

'SCHOOL OF COOKERY' VISITS HOLY ROSARY PARISH TONIGHT

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Demonstration Lists Six New Tasty Dishes

For tonight a show the CATHOLIC COURIER "School of Cookery" at Holy Rosary parish will include six new dishes. Special attention is being given to Lenten dishes by Miss Irene Muntz, guest demonstrator of the Rochester Gas & Electric Corporation. On tonight's menu, fish dishes will be prepared which are guaranteed to satisfy even the most exacting diners and will more than substitute for the usual meat meal.

TUNA FISH PIE:
Temperature, 425° F.
Time, 12 to 15 minutes

- 2 can tuna fish
- 1 No 2 can peas
- 2 medium white sauce
- 1 package pastry mix
- 1 T poppy seed

In a greased casserole put a thin layer of cream sauce. Then arrange layers of tuna fish, peas and white sauce. Add the poppy seeds to pastry mix and mix according to directions on package. Cover casserole with rolled pastry. Bake several minutes in center of pastry. Bake in a preheated oven.

SPONGE LAYER CAKE:
Temperature, 350° F.
Time, About 25 minutes

- 1 cup flour
- 1/2 cup baking powder
- 1/2 cup salt
- 2 eggs
- 1/2 cup cold water
- 1 t grated lemon rind
- 1 c sugar
- 1 t lemon juice
- 1/2 t sugar

Flour, measure and sift with baking powder and salt. Separate eggs and to the yolk, add water and lemon rind. Beat until light and foamy. Beat in the sugar gradually. Fold in the flour. Beat six minutes foamy. Add lemon juice and 1/2 t of sugar and beat until stiff enough to hold up in peaks. Fold in the flour mixture. Pour into 2 greased 8-inch layer cake pans. Bake in a preheated oven. Invert on rack until layers are cold. Spread lemon filling between the layers. Frost with Whipped Cream.

PORCUPINE BALLS IN TOMATO SAUCE:

- 1 lb ground beef
- 1 c uncooked rice
- 1 egg
- 1 small onion
- 1 t salt
- 1 t pepper
- 1 t Worcestershire sauce
- 1 can condensed tomato soup
- 1 c water

Mix the beef, rice, egg onion seasonings together thoroughly. Shape mixture into about 15 small balls. Mix the soup and water in a sauce pan, bring to the boiling point, drop meat balls in hot soup, cook closely and cook for 45 to 60 minutes.

A WORLD OF FOOD

By MARGARET PHIBBS

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CHARLES HELP YOU SEE IN THE DARK!
"I'M HAVING 'COFFEE' SENSATION IN THE MOUTH, CHOCOLATE SYRUP, CHOCOLATE SYRUP, CHOCOLATE SYRUP TO REPRESENT 'BLOOD' BY THE WAY!"

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Sea Food Gives Variety For Lenten Menu

DEEP SEA DELIGHT

- 1 lb. fresh fish fillets
- 1/2 cup butter
- 1/2 cup flour
- 1/2 cup milk
- 1/2 cup cream
- 1/2 cup salt
- 1/2 cup pepper

Add butter to fish to make an oiled. Add cream, milk and salt. Add flour to make a paste. Add fish to the paste. Fry in hot oil. Serve with sauce.

SALMON AND PEA SOUFFLE

- 1 cup flaked salmon
- 1/2 cup peas
- 1/2 cup milk
- 1/2 cup cream
- 1/2 cup salt
- 1/2 cup pepper

Heat milk, salt and pepper in a saucepan. Add peas and salmon. Cook for 10 minutes. Add cream. Stir. Serve.

Just Serve

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Spring Time Demands Plenty Of Good Salads

APRICOT-CARROT SALAD

- 2 cups dried apricots
- 2 cups water
- 2 cups sugar
- 1/2 cup apricot salt
- 2 tablespoons gelatin
- 1 cup cold water
- 1 cup shredded carrots
- 1/2 cup chopped green pepper

Wash apricots and boil in water until tender about thirty minutes. Add sugar, salt and the gelatin softened in cold water. Let cool and add carrots and green pepper. Pour into a mold. Let chill. Serve on lettuce with mayonnaise.

SPRING GARDEN SALAD

- 1 cup sliced cucumbers
- 1 cup chopped green onions
- 1 cup hard-cooked egg
- 1 cup shredded carrots
- 1 cup French dressing

Bruse a clove of garlic and rub lightly over a salad bowl. Mix ingredients together lightly with a fork. Garnish with leaf lettuce and crisp carrots and slices of hard-cooked egg. French dressing shake the following ingredients together vigorously in a fruit jar with fruit jar rubber or pipe and lid tightened immediately before using.

SPRING GARDEN SALAD

- 1/2 cup French dressing
- 1/2 cup mayonnaise
- 1/2 cup sliced cucumbers
- 1/2 cup sliced green onions
- 1/2 cup sliced carrots
- 1/2 cup sliced hard-cooked egg

Mom's Little Helpers

It's hard to find a recipe with less than a dozen ingredients. Mom's Little Helpers are just what you need. They are simple, easy to make and delicious.

Versatile Veal Easily Prepared

One of the easiest ways of serving veal chops is to dredge them in flour and broil them on both sides in hot oil. When the chops are broiled season them with salt, pepper and a little butter. Add a large amount of water to the pan and let it boil for 10 minutes. This will tenderize the chops.

Special Breaded Veal Steaks

Veal chops are also very good breaded in breadcrumbs. The bread crumbs should be mixed with a little egg and a little milk. Dip the chops in the mixture and fry in hot oil.

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What Do You Know About Fruits

TODAY - Uses of Lemons

Vegetable plates? Eggs in many delicious forms? Fish in many different ways? Each season has its special favorites and these are the ones to use in your Lenten menu. The Lenten meal need not be dreary or difficult to plan. It offers a chance to try new and interesting combinations. Winter foods are a bit of a challenge to be on the hearty side. Now is the time for lighter menus built around the vitamin and mineral rich fresh vegetables spring appetites crave these foods and they can be served in many ways.

Cooking Vegetables

Since the best fish furnishes much of the flavor in the Lenten and similar menus must be correctly cooked and seasoned. Cook vegetables in as little water as possible. Do not overcook. These practices retain flavor and conserve vitamin value. Season carefully. Use plenty of butter for flavor and to compensate for the fat that is usually provided by meat. A bit of sugar brings out the best in green peas, carrots, summer squash and certain other vegetables. Spinach and other greens cooked with salad oil gain a pleasing texture and flavor.

Lemon with Vegetables

Lemon is a seasoning for vegetables that should never be omitted. A dash of just-squeezed lemon juice is an important accompaniment for these foods, as the salt and pepper shakers. We specify lemon quarters because these are convenient to handle and provide an adequate amount of juice. Fancy garnishes are easily made and are useful to decorate food and make it more eye appealing. Fresh vegetables, lemon juice that "points up" the flavor of vegetables. It is a foremost source of vitamin C, moreover, and fresh lemon juice added to cooked vegetables helps reduce any of the vitamin C that the latter may have lost in cooking. With canned vegetables, lemon juice is even more important to add the quality of freshness and to increase vitamin C content.

Vegetable Plates

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Economy Meats Are Party Fare

Many of the best party fare are economy meats. They are easy to cook and delicious. Try these recipes for party fare.

Tuna and Eggs in Ramerins

Combine 2 lbs. tin of Best O' Chicken Tuna, tin minced onion, 1 tsp. lemon juice, 1 tbsp. minced green pepper, salt and pepper with 1 c. medium white sauce. Pour mixture into 6 buttered ramekins. Place raw egg on each, add a dash of paprika. Set in baking pan with hot water and bake in hot oven at 225 degrees F. until eggs set. Six servings (One for each 4).

Lentil Breakfasts

Lentil breakfasts have more "wake up" appeal when they feature Best O' Chicken Brand, the tender, luscious! Try this delicious, low-cost dish tomorrow - it's easy to fix!

Try this Breakfast Treat with BREAST-O-CHICKEN Tuna Fish

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RECIPES

We Suggest You Try

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

St. Patrick's Meal

St. Louis. - Father Dempsey's Free Lunchroom, which gave needy persons a total of 10,671 meals in a single week, served a special dinner March 17 and distributed cigars in honor of Ireland's patron saint and the late Father Tim Dempsey.

Onions Without Tears

Before peeling onions, pour boiling water over them and allow to stand three minutes. Then, place them in cold water for about one minute. You can then prepare them without discomfort, as they will not cause your eyes to water.

Merrimac Cook Book Still Available

Orders from a variety of the D.C. case come in daily as the Merrimac Cook Book continues to grow. As the seasons pass, the book's utility grows. The original, savory dishes from Merrimac Cook Book, are those that some underprivileged children in purchasing the book. There are still many copies of the book available, and the sale will continue on indefinitely until the supply is exhausted. The books are 30 cents and local orders will be sent C. O. D. Those from outside Rochester are requested to include the money or stamps with their orders.

Merrimac Cook Books are also available in quantities for card parties, church socials, etc. Information regarding a special price, etc., when ordering. Books for these occasions will be happily supplied by Father Vogt's Office, Columbus Civic Center, Stone 1492.

Bread Crumbs Stick

Bread crumbs will adhere to meat cuts such as chops and tenders much better if the meat is prepared and then kept in the refrigerator for four or five hours before cooking.

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