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Cooking School Closes Soon

Last Session At Civic Center

Just three more weeks remain of the Catholic Courier Schools of cookery in Parish halls. The last week in May the final school will be held in Columbus Civic Center, and this will be a gala occasion as will be announced in the very near future.

This week the school will be held in the hall of Our Lady of Good Counsel Church on Brooks Avenue near Genesee Park Boulevard. Next Friday the school moves to St. Ambrose School Hall on Empire Boulevard. On May 24th, to Holy Family on Ames Street then to the Civic Center.

Attendance at the school last week was just another indication of the popularity of Miss Irene Muntz as Rochester's favored demonstrator. For this week Miss Muntz has arranged the following menu and will demonstrate the way these things can be prepared in your kitchen.

Ham Rollettes

3 slices ham, cut very thin
1 c soft bread crumbs
½ c melted fat
½ c chopped mushrooms

Cut each slice of ham into 4 pieces, unless slices are very small. Mix the bread crumbs, fat and mushrooms. Spread some stuffing on each piece of meat, roll up like a jelly roll and fasten with toothpicks. Saute in drippings until nicely browned, add 1 c water, cover closely and simmer until tender (about 40 minutes). Arrange ham rollettes on a platter. To drippings in pan (there should be 1 cup) add ¼ c sugar mixed with 1 T flour and the juice and grated rind of 1 orange. Bring to the boiling point and pour over the ham rollettes. Garnish with cress.

Miracle Cake—Temperature: 375° F. Time: 25 to 30 minutes.

½ c shortening
1 c sugar
2 eggs
2½ c cake flour
2½ t baking powder
¼ t salt
¾ c milk
1 t vanilla

Cream the butter, add sugar gradually and beat until fluffy. Add eggs and beat well. Mix and sift the flour, baking powder, and salt, and add alternately with the milk to first mixture. Add the vanilla. Pour into 2 layer cake tins, cover with wax paper and store in an automatic refrigerator until ready for use. If desired, this recipe may be doubled and the cake baked at different times. Bake in a preheated oven.

Boston Cream Pie

Put 2 layers of Miracle Cake together with cream filling. Spread top layer with sweetened whipped cream. Chocolate or Butterscotch Sauce may be served over the cake.

Prune Walnut Tarts—Temperature: 425° F. Time: 20 to 30 minutes.

¼ c butter
1 c brown sugar
2 eggs
½ c cooked prunes
½ c chopped walnuts
2 T lemon juice

Cream the butter, add sugar gradually and the well beaten eggs. Add the prunes, walnuts and lemon juice. Line muffin tins with pastry rolled ⅛ inch thick, fill with prune mixture and top with 2 halves of walnuts. Bake in a preheated oven.

Tomato Grill

Cut 3 tomatoes in half crosswise. Scoop out a little pulp from center of each. Sprinkle with salt and pepper. Cut 6 slices of bacon in half lengthwise. Wrap around 12 stuffed olives. Place 2 olives in center of each tomato half. Cook medium potatoes until nearly tender. Cut in half lengthwise and dip in melted butter. Cut bread into 3 inch rounds and brush both sides with butter. Preheat broiler and pan for 5 minutes. Arrange, tomatoes, potatoes and toast on rack and broil until bacon is crisp and brown. Turn potatoes and toast as it browns. Sprinkle toast with grated soft cheese and broil until cheese is melted. Arrange tomatoes on toast surround with potatoes and garnish with cress and radish roses.

THERMOMETERS TELL THE COOKING STORY

Meat cookery experts, in fact all cookery experts, recommend the use of thermometers in cooking. Miss Ines Wilson of the National Life Stock and Meat Board recently said of deep fat frying, "If your fat smokes something must be wrong in the method you are using, and when smoking occurs your product will not be up to snuff either.—The easy way to tell when fat is hot enough for frying is by using a deep-fat frying thermometer. That is the accurate way, too."

The same is true of all cookery, if it be roasting, candy making, or cold storage of foods. Temperature accurately recorded tells the true, and accurate story of how well the foods will be preserved or cooked.

The Rochester Manufacturing Company make a number of cooking thermometers for use in the home. They come highly recommended by cookery experts for accuracy and dependability. The roasting thermometer is especially valuable in that it tells the story of "just how well is the roast done." These instruments are inexpensive considering the saving in the proper "doneness" of foods. They are used by Miss Irene Muntz in the Catholic Courier Schools of Cookery.

BAKED BEANS WITH PINEAPPLE

2 lbs. raw Boston Baked beans
½ lb. Salt Pork
2 slices pineapple
½ tsp. grated onion
1 tbsp. butter
½ tsp. Worcester shire sauce
1 tbsp. brown sugar

To the beans add the grated onion and Worcestershire sauce, seasoning with salt to taste. Saute the pineapple slices in butter and brown sugar. Fill two individual casseroles with the beans and place the syrupy pineapple slices on top. Bake in a moderate oven for 30 minutes.

Ideas For Those Who Take Over Kitchen On Mothers' Day

It's becoming an American custom, and it's a nice one, too, that Mother's Day truly is her special holiday. That means that she won't have anything to do in the kitchen all day. She's earned this holiday for, after all, preparing 1,095 meals a year is no easy job.

You might go out to dinner, of course, but even better, why don't you, the daughter, the son, or maybe Dad, take over the reins and really give her a treat.

The success of your meal, of course, depends on your choice of meat. Inez S. Willson, home economist, has an ace card up her sleeve to help you out on that score. Why not take advantage of the table-ready hams featured at your market?

Hams Excellent in Flavor

These hams are done to a perfection that would please the most critical connoisseur. No need for you to worry about the meal, for the meat will be excellent in flavor, it's all ready for the table and there's scarcely anything for you to do but step back and take the bows for your choice.

You can plan a very interesting dinner, and different, by serving the ham cold, just as it comes from the market.

In keeping with the season and with a taste for the apropriate, serve tender green asparagus tips with the ham, mashed sweet potatoes to which you have added a small amount of pineapple juice for a flavor frill.

A crisp vegetable salad would be good, and if it isn't asking too much from one who is merely an invader in the kitchen, piping hot biscuits would make the meal perfect. Cater to Mother's special taste for dessert, and she'll be more than pleased with her day's vacation.

Ready-to-Eat Picnics

If a whole ham will be too large for your use, you will perhaps be interested in one of the ready-to eat picnics which may be served in the same way. These modern meats can of course, be heated and glazed, but they are so good you may prefer to leave them as they are. You can imagine their possibilities for buffet suppers.

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.

FOOD VALUE OF CITRUS FRUITS

Oranges and lemons are valuable and necessary parts of the well-balanced diet because:

1. They aid digestion.
2. They supply vital food elements counteract tooth decay and gum troubles.
3. They prevent and correct acidosis.
4. They promote the retention of calcium and phosphorus.
5. They furnish laxative bulk of the best type.
6. They stimulate growth in children.

These beneficial results are partially due to the fact that oranges and lemons contribute to the diet:

1. Vitamins: The protective food elements necessary for health and proper growth. These fruits contain Vitamins A, B and C, being particularly rich in Vitamin C. This vitamin is readily destroyed by heat in cooked foods. Oranges, lemons and grapefruit supply it in an uncooked and easily secured form. Because Vitamin C cannot be stored in the body, some food containing it should be eaten daily.
2. Alkaline Salts: Which leave an alkaline-ash in the process of digestion. They are valuable in balancing the acid of other good and necessary but acid-ash foods, such as meats, eggs, fish, fowl, breads and cereals.
3. Minerals: That build strong bones and teeth, rich blood, nerve tissue and help to regulate the body. Oranges contain calcium, phosphorus and iron.
4. Fruit Sugar: Furnishing quick energy. A large orange will supply 100 calories. The sugar in an orange is very easily digested and oranges furnish a healthful form of sweets for between-meal lunches.
5. Fruit Acids: These give oranges and lemons their delicious, refreshing flavor and stimulate the appetite. Thus they also aid digestion and are slightly laxative in effect.
6. Cellulose: Cellulose is valuable for its laxative effect.
7. Water: Mother Nature has bottled pure water in oranges, lemons and grapefruit in germ-proof containers.

Banana Surprise Adds New Dessert To List

For women who want to break down the monotonous routine of serving the same desserts all the time, Good Luck offers this delightful recipe especially appropriate for the summer months.

Banana Surprise

1 package Good Luck Lemon
1 package Good Luck Pie Crust
2 eggs
½ cup cold water
3 bananas
3 tablespoons sugar
Cinnamon
4 cups boiling water

Peel bananas and cut in halves. Roll each half in sugar which has been lightly sprinkled with cinnamon. Add 4 tablespoons of cold water to a package of Good Luck Pie Crust, mix slightly, and roll out. Cut in 6 sections, and wrap a half banana in each section. Bake. Put contents of Good Luck Lemon package into cooking vessel and add 3 tablespoons sugar. Stir in slowly ½ cup cold water. Add beaten yolks of 2 eggs and 4 cups boiling water. Cook until thick, stirring constantly. Pour this sauce over banana rollettes.

Try Cranberry Tarts For A Pastry Change

Fill baked tart shells with either: sliced bananas, drained pineapple gems, or sliced oranges. Pour over them this cranberry glaze:

Press ½ can cranberry sauce through a fine sieve, or crush with a fork. Add ½ cup sugar and mix with 1 cup water. Bring to a boil and cook rapidly 5 minutes, or until thickened. Cool slightly. Pour over the fruit and continue cooling. Makes enough glaze for 8 to 10 tarts.

When using paraffin to seal canned goods, put a piece of string into the wax before it melts, leaving ends of string extending over edge of wax. This makes a handle and wax can be pulled out easily.

Vegetables Kind To Food Budget

Healthful and economical, vegetables also provide the easiest way to introduce variety and interest on the menu.

CREOLE CELERY

7½ cups celery, cut in 2-inch lengths
2 cups canned tomato sauce
¼ teaspoon salt
1 teaspoon granulated sugar
1 peeled medium onion, sliced
pepper, minced
½ seeded green
Speck of pepper
2 tablespoon butter

Cook the celery until tender, about 20 minutes; drain. Meanwhile cook the remaining ingredients together for about 10 minutes and combine with the celery.

CARROT STRIPS

Scrape, slice, cut carrots in narrow strips. Chill in refrigerator. Serve like radishes with salt, or dip first in vinegar and then sprinkle with salt before taking to table.

LIMAS, CARIOCA

1 cup dried lima beans
2 tablespoons fat, or oil
1 tablespoon chopped onion
1 tablespoon chopped parsley
2 tablespoons chopped green pepper
Paprika
1 cup tomato juice
½ teaspoon chili powder
Salt and pepper

Soak dried lima beans several hours or over night. Drain, cover with boiling water and cook slowly until tender, adding salt when partly done. Cook onion, parsley, pepper and paprika in hot fat 5 minutes. Add tomato juice, chili powder and cooked limas. Season to taste with salt and pepper. Simmer 15 to 20 minutes, or until limas absorb some of the sauce.

DAIRY VISIT SHOWS PRODUCTION OF MILK

During Baby Week, just passed, the importance of milk in the diet of young children was again stressed. Too much attention cannot be given to this important phase of child feeding. This is not just idle talk of your milk dealer, but the opinion of experts in child nutrition.

Just how is milk produced and pasteurized that it is safe for you and your children? A good way to find out all the things about milk is to take a trip to the Blue Boy Dairy at Oakfield, N. Y. and see just how a modern dairy operates. Here the visitor will find the very latest ideas in milk production and in dairy sanitation. At the bottling plant at 1044 University Avenue the operation of pasteurizing equipment and bottling can be observed. The trip to either plant will be well worth while.

Blue Boy Milk has won major recognition at the New York State fair for its high quality and cleanliness. These awards may be seen at the dairy.

CURRIED PEAS AND CORN

1½ cups cooked or canned peas
1½ cups cooked or canned whole kernel corn
2 tbsp. butter
¾ tsp. curry powder

Combine all ingredients. Mix well and reheat in double boiler.

PIQUANT SPINACH

3 cups cooked or canned spinach
1 tsp. grated onion
½ cup sour cream
2 tbsp. prepared horseradish
¾ tsp. salt
Few grains pepper

Drain and chop spinach. Add all other ingredients and reheat.

FRUIT PUNCH FOR A CROWD

Juice 3 dozen lemons
Grated rinds of 6 lemons
Juice of 3 dozen oranges
1 quart grape juice
Bottle maraschino cherries, minced and juice

Pour this over ice water to make 4 gallons. Sweeten to taste. Add ½ gallon gingerale if desired.

Cold Desserts Easily Made

By Proper Use Of Refrigerator

A few more warm days like we experienced the early part of this week and thoughts will just naturally turn to use of the refrigerator in making cold desserts.

Automatic refrigerators are just like any other household appliance, they do an excellent job if used right. To help in making better ice cream and other cold desserts, Miss Irene Muntz, of the Rochester Gas and Electric Company, Home Service Department, and guest demonstrator for the Catholic Courier Schools of Cookery, give the following hints on using the refrigerator for ice cream dessert.

To Make Excellent Desserts

1—Use a good recipe, follow directions exactly, and use all level measurements.

2—Set cold control to fast freezing before starting to make dessert. The faster the dessert freezes, the finer in texture it will be.

3—Beat cream until thick, but not stiff; or until it is fluffy and foamy. Cream beaten too stiff gives a buttery taste.

4—Evaporated milk may be substituted for heavy cream. Scald milk in double boiler or cover cans with cold water and bring to the boiling point. Boil 20 minutes. Chill thoroughly and beat until thick. Several cans may be heated at one time and stored in the refrigerator

5—Ice cream will freeze faster if it is poured into two trays rather than one.

6—Ice cream will be much smoother if custard foundations are thoroughly chilled.

7—If Chocolate Ice cream made with a custard foundation has a tendency to separate, add 1 T butter to hot custard.

8—If ices and sherbets do not freeze, it may be that the sugar syrup is too concentrated. Add ½ c water or milk to mixture and beat well.

9—To have a smooth, fine texture in sherbets and ices, freeze to a firm mush, then beat until smooth but not melted. Fruit should be put through a sieve as large pieces will freeze icy.

10—If the commercial quick-frozen fruits are used, they should be allowed to thaw out first. If the fruit is sweetened use ¼ c less sugar in recipe.

11—If a colored dessert is desired, dissolve a little of the vegetable cake coloring in a tablespoon or two of the mixture, then stir through the rest of the mixture. Avoid using too much color.

Lamb Breast Is A Thrifty Cut

With the possible exception of the neck, breast and shank, all cuts of lamb are tender enough to be cooked by roasting, broiling or pan-broiling. For variety, however, we often prepare lamb by stewing or braising.

Inez S. Willson, home economist, suggests that you try braising the lamb breast. It is an economical meat which can be served attractively.

Stuffed Lamb Breast

Have a pocket cut into the lamb breast from the large end. Sprinkle inside and out with salt and pepper. Fill with rice stuffing and fasten edges together with skewers. Brown the breast on all sides in hot lard, add ½ cup hot water, cover tightly and cook slowly until done, about one and a half hours.

Rice Stuffing

2½ tablespoons onion
2 tablespoon lard
¾ cup uncooked rice
2 cups soup stock
1 teaspoon salt
½ teaspoon poultry seasoning

Cook onion in lard until tender. Add rice, cook until the rice is a golden tint, then add soup stock, salt and poultry seasoning. Cover and steam for twenty minutes, until rice is tender. Use for stuffing in lamb breast.

Ground Liver Patties Delicious, Unusual

Pour boiling salted water over beef or calves liver and let it simmer just long enough for the blood to coagulate. Remove the tough membrane and skin. Put the liver through the food chopper, season with salt and a little onion juice, moisten with some of the water in which the liver was simmered and shape into patties. Wrap slices of partially cooked bacon around patties and skewer with toothpicks. Broil under low flame until bacon is crisp.

Kitchen scissors may be used for cutting up marshmallows, meat, fruit, shredding lettuce, chopping parsley, trimming edge of pie crust and so forth.

Souffles—The Perfect Luncheon Dish

A well made souffle can be a party dish, and it has the special attribute of satisfying without being too heavy.

CHEESE SOUFFLE

Cook 3 tablespoons tapioca with 1 cup scalded milk for 15 minutes, or until tapioca is clear.

Add 1 cup grated cheese and stir until melted. Cool.

Add 3 egg yolks well beaten and mix well.

Fold in 3 egg whites well beaten and 1 teaspoon of salt.

Bake in buttered baking dish placed in pan of water. Souffle is done when it shrinks a trifle and browns.

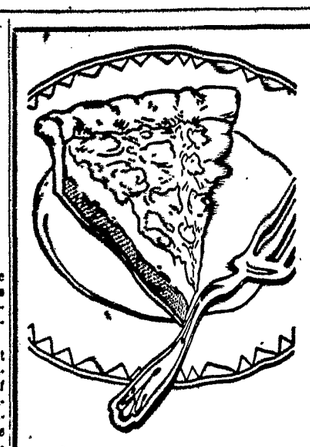
3 cups ground baked ham
2 cup chopped blanched almonds
2 cups light cream sauce
3 eggs beaten separately

Mix all ingredients together, place in ring mold and bake slowly about half an hour. Serve with either creamed eggs or creamed mushrooms in center of mold.

MOCK SWEETBREAD SOUFFLE

1 set calves brains
3 cups white stale bread crumbs
2 eggs
2 tsp. salt
½ tsp. white pepper
½ cup butter
1 pint milk

Reserve brown crust crumbs for top. Parboil brains with one tablespoon vinegar in water. Allow to cool and set several hours. Cut up and place in baking dish with alternating layers of bread cubes. Pour over this the milk and beaten eggs. Mix together with seasoning. Butter crumbs for top and bake uncovered 30 minutes in moderate oven.



Anybody Can Make DELICIOUS LEMON PIE Every Time with GOOD LUCK (Lemon Flavor) and GOOD LUCK PIE CRUST

Two egg yolks, a bit of sugar, a package of Good Luck Lemon—and in almost a jiffy you have a really just right lemon pie—natural lemon flavor and always the same. Make the crust of Good Luck Pie Crust—just add water and bake. Quick, yes; but of flaky golden richness. Strictly home-made taste. Surprise and delight the family tomorrow with a delicious Good Luck Lemon Pie. See Good Luck products demonstrated at the Cooking School.

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ONION SOUP AU GRATIN

1 bottle Gold Seal Claret or Burgundy
6 Slices of bread, toasted and cut in halves
6 Medium onions, sliced
2 Tablespoons flour
6 Tablespoons butter
1 Quarts soup stock or bouillon
Grated cheese

Saute onions in butter until they are a golden brown color. Then add a tablespoon of flour and stir until no lumps are evident. Add the Gold Seal Claret or Burgundy, together with the soup stock, and simmer for twenty minutes.

A charming Bohemian note is added if the soup bowls are of heavy brown pottery. Float a slice of toast in each bowl and sprinkle with grated cheese. Serve while piping hot.

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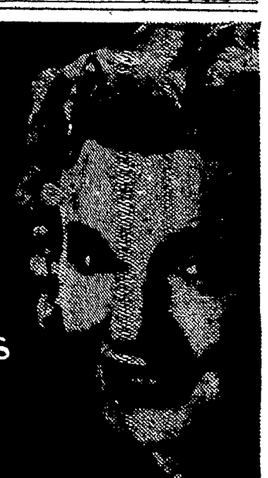

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