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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

Third Session

Miss Emily Conklin, Demonstrator
ROAST LOIN OF PORK

1. In purchasing a pork loin, have the retailer saw across the ribs close to the backbone. During the roasting, the backbone becomes loosened.

2. After roasting, before taking it to the table, remove the backbone by cutting between it and the rib ends.

3. The roast is placed on the platter so that the rib side faces you. The rib bones are your guides for slicing. Insert the fork firmly in the top of the roast, and cut close against both sides of each rib. You alternately make one slice with a bone and one without. In a small loin each slice may contain a rib. Two slices for each person is the usual serving.
1. Rump Roast of Veal

3-4 pound veal rump roast
Salt and pepper
8 slices bacon

Season the roast and place on rack in an uncovered pan. Lay bacon slices over top of roast. Insert the meat thermometer so that the bulb is in the center of the thickest part. Do not cover roast and do not add water. Place in a slow oven (300° F.) and roast until the thermometer registers 170° F. Allow about 35 to 40 minutes to the pound. Serves 6.

2. Family Reunion Ham Loaf

3 pounds ground smoked ham
3 pounds ground pork
3 eggs
1 large can evaporated milk
1 can condensed tomato soup
1 cup cracker crumbs

Combine all ingredients thoroughly. Pack into two meat loaf pans (5x9 inches) and bake in a moderate oven (375° F.) for 1½ hours. Serve hot or cold with Epicurean Sauce. Serves 30.

Recipe suggested by Mrs. J. E. Millizen, Oak Park, Ill.

EPICUREAN SAUCE

1 pint whipping cream
3/4 cup mayonnaise
1/2 cup horseradish
4 teaspoons prepared mustard
2 teaspoons salt
1/4 cup chopped parsley

Whip cream until stiff. Fold in other ingredients until well blended. Serve chilled. Serves 30.

3. Boston Cream Pie

1 1/4 cups cake flour
1/2 cup lard
7/8 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 cup milk
2 eggs

Sift flour and measure. Cream one-half cup flour and lard together thoroughly. Add the remaining flour, the sugar, baking powder, salt, vanilla and one-third cup milk. Stir and beat vigorously until smooth and fluffy. Add remaining milk and beat thoroughly. Add eggs one at a time beating well after each addition. Pour into a round 9-inch cake pan and bake in a moderate oven (350° F.) for 35 minutes. When cool, split into two layers. Fill with Custard and dust top with confectioners sugar. Serves 8.

CUSTARD

2 cups milk
1/2 cup sugar
3 tablespoons cornstarch
2 eggs
1/2 teaspoon vanilla extract
1/4 teaspoon lemon extract
1/4 teaspoon almond extract
1 tablespoon butter
1/2 teaspoon salt

Scald 1 1/4 cups milk and sugar. Dissolve cornstarch in remaining one-fourth cup milk and add to hot milk, stirring constantly until cornstarch is cooked. Beat eggs until light and fluffy. Stir hot mixture into eggs and cook slowly about 2 minutes. Add flavorings, butter and salt.
4. Pocket Round Steak

Muscular structure divides the beef round into four parts as illustrated:
1. Sirloin tip.
2. Top Round.
3. Eye of Round.

1 slice top round
Salt and pepper
Sausage dressing
3 tablespoons lard or drippings
1/4 cup catsup
2 tablespoons grated onion
1 tablespoon grated lemon peel
1/4 cup water

Have top round cut 2 inches thick and a pocket cut in it from the lean side. Season inside and out and fill with Sausage Dressing. Brown on both sides in hot lard or drippings. Add catsup, onion, lemon peel and water. Cover and simmer about 2 hours or until tender, adding water if needed. Serves 8.

SAUSAGE DRESSING

1/4 pound bulk pork sausage
2 tablespoons grated onion
2 tablespoons chopped parsley
2 cups fresh bread crumbs
Salt and pepper
Stock or water

Fry sausage with onion and parsley until meat separates. Add crumbs and seasonings and enough liquid to make a moist dressing. While hot, fill pocket of round.

5. Gingerbread Waffles

1/2 cup buttermilk
1/2 cup molasses
2 cups Homemade Gingerbread Mix
1 egg

Ice Cream

Heat buttermilk mix, stirring until dry ingredients disappear. Beat egg until fluffy and stir into batter. Bake in a hot waffle iron 4 to 5 minutes or until waffle is done. Serve hot with ice cream. Yield: 3 waffles.

6. Gooseberry Pie

2 cups Homemade Pie Mix
2-5 tablespoons cold water

Add water to pie mix, a small amount at a time mixing quickly and evenly until the dough just holds in a ball. Roll one-half the dough to about one-eighth inch in thickness and line pie pan, allowing one-half inch of the pie crust to hang over the edge. Fill with gooseberry mixture. Roll out remaining pastry, making several gashes to allow escape of steam, and place over filling. Allow top crust to overlap lower crust. Moisten lower edge to seal well and fold top crust under the lower. Crimp edges. Bake in hot oven (450° F.) for 15 minutes, reduce heat to moderate oven (350° F.) and continue baking for 30 minutes. Serves 6.

FILLING

2 No. 2 cans gooseberries
4 tablespoons cornstarch
1 cup sugar
1 tablespoon butter
1/4 teaspoon salt

Drain gooseberries saving one-half cup of liquid. Mix liquid with cornstarch and cook until very stiff. Add sugar gradually and continue cooking about 5 minutes or until sugar is dissolved. Add butter, salt and gooseberries, stirring carefully to prevent crushing berries.
LAMB CHOP LESSON

There are three kinds of lamb chops, as here illustrated. All may be broiled.

Rib Chop

Loin Chop

Shoulder Chop or Steak

7. Lamb Chops Stanley

6 loin lamb chops
Salt and pepper
6 bananas
Melted butter

Have chops cut at least 1 inch thick. Broil or panbroil allowing about 7 to 8 minutes to a side. Serve with bananas. Serves 6.

To Broil: Arrange on a broiler rack and place in broiler oven allowing 2 inches between surface of chops and source of heat. Brown chops on one side, season with salt and pepper, turn and brown other side. Only one turning is necessary. Arrange peeled bananas on rack of broiler when chops are turned. Brush bananas with melted butter and sprinkle with salt. Cook while chops brown on second side. When brown and tender arrange on platter around chops and serve immediately.

8. Lamb Chops New Orleans

6 shoulder lamb chops
1 tablespoon lard
1 teaspoon salt
\( \frac{1}{2} \) teaspoon pepper
1\( \frac{1}{2} \) cups tomato juice
\( \frac{1}{4} \) cup chopped green pepper
2 small onions

Have chops cut an inch thick. Brown in lard until golden brown. Season with salt and pepper. Add remaining ingredients. Cover and simmer 30 minutes or until tender. Serves 6.

Recipe suggested by Mrs. Luella M. Fisher, Buffalo, N. Y.

9. Currant Turns

2 cups Homemade Biscuit Mix
Milk
3 tablespoons butter
\( \frac{1}{2} \) cup brown sugar
1 teaspoon cinnamon
\( \frac{1}{2} \) cup currants
\( \frac{1}{2} \) cup chopped nut meats

To biscuit mix add enough milk to make a soft dough. Turn onto floured pastry cloth. Knead dough until dough is smooth. Roll as nearly round as possible, one-half inch thick. Spread with butter and sprinkle with sugar and cinnamon, currants and nuts. Cut circle into eight wedge-shaped pieces and roll, starting at wide end. Place on greased cookie sheet and bake in a hot oven (425° F.) for 20 minutes. Serves 8.
10. Gingersnaps

5 cups flour
1 tablespoon soda
1 1/2 teaspoons salt
1 tablespoon ginger
1 cup lard
2 cups brown sugar
2 eggs
1 teaspoon vinegar
1/2 cup dark molasses

Sift flour once, measure and sift again with soda, salt and ginger. Cream lard, add sugar and continue creaming. Add beaten eggs, vinegar and molasses. Mix in dry ingredients and roll in balls using about 2 1/2 tablespoons of dough for each. Place on a cookie sheet and bake in a moderately hot oven (400° F.) for 12-15 minutes. The cookies are very soft when done. Yield: 4 dozen.

Recipe suggested by Miss Iva Johnson, Des Moines, Ia.

11. Balanced One-Dish Meal

1/2 pound ground beef
1/2 pound ground pork
2 tablespoons lard
1 small onion
1 cup celery
1 can Chinese vegetables
1 cup uncooked spaghetti
1 10-ounce can tomato soup
1/2 cup grated cheese
1/2 cup liquid from vegetables
1 1/2 teaspoons salt


Recipe suggested by Mrs. N. C. Hott, Ft. Worth, Texas.

12. Versatile Bread Pudding

6 slices bread or 4 cups dry bread cubes
4 eggs
1/2 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon lemon extract
1/2 teaspoon nutmeg
2 cups scalded milk

Dice bread into one-half inch cubes and dry. Separate eggs. Beat yolks until fluffy. Gradually add sugar, extracts, and nutmeg. Pour in hot milk beating continuously. Pour hot mixture over bread crumbs. Beat egg whites until stiff and fold into crumb mixture. Pour into baking pan (6x10 inches) and bake in a moderate oven (350° F.) for 25 minutes. This recipe is interesting because the same mixture can be poured into a freezing tray, frozen until firm and served cold. Serves 6.

13. Roast Loin of Pork

6 slices bread or 4 cups dry bread cubes
4 eggs
1/2 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon lemon extract
1/2 teaspoon nutmeg
2 cups scalded milk

Loin of pork, showing method of removing backbone.

Have meat retailer remove meat from rib ends of pork loin to make a Frenched loin. Also ask him to separate the backbone from the ribs by sawing lengthwise, at right angles to the ribs. Season with salt and pepper and place in an open roasting pan with the unprotected rib ends down. Insert a meat thermometer so that the bulb is in the center of the largest part. Roast in a moderate oven (350° F.) until the meat thermometer registers 185° F. when the meat will be done. Allow about 30 minutes per pound for roasting. Serve Corn Bread Dressing with pork loin. Serves 8 to 12.

Recipe suggested by Mrs. N. C. Hott, Ft. Worth, Texas.

14. Bland Meat Patties

1 pound ground beef
3/4 cup milk
1 1/2 teaspoons salt
3/4 teaspoon pepper
2 tablespoons lard

Soak ground meat in milk for 1 hour or until the meat has absorbed milk. Season. Shape into patties and place in hot fat. Cook slowly until done. Serves 6.

Today's Hurry-up Meal

Broiled Lamb Chops
Broiled Bananas
Green Asparagus Tips
Sliced Tomato Salad
Boston Cream Pie
Coffee
15. Mayonnaise Meat Loaf

- 3 cups diced cooked veal
- 3 tablespoons gelatin
- 3 tablespoons water
- 1 1/4 cups hot meat stock
- 1/2 cup diced celery
- 1/2 cup sliced olives
- 1 cup peas
- 3 diced hard-cooked eggs
- 2 tablespoons capers
- 1 cup mayonnaise

Cut veal in one-half inch cubes. Soak gelatin in water and dissolve in meat stock. Cool. Add remaining ingredients to diced veal. When gelatin mixture begins to congeal combine with meat mixture and pour into loaf pan (5x9 inches). Place in refrigerator and allow to stand until very firm. Serves 12.

16. Sausage Casserole

- 1 pound pork sausage links
- 2 tablespoons water
- 2 cups milk
- 1 1/2 teaspoons salt
- 1/2 cup cornmeal
- 1/2 cup shredded bran
- 6 eggs

Place sausage links in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until links are browned. Heat milk and add salt. Add cornmeal gradually and cook, stirring until thick. Add the shredded bran and spread mixture in the bottom of a round 8-inch buttered casserole. Arrange browned sausage links on top of the cornmeal mixture like the spokes of a wheel. Carefully break eggs between the links. Cover and place in hot oven (400° F.) for 10 minutes or until eggs are cooked. Serves 6.

17. Petite Potato Fritters

- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup mashed potatoes
- 1 egg
- Confectioners sugar
- Lard for deep frying

Sift flour once. Measure and sift again with baking powder and salt. Add mashed potatoes and egg and beat until well mixed. Place on floured pastry cloth and roll to about one-fourth inch in thickness. Cut into strips one-half inch wide and 3 inches long. Drop into hot lard (375° F.) a few at a time. Cook until well browned. Roll in confectioners sugar. Serve as breakfast dish with crisp bacon. Yield: 2 1/2 dozen.

18. Snack Salad, Cold Cuts

- 1 pound liver sausage
- 1 cup diced celery
- 1 cup diced cucumber
- 1/2 cup mayonnaise
- 2 tablespoons chili sauce
- 1/2 teaspoon salt
- Pepper
- 8 tomatoes

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- 1 pound assorted cold cuts
- 12 thin slices salami
- 4 tablespoons chutney
- Salad greens
- Stuffed olives

19. Old Fashioned Potato Soup

- 8 slices bacon
- 4 medium sized potatoes
- 1 large onion
- ½ cup celery
- 1¼ cups water
- 3 cups top milk
- 3 teaspoons salt
- ⅛ teaspoon pepper
- 2 tablespoons parsley

Cut bacon into small pieces and cook until crisp. Peel potatoes and onion and clean celery. Dice vegetables. Add water and cook until done. Rice vegetables and return to the water in which they were cooked. Add milk and seasonings and reheat. Just before serving float parsley and crisp bacon on soup. Serves 6.

20. Meat Tartlets

- 3 cups Homemade Pie Mix
- Ice Water

Add water to pie mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll out. Line six individual pie pans and bake in a hot oven (425°F) for 12 to 15 minutes. Fill with Veal à la King. Serves 6.

**VEAL À LA KING**

- 1 pound cooked veal shoulder
- 3 pimientos
- 1 4-ounce can mushrooms
- 2 tablespoons butter
- 4 tablespoons flour
- ½ cup chopped green pepper
- 2 cups veal stock or milk
- 1 teaspoon salt
- ⅛ teaspoon pepper

Dice meat and pimientos; slice mushrooms. Cook green pepper in butter for a few minutes. Remove and combine with meat, pimientos, and mushrooms. Add flour to butter. Stir until smooth, add veal stock or milk and cook until thick, stirring occasionally. Add meat mixture and heat thoroughly.
21. Carrot Fruit Salad

- 2 cups pineapple juice
- 2 packages orange flavored gelatin
- 6 tablespoons lemon juice
- 1 cup orange juice
- 4 cups grated raw carrots
- 1 cup orange sections
- 1 teaspoon salt

Greens

Heat pineapple juice and pour over gelatin. Stir until dissolved. Add lemon and orange juice. Chill until mixture begins to congeal. Fold in carrots and orange sections with the salt. Pour into mold and chill until firm. Turn onto chilled platter. Garnish with greens. Serves 8 to 12.

22. Chopped Liver Spread

- ½ pound liver
- Water
- 2 medium onions
- 6 hard-cooked eggs
- Salt and pepper
- 3 tablespoons melted butter

Greens

Simmer liver in water until tender. Drain. Chop in chopping bowl or put through food chopper with fine knife. Chop onions and hard-cooked eggs. Combine all with salt and pepper to season and melted butter to make a thick paste. Pack into mold and chill thoroughly. Turn onto chilled platter and garnish with sliced hard-cooked egg and greens. Serve as a luncheon meat or spread on toast or crackers. Yield 2 cups.

23. Souffle Crackers

- 12 soda crackers
- Ice Water
- 1 tablespoon butter

Greens

Soak crackers in ice water for eight minutes. Lift each cracker out of water with pancake turner and place on cookie sheet. Dot with butter and bake in very hot oven (500° F.) about 10 minutes or until browned and puffed, then reduce heat to moderate (375° F.) and continue baking about 20 minutes or until crisp. Spread with Chopped Liver and serve as salad accompaniment or as hors d’ouvres. Serves 12.
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
1 1/3 cups Homemade Pie Mix
1 teaspoon grated lemon rind
1/2 tablespoon sugar
1 tablespoon lemon juice
1 tablespoon cold water

CHEESE CRUST
For upper crust use
3/4 cup Homemade Pie Mix
1/2 cup grated American Cheese
1-1 1/2 teaspoons cold water
(Good with apple pie)

SPICE PASTRY
1 1/3 cups Homemade Pie Mix
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon cloves
1-3 tablespoons cold water

Homemade Biscuit Mix
8 cups flour
1/4 cup baking powder
4 teaspoons salt
1 1/2 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.
FREE GIFT LIST

TUESDAY NIGHT, OCT. 22
“G-E” ELECTRIC RANGE, Courtesy Barker-Fowler Electric Co.

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“MONARCH” ELECTRIC RANGE—Courtesy of the Manufacturer, East Lansing Electric Co. and Board of Water and Electric Light Commiss'rs

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

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