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
Four Sessions

FOURTH SESSION

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.

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★ The human organism can give its maximum contribution only when it is getting the proper diet and the proper combination of foods.

★ We have the scientific proof that health and stamina and endurance have a definite relation to the diet and the things which people eat.

★ The proper food will make us strong, will give us steady nerves.”

M. L. WILSON
Director of Extension Work, United States Department of Agriculture
Director of Nutrition in the Federal Security Agency
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.

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.

FOR THE UNDERWEIGHT (Gaining Diet)

<table>
<thead>
<tr>
<th>Same except</th>
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<tr>
<td>Do not fry too crisp</td>
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<tr>
<td>Eat more</td>
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<tr>
<td>Use more cream and sugar</td>
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<tr>
<td>Eat more, use fat meat</td>
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<tr>
<td>Use more dressing</td>
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<td>Eat more</td>
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<td>Eat a rich dessert</td>
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<td>Use more dressing</td>
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<td>Eat more</td>
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<tr>
<td>Eat a rich dessert</td>
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FOR THE FAMILY (Normal Diet)

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<tr>
<th>Breakfast</th>
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<tbody>
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<td>Fruit</td>
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<tr>
<td>Buttered toast</td>
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<table>
<thead>
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<tr>
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<td>Buttered vegetable</td>
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<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>Beverage with cream and sugar</td>
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FOR THE OVERWEIGHT (Reducing Diet)

<table>
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<tr>
<td>Use Canadian style bacon</td>
</tr>
<tr>
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<tr>
<td>Omit cream and sugar</td>
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<tr>
<td>Eat more, use lean only</td>
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<tr>
<td>Omit oil dressing</td>
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<tr>
<td>Limit to 1 slice and ½ pat</td>
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<tr>
<td>Use fruits</td>
</tr>
<tr>
<td>Use skimmed milk</td>
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<tr>
<td>Eat more, use lean only</td>
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<tr>
<td>Omit</td>
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<td>Limit to 1 slice and ½ pat</td>
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<tr>
<td>Use fruits</td>
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<td>Omit cream and sugar</td>
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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, 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. **Buttermilk Pot-Roast**

Delicious and Full of Food Value

4-5 pound beef rump
1 quart buttermilk
4 tablespoons lard
1 pint top milk or cream

Soak beef rump in buttermilk overnight. Remove meat from buttermilk. Brown in hot lard on all sides. Add one-half cup of buttermilk in which meat soaked. Cover tightly. Simmer until tender allowing 45 minutes per pound. When additional moisture is required, add more buttermilk. When the pot-roast is ready to serve there should be about 1 cup of liquid in kettle. Remove meat. Add 1 pint of top milk or cream to liquid. Allow it to cook down until consistency of a thin gravy. Serves 10.

Recipe suggestion from Edgar Helium, Mineral Point, Wis.

2. **Liver Ring**

Liver Is Rich in Iron Which Prevents Anemia

1½ pounds liver
2 slices bacon
1 medium onion
2 eggs
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon marjoram
1 cup cracker crumbs
1½ cups liquid
½ cup catsup

Wash liver in cold water. Cook slowly 5 minutes in water to cover. Reserve liquid. Put liver through food chopper with bacon and onion. Add all other ingredients except the catsup. Tomato juice, milk, bouillon or liquid in which the liver was cooked may be used for moisture. Mix thoroughly. Pour the catsup into a well greased 8-inch ring mold. Pack meat mixture over catsup. Bake in a moderate oven (350°F.) for 1 hour. Serves 6 to 8.

3. **Bacon Muffins**

Biscuit Mix Means Tender Muffins

6 slices bacon
2 cups Homemade Biscuit Mix
(See p. 13.)
2 tablespoons sugar
1 egg
¾ cup milk

Cut bacon fine with scissors. Place in cold skillet and cook until brown and crisp. Drain off fat. Combine biscuit mix and sugar. Add beaten egg, milk and crisp bacon. Mix just until dry ingredients disappear. Grease muffin pans with bacon drippings and fill two-thirds full. Bake in moderately hot oven (425°F.) for 20 minutes. Yield: 12 muffins (2½ inches in diameter)
4. Lamb Loaf

Serve Lamb Either Quite Hot or Quite Cold

1½ pounds ground lamb
1½ cups bread crumbs
1 cup milk
3 tablespoons grated onion
1 cup cooked peas
1½ teaspoons salt
½ teaspoon pepper
2 tablespoons chopped parsley
1 small bay leaf
¾ cup cooked rice
1 egg
4 pimientos

Buy lamb from the shoulder, breast, or shank for grinding. Soak bread crumbs in milk. Add onion, peas, salt and pepper, chopped parsley and finely crumbled bay leaf. Mix thoroughly. In a separate bowl combine the cooked rice, egg, and salt and pepper to season. Drain pimientos and fill with the rice mixture. Pack a one-fourth inch layer of meat mixture into a loaf pan (5 x 9 inches). Arrange stuffed pimientos at even intervals on meat and pack remaining meat around pimientos to make a firm loaf. Bake in a moderate oven (350° F.) for 1½ hours.

Serves 6.

5. Angel Food Pie

You'll Not Doubt It's Rightly Named

2 cups Homemade Pie Mix
(See p. 13.)
2-4 tablespoons cold water
Angel Food Filling
1 cup whipping cream
6 maraschino cherries

Measure pie mix. Add water, 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 moderately hot oven (425° F.) for 12 to 15 minutes. Fill with Angel Food Filling. Top with whipped cream and a maraschino cherry. Serves 6.

ANGEL FOOD FILLING
1 cup sugar

Combine sugar, cornstarch and salt. Add boiling water and cook, stirring constantly, until thick. Allow to cool over hot water fifteen minutes longer. Beat egg whites until stiff. Gradually pour hot mixture into egg whites stirring while adding. Add pineapple, vanilla and lemon juice. Cool.

Recipe suggestion from Mrs. Emma Mul- len, Marion, Ind.

6. Cheese Wafers

An Ideal Salad Accompaniment

4 cups flour
1½ teaspoons salt
Dash cayenne
¼ teaspoon paprika
1 cup grated American cheese
1 cup lard

Cream cheese and lard together. Add dry ingredients. Roll to one-eighth inch in thickness and cut with small cutter. Place on ungreased cookie sheet. Sprinkle with additional paprika. Bake in a slow oven (300° F.) for about 12 minutes. Handle carefully when baked. Yield: 6 to 7 dozen.
7. English Lamb Chop Grill.
Serve for That Extra Special Meal

6 English lamb chops
Salt and pepper

Have English chops cut 1 inch thick. English lamb chops differ from American style loin chops in that they are cut across the entire width of the loin. The loin is not split and each chop when boned and skewered is round. Place chops on broiler rack with 2 inches between surface of meat and source of heat. When chops are nicely browned on one side, season, turn and brown on other side. Total cooking time will be about 12 to 15 minutes. About 5 minutes before chops are done, place Pineapple Moons on broiler rack to brown and heat. Serve immediately. Serves 6.

PINEAPPLE MOONS
1 No. 2 can sliced pineapple
Maraschino cherry juice
2 cups mashed sweet potatoes
1 egg

The English lamb chop is cut across the undivided loin and thus is equal to two loin chops. When a particularly festive and generous serving is desired, it may be cut two inches thick.

2 tablespoons brown sugar
Salt and pepper

Drain pineapple and cut across each slice to form semi-circles. Soak pineapple in cherry juice. Juice may be returned to cover cherries. Beat the sweet potato, egg, sugar and seasoning. Tube potatoes onto pineapple.

Recipe suggestion from Mrs. Glen D. Simons, Newton, la.

8. Broiled Open Sandwiches
Familiar Flavors in New Role

1 pound small sausage links
2 tablespoons water
1 cup unsweetened applesauce
8 slices buttered toast
8 thin strips American cheese

Place sausage in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until sausage is browned. Spread 2 tablespoons of applesauce on each slice of toast. Arrange 2 sausage links on each sandwich. Place cheese strip across sausage. Broil slowly until cheese has melted. Serves 6 to 8.

9. Old Fashioned Ice Cream
Reminds You of Family Reunions in the Country

2 eggs
6 tablespoons sugar
4 tablespoons white corn sirup
1 cup top milk
1 cup coffee cream
1 teaspoon vanilla extract

Separate eggs. Beat yolks, sugar and corn sirup until thick and lemon colored. Add milk, cream, and vanilla. Pour into freezing tray and freeze as rapidly as possible, until firm. Remove to chilled bowl. Add unbeaten egg whites and beat until fluffy. Return to freezing compartment for 20 to 25 minutes or until frozen. Substitute 1 cup finely sieved strawberries for top milk if strawberry ice cream is desired. Serves 5 to 6.
10. Spice Cake
This Recipe Is a Prize Winner!

Sift flour, measure and sift again with baking powder, soda, salt, spices, and cocoa. Cream lard, add sugar and cream thoroughly. Add eggs, one at a time, and beat well after each addition. Alternately add sifted dry ingredients with sour milk and flavorings. Add coarsely chopped nut meats with the last of the dry ingredients. Line baking pan (8 x 12 inches) with waxed paper and pour in batter. Bake in a moderate oven (350° F.) for 45 minutes. Serve with whipped cream or ice cream. Serves 12.

Recipe suggestion from Mrs. Harry Markle, Jr., Allentown, Pa.

11. Stuffed Hamburgers
The Novelty Attracts the Attention


Recipe suggestion from Sarah E. Hunt, Deerfield, Mass.

12. Chop Suey Pie
Imagine—A Corn Bread Top for a Chinese Dish

Cut meat into small pieces and brown. Cover with water and simmer until tender. Add onions and celery and cook 15 minutes. Add Chinese vegetables and seasonings. Thicken with a paste made of the flour and additional water. Pour into a large casserole and reheat until the gravy is thick and bubbling. Pour Corn Bread Batter over the top. Bake in a moderately hot oven (425° F.) for 30 minutes. Serves 6 to 8.

Recipe suggestion from Mrs. Florence Lanaway, Seattle, Wash.

13. Ham Mousse Salad Plate
Swank Enough for Your Formal Table

Dice leftover ham fine and combine with celery, pickle and pimiento. Soak gelatin 5 minutes in cold water. Heat stock. Add gelatin and stir until dissolved. Chill. When mixture begins to congeal add mayonnaise and meat mixture. Pour into 8-inch ring mold and chill until firm. Unmold on chop plate. Arrange lettuce cups alternately with cold meat around ring. Fill lettuce with olives, carrots and eggs. Serves 8.

Recipe suggestion from Mrs. Florence Lanaway, Seattle, Wash.
14. **Banana Chocolate Chip Cookies**

Send a Box to the Boys at Camp

- 2 1/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon soda
- 3/4 teaspoon salt
- 3/4 cup lard
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup mashed ripe bananas
- 1 7-ounce package chocolate chips

Sift flour, measure and sift with baking powder, soda and salt. Cream lard, add sugar and cream until light and fluffy. Add eggs, one at a time, beating after each addition. Add vanilla. Add bananas and sifted dry ingredients alternately. Fold in chocolate chips. Drop by teaspoonfuls on ungreased cookie sheet. Bake in moderately hot oven (400° F.) for about 12 minutes. Yield: 6 dozen small cookies.

15. **Beefsteak Supreme**

It Has an Unusually Good Gravy

- 2 pounds round steak
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon celery salt
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 tablespoons crumbs
- 2 tablespoons lard
- 1 No. 2 can tomatoes
- 2 tablespoons flour
- 3 tablespoons water

Have meat retailer cut steak about 1 inch thick. Cut 4 grooves across steak being sure not to cut through. Combine seasoning and crumbs and fill grooves with mixture. Roll and tie securely. Brown in hot lard. Add tomatoes, cover and simmer 2 hours or until tender. Place meat and any whole tomatoes on platter. Mix flour with water and thicken remaining tomatoes. Serve hot over meat. Serves 6.

Round steak is practically all lean meat and lends itself well to the Beefsteak Supreme recipe. In this picture note the grooves which have been filled with the seasoning.
16. Dainty Dinner Rolls
Different Both in Color and Flavor

8 cups flour
1 tablespoon salt
2 cups tomato juice
2 cakes compressed yeast
½ cup sugar
1 cup lard
2 eggs

Sift flour once, measure and sift again with salt. Dissolve yeast in small amount of lukewarm tomato juice and 2 tablespoons sugar. Cream lard and remaining sugar. Combine unbeaten eggs, remaining tomato juice and yeast mixture. Add alternately with dry ingredients to creamed sugar and lard. Allow to rise 1 hour in warm place. Store covered in refrigerator. When ready to use, knead well. Turn out on floured surface and sift thin layer of flour over dough. Roll to one-fourth inch in thickness. Cut with a small floured cookie cutter (1 ½ inch). Place 3 biscuits together for each roll and stand them on edge in greased muffin pans. Allow to rise to twice their size. Bake in hot oven (425° F.) for 12 to 15 minutes. Dough may be kept in refrigerator and used when hot rolls are desired. Yield: 4 dozen rolls (2 ½ inches in diameter).

Recipe suggestion from Mrs. M. P. Judd, Memphis, Tenn.

17. Festive Ham Slice
With Fruit, Sugar and Spice!

1 thick slice ham
8 whole cloves
1/4 cup brown sugar
1 No. 2 can blue plums

Have ham cut 1-inch thick. Place in shallow baking pan and stick in cloves. Sprinkle with brown sugar and pour over one-third cup plum juice. Bake in a moderate oven (350° F.) for 1 hour, turning once. At the end of 1 hour place plums on ham and return to oven for 15 minutes. Serves 4.

18. Apple Fritters
Strain Lard After Each Use

1 1/4 cups flour
1 teaspoon baking powder
2 tablespoons sugar
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 egg
1/2 cup milk
1 large apple

Lard for deep fat frying

Sift flour, measure and sift again with baking powder, sugar, salt, and nutmeg. Beat egg, add milk and combine with dry ingredients. Peel and chop apple. Mix into batter. Drop by spoonfuls into kettle of deep hot lard at 360° F. Fry until brown. Drain on absorbent paper and serve very hot. Yield: 8 medium fritters.

19. Baked Meat Hash
Left-overs Can Be Attractive and Good

4 cups cooked meat
2 cups gravy
6 medium potatoes

Use left-over meat and gravy. Dice cooked potatoes and combine all ingredients. Place in buttered baking dish and bake in moderate oven (350° F.) for 30 minutes or until heated. Serves 6.
20. Crown Roast of Pork
Frills for a Party Meal

Use the rib sections of 2 pork loins each having an equal number of ribs. Remove a 1-inch strip of meat from the ends of the ribs of each section and French the ribs. Saw parallel to the chine bone to remove the backbones from the two rib sections. Sew ends together with ribs on outside to form a crown. Season with salt and pepper. Arrange the roast in a dripping pan so that the rib ends are down and the meaty part of the roast is uppermost. As the meat cooks, the fat and liquid will baste the bones so they will not become too brown. Insert a meat thermometer so that the bulb reaches the center of the thickest part. Do not add water and do not cover. Roast in a moderate oven (350° F.) until done, allowing 30 minutes to the pound. If a meat thermometer is used, cook the meat until the thermometer registers 185° F. To serve, fill the center of the crown with buttered peas or other vegetables and slip paper frills over the rib ends or decorate with olives. A 12 rib crown roast will serve 12 people.

21. Cherry Upside Down Cake
Looks Like a Picture, Appeals to All

22. **Veal Souffle**

It Has a Delicate Flavor and a Fluffy Texture

1 pound pork  
1 pound veal  
Water  
2 teaspoons salt  
6 cloves  
1 bay leaf  
1 onion  
2 cups soft bread crumbs  
2 eggs  
2 cups meat stock


*Recipe suggestion from Mrs. Frank Reid, Walker, Minn.*

23. **Pressed Beef**

On Cold Meat Platter! In Sandwiches! As Appetizer!

4 pounds beef shank  
Water  
6 cloves  
1 medium onion  
1 stick cinnamon  
2 teaspoons salt  
½ teaspoon pepper  
1 tablespoon powdered sage

Cover shank with water. Cook slowly with cloves, onion, cinna-

...mon, salt and pepper, until ready to fall from the bone. Pull the meat apart with forks until finely shredded. Pack in a loaf pan (5 x 9 inches). Add sage to liquid in kettle and cook down to 1 cup. Pour over the meat. Chill until firm. Serve in thin slices. Serves 10 to 12.

*Recipe suggestion from Robert Neal, Mineral Point, Wis.*
24. Macaroni Meat Salad
Diced Cooked Ham Featured in New Way

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<th>Ingredient</th>
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<td>1 16-ounce package elbow macaroni</td>
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<td>6 cups cooked macaroni</td>
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<tr>
<td>¼ cup vinegar</td>
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<tr>
<td>¼ cup chopped pimiento</td>
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<tr>
<td>1 cup chopped celery</td>
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<td>¼ cup grated onion</td>
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<td>2 teaspoons salt</td>
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<td>¼ teaspoon pepper</td>
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<tr>
<td>½ cup mayonnaise</td>
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Dice ham. Cook macaroni and drain. Pour vinegar over macaroni and allow it to stand for 10 minutes. Toss all ingredients together except greens and tomato. Pile salad on crisp greens and garnish with tomato sections. Serves 8 to 10.

25. Hollandaise Sauce
A Sauce of Class Like This, and Any Vegetable Gets Stylish!

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 egg yolks</td>
<td></td>
</tr>
<tr>
<td>½ cup butter</td>
<td></td>
</tr>
<tr>
<td>Juice of ½ lemon</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
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</tbody>
</table>

Beat egg yolks into the softened butter. Slowly add lemon juice and seasonings. Cook very slowly until thick. Remove from heat at once. Serve on broccoli, asparagus, cauliflower or green beans. Serves 6.

Fill Out Registration Blank on Other Side

FOURTH SESSION

A 33231
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 teaspoons 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 2/3 cups flour
2 1/2 teaspoons baking powder
3/4 teaspoon salt
1/3 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
1/3 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**  
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.

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- F. N. ARBAUGH CO.
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- EAST LANSING ELECTRIC CO.
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- THE JURY-ROWE CO.
- KNIGHT ELECTRIC CO.
- LANSING DRY GOODS CO.
- LAPP ELECTRIC CO.
- MONTGOMERY-WARD CO.
- SCHABERG-DIEITRICH HDWE. CO.
- SEARS.ROEBUCK COMPANY
- WHITE PRODUCTS CO.
- VANDERVOORT HARDWARE CO.

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 Courtesy of Schaberg-Dietrich Hdwe. Co.
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 Courtesy of Michigan State Apple Comm.
- “Swan” Hostess Tray & Stand  
 “Rinso” - Full Case (Size 24S)  
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Given Away at Each School Session

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