

TONIGHT'S 'SCHOOL' TO BE HELD AT OUR LADY OF PERPETUAL HELP PARISH

Schools' To Conclude For Easter

The CATHOLIC COURIER'S 'School of Cookery' appears tonight at Our Lady of Perpetual Help parish. This will be the last demonstration until after the holidays when the 'School of Cookery' will be presented at St. Ambrose parish, April 17.

In the same week on April 22, the 'School of Cookery' will be given at St. Theodore's parish, 164 Spencer St. This is the first in a series of double appearances of the demonstration which will continue for the next five weeks.

Tonight's menu will consist of: MEMORABLE MERINGUE PIE

To Bake Shell: Temp. 350° F. — Time, 12 to 15 min.

To Bake Meringue: Temp. 325° F. — Time, 15 min.

- 2 c stewed rhubarb
1/2 c sugar
2 T cornstarch
2 egg yolks
2 egg whites
4 T sugar

Mix the rhubarb, sugar, cornstarch, bring to the boiling point and cook for 5 minutes. Pour over the slightly beaten egg yolk and cook 2 minutes. Cool and pour into a baked pie shell. Beat egg whites until stiff, add sugar gradually. Pipe on top of the rhubarb mixture and bake in a preheated oven.

STRAWBERRY BLITZ TORTE

Temp. 350° F. — Time, 30 min.

- 1 c shortening
1/2 c sugar
1 egg yolk
1/2 vanilla
2 T milk
1 c all-purpose flour
1 c baking powder
1 egg whites
1 c cream of tartar
1/2 t vanilla
1/2 c sugar

Cream the shortening, add sugar gradually, the egg yolk and beat well. Add vanilla. Mix and sift the flour and baking powder and add alternately with the milk to the creamed mixture. Spread in two 8-inch layer cake pans. Beat the egg whites, add the cream of tartar and sugar and the vanilla. Beat well and pile on top of cake mixture. Bake in a preheated oven. When cool, put together with a cream filling. Garnish with whipped cream and strawberries.

SAVORY TUNA

- 5 medium potatoes
1 c bacon fat
2 T chopped onion
2 T chopped parsley
1/2 t salt
1 c milk
1 can tuna fish

Peel and dice potatoes. Drain well. Melt drippings, add potatoes and cook until slightly browned. Push to one side of pan. Add onion, and parsley and cook until onion is transparent. Blend in milk, four and milk and mix with potatoes. Add the tuna fish broken into large flakes and cook over simmer burner until potatoes are tender, 10 to 15 minutes.

HAM GRILL

Preheat broiler pan and rack 5 minutes. Arrange cooked asparagus in greased broiler pan. Sprinkle with salt and pepper. Place a 1-inch slice of ham on center of broiling rack and broil for 12 to 15 minutes. Turn ham. Dip cooked potatoes into melted shortening and roll in fine crumbs. Arrange on rack with ham and turn as they brown. Cut tomatoes into thick slices, dot with shortening and sprinkle with grated cheese. Broil until cheese is melted. Arrange on platter and garnish with cream.

EASTER SALAD

- 4 c shredded cabbage
1/4 t minced onion
1/2 c minced green pepper
2 T minced pimiento
1 c mayonnaise
2 T chopped parsley
2 devilled egg halves
Shredded lettuce
Radish roses

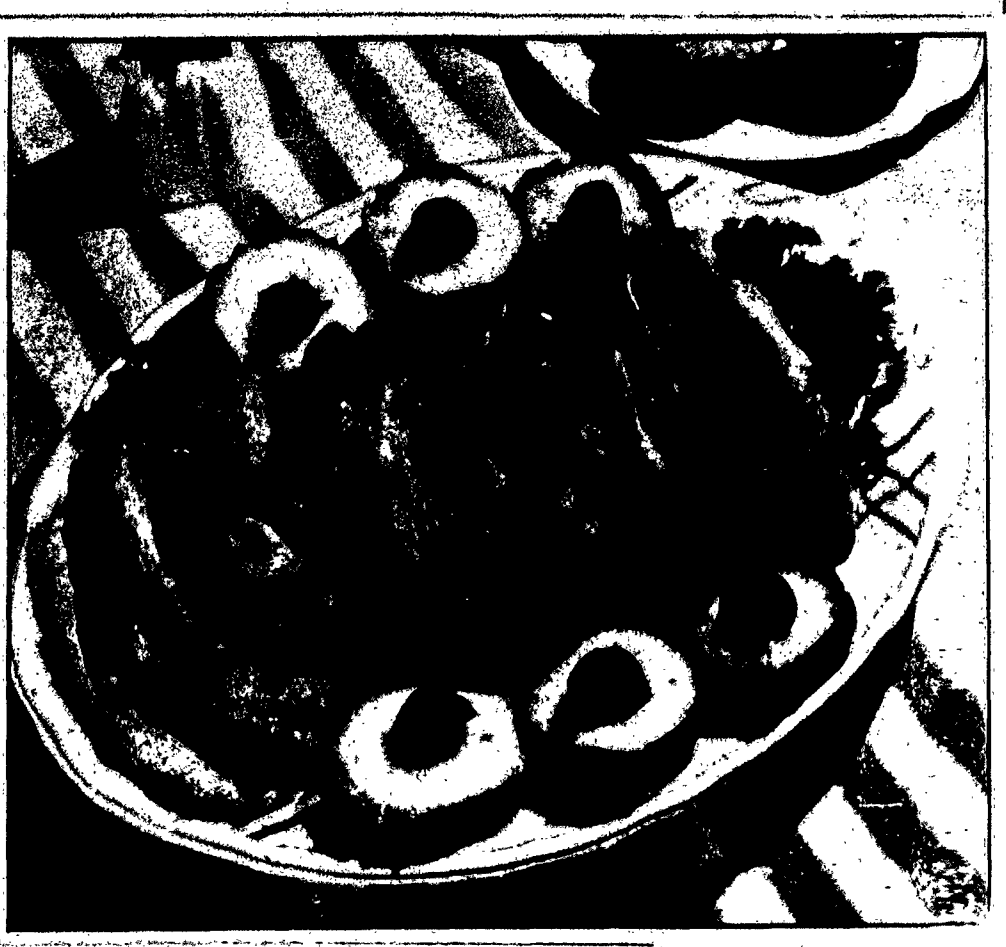
Peel the cabbage, onion, green pepper, pimiento, mayonnaise and parsley until mixed. Pack into a ring mold and chill. Shred lettuce and arrange on a large chop plate. Arrange lettuce on plate and unmold cabbage ring on top. Fill center with additional lettuce and arrange halves of devilled egg in center. Garnish with radish roses.

In Using the Above RECIPES We Suggest You Try

- For Shortening: Neco's 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

Veronica Mack: One cup cooked, dried lima beans... One cup cooked carrots, sliced... One cup green peas... One cup green beans... One cup lima beans... One cup kidney beans... One cup chickpeas... One cup lentils... One cup split peas... One cup garbanzo beans... One cup black beans... One cup pinto beans... One cup navy beans... One cup great northern beans... One cup cannellini beans... One cup adzuki beans... One cup mung beans... One cup soybeans... One cup lentils... One cup chickpeas... One cup kidney beans... One cup lima beans... One cup black beans... One cup pinto beans... One cup navy beans... One cup great northern beans... One cup cannellini beans... One cup adzuki beans... One cup mung beans... One cup soybeans...

You Can't Beat Pork Steaks For Taste Or Thrift



Pork Shoulder Steaks Appeal To Thrifty Cook

It's a smart homemaker who gets up on her toes these days and looks market-wise. One of the most worthwhile buys she'll notice right away is pork shoulder steaks—not only delicious, but thrifty, too. They look mighty good when served, nicely browned and garnished with sliced apples topped with a ball of bright red cranberry jelly as you see them above.

Pork shoulder steaks are logically thought out from the shoulder chop. Mrs. S. Wilson, home economist, gives several ways to identify this attractive cut of meat. She points out that the bones in pork shoulder steaks may be of two shapes, as seen in the picture. The long narrow bone is found when the steaks are cut from the side nearest the ribs, while the round ones are found when the steaks are cut from the "arm side" of the shoulder. The steaks are oval at one end and rather squared off at the other.

Pork shoulder steaks are sometimes called the "side chop". They are meaty and both tender and delicious when properly cooked. Braising is the best method for cooking.

Season steaks with salt and pepper, dredge with flour if desired. Brown on all sides in hot fat. The fat may be that which melts out of the meat or it may be added.

When the steaks are well browned, cover and let cook slowly until done. This will take about forty-five minutes for steaks three-quarters inch thick. It may be necessary to add a small amount of water to the steaks, depending upon the amount of fat in the pan.

Variety in Shoulder Steaks: A cup of tomatoes seasoned with a tablespoon Worcestershire sauce and several onion slices added to the steaks after they're browned and before they are covered, adds variety in the Spanish fashion.

Pork shoulder steaks are but one of the many examples of value that are adapted to a tight-laced budget. There is actually a cut of meat to fit every purse. Scout around in your market the next time you make a visit and treat yourself to economy.

Vitamin 'Bees'

Biggest health news in years is that meat is so generously rich in vitamins.

Vitamins naturally have been in meat all the time, health authorities admit, but it's only through the recent work of scientists that the public learns how much vitamins are in meat.

Many vitamins are found in meat, particularly the vitamin B group, including vitamin B-1 (known as thiamine) which promotes growth, and the body to use carbohydrates and stimulates the appetite.

Two other "hidden virtues" of B vitamins are growth-stimulating, or called riboflavin which helps protect against nervous disorders, and the pellagra-preventive, niacin which is another of the vitamins.

Of the five varieties of fruit most in demand, oranges take first place, according to a recent survey of the New York market by Dr. M. P. Rasmussen, Professor of Marketings at the New York State College of Agriculture, Cornell University.

What Do You Know About Fruits—TODAY—Uses of Apricots

Orange juice should always be served with a dash of lemon juice when juice stands even a short time. A good reamer or an electric or mechanical extractor and a liberal supply of oranges at all times make it possible to extract the juice fresh for each service. Plan to serve chilled juice. Store oranges in refrigerator for several hours or overnight, then extract juice. This avoids flavor loss from ice dilution. Serve an 8-ounce glass for breakfast or as an appetizer for any meal.

Often the available fresh foods are neglected at this season when they are most needed for their protective qualities. Valued vitamins may be lost in cooking; that is why it is so important to eat some raw vegetables and fruits, and to drink plenty of fresh fruit juices. Citrus fruits, recognized as the primary source of vitamin C, become shock troops for health defense as cold weather cuts down the variety of fresh foods.

Cooking Terms

You have probably marveled at the sleek unbroken form of the gelatin dessert as it comes into the dining room from the kitchen. The gelatin has been molded. A fish or chicken mousse is usually molded.

When the ends of vegetables curl up in cooking they are probably "Julienne." Julienne vegetables have been cut into fine strips. Examples are French fried potatoes and the vegetables used in vegetable soup.

When parboiling a food it is started in cold water, gradually the water is brought to the boiling point and allowed to simmer. All the time in the world is the right time for "parboiling."

Do not be confused by the word "pipe" in a recipe. It means simply to decorate with a tube and decorator. Mayonnaise or frosting can be "piped." Pipe a frosting on a cake in various designs.

"Sautéed" foods are often the most delicious looking that come to the table. Fish and meats and even vegetables are sautéed by frying in a rich brown fat. A limited amount of fat in a frying pan is used to give foods their appetizing appearance.

When you "cream" ingredients you simply get them into a creamy stage preparatory to using them in your recipes. When making a cake, for instance, shortening is creamed. Fingers, spoons or forks are the tools used.

When food is covered with crumbs and baked in the oven in a casserole you have made a "gratin." Sometimes cheese is also used on the top. An example—potatoes au gratin.

Tuna Fish Makes Ideal Lenten Dish

It's always a grand idea to keep several tins of delicious, tender, easy Breast-O'-Chicken Brand Tuna Fish on hand—but it's especially handy during Lent! This zesty favorite from the briny deep lends a piquant touch to many a different dish!

Good news to many cooks is the publication of the new Breast-O'-Chicken Cookbook, written by Frank Decatur White, noted authority on "good things to eat." It contains forty brand new luncheon recipes—hot dishes, entrees, breakfast dishes, casseroles, loaves, salads, molds, hors d'oeuvres, cocktails and canapés. All of the recipes are illustrated, many of them in full color! If you'd like to have the cookbook, write to Westgate Sea Products Company, San Diego, California, Dept. 3P.

Here are three of Frank Decatur White's new recipes, created especially for fancy, solid-pack Breast-O'-Chicken Brand Tuna.

Tuna and Egg in Ramenkas: 2 tin Breast-O'-Chicken Tuna, 1 teaspoon minced onion, 1 teaspoon lemon juice, Salt and pepper, 6 eggs, 1/2 c medium white sauce, 1 tablespoon minced green pepper, Paprika.

Combine Breast-O'-Chicken Tuna, onion, green pepper, lemon juice, salt and pepper, with white sauce. Pour the mixture into six (6) buttered ramenkas. Place a raw egg on each ramenka, and add a dash of paprika. Set in baking pan (with hot water bath to top of ramenka) and bake in hot oven (425° F.) until eggs are set. Serves six.

Tuna A La Idaho

1 tin Breast-O'-Chicken Tuna, 6 large Idaho potatoes, 6 tablespoons butter, Parsley, 1 cup medium white sauce, 1/2 cup grated cheese, Salt and pepper, Paprika.

Bake the potatoes one hour at 375°. Carefully cut opening lengthwise and hollow out most of potato pulp and mix with Breast-O'-Chicken Tuna, white sauce, salt, and pepper. Stuff the potatoes, dot with butter, and sprinkle with grated cheese, chopped parsley and paprika. Return to the oven for 10 minutes at 300° F. Serves 6.

Such a difference when you use BREAST-O-CHICKEN Tuna Fish

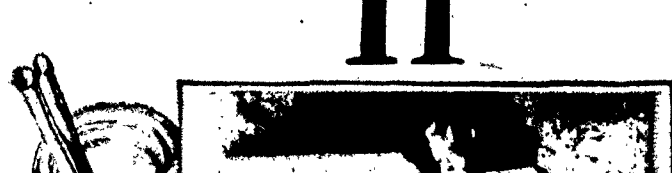


"Flavor is everything," says Frank Decatur White, authority on good things to eat. That's why he always uses Breast-O'-Chicken Brand Tuna the delicately colored tender, tasty tuna which is always top-quality. Write Dept. A-C, Westgate Sea Products Co., San Diego, Calif., for free copy of his Tuna Cookbook, 40 recipes prepared especially for this top-quality tuna!

TUNA EGG FOO YONG: Beat 5 eggs with Breast-O'-Chicken Tuna (7-oz. tin), 3 tbsp. minced onion, 1 c. bean sprouts, small can Chong Suey vegetables, salt and pepper, 1/2 t. black. Drain into 3 portions; mold into soup ladle or cup; pour carefully into frying pan with hot fat. Brown on one side, then other. Make gravy: 1/2 c. beef or chicken stock add 1 tsp. flour, 1 tsp. Chinese Sauce, 1 tsp. Chinese Molasses. Bring to boil, stir till smooth. Pour over Foo Yung cubes and serve hot. Serves 3.

INSTITUTIONS: Ask for these better meals, prepared by Westgate Sea Products Co., Breast-O'-Chicken, Brand Tuna, Tuna Fish, Chicken Liver Paste, Corned Beef, etc. Represented by TAGGART, INC., 895 ELLICOTT SQUARE, BUFFALO, NEW YORK

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