PRESENTED BY THE BOARD of WATER and ELEC. LIGHT COMMISSIONERS Cooperating with ELECTRIC APPLIANCE DEALERS of LANSING, MICHIGAN PRUDDEN AUDITORIUM NOVEMBER 1-2-3-4 1938

MISS RUTH WHITE Demonstrating "The Art of Modern ELECTRIC Cooking"

Next Session - Wed. Night - Nov. 2-7:00 P.M.

Held in cooperation with the National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois

First Session
How TO COOK MEAT

Meat cookery is as simple as A B C, if a few fundamental rules are mastered. Tender meat cuts are cooked by DRY heat; the less tender cuts are cooked by MOIST heat. There are only six general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

DRY HEAT FOR TENDER CUTS

I. TO ROAST. Season meat with salt and pepper. Place on rack, fat side up. Insert roast-meat thermometer. Do not add water. Do not cover. Do not baste. Roast in a slow oven (300-350° F.) to desired degree of doneness.

II. TO BROIL. Preheat the broiling oven. Place meat on broiling rack with top surface 3 inches below source of heat. If distance must be less, reduce the temperature accordingly. Broil on one side until nicely browned (will be about half done), turn, finish broiling. Season with salt and pepper.

III. TO PANBROIL. Heat a heavy frying-pan sizzling hot. Place meat in hot pan. Do not add fat or water. Do not cover pan. Brown nicely on both sides. Reduce the temperature and cook until done, turning from time to time. Pour off fat as it accumulates in the pan.

MOIST HEAT FOR LESS TENDER CUTS

IV. TO BRAISE. Season meat with salt and pepper, dredge with flour, if desired. Brown on all sides in hot lard. Add a small quantity of liquid. Cover closely. Cook slowly until done.

V. TO STEW. Cut meat into 2-inch cubes. Season with salt and pepper. Brown, if desired, on all sides in hot lard. Cover with boiling water. Cover kettle tightly. Cook slowly until done. Do not boil. Add vegetables just long enough before serving so they will be done.

VI. TO COOK IN WATER. Cover meat with boiling water. Season with salt and pepper. Cook slowly. Allow to simmer—not boil. Add vegetables, if desired, just long enough before serving so they will be done.
1. Stuffed Baked Ham

One smoked ham
1 1/2 cups cooked drained spinach
2 tablespoons grated onion
4 tablespoons butter
2 tablespoons lemon juice
3 slices soft bread
Salt and pepper

Have market man remove ham butt. Ask him to bone remainder of ham by splitting shank to remove shank bones, then pulling round bone from center of ham through shank opening. Combine spinach, onion, butter, lemon juice and bread made into fine crumbs. Season to taste. Stuff boned end of ham with spinach mixture and sew up shank opening. Wipe with a damp cloth. Place in an uncovered pan with the fat side up. Make a small incision through the skin and insert the roast meat thermometer so that the bulb is in the center of the thickest muscle, not in the spinach stuffing. Roast in a slow oven (300° F.) until the thermometer registers 170° F. allowing about 25 minutes to the pound. 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 18 minutes per pound. About 45 minutes before the ham is done, remove it from the oven and carefully take off the rind. Place in a clean pan and return to the oven to complete cooking. Remove from oven and arrange maraschino cocktail cherries in clusters of three over surface of ham. Serve hot or cold.

2. Mushroom Ham Loaf

1 pound ground smoked ham butt
1 pound ground veal shoulder
4 tablespoons catsup
3 tablespoons minced green pepper
1 tablespoon grated onion
2 eggs
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup fine cracker or bread crumbs
1 cup condensed mushroom soup
16 button mushrooms

Combine ingredients thoroughly in order given. Pack half the mixture into a loaf pan, press whole mushrooms (raw or canned) into center. Add remaining meat mixture, press whole mushrooms into top layer. Bake in a moderate oven (350° F.) for 1 1/2 hours. Serve hot or cold. Serves 6-8.

3. French Fried Asparagus

1 can white asparagus tips
Salt and pepper
1 egg
2 tablespoons asparagus liquor
Fine dry cracker crumbs

4. Homemade Pie Mix

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.

5. Sunny Orange Cake

3 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 1/2 cups sugar
1/2 cup lard
3 eggs
1 cup milk
1 teaspoon vanilla extract
4 tablespoons orange juice

Sift flour, measure and sift again three times with the baking powder, salt and sugar. Add lard which should be soft, but not melted. Combine liquids and add slowly to lard and dry ingredients. Beat for one minute. Bake in two 9 inch layers in a moderately hot oven (375° F.) for 25 to 30 minutes. Ice with Boiled Egg Yolk Icing. Yields 16 servings.

BOILED EGG YOLK Icing

2 cups sugar
1 teaspoon vinegar
1/2 cup hot water
2 tablespoons butter
2 egg yolks
1 teaspoon baking powder
1 teaspoon orange juice
1 teaspoon lemon juice
1 teaspoon grated orange rind

Combine sugar, vinegar and water and stir until mixture boils. Cover and cook without stirring until the sirup spins a thread 10 to 12 inches long. Add the butter. Beat the egg yolks until thick and lemon colored.

Pour the sirup over the egg yolks in a fine stream, beating vigorously. Add the baking powder and flavoring. Continue beating with a rotary egg beater until the mixture is creamy. Cool and store in the refrigerator until needed. This may be thinned with additional fruit juice.

6. Dixie Pecan Pie

1 1/2 cups Homemade Pie Mix
1-3 tablespoons ice water

Add water to pie mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll on slightly floured board or cloth. Line pie pan and crimp edges. Pour in filling. Bake in moderate oven (375° F.) for 45 to 50 minutes. Serves 8.

PECAN FILLING

3 eggs
1 tablespoon sugar
2 tablespoons flour
2 cups dark corn sirup
1 teaspoon vanilla extract
1/4 teaspoon salt
1 cup whole pecan meats

Beat eggs until light. Mix sugar and flour, add to eggs and beat well. Add sirup, vanilla, salt and pecans.

7. Sausage Supreme

1 pound link sausage
5 medium potatoes
2 large onions
3 tablespoons chopped green pepper
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 can condensed tomato soup

Place sausages in cold frying-pan. Brown slowly. Push sausages to side of frying-pan, slice potatoes one-fourth inch thick and brown in sausage fat. Add sliced onions, green pepper and seasonings. Pour tomato soup over all. Cover tightly and allow to simmer for 45 minutes. Serves 8.
8. Steak Wraparounds

1 1/2 pounds round steak
6 slices bacon
3 dill pickles
Salt and pepper
Flour
2 tablespoons fat
1/4 cup catsup
1/2 cup water
1 teaspoon Worcestershire sauce

Have round steak cut one-half inch thick. Cut into six rectangular pieces. Lay slice of bacon on each piece, then half a dill pickle. Roll up and fasten with a toothpick. Roll in seasoned flour. Brown in hot fat in a frying-pan. Place in a casserole. Make a sauce by mixing the catsup, water and Worcestershire sauce, and pour over meat. Cover and cook in a moderate oven (350° F.) for about an hour. Serves 6.

9. Deviled Liver Loaf

2 pounds liver
2 eggs
2 cups soft bread crumbs
1 cup milk
1/4 cup tomato catsup
2 tablespoons chopped onion
3 tablespoons lemon juice
3 teaspoons salt
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
4 bacon slices

Wash liver and cook in water five minutes. Grind and add beaten eggs. Add remaining ingredients, mixing thoroughly. Line bottom of 5 x 9 inch loaf pan with bacon. Press liver mixture firmly into pan. Bake in a moderate oven (350° F.) for one hour. Serves 8.

10. Canadian Slices—Fruited

6 slices Canadian Style Bacon
6 slices pineapple
1 cup raisins
1 cup pineapple juice
1 cup water
6 tablespoons cornstarch
1/4 teaspoon salt

Have bacon sliced one-half inch thick. Place in dripping pan. Place slice of pineapple over each piece of bacon. Simmer raisins in pineapple juice and water for 10 minutes. Thicken with a paste of cornstarch, salt and a small amount of water, stirring until cornstarch is cooked. Pour sauce over the bacon and pineapple. Cook in a moderate oven (350° F.) for 1 hour and 15 minutes. Serves 6.

11. Barbecued Lamb Riblets

3 pounds lamb riblets
Salt and pepper

Lamb riblets are made by slicing between the ribs of a breast of lamb from which the breast bone has been removed. Brown lamb riblets without adding extra fat. Season. Cover with the Barbecue Sauce and simmer gently or cook in a moderate oven (350° F.) for 1 1/2 hours or until tender. Serves 6.

BARBECUE SAUCE

1 medium onion
2 tablespoons butter
2 tablespoons vinegar
2 tablespoons brown sugar
4 tablespoons lemon juice
1 cup catsup
3 tablespoons Worcestershire sauce
1 cup water
Salt
Red pepper

Brown chopped onion in butter, add remaining ingredients and pour over lamb riblets.
### What shall we have to Eat Today?

**First—CHOOSE YOUR MEAT**  
- Stuffed Baked Ham *  
- Mushroom Ham Loaf *  
- Steak Wraparounds *  
- Canadian Slices—Fruited *  
- French Pork Pie *  
- Old English Roast Beef *  
- Barbecued Lamb Riblets *  
- Deviled Liver Loaf *  
- Broiled Lamb Chops *  
- Yankee Noodle *  
- Sausage Supreme *  

**Next—WHAT VEGETABLES?**  
- Spinach Dressing  
- Creamed Potatoes  
- Golden Carrot Ring *  
- Baked Sweet Potatoes  
- Spinach  
- Buttered Beets  
- Asparagus  
- Cauliflower  
- Parsley Potatoes  
- Stewed Tomatoes  
- Vegetables in Meat  

**HOW ABOUT SALAD?**  
- Baked Potatoes  
- Green Beans  
- Lima Beans  
- Brussels Sprouts  
- Beet and Horseradish  
- Corn on the Cob  
- Watercress Salad  
- Asparagus  
- Raw Vegetable Salad  
- Waldorf Salad  

**Oh Yes! WE MUST HAVE BREAD**  
- Assorted Rolls  
- Finger Rolls  
- Stuffed Tomato  
- Chef’s Salad  
- Grapefruit and Orange  
- Hot Buns  
- Endive Salad  
- Parkerhouse Rolls  
- Corn Muffins  

**and DAD VOTES FOR DESSERT**  
- Dixie Pecan Pie *  
- Sunny Orange Cake *  
- Baked Custard  
- Layered Fig Dainties  
- Butterscotch Cream Pie (4)  
- Banana Devils Food Cake (2)  

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*Recipe in this booklet . . . (2) Recipe in booklet for second session . . . (3) Recipe in booklet for third session . . . (4) Recipe in booklet for last session.

### 12. Broiled Lamb Chops

**Salt and pepper**

Have chops cut at least one inch thick. Wipe with a damp cloth.

To Broil: Arrange on a broiler rack, allowing three inches between surface of chops and source of heat, if possible. When brown, season with salt and pepper, turn and brown other side. Only one turning is necessary. Approximately 7 to 8 minutes to a side is required. Serve with Creamed Peaches.

To Pan Broil: Heat a heavy frying-pan until sizzling hot. Brown chops quickly on both sides, pouring off the fat as it accumulates in the pan. Then cook slowly until the desired degree of doneness is reached. Time for pan broiling is the same as for broiling.

### 13. Yankee Noodle

1. 12-ounce package noodles  
2. 3 cups mushroom white sauce  
3. 2 eggs  
4. ¾ cup cooked celery  
5. ½ pound dried beef  
6. Pepper  
7. ¼ pound grated cheese


**MUSHROOM WHITE SAUCE**

1. 4 tablespoonees butter  
2. 6 tablespoons flour  
3. 2 cups milk  
4. ½ teaspoon salt  
5. 1 can condensed mushroom soup

Melt butter and add flour. Add milk slowly, stirring constantly until thick. Add salt and mushroom soup. Heat thoroughly.
14. Liver Chow Mein

1 1/2 pounds sliced liver
2 tablespoons lard
1 cup diced celery
1/2 cup chopped green pepper
1 No. 2 1/2 can tomatoes
1 can Chinese vegetables
6 tablespoons cornstarch
3 tablespoons brown sauce
2 tablespoons soy sauce

Salt and pepper

Wash and dice liver. Brown in hot lard. Add celery, green pepper and tomatoes, and allow to simmer about 20 minutes. Add drained Chinese vegetables. When heated through, thicken with cornstarch blended with brown and soy sauce and enough water to make pouring consistency. Season to taste. Serve on Chinese noodles. Serves 8.

15. Curried Peaches

1 No. 2 1/2 can peach halves
1 teaspoon sugar
1/4 teaspoon curry powder
2 teaspoons butter

Place peach halves in pan with cut side up. Sprinkle with sugar and curry powder and place butter in center. Broil until delicately browned. Serves 6-8.

16. Old English Roast Beef

Select a two or three standing rib roast. Wipe with a damp cloth and rub with salt and pepper. Place the roast in a dripping pan with the fat side up. Make a small incision through the fat covering and insert a roast-meat thermometer so that the bulb reaches the center of the roast. Do not cover the roast and do not add any water. Place the meat in a slow oven (300° F.) and roast to the desired degree of doneness. The roast-meat thermometer will register 140° F. for a rare roast, 160° F. for a medium roast, and 170° F. for a well done roast. Allow 18-20 minutes to the pound for cooking a rare roast, 22-25 minutes to the pound for a medium roast, and 27-30 minutes to the pound for a well done roast. A four pound roast will serve six to eight people.

17. Yorkshire Pudding

1 cup flour
1 teaspoon salt
1 cup milk
2 eggs
3 tablespoons beef drippings

Sift flour, measure and mix with salt. Add milk gradually, stirring to form smooth paste. Add eggs which have been beaten until light. Place drippings in 6 x 9 inch pan and pour in batter. Bake in a moderately hot oven (400° F.) for 30-40 minutes. Cut in squares and serve around roast. Serves 6.

18. Golden Carrot Ring

5 cups grated raw carrots
4 eggs
2 cups top milk
1/4 teaspoon pepper
1 teaspoon sugar
1 tablespoon lemon juice
1 cup shredded almonds
1 1/2 tablespoons butter

Cook carrots in boiling salted water. Drain. Mix all other ingredients except butter, and combine with carrots. Spread butter thoroughly over inside of 9 inch ring mold. Pour mixture into mold and bake in a moderate oven (325° F.) for 40 minutes. Turn onto a chop plate and fill center with buttered lima beans or green peas. Serves 8-10.
19. Caramel Brownies

- 1 cup flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ cup lard
- 2 cups brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup chopped nuts

Sift flour, measure and sift again with baking powder and salt. Melt lard. Add sugar, eggs, vanilla and sifted dry ingredients mixed with the nuts. Spread thinly in a well greased and floured pan 10 by 15 inches. Bake in a moderate oven (350° F.) for 30 minutes. Cool and cut. Yields 32 strips one by two inches.

20. Ham Banana Rolls

- 6 thin slices boiled ham
- 1 tablespoon butter
- 1 teaspoon prepared mustard
- 6 firm bananas

Spread slices of ham with a mixture of the butter and mustard. Wrap around peeled bananas and fasten with a toothpick. Place in a buttered shallow baking pan. Pour Cheese Sauce over bananas. Bake in a moderate oven (350° F.) for 30 minutes. Serves 6.

**CHEESE SAUCE**

- 1½ tablespoons butter
- 1½ tablespoons flour
- ¾ cup milk
- ¼ pound American cheese

Melt butter and add flour. Stir until smooth and add warm milk. Add grated cheese and cook until thick and smooth, stirring constantly.

21. Toasted Loaf

- 1 loaf sliced bread
- ½ cup melted butter

Hold the loaf together by securing the end slices with toothpicks and place in shallow pan. Allow the center slices to spread open slightly. Pour the melted butter over all, allowing some to run onto each slice. Place in a hot oven (450° F.) for 15 minutes or until slightly toasted and heated through thoroughly. Serves 8-10.
22. Applesauce Ice Cream

- 2 eggs
- 2 tablespoons sugar
- 1 1/2 cups applesauce
- 1/3 cup top milk
- 1/2 teaspoon cinnamon
- 1/4 cup honey
- 1/8 teaspoon salt
- 1 cup whipping cream

Beat egg whites to creamy stage. Add sugar, and beat till whites hold their shape. Add unsweetened applesauce, milk, cinnamon, honey, salt and beaten egg yolks. Whip cream till thick, but not stiff. Fold into egg white mixture. Pour into freezing tray and freeze. Serves 10.

23. French Pork Pie

- 1 1/2 cups flour
- 1 teaspoon salt
- 1/3 cup lard
- Ice water

Sift flour, measure and add salt. Cut lard into flour until the mixture is coarse and granular in appearance. 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 one-half of pastry to about one-eighth inch in thickness and line a pie pan. Add Pork Filling. Roll out remaining pastry and place over filling. Allow top crust to overlap the lower crust one-half inch. Moisten lower edge to seal perfectly and fold top crust under the lower. Crimp edges. If desired, a lattice effect may be made with strips of pastry crisscrossed over filling. Bake in a hot oven (450° F.) for 30 minutes, until crust is brown. Serves 8.

**PORK FILLING**

- 1 1/2 pounds ground pork shoulder
- 6 slices bread
- 1 cup water
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground nutmeg
- 1 tablespoon Worcestershire sauce

Combine meat with bread which has been cut into small cubes, water and seasonings. Simmer for 30 minutes until meat is tender, adding more moisture if necessary. Cool slightly.
Pork Chart

Retail Cuts

2. Sirloin Pork Roast
3. Porc Tenderloin Frenched and Whole
4. Canadian Style Bacon
5. Loin Chop
1. Boston Style Rolled Butt-Roast
4. Frenched Rib Chop
2. Boston Style Butt
2 & 5. Bacon Square
5. Loin Roast Shoulder End
1 & 2. Loin Roast Ham End
Crown Pork Roast

Wholesale Cuts

Boston Style Rolled Hock—Arm—Pear—Steak—Simmer—Orville—

Retail Cuts

2. Half Ham Butt End
3. Half Ham Shank End
4. Ham Butt Slice
5. Center Ham Slice
1. Fresh Ham Roast
2. Rolled Fresh Ham Roast
3. Bacon
4. Salt Pork
5. Spareribs
6. Fresh Picnic Shoulder
7. Smoked Picnic Shoulder
8. Cushion Style Picnic Shoulder
9. Rolled Picnic Shoulder
10. Fresh Shoulder Hock

HINTS ABOUT PORK

Pork always should be cooked well-done to bring out its rich delicious flavor. . . . All pork cuts should be cooked slowly. . . . Carving a pork loin is easier if the backbone is separated from the ribs before cooking. . . . Bacon for breakfast starts the day right. In cooking, place in a cool skillet and cook slowly. . . . Do not hesitate to choose a whole or half ham, because it is good to the last bite, either hot, sliced cold, or in combination dishes.
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