

SCHOOL OF COOKERY VISITS ST. THEODORE'S PARISH APRIL 22

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Demonstration Features New Desserts

The CATHOLIC COURIER'S "School of Cookery" returns to St. Ambrose parish this evening. This is the second year that the demonstration has visited this parish and another large attendance is anticipated.

Next week marks the first week of "Double Schools" as the demonstration will be given at St. Theodore's parish, 188 Spencerport Rd., on Tuesday, April 22 and at St. Bridget's Church, 64 Hand St. on April 24.

Tonight's demonstration as prepared by Miss Irene Muntz of the Rochester Gas & Electric Co. will include the following dishes:

Pineapple Cream Tarts
Fill baked tart shells with a layer of cream filling. Top with Pineapple Filling and garnish with sweetened whipped cream and a cube of pineapple.

PINEAPPLE FILLING
1/2 c sugar
2 T cornstarch
1 c crushed pineapple
Mix the sugar and cornstarch, add the pineapple and cook until thick and clear. Cool.

ORANGE FEATHER CAKE
Temperature: 350° F.
Temperature: 350° F.

1/2 c shortening
1 c sugar
2 egg yolks
Grated rind of 1 orange
1 1/2 c cake flour
2 T baking powder
1/2 c milk
2 egg whites, stiffly beaten

Cream the shortening, add sugar gradually, the egg yolks, and grated rind of orange. Cream well. Mix and sift the flour and baking powder and add alternately with the milk to the first mixture. Fold in the stiffly beaten egg whites. Pour into 2 layer tins and bake in a preheated oven. Sprinkle generously with confectioners' sugar while still warm.

LACE TOPPING ON CAKE
Place a very lacy dolly over the cake while still warm. Sprinkle generously with confectioners' sugar. Carefully lift off dolly. The design will show up in the sugar.

TUNA RING

1 pkg. lemon gelatin
1 1/2 c boiling water
1/2 c vinegar
1 t salt
1 can flaked tuna fish
1 c diced celery
1 T grated onion
1 c peas

Dissolve the gelatin in the boiling water, add vinegar and salt, and chill until of the consistency of thick cream. Add the flaked tuna, celery, onion and peas. Pour into a mold and chill. Unmold on serving plate and garnish with a ring of sliced radishes and cucumber. Water cross and radish roses add more color.

BRANDED BEEF STEW

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

Melt drippings, add flour and cook until smooth. Add catsup, seasonings, water and lemon juice. Bring to the boiling point. Add beef and vegetables, cover 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.

GRILLED CORNED BEEF SLICES

Set oven heat control at 550° F. or turn broiler burner on full. Pre-heat broiler pan 5 to 8 minutes. Brush bottom section with melted butter and on it arrange 1 can well drained whole kernel corn. Place rack on pan and on it arrange thick slices of corned beef hash which have been brushed with melted butter and dipped in fine dry bread crumbs. Place bacon strips around it and broil until nicely browned. Turn and arrange well drained canned pear halves in the center of which has been placed a spoonful of jelly on the pan. Broil until the meat is browned and the jelly partially melted. Remove to a hot platter and serve at once.

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How To Buy A Rug Is A Real Art In Itself

The main thing is to know the difference in the types of rugs on the market. Then you can decide more intelligently what to get on the basis of your own needs and budget. Here is a short glossary of terms translated into a woman's language which it is hoped will be useful to many home-makers.

American Oriental—This is an American made rug of the same type construction as the imported Oriental. Its colors are woven through to the back and a good American Oriental rug is considered by many rug men to be a better buy than the cheaper Oriental. It is not, of course, to be compared with the rarer Orientals.

Hooked Rugs—These are either hand made or machine made and are rugs with uncut tufts. Some are made of wool yarn while others (especially those made by hand) are made of cloth-cut in strips. The best quality of these is wool, although some are of cotton while others are of a mixture of materials.

Tapstry Weaves—A flat weave rug without pile.

Brussels—This is made like a Wilton rug, but the pile is not cut. New textures—Some new rugs combine plain and uncut pile. To achieve broader effects. By the use of either of these it is possible to have a rug which appears to be plain but which actually has a pattern. Pebbled, tweedy surfaces in uncut piles offer another variation.

Sizing—A glue-like composition that is used on the backs of cheaper rugs to give them body. You can see it or detect it by bending the rug on the back.

Pattern—Pattern colors—Pattern is more interesting but plain rugs are more simple, restful and inclined to make a room appear larger. Patterned rugs do not show footmarks as do plain rugs. The new textures mentioned

in one of the preceding paragraphs are a solution of this problem if you want a plain effect, as they show very few footmarks.

Permanency—Do not buy your rug to match wall paper or chintz because a rug will last long after they are replaced. This does not mean that you are to forget all about paper and chintz when buying your rug for, after all, they must harmonize even if they do not match.

Look for Yourself—Select a rug a good deal as you do any material by its appearance and feel. It should have a firm yet supple body, neither too stiff nor too pliable. Bend it to see how deep the pile is. Examine the back and see how closely it is woven; and be sure it has the feel of good wool.

Color—The color in rugs tones down with use so you may feel safer in getting a little too gay a color than one that is too drab.

If you have a small Oriental rug which you wish to use in your living room with a new rug, be sure to bear this in mind when selecting a new one and do not buy one with a design in it for if you do you cannot use your Oriental rug on top of it, as this type should never be used on any but a plain rug.

If you have Oriental rugs in your hall you may cover the stairs with plain carpeting to match the predominant color in the Orientals.

It is not necessary to have the living room and dining room rugs exactly alike, although if your house is small it has a flattering effect, especially if there is just a large archway which separates the two rooms giving them the appearance of one large room.

If these two rugs are not alike they should be harmonious.

You Can Win Prizes at the "School of Cookery"

The Science of Health

EXPLANATION OF VITAMINS

Vitamin A—Essential for health, eye tissue, promotes growth, increases disease resistance. Good sources: Butter, carrots, cod liver oil, greens, egg yolk, liver, milk.

Vitamin B—Stimulates appetite, essential for nerve tissue, aids digestion. Good sources: Greens, yeast, liver, milk, egg yolk, most vegetables and fruits.

Vitamin C—Essential for tissues and cells, increases resistance to infection. Stimulates appetite and growth. Good sources: Citrus fruits, green peppers, tomatoes.

Vitamin D—Essential for bone, teeth and glandular balance. Good sources: Fish liver oils, liver, irradiated foods, egg yolk, butter fat, whole milk.

Vitamin E—Necessary for reproduction. Good sources: Green leaves, whole grain.

Vitamin G—Essential for growth and general health and prolong life. Good sources: Yeast, greens, egg yolk, milk, liver, heart.

DAILY GUIDE FOR FOOD SELECTION
Milk—one pint whole milk for each adult. One quart for each child. Eggs—one egg a day (at least 4 or 5 a week). Vegetables—two vegetables besides potatoes every day—one leafy. Fruits—two fruits a day, at least one citrus. Grain Products—include some whole grain cereals and breadstuffs. Meat—meat or meat substitute each day. Liver once a week, fish once a week. Butter—three tablespoons daily.

FOOD REQUIREMENT
Building and Repair Foods which build the various parts of the body and keep it in repair are foods rich in minerals and proteins. Fuel Foods which provide heat and energy, are foods rich in fat, sugar and starch. Regulating and Protective Foods which keep the body machinery in good running order, and build up resistance to disease are foods rich in minerals, vitamins, water and roughage.

MINERALS IN THE DIET
Calcium—for building bones, teeth, coagulation of blood. Good sources: Milk, cheese, leafy vegetables. Iron—for tissue respiration, good complexion, prevention of anemia. Good sources: Liver, egg yolk, heart, leafy vegetables, whole wheat, apricots. Copper—for a partner with iron, aiding iron to do its good work. Good sources: Sea foods, apricots, leafy vegetables, cocoa, cucumbers and radishes. Phosphorus—for bones and teeth and body cells. Good sources: Whole grain cereals, fish, lettuce, celery, milk. Iodine—for protection from goiter, glandular functions. Good sources: Fish, sea foods.

Ten One-Plate Menus Offer New Meal Tips

Whole Potatoes in Parsley Butter

Veal a la King in Dressed Patty Shells

Buttered Green Beans

Molded Tomato Salad

Maple Mousse and Individual Sponge Cakes

Broiled Lamb Chops with Oranges

Chateau Potatoes

New Buttered Peas

Nut-Tomato-Pineapple Salad

Banana Cream Pie

Hot Rolls

Sliced Ham Green Beans

Apple, Tomato and Onion Salad

Cantaloupes

Broiled Beef Tenderloin with Mushrooms

French Fried Potatoes

Wax Beans Imperial Salad

Loganberries and Cookies

Baked Stuffed Potatoes

Fish Fillets Cole Slaw

Beets

Huckleberry Float

Ham Rosettes Fresh Lima Beans

Pineapple and Cheese Salad

Banana Cake with Jelly Sauce

Pigs in a Blanket

Whole Buttered Onions

Fruit Salad

Coffee Spice Cake

Pork Tenderloin Apple Sauce

Hashed Browned Potatoes

Brussels Sprouts

Marquise Salad

Pineapple Ice and Macarons

Cold Boiled Tongue

Potato Salad Carrots Julienne

Hot Orange Biscuits

Fresh Fruit and Cake

Ham Loaf Creamed Potatoes

Corn on the Cob

Jellied Vegetable Salad

Fudge Mystery

Veal a la King

One and 1/2 tablespoons Nucco, 1

tablespoon cornstarch, 1/2 cup veal

stock, 1/2 cup Brighton Place Milk,

1/2 cup cream, 1 teaspoon salt, 2

tablespoons butter, 1 cup boiled

veal, 1/2 cup sauteed sliced mush-

room caps, 1/2 cup canned pineap-

ple cut in strips, yolk of 1 egg.

Melt fat, add cornstarch and stir

until well blended, then pour on

gradually while stirring constantly,

stock, milk and cream. Bring to

the boiling point and add salt, but-

ter, bit by bit, veal, mushroom caps

and pineapples. Arrange bring to the

boiling point and add egg yolk

slightly beaten. Serve hot in Dres-

den patty shells.

Chateau Potatoes

Scrape 2 1/2 pounds of new pota-

toes, put in a saucapan of boiling

salted water and boil for 5 min-

utes. Drain, place them in a well

greased baking pan, sprinkle with

salt and pepper, place thin strips

of bacon over them. Bake in a hot

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- For Pie Filling: ★ Good Luck Foods
- For Mayonnaise: ★ Hellman's
- For Tuna Fish: ★ Breast-O'-Chicken
- For Vanilla: ★ Baker's

Branded Dates
I would like to say that branded dates are simply large, choice dates put into a jar covered with good brandy, the lid tightly fastened and kept in the refrigerator until needed. I sometimes serve these during my luncheon. To do this, remove from the brandy and take out the pits. Stuff with peanut butter mixed with a small amount of grated horse-radish.

BREAST-O-CHICKEN Tuna Fish

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