

500 ATTEND FINAL 'SCHOOL OF COOKERY'

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Demonstration Draws Record Audience

A huge crowd of over 1,500 people thronged the Columbus Civic Auditorium for the grand finale in the CATHOLIC COURIER 'SCHOOL OF COOKERY' demonstration. The event, which did not end until 11:30 p. m., was a testimonial of the women of Rochester can be attributed to the fine cooperation of the various organizations in each parish which promoted the 'School of Cookery.' The vast throng exceeded the fondest expectations of all in charge as the women began arriving at 7 o'clock. Within the hour, the hall was filled down to the time had to be given to the women hurrying to the balcony.

The CATHOLIC COURIER acknowledges the generous cooperation of all the advertisers who have made these schools such happy occasions. The generosity of these firms has made all the prizes available and without a doubt, this stimulus has been a major factor in drawing such splendid crowds throughout the season.

The efforts of the Rochester Chapter and the various parishes, which have been largely to the credit of the school, are being commended. Both Miss Irene Munn and Miss Dorothy Cooper, who gave the school last Tuesday, may well be proud of the success of their demonstration. Women have been very generous in their comments on the work of these two women.

With a doubt the CATHOLIC COURIER 'SCHOOL OF COOKERY' has made a highly favorable impression on the women of Rochester and the COURIER will feel well rewarded in extending its services. This good will which has been developed will go towards making the CATHOLIC COURIER even greater in its ability to serve its readers.



Kitchen Design Principles And Equipment Outlined

Maintenance of a happy medium between the two small Pullman-type kitchen and old-fashioned dance-hall-sized kitchen is urged by the Federal Housing Administration upon prospective home builders.

It is necessary to guard against the fever of planning for "saving" which many times makes the kitchen too small, FHA officials say. Since the kitchen must do a double duty as a cooking laboratory and as storage for dishes, glassware, cleaning materials, and other household needs, it must provide adequate closet space and storage facilities.

The United States Bureau of Home Economics has worked out certain fundamental principles to be taken into consideration when selecting kitchen equipment.

1. All cupboards should extend to the ceiling. Otherwise the top becomes a "catch-all" and dust catcher.
2. Where ceilings are high, there should be two doors or cupboards. The upper one should be a small door which opens on shelves for storing articles seldom used. A long door is harder to open and is a waste of space.
3. Wood or metal panels are often preferable to glass in kitchen cupboards.
4. Where swinging doors do not conveniently fit into a space, sliding doors may be used.
5. Cupboard shelves should be placed 16 to 18 inches above the work table in the combination cupboard and work-table unit. This gives room to use the table beneath and is high enough to prevent one's head from bumping against the edge of the doors.
6. Cupboard shelves should not be too wide. Their use should be so planned that but one row of shelves can be stored on them, thus preventing unnecessary reaching behind or hunting for articles.
7. Shelves should have an adjustable arrangement at the sides so that the distance between them may be changed to suit various needs.
8. If permanent shelves are both too wide and too far apart, an extra narrow shelf may be added to conserve storage space.
9. Cupboard shelves are easiest to clean when enameled or smoothly covered with oilcloth.

Before the final plans for the kitchen are drawn the family should decide how much of the equipment is to be built-in, how much is to be purchased and installed as movable units, and how much space is to be devoted to cupboards and cabinets.

Thoughts For Your Travel Wardrobes

It isn't necessary to strip the traveler's wardrobe to bare essentials any more. The sheerness of fabrics used, the economy of materials in one's clothes, and the careful planning of interiors of travel cases enables one to take along a complete yet compact traveling outfit which includes all the pleasing accessories to make the trip comfortable.

Traveling by Air:
LUGGAGE: As traveling by plane requires the simplest and most compact equipment (because of its 20-pound limit on luggage weight), the traveler's wardrobe accessories are sufficient. The new suitcases, or "aviator" bags, are so planned that six to ten dresses may be placed on the hangers that move back and forth on a trolley arrangement.

WARDROBE: Since most plane journeys are short, you will need only one outfit to wear during the trip. Pack in your suitcase what you will wear at the end of the trip. If you are staying at a metropolitan hotel, you might take the following: One spectator sports dress with jacket, scotton mesh, polo shirt or plaid sweater, sport crepe; one sheer dark street or afternoon dress which can be worn to dinner in a city hotel (navy or dark green); one evening dress; one suit; one pair of shoes; one pair of slippers; one pair of socks; one pair of gloves; one pair of shoes; one pair of slippers; one pair of socks; one pair of gloves.

Accessories with this: Packable white sports hat (have your traveling hat and handbag blend with or complement your sheer afternoon ensemble); white gloves; white sports bag; evening slippers and bag; evening gloves; hose; undergarments; cosmetics; one print formal.

TO WEAR ON THE PLANE: A very lightweight neutral silk, or a knitted suit that doesn't muss; matching all hat; topcoat; street shoes (such as brown-and-white or black-and-white spectator pump); gloves.

The Motor Trip: For motor trips choose clothes which will not get out of press and which will hold their shape. A printed crepe dress with jacket, or a cool dark cotton eyelet jacket (dress is recommended) to travel in. Knitted suits, if not inclined to bag after much sitting, are excellent. With this you will need a topcoat, a small hat, matching dark and handbag, and slippers. If you intend to camp at night, pack camping clothes, such as a cardigan, twin sweater suit or a pair of slippers, but not a suit. You like them, you may wear slacks. A sport shirt and ankle-length socks will be comfortable accessories, as well as walking shoes. If you stop at a hotel, have a sheer dress for afternoon and dinner wear and a change of shoes. If you expect to go to a fashionable resort hotel or attend a formal gathering, lace or chiffon formal dress will be useful and packs well.

Resort Clothes: Summer resorts are usually of three kinds: the fashionable resort hotel which requires more or less "dressy" clothes, the summer cottage in which you may dress as you like at home, and the camp in which you wear strictly camping clothes. It is well to ascertain the type of summer resort to which you are going when planning your wardrobe.

THE RESORT HOTEL: If you plan to stay several weeks at a fashionable hotel it is best to take a trunk for a short stay, one of the suitcases with hangers in it and a hat box will be sufficient luggage.

Sports will be the keynote of your wardrobe. You will need at least two sleeveless dresses of cotton for shorts, shirt, and skirt; for active sports, such as tennis, and at least one short-sleeved cotton mesh shirt, sweater, and jacket for sports clothes are also necessary, especially if you do not indulge in active sports. White cotton dresses with contrasting jackets, light-colored button-down blouses, pastel crepe jacket/rocks, striped silk or seersucker clothes may all be used for this purpose. Take at least two of these.

THE SUMMER COTTAGE: The same wardrobe may be taken to the summer cottage, except that you will not need more than one afternoon or street dress. These active sports dresses, one blouse or crepe spectator sports dress, and one afternoon dress should see you through.

Thrifty dishes such as pot roast, beef goulash and hamburger steak can be as juicy, palatable and nutritious as steaks and prime roasts, say nutrition specialists.

QUESTS FOR DINER?

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Pot-Roast is Ideal For Cool Weather

The official gesture of cold weather being a demand for real "square-meal" food. An old-fashioned pot-roast cooked with vegetables and served with brown gravy is the ideal for cool weather.

Burgling white for excellence in pot-roasts, arm or blade roasts from the chuck of beef, rolled or standing rump (steak) or standing sirloin roast the best or round of beef rolled outside inside from the sixth and seventh ribs of beef. This last one is just right for the family of two.

Pot-Roasts Are Braised.
Pot-roasts are always braised. That is, they are seared on all sides, then covered and cooked in a small amount of added liquid until tender.

To keep the meat from becoming too brown, set it on a rack. From time to time it may be necessary to add more liquid. Always add the liquid in small amounts, if you're interested in rich gravy and a tasty piece of meat.

Vegetables which you wish to serve with a pot-roast should be put in the pan with the meat just long enough before the start of the cooking period for them to become cooked. Potatoes, carrots and onions are, of course, the most usual accompaniments, but you would like to add turnips, rutabagas or some other favorite you have in your garden or find at the market.

Spanish Pot-Roast
4 pounds beef rump or chuck
1 clove of garlic
3 tablespoons salt
1 teaspoon pepper
2 tablespoons Nucco
1 cup water
1 cup chili sauce
1 teaspoon Worcestershire sauce
2 onions, sliced
1 green pepper, sliced
8 small potatoes
8 carrots

Brown garlic in Nucco. Add salt and pepper. Remove the garlic and brown the meat on all sides in the fat. Add water, Worcestershire sauce, and chili sauce. Cover tightly and simmer gently. Turn the pot-roast occasionally and add more water, if necessary, a little at a time. One-half hour before the cooking is completed, add onions, green pepper, potatoes and carrots. It will take about 3 1/2 hours to cook a roast this size. Make gravy by thickening liquid with flour smoothed in water.

Scalloped Spinach and Rice
Chop 1 1/2 cups cooked spinach. To this add 1 cup boiled rice, 1 teaspoon grated onion, 1 teaspoon salt. Pour into a greased casserole or baking dish. Over the top spread 1 cup dry bread crumbs that have been mixed with 2 tablespoons melted butter. Bake in a hot 425 degree F. oven until brown on top.

SALADS

Moss House Salad
1 package lemon 1/2 cup vinegar
1 teaspoon gelatin 1/2 cup mayonnaise
1 pint warm water 2/3 cup cooked cauliflower
1 teaspoon salt 2/3 cup cooked peas
1/2 cup cooled paprika 2/3 cup cooled carrots, sliced
1/2 teaspoon celery salt

Dissolve gelatin in warm water. Add seasonings and vinegar. Chill. When slightly thickened, add 1/2 cup mixture to mayonnaise and beat with rotary egg beater to blend. Turn into ring mold. Chill until firm. Chill remaining gelatin until slightly thickened. Arrange layer of vegetables in small groups on firm mayonnaise layer, cover with thickened gelatin, and chill. Add another layer of vegetables and cover with thickened gelatin. Chill until firm. Unmold on crisp lettuce. Server's.

Strawberry Pineapple Salad
1 package lemon 1 cup diced strawberries
1 cup warm water 1/2 cup shredded pineapple (juice can)
1/2 cup cold water Lettuce
1/2 teaspoon salt

Dissolve the gelatin in the warm water, add pineapple juice and cold water. Chill until it begins to congeal. Add strawberries and pineapple. Pour into 8 molds, and chill until firm. Serve on crisp lettuce.

Harvest Salad
On a large torte plate arrange crisp, chilled vegetables, and provide both French dressing and mayonnaise, so that each guest may help himself from the buffet. To those salad materials which appeal to him most. Illustrated are rows of sliced green pepper, crisp cucumber, bright red tomato, sliced lettuce, and cauliflower. Slices cut diagonally from young California carrots crisped in lettuce leaves.

Meringue Topping
1/2 cup sugar
1/2 cream of tartar
1/2 salt
5 T water
1 egg white
1/2 vanilla

Combine first four ingredients in a sauce pan and bring to a rolling boil. Remove from heat and slowly pour over unbeaten egg white, beating constantly until the mixture stands in peaks. Add vanilla and spread on cake.

Garnishes

BROILED GARNISEES
Halves of poached, pears or apricots filled with either cheese or jelly. Place in the broiler until the jelly bubbles or the cheese melts.

CROTONS
Cut stale bread into cubes, place on broiler grill and brown. Bread may be buttered before or after toasting. Garnish for soup or salad.

GARNISH FOR SALAD
Grated carrots shaped into balls. Celery curls, rosebud radishes, cucumber slices, scalloped around edges and crisped in ice water.

GARNISH FOR MEAT
Any of the above may be used, also baked apple, pineapple, pears or any fruit. Pink apples make a nice garnish. Appetizers may be used as a garnish.

PINK APPLES
6 apples 1 1/2 cup water
2 tablespoons cinnamon candies 1 cup sugar

Core, pare and cut 6 apples in halves, crosswise. Boil sugar with water and candy, for 5 minutes. Place apples in covered baking dish, pour the red syrup over them. Cover dish closely and bake in oven until apples are tender and pink. Remove carefully to serving platter.

GRAPEFRUIT TEASERS
Dip grapefruit sections in melted butter and then into crushed bran flakes. Broil for a few minutes under high flame. Insert toothpick in each. This makes an attractive garnish for a cheese platter or as a topping for a crisp salad. Large orange sections or apple slices may also be used.

BROILED ORANGE RINGS
Parboil whole oranges 20 minutes. Cut 1/2-inch slices and sprinkle with brown sugar. Dot with butter and broil under high flame for 3 or 4 minutes. Mint jelly may be substituted for sugar if served as garnish for meat.

BROILED BRAZIL NUTS
Wrap each Brazil nut with 3-inch strip of bacon. Place on broiler grill and broil under medium flames for 4 minutes. Turn nuts and broil for an additional 3 minutes or until bacon is crisp and brown.

PINEAPPLE SPEARS
Brush spears with melted butter. Dip into crushed rice crisps. Broil under low broiler for 5 minutes.

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BREAST-O'-CHICKEN TUNA FISH

TUNA VEGETABLE SALAD
Drain liquid from 1 lb. tin mixed vegetables and add water to make 2 cups liquid. Heat to boiling; add 2 tbsps. vinegar, 1 tbsps. lemon juice, stir. Chill; add vegetables and pour into individual molds. Break Breast-O'-Chicken brand tuna (7 oz.) in pieces; sprinkle with French dressing; chill 1 hr. Unmold gelatin and arrange tuna at side. Serves 6.

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