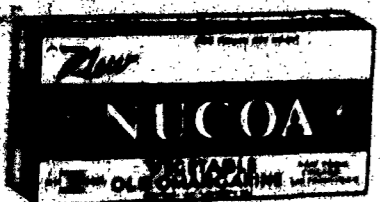


SCHOOL OF COOKERY RETURNS TO ST. MONICA'S PARISH TONIGHT



CONTAINS 3300 Calories Per Pound 7500 Units Vitamin A

Endorsed By AMERICAN MEDICAL ASSOCIATION GOOD HOUSEKEEPING BUREAU

Used Exclusively In SCHOOLS OF COOKERY

Milk Distributing Company

Variety Keys Tonight's Demonstration

The CATHOLIC COURIER'S "School of Cookery" returns to St. Monica's parish...

STRAWBERRY BAVARIAN FEE

Fill a baked pie shell with cream filling. Top with Strawberry Bavarian Cream and decorate with whole berries.

QUICK ANGEL FOOD CAKE

1 1/2 cups sugar, 1 egg white, 1/2 cup cream of tartar, 1/2 cup vanilla.

REAL OROZO WITH PEAS AND CELERY

3 T dripping, 3 real chops, 1/2 water or tomato juice, 1/2 cup peas, 1/2 cup celery, 1/2 cup rice.

BOILED HALIBUT WITH OREGANO AND ONION SAUCE

Preheat broiler and pan for 5 minutes. Brush rack with shortening and arrange slices of halibut on rack.

SALED TUNA LOAF

1 T gelatin, 1 T cold water, 1 c boiling water, 1 c heavy cream, 2 T vinegar, 1 cucumber, diced, 1 c mayonnaise.

TRAY SMORGASBORD

Unmold Saled Tuna Loaf onto center of large platter or tray. Arrange alternating slices of Swiss cheese and sliced tomato on tray around loaf.

What Do You Know About Fruits TODAY—Uses of Apricots

If you've never tried the combination of top milk and liquid apricots that you can pour out of their container in a colorful fluid stream...

Use for Lemons

Before cooking chickens, rub the fowl inside and out with a cut lemon. It helps to make the meat more juicy and tender.

Ham Stacks Are Delightful Snacks

8 slices pineapple, 2 cups mashed sweet potatoes, 2 tablespoons brown sugar, 1/2 tablespoon melted Nucco, 1/4 teaspoon pepper, 1 pound ground broiled ham, 1 egg, 10 slices bacon.

Cheese An Ideal Food Of Many Uses



Cheese is a concentrated form of milk. It takes about five quarts of milk to make one pound of cheese.

There are few, if any, foods in constant use today that are so beneficial to the body, economy and tastiness of diets.

America's taste for cheese has vastly increased, with a 24 per cent rise in total U. S. consumption in ten years.

Cheese combines most of the nutritive factors in milk and is from 80 to 90 per cent digestible.

Salads onions in butter, do not allow to brown. Add flour and blend well.

Salad Making Has A History

Ever since the children of Israel started out of Egypt for the Promised Land, salad has been eaten and has been either noted or fashionable.

The first step in making brussels sprouts a delicious dish is to grate your table, to see that they are clean.

Swiss Chard is often cooking of hiding dirt and grit under the skin of its stem.

Other vegetables such as parsnips, potatoes, carrots or beets may contain bits of soil even though scrubbed with a vegetable brush.

It is hard to believe that dried beans can harbor grit, yet when eating baked beans you may be chagrined to find that this is the case.

It is often difficult to keep the excess juice from running out or plus such as rhubarb, cherry, and other similar fruits.

Children's books may be kept bright and clean if their covers are shellacked.

Weddings Are Occasions For Good Manners

While the bride is making preparations for the big event the people invited to her wedding have plans to make also.

When invitations are received three weeks before the wedding, the prospective guest must answer the soon as possible.

This should be noted, however. An invitation to the church only does not call for an answer and does not mean that a gift must be sent.

All gifts are sent to the bride. Even if the guests have never met the young lady and are intimately associated with the groom, their wedding presents are sent to the bride's home and addressed to her.

With the wedding gift should be a card of course. A calling card is sufficient or a plain white card with just the names of the giver on it.

After six in the evening the correct masculine attire consists of full dress suit.

At the Reception Some one will be at the door to tell you where to take wraps.

Guests go through the receiving line, shake hands with each person, offer congratulations to the groom and best wishes to the bride.

As soon as guests have gone through the line they go to the dining room for wedding refreshments. If gifts are displayed guests usually look at these after they have eaten.

Guests may leave at any time unless dancing follows. It is not necessary to say farewell but if the parents of the bride and groom are at liberty, say something complimentary to them about their children.

Save your lemon halves, after the juice has been extracted from them. Use them when you take a hot bath or in the form of plates or dishes which have contained fish or onions.

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Split each pineapple round into half to make two thin slices. Season the sweet potatoes with brown sugar, Nucco, salt and pepper.

Place in a shallow baking pan and bake in a moderate oven (350° F.) for one hour.

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You'll have plenty of VARIETY in Lenten dishes this year if you'll send now for this collection of 40 new Breast-O-Chicken Tuna Fish recipes...

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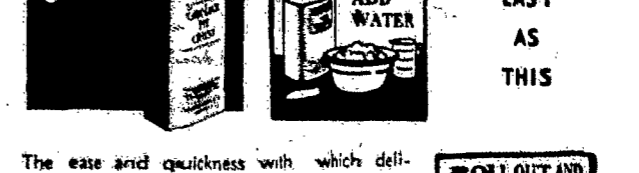
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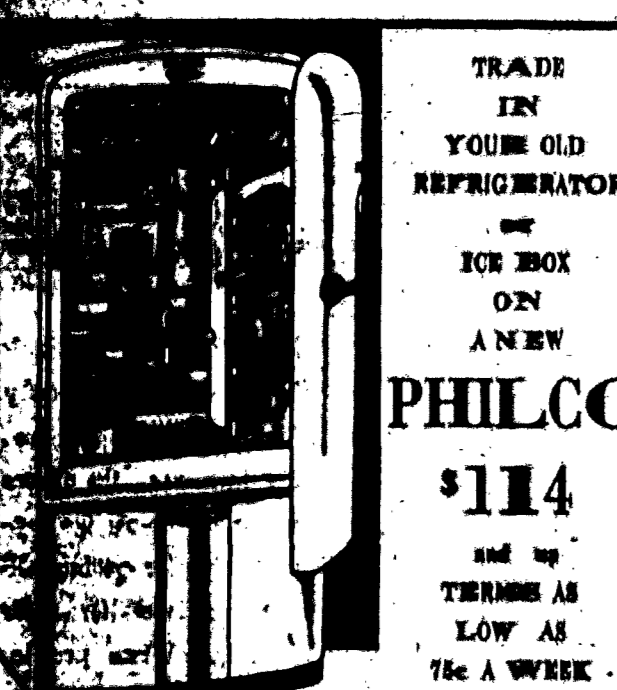
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So Refreshing with good things to eat



Ice-cold Coca-Cola, from your own refrigerator, is a natural partner of good things to eat. Try Twix with buttered and salted popcorn. It's easy to get in the handy six-bottle carton from your dealer.

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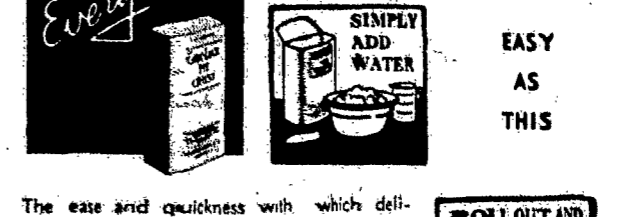
In Using the Above RECIPES We Suggest You Try

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

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