

# SCHOOL OF COOKERY - VISITS HOLY GHOST PARISH MAY 13

## Demonstration To Feature One-Dish Meal

The CATHOLIC COURIER'S "School of Cookery" makes its first appearance at Holy Ghost parish next Tuesday evening. Much interest has been manifested and a large crowd is anticipated. The other school scheduled May 15 at St. Andrew's will be a "return engagement" as the demonstration was given there last year before a large audience.

For tonight's school at St. Stanislaus parish, Miss Irene Muntz, guest demonstrator of the Rochester Gas and Electric, has prepared the following menu:

**CHOCOLATE MINT TARTS**  
Well baked tart shells with chocolate filling flavored with mint. Just before serving, top with slightly sweetened whipped cream and sprinkle with crushed peppermint candy.

**VEAL AND NOODLE ONE-DISH MEAL**

2 slices bacon  
2 lbs. veal (chops or steak)  
1 small pkg. noodle  
1 green pepper, shredded  
1 onion, sliced  
No. 2 1/2 can tomatoes  
1/2 c chili sauce  
Salt and pepper to season  
Dice bacon and cook until brown. Add veal chops and brown well. Sprinkle uncooked noodles over the veal chops. Add green pepper, onion, tomatoes and chili sauce. Season with salt and pepper. Cover, bring to the boiling point, then turn burner to simmer and cook 1 hour.

**UPSIDE DOWN CAKE**  
Temperature: 350° F.  
Time: 40 to 50 minutes

4 T butter  
1/2 c brown sugar  
6 apricots  
6 prunes

**CAKE**  
4 T shortening  
1/2 c sugar  
1 egg  
1 1/2 c cake flour  
2 t baking powder  
1 t salt  
1/2 c milk  
1 t vanilla

Melt shortening, add sugar and stir until melted. Pour into an 8x8 inch pan and arrange apricots and prunes on it. Cream the shortening, add sugar gradually and the well beaten egg. Mix and sift the flour, baking powder, and salt. Add alternately with the milk to the first mixture and add the vanilla. Pour over the fruit and bake in a preheated oven.

**BACON WRAPPED BEEF PATTIES**

Preheat broiler and pan for 5 minutes. Brush bottom of broiler pan with butter and fill with cooked whole kernel corn and peas. Season 1 lb. ground beef and shape into six patties. Wrap each patty in a slice of bacon. Arrange broiler rack and broil 8 to 10 minutes. Turn and arrange on rack, bananas sliced lengthwise, dipped in lemon juice and brushed with butter. Turn as they broil and broil five minutes. Arrange on platter and garnish.

**STUFFED TOMATO SALAD**

1 can tuna fish  
1/2 c chopped nuts  
1/2 c chopped celery  
Mayonnaise  
3 tomatoes  
Lettuce  
Shred tuna, add nuts, celery and mix with just enough mayonnaise to moisten. Cut tomatoes in half and scoop out some of the pulp. Pile high with the salad and arrange on lettuce. Garnish with olives.

**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  
★ Hellman's  
For Tuna Fish  
★ Breast-O'-Chicken  
For Vanilla  
★ Baker's

**One Dish Meal Aids House Cleaning**

Housecleaning days call for filling masks. Whether you're updating your household goods and doing a top-to-bottom housecleaning, or just turning one room at a time, or just doing a bit of redecorating, you certainly need nourishing meals.

If you're wise, plan your noon meal before leaving the kitchen after breakfast. Plan your meal around meat and poultry have the energy to carry you briskly through the day.

For instance, plan a one-dish meal which can go directly into the oven and can either bake slowly or cook the last hour before noon. To a meat-and-starch dish, add a glass of milk, a dish of stewed or fresh fruit, and a couple of cookies, and there's a good meal for you.

**DID YOU KNOW THAT?**  
Unpolished furniture can be often cleaned and brightened if rubbed with a clean cloth dipped in a solution of one part glycerine, two parts of water, and one-half part ammonia. This will not harm the surface and increases its appearance.

## REMEMBER These Dates For Schools of Cookery

Church Of The Holy Ghost  
COLDWATER  
230 COLDWATER ROAD  
Tuesday, May 13, 7:30 P. M.

St. Andrew's Church  
901 PORTLAND AVENUE  
Thursday, May 15, 7:30 P. M.

St. John's Church  
SPENCERPORT  
SPENCERPORT TOWN HALL  
Tuesday, May 20, 7:30 P. M.

Columbus Civic Center  
50 CHESTNUT STREET  
Thursday, May 22, 7:30 P. M.

## A Suggestion For Serving Tasty Scrambled Eggs

Scrambled eggs under a chopped ripe olive sauce are just right with toasted English muffins for various spring luncheon or supper menus. A small green salad is all that is needed to insure good nutritional balance. The ready-to-use form of chopped or sliced ripe olives is especially practical for such purposes.

To prepare a flavorful, appropriate sauce with little effort, sauté minced onions and green pepper strips in butter or margarine until wilted. Add chopped or sliced ripe olives and the contents of a small can of prepared tomato sauce. Cook and stir over low heat for a short time to blend flavors. Turn out scrambled eggs — for from four to six servings — onto hot service platter. Cover one half with the sauce and fold the other half over the sauce. Garnish with parsley and whole ripe olives. Serve immediately.

## Ideas of Food Value Change With Time

Going, going, gone are the days when consumers, both men and women, believed the food fallacy that "what's expensive is best." Today, the less-demanded cuts of meat are known to be equally as nutritious as the fancier ones and often richer in flavor, according to food specialists.

All meat, plain or fancy, is rich in body-building proteins, health-guarding vitamins and minerals which help build blood and bones. It all simmers down to this: Steak or hamburger, chops or chuck, loin roast or liver — every ounce of meat is chock full of flavor, health and nutrition.

## New Breast-O'-Chicken Tuna Fish Cook Book Gets Popular Acceptance

Whenever Frank Decatur White conducts a cooking school in any part of those United States, crowds of housewives gather to learn the latest culinary tricks. Frank Decatur White is something more than an authority on "good things to eat." He's practically "the last word."

That's why, when he prepared the new BREAST-O'-CHICKEN TUNA FISH COOKBOOK, which just came off the press, it was eagerly sought for by housewives everywhere.

Requests poured in by mail... and no wonder. For every recipe in this sixteen-page booklet is illustrated by a photograph, many of them in full color. And there are 40 recipes in all... each one of them lovely to look at... delectable to eat!

Ranging from "Tasty Tuna Cocktail," which is the first recipe in the booklet, through to "Tuna, Cucumber Sandwich," these new dishes are classified as "party foods," including cocktails, picnic plates, canapés, hors d'oeuvres; "salads"; "entrees," including croquettes, casseroles, egg and tuna dishes and many original combinations of tuna with vegetables and different staples; and "sandwiches," including hot "Tuna-Burgers."

And, once she tries them, she'll agree with Frank Decatur White that it's "easy to make better-tasting tuna dishes with BREAST-O'-CHICKEN BRAND, the better-tasting tuna fish."

## Offers Advice On Fitting Out A Layette

Many mothers go through the bother of buying large quantities of things they will never use simply because they do not know exactly what is required once the baby is born. A list of the minimum requirements for a layette is given here and it was planned with the advice of a nurse who has counseled many prospective mothers.

A list of essential articles, she explained, is conditioned by the expense of the mother, as well as by her purse. A nurse, for example, who is accustomed to the hospital routine of handling dozens of babies at once, could probably handle one infant efficiently with nothing more than a few binders, a few shirts, a couple of wrapping blankets and dozens of diapers.

But for young and inexperienced mothers the following list, sifted through the experience of others, will prove helpful:

- 1 abdominal binder.
- 3 bands with shoulder straps.
- 3 shirts.
- 4 nightgowns.
- 2 kimonos, or day slips for summer wear.
- 1 pair hose or booties.
- 3 dozen diapers, 27 inches square.
- 3 cotton wrapping blankets, 30x40 inches.
- 2 bath towels, thick and soft, 40 inches square.
- 1 wash cloths.
- 2 bottles and nipples.
- Soap, oil, powder, boric, pins, cotton, nose awabs, paper diaper fillers.

Abdominal binders are only worn during the first three weeks, and these the baby is dusty for hands instead of binders by the time he is brought home from the hospital. The bands should be 6 inches wide and 18 inches long, fastened with three tapes, and with shoulder straps to keep them in position. They may be of flannel, outing flannel or a knit fabric.

Arguments on the advisability of cotton or wool for summer and winter babies are endless, but on the whole in large cities such as Detroit, where practically all homes are centrally heated, cotton is advised for year-round use.

Wool is much harder to keep white and it is difficult to explain, do so with the larger size. They are usually made of absorbent birdseye cotton or flannel. Folded rectangularly and pinned at the sides, they prevent bunching. It is also possible to get sheer, loose cotton diapers which are highly absorbent, less bulky, and dry after washing in 10 minutes. These are a bit more expensive, but because they dry so quickly one needs fewer.

For a very young baby, under three months, nightgowns may be replaced by outing flannel kimonos or hospital gowns with open backs, because they are much easier to change than gowns. The ends are pinned back to keep his feet warm, but as he gets older he will kick out.

Stockings  
Stockings reach above the knees and are pinned to diapers. They are worn day and night during the first months of his feet are cold. This depends on his circulation and vitality, not on the weather.

Nightgowns may be made of outing flannel or jersey knit cotton. The latter costs twice as much, but wears twice as long. Gowns are open all the way down the front and fastened with tapes. For summer babies, shirts and gowns are made with short sleeves. Shirts open all the way down, lap in front and fasten on the side with tapes.

Paper fillers for diapers are cheap and save laundry for young babies, especially during the first month.

For occasions when baby goes visiting or is to be dressed up for inspection by friends and relatives he needs:

- 4 dresses, 18 to 22 inches long.
- 4 gertuders, same length.
- 2 sweaters or jackets.
- 1 bonnet.
- 2 light wool blankets.

For new babies, 22 inches is the best length for dresses and gertuders. From six months on, 18 inches is the best length for girls. Boys are put into rompers or two-piece knitted suits about that time. Dresses are made of nainsook, muslin, lawn, batiste or dimity.

Jackets are of cashmere, flannel or knit or crocheted wool. Sweaters are even warmer. Both are usually included in shower gifts, and scarcely rate as layette essentials.

Kimonos, bibs, booties and jackets are the most popular gifts for newborn babies. Most prospective mothers are over-supplied with these. Bonnets are also popular shower gifts, but one bonnet that really fits is all a winter baby needs.

Wool blankets are folded over the cotton wrapping blankets when baby goes out doors in winter. The cotton is more absorbent, and saves washing the wool ones.

After being baby's crib, articles in the same measurements should include:  
1 wool crib blanket.  
1 waterproof sheet.  
2 crib size quilted pads.

**DID YOU KNOW THAT?**  
If you want to experiment in improving one of your own favorite cake recipes with glycerine, a good general rule is to add two tablespoons of glycerine for each pound of butter. You should also increase your amount of flour by two tablespoons for each two of glycerine. This will prevent your recipe from becoming unbalanced.



**FLAVOR WINS FOR ON FRIDAY**  
Clever housewives who have learned the difference ask for Breast-O'-Chicken brand tuna fish by name! They know its dependable top quality and flavor can always be counted upon for a superior tuna fish! It's easy on the budget, too — every ounce you pay for you can use.

**TUNA CORN SOUFFLE**  
Blend 3 tbsp. butter, 4 tbsp. flour, add 1 c. milk, 3/4 tsp. salt, dash cayenne, and cook until thickened, stirring constantly. Remove from heat and combine with 2 tbsp. grated onion, 1 c. drained whole kernel corn, Breast-O'-Chicken tuna (7 oz.), and oil from tuna. Add 4 well beaten egg yolks; mix well. Fold in stiffly beaten egg whites and pour into med. baking dish. Set in shallow pan of hot water, bake an hour, 350 degrees or till brown. Six servings.

**INSTITUTIONS**  
Add for these better brands, pack of by Westgate Sea Products Co., Breast-O'-Chicken, Mero and Aloha Tuna, Tuna Bonito, Cakes Tuna Fishes.

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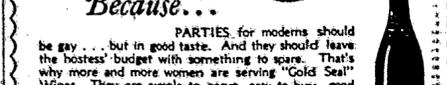
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