

CHICAGOAN TO CONDUCT TONIGHT'S 'SCHOOL OF COOKERY'

GOOD LUCK PREPARED PIE CRUST

EASY! QUICK! SURE!

As good as home made pie crust? Just try it—compare it! You'll 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 error, the same for every package. You'll be proud to serve the flaky, tender crust, brown and rich, delicious to the last crumb.

Simply Add Water

Picture here is all you have to do to make a Good Luck crust. The time, fuss and labor you save will amaze you. Good Luck Prepared Pie Crust your only. It costs only a few cents a package. See demonstration at Cooking School.

GOOD LUCK FOOD CO., Inc.
Rochester, N. Y.

Latest Methods In Cooking To Be Explained

The "School of Cookery" a dramatic and fast moving demonstration of culinary art is to be conducted tonight by Miss Ruth Chambers, a national authority on foods. Conducted by the CATHOLIC COURIER, this school tonight will be the start of a life time for the woman who wants to know how to get the best results from her cooking efforts.

They will enjoy watching an expert like Miss Ruth Chambers do the things they do at home such as boil a steak or whip cream, but these tasks take on new glamour when they are done on the stage. All the women who assemble in the auditorium of the Columbus Civic Center will surely go away with a wealth of knowledge in this famed art of cooking.

Miss Chambers is thoroughly qualified to give instruction in the buying, cooking and serving of meat. She is a member of the cooking school staff of the National Live Stock and Meat Board, the organization which represents all branches of the meat industry and which has co-operated with home economics departments of the leading universities and colleges in research into the best methods of meat.

A WORLD OF FOOD

FLORIDA ORANGES AND GRAPEFRUIT
HELP THE BODY ASSIMILATE MORE CALORIES FROM OTHER FOODS THAN OTHERWISE WOULD BE ABSORBED

THEIR BEST FRIENDS WOULDN'T BUT THEIR EMPEROR DO!

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WE WILL PAY \$5.00 FOR EACH STRANGE FOOD FACT SUBMITTED AND USED. ADDRESS, A WORLD OF FOOD, 239 WEST 39 STREET, NEW YORK, N.Y.

Tips On Quick Meals Help On Busy Holidays

Busy days ahead for everyone. Why not take advantage of the help available from food manufacturers to make meal preparation easy? Miss Irene Mauntz of the Rochester Gas & Electric Corp. offers these timely suggestions:

TUNA ROLL
Temperature, 425° F. Time, 20 to 25 minutes.
2 c biscuit mix
2-3 c milk (about)
2 cans tuna fish
1 c medium white sauce
1 c diced celery
1 c tomato, chopped
1 green pepper, chopped
Salt and pepper to season

Add just enough milk to mix to make soft dough. Turn out onto a floured board and knead lightly. Then pat into 1-inch thick and brush with butter. Mix remaining ingredients and spread on biscuit dough. Roll up like a jelly roll and cut into 1-inch slices. Place cut side down on a greased sheet and bake in a preheated oven. Serve with Cheese Sauce.

CHOCOLATE FLAKE PUDDING
Temperature, 300° F. Time, 40 to 45 minutes.
3 c milk
1 T shortening
2 T cocoa
1 c sugar
4 c corn flakes
2 eggs (well beaten)

Scald milk, add rest of ingredients. Pour into a greased 8" case or pan. Bake in a preheated oven.

GOLDEN HARD SAUCE
1 c shortening
1 1/2 c brown sugar
1 T vanilla
Cream shortening thoroughly add sugar gradually and the vanilla. Best with very fluffy.

PENNEPPE-NUT TORTE
Temperature, 350° F. Time, 40 to 45 minutes.
3 eggs
1 c sugar
1 c chopped nuts
1 1/2 c well-drained pineapple (crushed)
1 c all-purpose flour
1 t salt
1 t baking powder
1 t soda

Beat eggs, until light then add sugar gradually while beating constantly. Fold in the nuts and pineapple. Mix and sift the flour, salt, baking powder, and soda. Fold into the first mixture and spread in two layer cake tin. Bake in a preheated oven. When cool, put layers together with whipped cream.

BARBECUED BEEF STEW
1 c drippings
1 c flour
1 c catsup
1 t salt
1 t pepper
4 c boiling water
Juice of 1 lemon
2 lbs. bottom round of beef, cut in 1-inch pieces
4 potatoes
6 small onions

Melt drippings and flour and cook until smooth. Add catsup, seasonings, water and lemon juice. Bring to the boiling point. Add beef and vegetables and bring to the boiling point. Turn burner low and simmer 1 1/2 hours. Or place in a 350° F. oven and bake 1 1/2 hours.

LEMON RAISIN PIE
1 pkg. lemon filling
1 c sugar
1 c cold water
1 c boiling water
1 T shortening
1 c raisins

Mix lemon filling, sugar and cold water. Add the boiling water and cook until thick. Add shortening and raisins. Cool. Pour into a baked pie shell. Top with meringue and bake until nicely browned. Temperature, 325° F. Time, 15 to 20 minutes.

Enjoy the pause that refreshes at Home



The handy family six-bottle carton makes it easy to have the pause that refreshes with ice-cold Coca-Cola at home... easy to carry... and so convenient to serve.

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Manners For Moderns

CHAPTER EIGHT

Nothing will make you so generally disliked as being a "tattle-tale." A tattler is a person that enjoys seeing others get in trouble. A tattler eventually will be left out of everything and have no real friends. They are found out sooner or later, friends of former days will avoid them and tell their nothing. Remember the tattler will be minus friends and self-respect.

Actions speak louder than words. Don't brag... be modest. What you can do or have done. Avoid loud talking, laughing, shouting and showing off in public.

Acquire good telephone manners. Be courteous, speak in a quiet voice, do not talk too long when taking a message, take pains to get it right. A good telephone manner is a valuable business asset.

Business manners must be pleasant, friendly and dignified. Learn to be cheerful, to smile, do your job as perfectly as you can and show confidence in yourself and your employer. You must be as courteous to the janitor as to the president. Remember one is never too old to learn. Take suggestions and hints gracefully. Don't be too friendly with business associates.

Keep your personal affairs and troubles to yourself. Don't have your friends telephone while at work and don't use the office telephone for personal calls.

In business, just as in every other department of life, you must practice all the etiquette you know. Be sincere "do to others as you would have them do unto you" should be the motto uppermost in your mind. Remembering... politeness is to do and say the kindest thing in the kindest way. (To Be Continued Next Week)

Get Your Winter Tonic in the Foods You Eat

Grandmother would insist that you take some "tonic" now that it's "turning Winter." But we've learned a lot since grandmother's time. It is not necessary in our modern age to do and say the kindest thing in the kindest way.

Phosphorus, iron and calcium are most likely to be deficient and though they are necessary in comparatively small amounts, we won't be up to par on less than our quota.

Meat is our best source of both iron and phosphorus that is available to everyone at all times of the year. Liver is the most abundant source of both these minerals but lean meats rank high as well.

Phosphorus is present in every cell and is essential to all body tissues and the work of various glands and is necessary for storage bones.

Iron is a necessary constituent of our blood helping to oxidize food.

Try serving the following nutritious combination of meat and vegetables to give your family a natural "spring tonic."

Beef Stew with Vegetables
2 pounds sliced beef chuck
3 tablespoons Nucco
1 cup onion
1 pint green beans or 1 No. 2 can green beans
7 carrots
8 small white onions
6 whole cabbage leaves
Salt
Pepper

Brown meat in hot Nucco. Add water. Cover and simmer for forty-five minutes. Add fresh beans, carrots and onions and continue to simmer. Season. Fifteen minutes before meat is done add prepared cabbage leaves and continue cooking. Thicken liquid left in lettuce and serve with stew.

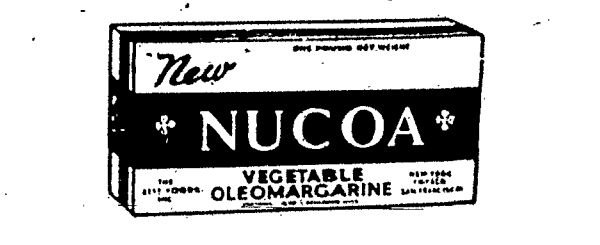
SCREENING IN WINTER.
It is wiser to take down for the winter bronze netting which is used to screen a porch during the Summer. Although bronze withstands the elements, there are still too many other chances for breakage from other causes.

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Christmas Suggestions

Dainties To Add Sparkle and Cheer to Your Joyous Celebration of This Holy Day

CRANBERRY COCKTAIL
1 qt. berries
1 qt. water
2 1/2 cup sugar, cook and strain
Add 4 minutes cooking
Add Juice of 1 lemon. Add pineapple when serving. (Very refreshing.)

MINT ICE
1 1/2 cups granulated sugar
3 cups water
1 teas. salt
1/2 teas. mint extract
1/4 cup lemon juice
1 cream, egg, coloring
Boil sugar and water 3 min., when cool add all other ingredients. Freeze to a mush, beat and return to refrigerator to finish freezing.

Delicious in grape fruit as appetizer or dessert, in drinks such as limeade, lemonade, Coca Cola, ginger ale, etc.

TANGERINE ICE
Put 2 tangerines in a sauce pan with 1 1/2 cups sugar, 1/2 cups water, boil 3 minutes. (Use pulp only of fruit.) Add juice and pulp of 3 tangerines to the cooked pulp and sugar. 1 1/2 cups orange juice, 2 1/2 tables. lemon juice. To hot mixture add 1 teas. gelatine. Freeze.

WHIPPED CREAM CAKE
Whip 1 cup heavy cream until stiff and gradually add 1 cup sugar. Fold in 2 well beaten eggs and gradually add 1 1/2 cups Snowflake flour (sifted), mixed with 1 teaspoon baking powder. Stir in 1 teaspoon Bakers vanilla.
Bake in layers or square loaf tin to 350° F. oven for 25 minutes.
Serve with the favorite frosting of the family.

ALMOND MACAROONS
1 pound almond paste
1 pound confectionary sugar
1 egg whites (do not beat egg whites)
Mix all ingredients together with a wooden spoon. Bake very slowly on buttered paper.

STRAWBERRY MOUSSE
4 cups strawberries
1 1/2 cups sugar
2 tables. cornstarch
Pinch of salt
2 tablespoons water
1 cup whipping cream
2 egg whites

Put berries through sieve, to make a pulp, add sugar and heat to boiling point. Mix cornstarch, salt and water, adding this to hot mixture, stirring constantly to prevent lumping.

Cook until thick and clear. Chill. Fold in cream that has been whipped and egg whites beaten stiffly. Freeze. (Delicious.)

COLD SKILLET FOR FRYING
To fry bacon to a queen's taste it should be placed in a cold skillet and fried over a low flame, turning frequently.

Washing Greasy Pots May Be Done Daintily

Greasy pots and pans have been the bane of the homemaker for generations. The broiler, the frying pan, and the stew pot are always saved until the very end of the dishwashing, which is quite correct, but we suspect that the original reason for putting them at the tail end of the procedure was the housewife's natural reluctance to get at these utensils.

The first thing to do is to pour out the grease while the pan is still hot and the fat is still in the liquid stage. If the fat is re-usable such as vegetable shortening, pour it into an earthenware jar. If it cannot be used again, pour it into an empty tin can which can be disposed of with the other household rubbish. Then fill the pan with hot soapy water until dishwashing time.

If the water cools and the small remaining amount of grease hardens, heat it for a minute or so on the stove, and pour the water down the drain. Wash the pan in the usual way in the dishpan, using suds as hot as possible. If a dishpan is used it will be quite unnecessary for the hands to touch the pan or the steaming water. Rinse thoroughly with clear hot water, and then dry.

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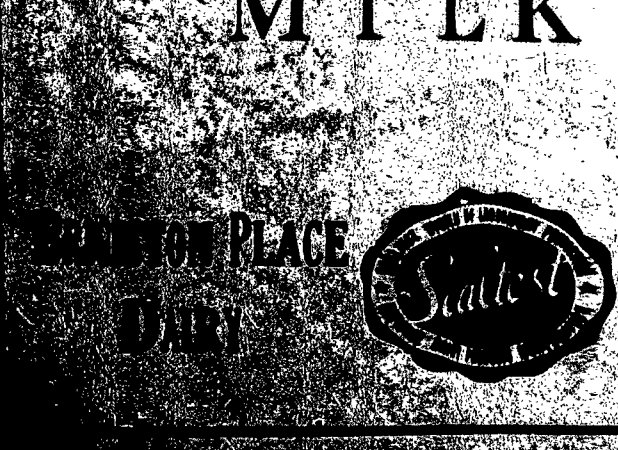
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Father had recorded his Yuletide best wishes in advance, to permit his gift to speak for itself. The Philco Beam-of-Light radio-phonograph combination, made this possible, is readily installed in any Philco Photo-Electric radio-phonograph combination.

In Using the Above RECIPES

We Suggest You Try

- For Shortening: ★ Nucco Margarine
- For Flour: ★ Pillsbury's Best For Milk and Cream
- ★ Brighton Place Dairy
- For Pie Filling: ★ Good Luck Foods
- For Mayonnaise: ★ Hellman's
- For Tuna Fish: ★ Breast-O'-Chicken
- For Vanilla: ★ Baker's

See Advertisements on This and Facing Page.

Refrigerator Rolls

Refrigerator rolls that never fail and keep indefinitely. A thrill in home baking—Take 2 cups of boiling water
1/2 cup sugar
1/2 cup Nucco
1 teas. salt

Let above ingredients cool in 1/2 cup luke warm water. When mixture is cool add yeast and two well beaten eggs. Stir with wooden spoon until well mixed, then add 4 cups of Pillsbury's all-purpose flour (sifted). Beat vigorously for a few minutes, then add 3 cups flour (sifted). Mix well and set in refrigerator until desired. Let rise in Nuccoed tin 3 hours before baking. Bake 12 or 15 min. May be used as kuchen, adding the family's favorite topping.

FRIDAY'S DISH -- easy to fix



It's so easy to fix new and tempting entrees for Friday, when you use delicious Breast-O'-Chicken Brand Tuna Fish as the basis. You'll have a cooler kitchen, more time for your family will be well-nourished and satisfied at mealtimes.

INSTITUTIONS:
Ask for these better brands, packed by the reliable Sea Products Co., Breast-O'-Chicken, Moro and Alamo Tuna, Triton Bonito, Cortez Tuna Fishes.

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