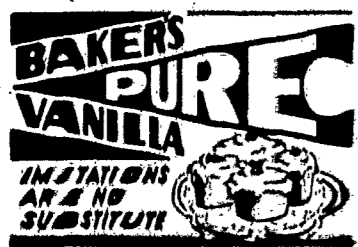


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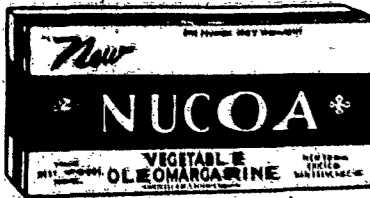
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## Lenten Dishes Featured In Demonstration

With the opening of the CATHOLIC COURIER'S "School of Cookery" at Corpus Christi parish tonight, women of Rochester will find a solution to that perplexing question of what to serve during Lent. Mrs. Irene Muritz of the Rochester Gas and Electric Corporation has spent considerable time and research so as to give the desired information. Each week she will offer a few timely recipes which will save every housewife much time and worry tonight as she prepares the following dishes:

**HAISHIN PIE**  
Temperature: 425° F.  
Time: 30 to 40 Minutes

1 egg  
1 c sugar  
1 c thick sour milk  
1 c fatless margarine  
1 t cinnamon  
1/2 t salt  
1/2 t cloves

Beat egg, add sugar then add rest of ingredients. Prepare a package of pastry mix according to directions given on package. Roll out pastry and line tin. Add filling, cover with a top crust and flute edge. Bake in a preheated oven.

**Refrigerator Gingerbread**  
Temperature: 350° F.  
Time: 40 minutes

1 c shortening  
1 c brown sugar  
1 c molasses  
3 eggs  
1 t soda  
1 c all-purpose flour  
1/2 t ginger  
2 T cinnamon  
1/2 t salt  
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 a paper-lined 10x10x2 inch pan, cover with wax paper and store in an automatic refrigerator until needed. Remove from refrigerator and let stand 20 minutes before baking. Bake in paper cups 20 to 25 minutes. If desired.

**SPICE CAKE**  
Put 3 layers of Spice Cake together with Cream Filling Frosting and sides with Mocha Frosting.

**MOCHA FROSTING**  
1/2 c margarine or butter  
3 T cocoa  
1 lb. confectioner's sugar  
strong cold coffee  
1 t vanilla

Cream butter or margarine, add cocoa and half of the sugar and cream well. Add rest of the sugar and enough of the cold coffee to make a smooth creamy frosting. Add vanilla and beat well.

**TUNA CUMBO**  
3 T margarine or butter  
1 green pepper  
1 onion  
3 T flour  
1 qt tomatoes  
1 t salt  
1/2 t pepper  
2 c diced tuna  
2 c sliced okra, (concocted)  
cooked rice

Melt margarine or butter, add pepper and onion and cook until fragrant but not brown. Push vegetables to one side of pan, add flour and cook until smooth. Add tomatoes, salt and pepper. Bring to boiling point, add tuna and okra. Simmer 5 to 10 minutes. Place hot boiled rice in center of serving dish and pour tuna mixture over it.

To Cook Rice: Wash 1 c rice, thoroughly. Add to boiling water and 1 t salt. When mixture comes to the boiling point, turn burner low and cook 10 minutes. Turn burner off and let stand 10 minutes longer.

**CHEESE DREAMS**  
4 eggs  
1/2 c milk  
1/2 t sugar  
1 t salt

Beat eggs and add milk. Add salt and sugar. Make a sandwich of 2 slices of bread with a slice of cheese. Press together firmly. Dip into egg mixture and place on a flat greased pan. Preheat broiler for 5 minutes. Slip under preheated broiler and broil 4 to 5 minutes until delicately browned. Turn and broil on other side. Serve with Tomato Sauce.

**SANDWICH LOAF**  
Remove crusts from a loaf of sandwich bread and cut in 4 slices the long way of the loaf. Spread the first slice with well creamed margarine or butter and then spread with egg salad to which some chopped pickle has been added. Cover with a buttered slice of bread, and press down. Butter the top of the bread and cover with thin slices of tomato and shredded lettuce. Place a buttered slice of bread over this, press down. Butter the top slice and cover with thin slices of yellow cheese. Before adding top and last slice of bread, spread with margarine or butter and sherry mustard. Press together and wrap in waxed paper. Chill for several hours. Mix 1/2 lb. cream cheese to a smooth paste with milk, add 1/2 t salt and 1/2 t oil and the loaf. Decorate with sliced olives and parsley.

**EGG SALAD**  
2 hard cooked eggs  
2 T chopped pickle  
salt and pepper to season  
1 t Worcestershire sauce  
mayonnaise to moisten  
Mix ingredients in order given.

Bring Your Friends to the "School of Cookery"

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## What To Do When You Are Entertaining At Luncheon

**BRIDGE LUNCHEONS**  
For the bridge luncheon, card tables are set up in the living room and covered with small-sized cloth of linen. Four places are set, one on each side. Different styles of place plates may be used on card tables, but all of one table must be alike. The silver is the same as for the other luncheons, except that, to facilitate service, there may be a teaspoon on the table for the beverage, and a dessert spoon for the last course.

Goblets and napkins are placed on the other luncheons. The bread and butter plate may be absent, due to the lack of room, so that scattered cutlery is necessary. If desired, there may be a small bowl of flowers or china ornament in the center of each table. Salt and pepper cream and sugar and perhaps nuts and a view of each table.

If service is not from kitchen, the dining room table is set as a buffet so that guests may help themselves. This requires a lace or linen tea cloth and a rather large floral centerpiece. Plates are laid out one on each plate of food and placed attractively around the table. Serving utensils are placed beside each dish. The coffee urn, sugar and cream, and dessert if served, are placed on the guest's left shoulder. Serving plates are also removed from the left but beverages are poured from the right.

**Hints for Housewives**  
To clean your apartment without spending too much money, use a rag made from a sponge or soft brush dipped frequently in warm water and mild soap suds. Squeeze with both hands to remove water, then wipe as dry as possible with a soft dry cloth. Shake out the rag frequently in a room of moderate temperature.

A pattern that may be cleaned by rubbing with a waxed cloth and a soft brush will keep looking like new. Dip the brush in a little water and rub it over the pattern. A little water will prevent the wax from becoming too thick. A little water will prevent the wax from becoming too thick.

**Dinner in a Hurry**  
**BACON GRILL**  
1 pound sliced bacon  
1 slice pineapple  
1 asparagus bunch  
2 large cooked potatoes  
2 tablespoons Nucca  
1 cup grated cheese

Arrange all ingredients in a shallow pan. Sprinkle with Nucca and sprinkle with grated cheese. Broil at a moderate temperature until bacon is done and the pineapple and asparagus are browned. Turn bacon so that it will be evenly cooked. Serve arranged with potatoes and vegetable in center with bacon as a border.

The broiler rack should be placed about three inches from the source of heat to give the best results. Broiled bacon should be crisp, but not brittle. Bacon slices which have been placed on a cool broiler rack will usually be fat and greasy and be attractively served.

**MERRIMAC COOK BOOK SOLVES LENTEN PROBLEMS**  
Lent need be no cooking problem in the home with a Merrimac Cook Book. Among the tried recipes featured and submitted by well-known Catholic women of Rochester are many dishes suitable for the Lenten meal.

Lenten meals can be a surprise and a delight to the family when such tasty dishes as Lobster Newburg, Crab Meat, the Evaporated Tuna and Welsh Rarebit are served.

These recipes and many more are found in Merrimac Cook Book edited and printed by interested friends of the Division of Social Action of the Rochester Catholic Archdiocese. The books are sold at the Columbus Civic Centre or may be ordered C. O. D. by calling Father Vogt's Office, Stone 102. Those living outside of Rochester are requested to include stamps or money order with their orders for the book as it is impossible to send them C. O. D. The books are sold for 50 cents and come in several colors: brown, blue, gray, orange, dark green and cream.

When ordered in large numbers for card parties, etc., there is a liberal reduction. The after-Easter "charity" party can benefit more than one family when Merrimac Cook Books are chosen for prizes, as all proceeds from the sale of this book are used to benefit needy children of overcrowded areas in the city.

You Can Win Prices at the "School of Cookery"

**In Using the Above RECIPES We Suggest You Try**

- For Shortening: ★ Flour Margarine
- For Nucca: ★ 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

## Broiled Food Offers Many New Menus

**BROILED STEAK**  
1 steak, 1 to 2 inches thick—seasoning—salt, pepper, if desired.

Preheat broiler for 15 minutes. If vegetables are desired, broil first part of season. As desired, place on platter, pour a little oil over it. Place in broiler oven so that steak will be from 1 to 4 inches from the flame. If steak is 1 1/2 inches thick and a desired size, broil 10 to 15 minutes from the broiler. If desired, a 1/2 inch thick steak will require 10 to 15 minutes. The quantity of the meat affects the time of broiling. Broil from 10 to 15 minutes, according to the thickness of the steak and the distance desired.

**BROILED CHOPPED STEAK WITH BACON**  
1 1/2 pounds of chopped beef  
1/2 pound of sliced beef  
2 cups of sliced onion  
12 strips of bacon  
6 slices of potato  
6 slices of potato

Have meat chopped together. Season gently with salt, pepper and onion. Mix with 1/2 cup of ketchup. Place the potato and onion on broiler. Broil 10 to 15 minutes. Season to taste. Remove from broiler, place in a hot pan with 1/2 cup of ketchup. Arrange extra slices of broiled bacon on same platter and garnish with parsley. Amount 6 servings.

**CHOPPED BEEF PATTIES WITH BROWN BUTTER SAUCE**  
2 pounds ground beef in a 2 pound ground beef  
4 slices of bread, cut fine  
1 tablespoon chopped parsley  
1 cup milk  
1 tablespoon chopped onion  
1 teaspoon finely chopped green pepper  
1 tablespoon salt  
1 teaspoon pepper  
10 slices bacon

Mix all ingredients, add 1/2 cup of ketchup. Shape into 9 or 10 patties. Wrap with bacon, fastening with toothpick. Broil 15 minutes on each side. Place in a hot pan with 1/2 cup of ketchup. Amount 10 servings.

**BROILED MACARONI BUNDLES**  
Cook long, thin, of mix, until in boiling water, add salt and fat. Drain well with hot water and dry.

Put 1/2 cup of butter in a pan, melt and add 1/2 cup of ketchup. Add 1/2 cup of ketchup. Add 1/2 cup of ketchup. Add 1/2 cup of ketchup.

**Breast-O-Chicken Is A Lenten Treat**  
Tuna Cucumber Aspic  
1 tin Breast-O-Chicken Tuna  
1 package salad aspic  
1 cucumber (sliced)  
2 cups water  
1 teaspoon mayonnaise  
1 teaspoon lemon juice  
1 cup chopped celery  
16 stuffed olives  
Parsley

Dissolve salad aspic in 1 cup boiling water. Add 1 cup cold water. Allow to cool. Stir the mayonnaise into Breast-O-Chicken Tuna. Add sliced cucumber, celery and lemon juice, and fold into aspic mixture. Pour into moistened salad bowl. Place in refrigerator 2 hours or until set firm. Unfold and garnish with stuffed olives and parsley. Serves 6.

**Tuna Avocado Salad Bowl**  
1 tin Breast-O-Chicken Tuna  
1 avocado  
1 head lettuce  
3 tomatoes  
1 cup cooked asparagus  
1 cup French dressing  
3 stalks celery chopped

Arrange crisp lettuce leaves in wooden salad bowl. Cut the head of lettuce in 6 pieces. Place in bowl. Cover with sliced tomatoes, slices of avocado, broiled pieces of Breast-O-Chicken Tuna, the chopped celery and cooked asparagus. Then arrange some diagonal slices of tomato on top, then some avocado, and several large pieces of Breast-O-Chicken Tuna. Pour the French dressing over the top. Serves 6.

**MOLASSES COOKIES**  
Temperature: 375° F.  
Time: 8 to 10 minutes

2 1/2 c shortening  
1/2 c molasses  
3 c cake flour  
1 t ginger  
1 t salt  
1 t soda

Cream the shortening and molasses, and beat until it is creamy. Mix and sift the flour, ginger, salt and soda, and add to the first mixture. Chill. Roll out 1/4 inch thick. Place on a cookie sheet and bake in preheated oven.



## Serve BREAST-O-CHICKEN Tuna Fish Omelet a la King

When you serve a Breast-O-Chicken Tuna sauce with your omelet, it becomes a hearty dish, suitable for lunch, dinner or supper! But remember: For better-tasting tuna dishes, always use this better-tasting tuna fish!

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