BETTER MEALS COOKING SCHOOL

Better Meals Mean Better Health for Home Defense

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
SECOND SESSION
Four Sessions

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn Street
Chicago, Illinois
**Better Meals Cooking School and America’s Program of Home Defense**

★ 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.

Meal Patterns to Make Meal Planning Easy

These diet patterns supplying all body needs show how to modify the family diet to meet the needs of the person who is trying to control his weight.

<table>
<thead>
<tr>
<th>FOR THE UNDERWEIGHT (Gaining Diet)</th>
<th>FOR THE FAMILY (Normal Diet)</th>
<th>FOR THE OVERWEIGHT (Reducing Diet)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Same except</td>
<td>Breakfast</td>
<td>Same except</td>
</tr>
<tr>
<td>Do not fry too crisp</td>
<td>Fruit</td>
<td>Use fruits low in sugar</td>
</tr>
<tr>
<td>Eat more</td>
<td>Eggs and bacon</td>
<td>Do not fry</td>
</tr>
<tr>
<td>Use more cream and sugar</td>
<td>Buttered toast</td>
<td>Use Canadian style bacon</td>
</tr>
<tr>
<td></td>
<td>Beverage with cream and sugar</td>
<td>Limit to 1 slice</td>
</tr>
<tr>
<td>Eat more, use fat meat</td>
<td>Lunch</td>
<td>Omit cream and sugar</td>
</tr>
<tr>
<td>Use more dressing</td>
<td>Meat</td>
<td></td>
</tr>
<tr>
<td>Eat more</td>
<td>Vegetable, if desired</td>
<td></td>
</tr>
<tr>
<td>Eat a rich dessert</td>
<td>Salad with dressing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bread and butter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dessert</td>
<td>Use fruits</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Eat more, use fat meat</td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Eat more</td>
<td>Meat</td>
<td>Eat more, use lean only</td>
</tr>
<tr>
<td>Use more dressing</td>
<td>Potatoes</td>
<td>Omit oil dressing</td>
</tr>
<tr>
<td>Eat more</td>
<td>Buttered vegetable</td>
<td>Limit to 1 slice and 1/2 pat</td>
</tr>
<tr>
<td>Eat a rich dessert</td>
<td>Salad with dressing</td>
<td>Use fruits</td>
</tr>
<tr>
<td>Use more cream and sugar</td>
<td>Bread and butter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dessert</td>
<td>Use skinned</td>
</tr>
<tr>
<td></td>
<td>Beverage with cream and sugar</td>
<td></td>
</tr>
</tbody>
</table>

The SECOND SESSION INDEX OF RECIPES:

<table>
<thead>
<tr>
<th>RECIPE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Meat Balls</td>
<td>8</td>
</tr>
<tr>
<td>Baked Liver with Dressing</td>
<td>4</td>
</tr>
<tr>
<td>Banana Caramel Ice Cream</td>
<td>11</td>
</tr>
<tr>
<td>Boneless Sirloin Pork Roast</td>
<td>3</td>
</tr>
<tr>
<td>Bran Fudge Squares</td>
<td>12</td>
</tr>
<tr>
<td>Breaded Lamb Chops</td>
<td>8</td>
</tr>
<tr>
<td>Broiled French Toast-wiches</td>
<td>8</td>
</tr>
<tr>
<td>Buffet Platter</td>
<td>12</td>
</tr>
<tr>
<td>Corn Muffins</td>
<td>6</td>
</tr>
<tr>
<td>Creamed Ham in Noodle Ring</td>
<td>5</td>
</tr>
<tr>
<td>Crisp Lamb Dices with Scrambled Eggs</td>
<td>11</td>
</tr>
<tr>
<td>Dried Fruit Pie</td>
<td>3</td>
</tr>
<tr>
<td>Filled Cake with Meringue Crust</td>
<td>6</td>
</tr>
<tr>
<td>Homemade Biscuit Mix</td>
<td>13</td>
</tr>
<tr>
<td>Homemade Corn Bread Mix</td>
<td>13</td>
</tr>
<tr>
<td>Homemade Pie Mix</td>
<td>13</td>
</tr>
<tr>
<td>Meat and Potato Croquettes</td>
<td>7</td>
</tr>
<tr>
<td>Molded Fruit Salad</td>
<td>9</td>
</tr>
<tr>
<td>Pot-Roast with Tomato Gravy</td>
<td>4</td>
</tr>
<tr>
<td>Prune Bread</td>
<td>4</td>
</tr>
<tr>
<td>Quick Orange Rolls</td>
<td>9</td>
</tr>
<tr>
<td>Refrigerator Rolls</td>
<td>7</td>
</tr>
<tr>
<td>Sausage Casserole</td>
<td>10</td>
</tr>
<tr>
<td>Short Rib Stew</td>
<td>9</td>
</tr>
<tr>
<td>Standing Rib Roast of Beef</td>
<td>5</td>
</tr>
<tr>
<td>Stuffed Breast of Veal</td>
<td>10</td>
</tr>
</tbody>
</table>
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 panbroil, 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. Boneless Sirloin Pork Roast
   A Roast Which Carves Easily Hot or Cold

To prepare a boneless sirloin pork roast, ask the meat retailer to bone two ham ends of the pork loin. Reverse the ends of the two large pieces of meat and place cut surfaces together so that there is a layer of fat around the outside of the roast. Tie in several places. The tenderloin and back bones may be used for two additional meals. Season with salt and pepper. Insert a meat thermometer so the bulb is in the center of the thickest muscle. Place on a rack in a dripping pan. Do not add water and do not cover. Roast in a moderate oven (350° F.) until done, allowing about 45 minutes per pound. The roast will be done when the meat thermometer registers 185° F. A 6-pound roast will serve 8 to 10.

(1) Sirloin pork roast is the section of the loin nearest the ham. It contains the odd-shaped hip bone which makes carving somewhat difficult. It may contain a good sized portion of tenderloin. (2) The boneless sirloin pork roast may be made from two sirloin pork roasts. In this case, the tenderloins are sold separately.

2. Dried Fruit Pie
   A Well Filled Pie with a Luscious Flavor

   2 cups Homemade Pie Mix
   (See p. 13.)
   2-4 tablespoons cold water
   Dried Fruit Filling

Measure pie mix. Add water, a small amount at a time, mixing quickly and evenly until the dough just holds in a ball. Roll one-half of the dough to about one-eighth inch in thickness and line a 9-inch pie pan, allowing one-half inch of the pie crust to hang over the edge. Fill with Dried Fruit Filling. Roll remaining pastry, making several gashes in it to allow for the escape of steam. Place over filling. Allow top crust to overlap lower crust. Moisten lower crust with water to seal well and fold top crust under the lower. Crimp edges. Bake in a moderately hot oven (425° F.) for 35 minutes. Serves 6.

   DRIED FRUIT FILLING
   1 pound dried peaches or apricots
   Water
   1 cup sugar
   6 tablespoons cornstarch
   ½ teaspoon nutmeg
   4 tablespoons lemon juice
   4 tablespoons butter

Soak and cook peaches or apricots thoroughly. Drain. Combine sugar, cornstarch, and nutmeg. Toss lightly into fruit. Add lemon juice and dot with butter.
3. **Baked Liver with Dressing**  
Nutritionists Recommend Liver Once a Week

- **Liver**
  - 2-3 pounds beef liver
  - Salt and pepper
  - Flour
  - 6 slices salt pork
  - Dressing

Buy a chunky piece of liver. Wash and dry well. Cut a pocket in the thickest part. Fill with Dressing. Season. Dredge with flour. Lay slices of salt pork over the liver. Bake uncovered in a moderate oven (325° F.) for 2 hours. Serves 10 to 12.

- **DRESSING**
  - ½ cup melted butter
  - 3 cups fine bread crumbs
  - ½ teaspoon salt
  - ½ teaspoon pepper
  - 1 teaspoon sage
  - 1 tablespoon minced onion
  - Water

Add melted butter to bread crumbs. Combine remaining ingredients. Add enough moisture to hold crumbs together.

4. **Pot-Roast with Tomato Gravy**  
Wise Buyer Plans Several Meals Around Large Meat Purchase

- **Roast**
  - 4-5 pound blade pot-roast
  - 4 tablespoons lard
  - 1 clove garlic
  - ½ teaspoon thyme
  - ½ cup vinegar
  - 1 cup water
  - Salt and pepper
  - 1 No. 2 can tomatoes
  - 4 tablespoons flour
  - 6 slices rye bread
  - Boiled onions
  - Boiled carrots

Brown pot-roast in hot lard. Add garlic (in one piece), thyme, vinegar and one-half cup water. Season. Cover and cook slowly for 2 hours. Add tomatoes and simmer about 1 hour longer. When meat is tender, remove to hot platter. Remove garlic. Make paste of flour and remaining water and thicken the gravy. Toast the rye bread. At serving time dip rye toast into the gravy and arrange around meat. Serve with boiled onions and carrots. Serves 10 to 12.

5. **Prune Bread**  
Keeps Moist to the Last Slice

- **Prunes**
  - 1 pound prunes
  - Water
  - 2 cups sugar
  - ¾ cup lard
  - 1 teaspoon cinnamon
  - 1 teaspoon cloves
  - ½ teaspoon nutmeg
  - 1 teaspoon salt
  - 4 cups flour
  - 2 teaspoons soda
  - 2 eggs

Soak prunes over night in water. Save 2 cups of the water in which they were soaked. Pit and chop prunes. Cook chopped prunes, liquid, sugar, lard, spices, and salt for 5 minutes. Cool. Sift flour once, measure and sift again with soda. Add beaten eggs and sifted dry ingredients to cooled mixture. Pour into 2 greased loaf pans (5x9 inches) and bake in a moderate oven (350° F.) for 1 hour. Yield: 2 loaves.

*Recipe suggestion from Mrs. C. A. Jensen, Sioux City, Ia.*
6. Standing Rib Roast of Beef
Rare, Medium or Well-Done, As You Like It

Select a standing rib roast of 2 or 3 ribs. Have meat retailer remove the short ribs and 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 to 20 minutes to the pound for a rare, 20 to 25 minutes to the pound for a medium, and 27 to 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 4-pound roast will serve 6 to 8 people.

Standing rib roast of beef is distinguished by the rib bones and the large muscle, called the “ribeye.” The rib end should be cut off to make a chunky roast. The rib ends may be cooked as short ribs. Carving the standing rib is easier if the retailer saws across the ribs close to the backbone, as shown here, then the backbone can be removed after roasting.

7. Creamed Ham in Noodle Ring
Pretty Service for Left-Over

| 1/4 pound medium noodles | CREAMED HAM |
| 2 eggs | 1 pound cooked ham |
| 1 cup creamed cottage cheese | 6 tablespoons butter |
| 1/2 teaspoon salt | 8 tablespoons flour |
| 1/8 teaspoon pepper | 3 cups milk |
| Creamed Ham | 1 can Chinese vegetables |
| | 1/2 cup diced green pepper |
| | 11/2 tablespoons Worcestershire sauce |

Cook noodles in boiling salted water until tender. Drain. Beat eggs and combine with noodles, cheese, and seasonings. Pour into greased ring mold and bake in a slow oven (325° F.) for 45 minutes. Turn out on chop plate. Fill center with Creamed Ham and serve immediately. Serves 8.
8. Filled Cake with Meringue Crust

Old Favorite Assumes New Name

1 cup flour
1/2 teaspoon baking powder
1/2 cup lard
1/2 cup sugar
4 egg yolks
1 teaspoon vanilla extract
3 tablespoons milk
2 egg whites
2/3 cup sugar
1/4 cup shredded blanched almonds
1 tablespoon sugar
1/2 teaspoon cinnamon

Sift flour, measure and sift again with baking powder and salt. Cream lard. Add sugar and continue creaming. Beat egg yolks until light and fluffy. Add yolks, vanilla, milk, and dry ingredients to creamed mixture. Spread batter in two 8-inch greased cake pans. Beat egg whites until stiff but not dry. Gradually add sugar and continue beating until sugar is dissolved. Spread over unbaked batter. Mix almonds, sugar, and cinnamon and sprinkle over meringue. Bake in a moderate oven (350° F.) for 30 minutes. Cool. Place one layer with meringue down on cake plate. Spread with Lemon Sour Cream Filling and cover with second layer with meringue on top. Serves 8.

LEMON SOUR CREAM FILLING

1/2 cup sugar
1 tablespoon cornstarch
1 cup sour cream
1 egg yolk
1 tablespoon grated lemon rind
4 tablespoons lemon juice

Combine sugar and cornstarch. Beat egg yolk until fluffy and mix with cream. Combine two mixtures and cook slowly until thick. Add lemon rind and juice and cook only until thoroughly combined. Cool.

Recipe suggestion from Miss Dorothy Grossewirt, Chicago, Ill.

9. Corn Muffins

For Something Different Bake in Cornstick Molds

(See p. 13.)

2 cups Homemade Corn Bread Mix
1 egg
1 cup milk

Combine corn bread mix with egg and milk andbeat until only combined. Pour into well greased muffin pans (2 1/2 inches) and make in a moderately hot oven (425° F.) for 20 to 25 minutes. Yield: 12 small muffins.

10. Meat and Potato Croquettes

Use Lard for Frying Over and Over Again

1/2 cup ground cooked meat
4 cups mashed potatoes
1/2 teaspoon salt
3/4 teaspoon pepper
1 teaspoon onion juice
2 tablespoons minced parsley
Fine dry bread crumbs
2 eggs
4 tablespoons water
8 slices bacon

Lard for deep fat frying

Use left-over meat. Add seasonings to mashed potatoes. Flatten out 4 tablespoons of mixture and place a teaspoon of the meat in the center. Roll potato around it shaping rolls like cylinders. Cover meat completely. Beat eggs and combine with water. Roll each cylinder in crumbs, then in egg, then in crumbs. Fry in deep hot lard (365° F.) about 4 minutes or until brown. Drain on absorbent paper. Serve with crisp bacon slices which have been fried in the same deep hot lard. Serves 8.

11. Refrigerator Rolls

Fresh Hot Rolls on Short Notice

1 quart milk
1 cup mashed potatoes
1 cup sugar
1 cup lard
2 cakes compressed yeast
3 1/2 quarts flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt

Place first 4 ingredients in large sauce pan and heat slowly to boiling point. Cool to lukewarm. Add yeast dissolved in a little of the lukewarm mixture. Sift and measure flour. Sift 3 cups of flour with baking powder, soda and salt. Stir into yeast mixture and allow to rise 30 minutes. Knead in remaining flour to make stiff dough. Place in large bowl, cover and store in refrigerator for 24 hours. Shape into rolls and allow to rise 1 1/2 hours. Bake in moderately hot oven (400° F.) for 15 to 20 minutes. This dough can be kept in the refrigerator for a week, kneading down as often as necessary. Yield: 8 dozen rolls (2 1/2 inches in diameter.)
12. Breaded Lamb Chops
Serve Lamb the Year 'Round

6 lamb shoulder chops  
Salt and pepper  
2 eggs  
½ cup water  
1 cup fine bread crumbs  
4 tablespoons lard

Bone either round bone or blade bone chops, which have been cut one-half inch thick. Season. Beat eggs slightly and mix with one-fourth cup water. Dip chops in crumbs, in egg mixture, and in crumbs again. Brown in hot lard. Add remaining water, cover, and simmer 30 minutes or until tender. Serves 6.

13. Apple Meat Balls
Something Out of the Ordinary

¾ pound ground beef  
¼ pound ground pork  
1 apple  
1 small onion  
2 pieces celery  
5 crackers  
1 egg  
¼ teaspoon salt  
Flour  
2 tablespoons lard  
2 tablespoons flour  
1 cup water

Combine beef and pork. Core apple and grind with onion, celery, and crackers. Add to meat. Add egg and salt and mix thoroughly. Form into small balls. Dredge in flour and brown in hot lard. Remove meat from pan. Add the 2 tablespoons flour to drippings. Add water gradually stirring constantly until thick. Return meat balls to gravy. Cover and allow to simmer 15 minutes. Serves 6.

Recipe suggestion from Mrs. B. R. Laskowski, Huron, S. D.

14. Broiled French Toast-wiches
'Teen Age Proclaim Their Popularity

6 thin slices cooked meat  
12 slices bread  
2 eggs  
½ cup milk  
12 slices bacon

Use left-over meat or cold cuts. Make into sandwiches. Beat eggs and add milk. Dip sandwiches into egg mixture. Place on hot broiler pan to broil until sandwiches are brown, about 5 minutes. Turn with a wide spatula to brown on second side. Arrange bacon slices on broiler when sandwiches are turned and finish all at the same time, about 5 minutes. Serve bacon and broiled sandwiches immediately. Serves 6.
15. Molded Fruit Salad
In Layers for Colorful Contrast

1 No. $2\frac{1}{2}$ can fruit cocktail
1 tablespoon gelatin
$\frac{1}{4}$ cup cold water
1 package Philadelphia style cream cheese
1 cup mayonnaise
1 package cherry flavored gelatin
2 cups hot water
Greens

drain fruit cocktail and save sirup. Soak gelatin in cold water. Heat three-fourths cup of sirup drained from fruit cocktail and dissolve gelatin in it. Cool and stir in cream cheese and mayonnaise. Dissolve cherry flavored gelatin in hot water. Cool and combine with drained fruit. Pour half of this mixture into a mold (1 1/2 quarts). Chill until firm. Cover with cheese and mayonnaise mixture. Chill again until set. Pour remaining fruit mixture over the top. Chill. When firm, unmold and arrange on greens. Serves 8 to 10.

Recipe suggestion from Mrs. L. X. Juneau, Seattle, Wash.

16. Short Rib Stew
An Economy Cut and Nutritious, Too

3 pounds beef short ribs
2 tablespoons lard or drippings
Salt and pepper
6 potatoes
6 carrots
12 pieces celery
Flour

Brown meat in hot fat. Season with salt and pepper. Add water to cover. Cover and cook slowly for about 1 hour. Add potatoes and carrots and cook for 15 minutes longer. Then add long pieces of celery. Season vegetables. Cover and finish cooking until vegetables and meat are tender. Remove to a hot platter with the short ribs piled in the center surrounded by the vegetables. Thicken the gravy with flour and serve separately. Serves 6.

17. Quick Orange Rolls
Never Any Left Over

2 cups Homemade Biscuit Mix
(See p. 13.)
1 egg
$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ cup sugar
2 tablespoons grated orange rind

18. Stuffed Breast of Veal

Ever Try a Vegetable Dressing?

4-5 pound veal breast
Salt and pepper
4 cups uncooked vegetables
1 cup water
3/4 pound bacon
2 cups bread cubes
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 egg

Have retailer remove breast bone and cut a pocket from the end of the breast of veal. Season inside and out. Cook the chopped vegetables in water for 10 minutes. Potatoes, onions, carrots, and cauliflower make a tasty combination. Dice half the bacon and brown in a large skillet. Add remaining ingredients including water on vegetables. Mix well and fill the pocket in the veal breast. Sew or skewer opening. Place on a rack in a baking pan. Arrange remaining bacon over top of meat. Bake in a moderate oven (350° F.) for 1 hour. Cover and continue cooking about 1 1/2 to 2 hours or until meat is tender. Serves 8 to 10.

19. Sausage Casserole

Super Way to Serve Sausage

1 pound sausage links
2 tablespoons water
1 onion
1/2 green pepper
6 pieces celery
1 can tomato soup
1/2 cup catsup
1 can kidney beans

Place sausage in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase heat and brown sausage. Add onion, green pepper and celery, which have been chopped, tomato soup and catsup. Cover and simmer slowly for 30 minutes. Drain beans. Add to cooked mixture and heat. Serves 8.
20. Crisp Lamb Dices with Scrambled Eggs
You'll Like the Nice Texture Contrast

1 pound boned lamb breast
  Salt and pepper
4 eggs
4 tablespoons milk

Cut the meat into 1-inch cubes. Brown in a hot dry skillet. Season. Cover, without adding water; reduce the heat and cook slowly for about 45 minutes or until meat is tender. Uncover for the last few minutes of cooking to crisp. Scramble the eggs with the milk and desired seasonings. Serve in the center of a hot platter surrounded with the crisp pieces of lamb. Serves 4.

Recipe suggestion from Mrs. H. L. Fruechtenicht, Louisville, Ky.

21. Banana Caramel Ice Cream
A Year 'Round Dessert

1 cup mashed ripe bananas
2 teaspoons lemon juice
1/4 cup brown sugar
1/4 teaspoon salt
1/2 cup milk
2 egg whites
1 cup whipping cream
2 egg yolks
1 teaspoon vanilla extract

Mix bananas and lemon juice. Add sugar, salt, and milk, stirring until mixed. Beat egg whites until stiff. Whip cream until thickened. Beat egg yolks until fluffy. Fold all ingredients together. Pour into freezing tray and freeze. Stir well occasionally until mixture holds shape. Serves 8.
22. Bran Fudge Squares

Something You'll Want to Make Often

3 squares unsweetened chocolate
7/8 cup lard
2 eggs
1 cup sugar
7/8 cup flour
1/2 cup shredded bran
1/2 cup chopped nut meats
1 teaspoon vanilla extract

Melt chocolate and lard over low heat. Beat eggs well. Add sugar gradually, beating constantly. Combine with chocolate mixture. Sift flour and measure. Add with remaining ingredients to chocolate mixture. Pour into a greased cake pan (9 x 9 inches) and bake in moderate oven (375° F.) for 20 to 25 minutes. Yield: 16 2-inch squares.

23. Buffet Platter

The Variety of Cold Cuts is Unlimited

1 No. 2 can diced beets
   Water
3 tablespoons gelatin
1/2 cup sugar
3 tablespoons lemon juice
1 teaspoon salt
1/2 cup vinegar
1 cup diced celery
2 tablespoons chopped green pepper
1 1/2 pounds assorted cold cuts
   Salad greens
   Mayonnaise

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
- ½ cup sugar
- 3 cups cornmeal
- ½ 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
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons sugar
- ¾ 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
- ¾ 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 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**
- 1⅔ cups flour
- 2⅓ teaspoons baking powder
- ¾ teaspoon salt
- ⅓ 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
- ¾ teaspoon salt
- ⅓ cup lard

Sift flour, measure and add salt. Cut lard into flour until crumbs are coarse and granular. Yield: 1⅓ cups pie mix.
**FREE GIFT LIST**

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

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

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

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

**MISCELLANEOUS GIFTS**

“Sunbeam” Electric MixMaster
Courtesy of Schaberg-Dietrich Hardware Co.

“Pyrex” Glass Utensils
Courtesy of Vandervoort Hardware Co.

“Michigan” Apples - 20 Half Bu.
Courtesy of Michigan State Apple Comm.

“Swan” Hostess Tray & Stand
“Rinso” - Full Case (Size 24S)
Courtesy of Lever Bros., Cambridge, Mass.

20 Well Filled FOOD BASKETS
Given Away at Each School Session

**PARTICIPATING APPLIANCE DEALERS**

F. N. ARBAUGH CO.
BARKER-FOWLER ELECTRIC CO.
BOARD OF WATER & ELECTRIC LT.
EAST LANSING ELECTRIC CO.
GARLOCK SALES CO.
THE JURY-ROWE CO.
KNIGHT ELECTRIC CO.
LANSING DRY GOODS CO.
LAPP ELECTRIC CO.
MONTGOMERY-WARD CO.
SCHABERG-DIETRICH HDWE. CO.
SEARS-ROEBUCK COMPANY
WHITE PRODUCTS CO.
VANDERVOORT HARDWARE CO.

**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.