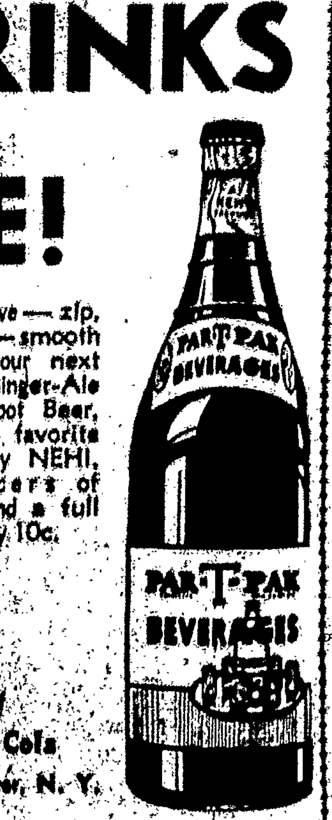
FOUR MORE WEEKS OF SCHOOLS OF COOKERY—AWAIT CATHOLIC WOMEN

6 DRINKS FOR A DIME!



Par-T-paK beverages have—zip, punch—rich, racy flavor—smooth mellow goodness. For your next party, order Par-T-paK Ginger-Ale—or Sparkling water, Root Beer, True Fruit Orange, your favorite flavor. They're made by NEHI, world's largest producers of QUALITY beverages—and a full quart—32 ozs.—costs only 10c.

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

Table Economy Cook's Desire

Courier Schools Aid To Budgets

A calm cook is reassuring to family and guests alike. She is confident that dinner will be ready and on the table with a minimum of effort. This cook not only knows what she is doing but also takes advantage of every opportunity to improve her cooking knowledge, and to learn about and obtain the things that aid her to make her cooking job an easier one.

Every housewife would like the most modern of kitchens, and would like to serve the best meals possible, keeping within a budget, and cutting her work to a minimum. This is one reason for the Catholic Courier Schools of Cookery. Miss Irene Muntz, our guest demonstrator, has for several years taught housewives how to make the most of what they can spend for food and the best ways of cooking these things.

For four more weeks the Catholic women of Rochester will have the opportunity of hearing Miss Muntz, and consulting Dorothy Castle, our Kitchen expert at the parish cookery schools. The school this Friday night will be at Immaculate Conception Church on Plymouth Avenue South. Next week we move to Our Lady of Good Counsel on Brooks Avenue near Genesee Park Boulevard.

The final school will be held in Columbus Civic Center, during the last week in May. All Catholic women and their friends are invited to again attend the school here. An entirely different program is planned for each week.

The recipes to be used by Miss Muntz this week follow:

Menus for May Second School

California "Chicken" Temperature: 400° F. Time: 25 to 30 minutes.

1 c diced cooked carrot	1 can tuna fish
1 c diced cooked potatoes	3 T butter
½ c cooked peas	3 T flour
½ c diced onion	1 t salt
½ c water from vegetables	⅛ t pepper
	1½ c milk
	buttered bread

Combine the vegetables, water and tuna fish in a buttered casserole dish. Melt butter, add flour and cook until frothy. Add salt and pepper and milk and bring just to the boiling point. Pour over the vegetable mixture. Cut bread into triangles and brush with melted butter. Arrange over the mixture and bake in a preheated oven.

Chicken Turn Overs. Temperature: 425° F. Time: 15 to 20 minutes.

1 pkg pastry mix	1 c finely chopped chicken
melted butter	1 t grated onion

Make up the package of pastry mix according to directions on package. Roll out ¼ inch thick and brush with melted butter. Cut into 4 inch squares. Place a spoonful of chicken mixture on each square, fold over edges press together. Prick and bake in a preheated oven. Serve with chicken gravy.

Chocolate Peppermint Mousse

1 pkg chocolate pudding	2 c milk
2 T sugar	1 c heavy cream
	¼ t peppermint

Prepare the chocolate pudding according to the directions on the package. Cool thoroughly and fold in the thickly beaten cream and the peppermint. Pour into the trays of an automatic gas refrigerator and freeze to a firm mush, stir and freeze 2 to 3 hours.

Refrigerator Gingerbread. Temperature: 350° F. Time: 20 to 25 minutes.

1 c shortening	3 c all-purpose flour
1 c brown sugar	½ T ginger
1 c molasses	1 T cinnamon
3 eggs	½ t salt
1 t soda	1 c hot water

Cream the shortening, add sugar gradually, the molasses and eggs and beat well. Mix and sift soda, flour, spices and salt. Add alternately with hot water, beating well after each addition. Pour into 2 layer tins, cover with wax paper and store in a gas refrigerator until needed. Remove from refrigerator and let stand 20 minutes before baking. Bake in paper cups, 20 to 25 minutes, if desired.

Sea Foam Frosting

2½ c brown sugar	2 egg whites
½ c water	1 t vanilla

Mix the sugar and water and bring to the boiling point. Cook to the temperature of 234° F (syrup will spin a thread when dropped from a spoon). Pour over the stiffly beaten egg whites and beat until mixture stands in peaks. Add the vanilla. Spread between layers and on top of cake.

Broiled Sausages and Bananas

Preheat broiler and pan for 5 minutes. Wrap bananas (dipped in lemon juice) in strips of bacon and fasten with a tooth pick. Brush broiler pan with melted butter and arrange cooked peas and corn in pan. Arrange bananas and sausages on broiler rack and place over begetables. Turn as they brown. Crumbed potatoes may be browned on rack at the same time.

CORN CUSTARD

2 cups canned corn chopped	2 to 3 eggs slightly beaten
2 tbsp. fat	2 cups milk
1 tsp. salt	

Combine the corn, eggs and milk; add melted fat and salt. Pour into oiled baking dish. Bake as for custard.

CHARTREUSE OF SALMON

1 tablespoon chopped parsley	Salt, pepper
1 teaspoon grated onion	½ cup milk
1 tablespoon lemon juice	2 eggs, beaten
	3 cups salmon
	2 cups cooked rice

Add to salmon all seasonings and milk and eggs. Put layer of rice in greased ring mold, then half of salmon mixture. Add layer of rice and remaining salmon; top with rice. Set in water and bake in slow oven 1 hour.

PEANUT BRITTLE PUDDING

In a greased pudding dish put 2 cups diced bread and ½ pound peanut brittle in alternate layers. Add 2 cups milk and 1 beaten egg. Bake in a moderate oven 30 minutes.

We Must Always Eat!

We may live without poetry, music and art
We may live without dreaming and live without heart
We may live without friends, we may live without books
But civilized man cannot live without cooks.

He may live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man who can live without dining?

EDWARD LYTTON
1831-1891

Individual Pork Shoulder Steaks Are An Ideal Choice

Everyone likes to serve individual steaks both for a family meal and for a guest dinner. Pork shoulder steaks give you the rich, delicious flavor of pork in a form that is easy to serve, easy to prepare and, not to be overlooked, easy on the pocketbook.

The steaks, cut from the pork shoulder, are most satisfactory when nearly an inch thick, Inez Willson, home economist, suggests.

Brown them on both sides in a add three or four tablespoons of small amount of fat. When brown, hot water, cover the pan and cook the steaks slowly until they are thoroughly done. About an hour should be allowed for steaks an inch thick. It is important to cook all cuts of pork thoroughly, for the rich flavor of the meat is developed fully when it is thoroughly cooked.

A Pretty Platter, Too

The steaks, sometimes called shoulder chops of pork, are served with steamed cauliflower and corn bread. Perhaps you'd like to cook the cauliflower in tomato juice to give it flavor slightly different, and good too, as well as color that's bound to make a pretty platter.

Two small sliced onions, a small stalk of celery diced, and one-half teaspoon of powdered sage may be added to the steaks at the same time the water is added if the flavor of vegetables is desired with the meat.

Creole steaks make an entirely different dish.

Creole Steaks

4 shoulder steaks, 1 inch thick
1 No. 2 can tomatoes
6 stalks celery
Salt and pepper

Brown the chops on both sides in a small amount of fat. Place in a baking dish. Cover with diced celery and over all pour tomatoes. Season with salt and pepper. Cook forty-five minutes to one hour in an oven at 350 degrees F.

Salmon Reliable Emergency Dish

When guests drop in unexpectedly salmon is a reliable standby to have on the emergency shelf. It is adapted to so many different quick to prepare. These also make excellent Friday meals.

SALMON POT PIE

Melt 4 tablespoons of butter, add 1 tablespoon minced onion. Cook 2 minutes, then stir in 6 tablespoons of flour and 1 cup salmon liquor and water and 1½ cups milk. Stir until thick and smooth, then add 1 teaspoon salt, 1 tablespoon lemon juice and dash of paprika. Add 1 cup diced cooked celery, 1 cup new peas and 2 cups canned salmon broken into large pieces. Pour into warm casserole and top with pastry cut in fancy shapes. Cook till pastry is done.

SALMON IN RICE RING

Make a white sauce of 4 tablespoons each butter and flour and 3 cups of milk. Season with salt and pepper. Add slightly beaten yolk of 1 egg and 1 tablespoon lemon juice. Break contents of 1 pound can salmon into large pieces and add it with 1 4-oz. can mushrooms, to sauce. For ring combine 4 cups hot boiled rice, 1/3 cup minced green pepper, 1/3 cup minced parsley and ¼ cup melted butter. Press into greased ring mold and heat in hot oven about 10 minutes. Unmold and fill with hot salmon and garnish with parsley and hot pickled peach halves, filled with currant jelly.

SALMON VENTURA

Fill 6 individual baking shells with a mixture of 1 can salmon, 1 minced cucumber, 1 minced apple, 4 tablespoons ketchup and mayonnaise and sprinkle with chopped salted almonds. Bake ½ hour.

For A Delicacy In Vegetable Try Deep-Fry Idea

If the family is getting tired of eating creamed or buttered vegetables every day just because the supply is prolific, your deep-lard kettle suggests the possibility of making ordinary vegetables a delicacy. If properly fried in deep fat they will retain their nutrients and be easily digested by the normal person.

Cooking in deep fat is a simple procedure. Inez S. Wilson, home economist, finds that lard is an excellent frying medium. Lard is economical for use in your home; it adds flavor, richness and food value to foods fried in it. This all adds up to economy with satisfaction.

Watch the Temperature

A temperature of 375° F. is considered best for deep-fat frying vegetables. This temperature is high but is below the smoking point of lard. Lard should never be heated to the smoking stage. The use of a deep-fat thermometer is the ideal way of telling the temperature of the fat, but if a one-inch cube of bread dropped into hot lard browns in forty seconds, the temperature of the lard is about 370° F., which is a guide.

Most vegetables are better if dipped into an egg mixture, then into crumbs before they are put in the hot lard. The egg can be diluted with the vegetable liquor if a canned vegetable is used or with milk if fresh vegetables are fried.

Either cracker crumbs or fine bread crumbs may be used. The vegetable is rolled first in the crumbs, then in the egg mixture and again in crumbs.

Many Vegetables Suitable

Vegetables of soft consistency, such as asparagus tips, are deep-lard fried more successfully if chilled after dipping and before putting into the hot lard.

Onion rings may be French-fried nicely by soaking in milk for one-half hour then dipping in seasoned flour. They're particularly excellent with liver or steak.

Cauliflower or carrots should be cooked slightly before deep-lard frying. Among vegetables which can be fried in deep lard are asparagus, carrots, cauliflower, parsnips, onions, sweet potatoes, white potatoes, long green beans, egg plant, and slices of green pepper.

Preparing vegetables in this way adds a bit of, well, perhaps it's aristocracy, to serving them. They are a treat to be sure, but such a delightful change and so easy to do that we can afford to treat our families regularly.

What Do You Know About Your Foods?

This is one 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.

BANANA COOKING

How to Broil

Peel bananas, brush with butter, sprinkle lightly with salt, place on rack of broiler or in pan. Broil 5 to 6 minutes or until tender and brown. Serve very hot.

How to Bake

Peeled—Peel bananas. Arrange in shallow baking pan, brush with butter, sprinkle lightly with salt, and bake in a moderately hot oven (375° F.) 10 to 15 minutes or until tender. Serve very hot.

Unpeeled—Place unpeeled bananas in a moderately hot oven 375° F.). Bake 10 to 15 minutes or until skins are dark in color and bananas are soft to the touch. Serve in the skins or peel carefully. Serve very hot.

How to Fry

Sauteed (Pan Fried)—Peel bananas and cut into halves. Place in hot frying pan in small amount of melted fat. Fry until brown on both sides. . OR dip bananas in egg, roll in flour or cracker crumbs, bread crumbs or rolled corn flake crumbs and fry. Sprinkle lightly with salt and serve very hot.

In Deep Fat Heat deep fat to 375° F. or hot enough to brown an inch cube of bread in 40 seconds. Peel bananas, cut into halves crosswise or into quarters. Fry bananas in deep fat for 2 to 5 minutes or until golden brown . . . OR dip bananas in egg, roll in cracker crumbs, bread crumbs or rolled corn flake crumbs and fry. Drain on unglazed paper, sprinkle lightly with salt and serve very hot.

For cooking purposes, select firm, partially-ripe or yellow-ripe bananas.

Cook bananas only until "just tender" all the way through (see cooking times specified above) and serve immediately. Over-cooked bananas are soggy and too soft.

A dash of paprika just before serving will add color.

PLANNING AHEAD WITH REFRIGERATOR DOUGHS

The modern homemaker can serve hot-from-the-oven bread that has been easily and quickly prepared. Refrigerator doughs, Pillsbury Flour Mills expert tell us, solve the problem of a bread to everyone's satisfaction, for rolls and bread made with them are not only good to eat, but also mighty convenient.

To enjoy the convenience of a refrigerator in the bread-making process, simply put the yeast dough into the refrigerator immediately after it has been mixed and kneaded, or after it has risen once and has been kneaded down. Keep the surface of refrigerator dough moist and elastic by greasing it and covering it well.

When refrigerator dough is to be baked, remove the desired amount of dought from the refrigerator, mold and let the rolls stand at room temperature for an hour or so, or until the rolls are light. Then bake as usual.

The best dough to "retard," as the bakers say, is a good roll dough since it is a little richer and sweeter than plain bread dough. Any dough may be retarded in the refrigerator if the yeast is increased by at least one-half, or even doubled. For example, if a recipe calls for 1 cake of yeast to 1 quart of liquid, it is best to use 2 cakes of yeast if the dough is to be kept in a refrigerator until used. An adequate amount of sugar in the dough is also important.

Color Peps Up Kitchen Walls

Decorate, For Your Enjoyment

The fundamental job in a kitchen is cooking, therefore it must be planned so that it is made enjoyable. After that, it is important to have the kitchen express the family's personality. All of us have ideas about how we would like our own kitchen, because we are all individuals and do not all like the same things. Mrs. Jones may be very enthusiastic about Spanish decoration and uses a tiled linoleum floor; gay, colorful curtains at the windows; pitchers, bright pottery dishes, etc., which tend to make the kitchen fiesta-like in atmosphere.

Mrs. Brown abhors anything so provincial and continental so she decorates her kitchen walls with pine paneling, uses a colonial table, ladder-back chairs and perhaps Has her grandmother's favorite rocker in one of the corners. The streamlined, modern kitchen with its predominating chromium effect is appealing to many women. Chrome hardware on cabinets and appliances, tubular chromium legged table with its sparkling colored top, breakfast nook seats covered with bright colored leather make a very comfortable and pleasing environment for a kitchen.

Everyone to his own liking is the theme song for decorating kitchen for baby's pen may be a necessity but no chore to fit into the kitchen's plan. CATHOLIC COURIER Kitchen Service Bureau reveals in planning those personalized kitchens.

Here are some Kitchen Color Recipes which may tie in with your ideas for your own kitchen decoration:

Blue, Wine and Eggshell

Walls, light blue; ceiling, eggshell; floor, red, gray and blue marbleized linoleum with blue border; cabinets, white, doors, wine, red; curtains, blue with wine red borders; appliances, white; accessories, chrome and red.

White, Ivy Green and Black

Walls, white, doors and ceiling, ivy green, floor, black with white insert; woodwork, white; cabinets, white with coral cabinet interiors; curtains, green and white; appliances, white; accessories, green, white and black.

Ivory, Brown and Copper

Walls, ivory, wainscoting, pine patterned linoleum; woodwork and cabinets, unstained lacquered pine; floor, brown linoleum with white insert strip; curtains, brown chintz in calico design, accessories, copper and blue and white pottery.

Sunshine Yellow, Terra Cotta and Brown

Walls, sunshine yellow; cabinets, pine, floor, terra cotta tile pattern linoleum, counters, brown linoleum; accessories, blue, pewter, copper, curtains, non-fade dull-finish provincial chintz.

Red, White and Blue

Walls, old blue, ceiling, off-white, floor, blue or old red, cabinets, wainscoting and doors maple or pine with two coats of spar varnish, curtains, red and white toile, accessories, brass, copper and red.

Pine, Spanish Red and Blue

Walls, ceiling and woodwork, gray pink, baseboard, black, floor and doors, Spanish red, cabinets, lined in blue, curtains, Spanish red voile or scrim with wood valance painted blue with stripes of pink and black; cornice, black with blue trim, accessories of blue and copper.

Good Luck Desserts Boon To Busy Mother

Good Luck desserts are "a boon to the busy mother"—that is what scores of women have called Good Luck Desserts. For these famous foods are so quickly and easily prepared in such a limitless variety of ways—that, truly, they are a blessing to every housewife. And good! How good they are! Pies, tarts, pastries, puddings, custards—every one different, yet each with that purity and wholesomeness that is characteristically Good Luck. Your husband will enjoy them—the children will love them. And as for you, once you have discovered how quick, simple and easy Good Luck is to use—your pantry shelf will seldom be without all four flavors and never, never without Good Luck Pie Crust. But here we are talking when it's the actual doing that wins friends for Good Luck.

Here is a real favorite:

Lemon Ice Box Cake

1 package Good Luck Lemon
3 tablespoons sugar
½ cup cold water
1½ cups boiling water
1 tablespoon butter
2 eggs
Macaroons
Lady Fingers
Whipped Cream

Put contents of Good Luck Lemon package into cooking vessel, adding sugar. Stir in slowly ½ cup cold water. Add the beaten egg yolks, butter, and 1½ cups boiling water. Stir and cook until thick. Cool slightly, then fold in beaten egg whites. Line the bottom of a mold with stout waxed paper. Place about 18 lady fingers in sides of dish with rounded side out. Lay about 12 macaroons close together on bottom, flat side down. Pour half of above mixture over macaroons; then another layer of macaroons and remainder of filling. Cover with lady fingers. Cover with waxed paper; place in refrigerator over night. When ready to serve, top with whipped cream, sweetened and flavored. Slice and serve. Serves 6-8.

Raisins Seed Easily

Raisins will seed very easily if boiled in water for two or three minutes and then allowed to cool.

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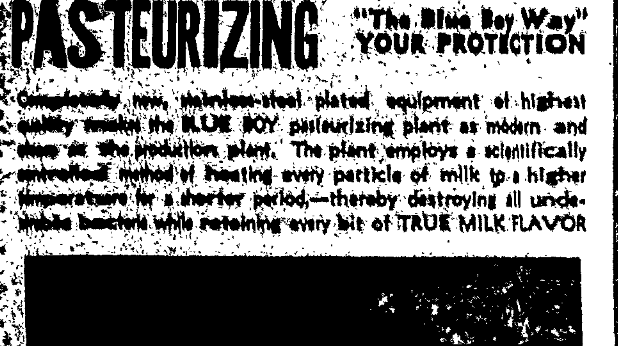

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Blue Boy DAIRY

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

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Keep a good supply of Good Luck on your shelf all the time. While Good Luck pleases the family as a regular dessert treat, on those unexpected guest" occasions, it is truly a blessing. The delicious Good Luck flavors, lemon, chocolate, vanilla and butterscotch are "just right"—they always make a hit. The fine homemade texture of all Good Luck Desserts is something you are proud to serve. Good Luck Desserts only take a few minutes to prepare—no fuss, no bother, really save your precious time. Try Good Luck Desserts—delight your family and guests. Only a few cents a package.

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TRY THESE RECIPES

Alcohol 18% by Volume
Alcohol 20% by Volume

CHICKEN A LA MARYLAND

1 chicken
3 tablespoons butter
2 cups milk
3 tablespoons flour
Yolks of 4 hard boiled eggs
Salt and pepper
½ cup Gold Seal Muscatel

Cut chicken in pieces, steam in one-half inch water over hot fire until steaming point is reached. Turn heat lower and cook chicken until tender. Remove meat from bones and cut in small pieces. Add milk, butter and seasonings, blend in flour, moistened with a little water. Cook over low heat until mixture thickens. Just before serving add yolks, which have been quartered, and the wine. Serve on buttered toast.

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