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

**FOR THE UNDERWEIGHT**  
(Gaining Diet)

<table>
<thead>
<tr>
<th>Same except</th>
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<tbody>
<tr>
<td>Do not fry too crisp</td>
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<tr>
<td>Eat more</td>
</tr>
<tr>
<td>Use more cream and sugar</td>
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| Eat more, use fat meat |
| Use more dressing |
| Eat more |
| Eat a rich dessert |

**FOR THE FAMILY**  
(Normal Diet)

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<thead>
<tr>
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<tbody>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Eggs and bacon</td>
</tr>
<tr>
<td>Buttered toast</td>
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<td>Beverage with cream and sugar</td>
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**FOR THE OVERWEIGHT**  
(Reducing Diet)

| Same except |
| Use fruits low in sugar |
| Do not fry |
| Use Canadian style bacon |
| Limit to 1 slice |
| Omit cream and sugar |

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<td>Vegetable, if desired</td>
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<tr>
<td>Salad with dressing</td>
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<td>Bread and butter</td>
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<tr>
<td>Dessert</td>
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<td>Milk</td>
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<table>
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<td>Meat</td>
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<td>Buttered vegetable</td>
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<td>Bread and butter</td>
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<tr>
<td>Dessert</td>
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<td>Beverage with cream and sugar</td>
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<table>
<thead>
<tr>
<th>Why Meat in the Diet Protects Health</th>
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<tbody>
<tr>
<td>★ Meat contributes to the diet many necessary elements which build and regulate the body and maintain health. Meat provides:</td>
</tr>
<tr>
<td>High quality protein for building and repairing the body.</td>
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<tr>
<td>Heat and energy for work and play.</td>
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<tr>
<td>Phosphorus for strong bones and teeth.</td>
</tr>
<tr>
<td>Iron for building blood.</td>
</tr>
<tr>
<td>Copper for aiding the body in using iron.</td>
</tr>
<tr>
<td>Vitamins for growth and the maintenance of health, especially the B vitamins and vitamin A from liver, kidney and heart.</td>
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</tbody>
</table>

★ 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.

**Third Session Index of Recipes**

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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 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.
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. Veal Shoulder Roast
A Rolled Roast and a “Must” Dressing

5 pound veal shoulder roast
Fluffy Dressing
Salt and pepper
4 slices bacon or bacon drippings

Select inside or outside veal shoulder roll. Place on rack in roasting pan, season and cover with bacon or bacon drippings. Insert meat thermometer so the bulb reaches the center of the roast. Do not cover. Do not add water. Roast in slow oven (300°F.) for 40 minutes per pound or until meat thermometer registers 170°F. Pile Fluffy Dressing around roast 1 hour before roast is done. A 5-pound roast will serve 12 to 14 people.

FLUFFY DRESSING

3 slices toast
12 crackers
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon sage
1 1/2 cups stock
1 egg

Roll toast and crackers to fine crumbs. Add seasonings to crumbs. Combine crumb mixture and stock in sauce pan. Cover and steam a few minutes. Beat egg until light and fluffy. Fold into hot crumbs. Use for dressing around roast.

2. Spiced Tongue Slices
Keep on Hand for Cold Snacks

1 beef or 2 veal tongues
1/2 cup salt
1 quart water
2 pounds veal bones
3 pieces celery
12 cloves
2 bay leaves
12 whole peppers
2 cups sugar
2 cups vinegar
2 cups water
6 small onions

Wash tongue. Soak for 2 days in brine made by combining salt and water. Pour off brine. Cover tongue with fresh water. Add the veal bones, celery, and spices. Cook slowly until tender, about 1 hour per pound. Skin and slice. Cook sugar, vinegar and water 10 minutes. Pour over tongue. Add thinly sliced onions. Store in cool place and use as desired. Serves 8.
3. Bread Crumb Pudding  
Steamed to a Spicy Lightness

7-inch greased pudding pan and steam for 1 hour. Serve hot with Pudding Sauce. Serves 12.

PUDDING SAUCE

1 cup brown sugar  
2 tablespoons flour  
1 cup hot water  
2 tablespoons butter

Combine sugar and flour. Gradually add boiling water, stirring constantly. Cook until thick. Add butter.

Recipe suggestion from Ann Marie De Clerq, Huron, S. D.

4. Party Ham  
A Perennial Favorite

Place ham on a rack in an uncovered pan with the fat side up. Make a small incision and insert the meat thermometer so that the bulb is in the thickest part of the ham. Roast in a slow oven (300° F.) until thermometer registers 170° F., allowing about 25 minutes to the pound for a whole ham and 30 minutes to the pound for a half ham. Many hams now on the market require shorter cooking time and need be cooked only to an internal temperature of 145°-150° F. or about 15 minutes per pound for a whole ham, and 20 to 22 minutes per pound for a half ham. About 45 minutes before the ham is done, remove from oven and carefully take off the rind. Firmly pack brown sugar over surface of ham. Punch a hole through the cap of a bottle of carbonated beverage and shake over sugar coating until moistened. Add more, if necessary, as ham finishes cooking. Return to oven for 45 minutes to glaze. Serve hot or cold.

5. Noodle Scramble with Bacon  
Satisfies Hearty Appetites of School Age

Place bacon in a cold skillet, and allow to cook slowly pouring off fat as it collects. When bacon is brown, remove from skillet. Leave two tablespoons drippings in skillet. Beat eggs. Add milk, seasoning and cooked noodles. Cook noodle mixture in hot bacon fat until brown. Stir occasionally. Pile in the center of a small chop plate and surround with bacon. Serves 4 to 6.
6. Barbecued Pork Chops

So Good there's Never Enough

8 1-inch rib pork chops
Flour
$\frac{1}{4}$ cup lard
2 tablespoons flour
2 tablespoons prepared mustard
$\frac{1}{4}$ cup chopped onion
$\frac{1}{2}$ teaspoon cloves
1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper
2 tablespoons Worcestershire sauce
1 cup juice from peach, apple,
bread-and-butter or sweet pickles
1 cup catsup


Pork chops are cut from the loin. They may be cut thin or thick. Loin chops (top right) may contain a portion of the tenderloin. Butterfly chops (top left) are double slices from the boneless loin. Thick rib chops (lower picture) may have a pocket cut from the inside along the rib bone, for stuffing.

7. Cream Pie

Filling Recipe Is Adapted from an Old French Cake

$1\frac{1}{4}$ cups Homemade Pie Mix
(See p. 13.)
1-3 tablespoons cold water
Cream 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 in thickness and line a 9-inch pie pan. Crimp edge. Prick well. Bake in a moderately hot oven (425° F.) for 15 minutes. Cool and fill with Cream Filling. Serves 6.

CREAM FILLING

3 cups milk
4½ tablespoons cornstarch
3 eggs
$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup butter
2 teaspoons vanilla extract

Scald all but one-half cup milk. Beat cornstarch, eggs, sugar and cold milk together. Add hot milk and cook, stirring constantly until thick. Place pan over hot water and cook 15 minutes longer. Remove from heat and add butter. When cool add vanilla and pour into cool baked pie shell.

Recipe suggestion from Mrs. Fred M. Ives, Decatur, Ill.
8. Chuck Fricassee
An Economy Meat for a Top Rating Meal

2 pounds beef chuck
3 tablespoons lard or drippings
1 onion
Salt and pepper
Water
6 carrots
4 potatoes
1 pound green string beans
1 No. 2 can green string beans
2 tablespoons flour

Cut meat into 2-inch cubes. Brown well in hot fat. Slice onion and
add seasonings, crumbs, and 2 tablespoons flour. Combine lamb, seasonings, crumbs,
catapu, egg, and milk. Mix well and allow to stand for 2 hours. Arrange
cooked green beans, either left-
overs or canned, in one half of
heated broiler pan with potatoes
or a second cooked vegetable in
other half. Place broiler rack over
vegetables. Shape meat into large
patties. Place on broiler rack. Ar-
range in broiler so that the top of
the meat will be about 3 inches
from the source of heat. Broil on
one side until nicely browned,
about 20 minutes. Turn and broil
on second side, about 8 to 10 min-
utes. Serve immediately on hot

9. Florentines
Jam Squares with a Party Finish

2 cups flour
1 teaspoon baking powder
1 teaspoon salt
1/2 cup lard
1 cup sugar
2 eggs
1 teaspoon vanilla extract
1/2 cup jam
1/4 cup chopped nuts

Sift flour, measure and sift again
with baking powder and salt.
Cream lard, add sugar and con-
tinue creaming. Add eggs and van-
illa and cream together until light
and fluffy. Add sifted dry ingredi-
ents. Mix thoroughly. Spread in
greased pan (8x12 inches). Cover
with jam and sprinkle with nuts.
Spread with Meringue and bake in
moderate oven (350° F.) for 35
minutes. When cool, cut in 2 inch
squares. Yield: 2 dozen squares.

MERINGUE

2 egg whites
1 cup brown sugar
1 teaspoon vanilla extract

Beat egg whites until stiff. Add
sugar and vanilla slowly and con-
tinue beating until smooth.

10. Economy Broiler Meal
It's Good—and There's Only One Pan to Wash

11/2 pounds ground lamb
3/4 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon mace
1/4 cup rye bread crumbs
2 tablespoons catsup
1 egg
1 cup milk
1 No. 2 can green string beans

Au Gratin or creamed potatoes

Combine lamb, seasonings, crumbs,
catapu, egg, and milk. Mix well and
serve for 2 hours. Arrange
cooked green beans, either left-
overs or canned, in one half of
heated broiler pan with potatoes
or a second cooked vegetable in
other half. Place broiler rack over
vegetables. Shape meat into large
patties. Place on broiler rack. Ar-
range in broiler so that the top of
the meat will be about 3 inches
from the source of heat. Broil on
one side until nicely browned,
about 20 minutes. Turn and broil
on second side, about 8 to 10 min-
utes. Serve immediately on hot

11. Corn Bread Shortcake
Frequently Found on Southern Tearoom Menus

2 cups Homemade Corn Bread Mix
(See p. 13.)
1 egg
1 cup milk
4 slices cooked ham

Lime Salad

Combine corn bread mix, beaten
egg and milk and stir only until
dry ingredients disappear. Line
baking pan (6x10 inches) with
waxed paper and pour in batter.
Bake in a moderately hot oven
(425° F.) for 30 minutes. Remove
corn bread from the pan to serving
platter. Split lengthwise into two
layers. Place sliced cooked ham
between the layers. Pour Veal a la
King over all. Serves 8.

A Whole Week's Dinners Planned for You!

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Braised Lamb Shoulder with Onions</td>
<td>Southern Corn Shortcakes</td>
<td>Economy Broiler Meal</td>
<td>Barbecued Pork Chops</td>
<td>Meat Pie with Catsup</td>
<td>Biskit with Vegetables</td>
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<tr>
<td>Pota Ham</td>
<td>Buttered Broccoli</td>
<td>Mixed Vegetable Salad</td>
<td>Baked Potatoes</td>
<td>Baked Potatoes</td>
<td>Biscuits</td>
<td>(Sweet Potato and Cabbage)</td>
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<tr>
<td>Cauliflower</td>
<td>Rye Bread</td>
<td>Jelly Freeze</td>
<td>Green Beans</td>
<td>Sliced Cucumbers</td>
<td>Orange Onion Salad</td>
<td>Rye Bread</td>
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<td>Apple Sauce</td>
<td>Beverage</td>
<td>in Sour Cream</td>
<td>Bread</td>
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12. **Cornmeal Puffs**  
*A Choice Recipe from the Deep South*

- ½ cup flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 ½ cups cornmeal
- 1 egg
- ¾ cup milk

Sift flour, measure and sift again with baking powder, sugar, and salt. Mix with cornmeal. Add beaten egg and milk. Stir only until dry ingredients are moistened. Drop by teaspoonfuls in deep hot lard (375° F.) a few at a time. Cook until brown. Drain on absorbent paper. Serve hot with jelly. Yield: 2 dozen puffs.

13. **Sausage Links with Bananas**  
*Sausage, Like All Pork, Should Be Cooked Well Done*

- 1 pound small sausage links
- 2 tablespoons water
- 6 toast triangles
- 6 small bananas
- 3 tablespoons lemon juice
- Flour

Place sausage in cold skillet. Add water, cover and cook slowly until water has evaporated. Remove cover, increase heat and cook until sausage is browned. Remove to a hot platter on which toast triangles have been arranged. Dip bananas in lemon juice and roll in flour. Brown in hot sausage drippings and serve at once with sausage links. Serves 6.

14. **Caramel Cake**  
*It Will Disappear Like Magic*

- 3 cups cake flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup lard
- 2 cups sugar
- 4 eggs
- 1 cup milk
- 1 ½ teaspoons vanilla extract

Sift flour, measure and sift again with baking powder and salt. Cream lard. Add sugar gradually, and cream thoroughly. Add eggs, one at a time, and beat after each addition until smooth. Alternately add sifted dry ingredients and milk. Add vanilla. Line two 9-inch cake pans with waxed paper and pour in batter. Bake in moderate oven (375° F.) for 45 minutes. Ice with Caramel Icing. Yield 10 to 12 servings.

**CARAMEL ICING**

- 2 cups brown sugar
- 1 cup water
- 4 tablespoons flour
- 4 tablespoons butter
- 4 tablespoons cream
- 1 teaspoon vanilla extract

Cook sugar and water to hard ball stage (250° F.). Mix remaining ingredients in bowl, reserving 2 tablespoons cream. Pour the hot sirup over the mixed ingredients, and stir until well blended. Allow to cool to room temperature. Beat until the icing starts to thicken and lose its shiny appearance. Spread over cake quickly. Thin with reserved cream if necessary.

*Recipe suggestion from Mrs. L. L. Beard, Louisville, Ky.*
15. Braised Lamb Shoulder
Tempting Meat Flavor Combines with Onions

4-5 pound rolled shoulder lamb  
2 tablespoons lard  
12 medium onions  
Salt  
Pepper  
Water

Have meat retailer bone and roll shoulder of lamb. Brown in hot fat. Add onions, seasoning and a small amount of water. Cover and allow to simmer until tender, about 35 minutes per pound. Add more water as meat cooks, if necessary. Serves 10 to 12.

Square cut lamb shoulder is the unboned shoulder of lamb and may be roasted, but because of the odd-shaped bones, it is difficult to carve. It is more satisfactory to have it boned and made into a roll, which roll may be roasted, braised, or sliced into boneless shoulder lamb chops. It may also be made into the cushion style shoulder roast, with dressing put into the cavity from which the bones were taken.

16. Stuffed Celery and Other Appetizers
Meat Whets the Appetite in a Variety of Hors d'Oeuvres

1 5-ounce can potted meat  
1 2-ounce package Philadelphia style Cream Cheese  
2 teaspoons lemon juice  
12 pieces celery

Cream meat, cheese and lemon juice until smooth. Tube into celery. Chill and serve as an appetizer.

For additional appetizers try the following suggestions:
Add crisp bacon pieces and chopped sweet pickle to cream cheese. Spread on wafers.
Toast rounds of bread. Spread with a layer of chopped pickle and a thin slice of liver sausage.
Spread horseradish on thinly sliced bread. Top with a thin slice of roast beef.
Toast rounds of bread on one side. Spread untoasted side with mustard and devilied ham. Garnish with a pickle slice.
Scoop center from dill pickle, using apple corer. Fill with devilied ham. Chill 3 or 4 hours. Slice in one-fourth inch slices. Place in shamrock shape. Serve.
Alternate 2 one-half inch slices of frankfurters with 2 one-half inch slices of pickle on a wooden pick.
17. Meat Pie with Catsup Biscuits
Red and White Pinwheels Make the Top

1 pound ground beef
2 tablespoons lard or drippings
2 tablespoons grated onion
1/2 cup tomatoes
1 teaspoon salt
1/4 teaspoon pepper
1 No. 2 can lima beans
2 tablespoons butter
2 cups Homemade Biscuit Mix
(See p. 13.)
4 tablespoons catsup

Brown meat in drippings. Add onions, tomato and seasonings. Drain lima beans and heat with butter. Fold two mixtures together and pour into casserole.

Measure biscuit mix and add enough milk to form a soft dough. Roll to one-fourth inch in thickness. Spread with catsup and roll like a jelly roll. Cut into 1-inch slices and place cut side down over hot meat mixture in casserole.

Bake in moderately hot oven (425°F.) for 25 to 30 minutes or until biscuits are done. Serves 6.

18. Lime Salad
It's Flavorful, Cool and Refreshing

2 packages lime flavored gelatin
2 1/2 cups hot water
1 1/2 cups ginger ale
1/2 cup chopped celery
1/4 cup chopped nut meats
1 small can crushed pineapple
1 No. 2 can green grapes
Salad Greens
Mayonnaise

Dissolve one package gelatin in two cups water. Pour into quart mold. Dissolve second package of gelatin in one-half cup water. Add ginger ale. When gelatin begins to congeal, add celery, nut meats, drained pineapple and grapes. Pour into mold when clear gelatin has congealed. When firm, turn out on plate and garnish with greens.

Serve with mayonnaise. Serves 8 to 10.

19. Egg Foo Yung
Just Try It, You'll Like It

1 cup cooked meat
1 can bean sprouts
1/2 cup chopped onion
6 eggs
1/2 cup lard

Cut any left-over cooked meat into fine shreds. Drain bean sprouts and mix with meat and onion. Beat eggs slightly and add to meat mixture. Drop by spoonfuls into hot lard in large skillet to make patties about 3 inches in diameter.

Brown on both sides. Serve immediately on hot platter with gravy. Serves 6.

GRAVY

2 cups soup stock
2 tablespoons cornstarch
2 tablespoons Soy Sauce
Salt and pepper

Thicken well flavored soup stock with cornstarch which has been mixed to a paste with the Soy Sauce. Cook 10 minutes and add salt and pepper to taste.
20. Glazed Meat Loaf
Economy Meets with Glamour

1 pound ground beef  2 teaspoons dry mustard
1 pound ground veal  2 tablespoons vinegar
1 pound ground smoked ham  2 tablespoons water
2 ounces ground salt pork
1 cup fine dry bread crumbs
1 cup milk
3 eggs
1 tablespoon salt
1 teaspoon pepper
1/2 teaspoon thyme
1/2 teaspoon marjoram
1/4 cup grated onion
3/4 cup brown sugar

Combine meats. Soak crumbs in milk. Beat eggs until fluffy. Thoroughly mix meat, crumbs, eggs and seasonings. Form into loaf and place on rack in roasting pan. Roast uncovered in moderate oven (350° F.) for 2 1/2 hours.

Mix sugar, mustard, vinegar and water and bring to a boil. Baste loaf with this glaze every half hour until done. Serves 10 to 12.

21. Brisket with Vegetables
Nutritional Balance for the Budget Minded

2 1/2 pounds beef brisket
Water
1 onion
1 medium head cabbage
6 sweet potatoes

Cover meat with water. Add onion. Cover and simmer slowly until tender allowing 1 hour per pound. A half hour before meat is done, add pared sweet potatoes. Fifteen minutes later add quartered cabbage. When done, remove meat and vegetables to chop plate. Slice the brisket across the grain and serve. Serves 4 to 6.

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22. Bran Refrigerator Rolls
You'll Gain Popularity with These

1 cup lard
1/2 cup sugar
1 cup shredded bran
1 1/2 teaspoons salt
1 cup boiling water
2 eggs
2 cakes compressed yeast
1 cup lukewarm water
6 1/2 cups flour

Put lard, sugar, bran and salt in large mixing bowl. Add boiling water, stirring until lard is melted. Allow to stand until lukewarm. Add well-beaten eggs and yeast which has been softened in lukewarm water. Add half the flour and beat until batter is smooth. Add remainder of flour and beat well. If dough is too soft to handle, add additional flour. Cover bowl and place in refrigerator overnight or until ready to use. Form balls of dough to fill well greased muffin pans half full. Allow to rise in warm place about 2 hours or until double in bulk. Bake in a moderately hot oven (425° F.) about 15 minutes. Yield: 3 1/2 dozen rolls (2 1/2 inches in diameter).

23. Jelly Freeze
Dessert with a Smooth Velvety Texture

3 egg whites
1/2 cup tart currant jelly
2 teaspoons lemon juice
1 cup whipping cream
Red coloring

Beat egg whites until stiff but not dry. Add jelly by spoonfuls, beating after each addition. Add lemon juice. Fold in the cream which has been whipped to custard consistency. Add a few drops of red coloring, if desired. Pour in freezing tray and freeze quickly, without stirring. 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
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 tablespoons 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
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 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
1½ cups flour
2½ teaspoons baking powder
¾ teaspoon salt
½ 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
½ cup lard

Sift flour, measure and add salt. Cut lard into flour until crumbs are coarse and granular. Yield: 1½ cups pie mix.
Tues., Oct. 21
Night Session
Starts 7:00 P.M.

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

Thurs., Oct. 23
• Afternoon •
Starts 2:00 P.M.

Fri., Oct. 24
Night Session
Starts 7:00 P.M.

**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 ELEC. 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.

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