Program & Recipes
Second (Night) Session
Wed., Nov. 8, 1933
7:15 - 9:30 p.m.

Presenting
Miss
Nora Altic

DEMONSTRATOR IN CHARGE
3rd Annual Fall 1933
ELECTRIC RANGE COOKING SCHOOL
Sponsored by THE STATE JOURNAL for the BOARD OF WATER & ELECTRIC LIGHT COMMISSIONERS AND THE Electric Range Dealers of Lansing and East Lansing

PRUDDEN AUDITORIUM

TUESDAY
Afternoon
2:00 - 4:30 P.M.

WEDNESDAY
Night Session
7:15 - 9:30 P.M.

THURSDAY
Afternoon
2:00 - 4:30 P.M.

DRAWINGS FOR PRIZES
This will take place at the close of each session. In fairness to the homemakers of Lansing and East Lansing who attend these Cooking Schools year after year, it has been decided in the awarding of the THREE ELECTRIC RANGES, that no single person, no person who is not a resident of either Lansing or East Lansing will be considered eligible in drawings for the ELECTRIC RANGES. The person qualified under these conditions, MUST BE IN PRUDDEN AUDITORIUM in person, when the NUMBER IS CALLED.

FREE ADMISSION TICKETS TO ALL SESSIONS OF THIS SCHOOL FROM DEALERS LISTED ON BACK OF THIS FOLDER! GET YOURS! TELL YOUR FRIENDS!
THE PARADE OF THE FOODS

COMPANY DISMISSED!

Mock Duck
Spinach Mold Filled with Noodles
Pears Stuffed with Cream Cheese
Kaiserin Dessert
Coffee
Veal a la King
Potato Nests
Pickled Crab Apples
Polka Dot Salad
Ice Cream Pie

Liver Timbales
Shoe String Potatoes
Carrots and Peas
Tomato Aspic Salad
Lemon Sherbet

Standing Rib Roast
Franconia Potatoes
Tale Beets
Jellied Vegetable Salad
Birthday Ring

1. BAKED HAM

Place a well-scrubbed ham in an uncovered pan with fat side up. Cook until done or until the thermometer registers 160° F. Allow 25 minutes per pound for 10-12 pound hams; 30 minutes per pound for half hams; 20 minutes per pound for large hams. About 45 minutes before the ham is done, remove it from the oven and carefully take off the rind. With a sharp knife score the fat covering in squares. Stick long stemmed cloves into the intersections and sprinkle brown sugar over the fat surface. Return to a moderately hot oven (400-450° F.) to brown over the top.

2. BANANA GINGERBREAD SHORTCAKE

Sift together the dry ingredients. Heat to boiling the molasses and lard. Add the milk and egg to the dry ingredients and quickly stir in the hot molasses mixture. Bake in a moderate oven (375° F.) 20-25 minutes in two greased 8-inch layer pans. Cool, place sliced bananas between and on top of layers. Cover with whipped cream and banana slices. Serves six to eight.

HOW TO ROAST

1. Place meat on rack in open roasting pan.
2. Do not add water.
3. Sear in hot oven (500° F.)
4. Reduce temperature to a slow oven (300° F.)
5. Cook to the desired degree of doneness.
3. **Mock Duck**

Have a mock duck made from a shoulder of lamb. Wrap the “duck’s” head in salt pork or bacon to prevent charring. Sprinkle with salt and pepper and place on a rack in an open roasting pan. Insert roast meat thermometer into the center of the fleshy part of the “body.” Place in a hot oven (500° F.) and sear for thirty minutes, or until nicely browned. Then rapidly reduce the temperature to that of a slow oven (300° F.) and continue roasting at the low temperature until done. Do not add water and do not cover. The roast will be well done when the meat thermometer registers 182° F., or slightly underdone when the thermometer registers 175° F. Allow about thirty-five minutes per pound for roasting. When done, remove “duck” from the oven and take off the salt pork or bacon from the “head.” Place in the center of a platter and garnish with mint apples and watercress or parsley.

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4. **Under-The-Sea-Salad**

1 package lime flavored gelatin
1/2 cups boiling water
1/2 cup juice from canned pears

Yield teaspoon salt
Yield teaspoon vinegar

2 cups canned pears, diced
2 packages cream cheese

Yield teaspoon ginger


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5. **Veal a la King**

2 cups cold cooked veal
4 tablespoons butter
4 tablespoons flour
1 cup veal stock
1 cup milk
1/2 cup celery, diced

1 small can button mushrooms
1/2 cup peas
1 pimiento, diced
1 green pepper, diced
1 glass currant jelly

Cut the cold cooked veal into cubes. Melt butter, and combine the flour with it. Gradually add the liquids, stirring until the sauce is thickened. Then add diced veal, vegetables and mushrooms, and season with salt and pepper. Serve in potato nests. Place on top of each a cube of currant jelly and decorate with parsley.

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6. **Pork Apple Salad**

1 cup celery
1/2 cups diced apple
1/2 cups grated carrots

1 cup peas
2 cups diced pork
1 green pepper, shredded

Cut celery and apples in small pieces. Grate carrots, dice green pepper, add cooked peas and diced meat. Mix with mayonnaise.
ICE CREAM PIES

**1 RECIPE PASTRY**

<table>
<thead>
<tr>
<th>1/2 cups flour</th>
<th>1/2 cup lard</th>
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<tr>
<td>1 teaspoon salt</td>
<td>4-6 tablespoons cold water</td>
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Cut lard into flour and salt until the crumbs are the size of dried peas. Add the water slowly, using enough to just make the dough hold together. Roll on a floured board and line individual pie pans or muffin pans with the dough. Bake in a hot oven (450° F.) for 12-15 minutes, until slightly browned.

**MERINGUE**

<table>
<thead>
<tr>
<th>2 egg whites</th>
<th>Pinch of salt</th>
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<tr>
<td>4 tablespoons granulated sugar</td>
<td>1/2 teaspoon vanilla</td>
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Fill the chilled baked pie shells with a layer of any desired fruit, peaches, strawberries. Cover with very firmly frozen ice cream. Completely cover the ice cream with the meringue, made by beating the egg whites with the sugar and vanilla until the sugar is dissolved.

Set pies on a baking sheet and place in a very hot oven (550° F.) for a very few minutes, until the meringue is browned.

Have ready some bitter chocolate which has been melted over hot water and as soon as the pies are removed from the oven, pour about a tablespoon of chocolate over each pie. Serve at once.

**LIVER TIMBALES**

<table>
<thead>
<tr>
<th>1 cup stale bread crumbs</th>
<th>4 tablespoons butter</th>
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<tr>
<td>1 cup sweet milk</td>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 cup cooked ground liver</td>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>2 eggs</td>
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Add milk to bread crumbs and cook to a smooth paste, add liver, butter, salt, pepper, and egg yolks. Lastly fold in stiffly beaten egg whites. Fill slightly greased molds three-fourths full. Set in pan of hot water. Bake at 350° F. one hour.

**POLKA DOT SALAD**

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<tr>
<th>1/2 small white cabbage</th>
<th>1 cup blanched shredded almonds</th>
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<tr>
<td>1 cup fresh coconut</td>
<td>1/2 cup finely cut pimientos</td>
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**MEAT MAKES THE MEAL**

Select the meat and solve the problem. This makes meal planning easy, because fruits and vegetables, salads and desserts just naturally group themselves around the meat dish. Meat not only makes the meal complete from the standpoint of good flavor, but of good nutrition, for it furnishes perfect protein, energizing fat, necessary minerals, and essential vitamins. Meat in the meal tips the scales towards good balance.
10. CHOW MEIN

3 tablespoons lard  
\( \frac{1}{2} \) teaspoon salt  
1 cup diced raw pork or veal  
\( \frac{1}{2} \) cup fine cut onions  
\( \frac{1}{2} \) cup celery, diced  
\( \frac{1}{2} \) cup water  
1 can Chinese vegetables

THICKENING

3 tablespoons cornstarch  
\( \frac{1}{2} \) teaspoon pepper  
3 tablespoons soy sauce

Heat lard, add salt, meat and onions, stir constantly, and cook rapidly until meat is well seared. Add celery and water. Cover and cook 5 minutes. Add drained Chinese vegetables. Heat thoroughly. Mix thickening ingredients, add to chop suey and cook for a few minutes. Serve over homemade fried noodles.

FRIED NOODLES

Cook fine cut noodles in boiling salted water for 3 minutes. Pour into strainer and drain until perfectly dry. Drop, a few at a time, into hot deep lard and fry until a delicate brown. Serve hot with chow mein.

II. KAISERIN RICE DESSERT

1 pint boiling water  
1 pkg. raspberry flavored gelatin  
\( \frac{1}{2} \) cup rice  
\( \frac{1}{2} \) cups boiling water  
1 teaspoon salt  
\( \frac{1}{2} \) tablespoons gelatin  
\( \frac{1}{2} \) cup cold milk  
\( \frac{1}{2} \) cup sugar  
\( \frac{1}{2} \) cup cream, whipped  
\( \frac{1}{2} \) teaspoon vanilla

Add boiling water to raspberry gelatin and stir well. Cook rice in boiling water (to which salt has been added) for 30 minutes, drain. Soak gelatin in cold milk and add to the hot rice. Add sugar and mix well. Let cool and when partially set fold in cream whipped until stiff. Flavor with vanilla. Pour the rice mixture over the raspberry gelatin mixture which has become set. Let stand for several hours in refrigerator until firm. Turn out onto a serving platter. Serve with Raspberry Sauce made as follows:

Dissolve 1 teaspoon cream of tartar in 1 cup canned raspberry juice. Add 4 teaspoons cooking sherry or lemon juice. Cook for 10 minutes.
12. **PLANKED STEAK**

1. Porterhouse steak (2 inches thick)
2. 6 potatoes
3. 6 onions
4. 1 cup diced carrots
5. 2 cups spinach

Trim steak. Sear on both sides in the broiler. Broil for about 20 minutes. Place the steak on an oiled plank. Arrange the cooked buttered onions and carrots placed in nests of spinach around steak. Then arrange a border of mashed potatoes. Brush slightly with beaten egg. Place the plank in the oven until the potato border is browned. Spread steak with butter and finely chopped parsley.

13. **YALE BEETS**

2 tablespoons butter
3 tablespoons flour
1/2 cup liquid off beets
1 1/2 teaspoons grated orange rind
3/4 cup orange juice
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 teaspoons sugar
1 can beets sliced or diced

Melt butter, stir in flour and slowly add the beet liquid. Add orange rind, orange juice, salt, pepper and sugar. Cook until thick and smooth, stirring constantly. Add the beets and heat thoroughly. Serves 7.

14. **BIRTHDAY RING**

1/2 cup butter
1 cup sugar
2 cups flour
2 teaspoons baking powder
3 egg whites
3/4 cup milk
1 teaspoon flavoring
1/2 teaspoon salt

Cream butter and sugar together until creamy and fluffy. Sift dry ingredients three times and add alternately with the milk. Beat until mixture is smooth, add flavoring, then fold in the egg white. Pour into greased ring mold, bake in a 350°F oven about 35 minutes. Remove from mold as soon as the cake is taken from the oven. Cool, place on large cake plate and ice with 7-minute icing. Arrange a small bowl of flowers in the center of the ring. Place the birthday candles on colored gum drops around the outer rim of plate. This is a pretty center-piece for the dinner table.

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**ENTERTAINMENT**

Presenting

**VIRGILINE SIMMONS**

School of Dancing Pupils

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MAKES PERFECT

**MAYONNAISE IN 1 1/2 MINUTES ... YOUR OWN DELICIOUS HOME MADE MAYONNAISE, PERFECT EVERY TIME, WITH NO TROUBLE AT ALL**

1 PINT WESSON OIL & NEW QUICK MIXER BOTH FOR 49c
15. **FROZEN OMELET**

4 eggs  
\(\frac{1}{2}\) cup drained sweetened apple sauce  
\(\frac{1}{2}\) cup confectioners' sugar  
\(\frac{1}{2}\) cup raw grated carrot

Whip egg whites with an electric mixer until stiff. Add yolks one at a time, beating until sponge like. Add sugar, apple sauce, which may be spiced if desired, and carrots. Pour into freezing tray of refrigerator. Freeze without stirring.

16. **BANANAS WITH BACON**

6 bananas  
\(\frac{1}{4}\) pound bacon

Roll half lengths of peeled bananas in strips of bacon. Fasten with a toothpick. Broil or bake in a hot oven (450° F.) about 15 minutes, or until bananas are tender and bacon is crisp. Baste at least once during the baking.

17. **SPRING MOUSSE**

\(\frac{3}{4}\) cup minced lamb  
3 egg yolks  
1 tablespoon gelatin  
4 tablespoons cold water  
Salt, cayenne, paprika

Pour stock over beaten egg yolks. Cook until thickened. Add gelatin which has been dissolved in cold water and seasonings. When it begins to thicken fold in whipped cream, add lamb and chopped nuts, pour into mold. Chill for several hours.

18. **CALIFORNIA CHICKEN**

\(\frac{1}{4}\) pound ground pork  
1 pound ground veal  
1 teaspoon salt  
\(\frac{1}{2}\) teaspoon pepper  
1 tablespoon chopped green pepper

Combine all ingredients and shape like a chicken leg around a wooden skewer. Roll in bread crumbs, then in egg slightly beaten with 1 tablespoon water and again in bread crumbs. Let stand 30 minutes in the refrigerator. Brown in hot fat, then reduce temperature. Cover closely and let cook slowly for 45 minutes.

19. **PARKERHOUSE CUTLETS**

2 cups minced cold cooked meat  
1 cup thick white sauce  
Few grains cayenne  
1 tablespoon minced green pepper

Add sauce to meat, then seasonings. Spread on a plate to cool. Shape in form of cutlets, dip in crumbs, egg, then crumbs again. Fry in deep lard at 380° F. Drain and garnish with greens.
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All Food Products Used in These Recipes Were Personally Selected by Miss Altic from the Popular

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