NEXT 'SCHOOL OF COOKERY' OCT. 30—ST. HELEN'S PARISH

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REASONS WHY

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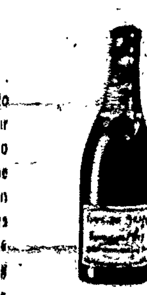

Good with Food
Good in Food

RECIPE

CHAMPAGNE PUNCH No. 1
Place a medium size can of shredded pineapple, one bottle Gold Seal Haut Sauterne, and one bottle of Gold Seal Still Burgundy in earthen dish; keep in refrigerator at least twenty-four hours. When ready to serve replace contents to punch bowl, add one large lump of ice and one bottle Gold Seal New York State Champagne.

See Our Display at the "School of Cookery"

URBANA WINE CO. INC.
On the Shore of Lake Keuka
HAMMONDSPORT, N. Y.

Large Crowd Attends First Demonstration

With a fine turnout at Sacred Heart parish and an overflow crowd which jammed the hall at St. John's Parish, Greece, the Schools of Cookery, sponsored by the CATHOLIC COURIER and Rochester Gas and Electric Corporation were off to an auspicious start.

Miss Irene Muntz, demonstrator, pleased her large audience with her fine work and questions asked throughout the demonstration indicated that the audience was taking in every detail.

The next school is scheduled for Wednesday evening, Oct. 30, at St. Helen's Church, Gates.

On the next night, Thursday, Oct. 31, the fourth School of Cookery will be conducted at St. Boniface parish. This will be the second demonstration held at St. Boniface parish.

The entire menu to be prepared by Miss Muntz in tonight's school is printed here for the convenience of the audience:

Pumpkin Chiffon Pie

1½ c cooked pumpkin
2-3 c milk
¾ c sugar
½ t salt
½ t ginger
½ t cinnamon
3 eggs
1 t grated orange rind
1 T gelatin
¼ c water
¼ c sugar
Baked pie shell
Sweetened whipped cream

Mix the pumpkin, milk, sugar, salt and spices. Cook over hot water until hot, then add slightly beaten egg yolks and cook 3 minutes. Add the grated orange rind and gelatin, soaked in water. Stir until gelatin is dissolved, then chill. Beat egg whites until stiff. Add sugar, then fold in the pumpkin mixture. Pour into a baked pie shell or tart shells and chill. Top with sweetened whipped cream before serving.

Pumpkin Cheese

Force soft yellow cheese through a sieve. Shape into small balls and flatten on either end. Using a toothpick, mark the cheese ball to represent a pumpkin. Insert a small piece of citron in top to represent a stem.

Sweet Potato Balls

Temperature: 435 degrees F. Time: 20 to 25 minutes. Mash sweet potatoes and season to taste. Shape into balls. Dip in melted butter and roll in crushed cornflakes. Place on a buttered sheet and bake in preheated oven.

Creamed Peas and Celery

1½ c medium white sauce
1 c diced raw celery
1 can peas

Mix the white sauce, celery and well drained peas. Pour into a buttered casserole dish and bake in a preheated oven.

Baked Croquettes

Temperature: 400 degrees F. Time: 30 minutes
1 can tuna fish
1 c fine bread crumbs
1⅓ c canned celery soup
1 t salt
⅛ t pepper
1 t minced onion
Buttered bread crumbs

Shred the tun fish and mix with the curmbs and soup. Add the salt, pepper and onion. Shape into balls and roll in buttered crumbs. Shape into croquettes. Place on a buttered baking dish. Bake in preheated oven.

Ground Lamb Patties

1½ lbs. lamb breast, ground
8 slices bacon
8 slices pineapple
Spiced beets
Crumbed potatoes

Shape ground lamb breast into 8 patties. Wrap each with a slice of bacon and skewer with a toothpick. Place spiced beets in preheated broiler pan. Place rack over them and on it arrange the pineapple slices and lamb patties. Broil 6 to 8 minutes. Turn pineapple and place a patty on each slice. Arranged quartered cooked potatoes which have been dipped in butter and then in bread crumbs on the broiler pan. Return to the broiler and cook 6 to 8 minutes longer, turning the potatoes as they brown.

Spiced Beets

1 T vinegar
1 T brown sugar
⅛ t cinnamon
3 T butter
1 can shoestring beets

Mix the vinegar, brown sugar, cinnamon and butter. Pour over beets and let simmer 5 minutes.

Jack-o-Lantern Salad

2 c diced apples
1 c diced celery
½ c nutmeats
2 T mayonnaise
Lettuce
Canned peaches

Mix the apple, celery and nuts and moisten with mayonnaise. Pile in cups of lettuce and cover with a half peach, round side up. Using cloves and cherries, make a pumpkin face.

Devil's Food Cake

Temperature: 350 degrees F. Time: 50 to 60 minutes.
½ c shortening
1¼ c sugar
2 eggs
4 sqs. chocolate
1¾ c cake flour
¾ t salt
1 c sweet milk
1 t soda
1 t vanilla

Cream the shortening, add sugar gradually and the eggs one at a time, beating until the mixture is light and fluffy. Melt the chocolate and cool slightly, add to the creamed mixture. Mix and sift the flour and salt. Dissolve the soda in the milk, add the vanilla. Add the dry and liquid ingredients, a small amount at a time, beating after each addition. Pour into a greased tin and bake in a preheated oven.

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Manners For Moderns

CHAPTER TWO

Eating is the one social activity which is common to everybody in all lands. Table manners grew out of the fact that the simplest meal is made more attractive by the use of good table etiquette. Correct table manners are really so simple and so often important that every man owes it to himself to acquire them. After seating yourself at the table, unfold your napkin and place it across your knees.

The functions of a napkin are to remove crumbs or grease from around your lips, to wipe your fingers, and to protect your lap from dropped food. After the meal, place your napkin in loosely gathered folds beside your plate.

Silverware is always placed with forks to the left of the service plate, knives and spoons to the right of the service plate. Knives are laid with the cutting edge toward the center of the plate and forks are placed tines up.

Silver is arranged in the order in which it will be used, beginning at the outside and working toward the plate.

The cocktail fork or spoon is generally placed on a small plate holding the cocktail glass. The cocktail fork may be already on the table . . . at the left of the service fork. A spoon may be used with fruit cocktails. After using it, lay your cocktail fork or spoon on the small plate beside the cocktail glass.

The knife is used to cut food and butter your bread. If no bread-and-butter knife is provided When you are not using your knife for cutting, place it across the upper edge of your plate with the cutting edge toward the center of the plate. Do not use it for putting any food in your mouth, or place it with the tip on the plate and the handle on the tablecloth. It might slip off and soil the cloth.

When cutting meat, cut only one or two bites at a time lay your knife down, eat these, and then cut more as needed. Remember never place your knife in your mouth.

Food is placed in the mouth with the fork . . . never with the knife or spoon.

Butter potatoes and vegetables with your fork . . . never with a knife or spoon.

Tender food may be cut with the side of the fork.

(To Be Continued Next Week)

Halloween

Canapes for Halloween? What could fit the occasion better than the dark meat of ripe olives against a topping of pimiento cheese or sieved yolk of egg. Ripe olives should be finely chopped or sliced, moistened with mayonnaise and used either to center the canape, or to outline it like a culinary daisy in reverse. Or prepare one set of canapes topped with a well seasoned spread of creamy pimiento cheese, another set with a simple mixture of already-for-your-recipe chopped or sliced ripe olives with mayonnaise to bind and a discreet seasoning of Worcestershire and Tabasco sauces.

A Hallowe'en black cat standing guard over an orange shell-encased salad is answer enough to the problem of what to serve in traditional color for that Hallowe'en party. Make use of whole ripe olives for the plump body and head of the cat. Skewer together with plain picks. Seedless raisins strung on picks make ears, arms, legs and tail. Outline feline features with mayonnaise or softened cream cheese forced through a pastry gun or homemade substitute of paper cone. Give the Hallowe'en cat an upright position by impaling the finished figure with a pick which uses a wedge of apple or orange for a foundation.

This Meat Soup Is A Toast to Health

Here's a toast to your health with a bowl of hot Hunter's Soup a truly vigorous, outdoorish dish.

Hunter's Soup

2 pounds soup bone and meat
3 quarts water
4 tablespoons grated onion
2½ cups grated carrots
3 cups diced potatoes
¼ cup barley
1½ tablespoons salt
½ teaspoon pepper

Simmer soup bone in water for 1½ hours with the grated onion and carrots. Add diced vegetables. Cook barley in boiling salted water until tender. Drain and add to soup. Season and cook until vegetables are done. Meat may be removed from the bone when tender and cut in small pieces to be served in the soup. Serve twelve.

Suggestions For Hallowe'en Celebrations

A DINNER

Golden Glow Soup
Celery Hearts — Cheese Croutons
Roast Loin of Pork
Whipped Potato — Brown Gravy
Carrot Ring, Peas and Cauliflower
White Grapes and Orange Salad
Sherbert — Sugar Snaps
Coffee

A BARN PARTY

Bachelor Hamburgers
Onion Rings, Mixed Sweet Pickles
Carrot Straws
Brown Sugar Doughnuts
Coffee — Cider

MIDNIGHT SNACKS

Nut Crack Cookies
Marshmallows or Milk
Mallow Puffs — Cider

A CLUB LUNCHEON

Halloween Cocktail
Golden Shrimp Sandwich
Potato Chips
Shredded Green Beans
Orange Raisin Bread
Black and Gold Cake
Coffee

CHURCH SUPPERS

Tomato Juice
Hot Baked Beans — Brown Bread
Piccalilli
Squash Pie in Ginger Crust
Cheese Straws — Coffee
or
Pineapple Juice
Creamed Salmon in Rice Moulds
Spinach Timbales
Hot Rolls — Assorted Relishes
Apple Turnovers — Coffee
or
Cold Sliced Corned Beef
Scalloped Corn — Harvest Salad
Hot Buttered Rolls
Two-Crust Orange Pie — Coffee

STUFF GREEN PEPPERS WITH MEAT FOR A TREAT

It's truly a "new stuff" this recipe for Stuffed Green Peppers. You'll find that it tastes unusually different.

Stuffed Green Peppers

2 cups cooked meat
2 tablespoons grated onion
½ cup mashed potatoes
½ teaspoon Worcestershire sauce
½ teaspoon salt
½ cup catsup
1½ cups gravy or soup stock
½ cup grated cheese
Paprika
6 green peppers

Grind meat, add onion, potatoes and seasonings. Add enough gravy or thickened soup stock to moisten. Cut off the top of the peppers. Remove membrane and seeds, precook for two minutes, then drain and rinse with cold water. Fill with meat mixture, arrange on rack in baking pan and put into an oven of 350° F. for 45 minutes. Baste occasionally with the remaining gravy and 15 minutes before the end of the baking period sprinkle each pepper with grated cheese and paprika.

Meat Is People's Choice For Modern Meals

You may wear a bucking donkey, flaunt a rearing elephant or totter on the fence. But we, the people, seldom argue about one thing—we like to have meat for our meals.

There are many reasons why meat has won its place, and kept it through the ages. It is pointed out that while much of its appeal is due to its "popular vote getting qualities" it also has more fundamental planks in its platform.

The popular appeal of meat as a food often is based on the simple fact that we just like it. It tastes good, we get hungry for it, we feel satisfied after a meal with meat.

Food Value

Perhaps more fundamental reasons for voting meat the master of our menu are found in its values as a food.

The nutritional value of meat is high because it is a good source of a number of the essentials needed by our bodies for health. Meat has long been an outstanding source of protein which we need for growth and general body maintenance. One of the reasons meat is so important in the diet of a child is that his growing body requires a large amount of protein and it can use the protein of meat to good advantage.

We have heard much about vitamins for some time now but lately vitamin B has been in the limelight, and meat has taken its bows right with it.

Rich in thiamine, the "appetite factor" in vitamin B, and in riboflavin and nicotinic acid, necessary to promote the health of body cells and ward away certain deficiency diseases, meat makes an impressionable contribution in vitamins. It also contains some vitamin A and a small acount of C and D.

Meat and Minerals

Calcium, phosphorus and iron are the minerals most likely to be deficient in our diet. Calcium and phosphorus work hand in hand in building bones and teeth. Meat, though not an exceptionally good source of calcium, does rank high in phosphorus. Iron, of vital importance to the blood, is present in all meats, but liver and glandular organs are the outstanding sources.

As we note how many contributions meat makes to our nutritional welfare, we see why it is fundamentally a leading food. Then when flavor, variety and satisfaction, are thrown in for good measure, it's to be expected that this natural "votegetter" is overwhelmingly the people's choice as the master of the meal.

Pork Loin Rich In 'Appetite Vitamin'

Did you know that one serving of pork loin, cooked either as a chop or a roast, will furnish a plentiful day's allowance of thiamine (Vitamin B), for the adult?

In the light of recent research it was found that thiamine has been isolated from the Vitamin B Complex, the required amounts established and foods analyzed to determine their thiamine content.

Thiamine is needed for growth, to promote the health of body cells and to air in utilizing carbohydrates. Thiamine also prevents the disease called beriberi, and because it creates a desire for food is often referred to as the "appetite vitamin."

IDEAL LIGHTING

Inferior vision is usually improved by eliminating objectionable contrasting areas of light and shadows or, in other words, securing a working plane of even light intensities.

"The Goblins 'll Git Yuh!"

Pretty soon people will be saying "Watch out or the goblins'll git yuh!" But there is one sure way out. Just plan a Halloween party. The goblins will be so busy spoofing your guests that they'll leave you strictly alone. They even may get friendly with you and if there must be goblins around, it's much nicer to have them friendly!

* * *

Let's start now with plans for that party. Apples suspended by strings and apples bobbing in a large pan of water are such old favorites that it would be a shame to leave them out of the program. But you can add interest by presenting these stunts in a slightly different form. For the suspended apples, hang them in a doorway on rubber strings. Then go one step farther and give them a thin coat of molasses. The contestants, with hands behind backs, try to get a bite of the apples. And how they have to try! Then, instead of asking your guests to duck for those bobbing apples, have them spear the fruit with pins. If you think that's too easy try it all by yourself in advance of the party. But before you undertake the experiment, promise me that you won't get mad!

An appropriate game for your Halloween party is a jack-o'-lantern relay race. Divide the group into two or four teams, depending upon the size of the crowd. Each team is provided with a lighted jack-o'-lantern, and as its members race, one at a time, to a stated goal and back, the pumpkin face must look in the direction the player is going. However, if a candle goes out en route, it must be hurried back to the member of the team who has been designated official lighter-upper, and relighted, then taken over the complete course. The team which finishes first is declared the winner.

Here's a silly game that can be played at Halloween or any other time and is guaranteed to prove hilarious. It's called a pin race, and you must prepare for it by getting a paper of pins, cutting it into strips crosswise, and removing all the pins.

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Friday's MEAL IN A JIFFY!

BREAST-O-CHICKEN BRAND TUNA FISH

TUNA CHILI CASSEROLE

Break Breast-O-Chicken brand tuna (7 oz. tin) in pieces and combine with oil from tuna, 1 c drained whole kernel corn, 1 cup tomatoes, 1 tsp sugar, 2 tsps chili powder, and 1 tsp salt. Pour into a casserole; top with ½ cup soft bread crumbs, and dot with 1 tbsp butter. Bake in a moderate oven, 375 degrees about 20 minutes or until crumbs are browned. Four servings.

Use versatile, delicious Breast-O'-Chicken brand tuna fish in countless ways for menu variety! Its uniform quality never disappoints, and its full-bodied, nourishing goodness makes it a favorite with all the family.

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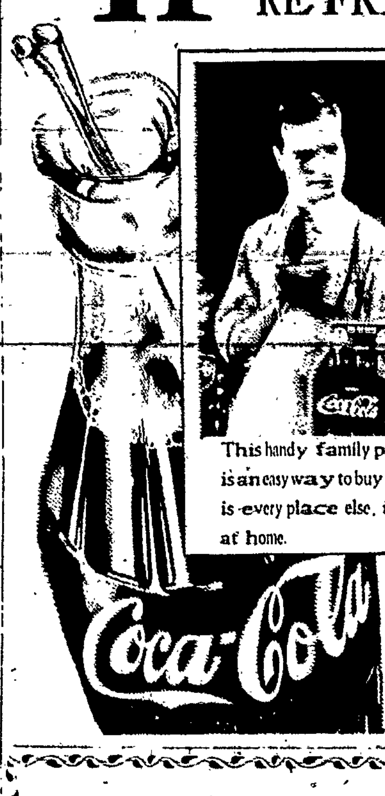

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