are just covered. Cook in a hot oven till done time this to be just when you are ready to start on your picnic excursion. Wrap the casserole in many thicknesses of newspaper. When the picnic fire is under way set the casserole at one side of the grill, and by the time your meat is ready the potatoes will be roaring hot.

CHILI EN CASSEROLE

Soak a pint of dried kidney beans over night. Brown a pound of chopped beef and a chopped onion in four tablespoons of fat. Add two tablespoons of flour to a can of tomatoes, mix well and add to the meat. Add the beans, ½ cup cooked rice, 1 tablespoon salt, one tablespoon chili powder, ¼ teaspoon thyme, ¼ teaspoon cloves and 1½ pints water or meat stock. Cook until it reaches the boiling point, then pour into casserole, cover, put into the oven and cook very slowly in a moderate oven for 3½ hours.

TOASTED HAMBURG OLLS

If you plan to make these over your picnic fire you'll have to take an iron skillet along. Buy large flat, round rolls and a pound or two of freshly ground hamburger. A pound makes eight to ten good servings. Season the meat well and make into flat loose cakes the size of the rolls. This should be done at home and the cakes wrapped in waxed paper. Put a large lump of butter in the skillet and when it has melted add the meat cakes and cook them quickly but take care that the butter does not scorch. When they are finished brown the split rolls in the butter and put the halves together with the meat cakes in between. Tomatoes thinly sliced and browned in the butter may be placed in the rolls with the meat cakes, or chopped sweet pickle may be used.

TOASTED FRANKFURTERS

Supply each person with long freshly cut sticks or tasting forks. Skewer a frankfurter on each and wrap it in bacon, fastening with a toothpick. Toast over the fire till done and put between buttered frankfurter rolls.

SOAPSUDS EXCELLENT FOR CLEANING RANGE

Any kind of household equipment works better for being kept clean, unclogged, and uncluttered, and the gas stove is no exception. If spilled foods are permitted to choke up the burners or if the oven walls become coated with grease, the stove cannot be expected to function properly.

Daily wiping with a cloth well wrung out of lukewarm soapsuds will keep the enameled surface, inside and outside, spotless. Except for spilled foods, which always should be mopped up at once, it is best to do the washing when the stove cools off.

Be sure to remove the broiler racks for frequent soap and water scrubbing or burned foods may discolor the metal permanently. To prevent the top burners from becoming clogged, detach them once a week or so and scrub them with hot soapsuds and soda.

MULLED PINEAPPLE JUICE

Tie four sticks cinnamon, four cloves, ½ teaspoon each allspice and nutmeg in cloth and add to three No. 2 cans unsweetened pineapple juice. Bring to a boil. Add dash of salt, remove spices, and serve juice hot in small cups.

6 DRINKS FOR A DIME!

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PAR-T-PAK BEVERAGES

By the Bottlers of ROYAL CROWN Cola
State St. Rochester, N. Y.

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See them demonstrated at the Cooking School.

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Alcohol 18% by Volume Alcohol 20% by Volume

CHAMPAGNE COCKTAIL
Take a champagne glass, put one drop of Angostura Bitters on a lump of sugar, drop in the glass with a small piece of lemon peel, then fill the glass with Cold Seal Special Dry Champagne, having it very cold, at about 40°.

SPANISH VEAL
Veal steak about ¾" thick; Flour; ½ cup celery, chopped; 1 cup water; Salt and pepper; 5 large green olives, chopped; ½ cup Gold Seal Sherry or Claret
Dredge veal in flour. Brown on both sides in skillet with shortening, using very hot fire. Add celery, olives, water. Salt and pepper to taste. Cover until steaming point is reached, lower fire and continue cooking for half an hour. Add the wine just before serving

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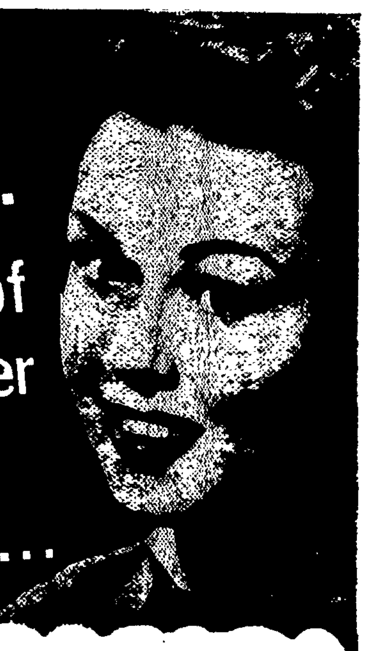
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