FALL 1939 ELECTRIC

PAGEANT OF FOODS

COOKING SCHOOL

Presented by
Board of Water and Electric Light Commissioners
Co-operating With The
Electric Appliance Dealers of Lansing and E. Lansing

PRUDDEN AUDITORIUM
NOVEMBER 1, 2, 3, and 4, 1939

Wed., Nov. 1
Night Session
Starts 7 P. M.

Thurs., Nov. 2
Night Session
Starts 7 P. M.

Fri., Nov. 3
Night Session
Starts 7 P. M.

Sat., Nov. 4
Afternoon
Starts 2:00 P. M.

SEE BACK PAGE FOR LIST OF VALUABLE FREE GIFTS

FREE!
ELECTRIC RANGES

FREE!
20 FOOD BASKETS
EACH SESSION

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

Second Session
MISS CHARLIE MAE ELLIOTT
Electric Cooking Demonstrator
Children's

LUNCHEON SUGGESTIONS

Vegetable Soup
Minced Meat Sandwiches
Apple Sauce
Milk

Macaroni and Cheese with
Crisp Bacon
Bran Muffins
Pineapple Cubes
Milk

Chinese Chop Suey with Rice
Waldorf Salad
Baked Custard
Milk

Liver Loaf
Scalloped Potatoes
Buttered Onions
Fresh Fruit
Milk

Casserole of Lima Beans
and Ham
Brown Bread
Ice Cream
Cocoa

Baked Hamburg Patties
Baked Squash
Baked Tomatoes
Buttered Biscuits
Prunes
Milk

Crisp Bacon
Scalloped Potatoes
Stewed Tomatoes
Bread
Cottage Pudding
Butter
Milk

Beef Stew with Vegetables
Whole Wheat Bread
Chocolate Pudding
Milk

Braised Beef Heart with Noodles
Lettuce Salad
Bread
Fruit Gelatin
Cold Cocoa

Meat Loaf
Baked Potatoes
String Beans
Baked Apples
Milk

Lamb Stew with Vegetables
Rolls
Coconut Cake
Butter
Milk

Beef Birds
Buttered Carrots
Mashed Potatoes
Celery Hearts
Peaches
Cookies
Milk

Split Pea Soup
Toast
Gingerbread
Chocolate
Butter
Milk

Roast Beef Sandwich
Mashed Potatoes
Spinach
Seedless Green Grapes
Gravy
Milk
1. Country Boiled Dinner

1 1/2 pounds country style backbones
Water
1 tablespoon salt
1/2 teaspoon pepper
2 bunches carrots
8 onions
8 potatoes
Small head of cabbage

Wipe meat with a damp cloth. Cover with water and allow to simmer until nearly tender, about 1 1/2 hours. Season. Prepare vegetables and add carrots and onions whole. Cook 15 minutes and add whole potatoes. Cook 20 minutes and add quartered cabbage. Cook until cabbage is done. Serves 6-8.

2. Banana Tea Bread

1 1/4 cups flour
3/4 teaspoon soda
1 1/4 teaspoons cream of tartar
1/2 teaspoon salt
1/2 cup lard
2/3 cup sugar
2 eggs
1 cup mashed ripe bananas

Sift flour, measure and sift again with soda, cream of tartar and salt. Cream lard, add sugar gradually, beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-oiled loaf pan (8 1/2 x 4 1/2 x 3 inches) and bake in a moderate oven (350° F.) for about 1 hour and 10 minutes, or until bread is done.

3. Barbecued Lamb Hash

3 cups cooked diced lamb
1/4 cup grated onion
2 tablespoons lard
2 cups Barbecue Sauce
2 teaspoons salt
4 medium potatoes


BARBECUE SAUCE

1 1/2 cups vinegar
1/2 cup water
4 tablespoons prepared mustard
3/4 cup chili sauce
1 tablespoon brown sugar

Combine all ingredients. Shake well.

4. German Potato Pan Cakes

2 cups grated raw potatoes
2 eggs
1/2 teaspoon baking powder
1 teaspoon salt
1 tablespoon flour
1/4 cup lard

Peel and soak four medium potatoes for several hours. Grate, drain and measure. Combine all ingredients except the lard. Drop by spoonfuls into hot lard. When brown turn with pancake turner. This mixture may be baked in one large pancake in a hot oven (425° F.) for 15 minutes for each side or until crisp and brown. Serves 4.
5. Molasses Nut Bars

1/2 cup lard
2/3 cup sugar
2/3 cup molasses
2 eggs
1 1/4 cups flour
1/2 teaspoon salt
1 cup chopped nut meats
2 teaspoons vanilla


6. Burnt Sugar Cake

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


Store in a covered container in refrigerator.

BURNT SUGAR ICING
2 cups confectioners sugar
4 tablespoons butter
5 tablespoons Burnt Sugar Sirup
3 tablespoons milk
1 teaspoon vanilla extract


7. Bacon Bran Bread

1 cup flour
1 teaspoon salt
1 1/2 teaspoons baking powder
1 egg
2 tablespoons sugar
1/2 cup shredded bran
1 cup cornmeal
1 1/2 cups milk
3 tablespoons bacon drippings
3 slices bacon

Sift flour, measure and sift again with the salt and baking powder. Beat egg, add sugar, bran, cornmeal and milk. Combine with flour mixture and add melted bacon drippings. Pour into oiled pan. Dice uncooked bacon and sprinkle over batter. Bake in a hot oven (400° F.) for 20 minutes. Place under broiler to brown bacon, if necessary. Serve immediately. Serves 4-6.

8. Hunters’ Soup

2 pounds soup bone and meat
3 quarts water
4 tablespoons grated onion
2 1/2 cups grated carrots
2 cups diced carrots
3 cups diced potatoes
2 1/2 cups barley
1 1/2 tablespoons salt
1/2 teaspoon pepper

Simmer soup bone in water for one and one-half hours with the grated onion and carrots. Add diced vegetables. Cook barley in boiling salted water until tender. Drain and add to soup. Season and cook until vegetables are done. Meat may be removed from the bone when tender and cut in small pieces to be served in the soup. Serves 12.
9. Oven Stew

2 slices salt pork
1½ pounds diced beef chuck
1 large onion
2 tablespoons flour
1½ cups water
1 can condensed tomato soup
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
6 small onions
6 medium carrots
6 medium potatoes

Cube pork and brown with beef chuck in frying-pan. Remove to baking dish. Brown chopped onion in fat remaining in frying-pan. Add flour, mix well and add water, tomato soup, salt, pepper and paprika. Cook three minutes, stirring constantly. Pour over meat. Add whole onions, carrots and potatoes. Cover and bake in a moderate oven (375° F.) for 1½ hours, or cook slowly on top of range for the same length of time. Serves 6.

10. Pecan Rolls

3 cups Homemade Biscuit Mixture (page 10)
Milk
½ cup butter
1½ cups brown sugar
1 cup pecans

To the Homemade Biscuit Mixture add enough milk to make a soft dough. Roll to one-eighth inch thickness. Spread with one-half of the butter which has been softened. Sprinkle with one-half cup brown sugar and one-third cup chopped pecans. Roll like a jelly roll. Cut in inch slices. Dot baking pan (9 x 9 inches) with the remaining butter and sprinkle with remaining sugar and whole pecans. Place slices in pan cut side down one inch apart. Bake in a moderately hot oven (400° F.) for 35 minutes. Turn out immediately to prevent rolls from sticking. Serves 6.

11. Boneless Leg of Veal Roast

7-pound veal round roast
Salt and pepper
Meat stuffing
8 slices bacon

Have roast boned at market. Wipe with damp cloth, season and fill with meat stuffing. Skewer opening. Place roast on a rack in an uncovered pan. Lay bacon slices over top of roast. Insert the meat thermometer so that the bulb is in the thickest muscle and not in the stuffing. Do not cover roast and do not add water. Place in a slow oven (300° F.) and roast to desired degree of doneness. The thermometer will register 170° F. Allow 40 to 45 minutes to the pound. Serves 12-14.

MR. PFISTER'S MEAT STUFFING

¼ pound ground beef and pork
¾ cup fine dry bread crumbs
¼ cup water
¼ cup grated onion
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon nutmeg
1 egg
2 tablespoons butter

Combine all ingredients well. Use for stuffing with veal.

12. Link and Hominy Omelet

1 pound sausage links
2 tablespoons water
1 No. 2½ can hominy
1 teaspoon salt
¼ teaspoon pepper
3 eggs
6 tablespoons milk

Place sausage links in cold skillet. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until links are browned. Remove from skillet. Pour off all but four tablespoons of the fat. Add well drained hominy and seasonings and heat thoroughly. Add the beaten eggs and milk. Cook only until the eggs are set. Turn onto a chop plate. Arrange links over the top. Serves 6.
To Cook in Water: Wipe ham with and allow to simmer about 20 minutes to an internal temperature of 145°-150° F., or about 15 minutes per pound. Many hams now on the market require shorter cooking time and need be cooked in hot lard at 365° F. Drain on absorbent paper. If desired, serve with hot tomato sauce. Serves 6.

14. Buffet Ham

12 to 14 pound smoked ham
1 1/4 cups water
1 1/2 tablespoons gelatin
2 bouillon cubes
1/4 teaspoon salt
1 teaspoon sugar
1/2 cup cream
Maraschino cherries
Ripe olives
Green pepper strips

To Bake: Wipe with a damp cloth. Place in an uncovered pan with fat side up. Make a small incision through skin and insert meat thermometer so that bulb is in center of thickest muscle. Roast in a slow oven (300° F.) until thermometer registers 170° F. for half ham, 180° F. for a large ham, and 23 minutes per pound for half ham. When ham is cooked allow it to cool in cooking liquor. Remove, dry thoroughly and cut skin away smoothly, leaving a notched cuff at the shank end.

To Glaze: Soak gelatin in one-fourth cup cold water. Heat remaining water and dissolve bouillon cubes in it. Strain. Add gelatin and stir until dissolved. Add salt and sugar. Cool. Reserve three-fourths of mixture and chill until firm. Continue this process keeping glaze at cold temperature and enough more strained marinade left from the pickling. Add flour and enough more strained marinade to make two cups liquid. Bring to boiling point. Stir until smooth and thickened. Season. Add gingersnap crumbs to gravy just before serving. The gingersnaps may be omitted from the gravy if preferred.

To Cook in Water: Wipe ham with and allow to simmer about 20 minutes per pound until tender. Many hams now require a shorter cooking period due to method of processing. The new type will require 15 minutes per pound for a large ham and 25 minutes per pound for half ham. When ham is cooked allow it to cool in cooking liquor. Remove, dry thoroughly and cut skin away smoothly, leaving a notched cuff at the shank end.

To Glaze: Soak gelatin in one-fourth cup cold water. Heat remaining water and dissolve bouillon cubes in it. Strain. Add gelatin and stir until dissolved. Add salt and sugar. Cool. Reserve three-fourths of mixture and chill until firm. Continue this process keeping glaze at cold temperature and enough more strained marinade left from the pickling. Add flour and enough more strained marinade to make two cups liquid. Bring to boiling point. Stir until smooth and thickened. Season. Add gingersnap crumbs to gravy just before serving. The gingersnaps may be omitted from the gravy if preferred.

15. Rolled Stuffed Round Steak

2 pounds round steak
1/4 pound sliced bacon
Bread Dressing
2 tablespoons lard
Water

Have round steak sliced three-eighths inch thick. Wipe with a damp cloth. If the meat is quite lean, cover with slices of uncooked bacon. Spread with Bread Dressing. Roll as a jelly roll and tie in several places. Brown in hot lard in a skillet. Add small amount of water. Cover tightly and wipe dry. Dredge with flour and brown on all sides in hot lard. Place rack under meat and add one cup of strained marinade. Save remaining marinade. Cover closely and simmer 3 to 4 hours until meat is tender. Remove to hot platter and make gravy.
17. Old Fashioned Lemon Pie

EXTRA FLAKY PASTRY

2 cups flour
1 1/2 teaspoons salt
3/4 cup lard
4 tablespoons water

Sift flour, measure and combine with salt. Cut lard into flour mixture until crumbs are coarse and granular. Add water and stir slightly. The mixture will appear very dry. Turn onto center of floured cloth. Fold cloth in half forward over mixture and press well with a rolling pin. Unfold cloth. Fold cloth and mixture in half from right and press again. Unfold cloth. Then fold from left and press. Finally fold backward and press. Open cloth and press loose crumbs into the square of dough. Roll as quickly and evenly as possible from center out. Roll to one-eighth inch in thickness and line a pie pan. Prick well. Bake in a hot oven (425° F.) for 15 minutes. Cool and fill with Lemon Filling. Makes 2 single crusts.

LEMON FILLING

6 tablespoons cornstarch
1 1/2 cups sugar
1 1/2 cups boiling water
6 tablespoons lemon juice
1 1/2 tablespoons butter
3 eggs
1/4 teaspoon salt
Grated rind of lemon

Combine cornstarch and sugar. Add water. Cook, stirring constantly until thick and smooth. Add hot mixture slowly to slightly beaten egg yolks and cook, stirring constantly for about three minutes. Add lemon rind and juice and the salt. Cool.

MERINGUE

3 egg whites
1/4 teaspoon salt
1/4 teaspoon lemon juice
1/2 teaspoon vanilla extract
6 tablespoons sugar

Beat egg whites until bubbly, add salt and flavoring. Continue beating until egg whites form a thick foam. Add sugar, a tablespoon at a time, beating after each addition. After last addition of salt, beat until mixture piles and sugar is dissolved. Spread a small amount of meringue around edge of pie shell, allowing no space between edge of meringue and pastry. Pile remainder on center of filling and spread to meet meringue at edge. Bake in a moderate oven (350° F.) for 12 minutes or a moderately hot oven (400° F.) for 8 minutes. Yield: 6 servings.

18. Broiled Lamb With Vegetables

6 shoulder lamb chops
2 tablespoons grated onion
1 tablespoon lard
2 cups boiled rice
1 can tomato soup
Salt
Pepper
1 No. 2 can green beans

Have shoulder chops cut one inch thick. Wipe with a damp cloth. Brown onion in lard. Add rice, tomato soup, and seasoning. Pour into bottom of broiler pan. Arrange drained beans around edge. Place chops on broiler rack over rice and vegetables. Place in broiler allowing three inches between surface of meat and source of heat, if possible. When brown, season with salt and pepper. Turn and brown other side. Only one turning is necessary. Approximately 8 to 10 minutes to a side is required.
19. One-Dish Pork Chop Meal
6 pork chops
1 tablespoon lard
2 teaspoons salt
½ teaspoon pepper
4 cups cooked wide noodles
1 can tomato soup
½ cup water
2 tablespoons grated onion
Wipe chops with damp cloth. Brown in lard until golden brown. Season with half the salt and pepper. Place noodles in casserole. Dilute tomato soup with water and pour over noodles. Add remaining seasonings and cover with pork chops. Cover casserole and bake in moderate oven (350° F.) for 1½ hours. Serves 6.

20. Braised Liver with Vegetables
1½ pounds sliced liver
Flour
3 tablespoons bacon drippings
6 carrots
2 green peppers
6 small onions
Salt and pepper
½ cup water
Wash liver, dry and dredge with flour. Brown in hot drippings. Clean and dice vegetables. Arrange in piles on pieces of liver. Season. Add water. Cover and allow to simmer 45 minutes or until the vegetables are tender. Add more moisture, if necessary. Serves 6.

21. Kidney Loaf
1 pound beef kidney
1 cup milk
8 slices bread
¼ cup bacon drippings or butter
2 eggs
1 No. 1 can pimientos
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons grated onion
½ teaspoon powdered sage
3 slices bacon
Wash the kidney in cold water. Drain well and grind, including the internal fat. Pour milk over bread and soak. Combine all ingredients except bacon and mix thoroughly. Line bottom of loaf pan with slices of uncooked bacon. Add mixture and pack firmly. Bake in a moderate oven (350° F.) for 1½ hours. Serves 6.
22. Grape Simplicity

2 tablespoons gelatin
6 tablespoons cold water
1 1/2 cups hot water
1 cup sugar
1 cup grape juice
3 tablespoons lemon juice
1/2 cup orange juice
3 egg whites

Soak gelatin in cold water for five minutes. Add hot water and stir until dissolved. Combine sugar with fruit juices and add to gelatin mixture. Place in refrigerator until it begins to congeal. Add stiffly beaten egg whites and beat with a rotary beater until mixture is light and fluffy. Pour into refrigerator tray. Place in freezing compartment and freeze until firm. Serves 12.

23. Homemade Biscuit Mixture

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 five batches with two 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.

24. Luncheon Salad

1 pound bologna
2 1/2 cups cooked elbow macaroni
1 cup grated raw carrots
1/4 cup finely grated onion
1/4 cup diced pimiento
1/2 cup cooked green peas
Salt
Pepper
Mayonnaise
Salad greens


Idea for this recipe contributed by Anne Sutter, Pittsburgh, Pa.
HINTS ABOUT VEAL

Veal is a very tender and delicately flavored meat. . . . Veal should be cooked slowly; veal roasts never should be seared. . . . Bacon or thin slices of salt pork may be placed on top of a lean veal roast for added fat. . . . Sour cream added to veal chops after browning gives a delightful flavor. . . . Veal birds are made by wrapping pieces of veal steak around a savory stuffing. . . . Leftover roast veal is excellent for a cold meat platter, sandwiches, salads or creamed dishes.
These Valuable Gifts to be Given Away During School

**WED. NIGHT — NOV. 1 — “SOUTH BEND” Electric Range presented by Schaberg-Dietrich Hardware Co., 209 No. Washington Avenue.**

**THURS. NIGHT — NOV. 2—“MONARCH” Electric Range—presented by the Manufacturer, Board of Water & Elec. Lt., and East Lansing Elec. Co.**

**FRI. NIGHT — NOV. 3 — “WESTINGHOUSE” Electric Range presented by Arbaugh’s, East Lansing Electric Co., Board of Water and Electric Light and Vandervoort Hardware Co.**

**SAT. AFTERNOON — NOV. 4 — 2 ELECTRIC RANGES TO BE GIVEN AWAY — “GE” Electric Range and a “Gibson Electric Range” Both Given by Barker-Fowler Electric Co.**

“MIRRO” ALUMINUM and “SILEX” Coffee Makers FREE!

**PARTICIPATING ELECTRIC APPLIANCE DEALERS**

F. N. Arbaugh Co.  
Barker-Fowler Elec. Co.  
Board of Water & Elec. Lt.  
East Lansing Elec. Co.  
Garlock Kelvinator Co.  
Home Appliance Co.  
The Jury-Rowe Co.  
J. W. Knapp Co.  
Lapp Electric Co.  
Montgomery-Ward Co.  
L. C. Pemberton Co.  
Schaberg-Dietrich Hdwe. Co.  
Sears-Roebuck & Co.  
Vandervoort Hdwe. Co.  
White Products Corp.

**20 FREE FOOD BASKETS GIVEN AWAY AT EACH SESSION**

Each Basket Contains Following Popular Brands Foods & Household Products

**FOODSTUFFS**


**THE HOME DAIRY COMPANY**

Meats — Groceries, Etc.  
**THOMAN MILLING CO.**

Complete Line of Flours

**HOUSEHOLD PRODUCTS**


**MISCELLANEOUS**


• COME TO THE NEXT SESSION! BRING YOUR FRIENDS!