Presented by
BOARD OF WATER AND ELECTRIC LIGHT COMMISSIONERS
Cooperating With
ELECTRIC APPLIANCE DEALERS of LANSING & EAST LANSING
Prudden Auditorium
OCTOBER 21, 22, 23, 24, 1941
FIRST SESSION
Four Sessions

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn Street
Chicago, Illinois
The importance of good food and its relation to health is being impressed upon the mind of the public these days, and homemakers are more anxious than ever to see that their families are properly fed to insure good health and the ability to work hard and stand up to any situation. The aim of the Better Meals Cooking School is to help the homemaker in this task.

Proper food, well prepared is the foundation of good nutrition.

Building meals around the meat course is one of the best ways to make sure that they are nutritious, for meat contributes a large proportion of the essential food elements. Besides protein and minerals, meat is now known to be an excellent source of vitamins, especially the important group of B vitamins, which are so essential for maximum health and efficiency. This cooking school brings much helpful information on meat selection and cookery, and meat's place in the balanced diet.

In planning a meal, homemakers are concerned in appetite appeal and cost, as well as good nutrition. These have been taken into consideration, along with the nutritive value of the food, in the menus and recipes offered in this book and by Better Meals Cooking School.

How to Plan the Diet for Health and Vigor

1. Plan menus for a week, if possible. Purchasing to allow for leftovers always is economical.

2. Consider the day as a unit in planning menus and include all necessary foods.

3. Include the following foods each day: meat, milk and other dairy products, eggs, vegetables, fruits, whole grain or enriched bread and cereals, and butter or vitamin A oleomargarine. Using sufficient of these will assure a supply of the essential food elements.

4. Add other foods to provide for energy needs and to give variety.

5. Use one raw fruit, a citrus fruit or tomato juice, daily.

6. Have potatoes at least once a day and a yellow or green vegetable several times a week.

7. Plan individual meals around meat to assure having meals more pleasing, satisfying and nutritionally adequate.

8. Vary flavors and textures of food to make meals more interesting. Avoid serving several strong flavored dishes or several smooth dishes at one meal.
Why Meat in the Diet Protects Health

Meat contributes to the diet many necessary elements which build and regulate the body and maintain health. Meat provides:

- High quality protein for building and repairing the body.
- Heat and energy for work and play.
- Phosphorus for strong bones and teeth.
- Iron for building blood.
- Copper for aiding the body in using iron.
- Vitamins for growth and the maintenance of health, especially the B vitamins and vitamin A from liver, kidney and heart.

Children need generous amounts of meat. They need more of the food essentials than adults to provide for normal growth and development.

Meat protects health when a person is trying to lose or gain weight.

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SUCCESSFUL MEAT COOKERY
plays an important part in serving Better Meals

The aroma and appearance of a well-cooked, attractively served meat dish stimulate the appetite and make all meals enjoyable. Better Meals Cooking School brings many recipes for meat dishes which will lend variety to the menu, be it for a budget or company meal.

For successful meat cookery, always follow these simple rules:

(1) USE DRY HEAT FOR TENDER CUTS, MOIST HEAT FOR LESS TENDER CUTS.

(2) ALL MEATS SHOULD BE COOKED AT A LOW TEMPERATURE.

There are only five general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

ROASTING
1. Season meat with salt and pepper.
2. Insert meat thermometer so that the bulb reaches center of thickest muscle. Be sure it does not rest on fat or bone.
3. Place the roast, fat side up, on a rack in an open roasting pan. Then no basting is necessary.
4. Do not add water.
5. Do not cover.
6. Put in a slow oven (300°F.-350°F.) and roast until done.

BROILING
1. Place meat on broiling rack with top surface 3 inches from source of heat for steaks or chops 2 inches thick; 2 inches from heat for meats 1 inch thick or less.
2. Broil on one side until nicely browned.
3. Season with salt and pepper.
4. Turn and finish cooking on second side.
5. Season second side and serve at once.

PANBROILING
1. Place meat in heavy frying pan. Do not add fat or water. Do not cover.
2. Brown meat on both sides.
3. Reduce temperature, and cook slowly until done, turning from time to time to cook uniformly.
4. Pour off fat as it accumulates so meat will panbrol, not fry.

BRAISING
1. Season the meat with salt and pepper, and dredge with flour, if desired.
2. Brown on all sides in hot lard.
3. Add a small quantity of liquid.
4. Cover tightly.
5. Cook slowly, either on top of range or in oven, until done.

COOKING IN WATER
Stews
1. Cut meat in 1 to 2 inch cubes.
2. Season with salt and pepper.
3. Brown on all sides in hot lard, if desired.
4. Cover with water, either hot or cold.
5. Cover kettle tightly.
6. Cook slowly until done. Do not boil.
7. Add vegetables just long enough before serving that they will be done and not overcooked.

Large Cuts
1. Cover meat with water, either hot or cold.
2. Season with salt and pepper.
3. Cook slowly. Allow to simmer, not boil.
4. Add vegetables, if desired, just long enough before serving so they will be done.
1. American Style Leg of Lamb
Do Not Remove Fell from Roast

Purchase an American style leg of lamb. Do not have the fell removed. Season with salt and pepper and place meat skin side down on a rack in an open pan. Make a small incision through the fell and insert a meat thermometer so that the bulb reaches the center of the thickest part. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the desired degree of doneness is reached. If the meat thermometer is used, it should register 175° F. for medium-done lamb and 180° F. for well-done lamb. Allow approximately 30 to 35 minutes per pound. A 6-pound leg of lamb will serve 8 to 10 people.

2. Swiss Steak
Popular, Yes, with Both Family and Guests

4 pounds chuck steak
1 teaspoon salt
½ teaspoon pepper
½ cup flour
4 tablespoons lard
½ cup water

Have arm or blade steak cut 1½ inches thick. Season. Pound flour well into the steak. Brown in hot fat. Add water, cover and simmer 2 hours or until tender. This may be cooked in moderate oven (350° F.) for the same length of time. Serves 8.

3. Paprika Veal
Old World Recipe in the American Way

1½ pounds veal steaks
Lard or bacon drippings
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon paprika
½ cup water
Paprika Sauce

Brown veal in hot fat. Add seasonings and water. Cover. Allow to simmer 30 minutes. Cover with Paprika Sauce and continue cooking slowly 30 minutes more, or until meat is tender. Serves 6.

PAPRIKA SAUCE
4 tablespoons butter
4 tablespoons flour
2 cups milk
Paprika
Salt and pepper

Melt butter, add flour and combine. Add milk gradually, and cook, stirring constantly until thickened. Add paprika to color and salt and pepper to taste.
4. Orange Fluff Pie
A Baked Pie with a Chiffon Texture

1¼ cups Homemade Pie Mix (See p. 13)
1 to 3 tablespoons cold water
Orange Fluff Filling

Measure pie mix. Add water, 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 an 8-inch pie pan. Prick well. Bake in hot oven (425° F.) for 15 minutes. Fill with Orange Fluff Filling and bake as directed in filling recipe. Serves 6.

**ORANGE FLUFF FILLING**

3 eggs
1 cup sugar
Grated rind 1 orange
½ cup orange juice
½ cup lemon juice

Separate eggs and beat yolks until thick and lemon colored. Add half the sugar, the grated rind and juices and beat until well mixed. Cook over hot water until thick, stirring constantly. Beat egg whites until stiff but not dry. Add remaining sugar gradually and continue beating until the sugar is dissolved. Fold half of meringue into hot mixture and pour into a baked pie shell. Cover with remaining meringue and bake in a moderately hot oven (400° F.) for 6 to 8 minutes or until brown.

5. Savory Meat Loaf
Flavor Through and Through

½ pound ground beef
½ pound ground veal
½ pound ground pork
6 slices bread
1 cup milk
1 cup buttermilk
¼ cup grated onion
½ cup grated raw potato
2 teaspoons sugar
2 teaspoons salt
½ teaspoon pepper

Have meat retailer grind meat 3 times. Remove crusts from bread and soak in milk for 1 hour. Thoroughly mix all ingredients. Pack into loaf pan (5x9 inches). Bake in a moderate oven (350° F.) for 1½ hours. Serves 6.

6. Pork Patties
Pork Is a Fine Source of Thiamine

1 pound ground pork
½ clove garlic
2 tablespoons water
½ cup chopped parsley
1 cup cooked rice
1 teaspoon salt
½ teaspoon pepper
¼ teaspoon nutmeg
1 egg
2 tablespoons lard or drippings

7. Tasty Lamb Stew  
Stew Meat Is Always a Good ‘Buy’

Brown meat in lard. Season, add water, onion and tomato juice. Cover and simmer 1 hour or until meat is nearly done. Prepare vegetables. Cut potatoes in half and quarter the parsnips. Add all vegetables to stew. Sprinkle with remaining seasonings. Cover and simmer until vegetables are done, about 45 minutes. Pile meat and vegetables on chop plate. Make a paste with flour and small amount of water. Use to thicken gravy. Serve gravy separately. Serves 8.

8. Baked Frankfurters with Stuffing  
Frankfurters Join the “Four Hundred”

Purchase the large frankfurters. Cut each frankfurter partially through, lengthwise. Cut bread into small cubes. Cook onion slowly in melted butter until lightly brown. Add parsley, bread cubes and seasonings. Place dressing in opening in each frankfurter. Wrap with slice of bacon and fasten with a wooden pick. Bake in a shallow pan in a moderate oven (375° F.) for 30 minutes or until bacon is done. Serves 6.

This recipe for Baked Frankfurters with Stuffing can be varied by using cheese, mashed potatoes or chopped pickle in place of the bread dressing.
9. **Succotash and Salt Pork**  
*Economy Combined with Flavor*

1 pound salt pork  
2 cups dried lima beans  
1 No. 2 can corn  
1 1/2 cups milk  
Salt and pepper  
1/2 cup flour

Have salt pork sliced one-fourth inch thick. Wipe with a damp cloth.  
Soak beans overnight. Drain and cover with water, and bring to a boil. Drain again and cover with fresh water. Add the salt pork and cook slowly until the beans are tender but not broken. Drain again. Combine beans, corn, milk, and salt and pepper to taste. Place in a flat pan (8x12 inches) and sprinkle with flour. Arrange slices of salt pork over the top. Bake in a moderate oven (350° F.) for 1 hour, adding more milk, if necessary. Serves 8 to 10.

10. **Sugar Dumplings**  
*Easy, Economical Yet Elegant*

2 cups Homemade Biscuit Mix  
(See p. 13)

Milk  
6 tablespoons butter  
1 1/2 cups sugar  
1 cup water

To biscuit mix add enough milk to make a soft dough. Turn onto floured surface. Knead until dough is smooth. Roll to one-fourth inch in thickness. Cut into 6 rounds, using a saucer as a pattern. In the center of each round, place 1 tablespoon butter and 2 tablespoons sugar. Pull edges together and place in a well buttered pan with the rounded side uppermost. Make a syrup by heating together the water and remaining sugar. Pour over the dumplings and bake in a moderately hot oven (425° F.) for 20 to 25 minutes. Serve warm with cream or top milk. Serves 6.

11. **Economy Crown of Lamb**  
*A Thrift Cut Appears at a Party*

2 lamb breasts  
Salt and pepper  
Water  
4 tablespoons flour  
1 tablespoon Worcestershire sauce

Have meat retailer remove breast bones from lamb breasts. Trim edges to make rectangular pieces. Fold lean sides of both breasts at right angles to rib section to make a bottom in the crown. Sew sections together with the ribs on the outside. Season with salt and pepper. Fill with Rice Dressing. Place on a rack in a large kettle over water to cover bottom of pan. Cover and simmer until meat is tender, about 2 1/2 hours. Remove crown to a hot platter. Add enough water to the liquid in kettle to make 2 cups. Mix flour with one-half cup cold water. Add to hot liquid, season with Worcestershire sauce and additional salt and pepper, if necessary. Cook gravy, stirring constantly, until thick and smooth. Serves 6 to 8.

**RICE DRESSING**

1 cup uncooked rice  
1/2 pound bulk pork sausage  
2 tablespoons grated onion  
2 tablespoons chopped parsley  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
Meat stock

Cook rice in boiling salted water for 10 minutes. Drain and rinse. Brown sausage and onion in skillet. Add partially cooked rice with seasonings and enough meat stock to make slightly moist. Serves 6 to 8.

12. **French Fried Potatoes, Skin On**  
*Lazy Method and New Taste Thrill*

6 medium potatoes  
Lard for deep fat frying  
Salt and pepper

Scrub and cut potatoes into quarters without paring. Dry thoroughly and drop into a kettle of deep hot lard at 360° F. Fry until cut sides are browned, about 20 minutes. Drain on absorbent paper. Sprinkle with salt and pepper and serve immediately. Serves 6.
13. Cherry Nut Cake

It Will Be a Sensation at Your Bridge Club

3 cups cake flour
41/2 teaspoons baking powder
1 teaspoon salt
1 cup cherry juice and water
3/4 cup lard
1 1/2 cups sugar
1 1/2 teaspoons vanilla extract
3/4 cup chopped walnut meats
1 8-ounce bottle maraschino cherries
4 egg whites

Sift flour, measure, and sift again with baking powder, and salt.

FLUFFY FROSTING

1 1/4 cups sugar
1/4 teaspoon cream of tartar
1/2 cup water
3 egg whites
3/4 cup confectioners sugar
1/2 teaspoon vanilla extract

Cook 1 cup sugar, cream of tartar, and water to medium-hard ball stage (250° F.). Beat egg whites until stiff, but shiny. Add remaining one-fourth cup sugar, a tablespoon at a time, beating after each addition. After last addition of sugar, beat until mixture stands in peaks and sugar is dissolved. Slowly beat sirup into egg whites. Add sifted confectioners sugar and vanilla. Beat well.

Recipe suggestion from Mrs. Tom Monohan, Sioux City, la.

14. Supper Pancakes

A New Idea Even Father Will Try

12 slices boiled ham or left-over meat
3 cups flour
2 tablespoons baking powder
1 1/2 teaspoons salt
1/2 teaspoon dry mustard
2 eggs
2 1/2 cups milk
1/4 cup melted shortening
1 cup shredded bran

Cut meat into rounds about 3 inches in diameter. Sift flour once, measure and sift again with baking powder, salt and mustard. Beat eggs, add milk and beat together. Add dry ingredients. Stir until flour disappears. Add shortening and bran and mix. Dip each meat round in batter and bake on a hot greased griddle, turning only once. Yield: 24 pancakes.

15. Corn Bread Waffles

A Sunday Morning Treat

2 cups Homemade Corn Bread Mix
(See p. 13)
1 egg
1 cup milk
2 tablespoons sugar

Combine all ingredients and stir until barely mixed. Pour into hot waffle iron and bake until brown and crisp. Yield: 4 waffles.
16. Kidney Spoon Cakes

They’re Delicious and Highly Nutritious

1 beef kidney
1 teaspoon salt
1/2 teaspoon pepper
2 eggs
Sausage or bacon drippings
Creamed onions


Recipe suggestion from Mrs. B. E. Newman, Atlanta, Ga.

17. Pork and Veal Casserole

A Casserole Dish for a Company Meal

1 pound veal
1 pound pork
3 tablespoons lard
1 pound fresh mushrooms
1/2 pound noodles
1 small can pimiento
2 tablespoons grated onion
1/2 pound American cheese
1 No. 2 can cream style corn
1 can condensed chicken soup
2 teaspoons salt
1/2 teaspoon pepper
1/2 cup buttered crumbs


18. Banana and Apple Rings

A Tasty, Novel and Colorful Garnish

1 cup sugar
1/2 cup water
2 apples
3 firm bananas
2 tablespoons melted butter
Salt
Cinnamon

Combine sugar and water and bring to a boil. Core apples and cut each into 3 thick slices. Cook in sirup until tender but firm. Remove from sirup to broiler rack. Peel and cut bananas in thin slices. Cover apples with overlapping banana slices. Brush with butter and sprinkle with salt and cinnamon. Place in broiler until browned. Serve hot as meat accompaniment. Serves 6.
19. Dried Beef Cakes
To Tempt Breakfast Appetites

- ¼ pound dried beef
- 4 tablespoons butter
- 2 cups left-over mashed potatoes
- 1 egg
- Bacon drippings
- Parsley

Cut into small shreds all but 6 slices of the dried beef. Melt butter and add beef, stirring and cooking until brown and crisp. Combine with potatoes and beaten egg. Drop by large spoonfuls into hot drippings. Brown on both sides and serve at once. Garnish with slices of dried beef, rolled cornucopia shape around sprigs of parsley. Serves 6.

20. Peanut Crunch Cookies
Just TRY to Keep Them in the Cookie Jar!

- 1½ cups flour
- ¾ teaspoon soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup lard
- ½ cup peanut butter crunch
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 egg


21. Broiled Sirloin Steak
Peak of Perfection for Dinner DeLuxe

Have sirloin steak cut 1 to 2 inches thick. Place steak on center of broiler rack and place in broiler. Allow 2 inches between surface of meat and the source of heat for a 1-inch steak; allow 3 inches between surface of meat and the source of heat for a 2-inch steak. When steak is nicely browned on one side, it will be about half done. Season, turn and brown on other side. Only one turning is necessary. Allow 35 to 40 minutes for a 2-inch steak to be medium-done. Serves 4 to 6.

Sirloin steaks differ from each other in size, muscle structure, amount and shape of bone. Shown: Wedge bone sirloin.
22. Stewed Beef Heart
An Economical, Flavorful, Nutritious Meat

1 beef heart
Dressing
2 tablespoons flour

Wash heart thoroughly. Remove large arteries and veins from inside. Fill cavity with Dressing and skewer or sew opening. Wrap heart in cloth sewing or tying ends to keep in dressing. Place in sauce pan, point down, and cover with boiling salted water. Cover and simmer for 3 1/2 hours or until tender. Remove heart and cook down stock to 1 pint. Blend flour with small amount of cold water and thicken gravy. Serves 6.

DRESSING

1/2 cup milk
2 cups fine dry bread crumbs
1 1/2 tablespoons bacon drippings
1 egg
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon thyme
1/2 teaspoon chopped celery
1/2 teaspoon onion juice

Pour milk on crumbs and allow to stand 1 hour. Add melted drippings, slightly beaten egg and seasonings.

23. Lemon Horseradish Jelly
A Zestful Meat Accompaniment

1 package lemon flavored gelatin
1 1/2 cups hot water
12 whole cloves
1/4 teaspoon salt
1/2 cup drained horseradish

dissolve gelatin in water. Add cloves and salt. Chill. Remove cloves when gelatin begins to congeal. Add horseradish. Pour into a pan (6x9 inches) and chill until firm. Cut into squares and serve as a meat accompaniment. Serves 8.

Registration Blank
To Be Used in Awarding Gifts

Name__________________________
Address_______________________
City__________________________
24. Chinese Chop Suey
Why Not Be Hostess for a Chinese Meal?

1 cup diced raw pork or veal  
3 tablespoons lard  
1/2 cup finely cut onions  
1 1/2 cups diced celery  
1/2 teaspoon salt  
1/2 cup water or liquid from bean sprouts  
1 can bean sprouts  
3 tablespoons cornstarch  
1/8 teaspoon pepper  
1 teaspoon brown sauce  
2 tablespoons soy sauce  
2 tablespoons water

Cook meat in lard without browning for 30 minutes. Add onions, celery, and liquid. Cover and cook slowly until vegetables are done. Drain bean sprouts and add to meat mixture. Heat thoroughly. Combine cornstarch, pepper, brown sauce, soy sauce, and water and stir until smooth. Add to hot mixture, stirring constantly until thick. Serve piping hot over boiled rice. Serves 6.

25. Frozen Fruit Salad
To Open or Close the Meal

1 tablespoon gelatin  
2 tablespoons cold water  
1/4 cup boiling water  
2 tablespoons sugar  
1/2 cup lemon juice  
1 cup whipping cream  
1 cup mayonnaise  
1 cup crushed pineapple  
1 cup orange sections  
1/2 cup grapefruit sections  
1 cup white grapes  
1/4 cup diced maraschino cherries  
1 cup diced marshmallows

Soften gelatin in cold water and dissolve in boiling water. Add sugar and lemon juice. Whip cream and fold in mayonnaise. Cut fruit and marshmallows finely. Drain and fold into cream mixture. Add liquid gelatin mixture. Mix lightly and pour into two freezing trays. Freeze until firm. Yield: 1 quart.
Homemade Corn Bread Mix
A New Member of the Famous Homemade Mix Family

QUANTITY RECIPE

4 cups flour
2 tablespoons baking powder
2 teaspoons salt
1/2 cup sugar
3 cups cornmeal
1/2 cup lard

Sift flour, measure and sift again with baking powder, salt, and sugar. Add cornmeal. Cut in the lard until fine grained. Store in refrigerator. Omit sugar if unsweetened corn bread is desired. This mixture will keep in the refrigerator at least a month. It will yield 4 batches with 2 cups of mixture to the batch.

SINGLE RECIPE

1 cup flour
1 1/2 tablespoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
3/4 cup cornmeal
2 tablespoons lard

Sift flour, measure and sift again with baking powder, salt, and sugar. Add cornmeal. Cut in lard until fine grained. Yield: 2 cups cornbread mix.

Recipe suggestion from Mrs. Lehr M. Davis, Cuyahoga Falls, Ohio.

Homemade Biscuit Mix
See Different Uses Throughout Cooking School Recipe Booklets!

QUANTITY RECIPE

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 5 batches with 2 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.

SINGLE RECIPE

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

Sift flour once, measure and sift again with baking powder and salt. Cut in lard until mixture has fine even crumb. Yield: 2 cups biscuit mix.

Homemade Pie Mix
If Your Family Are "Pie-Eaters", Make Up the Quantity Recipe!

QUANTITY RECIPE

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. This mixture will keep at least a month in a refrigerator. It will yield at least 8 single pie crusts.

SINGLE RECIPE

1 cup flour
3/4 teaspoon salt
1/2 cup lard

Sift flour, measure and add salt. Cut lard into flour until crumbs are coarse and granular. Yield: 1 1/4 cups pie mix.
**FREE GIFT LIST**

**TUES. NIGHT, OCT. 21—“Westinghouse” ELECTRIC RANGE**
Courteous of ARBAUGH’S, EAST LANSING ELECTRIC CO., VANDERVOORT’S and BOARD OF WATER and ELEC. LIGHT COMMISSIONERS

**WED. NIGHT, Oct. 22—“Monarch” ELECTRIC RANGE**
Courteous of the MANUFACTURER, EAST LANSING ELECTRIC CO., and BOARD OF WATER AND ELECTRIC LIGHT COMMISSIONERS

**THURS., OCT. 23—“Hotpoint” ELECTRIC RANGE**
Courteous of THE JURY-ROWE CO.

**FRI. NIGHT, OCT. 24—TWO (2) ELECTRIC RANGES Given**
“G-E” ELECTRIC RANGE—Courteous Barker-Fowler Co.
“Kelvinator” ELECTRIC RANGE — Courtesy Lansing Dry Goods Co. and Lapp Electric Co.

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Given Away at Each School Session

**FOOD BASKETS CONTAIN THE FOLLOWING PRODUCTS**


“HOMADE” Foodstuffs from HOME DAIRY COMPANY and “THOMAN’S” FLOURS have been selected by MISS EMILY CONKLIN for use in her cooking demonstrations.