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Presented by

Board of Water and Electric Light Commissioners
Cooperating with the
Electric Appliance Dealers of Lansing and E. Lansing

PRUDDEN AUDITORIUM
OCTOBER 22, 23, 24 & 25, 1940
THREE NIGHTS
ONE AFTERNOON

Tues., Oct. 22
Night Session
Starts 7:00 P. M.

Wed., Oct. 23
Night Session
Starts 7:00 P. M.

Thurs., Oct. 24
Afternoon
Starts 2:00 P. M.

Fri., Oct. 25
Night Session
Starts 7:00 P. M.

SEE BACK PAGE FOR LIST OF VALUABLE FREE GIFTS

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois

Second Session

Miss Emily Conklin, Demonstrator
RIB ROAST OF BEEF

The Standing Rib Roast
Have the retailer remove the short ribs and separate the backbone from the ribs. After roasting the backbone is removed in the kitchen.
Place the roast on the platter, small cut surface up, rib side to your left.

1. Insert fork as in first chart, slice across the grain toward the ribs. Make slices an eighth to three-eighths of an inch thick.
2. Release each slice by cutting close along the rib with the knife tip, (second chart).
3. Lift each slice with knife to side of platter or hot side platter. Make enough slices to serve all before serving the individual plates.

The Rolled Rib Roast
Place the roast on the platter with the larger cut surface down.

1. With fork in place as illustrated, slice uniform slices across the grain from the far right side, lifting slices to the edge of the platter or another plate until enough are carved to serve all.
2. As cords are approached, cut with the tip of the blade, loosen with fork and allow to drop to the platter.
1. Standing Rib Roast of Beef

This 3-rib roast of beef has a good fat covering which will melt and baste the meat as it is roasting.

Select a standing rib roast of 2 or 3 ribs. Have meat retailer separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper. Place meat in roasting pan with fat side up. Make a small incision through the fat covering and insert meat thermometer so that bulb reaches center of roast. Do not cover roast and do not add water. Roast in a slow oven (300° F.) to desired degree of doneness. The meat thermometer will register 140° F. for rare roast; 160° F. for medium roast, and 170° F. for well-done roast. Allow 18-20 minutes to the pound for a rare, 22-25 minutes to the pound for a medium, and 27-30 minutes to the pound for a well-done roast. If the roast is boned and rolled the cooking time should be increased 5 to 10 minutes per pound, depending on distance to center of roast. A four pound roast will serve 6 to 8 people.

2. Pumpkin Pie

1 1/4 cups Homemade Pie Mix
1-3 tablespoons cold water

Add water to pie mix, a small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll to about one-eighth inch thickness and line pie pan. Crimp edges. Fill with Pumpkin Filling.

PUMPKIN FILLING

2 cups pumpkin
3/4 cup sugar
3 tablespoons flour
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon salt
2 cups milk
3 eggs

Combine pumpkin, sugar, flour, spices and salt. Scald the milk. Beat eggs slightly and add with the milk to other ingredients. Pour into an unbaked pie shell. Bake in a hot oven (450° F.) for 15 minutes. Reduce oven temperature to moderate (350° F.) and finish baking until custard is set, about 30 minutes. To test custard insert a silver knife. If custard does not coat the knife, it is done. Serves 6.

3. Cube Steaks

Buy 6 cube steaks at the market. Place in frying-pan which has been heated and rubbed with a piece of suet. Cook rapidly until brown on one side, season, turn and brown on the other side about 10 minutes. If steaks are not done reduce heat and cook slowly, turning occasionally until done. Serves 6.
4. Roast Lamb Breast with Rice Stuffing

Making the pocket in a lamb breast.

Have meat retailer remove shank and breast bone from a breast of lamb and make a deep pocket cutting from the flank end. Season and fill evenly with Mushroom-Rice Stuffing. Place on rack in roasting pan and roast uncovered in a slow oven (300° F.) about 2 hours or until tender. Serves 6.

**MUSHROOM-RICE STUFFING**

1 tablespoon grated onion
1 tablespoon drippings
½ cup uncooked rice
1½ cups stock or water
1 teaspoon salt
1 teaspoon poultry seasoning
1 egg
1 small can mushroom pieces

Brown onion in fat, add rice and stir until golden brown. Add stock and seasonings. Cover and cook slowly until rice is tender, about 40 minutes. Remove from heat, add beaten egg and drained mushroom pieces.

5. Jelly Roll

Sift flour once, measure and sift with baking powder. Separate eggs. Beat whites until stiff and yolks until creamy then fold together. Gradually add sugar, then flour mixture, then vanilla and last the hot milk combined with lard. Pour into a jelly roll pan (11x17 inches) and bake in a moderate oven (350° F.) for 20 minutes. Turn onto a slightly dampened cloth. Trim one-half inch of crust from sides. Spread with jelly and roll. Dust with confectioners sugar. Serves 12.

6. Veal Chops, Lemon Wheels

Have chops cut three-fourths inch thick. Salt each chop. Dredge chops in flour which has been mixed with thyme and red pepper. Rub skillet with cut clove of garlic. Add lard. Brown chops in hot lard. Cut lemon into 6 slices crosswise, and place a slice on each chop. Add water, Worcestershire sauce and bay leaf. Cover closely and simmer 1½ hours. If preferred chops may be finished in a moderate oven (300° F.) for 1½ hours. Serves 6.
WHOLE HAM PURCHASE
A Lesson in Buying
It is economy to buy a whole ham and use it in a variety of ways. Have the retailer cut it as follows:

2. Separate butt into two pieces, cutting parallel to and just back of the aitch bone. Use smaller piece for seasoning.
3. Cut meaty piece of butt into double ham slices, which may be used the same as a center ham slice.

7. Budget Ham Slices

Have meat retailer cut 2 double slices, three-fourths inch thick, from the ham butt. Combine flour, sugar, mustard and water and spread over one slice. Cover with second slice. Place meat in baking dish. Add milk, cover and cook in moderate oven (300°F.) for 2 hours or until tender. Serves 8.

8. Kidney Rolls

Remove all fat from kidneys. Split in half and remove the hard white portion in the center. Cut the kidney into 1 inch cubes. Wash carefully. Simmer in water to cover until tender. The pork and lamb kidneys will cook in about 30 minutes. The cubes of beef kidney will require about 1 hour. Drain. Cover kidney with one-fourth inch coating of Bread Dressing and wrap with a slice of bacon. Fasten each with wooden pick. Place in baking pan and bake in a moderate oven (375°F.) for 30 minutes or until bacon is crisp and brown. Serves 4.

BREAD DRESSING

Combine bread crumbs, onion, parsley, beaten eggs, seasonings, and enough stock or water to make a dressing which will hold together.
9. Lamb Stew, Dumplings

- 2 pounds lean lamb shoulder
- 3 tablespoons lard or drippings
- 3 cups water
- 4 carrots
- 6 small white onions
- 6 medium sized potatoes
- 11/2 teaspoons salt
- Pepper
- 2 tablespoons chopped parsley
- Paprika

Cut meat into 2-inch cubes. Brown in hot fat. Add water and simmer until meat is tender, about 2 hours. Prepare vegetables. Cut carrots and potatoes in half lengthwise, and leave onions whole. Add to meat 45 minutes before it is done. Cover and allow vegetables to cook 30 minutes, then drop dumplings by teaspoonfuls on top of stew. Cover closely and steam 12 to 15 minutes without removing cover. Remove stew to a hot platter, piling the meat in the center and arranging the vegetables and dumplings in separate piles around meat. Sprinkle meat with chopped parsley and dumplings with paprika. Thicken gravy and serve separately. Serves 6.

DUMPLINGS

<table>
<thead>
<tr>
<th>11/2 cups flour</th>
<th>1 teaspoon salt</th>
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<tbody>
<tr>
<td>1 tablespoon baking powder</td>
<td>1 egg</td>
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<tr>
<td>1 tablespoon lard</td>
<td>1/2 cup milk</td>
</tr>
</tbody>
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Sift flour once, measure and sift again with salt and baking powder. Beat egg until light. Add melted lard and milk. Combine liquid and dry mixtures and stir only until flour disappears.

10. Broiled Liver Sausage

Buy 1 1/2 pounds liver sausage and slice one-half inch thick. Remove casing and sprinkle with lemon juice. Broil or fry. Serves 8.

To Broil: Place on broiler rack so that surface of meat is 3 inches from source of heat. Brown on one side. Turn and brown on second side. Allow about 5 minutes to brown each side. Only one turning is necessary.

To Fry: Place in a hot greased frying-pan. Brown first on one side then on the other. Reduce the heat and turn the meat as often as necessary to insure thorough even heating.

11. Sausage 'n' Squash

- 1 pound bulk pork sausage
- 4 Acorn squash
- Salt and pepper

Divide the sausage into 8 patties. Wash the squash. Split lengthwise, remove seeds, sprinkle with salt and pepper and fill with sausage patties. Place on a flat baking pan and bake in a moderate oven (375° F.) for 1 to 1 1/2 hours or until done. Yields 8.

12. Bran Applesauce Cookies

- 1 1/4 cups flour
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 teaspoon salt
- 1/2 cup lard
- 1 cup sugar
- 1 egg
- 1 teaspoon soda
- 1 cup sweetened applesauce
- 1 cup raisins
- 1 cup shredded bran

Sift flour, measure and sift again with spices and salt. Cream lard and sugar; add egg and beat well. Add soda to applesauce. Combine dry ingredients with creamed mixture alternately with the soda and applesauce. Add raisins and shredded bran. Drop by teaspoonfuls on greased baking sheets, about 2 inches apart to allow for spreading. Bake in a moderate oven (375° F.) 15-20 minutes. Yield: 3 dozen cookies (2 1/2 inches in diameter).

13. Potato Doughnuts

- 6 cups flour
- 7 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 3 eggs
- 2 cups sugar
- 1 1/2 cups warm mashed potatoes
- 6 tablespoons melted lard
- 1/4 cup milk

Lard for deep fat frying

Sift flour once, measure and sift again with baking powder, salt and nutmeg. Beat eggs, add sugar, potatoes and lard and continue beating. Add milk and combine. Add dry ingredients and mix only until flour disappears. Chill. Place about one-third of the dough at a time on a lightly floured cloth. Sprinkle surface lightly with flour and roll to one-half inch in thickness. Cut with floured doughnut cutter. Fry until golden brown in hot deep lard (375° F.). Drain on absorbent paper. Roll in granulated or confectioners sugar if desired. Yield: 4 dozen doughnuts.

14. Fried Meat Pies

- 2 cups ground cooked left-over meat
- 1 cup thick gravy or white sauce
- Salt
- Pepper
- 2 cups Homemade Biscuit Mix
- 1 egg
- Milk

Lard for deep fat frying

Combine ground meat with gravy or white sauce to make a stiff paste. Season to taste. Add the egg and enough milk to the biscuit mix to make a soft dough. Roll to one-fourth inch thickness. Cut into rounds. Place a teaspoonful of meat paste in the center of one round. Cover with another round and press edges together to seal. Drop into a kettle of deep hot lard at 375° F. and fry until brown, about 3 or 4 minutes. Serve at once. Tomato Sauce may be served with the meat pies. Yield 16 to 20 pies.
15. Scrapple Up-to-Date

1 pound pork shoulder
1 quart water
1 1/2 cups cornmeal
1 teaspoon salt
1 tablespoon finely chopped celery leaves
1/4 cup chopped parsley
1/2 teaspoon sage
1 egg
Cracker crumbs
Butter

Simmer meat in water until tender. Remove meat, cool and grind. Measure remaining liquid and add enough water to make one quart. Bring broth to broil, and add cornmeal slowly, stirring constantly until thick. Add seasonings and meat. Pour mixture into loaf pan and chill until set. Slice, dip in egg which has been beaten, then in cracker crumbs. Fry in butter until nicely browned. Serves 12 to 14.

16. Topsy Turvy Meat Pie

1 pound ground beef
1 cup sliced onion
2 tablespoons lard
1/4 teaspoon celery seed
1/2 teaspoon pepper
1 teaspoon salt
1 can tomato soup
1 cup milk
2 cups Homemade Biscuit Mix

Add meat to onion which has been browned in lard. Cook until brown and crumbly but not hard. Add seasonings and tomato soup and simmer until thick. Add milk to biscuit mix and stir well. Pour over hot meat. Bake in a hot oven (450° F.) for 20 minutes. Turn out onto chop plate. Cut in wedges and serve hot. Serves 6.

Recipe suggested by Mrs. Edward Hartlieb, Charleston, W. Va.

17. Corn Belt Spaghetti

3 pounds pork shoulder steaks
1/4 pound salt pork
3 large cloves garlic
2 medium onions
2 No. 1 1/2 cans tomato paste
1 No. 2 1/2 can tomatoes
1 No. 2 can button mushrooms
1 red hot pepper
1 tablespoon salt
1 teaspoon pepper

1 pound spaghetti

Have pork steaks cut 1 inch thick. Dice salt pork and brown with garlic. Mash out as much juice and pulp as possible from the garlic and remove the cloves. Brown the shoulder steaks in this fat. Chop onion and add with remaining ingredients to meat. Cover and simmer for 3 hours or more. Before serving remove the bones from the chops and cut in 2-inch pieces. Cook spaghetti in a large kettle of boiling salted water until tender. Drain. Serve meat sauce over spaghetti. Serves 8.

Recipe suggested by Mrs. Arthur A. Weaver, Cincinnati, Ohio.
18. Banana Upsidedown Gingerbread

- ⅛ cup molasses
- ⅛ cup buttermilk
- 2 cups Homemade Gingerbread Mix
- 1 egg
- 2 bananas

Whipping Cream

Heat molasses and buttermilk. Add to gingerbread mix, stirring until dry ingredients disappear. Beat egg until fluffy, and stir into batter. Cut waxed paper to fit bottom of coffee cake pan (6 x 10 inches) and cover with a layer of sliced bananas cut about one-quarter inch thick. Pour gingerbread batter over bananas and bake in a moderately hot oven (400° F.) for 25 minutes. Serve hot with whipped cream. Serves 6 to 8.

19. Salt Pork and Cream Gravy

- 1 pound salt pork
- Boiling water
- ½ cup corn meal
- 2 tablespoons lard

Slice salt pork one-fourth inch thick. Pour boiling water over meat and drain. Dip slices of pork in corn meal and fry in hot lard until a golden brown. Serve with Cream Gravy. Serves 6.

CREAM GRAVY

- 4 tablespoons flour
- 4 tablespoons fat from salt pork
- 2 cups milk

Add dry flour to hot fat, stirring constantly. Add milk gradually stirring until thick.

20. Rainbow Fluff

- 1 package cherry flavored gelatin
- 1 package lime flavored gelatin
- 1 package lemon flavored gelatin
- 6 cups hot water

Fresh fruit

Dissolve each package of gelatin separately in 2 cups of hot water. Place in refrigerator. As the gelatin begins to congeal, whip until light and fluffy. Return to refrigerator. When firm, pile the three colors alternately on a large serving plate. This will give a rainbow effect. Arrange fresh fruits in season in the center. Serves 8.
21. Ham Bran Cakes
1 pound ground smoked ham
1/2 pound ground lean pork
1 egg
1/2 teaspoon ground cloves
1 tablespoon brown sugar
3/4 cup milk
3/4 cup shredded bran
Combine meat with egg, seasonings, milk and bran. Shape into small cakes, place in shallow baking pan and bake in moderate oven (375° F.) until done, about 45 minutes.

22. Texas Rice
1 cup raw rice
4 tablespoons lard or drippings
1/2 clove garlic
3 small chili peppers
1 1/2 teaspoons salt
1 No. 2 can tomatoes
1 1/2 cups water
Cook rice in the fat to a golden brown. Chop garlic and peppers and add with remaining ingredients. Cover and cook slowly until rice is dry and grains stand apart, about 45 minutes. Serve as a vegetable accompaniment for the meat course. Serves 6.

23. Burnt Almond Parfait
1 cup sugar
4 tablespoons hot water
1/2 cup shredded toasted almonds
2 eggs
1 1/2 cups whipping cream
Melt sugar in skillet until a light brown liquid. Add hot water and cook until sirup spins a thread. Pour sirup over well-beaten egg yolks, beating constantly. Fold in beaten whites, beating until cool. Whip cream until thick but not stiff. Combine with burnt sugar mixture and almonds. Pour into freezing tray and freeze until firm. Serves 8.

Meat is a richer source of more dietary essentials than any other food.

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Homemade Mixes and Their Uses

Homemade Pie Mix

7 cups flour
4 teaspoons salt
2 cups lard

Sift flour, measure and add salt. Cut lard into flour and salt with a fork or pastry blender until the crumbs are coarse and granular. Cover and place in refrigerator until ready to use.

LEMON PASTRY

1½ cups Homemade Pie Mix
1 teaspoon grated lemon rind
½ tablespoon sugar
1 tablespoon lemon juice
1 tablespoon cold water

CHEESE CRUST

For upper crust use
¾ cup Homemade Pie Mix
½ cup grated American Cheese
1-1½ tablespoons cold water
(Good with apple pie)

SPICE PASTRY

1½ cups Homemade Pie Mix
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg
⅛ teaspoon cloves
1-3 tablespoons cold water

Homemade Biscuit Mix

8 cups flour
¼ cup baking powder
4 teaspoons salt
1½ cups lard

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.

WAFFLES

2 cups Homemade Biscuit Mix
2 eggs
2 tablespoons sugar
Milk to make proper consistency

COFFEE CAKE

2 cups Homemade Biscuit Mix
4 tablespoons sugar
1 egg in measuring cup
Milk to fill cup

BISCUITS

2 cups Homemade Biscuit Mix
Milk to make soft dough

DUMPLINGS

2 cups Homemade Biscuit Mix
Milk to make drop batter

Homemade Gingerbread Mix

4 cups flour
1 tablespoon soda
1 teaspoon baking powder
1 tablespoon ginger
1 teaspoon cinnamon
1 teaspoon salt
1 cup sugar
1 cup lard

Sift flour once, measure and sift again with remaining dry ingredients. Cut lard into dry ingredients with a pastry blender until mixture is fine. Store gingerbread mix in refrigerator using from it whenever hot gingerbread is desired. Yield: 6 cups.

Recipe suggested by Mrs. P. W. Allin, Dallas, Tex.

VARIOUS USES

In this and the other recipe booklets of the American Way Cooking School will be found directions for using Gingerbread Mix to make Muffins, Waffles, Shortcakes, and Upside-Down Gingerbread.
TUESDAY NIGHT, OCT. 22
“G-E” ELECTRIC RANGE, Courtesy Barker-Fowler Electric Co.

WEDNESDAY NIGHT, Oct. 23
“MONARCH” ELECTRIC RANGE—Courtesy of the Manufacturer, East Lansing Electric Co. and Board of Water and Electric Light Commissioners

THURSDAY AFTERNOON, OCT. 24
“KELVINATOR” ELECTRIC RANGE—Courtesy Lansing Dry Goods Co. and Lapp Electric Co.

FRIDAY NIGHT, OCT. 25 — (Two Ranges to Be Given Away)
“HOTPOINT” ELECTRIC RANGE—Courtesy The Jury-Rowe Co.
“WESTINGHOUSE” ELECTRIC RANGE—Courtesy F. N. Arbaugh Co., Board of Water and Electric Light Commissioners, East Lansing Electric Co. and VanDervoort Hardware Co.

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