Program & Recipes
First Session
Tuesday, Nov. 7, 1933
2:00 - 4:30 p.m.

Presenting
Miss
Nora Altic

DEMONSTRATOR IN CHARGE
3rd Annual Fall 1933
ELECTRIC RANGE COOKING SCHOOL
Sponsored by THE STATE JOURNAL for the BOARD OF WATER & ELECTRIC LIGHT COMMISSIONERS AND THE Electric Range Dealers of Lansing and East Lansing

PRUDDEN AUDITORIUM
TUESDAY
Afternoon
2:00 - 4:30 P.M.

WEDNESDAY
Night Session
7:15 - 9:30 P.M.

THURSDAY
Afternoon
2:00 - 4:30 P.M.

DRAWINGS FOR PRIZES
This will take place at the close of each session. In fairness to the homemakers of Lansing and East Lansing who attend these Cooking Schools year after year, it has been decided in the awarding of the THREE ELECTRIC RANGES, that no single person, no person who is not a resident of either Lansing or East Lansing will be considered eligible in drawings for the ELECTRIC RANGES. The person qualified under these conditions, MUST BE IN PRUDDEN AUDITORIUM in person, when the NUMBER IS CALLED.

FREE ADMISSION TICKETS TO ALL SESSIONS OF THIS SCHOOL FROM DEALERS LISTED ON BACK OF THIS FOLDER! GET YOURS! TELL YOUR FRIENDS!
THE PARADE OF THE FOODS

COMPANY ATTENTION!

Lamb Shoulder Chops
Mushroom Stuffing
Creamed Peas
Asheville Salad
My-T-Fine Cake

Broiled Steak with Bananas
Shoe String Potatoes
Vegetable Salad
Tutti-Frutti Marlow

Stuffed Spareribs—Sauerkraut
Beaten Potatoes
Corn Bread Sticks
Cherry Fluff

Meat Loaf with Horseradish
Browned Potatoes
Spinach
Sliced Tomatoes
Honey Suckle Bars

1. BROILED STEAK WITH BANANAS

1 sirloin steak
4 bananas
Butter
Paprika
Salt
Pepper

Have the steak cut from 1 to 2 inches thick. Preheat the broiler to 350° F., have the regulator set at 500° F. Place the steak on the center of the broiler rack so that there is a distance of about 3 inches between the flame and the top of the steak. When the steak is nicely browned on one side, turn and brown on the other. The steak will be done when the second side is browned. Only one turning is necessary. For a 2-inch steak, allow thirty-five to forty minutes to be medium done.

Cut bananas into slices and brown in butter until a golden brown. Serve around the steak.

2. FRIED PIES

2 cups flour
1 teaspoon salt
¼ cup lard
6 tablespoons cold water

Apple sauce

Sift and measure flour. Work the lard into flour and salt with pastry blender. When mixture has the appearance of coarse cornmeal, gradually add moisture, adding only enough to make dough soft enough to roll out. Roll into rounds about 5 inches in diameter. Place a tablespoon of sweetened, spiced apple sauce on each round. Moisten edges. Cover fruit with other half of the round of crust. Press edges together with fingers. Fry in deep lard (350° F.). This makes about 6 pies.

HOW TO BROIL

1. Thoroughly preheat broiling oven, with oven regulator set as high as possible.
2. Place meat on rack about 3 inches below heating element.
4. When nicely browned on one side, salt and pepper and turn.
5. Broil on other side until it reaches desired degree of doneness.
3. ROAST ROLLED SHOULDOR OF LAMB

1 lamb shoulder
6 slices bacon
Flour
Salt and pepper

Have the shoulder boned and rolled. Wipe with a damp cloth, sprinkle with salt and pepper and rub well with flour. Place on a rack in an open roasting pan. If the fat covering is thin lay strips of bacon across the top. Insert meat thermometer so that the bulb reaches the center of the roast. Sear in a hot oven (500° F.) for thirty minutes, or less if bacon has been added. When lightly browned, reduce the temperature to 300° F. and continue cooking without a cover or without the addition of any water. Remove from oven when the thermometer registers 185° F., if liked well done, or 175° F., if desired slightly underdone. Allow about thirty minutes per pound.

APRICOT SAUCE

2 cups of cooked apricot juice and fruit. Rub some of the apricots through the colander; reserve some halves for garnish. Add 3/4 cup of sugar to the puree, and cook slowly. Baste the rolled breast of lamb with this sauce. Garnish with the reserved halves.

4. SURPRISE BISCUITS

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons lard
3/4 cup milk

Sift flour, salt and baking powder together. Cut in lard, add milk gradually until soft dough is formed. Roll 1/2-inch thick, cover with meat mixture, roll as for jelly roll, taking care that it is firm and tight. Cut in 1/2-inch slices and bake in a hot oven (400° F.) for 20 minutes.

5. LAMB SHOULDER CHOPS WITH MUSHROOM STUFFING

6 rolled lamb shoulder chops
Brown chops well on both sides and place in dripping pan. Place a large tablespoon of mushroom dressing on each chop. Bake 30 minutes in a moderate oven (350° F.).

MUSHROOM STUFFING

1 cup finely chopped mushrooms
2 tablespoons butter
1 teaspoon onion juice
1 tablespoon finely minced parsley
1/2 teaspoon salt
1/2 teaspoon celery
1/6 teaspoon pepper
3 cups stale bread crumbs

Fry mushrooms in butter. Add to bread crumbs, and combine with other ingredients. Moisten with meat stock.

6. HONEYSUCKLE BARS

1 egg
1/2 cup honey or sugar
1/2 teaspoon baking powder
21/2 tablespoons flour
Pinch salt
1/2 cup dates
2 1/4 cup chopped nutmeats

Beat egg lightly, add honey or sugar and other ingredients. Turn into a greased pan 61/2 inches square. Bake in slow oven (325° F.) for 25 minutes. When cool cut in strips and roll in powdered sugar.
7. LIVER PATTIES

1 1/2 pounds liver
2 cups cracker crumbs
1/4 cup grated onion
1/4 teaspoon pepper
4 tablespoons bacon drippings
1/6 teaspoon marjoram
1 teaspoon salt

Parboil liver and put through meat chopper. Mix thoroughly with other ingredients and shape into patties. Wrap with strips of bacon, fasten with a toothpick. Fry in bacon drippings or lard.

8. CHERRY FLUFF

2 packages cherry flavored gelatin
2 cups hot water
2 cups crushed pineapple and juice
1 cup cherries, chopped
1 pound graham crackers
2 egg whites
1 cup sugar
2 cups cream, whipped

Dissolve gelatin in hot water. Cool and add fruit. Set in refrigerator until mixture begins to thicken. Then beat well and fold in the egg whites which have been beaten stiff with the sugar and lastly fold in the whipped cream. Butter a large mold and spread with graham cracker crumbs. Pour in mixture and sprinkle top generously with more crumbs. Let stand over night in refrigerator.

9. STUFFED SPARERIBS

Select two sections of spareribs. Fill one section with a savory apple stuffing. Cover with the other section. Sew the two sections together. Sprinkle the outside with 1/4 teaspoon salt and 1/6 teaspoon pepper. Lay the stuffed spareribs on a rack in an open roasting pan and sear in a hot oven (500° F.) for 20 minutes, or until meat is nicely browned. Reduce the heat rapidly to a very moderate heat (300°-325° F.) and continue to cook about 1 hour longer, or until the meat is tender. Remove the strings before serving the spareribs on a hot platter.

APPLE STUFFING

2 slices salt pork, diced
1/2 cup chopped celery
1/4 cup chopped onion
1 cup bread or cracker crumbs
1/4 cup chopped parsley
5 tart apples, diced
1/2 cup sugar
Salt and pepper

Fry pork until crisp, remove pieces. Cook celery and onion in fat 3 minutes. Put apples in fat, sprinkle with sugar and cover. Cook slowly until tender. Add crumbs, salt pork scraps and vegetables and season.

THERE IS NO MEAT SUBSTITUTE

No other food contributes exactly the same things to the balanced diet that meat does. So, of course, there cannot be a real meat substitute. In putting some other food in the place of meat, the substitution is usually made with protein in mind. There are other protein foods to be sure, but what one has in quantity it lacks in quality or vice versa. But meat furnishes both quality and quantity in protein.
MEAT LOAF WITH HORSE-RADISH

2 pounds ground beef 2 eggs
1 pound ground pork 1 cup cracker crumbs
1/4 cup grated onion 1 teaspoon salt
1/2 cup horseradish 1/2 teaspoon pepper
1 teaspoon mustard 1/2 cup tomato catsup

Mix all ingredients except the catsup. Pack into well-greased loaf pan. Cover top with tomato catsup. Bake at 350° F. for 1 hour.

MY-T-FINE CAKE

1/2 cup butter 5 tablespoons sweet milk
1/2 cup sugar 1 1/2 cups cake flour
4 eggs 1/2 teaspoon baking powder
1/2 teaspoon almond extract

Cream butter and sugar, add egg yolks, beat well, add flour sifted with the baking powder alternately with the milk. Add flavoring and pour into two 8-inch round layer cake pans. Beat egg whites, beat in 1/2 cup sugar, beating until stiff.Spread meringue on top of each unbaked layer, sprinkle with nuts. Bake in slow oven 300° F. 15 minutes, then increase heat to 350° F. for 20 minutes. Cool and put together with one cup of whipped cream blended with 1/2 cup drained pineapple and 4 tablespoons sugar.

HAM LOAF IN CIDER JELLY

1/2 cup raisins 1/2 teaspoon salt
2 cups cider 1 package lemon flavored gelatine
2 whole cloves 1 cup baked ham cut in small cubes or slices
2 tablespoons brown sugar

Soak raisins in cider until plump; add cloves, sugar and salt and bring to boiling point. Pour over gelatin and stir until entirely dissolved. Remove cloves and chill. When it begins to thicken add the ham. Mold in loaf pan and chill until firm. Serve in slices.

CHINESE FRUIT SALAD

Mix equal quantities of finely cut apple, celery and bean sprouts. Mix thoroughly with mayonnaise seasoned with a little Chinese sauce. Garnish with strips of pimiento, minced kumquats, maraschino cherries and chopped nuts. Place on lettuce leaves. Serve with hot tea and crackers.

REGISTRATION BLANK
To Be Used in Awarding Prizes

Name
Address
City

RETAIL AND USE THIS STUB
IT'S COUPON

DO NOT DETACH
14. **ASHEVILLE SALAD**

1 can tomato soup  
3 packages Philadelphia style cream cheese  
1 cup mayonnaise  
1/4 cup celery  

1/4 cup green pepper  
1 tablespoon grated onion  
1/4 cup stuffed olives  
1 envelope gelatin  
1 cup cold water

Dissolve gelatin in cold water. Heat tomato soup. Add cheese and gelatin. When slightly cool add mayonnaise, celery, pepper, olives and onion. Turn into molds and chill. Unmold, then garnish.

15. **OVEN STEW**

2 slices salt pork  
1 1/2 pounds diced beef chuck  
1 1/2 cups water  
1 large onion, chopped  
1 can tomato soup  

6 medium potatoes  
6 medium carrots  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon paprika

Cube pork and brown in skillet. Remove to baking dish, leaving fat in pan. Brown chopped onions, put with fat in baking dish. To remainder of fat add water, tomato soup, salt, pepper and paprika to taste; add flour mixed with a little cold water and boil 3 minutes, stirring all the time. Pour over beef. Add onions, carrots and potatoes. Cover and bake an hour and a half at 375° F.

16. **ROLLED SHOULDER OF VEAL WITH STUFFED PEARS**

Brown veal in hot oven (500° F.) for 20 minutes. Cover roaster and lower temperature to 300° F. Bake until meat is tender, allowing 25 minutes to the pound.

To make stuffed pears, work paprika well into cream cheese. Form into balls and place in the center of the pear halves. Place around the roast a few minutes before it is done. When the cheese melts remove and serve around roast.

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Presenting as the Entertainment Feature of Today's Program

For Your Pleasure and Approval

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"The Rendezvous of Discriminating Dancers"

FEATURING

Betty Jane Wolfe—Chas. ("Chuck") Fonda
Don Hughes

WHIP WITH ONE HAND POUR WITH THE OTHER

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1 PINT WESSON OIL & NEW QUICK MIXER BOTH FOR 49c
17. BEEHIVE MACARONI

1 package long stick macaroni or veal
2 quarts boiling salted water
2 tablespoons lard
2 tablespoons chopped onion
1 pound chopped raw beef
1 cup grated cheese
1 egg slightly beaten
1/2 cup grated cheese
2 tablespoons lard
1 teaspoon salt
1/2 teaspoon pepper

Cook macaroni in the boiling water, being careful not to break the pieces. Cook until tender, drain and rinse with hot water. Reserve the best long sticks and cut in small pieces enough macaroni to make 1 1/2 cups. Melt the lard, add the onion and meat. Stir and cook 1 minute. Add the cheese, cut-up macaroni and egg. Season. Mix thoroughly.

Butter a round one-quart mold or baking dish thoroughly. Sprinkle lightly with flour. Line bottom with the long pieces of macaroni, beehive fashion. Add a little of the mixture and continue coiling the macaroni around sides of mold, filling with the mixture until mold is full. Bake 40 minutes in a hot oven (400° F.). Turn out on a platter. Surround with alternate piles of buttered string beans and sliced tomatoes.

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18. RICE ORANGES SICILIAN

1 cup uncooked rice
2 egg yolks
1/2 cup grated cheese
2 tablespoons butter

Meat for filling

Cook rice in usual manner, add egg yolks, cheese and butter. Mix all together, shape into balls, stuffing centers with chopped meat seasoned to taste. Roll in flour, beaten egg, then in cracker crumbs and fry in deep lard. Serve with cheese sauce or grated cheese.

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19. TUTTI-FRUTTI MARLOW

20 marshmallows
1 cup milk
1 cup cream
1 teaspoon vanilla
1/2 cup pecans
1/4 cup rubyttes or maraschino cherries (cut in pieces)
3 slices pineapple

Heat milk and dissolve marshmallows in it. When thoroughly dissolved, cool and add cream, whipped until stiff. Add vanilla, cherries, pineapple, cut up fine, and nut meats. Pour into tray of refrigerator. Allow to freeze for half an hour. Stir mixture and return to refrigerator until frozen.

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20. TURNIPS WITH PARSLEY AND PIMIENTO

3 cups turnips, cooked in boiling salted water and drained
Few drops onion juice
2 teaspoons lemon juice
1 teaspoon each minced parsley and pimiento
2 teaspoons butter
1/6 teaspoon pepper

Heat the butter and add other seasonings, add diced turnips—toss about until covered with mixture. Serve immediately.
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All Food Products Used in These Recipes Were Personally Selected by Miss Altic from the Popular

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